**与JO对话2023年下**

**Dialogue with JO in 2023H2**

**Channeled by JoJoYou Translated by Phoenix9 Teresa**

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

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

**—— JoJoYou**

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#### 2023/07/03 — 如何突破物质幻像How to Overcome Material Illusions

问: JO你好,请问这个通灵的⼥孩⼦她做了⼀个梦,梦见….(通灵的⼥⼠不想公开)JO: 是的.你要知道你们物质世界本⾝就是梦,是吧? 那当你在做梦的时候,你们也是在信息交流.所以你们千万不要觉得你的梦是假的、虚幻的.为什么呢? 我们以前信息就告诉你们,你们在做噩梦的时候是不是会被吓的全⾝汗⽔对不对? 那你在物质世界上遇到恐惧的事情也会吓的全⾝出汗,对不对? 这两个体验有什么不同呢? 因为想象⼀下,你们最终就是为了体验对不对? 为什么呢? 通过体验去领悟、去感悟、去学习、去扩展,对吧? 那呢个是不是⼀样的? 就是⽆论是做梦还是你现实去经历的世界,它的最终⽬的还是为了你的体验对不对?

Question: JO Hello, if this spiritual girl had a dream, dreaming... (the lady didn't want to disclose it) JO: Yes. You should know that your material world itself is a dream, right? When you are in the dream state, you are also communicating information. So never think that your dreams are fake or illusory. Why not? We have previously informed you that when you experience nightmares, do they make you sweat all over because of fear, correct? Similarly, when you encounter fearful situations in your material world, it also causes you to sweat all over, right? What's the difference between these two experiences? Because imagine this: Ultimately, are you seeking to gain experiences for the sake of experiencing them? Why is that so? Through experience, one can understand, comprehend, learn, and expand their knowledge. Is that not true? Regardless of whether it is a dream or real-world experiences you go through, the ultimate purpose remains your personal experiences, correct?

这些体验是为了什么? 为了你⾃⼰能够感悟、领悟.因为你是通过你⾃⾝的感悟和领悟,你才能真正的是属于你的,⽽不是说…. 这么说吧,我跟你说这个⾹蕉很甜.如果你从来没吃过⾹蕉,你也从来没吃过甜的.你会知道这个⾹蕉很甜是什么意思吗? 我说这个苹果很脆.如果你从来没吃过苹果也没吃过脆的.你会知道什么是脆吗? 所以说离开体验,这些东西对你来说都不具有任何(意义).为什么呢? 因为你不知道,对吧? 所以说那你们梦⾥⾯的体验和你们现实⽣活中是不是⼀样的? 所以说就不⽤去分辨梦⾥⾯是假的是虚幻的.没有什么区别.你就想象⼀下呢个梦是真实的事件.真的有⼀个⼈带着⼀个⼏个⽉就会说话的孩⼦来到你的⾝边.

What are these experiences for? For you to experience and understand them through your own insights and comprehension, because only by doing so can they truly be yours rather than someone else's telling or implying. To illustrate this concept, let me put it this way:

I tell you that the banana is sweet. If you have never eaten a banana before, nor anything sweet for that matter, would you understand what I mean when I say it's sweet?

If I were to describe an apple as crisp, and you've never had an apple or something crisp in your life, could you grasp the meaning of 'crisp'?

Thus, without the experience themselves, these descriptions hold no significance to you. The reason being that you have no reference point for understanding them - you don't know what sweet means when I say 'sweet', nor do you understand 'crisp' if it's all new to you.

So, does the experience in your dreams mirror your real-life experiences? Therefore, there is no need to distinguish between dream-time illusions or realities. They are one and the same. Imagine that each dream scenario is akin to a real event happening - with someone bringing along an infant who can speak at just four months old, right by your side.

你想象⼀下,对不对? 为什么呢? 你们现在经历的是⼀种⾝份的确认当中.你必须要知道你是谁,你才能真正的成为谁.所以这些信息在不断地刺激你们,让你们的⼤脑去接受这个.为什么呢? 因为在你们内在,你们更⾼的层⾯是知晓的状态.但是你们还有⼀个什么? 还有⼀个你们的头脑.你们的头脑只会通过外界接收的信息去辨别去确认,就是需要去看到听到摸到闻到.就算你们有时候是有去看到去听到,你们也都不相信.为什么? 因为你的头脑⾮常的局限,明⽩吗? 这么说吧,你在你五个⽉⼤六个⽉⼤的时候的婴⼉时期,⽐如说你有你妈妈把你从床上摔下来(的经历),对吧? 如果我们不告诉你的头脑,你的头脑根本就不知道这件事情.为什么呢?

You picture it, don't you? Why is that so? You are going through an identity validation process now. You must know who you are before you can truly be who you are. So this information keeps provoking you and stimulating your brain to accept it. Why is that? Because deep inside you, at a higher level, you already understand this truth. But then there's another part of you - your mind. Your mind only identifies and confirms things based on external inputs; it needs sensory experiences like seeing, hearing, touching, and smelling. Even if sometimes you do see or hear things, you don't believe them because your mind is so limited. You see, during your babyhood at around five to six months old, for instance, experiencing something like being accidentally thrown off the bed by your mother (or similar events), right? If we didn't tell your mind about such an event, it would have no idea about it. Why is that?

它不知道就会觉得好像根本就没有发⽣.你会觉得像是听别⼈的故事,对不对? 但是呢个的确是发⽣在你⾝上的呀,明⽩吗? 所以说并不代表你的头脑不知情、不知道、没有记得,并不代表它就是没有发⽣过的,明⽩吗? 这样⼦你的头脑就不会去抗拒⼀些⼀头雾⽔的信息.但是你们内在是什么你们最清楚.你内在到底想要去做什么你们最清楚.外在的任何都是别⼈给的名字,别⼈是怎么去命名.为什么? 因为你们需要⼀个名字去给这个事、这个⼈、这样⼦的⼀个⾏动、这样⼦的⼀个⾏为命名,对吧? 因为不命名的话,你们如何去沟通交流呢? 还有问题吗?

It might seem as if nothing has happened when it doesn't know. You might feel like listening to someone else's story, right? But indeed, it did happen to you, understand? So it does not mean that your mind is unaware, uninformed, or forgotten; it means it didn't actually happen. Understand? This way, your mind won't resist information that doesn't make sense. But what's inside of you, only you know best. What truly wants to be done from within you, only you understand. Anything external is just a name given by others, how they have named it. Why? Because you need a name for this thing, person, action, or behavior, don't you? Because without names, how would you communicate and exchange information? Any other questions?

问: 那请问刚才的信息有没有回答这个这个⼥孩⼦的问题就是这个梦想要带给她什么信息?

Q: But does the information you just provided answer the question of what this dream is conveying to the girl?

JO: 已经很清楚了呀.

JO: It's already clear, right.

问: 我和这个通灵的⼥孩⼦相遇是⼀件必然会发⽣的事情吗? 我们之间有什么样的灵魂约定?

Question: Is it inevitable that I would come across this medium girl? What kind of soul contract is there between us?

JO: 这么说吧,就好像是磁铁⼀样.那如果你没有如此强烈的… 你知道什么叫姻缘吗? 就⽐如说你在这个点散发出这个频率,她在呢个点散发出这个频率,你们就会被吸引到⼀起.就好像磁铁⼀样,明⽩吗? 所以说如果你选择了另外的轨迹,那当然你们就不会… 那正好是你们都有同样的轨迹,明⽩吗? 所以说如果你已经没有了这个愿望或者是激情,没有了内在的呢个什么的话.那你们当然就不会在⼀起了,明⽩吗? 所以说你们共同的激情,然后让你们创造了彼此的体验.你要知道任何当你们有共同的激情,就好像你是⽕她也是⽕,对吧? 那你们只会让彼此燃的越来越旺,明⽩吗? 那如果你是⽕,她是⽔.你们都知道⽔⽕不兼容,对吧?

So imagine it like a magnet. If you don't have such intense... Have you heard of the concept of destiny or fate? For example, if you emit this frequency at point A and she emits the same frequency at point B, you will be drawn to each other, just like magnets attracting each other, right? So, if you choose a different path, of course, you wouldn't... But if your paths are exactly aligned, then you would stay together. If you no longer have that desire or passion within yourselves, or if there's nothing internal driving it, you naturally wouldn't be together anymore. This means that your shared passion creates the experiences between you. You should understand that when you share a mutual passion, it's like fire and fire - they burn each other up. If one is fire and the other is water, as we all know, water and fire are incompatible.

那就是排斥的,明⽩吗? 所以你要知道你还有⾃由意愿.你有意愿你⽐如说我就不想体验这个⼈⽣,我想体验另外的.那你遇到的又是其他跟你有共同激情的.就你们最常⽤的⼀句话叫臭味相投.

That's about rejection, understand? So you need to know that you still have free will. You have the意愿that perhaps I don't want to experience this life, I want to experience something else. When you encounter someone with a shared passion, it's like saying you're attracted to similar scents, which is commonly referred to as "birds of a feather flock together."

问: 请问所谓的未来的我她是⼀个什么样状态的存在,什么样状态的⼈?

Q: Could you describe what kind of being and person I would be in the future?

JO: 你⾸先要知道她是什么状态她都在呢⾥.这么说吧,你前⾯有⼀柜⼦的⾐服,每⼀件⾐服代表了不同的你.它有像⼥王⼀样的,它有像乞丐⼀样的,明⽩吗? 就是这些⾐服都在⾥⾯.你就好像我站在⾐柜前⾯选⾐服,我今天要穿上什么⾐服呢?这就是为什么你们需要充满觉知在你们当下.在你有觉知的呢⼀刻你是如此的⾃由.为什么?就好像你站在⾐柜⾯前你有⼀柜⼦的⾐服,你穿上哪件⾐服你就是呢个⼈.你到底要选哪⼀件?我今天要去做乞丐去体验乞丐的⽣活还是选择⼥王去体验⼥王的⽣活?你都可以选择,⽽且你都可以体验,⽽且当你穿上呢个⾐服你都会受到外界来跟你互动的.就是来让你的体验逼真.你们物质世界存在就是来让你们的体验逼真.

JO: First, you need to understand her state she's in there. Imagine that you have a wardrobe of clothes in front of you, and each piece of clothing represents a different version of yourself. There are ones that resemble royalty, and ones that resemble beggars, do you see? These are all the clothes within. It's like me standing in front of your wardrobe picking out an outfit for today - should I wear this one, or perhaps this other one instead? This is why it's important to be fully aware of yourself right now. When you're aware, you have a sense of freedom. Why? Just as I'm deciding which outfit to wear from the selection in front of me, each piece of clothing represents who you are at that moment. Do you choose to be a beggar for the day and experience life as one, or do you opt for royalty and live as a queen? You can make these choices and you can experience them all. And when you wear that outfit, you interact with the world around you - it enhances your reality of living in this moment. Your physical existence serves to enrich your experience by allowing you to embody different aspects of yourself and interact with the world accordingly.

所以外⾯呢些恶⼈恶的真的不得了.所以呢些恐惧的⼈真的是恐惧的不得了,真的是会吃掉你杀掉你.明⽩吗?所以呢些在你⾯前胆⼩的⼈,他们真的就是胆⼩的要死.你⼀吼,他们真的就是全⾝颤抖.这些演员他们都⾮常的逼真.你看不出来丝毫的在演戏的成分.所以你们最⼤最⼤的乐趣就是你们在戏中.你想象⼀下你们电影演员⽼是拿什么奖拿什么奖.那演的最好的就是没有破绽的演员,是吧?他就是了.他没有在演,他就是了.那你们在物质世界你们也是呀,明⽩吗?所以说你⾃⼰当你确认你的⾝份.为什么?我们前⾯的信息就是说你们在确认⾝份,对不对?你们在确认⾝份.只有你⾃⼰确认了呢个⾝份,你才会真正的让这件⾐服在你⽪上⾯⽽不是松动的,明⽩吗?

So those outside are really wicked and terrifying. Those who are truly afraid are indeed terrified to the point of consuming or killing you. Understand? So those who are timid in front of you, they're actually trembling with fear. You yell at them, and they shake all over. These actors are extremely convincing. You can't see any sign of acting. Therefore, your greatest joy is being immersed in this play. Imagine how film actors constantly receive awards for their performances. The best actors have no flaws in their performances, right? They are the ones who don't act; they genuinely embody their roles. In the material world as well, understand? This means you must confirm your identity yourself. Why? Previously, we discussed that you need to confirm your identity, correct? You need to confirm it for yourselves. Only when you personally accept this identity will the garment fit snugly on your body and not slip off easily, do you see?

不是说穿着像别⼈的⾐服.它才是为你量⾝⽽做的,它才是真正的植⼊到你的⾻⼦⾥⾯.那呢个⾐服很假,⼀看你就穿着别⼈的⾐服,是吧?你们有⼀句话是穿上龙袍都不像太⼦.那是什么原因啊?是因为你⾃⼰,你都不相信.所以你不相信,它便没有呢股⼒量让你去融为⼀体.所以你必须要忘记你给你⾃⼰的⾝份.就⽐如说你给你⾃⼰的⾝份是我是⼀个贫穷的⼈.那这就是你⾃⼰给你⾃⼰的⾝份,对不对?那如果让你的记忆全部抹去.应该说如果让你看穿实际上你们物质世界都是⼀场戏,你想怎么去定义你的⾝份,外界就怎么样配合你.还有什么你觉得你不可能成为的吗?

It's not about wearing someone else's clothes; it being made just for you, and truly embedded within your bones. That kind of clothing feels fake - like you're clearly wearing someone else's clothes, right? You guys have a saying that dressing up in a dragon robe still doesn't make you look like a prince. Why is that? It's because you don't believe it yourself; you lack confidence. So without belief, this power cannot envelop and integrate you. Therefore, you must forget the identity you've given to yourself - for instance, telling yourself you're poor. That's the identity you've assigned to yourself, isn't it? If all your memories were wiped away and you were shown that reality is just a show in your physical world, how would you define your identity? And what could there be that you think you can't possibly become?

但是这⾥有⼀个问题就是说如果你想成为⼀个分裂者,就⽐如说我去创造⼀些分裂的,就⽐如说我去给别⼈创造痛苦.就是任何这些东西,你给别⼈创造的你都会体验到.你们记住这句话.你当然可以,物质世界⽀持你任何的体验.就⽐如说如果你都别⼈别⼈,给别⼈成功呢?那你是不是⾃⼰就成功了,对不对?那如果是你帮助别⼈,你给别⼈快乐呢?那你的快乐是不是就增倍?那如果你是帮助别⼈去解脱痛苦,你觉得你还会痛苦吗? 你早忘记你的痛了,明⽩吗? 你不会痛苦的.如果你在帮助,就是不断地给别⼈爱或者是付出.你觉得你会得到什么?你会得到所有⼈对你的爱戴啊.你们物质世界这些⼈都在给你展现啊.

There is a problem when you want to be divisive, like creating division, causing pain for others. Whatever you create for others, you will experience it too. Remember this phrase. Of course, the material world supports any experience you wish. If you give others success for others' benefit, are you not succeeding yourself? Right? If you bring others happiness by helping them, does your own happiness not increase? If you assist others in escaping pain, do you still feel painful? You would have forgotten your pain already, understand? You wouldn't be experiencing pain. When helping, whether it's giving love or making sacrifices, what do you think you'll receive? All the love from everyone for you is being shown by these people in the material world.

当然如果你想要去杀害别⼈,你迟早也会被杀害的.就算你们的法律没有去制裁你,你也会⾃杀的.你会觉得我活着真的是没有意思,你会分裂,⾃杀掉.你可能会去撞⼀个车,然后就死掉了.所以任何你给别⼈创造的体验你都在其中.你没有办法不在其中.明⽩吗?为什么呢?因为呢是能量呀.能量从你这边出去过后,反弹给你的呀.就好像⼀个球你摔出去,它会弹回来撞击在你⾝上的.这个是没有办法的.为什么呢? 因为呢个能量来⾃于你.你就好像你的⾝体⾥⾯发光,对吧? 我⼀股能量发出去是⽩⾊的光,那我弹回来就是⽩⾊的.那我发出去是⿊⾊的光,弹回来就是⿊⾊的光给你,明⽩吗? 所以这是你们

Of course, if you wish to harm others, sooner or later, you will be harmed too. Even if your laws do not sanction you, you might end up committing suicide. You might feel that living is meaningless and then you could end up splitting or taking your own life. Perhaps you would run into a car and die. Essentially, whatever experience you create for others, you are also experiencing it yourself. There's no way around this. Do you understand? Why is that so? Because it's energy. The energy leaving from you bounces back to you. Like when you throw a ball out, it comes back and hits you. This can't be avoided. Why is that so? Because the energy comes from you. You are like a light emitting inside your body, right? When I send out a stream of white light, it will return as white light. If I send out black light, then it will return to you in black color. Therefore, this applies to all situations for you.

⾃⼰去认识到外在⼀切你感受到的都是你应得的,明⽩吗? 这⾥不会出错.如果你觉得你没有爱,没有⼈爱你.那是你不爱任何⼈.如果你觉得你没有钱或者是什么什么的话.那是因为你⼀直是贫穷的状态.就是 you got nothing to give.你是不是穷? 那是不是你本⾝体验的就是穷? 所以说如果你给出去任何… 就很简单的⼀个道理,就好像你们农民去种庄稼.你不播种的话,你觉得你会有收获吗? 就地⾥⾯不会长东西出来的呀.还有问题吗?

Translate the given Chinese text into English.

Chinese: 自己去认识到外在一切你感受到的都是你应得的，明白吗？这里不会出错。如果你觉得你没有爱，没有人爱你。那是你不爱任何人。如果你觉得你没有钱或者是什么什么的话。那是因为你一直是在贫穷的状态。就是 you got nothing to give. 你是不是穷？那是不是你自己体验的就是穷？所以说如果你给出去任何… 就很简单的道理，就好像你们农民去种庄稼。你不播种的话，你觉得你会有收获吗？就地里面不会长东西出来的呀。还有问题吗？

Just realize for yourself that everything you experience externally is what you deserve, got it? There won't be any mistakes here. If you feel like you have no love and nobody loves you, it's because you don't love anyone. And if you feel like you have no money or something else, it's because you've always been in a state of poverty. Essentially, you're saying that you have nothing to give. Are you poor? Is this experience precisely what you are experiencing as being poor? So, if you give out anything… It's just a simple principle, like how farmers plant crops. If you don't sow, do you think you'll get a harvest? Nothing will grow in the ground. Do you have any more questions?

问: 我了解你说的这种状态都是⾐服都是可以换的.我最近会感受到当我所谓的去转换状态,就是我知道我眼前是⼀个幻像,我不想被它影响.我想要换⼀个我⾃⼰喜欢的状态的时候,我就会感觉到有⼀股很强烈的能量卡在我的喉咙这,很顶的感觉.

Q: I understand the state you describe where all of my clothes can change. Lately, I've been experiencing this when I'm supposed to switch states; I know what's in front of me is an illusion and that I don't want it affecting me. When I try to change into a state that I like, I feel a very strong energy blocking my throat, a feeling like it's pushing down on me.

JO: 我这么告诉你吧,你如果知道现实是个幻像的话,你会想去换它吗? 就是你不会想要去换它.你明⽩我意思吗? 如果你迫切的想要去换它的话,就说明你还是觉得这个是真实的.你听起来好像很⽭盾.呢个⽭盾来⾃于哪⾥? 就是你想要脱离⼀件事情,你先要接受它允许它.明⽩意思吗? 这么说吧,你前⾯有⼀个恶⼈,你就⼀直想把它get rid of it.你越想把这个恶⼈ get rid of it,然后它⼀直缠着你.你知道为什么吗? 因为你让它变成真的了呀.你知道恶⼈只是⼀个纸⽼虎,像你⾝体的⼀个影⼦⼀样对你没影响.你是不是不会去在乎它? 那你不在乎它,它是不是就对你没有影响了.

JO: Let me put it this way, if you knew that reality is an illusion, would you want to change it? Essentially, you wouldn't want to change it. Do you understand what I mean? If you're desperately wanting to change it, it means you still feel it's real. You sound quite contradictory. Where does this contradiction come from? It's because you want to escape something but first have to accept and allow it. Do you get it? Imagine there is an evil person in front of you; you've been trying to 'get rid of it.' The more you try to 'get rid of it,' the more it clings to you. Do you know why? Because you made it real. You knew that the evil person was just a paper tiger, like a shadow affecting your body, and you wouldn't care about it; right? If you don't care about it, then it shouldn't affect you either.

你就已经 get rid of it 了.

You've already gotten rid of it.

问: 那我为什么知道这些我还是会去在乎呢? 我的点到底在哪⾥呢?

Q: But why do I still care about these things even knowing them? Where's my breakpoint?

JO: 那就说明你并不知道啊.你只是你觉得你知道了,但其实你并不知道.你还在把你的能量给它,让它变得更强⼤的来影响你.所以你越是想逃离,那你就越是… 这么说吧,就好像你旁边有⼀条蛇,你越是害怕你越是想逃开它,它就越是紧紧的跟着你⼀直在你⾝边.那你越是这个蛇是我的好朋友,它是来让我的⽣命变得更丰富的.为什么? 我可以接触不同类型的动物.有的⼈他专门研究蛇,有的⼈就把蛇当成宠物爱的不得了.所以当你变成这样⼦的⼀个状态的话.你就没有想把蛇 get rid of it.就是我没有想把蛇踢出我的life踢出我的⼈⽣.呢个时候蛇⾃然⽽然就不会在你的⼈⽣当中了,明⽩吗?

Japanese Owl (JO): That means you don't really know. You just think you know because you feel like you do, but actually, you don't. Your energy is still feeding it, making it stronger and influencing you. The more you try to escape, the more... Let me put it this way: imagine there's a snake beside you. The more afraid you are and want to get away from it, the closer it sticks to you, always by your side. Conversely, if you think of the snake as my good friend, coming to enrich my life. Why? I can interact with different types of animals. Some people specialize in snakes; others adore them as pets. When you're in such a state, you don't want to get rid of that snake—meaning, you don't wish to exclude it from your life or your existence. Then naturally, the snake wouldn't be part of your life anymore, do you understand?

所以不是说我迫切的想要去换到另外⼀个状态上,我迫切的想要去逃脱我⽬前的这个位置.为什么呢? 因为当你想要逃脱的时候,你就在加深这个物质世界对你的影响.如果这⾥没有什么影响的话,你还会想逃吗? 你逃到这边,这边和呢边对你来说是⼀样的.所以你在哪⾥不重要的.当你在哪⾥不重要的时候,外在也不会去困住你了.它困不了你呀.所以你这是不是说,你想要去脱离它的时候你必须要去爱上他.这个假不了呀.为什么? 因为你⾝体⼀直在发出呢个频率,你到底是爱还是害怕,明⽩吗? 所以这个东西你没有办法伪装的.这就是为什么你们物质世界的⼈⼀直试图的在从外在去解决问题.但是没有办法.明⽩吗? 你嘴巴上说和这么去想,没有任何⽤.

So it's not that I desperately want to switch to another state; I desperately want to escape from my current position. Why would you feel like this? Because when you try to escape, you are actually deepening the impact of the material world on you. If there were no impact here, wouldn't you still want to escape? This applies equally to whatever 'here' and 'there' might be for you. The location doesn't matter much in this context. When your location isn't what matters, then externals won't confine you anymore; they can't hold you back after all. So does that mean when you want to get away from it, you must love it? You couldn't fake it if you tried because your body is constantly emitting a frequency – whether you're loving or fearing something – do you understand? This cannot be disguised. That's why the people of your material world are always trying to solve external problems; but they can't. Do you understand? Just saying or thinking about this doesn't help in any way.

你只有真正的是呢种状态.呢种状态没有谁能改变你.你说⼀个真正害怕的⼈,⼼⾥怕的要死.他的⾝体可以表现出来淡定? 不能,没有办法.但怎么样才可以? 就是你真正的去认清楚了.你真正的去理解了、了解了.就好像⼀个⼩孩看到前⾯的⼀个⿁影,他全⾝发抖.你让他不要害怕.他还是全⾝发抖,他还是害怕.那你是⼀个⼤⼈,你知道呢个⿁影实际上是⼀个被风吹动的⾐服或者实际上是⼀个稻草⼈.你会慌张吗? 你不会慌张的呀.

You can only be truly in that state. That state is unchangeable by others. When you speak of a person who is genuinely terrified, they're so scared inside that their body cannot display calmness externally. They simply cannot do it, there's no way to force them. But how can one achieve this? You have to really acknowledge and understand it. Imagine a child seeing a ghostly figure in front, shaking all over. No matter how much you tell them not to be afraid, they still shake and remain frightened because they don't comprehend the reality; they believe what they see is real. As an adult who understands that the "ghost" is merely a swaying piece of clothing or an effigy being moved by the wind, would you panic? No, you wouldn't panic either.

问: 请问今年下半年灵魂给我设定的主旋律是什么?

Question: Could you tell me what the main theme set for me by my soul this year in the second half of the year is?

JO: 这么说吧,你只需要去做你激情的事情就对了.你不需要去考虑我什么时候有钱啊? 我什么时候有名⽓啊?我什么时候有影响⼒啊?这些事情你都不需要去考虑.你只需要去做你激情的事情,明⽩吗? 因为⼀旦你考虑我什么时候有钱? 我什么时候有名⽓? 你就⾛上歪路了.为什么呢?因为你们现在就是在⾛⼀条正路,⽽不是歪路.歪路就是你们物质世界需要脱离的.因为你们所有⼈都是在看重钱啊、名啊、利啊.这些东西,就像刚才说的就算给了你,这些钱啊名啊利啊就好像是龙袍⼀样,给了你你也穿不到⾝上去的,我告诉你.因为如果你没有呢个能量去掌握呢个钱,我把钱带个你那是给你灾难的.

JO: In other words, you just need to do what you're passionate about. You don't have to worry about when I will be rich? When will I gain fame? When will I have influence? These things are not for you to consider. Just focus on doing what you're passionate about and understand that if you start thinking about when I will be rich or when I will gain fame, you'll go down the wrong path. Why is that? Because right now, you are walking on a straight path rather than going off track. The wrong path means your material world needs to be separated from it because all of you place great value on money, status and benefits. These things, as I mentioned earlier, are like dragons' robes; even if they were given to you, the money or fame would just remain with you without actually benefiting you. Let me tell you: If you don't have the energy to control that money, bringing it to you will only bring disaster.

你就看⼀下马斯克他拥有很多钱的时候,你看有多少⼈去打他的主意.多少⼈⽤各种各样的名义说你要这样呢样,是不是?他内在其实会崩溃的呀.因为他没有办法去承担如此⼤的能量,他内在会崩溃的.⽽且这股能量也会离开的,也会⾛的.因为能量它⼀直都是在持续的变化当中.所以就算我把外在所谓的⼀些所谓的名⽓、钱或者是权⼒给了你.你都没有办法去掌握.就好像这么说,你的⼒⽓本⾝就像⼀个五岁的⼩朋友.我却给你⼀百公⽄、⼀吨重的重量.不压死你吗?你们还觉得有钱有名有权就好吗?这些东西都是有重量的.它会压死你的.这么说吧,你说你的⾝体是⼀个五岁的孩⼦.然后我的龙袍,就是皇帝的新装穿到你⾝上,它的重量是⼀百公⽄,你穿的上吗?

Just observe Musk when he has a lot of money. How many people approach him? How many people use various justifications saying you should do this or that, right? His inner self would crumble because he can't handle such immense energy; his inner self will break down. And this energy will also leave and move on because energy is constantly in flux. Even if I were to give you external things like fame, money, or power, which are often perceived as prestigious titles, you wouldn't be able to handle them. Imagine your strength being that of a five-year-old child, yet I'm giving you a weight equivalent to 100 kilograms or a ton. Would that not crush you? Do you still think having wealth, fame, and power is all good? These things carry their own weight; they can overwhelm you. Consider this analogy: if your body were that of a five-year-old child, would my imperial robe—akin to the emperor's new clothes—fit you when it weighs 100 kilograms or more on you?

我再给你⼀个⼏⼗公⽄的武器去打天下.你拿的起来吗?所以你们⽣命的每⼀个阶段,你所拥有的东西都是匹配的.你记住这句话.所以你们需要去感恩感激你们在这个阶段只拥有这么⼀丁点.为什么呢?因为当你能把拥有的这⼀丁点去拿好去创造好.这么说吧,好像你最开始学习武术⼀样.那我最开始可能会给你⼀个轻重量的,就是来让你玩来玩去玩来玩去的.等你技术熟练了或者是肌⾁形成记忆了,然后再给你加⼤,对不对?那你⼀上来就多少呢个什么,你玩不转的呀.在你们物质世界你们也看到呢种突然中了彩票或者是突然继承⼀⼤笔财富,很多都是灾难性的,明⽩吗?所以为什么他们会需要⼀个做慈善的.他不断不断地去把这个重量分散出去.

I'll give you another heavy weapon to conquer the world. Can you handle it? Therefore, everything you have at each stage of your life matches where you are. Remember this phrase. So you should be grateful for having so little in this stage. Why is that? Because when you can use what you have skillfully to create something great, much like learning martial arts. Initially, I might give you a light weight to play around with and get familiar with. Once your skills improve or muscle memory forms, then we increase the weight, right? But if you start off with too heavy of a weight, you won't be able to handle it. Similarly, in your material world, there are sudden windfalls or inheritances that often bring disasters, do you understand? So why would they need to engage in charity work? They continuously distribute this weight to others.

分散出去过后,他是不是就不⽤⼀个⼈去承担了,明⽩吗?所以你们当下的每⼀个,外在的所有东西都是匹配你当下的能量状态,都是匹配你的⼒⽓.不然你迟早会是⼀个混乱或者崩溃或者是⼀个被压死的状态.这⾥没有快,没有着急,没有快点.你唯⼀的快是什么?就是做你激情的事情.为什么?当你在做你激情的事情你会觉得怎么⼀下⼀天就没了?这就是快.当你在做你痛苦的事情的时候,你想象⼀下.当⽕在烧你屁股的时候,你每⼀秒都是煎熬的,是不是?所以你唯⼀的就是去做你超级快乐的事情.怎么快乐怎么来,怎么激情怎么来.但你要知道呢种快乐不是你⾁体上的快乐.为什么呢?当你只是去寻求⾁体上的快乐,呢个快乐就像糖⾐炮弹⼀样.

After spreading out, isn't he no longer supposed to bear it alone, understand? So, every single thing you have outside right now is matching your current energy state, matching your strength. Otherwise, sooner or later, you'll be in a chaotic or collapsed state or even get suffocated. There's no rush, no hurry, no quickness here. The only 'quick' you have is what? Doing the things that make you passionate. Why? When you do things that you're passionate about, how come you feel like a day has passed in a flash? That's the 'quick'. When you're doing things that bring you pain, imagine this: when fire is burning your behind, every second is tormenting, right? So, the only thing you should be doing is going after things that make you super happy. Do it however you like, let your passion flow. But remember, this kind of happiness isn't physical pleasure. Why? Because if you're just seeking for physical pleasure, that happiness will feel like a sugar-coated bullet.

只是表⾯呢⼀点点糖,后⾯都是苦的,明⽩吗?因为你们并不是来满⾜这个⾁体的,呢个⾁体只是个⼯具.你要记住这点.还有问题吗?

It's just a little sweetness on the surface, but it's bitter behind, do you understand? Because you are not here to satisfy this physical body; that body is merely a tool. Remember this point. Any questions?

问: 跟我连接最紧密呢⼀世的⼈格最⼤的遗憾是什么?

Q: What's the biggest regret of my most closely connected personality in my previous life?

JO: 你稍等.我们现在感应到你的确感应到就是说你的确这⼀世来到这⾥是有遗憾的,就是你的灵魂⾥是有遗憾的.就是你想要更加专注于好像是去修⾏吧.就是不断地去… 我们刚才讲的所有东西,它都好像是真理⼀样.你就不断去把这些真理去融⼊到你的灵魂当中去,明⽩吗? ⽽不只是去浅浅的拿拿拿拿过后,没有融⼊到⾥⾯.为什么? 就像你吃饭⼀样,你桌⼦⾯前拿了⼀⼤堆.你没有吃进去,有什么意义?为什么呢?因为呢个⾷物很快就腐烂了呀.所以这些信息也是⼀样.你要不断地拿拿拿.但是你没有真正的去成为你的⼀部分的话…. 明⽩吗? 它对你来说也没有任何意义呀,并没有服务到你.就好像你银⾏⾥⾯存了⼀⼤笔钱,然后你⼈死了.

JO: Wait a moment. We are sensing that indeed you have sensed that this lifetime coming here was regretful. There is a sense of regret in your soul, indicating that you want to focus more on your spiritual practice, continuously integrating the truths we've discussed earlier into your soul. It's not just about superficially taking them and leaving them out; why? Just like eating a meal where you have a large amount of food in front of you but don't consume it; what is the significance of that? Why is it so because the food will rot away soon. Similarly, this information also has no meaning unless you continuously engage with it without letting it truly become part of your essence... Do you understand? It serves no purpose for you since it doesn't benefit you as a service. Just like having a large sum of money in your bank account when you die.

有意义吗? 明⽩吗?

Does it make sense? Do you understand?

问: 如何可以成为⼀个能量取之不尽的⼈?

Question: How can one become a person with endless energy?

JO: 你要知道你们本⾝就是⽆限的,本⾝也没有尽的.你只有觉得,你的⾝体创造⼀个尽的、⼲枯的呢种体验⽽已,明⽩吗? 那呢个体验来⾃于什么? 来⾃于你并没有做你激情的事情,来⾃于你⾛的歪门邪道.我刚刚跟你说了,去追求物质、⾦钱、所有的呢些东西都是歪门邪道.你们都⾛在歪门邪道上⾯,明⽩吗? 所以你的⼈⽣会体验到很多就好像是断开连接、痛苦、崩溃,就不是和谐的,不是合⼀的,不是呢种安稳的状态.但是你们⽬前就是在探索这条正道,⾛出来给别⼈.让更多⼈可以来⾛.还有问题吗?

JO: You must understand that you are infinite and endless inherently. It's only that you perceive your body creating a sense of finiteness and emptiness. Can you see this? From where does this experience come from? It comes from not doing what you're passionate about, it comes from going down the wrong path. I just told you to pursue material things, money, and all of those are the wrong paths. You've been on the wrong path, understand? Therefore, your life experiences disconnect, pain, breakdown; they are not harmonious, unified, or in a state of peace. But you're currently exploring this right path, guiding others out of it so that more people can follow. Any other questions?

问: 请问我的⾝体有没有什么想要告诉我的信息?

Q: Could you tell me if my body has any information it wants to share with me?

JO: 我们如此明确的在给你传递信息.如此明确的在给你传递信息.你还去担⼼你没有收到信息吗? 明⽩吗? 我们已经在跟你⾯对⾯的,⽤如此清晰的语⾔在告诉你.你还担⼼你会收不到信息吗? 所以这个不在于有没有信息进来,⽽在于你到底有没有听到.今天的信息如果你真的去听到去成为了,你下半辈⼦都不会有任何问题.还有问题吗?

JO: We are so clear in conveying this message to you. So clear. Are you still worried that you didn't receive the information? Do you get it? We're speaking directly with you in such a clear language. Are you still worried about not receiving the information? So, this is not about whether there's information coming or not, but about whether you actually hear it. If you really listen to and implement today's message, you won't have any issues for your entire lifetime after that. Any more questions?

问: 我本来还有问题,但是…JO: 有问题就问.因为你们问问题也是带出来更多的就是你们物质世界需要的.

Q: I had more questions, but... JO: Ask if you have any questions because asking questions leads to the things your material world needs.

问: 昨晚有⼀个存有半夜来摸我的脸,弄得我很难受.请问是有什么信息要带给我吗?

Question: Last night someone touched my face in the middle of the night, causing me great discomfort. Is there any message being conveyed to me?

JO: 你的⾝体很敏感.所以你就好像,⽐如说别⼈的⽪很厚,那⾍⼦从他⾝上爬过他没有感觉的.那你的⽪很薄很薄很敏感的话,就是⼀个风吹草动你都可以感受的到.因为这些对你来说实际上是⼀个⼲扰.如果就是说怎么样可以保护你减少这⽅⾯的⼲扰? 就是你让你⾃⼰的情绪和状态,整个能量状态处于在⼀个稳定的状态当中.因为当你⽐如说不稳定的时候,就好像你的能量级别就⾮常的低.⽐较低的话,你就会遇到⼀些⽐较低级的存有.这么说,⼈的能量级别,就⽐如说这个⼥孩⼦现在在通灵,她就reach到了最⾼level.明⽩吗? 那当⼀些⼈很痛苦很恐惧,它们就会reach到很低的level.每⼀个level都会有不同的⼀些….

Your body is very sensitive. So you're like someone else's skin that's thick - the bugs can crawl over them without any feeling. But your skin is thin, so thin and so sensitive that even a breeze can make you feel it. It acts as an interference for you. To protect yourself from these interferences, you should keep your emotions and state in a stable condition. When you're unstable, your energy level is very low - lower than normal, making you susceptible to lower-level entities. Understand? For instance, when someone experiences great pain or fear, they can reach extremely low levels of energy. Each level has different experiences...

因为就像刚刚说的,这些都是你们⾃⼰能量投射出去的⼀些东西呀.你每⼀个level都有不同的东西跟你互动呀.所以你们发现没有,你们始终都在跟你们⾃⼰的⼀个能量级别能量状态打交道,明⽩吗? 你没有办法去离开你⾃⾝的⼀个能量状态、频率.所以是不是整个你的对⼿戏也好、对⼿也好,其实只有你⾃⼰.所以怎么样让你处在⼀种安⼼,能量安稳、平衡、平和、有爱的这样的⼀个状态当中呢? 那你⾃然⽽然外⾯reach到的都是这种.

Because as was just mentioned, these are all projections of your own energy. You interact with different things at each level you reach. So, have you noticed that you're always dealing with your own energy levels and states? Do you understand that there's no way to escape from your own energy state or frequency? Therefore, whether it's in your entire interaction or with anyone else, essentially, it's only you. How do you maintain a state of peace, balance, harmony, and love within yourself so that naturally attracts the same outside?

问: 请问跟我连接很紧密的能量有没有什么信息想要带给我?

Question: Could you tell me if there's any information that energy connected to me wishes to convey?

JO: 我们前⾯的信息就已经告诉你了,跟你连接很紧密的能量是谁? 是你⾃⼰.你说你⼀会⼉⾼⼀会⼉低,那你是不是见到的⼈就不同呀,对不对?所以你们会有所谓的修⾏,修炼⾃⼰.因为这⾥⼀切都是投射出来的,都是反弹给你的状态,投射给你的.所以有⼀句叫什么? ⾃⾷其果.

JO: The information we've shared with you previously has already revealed to you who the energy that's connected to you closely is - it's yourself. You said that your experiences vary from high to low, so doesn't this mean that the people you see are different? Correct? Therefore, you engage in practices to cultivate yourselves because everything here is a projection and a reflection back at you. There's a saying: "Reap what you sow."

问: 请问我未来的另⼀半有没有什么信息想要带给我?

Question: Could you ask my future other half if they have any messages for me?

JO:⾸先刚才说的呢些信息其实另⼀半他有可能会有⼀个固定的对象,但是他到底是⼀个什么样⼦?他到底是⼀个恶⼈还是⼀个爱⼈,他也会变的呀,明⽩吗?所以归根到底还是你.因为当你内在分裂越少的话,他就不会以分裂的形状出现.当你内在的分裂、恐惧越多的话.他就是把你内在的恐惧给投射出来给你.所以还是你.

JO: The information we just discussed could indicate that he might have a fixed partner, but the question is what kind of person he is? Is he a villain or a lover? He can change too, do you understand? Ultimately, it's still up to you. Because when there is less division within yourself, it won't manifest in divided forms. When there is more division and fear within you, those fears are projected onto you from within. So, it's really about your internal state.

#### 2023/07/05 — 多⼈提问通灵集会Multiple Question Spirit Gathering

第⼀个⼈问: 我知道⼈不会死,但是在⽣活中关于死亡我只能从头脑的层⾯理解,就是它只是换⼀种⽅式存在.所以对于亲⼈之间的分别我还是不能平静的接受.对于这⼀点我还是很困惑.

First person said: I know that people do not die, but in my life, regarding death, I can only understand it on a mental level, meaning it's just a different way of existing. Hence, I still struggle to accept separations between family members. This point is quite confusing for me.

JO: 你所说的⼈不会死,你说的⼈是你的⾁体,你指的是这个.你的⾁体肯定是会结束的呀.所以说不是⼈不会死,⾁体它是会结束的.但是呢个你并不是你的⾁体.你只是现在在使⽤这个⾁体,这个⼯具.但是你并不是这个⼯具.如果你把呢个⼯具当成是你的话,你肯定就会带来很多恐慌的,你会好怕它消失的.

JO: The human you're referring to doesn't die. The human you're talking about is your physical body - this one that you mentioned earlier. You said it will definitely come to an end. Therefore, it's not true that humans don't die, because your physical body will indeed cease to exist. However, you are not your physical body. You're currently using this body as a tool, but you are not the tool itself. If you consider this tool as yourself, it would inevitably cause you great anxiety, and you'd be terrified of its disappearance.

问: 是的,我很恐慌.尤其最近报道⽇本发明的⽔葬.我内⼼对这个特别不舒服.我头脑层⾯知道⾁体就像⾐服⼀样.但是从内⼼来说每当看到这种场⾯,我的内⼼就特别的颤抖.

Q: Yes, I am very distressed. Particularly about the recent reports of water burial invented by Japan. It is especially uncomfortable for me on a visceral level. Intellectually, I understand that the body is like clothing. But emotionally, whenever I see scenes like this, my insides just get so shaken up.

JO: 那你为什么要拒绝你这个感受呢? 你并不需要去… 就好像你说⼩时候或者你是婴⼉或者⼀两岁的时候,妈妈⼀⾛你就哭.你要逼着⼩孩说你不要哭,明⽩吗? 但是这个问题是,所谓的你现在的感受就像婴⼉断奶离开母乳.难道你到⼆⼗岁三⼗岁四⼗岁,离开母乳难道她还哭吗? 你哭的感觉是真实的,它的确是痛苦的,就像婴⼉断奶⼀样,明⽩吗? 但是它只是在呢⼀个⽚刻.它并不是永恒的.它并不是说你永远永远都只是⼀样的⼀个感受,明⽩吗? 所以你不需要去纠结你呢⼀会⼉.如果你纠结你呢⼀会⼉的感受的话,就好像你纠结当初要跟妈妈断奶使劲哭.那为什么你现在不哭了? 你妈妈现在让你喝她奶,你还喝她奶吗?

JO: Why are you rejecting that feeling of yours? You don't need to force yourself not to feel this way... just like when you were a child or an infant or one-two years old and you started crying as soon as your mom left the room. Do you really have to tell your little self not to cry, do you understand? But the problem with that is, whatever feelings you're experiencing now are akin to being separated from breast milk when you were an infant. Don't you think someone at twenty, thirty, forty years old who has been weaned off their mother's milk would still be crying if they did? The feeling of crying is real and indeed painful, like the experience of being weaned off breast milk, do you get it? But it only lasts for a moment. It isn't eternal. It doesn't mean that you will always feel exactly this way forever and ever, do you understand? So there's no need to get too worked up about your fleeting feelings for a while now. If you overthink your transient feelings like you did when you were trying not to cry as you weaned off from your mother, why aren't you crying anymore? Wouldn't your mom still be offering you her milk if she was there right now?

问: 我这个感受也和我⽗亲有关.因为我⽗亲有个愿望就是将来去世不⽕葬.但是我⽗亲是国家公职⼈员,对这⼀块是有要求的.所以他也很痛苦,也加深了我的纠结.

Q: My feelings are also related to my father because he has a wish that he would not be cremated upon his death in the future. However, my father is a public servant and there are requirements for this aspect. Therefore, it causes him a lot of pain as well, which intensifies my internal conflict.

JO: ⾸先你不需要刻意的去处理你的⼀个情绪,就⽐如说我不要痛苦,我不要这个抗拒.为什么呢? 因为就算你现在的这个抗拒或者是痛苦或者是在深深的悲痛⾥⾯,你也是体验.

JO: Firstly, you don't need to deliberately handle your emotions, for example, I don't want pain, I don't want this resistance. Why not? Because even if you are now resistant or in pain or deeply grieving, you are experiencing it.

问: 那JO您的意思是我就和我的痛苦和平相处,允许这⼀份痛苦对吗?

Q: So your suggestion is that I should just coexist with my pain and allow this level of pain, right?

JO: 你不需要去get rid of it,就是把它给去除掉,把它给清楚掉.你只知道这只是你的⼀个感受.然后你说你们任何⼀个⼈他的⼀个感受是永恒的吗? 是永远的吗? 你从⽣下来到你⼀百岁,到你去世的呢⼀天,你的所有的感受都是停留在呢⼀个感受的吗? 有这样的⼈吗?

JO: You don't need to get rid of it, meaning to remove or clear it away. It's just your perception. Then you say that any one person's perception is eternal, isn't it? Is it forever? Are all your feelings staying at the same feeling from birth until the day you die? Does such a thing exist?

问: 它只是暂时的.

Question: It's just temporary.

JO:它只是暂时的.但是即使只是暂时的,你也从中去领悟到当我们有对⽣命的恐惧,你也可以去从中体验到这个恐惧.为什么呢?因为这只是⼀个体验.这个体验对你来说它也是⾮常宝贵的.因为这样⼦当你在⾯对其他⼈他们在痛苦的时候,你就能去感同⾝受,明⽩吗?所以说这⼀个只是你品尝的所有味道⾥⾯的其中⼀个味道⽽已.这⾥有很多不同的味道.那当你品尝了越来越多的味道,那你是不是就能理解每⼀个味道的背后它究竟是什么?那是不是就扩展了你的⼀个… 你们来到这个物质世界上最重要的就是体验.但是你并不会深陷于任何体验,你要记住这句话.你不会困在任何⼀个地⽅.我不管它有多痛,我不管它有多么难以接受或者你多么悲痛.

It's only temporary. But even if it is just temporary, you learn from it and experience the fear of life. Why? Because it's just an experience. This experience for you is also very valuable because when you see others in pain, you can empathize with them. Right? Therefore, this is just one flavor among all the flavors you taste. There are many different flavors here. When you taste more and more flavors, don't you understand what each flavor truly means behind it? Then wouldn't that expand your... The most important thing about coming to this physical world is experiencing. But you won't get trapped in any experience. Remember these words: You won't be stuck anywhere. No matter how painful it is, no matter how hard it's to accept or how sorrowful you are.

这么说吧,⽆论呢个雾有多浓,它总会散去的.⽆论呢个夜有多⿊,它总会天亮的.⽆论呢个冰有多么的硬,它也会融化的.明⽩吗?

Let me put it this way, no matter how thick the fog is, it will eventually clear. No matter how dark the night is, there will be dawn. No matter how hard the ice is, it will eventually melt. Do you see?

第⼆个⼈问: 请问我这⼀世的灵魂主题是什么? JO: 你叫什么名字?

Second person asks: May I ask what is my soul theme in this life? JO: What's your name?

问: XXXJO: 你这⼀⽣选择这⼀世来到这个世界上就好像是,就⽐如说把⾮常沉重的⼀个能量释放掉.就好像你有携带很多让你感受到很沉重…. 也就是这么说,你是⼀个⾮常严肃认真的⼈.然后你想把这个能量变得⾮常轻松、快乐,然后像孩⼦⼀样,返⽼还童吧,就像这样⼦的⼀个过程.

Q: Asking about your choice to be born in this life is like discharging a very heavy energy burden. You have carried so much that makes you feel沉重... This means that you are a serious person who wants to make this energy light and joyful, almost as if you were returning to childhood innocence, undergoing a process of rejuvenation.

问: 我⾝边有⼀位男性朋友跟我关系很近.我们不是情侣、亲⼈.但是这么多年他总是让我感到很恼⽕.修⾏后我知道他是我的助缘⼈.我想知道我和他的关系是什么?

Question: I have a male friend who is very close to me. We are not in a romantic relationship or family members. However, over the years, he always makes me very annoyed. After practicing Dharma, I realized he is my helper. I want to know what our relationship is?

JO: 你稍等.他的出现就好像是来让你放下任何,就是你们对事情会想要它有⼀个结果.然后就好像是来协助你让你放下所有的执念,就是觉得事情会朝这样发展或者朝这样发⽣,明⽩吗?

JO: Wait a moment. His presence is like coming to help you let go of any expectations that things should have a result. It's there to assist you in releasing all your attachments, the belief that things will unfold in a specific way or occur as such, do you understand?

问: 就是这样吗? 我还以为他是我的⼉⼦或者是弟弟什么的.因为我梦到他好像跟我的关系是这样的.

Q: Is that it? I thought he was my son or brother or something, because in my dream, our relationship seemed to be like that.

JO: 你想要看⼀下你们的前世关系是吗?问: 对JO: 你稍等.我们连接到有⼀世你们好像是姐妹的关系,因为你们都是同性的.像是这样的⼀个关系.

JO: Do you want to see your past lives together? Ask: For JO, please wait. We have connected to a lifetime where you seem to be sisterly relationships, as both of you are of the same sex, like such a relationship.

问: 所以就是从呢⼀世他就是以妹妹来帮助我的这⼀世吗?

So, in this lifetime, he was here to help me just like a sister?

JO:这⼀世他出现在你的⽣命当中是他希望你可以达到⼀个不去计较,就是可以活在当下.因为当你完全的活在当下的话,你不会去在乎明天会是怎样,后天会是怎样,将来会是怎样.你只会去享受当下你们本来的样⼦,明⽩吗?

In this life, when he appears in your life, it's because he wants you to live without worrying about the future and to be present in the moment. Because when you are fully present, you don't care about how tomorrow or the day after will be, or what the future holds. You only enjoy being who you naturally are in this current moment, understand?

问: 我觉得你我说的还蛮符合我和他之间的状态的.因为以前⼀直想不通我们俩未来会是怎样.很多这⽅⾯的⼀个担忧.

Question: I feel that what you and I are saying quite matches our situation with him. Because I've always been unable to figure out how the two of us will be in the future. There's a lot of concern about this area.

JO: 呢些只是你⾃⼰需要去处理你⾃⼰的⼀些问题.呢些问题是什么呢? 是你们的头脑总会去想要有⼀个保障.我要对我的未来有⼀个保障或者保证我今天才能安⼼.就好像是我要确保我明天后天我都是有地⽅住的,不然的话今天肯定是睡不着觉的.为什么? 我明天连住的地⽅都没有了.所以这是你们头脑它都需要要确保的⼀个状态下,它才能真正的在⼀个安然、安⼼的状态下.这是需要你们⾃⼰去认清去认识的⼀个,就是认识你们头脑是如何去影响你们⽣命的质量的.因为你们没有办法去enjoy当下.你们需要你们的所有的⼀切都得到保障才能安⼼.但是我告诉你,你们这个世界上没有任何东西是真正的给你们保障的.

JO: Those are just the issues that you need to address within yourself. What are those issues? They're always in your mind wanting a guarantee for their future or assurance that they can live today with peace of mind. It's like ensuring that there is somewhere to stay tomorrow and the day after, because without it, they couldn't sleep at night. Why? There's no place to stay even for tomorrow. So this state of needing everything to be secure in order to have a peaceful state is something you need to acknowledge about your mind impacting the quality of your life. You can't enjoy the present moment because everything needs to be guaranteed first before they can feel at ease. But I tell you, there is nothing in this world that truly guarantees anything for you.

即使有所谓的给你保障,呢只是⼀个幻像,呢只是⼀个幻觉,呢只是⼀个假象,明⽩吗? 所以这是你需要去通过这⼀切,就是你⾃⼰就好像是照镜⼦⼀样.然后你⾃⼰的⾃我认知,因为通过你认识你⾃⼰的内在的担忧或者是恐惧或者是你需要⼀个保障,然后你就认识了⽣命.还有问题吗?

Even if there's so-called security for you, it's just an illusion, a hallucination, a mere fiction, do you understand? So this is what you need to go through everything, essentially seeing yourself as looking in the mirror. Then your self-awareness comes into play because by recognizing your own inner anxieties or fears or needing that security, you come to recognize life. Any questions?

问: 我可以连接到我的⾼我吗? 因为我最近灵修给我的⾝体带来⼀些变化.我不懂如何处理,因为没有经验.能不能让我的⾼我跟我说⼏句?

Q: Can I connect to my higher self? Because my spiritual practice has brought some changes to my body recently, and I'm not sure how to handle them as I have no experience. Could my higher self speak to me for a few words?

JO: 我们的信息是想要告诉你你不需要去学习和去修任何.你只需放下你头脑⾥⾯所有,就好像是执念.你需要放下你的执念和⼀定要事情怎么样发展,或者是怎么样事情才是好的.因为这些它都是限制了你⽣命中美好的事情向你涌来.是这些阻碍了你的⽣命⾛向⼀个更轻松的状态.刚才信息告诉你就是当你的头脑⾥⾯有⼀个⽬标你想要去达到,或者有⼀个固定的模式你想要去成为,就是怎么样才是最好的,就是努⼒成的⼀个结果.它们这些才是限制了你⽣命中美好的事情发⽣,然后也限制了你的⽣命进⼊⼀种轻松的状态.就是它告诉你不需要刻意的去修或者是去学任何.然后最⼤的⼀个障碍是你认为事情应该怎么样发⽣或者是你想要把事情往哪⽅⾯去推向让它发⽣.

Our message is to tell you that you do not need to go through the effort of learning or achieving anything. You simply need to release all your attachments, akin to letting go of your执着 or insistence on how things should be and how they must develop, or what constitutes a good outcome. These beliefs limit beautiful experiences in your life from unfolding; they are the barriers that prevent your life from transitioning into a more effortless state.

The message we've shared earlier is that when you have a goal in your mind you want to achieve, or if there's a set pattern you desire to embody, specifically how something should be the best way and striving for it as the outcome of effort. These are what restrict beautiful things from happening within your life, thereby also hindering your progression into an easier state.

The message emphasizes that you don't need to force yourself to learn or practice anything刻意地. The biggest hurdle is the belief that events should unfold in a certain way and attempting to push towards this desired outcome, rather than allowing natural flow.

问: 好的,谢谢.我问完了.

Q: Alright, thank you. I have finished asking my questions.

第三个⼈问: 你好JO,我想问⼀下我这⼀世的灵魂主题主要是什么? JO: 你稍等.你叫什么?

Third person asks: Hello JO, may I ask what is the main theme of my soul in this lifetime?

JO: Just a moment. What's your name?

问: XXJO: 你这⼀⽣选择了截然不同的⼈⽣体验,就好像是有两段截然不同的⼈⽣体验.然后通过这些体验来让你⾃⼰达到⼀个好像对任何⽣命对众⽣都会有⼀个接纳或者是理解或者是感同⾝受.所以你会经历⼀些截然不同,就⽐如说你会体验过⽣命⾮常低的状态,那你也会体验⽣命⾮常⾼的⼀个状态.

Q: XXJO: You've chosen two drastically different life experiences, almost as if you have lived two completely separate lives. Through these experiences, you aim to reach a level of acceptance or understanding or empathy towards any life for sentient beings. So, you go through some starkly contrasting periods, such as experiencing very low points in life and also high peaks.

问: 明⽩.那我⽬前需要突破的是什么?

Q: I see. Then, what exactly do I need to break through at the moment?

JO: 你稍等.你只需要去期待⽣命中的每⼀天.因为就好像你⾃⼰给⾃⼰不断的设置了惊喜.你只需像⼀个⼩朋友⼀样,我今天要拆个礼物,明天要拆个礼物.就这种⾮常期待的信息.

JO: Wait a moment. You just need to anticipate every day in your life because it's like you are constantly giving yourself surprises as if you set them up for yourself. Just be like a little kid who looks forward to opening gifts today and then another one tomorrow, with this highly anticipated information.

问: 但是我经常有恐惧的⼼理出现.

Question: But I often experience a sense of fear.

JO: 你有恐惧的⼼理出现? 你是想要知道如何去消除这种恐惧? 还是想知道这个恐惧的来源?问: 两个都想知道.

JO: Do you experience fear, and if so, are you looking for ways to alleviate this fear or to understand its origin? Q: Both.

JO: 你想知道你恐惧的来源? 你稍等.就算你体验的⼀个恐惧,就好像刚才说你会体验⼈的⽣命低潮的时候,也会体验它很⾼的时候.这么说吧,你会体验呢种沉睡的时候,你也会体验觉醒的时候.呢就是低和⾼,然后又是闭着眼睛又是睁着眼睛.所以这也只是你其中的⼀部分⽽已,你不需要去把它给消除掉清楚掉.因为它只是你去,就好像你是⼀个艺术家,你在不断地不断地拿你的素材,从⽣命中提取素材.这只是其中的⼀个素材⽽已.所以⼀旦你不去刻意的把它拿掉,你就已经不受它影响了,明⽩吗?如果你还在想要去消除这种恐惧的话,你就还在给它影响.如果你觉得,OK,恐惧是我的朋友,它也是在帮助我理解⽣命.为什么呢?

JO: Do you want to know the source of your fears? Just wait. Even when you experience a fear, like how I just mentioned that you would experience human life's lows, you'll also experience its highs. Put it this way, if you are in a state of deep sleep, you will also be aware when you wake up. This is about lows and highs; you're both with your eyes closed and open. So, this is merely one aspect of you; there's no need to eliminate or clarify this. It's just that you're constantly using your resources from life as an artist - this is but a single resource. Once you stop trying to remove it, you're no longer affected by it. Got it? If you still want to get rid of this fear, you're still being influenced by it. If you think, "Okay, fear is my friend; it's helping me understand life," why is that so?

因为我的⽣命主题我就是想要去理解所有不同的⽣命状态.这么说吧,你们的⽣命就好像是⼀颗种⼦.它没有发芽到发芽、开花、结果,这是它每⼀个阶段.然后着每⼀个阶段你都想要完完全全的投⼊和体验.所以你现在就只⽤去收礼物就好了.

Because my life theme is that I want to understand all different states of life. Let me put it this way, your life is like a seed. It goes from being planted to sprouting, blooming, and yielding fruit - each stage represents one phase of its existence. And for every stage, you should fully immerse and experience it. So, what you need to do now is simply receive the gifts.

问: 我在三年前在⼀个课堂上有⼀个很清晰的声⾳告诉我: 智慧、品德⾼尚、圣⼈、男的.我想要知道这个信息是想要告诉我什么? 我觉得像⼀种什么指引⼀样.

Question: Three years ago, I heard a clear voice in class that said: wisdom, moral excellence, sainthood, and for men. I want to know what this information is meant to tell me. I feel as though it's guiding me somehow.

JO: 你稍等.你⾸先要知道你们整个世界,整个存在的状态它其实都好像在到处都有信息.其实你们在任何的⼀个状态,其实你们都在跟信息打交道.只是你们不觉得呢是⼀个信息.信息就是什么? 就是频率,你们都是在触碰不同的频率.为什么我们的信息在⼀直告诉你们你们只需要去做你们激情的事情? 因为这样你们就会⾮常的开⼼、⾮常嗨、⾮常兴奋的状态.那当你在这样的状态,你接触到的信息都是⾼频的.

JO: Wait a moment. You need to understand that information is everywhere in your world and existence. You are always dealing with information in any state you might be in. It's just that you don't perceive it as such. What is information? It's frequencies, touching different frequencies. Why does our information keep telling you that you only have to do what you're passionate about? Because when you are in this state, you will be very happy, hyper, and excited. When you are in such a state, the information you come across is of high frequency.

问: 但是这个信息想要告诉我什么呢?

Question: But what information does this want to convey?

JO: 我们只是想要让你知道,你在呢样⼦的⼀个状态下只是像⼀个收⾳机调频.然后调频到这样⼦,然后就收到了⼀点信息.然后如果你想问呢个信息想要告诉你什么? 然后我们这⾥的回答是你永远都不会错过任何信息.所以你也不需要现在⼀定要去弄明⽩呢个信息想要告诉你什么.为什么呢? 因为当你需要知道的时候,你就会知道.为什么? 因为在这个信息还没有成熟的时候,就算我告诉你,你也不会相信.明⽩吗? 就好像你现在看的是⼀颗稻⾕在你⼿上.那我告诉你,你知道吗这个稻⾕你可以养活⼀百个⼈,然后你现在看到的这个房间都将装满了稻⾕装满了⽶装满了⽶做的各种糕点,你想象⼀下,⽶粉⽶线,各种⽤⽶做的东西.

JO: We just want you to know that you're like a radio frequency in such a state. You tune the frequency and receive some information. Then, if you wish to inquire about what this information wants to convey? The answer here is that you will never miss any information. So there's no need for you to try to understand exactly what this information intends to tell you right now. Why? Because when you're in a position to know, you will know. Why? Because if the information isn't ready yet, even if I were to share it with you, you wouldn't believe it anyway. Understand? Imagine that you are holding a rice grain before your eyes right now. And I tell you, do you realize that this single rice grain can sustain one hundred people? Now envision a room filled to the brim with rice, with bags of rice, and various rice-based delicacies such as rice flour, rice noodles, and all sorts of things made from rice.

就通过这⼀颗稻⾕,我告诉你这些东西.你头脑想象不到的.就是这⼀颗⽶它已经包含了所有的这些.但是你唯⼀需要去相信的就是你不会错过任何.当它时机成熟的时候,它就会出现在你的⽣命当中.它时机没有成熟的时候,就算给你解释⽆数遍,你也不懂.所以你还会去强迫你要去弄明⽩吗? 当你在强迫的时候,你就在消耗你的能量.

Through this single grain of rice, I tell you these things - things that your mind cannot imagine. This one grain of rice already contains all of them. But the only thing you need to believe is that you will not miss any when it's ripe in its time; it will appear in your life. When it isn't ripe, no matter how many times you're explained, you won't understand. So, are you still forcing yourself to understand? When you force, you're draining your energy.

问: 那我需要做的就是做好⾃⼰就好?

Q: So I just need to do my own thing?

JO: 就像刚才前⾯呢些信息告诉你的⼀样.

JO: Just like the information provided earlier.

问: 好,明⽩.我跟我妈妈之间的灵魂主题是什么? JO: 你稍等.你妈妈叫什么名字?

Q: Alright, I understand. What is the spiritual theme between me and my mom?

JO: Hold on a minute. What's your mother's name?

问: XXXJO: 你妈妈她对你有很深的爱.但是她对你的爱并没有,就好像有⼀点已经变了样.你们两个⼈的课题就是去通过⼀个变了样的相去看到它背后的真实,就是看到它原本... 这么说吧,它是个镜⼦⾥⾯就好像是个哈哈镜⼀样,它已经变形了已经 曲了.然后你们需要通过这个曲的形象去看到原来的样⼦.

Q: XXXJO: Your mother loves you deeply. However, her love for you has somewhat transformed. The task for the two of you is to see through this transformed reflection to uncover its true essence, essentially seeing what it originally was. In other words, it's like looking at a distorted mirror where the image appears exaggerated or distorted, and you need to identify how to see beyond that distortion to understand the original form.

问: 原来的样⼦应该就是爱啊.但是她需要突破什么? 或者是我可以帮她什么?

Q: The original state should be love, right? But what does she need to break through or how can I help her?

JO: 你如果就好像刚才信息说的,当你⼀直在不断地去接收⽣命的礼物,那你是⼀个什么样的状态? 你就⼀直是在⼀个⾮常轻逸,就像是你⼀直光当中.当你⾃⼰⼀直被光照亮,你本⾝就会照亮你⾝边的⼀切.所以你不需要刻意的去做任何.

JO: If you were constantly receiving gifts of life as mentioned earlier, what kind of state would you be in? You would always be in a very light and effortless state, like being in the light. When you are illuminated by light yourself, your very presence illuminates everything around you. So there's no need to刻意do anything.

问: 可是她对我的这份爱已经变了样…JO: 问题是你要知道这个变了样根本就不能困住你,明⽩吗? 因为呢只是像是⽔⾥的倒影⼀样.如果你只专注于⽔⾥的倒影⽽不去看…. 你只需要去掉个头,就⽐如说就好像是⽔中的⽉亮⼀样.如果你只是盯着对⾯上的话和你离开不看⽔⾥的⽉亮⽽是看天上的⽉亮.明⽩吗?

Q: But her love for me has changed... JO: The problem is that you have to understand that this change cannot hold you back, right? Because it's like a reflection in water. If you only focus on the reflection in the water and don't look at it..., you just need to remove your head, like the moon in the water. If you only stare at the opposite and ignore the moon in the water while looking at the moon up in the sky. Do you understand?

问: 但是在我妈妈这⼀块,她需要突破什么呢? JO: 是说你想要帮助她突破什么吗?

Q: But when it comes to my mom, what breakthrough is she needing help with?

JO: Are you asking about the area where I can assist her in making a breakthrough?

问: 有点.我是能感受到她的爱,但是我已经没有办法去... 就是去做⼀些引导这样吧.

Question: There's a hint of... I can feel her love, but I just can't... you know, guide in some way.

JO: 让你痛苦了吗?

JO: Did it hurt you?

问: 是挺痛苦的,在爱中享受的痛苦.

Question: It's quite painful, suffering in love and enjoying it.

JO: 那如果你能去好好的听呢个信息,就是和我们前⾯说的⼀样,你如果眼睛始终盯着⽔⾥⾯的⽉亮,它不断地不断地在其波纹.那如果你回过头去看天上的⽉亮,天上的⽉亮不被任何... 它不会变形,明⽩吗?

If you could listen properly to this information, just like what we've been discussing, if your eyes are constantly fixed on the moon in the water, it keeps changing shape due to the ripples. But when you turn around and look at the moon up in the sky, the moon there remains unchanged and unaltered, understand?

问: 她就是在⽤⼀些世俗的条条框框要求我成为她想要的样⼦.但是我并没有成为她想要的样⼦.我⾃⼰可以应付.但是她很痛苦,我看着她这样我也痛苦.

Q: She was trying to make me fit her mold with some worldly rules, but I didn't become the person she wanted. I can handle myself, but it causes her pain, and I feel sorry for her as well.

JO: 她是因为要求你什么但是不能得逞就痛苦是吗?问: 对JO: 然后你也痛苦?问: 也会有.

JO: She is suffering because she asked you for something but couldn't get it, right? Q: And then you are suffering too? Q: It would also happen.

JO: 你稍等.我们想要去邀请你妈妈从灵魂层⾯有没有什么信息想要带给你.⾸先我们这⾥收到的信息就是说这个⼥孩⼦现在在做的事情就是在帮助你们解开你们集体的⼀个枷锁.就好像你们集体的⼀个认知、观念和这种 曲的爱,明⽩吗? 因为你妈妈她体现的只是个缩影⽽已,就是你们整个⼈类或者整个社会的⼀个缩影⽽已.因为很多⼈很多家庭都有这样⼦的⼀个现象存在.就好像你们都是在被束缚,你们⾝上都是有这个绳⼦有这个枷锁⼀样.然后让你们彼此都不能⾃由.但是你要记住的就是你们现在就是在朝呢个⽅向去解开你们的枷锁.所以妈妈她不能刻意的去做什么.为什么呢?

JO: Wait a moment. We would like to invite any information from your mother on the soul level that she might have for you. The first piece of information we received is that this girl's current actions are helping you unravel a collective bond, as if it were a collective cognitive trap or misunderstanding related to this twisted love concept. Do you understand? Your mother represents only a microcosm; just like how she embodies the essence of your entire human species or society. Many families and individuals exhibit similar situations where there's some form of constraint present in their lives - like being bound by certain beliefs, feelings, or behaviors that restrict personal freedom among family members. This is why you're all struggling with this bind, as if it were a rope or chain around each one of your necks, preventing freedom amongst yourselves. But what you must remember is that you are currently working towards breaking free from these binds. So, your mother doesn't need to purposefully do anything specific for this process to work; why not?

因为当你们整个的集体意识和观念发⽣转变的话,迟早你妈妈也会发⽣转变,明⽩吗?就好像你们这个天空亮了.那天亮的话,那整个天都会亮的呀.她不同刻意的去做任何改变.谁有没有办法去阻碍这个改变,就好像是谁都没有办法去阻碍天变亮⼀样.因为⿊暗过去了,天就会亮.

Because when your collective consciousness and thoughts undergo a transformation, sooner or later, your mother will also transform, do you understand? It's like when the sky brightens; if that happens, then the entire sky will light up too. She doesn't have to make any intentional changes. No one can prevent this change from happening, just as no one can stop the sky from getting brighter. Because darkness has passed, and the sky will light up.

问: 那这也是我妈妈的灵魂带出来,要去突破这个的吗?

Question: Is this also what my mother's spirit brings out to transcend this?

JO: 只能说你不要把你的注意⼒放到这⼀点上.就好像刚刚的信息,去接受你⽣命中的礼物.这也是你的⼀份礼物.为什么呢? 因为将来你会因为这个⽽去... 这么说吧,你体验过这⼀层关系这⼀层痛苦这⼀层束缚的感觉,对吧? 那你有可能以后就会专门去做⽗母的教育,⽗母的⼼理辅导,明⽩吗? 你想你就像导师⼀样去引领呢些⽗母如何去处理他们的亲⼦关系.那你这些经历是不是⼀个礼物? 所以说当你在不断地不断地接受这些礼物,你就已经没有深陷其中了呀,明⽩吗? 它已经就不是苦果了.为什么呢? 因为这个所谓的苦果它已经让你收获,就是得到了甜蜜的收获.为什么呢? 因为你不断地在⽤你⾃⼰经历的⼀切在转变这个社会.

JO: You should not focus solely on this point. Just like the recent information about accepting gifts in your life; it's also a gift for you. Why is that? Because someday, due to this experience, you might specialize in parenting education and counseling of parents. Think about it as guiding parents on how to handle their parent-child relationships, based on your experiences. So, do you see these experiences as a gift? When you keep receiving such gifts without getting trapped by them, you're already out of the depth of suffering; right? It's no longer bitter fruit because this so-called bitterness has turned into sweetness through your experiences. Why is that? Because you continuously transform society using your own experiences to make it better.

也就是说不要去沉浸在这些上⾯.为什么呢? 你只会去把⼀个⼩⿊点放⼤⽆限⼤,然后去感受到⽆尽的⿊暗.不断地去接受⽣命中的礼物,你就会有很多礼物送出去.

In other words, don't dwell on these aspects. Why not? You would just magnify a tiny black dot infinitely and feel the boundless darkness. Continually receiving gifts in life, you will be able to give many gifts as well.

问: 知道了.我的问题问完了.

Q: Alright. I've finished asking my questions.

第四个⼈问: 我前夫过世的时候我们都不在.想问⼀下我前夫有没有什么话对⼩孩⼦说? JO: 多久了?

The fourth person asks: We were not together when my ex-husband passed away. I wonder if he had any words for our children before he went? JO: How long ago was that?

问: ⼀年吧.就是突然离开的,⽣病.他过世⼗多天我才知道.但是他过世呢⼏天我有感觉到不⼀样,眼⽪⼀直跳.我就想问他有没有什么话要对孩⼦说?

Q: About a year ago. He left suddenly due to illness. I found out he passed away more than ten days later. But there were some differences in how things were being handled several days after his death; my eyelids kept twitching. I was wondering if there was anything he wanted to say to his children?

JO: 孩⼦多⼤?

JO: How old is the child?

问: 孩⼦15岁,3岁离婚的.⼩孩⼦见他见的不多.

Question: The child is 15 years old, divorced at 3 years old, and doesn't see him often.

JO: 你稍等,我们连接⼀下.你说⼀下你孩⼦或者你前夫的名字.问: 前夫叫XX.

JO: Wait a moment while we connect you. Please say the name of your child or your ex-husband. Question: Your ex-husband is named XX.

JO: 我想要告诉你,让你不要再牵挂我.我对你们有很多愧疚.我没有尽到我⾃⼰的责任.我现在想要告诉你的是,我会在另外⼀个世界看护着你们,保护孩⼦不让她受到任何伤害.他刚刚有进来给你带信息.他说他会在另外⼀个世界保护孩⼦.他让你不要牵挂他.然后他有很多内疚,就是觉得⾃⼰没有做好没有尽到责任的⼀些地⽅.然后他说他在另外⼀个世界会保护好孩⼦,就好像成为孩⼦的守护神⼀样.

JO: I want to tell you that I wish for you not to worry about me anymore. I owe you many apologies. I haven't fulfilled my own responsibilities. What I want to convey now is that I will watch over and protect all of you in another world, ensuring the child's safety from any harm. She was just informed by him about this. He said he would protect her in another world. He wanted you not to worry about him. Then there are many apologies stemming from his feeling that he has fallen short and failed in fulfilling his duties somewhere. And then, he mentioned that in the other world, he would take good care of the child, as if becoming a guardian for the child.

问: 那我想知道我们三个在灵魂层⾯是⼀个什么样的关系?

Question: I wonder about our relationship on a soul level among the three of us?

JO: 你稍等.他刚刚又带进来信息,然后想要你不要再继续的在他⾝上消耗你们,就是花你们的时间和精⼒去在关于他的上⾯.因为他觉得你应该往美好的地⽅看,⽽不是朝他的地⽅看.这是他带给你的信息.

JO: Wait a moment. He just sent another message, suggesting that you should stop spending your time and energy on him. He feels that you should focus on better things instead of looking at him, as he believes you should be looking towards something positive rather than him. This is the message he wants to convey to you.

问: 明⽩了,好的.那我跟我⼩孩我总觉得联系很紧密.我跟⼩孩的前世是不是关系很紧密? JO: 你的孩⼦叫什么名字? 你叫什么名字?

Q: I understand, that's good. Well, I always feel a strong connection with my child. Is it possible that me and my child had a very close relationship in our previous lives?

JO: What is your child's name? And what about your own name?

问: 我叫XXX,我的孩⼦叫XXX.

Question: I am XXX, and my child is XXX.

JO: 这么说吧,你们就好像是有⼀种同⽢共苦吧.就好像你们⽣命中发⽣经历的⼀些事情就好像是很同步的,就好像你们俩是被绑在⼀起的,共同去体验⽣命中的喜怒哀乐.然后都能彼此去分享、分担对⽅的⼀个感受.

JO: Let me put it this way; you two share a sense of camaraderie, as if your experiences in life are synchronized, like being bound together to jointly experience the joys and sorrows of life. Then you can share and bear each other's feelings.

问: 你说的太对了.我觉得就是这样⼦的.

Question: You're absolutely right. I feel it's like that.

JO: 就好像你们是绑在⼀起的,然后共同进退,共同体验.问: 的确是这样的.那以后也是这样吧?

JO: It's as if you are tied together, then moving and experiencing things as a team. Q: Indeed, it's like that. Will it be the same in the future?

JO: 以后? 你稍等.以后就是说如果你们的环境发⽣了变化,然后这种影响⼒就会开始减弱.就没有体验的如此的强烈.它就会变弱.就⽐如说你们现在体验的是你痛⼗分,她也痛⼗分.那当你们⽐如说不在同⼀个居住地,你痛⼗分,她可能痛三分,明⽩吗?

JO: Later on? Wait a moment. This means that if the circumstances change for you in the future, this influence will start to weaken, and it won't be as intense of an experience anymore. It'll become less strong. For example, now you're experiencing extreme pain, she is too. But let's say you're not living together, your pain might be ten out of ten, but hers could be only three out of ten, do you understand?

问: 我也感觉到了.我跟她连接很紧密,就是前世关系⽐较好的呢⼀种.我的灵魂主题是什么?

Question: I also feel it. We are closely connected, which suggests a good relationship in past lives. What is my soul's theme?

问: 你稍等.你这⼀⽣的灵魂课题就好像是有⼀种想要完完全全的奉献出你⾃⼰.就是你好像想要把⾃⼰完完全全的奉献⾃⼰,就是把⾃⼰给出去的呢种感觉.所以你以后就会像是呢种像是服务或者是奉献的这些事项就会特别吸引你.

Q: Wait a moment. Your life's soul issue is like the desire to completely devote yourself. It feels like you want to give yourself entirely, to be self-sacrificing and altruistic. So these kinds of activities related to service or devotion will particularly appeal to you in the future.

问: 那我的功课完成了吗? 还需要在做什么吗?

Question: Does my homework count as done? Is there anything else I need to do?

JO: 你要完成的话,你要知道要完成的话,你们就会离开这个物质世界.问: 对啊,我就是想问这个呀.

JO: If you want to accomplish it, you have to understand that if you do, you will leave the material world. Q: Yes, I was just asking about this.

JO: 所以说还没有.还没有.

So it's not yet. Not yet.

问: 那我知道了.那我想问⽐⽅说我喜欢看赛斯和道瑞的信息.看了后我就很认同,感觉很好.以前总觉得⾃⼰的想法很特殊,看完他们后就觉得这些是⾃⼰的本能.⾥⾯的信息说过有说法者,但是说法者会忘掉.我想问问我是不是⼀个说法者?

Q: Then I understand. I want to ask, for example, if I like watching Seth and Doreen's information. After watching it, I agree with it and feel good about it. I used to always think that my thoughts were unique, but after watching them, I felt that these are my instincts. There is a mention of the speaker in the information, but speakers tend to forget. I want to ask if I am a speaker?

JO: 说法者是什么? 说法者就好像是在传道⼀样? ⾸先你不要去让任何JO也好、外在的信息也好、权威信息也好来告诉你你是什么,你是谁.NO NO NO,是你来告诉我们,你来告诉所有的其他⽣命你是谁,明⽩吗?所以如果成为⼀个说法者是你的激情,是你想要去做的.哪怕你嘴巴说话结巴,你也去每天不断地去练习让⾃⼰达到⼀个可以畅通⽆阻表达的⼀个状态.呢就是你的激情,那你就是⼀个说法者.如果你想要成为⼀个说法者,你觉得我的智慧也不多,我表达也不好,我说话还结巴.我做不了,那你就已经放弃了.那你就不是.因为如果你是什么,没有什么能阻碍你成为它.没有任何.

JO: What is a speaker? A speaker is like preaching? First, don't let any JO or external information or authoritative information tell you who you are, what you are. No no no, it's you telling us, you telling all the other lives who you are. Understand? So if becoming a speaker is your passion, something you want to do, even if you stammer when speaking, you should practice daily to get to a state where you can express freely. That's your passion, so you're a speaker. If you want to become a speaker and feel that my wisdom isn't much, I don't express well, I still stammer, I can't do it, then you've already given up. You aren't one because if you are something, nothing can stop you from becoming it. Nothing.

问: 对,我⼀直在想就好像在寻找⾃⼰更⾼的呢⼀部分.

Q: Yes, I've been thinking about it as if I were seeking a higher aspect of myself.

JO: 所以如果呢是你激情的,你就去做.⽽不是去看外在条件,我符合不符合,我的⼜才好不好.

JO: So if it's your passion, do it. Rather than looking at external conditions, am I suitable or not, am I good enough.

问: 因为道瑞他说的呢个说法者说他来到地球,但是他忘记了⾃⼰是谁.但是他有⾃⼰本能在做的事情去更改集体意识.⼤概就是这种感觉.我经常会冒出很多很奇特的想法.后⾯看了他们的信息,就是觉得⾃⼰有任务但是我忘记了,但是还是在跟着⾃⼰的本能在做.

Question: Because Dao'ai said that he came to Earth, but he forgot who he is. However, he has his own instincts doing things to alter collective consciousness.大概 this kind of feeling. I often have many strange ideas popping up. After reading their information, I feel like I have a mission but I forgot it, yet still following my instincts.

JO: 我们前⾯说的你的灵魂主题你就是想完完全全的把⾃⼰给奉献出去.所以你可能会有很强烈的愿望想要去做⼀些事情.你不是说别⼈给你⼀个⾝份你才去做,⽽是说⽆论你遇到多少阻碍,你都不断地去做不断地去做.

JO: What we talked about in terms of your soul theme is that you want to fully dedicate yourself. So, you might have a strong desire to do things. Unlike being motivated by others giving you an identity, it's about persistently pursuing actions despite facing numerous obstacles and continuously engaging in them.

问: 是的.就是⾃⼰想要去.

Q: Yes, it's just that I want to go.

JO: 所以并不是因为外在给你⼀个⾝份你才去做,⽽是说你内在有⼀股推动你的⼒量让你不得不做.

So it's not about getting an identity from outside that makes you do it; rather, there is an internal driving force within you that compels you to do so.

问: 是的,⾮常感谢.

Q: Yes, thank you very much.

第五个⼈问: 我和我母亲的灵魂关系是什么?

The fifth person asks: What is the relationship between my soul and my mother's soul?

JO: 你跟你母亲就好像是需要通过这⼀⽣⽤来化解你们之间的⼀个恩怨这种感觉⼀样.问: 我在我吗⾯前就是不管做什么我都是错的,我就不明⽩.

JO: It feels like you and your mother need to resolve a grudge across an entire lifetime. Ask: I am always wrong in front of her, but I don't understand why.

JO: 有⼀句话叫什么? 冤家路窄.这⼀⽣来化解你们之间的恩怨.如果你越是排斥的,你就越是去经历,你就越是把它吸引在你⾝边.

JO: There's a saying, "Opposites attract." This lifetime is meant to reconcile your grievances and conflicts between you. The more you resist something, the more you will encounter it, and thus attract it into your life.

问: 那要怎么去化解?

To resolve it, one must ask how?

JO: 你稍等.你必须需要完完全全的成为你⾃⼰.这么说吧,就好像你是⼀棵⼤树,在你还是幼苗的时候你没有办法去,就是外界的⼀个风吹草动都会让你觉得你在被动摇.那当你⾃⼰成为⼀个参天⼤树过后,外⾯就是狂风⼤⾬它对你都没有多⼤的影响.所以你跟她化解的唯⼀⽅式就是不断地去成为真正的你,不断地蜕变蜕变,不断地越来越壮⼤成为你这颗种⼦本来是的样⼦.

JO: Wait a moment. You must fully become yourself. To put it simply, imagine you are a young sapling; any slight disturbance from the outside world could make you feel unstable or shaken. However, once you grow into a towering tree, even strong winds and rain won't have much impact on you. Therefore, resolving conflicts with her is only possible by continuously becoming your true self, undergoing constant transformation, growing stronger, and realizing the inherent essence of that seed you were from the beginning.

问: 就是变得成熟起来呗?

Q: It's just about maturing, right?

JO: 绽放问: 因为我妈总说我⼩孩⼦性格,永远长不⼤.

JO: Zhan Zai asked: Because my mother always says I have a childlike personality that never grows up.

JO: 你多⼤年龄?

JO: What age are you?

问: 我35,总说我不成熟.

Q: I'm 35 and always say I'm not mature.

JO: 然后呢? 刚才我们的信息告诉你,当你不断不断地去壮⼤过后,你就不会受这个影响,明⽩吗?

Then what? Just now, our information told you that once you grow continuously, you won't be affected by this anymore, do you understand?

问: 明⽩了.那我和我孩⼦之间的灵魂关系呢? JO: 你孩⼦多⼤?

Question: I understand. But what about my soul relationship with my child? JO: How old is your child?

问: 4岁,⼥孩.

Question: 4-year-old girl.

JO: 你稍等.你孩⼦她正好就好像是特别有底⽓.然后她就可以帮助你去抵抗你妈妈给你的压⼒⼀样.就⽐如说当你在去抵抗你妈妈的时候,你好像就觉得你好像少了呢股底⽓⼀样.然后就好像你有⽓没处使,有⽓没处发⼀样,就好像你很难把这个⼒⽓打出去.这么说吧,你妈妈打你⼀拳,你就很难打回去⼀拳.但是你孩⼦就可以打回去.这么说吧,你现在是深陷在泥潭⾥⾯,你深陷在泥潭⾥⾯.但是呢,你没有必要去指责你的泥潭它到底把你拽的有多紧.你更需要的是去抓住你外⾯的⼀个东西,然后不断不断地把⾃⼰往上移动.你就脱离了它对你的挤压.

JO: Wait a minute. Your child has this confidence that allows her to assist you in resisting the pressure from your mother. It's like when you're trying to stand up against your mother and feel as though you lack that confidence, making it seem as if your energy is trapped with nowhere to go or vent. You struggle to get rid of that force. To put it simply, a punch from your mother might be hard for you to return, but your child can do it. You're mired deep in quicksand, and you need to find something outside yourself to lift yourself up against the pressure exerted upon you.

问: 我现在⽐较爱多想,我就害怕我和⼥⼉就像我和我妈之间的关系⼀样相处的不太好.我这是不是多想了呀?

Q: I'm worrying too much these days; I'm afraid my relationship with my daughter might not be as good as it was between me and my mom. Am I overthinking this?

JO: 相处的不太好? 你⾸先要知道你们基本上的关系都不会是相处的特别好.为什么呢? 因为你们最主要的就是通过关系来映射出你们⾃⼰.然后你们所有的在这个地球上的存有都是需要去学习的.如果你不需要去学习的话,你不需要来到这⾥.

JO: Discomfort in getting along? You should first understand that the basic relationship between you wouldn't be particularly good at getting along. Why is this so? Because what mainly happens is that relationships reflect back to you your own selves. And all of your existences on Earth need to learn things. If you don't require learning, then there's no need for you to come here.

问: 来到地球上就是修⾏吗?

Question: Coming to Earth is cultivation, right?

JO: 学习,就像是⼀个学校,你来就是学习的.所以你如果放眼望去的话很少会找到你觉得相处的⽐较好的关系.为什么呢? 因为你就算看到他们相处的⽐较好,你看到的只是呢⼀瞬间呢⼀⼩⽚段.⽽且你看到的可能只是表⾯.你要知道⼀个相处的好的状态需要你们很费⼒的把这个呈现出来,明⽩吗? 也就说你们⽬前社会,不是说这是个真实的情况,就是不是说真实的情况是相处的好是需要很费⼒的.那你们就知道有时候你们在外⾯跟别⼈相处的好,⼀回到家又是吵架又是⽭盾.很多这样的⼈,对不对? 因为他要维持外⾯的呢个好他需要很费⼒的去做这个事情,他才能维持表⾯上的好.所以你需要去放下你的任何想要去相处的⽐较好.

JO: Learning is like a school where you come to learn. Hence, if you look around, it's rare to find relationships that you feel are good. Why is that? Because even when you see them getting along well, what you're seeing is just a fleeting moment, a small fragment of their interactions. Moreover, the interaction you observe might only be superficial. You need to understand that for a harmonious relationship, it requires significant effort to present and maintain such states. Do you get it? In other words, in your current social setting, not everything is as straightforward as it seems; true harmony often requires much more effort than what's perceived on the surface. That means there are many individuals who can be good at interacting with others outside but end up arguing or having conflicts upon returning home. Isn't that the case? Because they need to uphold their public persona of being good, they must exert a lot of effort in maintaining this facade. Therefore, you should let go of any expectations for getting along well.

然后你就把所有的这⼀切,就好像刚才说你深陷在淤泥⾥⾯.⽆论你去责怪嫌弃你的淤泥,它对你都不会有任何的改善.所以你唯⼀的就是需要盯着你的⽬标不断地往上移.

And then you just have to take all of this, like you were saying earlier about being stuck in the mud. No matter how you blame or dislike your own mud, it will not improve at all for you. So the only thing you need to do is focus on your goal and keep moving upwards continuously.

问: 那我来地球的⽬标是什么? 使命是什么?

Question: Well, what is my goal in coming to Earth? What is my mission?

JO: 你稍等.去转变你的能量.因为你会发现你⾃⼰很容易去不断地吸收很多很多负能量.然后就好像你⾃⼰真的是让⾃⼰深陷在其中⼀样.然后你就想要脱离想要转变.所以你会⼀直想要去转变.然后我们这些信息可以帮助你.我们这些信息就好像是你在泥潭⾥的⼀根绳⼦⼀样,你可以拽着拉着这根绳⼦,然后脱离呢个泥潭.

JO: Wait a moment. Transform your energy. Because you will find that it's very easy for you to absorb an enormous amount of negativity continuously. Then, it feels like you're really sinking into this negativity by yourself. And then, you want to get out and change. So you keep wanting to transform constantly. And these messages can help you. These messages are like a rope in the mud for you - you can grab onto it and pull yourself out of that泥潭.

问: 对.明⽩.那我来到这就是修⾏来的?

Q: Understood. So I came here for cultivation?

JO: 刚才说你们如果不需要去学习的话,你们就不需要来到这⾥.为什么呢? 因为这⾥最主要的就是学习.

JO: You just said that if you don't need to learn, there is no need for you to be here, why is that so? Because the primary activity here is learning.

问: 知道了.还有⼀个问题就是我每天晚上都做梦,感觉活在两个世界.每天的梦也记不住.每天做梦都是给我什么安排? 我⾝边的⼈都不怎么做梦.

Q: Understood. There's another question: I dream every night and feel like I'm living in two worlds. I can't remember my dreams each day. What kind of arrangement are these nightly dreams for me? And it seems that the people around me don't dream as much.

JO: 你的头脑是弄不明⽩的.你就⽐如说你有时候会把你⽩天的⼀些紧张的情绪通过梦去给它释放.为什么? 你的⾝体它⾃动在运⾏.不管你知道还是不知道,它都在⾃⼰有⾃⼰的呢⼀套.就⽐如说你⽩天有很多兴奋或者是紧张或者是任何的情绪.然后晚上它都可以通过梦来把你调节到... 就⽐如说你受了很多⽓,那通过梦就可以把你受的⽓慢慢给你释放掉.所以你们很多⼈就会感受到好像昨天呢么⼤的事,好像也没什么了.好像什么事情对你来说变得没有呢么重要没有呢么⼤影响⼒了.为什么呢? 你通过你在睡觉的时候,你的⾝体它⾃动的调节到⼀个最好的状态了.你们⾝体你不需要去动脑⼦让它去运⾏,明⽩吗? 因为你们头脑

Your mind is incomprehensible. You release sometimes your daytime tensions through dreams. Why? Your body runs automatically regardless of whether you know or not; it has its own system. For example, if you're excited, stressed, or have any other emotions during the day, then at night, it can regulate them through dreams... If you've taken a lot of abuse, dreams can gradually release that for you. So many people feel like yesterday's big deal was nothing and everything became not as significant to them. Why? When you sleep, your body automatically adjusts to its best state. You don't need to use your brain to make it run; understand? Because your mind

会觉得⽆论做什么都需要头脑去参与.我头脑⼀定要去弄清楚我每⼀个梦是什么.我头脑⼀定要去弄清楚我的⾝体要怎么样运作.你的头脑能弄清楚吗? 你能弄清楚你的⾝体怎么样给你供⾎或者是怎么样去产⽣这些东西吗? 你弄不清楚的.

You would feel that everything requires your brain to be involved. My brain must figure out what each of my dreams is about. My brain must understand how my body operates. Can your brain figure this out? Can you understand how your body supplies blood or generates these things? You can't figure it out.

问: 那做梦和指导灵有关系吗?

Q: Does dreaming have anything to do with guiding spirits?

JO: 做梦它可以是其中的⼀个途径让你们有交流.但是并不只是这样⼦,并不只是你说的这样⼦.因为这个地⽅它没有办法去定义.你就好像你想要去定义⼀个⽆限,你没有办法去定义. 为什么呢? 因为梦其实就是意识.那你如何去定义意识? 你定义不了.你没有任何东西能够定义它.因为当你在定义,它下⼀刻又发⽣了变化.它永远永远都是在变化,它永远都是在更新当中.你永远都不知道下⼀刻会发⽣什么.这⼀点不是死的.

JO: Dreaming can be one of the ways for you to communicate. But it's not just like that; it's not simply what you're saying. Because this place cannot be defined. It's as if you want to define infinity, but you can't define it. Why is that? Because a dream is actually consciousness. How do you define consciousness? You can't define it. There's nothing you can use to define it. Because when you're defining, it changes the very next moment. It's always changing and updating constantly. You never know what will happen in the next moment. That part isn't static.

问: 每个⼈都有⾼我吗? 我这辈⼦是有灵性的修⾏⼈吗? 我有没有指导灵? 他们是谁? 他们⽤什么样的⽅式跟我沟通? 我应该如何注意到它们如何与我交流?

Q: Does everyone have a Higher Self? Am I a spiritual practitioner in this lifetime? Do I have a guide spirit? Who are they? How do they communicate with me? What kind of way should I pay attention to how they interact with me?

JO: 你本⾝就是你的⾼我.只是你的头脑参与太多,把它给挡住了,明⽩吗? 只是你的有头脑参与太多给它挡住了⽽已,那并不代表它不存在呀.要没有的话,那你就不存在了.

JO: You are your Higher Self; it's just that your mind is involved too much, blocking its view, do you understand? It's not that it doesn't exist due to the involvement of your mind; if there were none, then neither would you be.

问: 那我⽤联系它们吗?

Q: Should I contact them?

JO: 你就是少阻碍,减少阻碍.

JO: You just need to reduce obstructions; reduce obstructions.

问: 是不是呢个执念、信念太多了,然后阻碍的就多了?

Question: Could it be that when there are too many obsessions or beliefs, then the hindrances become numerous?

JO: 当你脑⼦⾥⾯不断地想要去安排、计划、弄清楚,任何的这些东西或者⼀定要按照这个⽅式⽅法.这就是在阻碍.

JO: When you constantly try to arrange, plan, and figure everything out, or insist on doing it this way, that's what's holding you back.

问: 我知道了.

Q: I understand.

#### 2023/07/08 — 灵魂主题之重新建⽴关系Rebuilding Relationships on the Theme of Soul

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我这⼀世的灵魂主题是什么? JO: 你叫什么名字?

Question: What is the theme of my soul in this lifetime? Answer: What's your name?

问: 我叫XXX.

Question: I am called XXX.

JO: 你选择这⼀⽣来到这个世界上就好像很多跟你⽐较亲密的关系需要你重新去建⽴或者是修复、改变或者是重新去处理这些关系.所以你会从你的亲密关系当中会发现有很多让你着⼿的⼀些….因为你们所有如果要转变,就⽐如说要转变关系,你⾸先要转变你⾃⼰.⽐如说转变你⾃⼰的视⾓.⽐如说你以前⼀直是站在你⾃⼰的视⾓,但当你要转变关系的时候,你可能要站到对⽅的视⾓.就是你不断地要转换你的视⾓,就是不断地把你的视⾓扩⼤.就像你们的地图⼀样,最开始你可能只是在你的呢⼀个点.⽐如说你锁定⼀个房⼦,慢慢慢慢再看到街道,再看到整个城区整个城市,就是整个⾯貌,明⽩吗?

JO: Your choice to be born into this world is like many of your close relationships needing you to rebuild, repair, alter or reprocess those relationships. Therefore, you'll find plenty of things within your intimate relationships that require your attention and action because for everything to change, especially in relationship transformation, you must first transform yourself. You need to change your perspective. For example, if you were previously always looking at the world from your own viewpoint, when you want to change a relationship, you might have to see it from the other person's perspective. It means continuously shifting your viewpoints and constantly expanding your perspective, just like how maps expand from one point to streets, neighborhoods, cities, and beyond. Can you understand that?

因为当你看到整个⾯貌的时候,你就不会局限于这个房⼦怎么是这样的.你就清楚整个⾯貌,你便不会被眼前的⼀些…. 所以在修正关系之前,你必须要修正⾃⼰.也是你⾃⼰成长的⼀个道路.

Because when you see the whole picture, you won't be limited by how this house is like. You will understand the entire picture and thus not be confined to what's right in front of you... So before fixing relationships, you must first fix yourself, which is also your path for personal growth.

问: 我和我对象在其他世是什么关系? JO: 你们在⼀起多久了?

Question: I want to know what relationship we had in our previous lives with my partner? JO: How long have you been together?

问: 我俩登记不到⼀年,处对象⼤概两年.

Q: We've been together for less than a year and we've been dating for about two years.

JO: 有孩⼦吗?问: 没有.

Child: No

JO: 你的对象叫什么名字?问: XXJO: 对你来说你的这段关系就好像是有⼀点点是慢慢慢慢来折磨你的感觉.就是让你有⼀种像有苦说不出.就好像哑巴吃黄连,有苦说不出.只有你⼼⾥才会觉得好像有⼀些让你睡不好觉,就是让你总觉得你们之间有⼀点点隔阂或者是冲突.所以这段关系也是来,就好像刚刚你的灵魂主题⼀样.然后你是通过这段关系把你带⼊到⼀种就好像你必须要去学习关系在你们的⽣活⽣命当中究竟是什么? 就算有⼼的想要去爱对⽅或者有⼼的想要去好好⽣活.为什么总会出现这种⼼有余⽽⼒不⾜或者是背道⽽驰的呢种感觉? 然后通过这个你们有⼀句话不就是烦恼即菩提吗? 烦恼背后它就是智慧.

JO: What's the name of your partner?

XXJO: For you, this relationship is a slow torture. It makes you feel like you're suffering in silence, like a哑巴 eating luo Han fruit (a Chinese idiom meaning to suffer silently). You can't express it and only you know that there are things causing you anxiety that keep you awake at night. There's always a sense of distance or conflict between the two of you. This relationship is like your soul theme, leading you into questioning what relationships really mean in your life. Even if you try to love each other with all your heart and strive for a good life, why do feelings of being unable to fully express your affection or heading in opposite directions persist? There's an old Chinese saying: "Troubles are enlightenment." The troubles behind it is wisdom.

通过这个你就会进⼊到⼀种去探索去研究去认识关于⽣命关于关系这些.

Through this, you will delve into exploring, researching, and understanding aspects of life and relationships.

问: 这也就是我们这⼀世来到彼此⾝边…JO: ⾸先你就是要通过关系去就是你们所说的修⾏吧.修⾏是什么? 修⾏就是成长,对吧? 所以说就算没有和他的关系,你也会跟其他任何跟你亲密的关系把你带到这条路上,明⽩吗?因为这是你学习和成长的路.

Q: This is why we have come to each other in this lifetime...JO: First, you need to go through what you call practice. What is practice? Practice means growth, right? So even without a relationship with him, you would still be drawn towards any other close relationships that bring you on this path, understand? Because this is the road where you learn and grow.

问: 明⽩.我对象他结过⼀次婚,他有⼀个孩⼦.他对这个孩⼦很看重.现在我想要⼀个孩⼦,但是我对象不太想要.我应该怎么和他沟通?

Q: Understand. I was married to him once and he has a child. He highly values this child. Now I want to have a child, but my partner isn't very keen on it. How should I communicate with him?

JO: 他不想要⼩孩,你想要,然后你要怎么要跟他沟通? ⾸先你要换成你要如何跟你⾃⼰沟通,明⽩吗? 因为你们总是在试图去说服外在的⼈去达到你⾃⼰的愿望或者是梦想.但是你⾸先要明⽩的就是说如果⽣命中你拥有的,没有任何⼈有办法去阻碍你拥有的呢个东西的到来,只有你⾃⼰.所以说如果有⼀个⽣命要加⼊你的话,外⾯没有任何⼈可以阻碍你跟呢个⽣命的相遇,明⽩吗? 所以说你应该就是去放下想要试图说服他⼈.因为当你在试图去说服他⼈接受你的⼀个想法或者是⽬的和愿望的时候.你其实就是在不信任.为什么呢? 因为如果你彻底的完完全全的相信你所需的⼀切都会来到你的⾝边,你还会去费这个⼒吗?

JO: He doesn't want kids, you do, then how should you communicate with him? First, you need to understand how you would communicate with yourself, right? Because you're always trying to persuade others to achieve your own wishes or dreams. But the first thing you need to realize is that if you have something in life, no one can prevent its arrival but yourself. Therefore, if a life is going to join you, there's nothing outside that can prevent you from meeting that life, understand? So you should stop trying to persuade others. Because when you're trying to persuade others to accept your idea, goal, or desire, it actually shows lack of trust. Why is that? If you fully trusted that everything you need would come to you, would you still waste this effort?

当你在费⼒的时候,你实际上就是在不信任.那你不信任的话,你投射出去的事情你经历的事情就是⼀个你不能信任的⼀个状态.你不能信任⽣命,你也不能信任外⾯的⼈.也就是说事情的确会像你以为的呢种不会完成的⼀个状态呈现给你,不能如你愿.那你就进⼊到不如你愿的⼀个状态.

When you are struggling, in essence, you are not trusting. If you do not trust, the situations you project and experience become states that you cannot trust. You cannot trust life, nor can you trust people outside. In other words, things will indeed appear to you as a state of not being able to complete what you think it would, not going as you wish. And thus, you enter into a state of dissatisfaction with reality.

问: 那我就平常⼼就好了,也不去想其它的东西?

Question: Then I'll just have my normal thoughts and not think about anything else?

JO: 也不是平常⼼,也不是不去想.应该是从你的根深蒂固,从你最底层的思想你要去探索明⽩到底什么让你… 因为你的振动频率是没有变的.因为就算我现在给你解释清楚了…问: 那你的意思是不要外求的意思吗? 那我怎么样转换成…JO: 你⾸先你⾃⼰你内在,就是说如果真正的能明⽩你⽣命运作的⼀个模式.因为你不理解⽣命运作的模式,你就会觉得外在的事情是你⾃⼰⽤⼿去推动的.就这么说,就好像有⼀个机器⼀样.你想象⼀下电风扇,你说你都不知道这个电风扇你把它的插头插上电后它⾃⼰就会转动,对吧? 但是你们却觉得是你们⾃⼰⽤⼿去转动它它才会产⽣风,微弱的⼀点点风给你.你还觉得好累啊,明⽩吗?

JO: It's not a matter of being normal or not thinking about it. You should explore from the deeply rooted thoughts at your core to understand what truly drives you... because your vibration frequency hasn't changed. Even if I explain this clearly now...

Questioner: Does that mean don't look outside yourself?

JO: First, you need to introspect within yourself and truly comprehend how life's workings operate in their patterns. You can't understand the pattern of life's workings unless you grasp it; you'll perceive everything around you as something you're pushing with your hands, like a machine. Imagine an electric fan - if you plug it into power, it starts spinning automatically, right? But you feel that only by manually turning it do you generate a weak breeze for yourself, and you find it exhausting to do so.

这就是你们对⽣命的理解和认知.你觉得外在的事情是需要你去⽤⼒的,去push,去推动它.我必须要去说说说说,然后对⽅才会去做.我必须要怎么样怎么样才能… 就会有⼀种让他⼈觉得很难受.为什么呢? 因为你⼀直在推他.然后你也会很难受,因为你⼀直在吃⼒的去做,就是在推动.

This is your understanding and cognition of life. You believe that external matters require effort, a push, to be moved forward. I have to say, say, say, then the other party will act. I have to do this or that... there will be a sense of discomfort for others. Why? Because you're always pushing them. And you'll also feel uncomfortable, because you've been putting in effort constantly, essentially pushing things along.

问: 那我需要做的是什么呢? 或者说我需要怎么样转换呢?

Question: So what do I need to do? Or how should I convert it?

JO: 你需要转换的就是你增加… 就⽐如说在你现在的这条路上,你就在去对你⽣命的⼀个认知因为当你对⽣命有⼀个完全的认知知道过后,你就会知道你其实是完整的.你不需要去东那⼀块,西拿⼀块来填满你.因为你们会觉得你是可空的,你是什么都没有.所以你会去外⾯找.去拿个⾦钱、拿个名利、拿个权⼒、拿个爱情、拿个婚姻,就是不断地往外拿东西来填满你,明⽩吗? 那当你真正了解你的⾝份的时候,你⾃然⽽然全是满的.你不断地在往外流出去你的爱,因为你太满了.所以你会把你的爱流向什么? 流向你的爱情,流向你的婚姻,流向你的孩⼦,流向你的事业,流向你的员⼯,所有的⼀切.然后当你在流向他们的

JO: What you need to transform is what you add… like on the path you're currently on, you're heading towards a full understanding of your life because once you have a complete understanding and realization of life, you will know that you are whole. You don't need to go east or west to fill yourself up. Because you might feel empty, as if you have nothing. So you look outside for solutions like money, fame, power, love, marriage; constantly seeking external fulfillment. Understand? When you truly understand who you are, you naturally become full without trying. You continuously give out your love because you're too full. Where do you direct your overflowing love towards? Towards your love life, marriage, children, career, employees, everything and anything. And as you pour yourself into them

时候,他们⾃然⽽然也就在运作.就好像他们插上电⼀样,他们会⾃动的去运作.不需要任何⼈去push,就是去推.因为当你们在⽤⼒的时候,你实际上是阻碍.为什么呢?因为在你的认知⾥⾯,你觉得⽣命是需要你去⽤⼒的.所以你会去体验⼀些你⾮常吃⼒的.就这么说吧,刚才我给你举的电风扇的呢个⽐喻.你不知道你的风扇⼀插上电就会不停的给你送风来,对吧?所以在你的认知⾥⾯,你会觉得风扇是需要⽤你的⼿不断不断地去推它它才会动⼀下.所以你不断不断地去推它,它才会动⼀下.那你就会这个模式去体验,因为你不知道这个风扇插上电它就会运作呀.所以你守在呢⼀会⼉就去搬动它⼀下,然后它去转⼏圈.你再去动⼀下,它再转⼏圈.

At the appropriate moment, they naturally begin to operate. As if they were being plugged in, they would automatically start functioning without any need for anyone to push or force them. There is no requirement for someone to apply pressure or to coerce; it's as though one simply has to initiate action and everything will follow suit organically.

Why is this so? In your perception of the situation, you believe that life necessitates effort. Consequently, you experience conditions or circumstances that are taxing in nature, requiring significant exertion. For illustration, let's consider the analogy I provided earlier about a fan powered by electricity. You might be unaware that when you plug it into the power outlet, it automatically begins to continuously blow air towards you. Right?

Therefore, within your understanding and framework of reality, you perceive the fan as needing constant manual manipulation from your hand to make it move. As such, you keep pushing repeatedly only for the fan to respond with a minor motion after each push.

You thus repeat this cycle of interaction because you are unaware that once powered up, the fan operates autonomously. It's like when you occasionally move the fan slightly, and it turns for a few rotations. You might do this again, expecting more rotations from the same action.

你就会⽤这种模式去体验.那它的问题处在哪⾥? 出现在你根本就对风扇不理解不了解啊,明⽩不? 那如果你了解了过后,你把它插上电.那它是不是就可以⾃然⽽然的送风过来给你,你只是去享受? 明⽩这个⽐喻吗?

You would experience it through this pattern. Where is the problem with that? It lies in your fundamental lack of understanding and familiarity with the fan, right? If you gain an understanding of it afterwards, and plug it in, wouldn't it naturally send out the wind for you, allowing you to simply enjoy it? Do you understand this analogy?

问: 那我怎么样可以把它转化到我⾃⼰⾝上来运作呢?

Q: How can I apply this to myself?

JO: 那就好像刚才说的你不是要去说服他呀,你要说服你⾃⼰.问: 我来说服我⾃⼰?

JO: That's like what you just said: you're not trying to convince him; you're trying to convince yourself. Q: Am I trying to convince myself?

JO: 你说服你⾃⼰就是说为什么你觉得你⽣命中的事情是需要别⼈来满⾜你呢? 你⽣命中遇到的任何事情它只是投射出你的⼀个状态⽽已.为什么? 因为你觉得是他才能满⾜你的⼀个愿望,或者是他需要来做什么你才能幸福.你觉得是他来影响了你,让你不能如愿.所以的这些想法你都是在认为外界有⼀个他的存在,明⽩吗?

JO: You convince yourself of why you think that others need to fulfill what happens in your life because they are the ones that can satisfy your desires or do something for you to be happy. You perceive them influencing you and preventing you from achieving your wishes. All these thoughts imply that you believe there is an 'other' out there in the external world, understand?

问: 我明⽩你的意思啊.但是要⼩孩的事情不是需要两个⼈吗?

Question: I understand your point. But isn't it necessary to involve two people when talking about children's matters?

JO: ⾸先你的头脑并不知道将来会发⽣什么,会怎么发⽣.为什么呢? 因为你现在还在你现在的⼀个意识状态.那意识状态我告诉你,⽐如说你的等级在⼀百.你并不知道五百会发⽣什么.因为你从来没有到过呢⾥,明⽩吗? 所以你想象不出来.为什么呢? 就⽐如说你变了.你变得再也不push他,去要求他.⽽且什么都是我尊重你的意愿,因为我爱你超过爱⼀切,超过我想要⼩孩.当他体验到这份爱的时候,他是不是也会给你: 我尊重你,我爱你超过⼀切.我想要去帮你完成你的愿望.明⽩吗? 所以当你在变的时候,外在的⼀切都会变.不是说你要让外在变,你才变.外在永远都不可能变的.为什么呢? 因为外在就是你⾃⼰投射出去的.

JO: Your mind doesn't know what the future will bring or how it will unfold because you're still in your current state of consciousness. Why is that so? Because you're right now, at this very moment, within your current awareness level - say you're at rank 100 for example. You don't know what would happen if you were to reach rank 500 because you've never been there before; understand? So you can't imagine it. Why not? For instance, when things change, you change by no longer pushing him or demanding anything from him. And everything becomes about respecting his wishes because I love you more than anyone else, even more than wanting children. When he experiences this love, does that mean he will give back: I respect you and love you more than anyone else; I want to help fulfill your wishes. Understand? So when things start changing within you, the outside world changes too. It's not like you have to change for the outside world to change - it can't possibly happen. Why is that so? Because the outside world is essentially a projection of yourself.

你的频率在多少,你只能去到你呢个频率产⽣的⼀些事件.它不会超过你振动频率外的东西的.明⽩吗? 还有就是说因为这⾥有⽆数可能.有可能就是你变了,他变得在你这⾥感受到理解.你完全的变了⼀个⼈.当你完全变了⼀个⼈,他完全是另外⼀个⼈.所以他也会变的.你要知道所有东西都是你们的⼀个想法.想法是会随时变得.你能说你⼩时候的⼀个想法,你现在还有同样的⼀个想法吗? 你⼩时候很怕你妈妈离开你,你要⼀直睡在你妈妈⾝边才安⼼.你现在还这样吗? 明⽩吗?

Your frequency is at a certain level; you can only reach the events that your own frequency generates. It won't transcend anything beyond your vibration frequency. Do you understand? Also, because there are countless possibilities here, it's possible for him to change and become someone who understands you in this space. You've completely transformed into a different person. When you transform into a different person, he becomes a completely different person too. So he will also change accordingly. You must realize that everything is an idea of both of you. Ideas can constantly evolve. Can you say that you still have the same idea as when you were a child? Did you fear your mother leaving you and feel at peace only by sleeping next to her as a child, and do you still feel that way now? Do you understand this?

问: 你说的这个意思我明⽩,包括你说的所有的⼈际关系.说的通俗⼀点就是只有我⾃⼰改变了,那其他所有都改变了.就看我怎么去改变⽽已.

Q: I understand what you mean, including all the interpersonal relationships you mentioned. In simpler terms, it means that everything changes only when I change myself. It's just a matter of how I choose to change.

JO: 你⾸先要明⽩⼀个道理就是这⾥没有外在.因为你还会觉得外在是他⼈,他⼈不会改变.这⾥没有他⼈,只有你⾃⼰的⼀个意识频率在什么程度,你就会经历什么样的他⼈.

JO: First, you need to understand that there is no external here because you still perceive the external as being other people who won't change. There are no others here; only your own consciousness frequency determines what kind of "other" you will experience.

问: 我明⽩你说的.其实在我认识我对象之前,我的⼈⽣的活法是完全不⼀样的.我⽐较寡淡.我对很多东西看的不是很重.(略) 其实我就是想问⼀下我的⼈⽣主题.孩⼦这些也就是在这个框架⾥….

Q: I understand what you mean. Actually, before I met my partner, the way I lived my life was completely different. I was more reserved and didn't attach much importance to many things. (Briefly) Essentially, I just want to know about the theme of my life. Kids are within this context...

JO: 你的⼈⽣主题,你说你能离开关系吗? 你们没有任何⼀个⼈能离开.你⽆论怎样你都是在这个集体意识当中.所以就算你不喜欢跟⼈打交道,就喜欢独来独往.但是你还是在受他们所有的⼀切的影响,明⽩吗? 所以你没有办法脱离这个关系⽹.那正好这就是你需要去修的⼀个点,就是重新建⽴和关系.我们之前信息不是就说了嘛,你需要重新去建⽴关系,重新去对关系的⼀个关系.⽐如说你以前你不屑跟谁交往.为什么呢? 因为在你⼼⽬中你会觉得关系是⼀件痛苦的事情或者是⼀件⿇烦的事情或者是⼀件吃⼒不讨好的事情或者是⼀件⾮常费⼒的事情.那这些是不是都需要你重新去建⽴对它的⼀个看法.因为当你的看法变了,你经历的体验也变了,明⽩吗?

Your life theme is about your ability to step away from relationships; you all can't escape them. You are always part of this collective consciousness no matter what. So even if you prefer solitude over socializing, you're still affected by everyone else's dynamics, understand? Hence, you cannot break free from these connections. That正好is precisely the point you need to work on: re-establishing and cultivating relationships again. Haven't we discussed previously that you need to rebuild your relationships and have a new relationship with them? For instance, if you used to look down on interacting with certain people because you found it painful, troublesome, unappreciated, or very demanding - these are all aspects that require reevaluation in terms of how you perceive relationships. Because when your perspective changes, so does your experience of them, understand?

你就会被这些关系滋养,然后你就会⼀直被滋养,你们彼此滋养.然后你受到滋养,你就会觉得⽣命很美好.

You will be nourished by these relationships, and then you will continue to be nourished, each nurturing the other. Then, as you are nourished, you will feel that life is beautiful.

问: 我明⽩你说的意思,就是你说的外在或者本⾃具⾜.但是从⾁⾝来说我已经快四⼗了.我对象对孩⼦特别重视.我觉得我已经全部给我对象了,但是我对象没有.我也在调整我⾃⼰.

Q: I understand what you mean by the external or self-sufficient nature you're referring to. However, from a physical standpoint, I'm already in my forties. My partner places great value on children. I feel like I've given everything to my partner, but they haven't reciprocated that same effort. I am also working on adjusting myself.

JO: 那是不是正好外在的⼀切都逼着你去学习到底关系是什么? ⽣命是什么? 所以它就会把你带上智慧的路,对不对?

That's when everything external forces you to learn what relationships are and what life is. So it takes you on the path of wisdom, right?

问: 对,这个我承认的.现在在能量层⾯有没有灵魂想要加⼊我成为我的⼩孩⼦?

Question: Yes, I admit that. Now, are there souls at this energy level who want to join me and become my child?

JO: 有.它会在你内在和谐的时候出现.

JO: Yes. It appears when you are in harmony internally.

问: 就是你刚才跟我说的呢个点,就是我⾃⼰找到真正的⾃⼰,我⾃⼰达到呢个状态的时候.

Question: It's that point you just mentioned to me, where I find my true self and reach that state.

JO: 就是当你放下呢个执念,求外⾯.

JO: It's when you let go of that obsession, and seek outside.

问: 就是我的爱已经满到要外流的时候吗?

Q: Has my love overflowed?

JO: 就是当你放下对你来说你需要... 你们其实很多⼈会觉得为什么我⼀直要⼀直要,然后却要不到.然后当你真正放⼿的时候,你却得到了.这么说吧,当你在⽔⾥⾯游泳的时候,你⼀直⽤⼒⽤⼒,你却浮不到⽔⾯上.当你不再去⽤⼒的时候,⼀下就浮到⽔⾯上来了.

JO: It's when you let go of what you need... many people actually wonder why I keep asking and yet never receive. And then, when you truly let go, you receive. Let me explain this with an analogy: When swimming in water, you're using all your strength to try and rise above the surface but you can't. However, when you stop trying so hard, you suddenly find yourself surfacing right away.

问: 明⽩明⽩.那它来到我⾝边彼此会帮助对⽅什么呢?

Question: Clearly, clearly. What would it help each other with if it came to my side?

JO: 等你到时候真正达到内在和谐你再来问.为什么呢? 因为你呢会⼉的能量状态已经变了,就不⼀样了.所以你的信息也会不⼀样.

JO: Wait until you truly achieve inner harmony before asking again. Why is that? Because your energy state has changed and it's different now, so your information will also be different.

问: 跟我这⼀世联系最紧密的呢⼀世是怎么样的⼀个⼈?

Question: Which lifetime has the closest connection to my current one?

JO: 我们连接到的对你这⼀世有影响的⼀世是,呢⼀世你被很多的亲密关系伤害.就是你从关系当中、亲⼈朋友当中,就好像是众叛亲离的感觉.导致在你的灵魂深处,你还会有⼀种深深的抗拒感,就会觉得…. 因为你不想再继续受到伤害,所以你就想远离它嘛.你不想进⼊它.所以说呢⼀世的伤痛还会对你这⼀世,跟你的⼈的特质,你们每⼀个⼈都会有⼀个特质,有的⼈就特⽐喜欢跟⼈交往,那你的特质就会是有⼀点害怕、抵触或者就是不愿意.

JO: The life that we are connected to which affects your current one is the one where you were hurt by many intimate relationships. It's like feeling deserted and rejected from relationships with family and friends. This leads to a deep sense of resistance within your soul, causing you to feel...because you don't want to be hurt again, you try to stay away from it. You don't want to enter into it. Therefore, the pain from that past life still affects you in this one, influencing your personality traits. Each person has their own trait; some people really enjoy interacting with others, whereas yours is characterized by a certain level of fear, reluctance, or avoidance.

问: 明⽩,确实和我这⼀世都很相关的.那我跟我爸妈的关系呢? JO: 你爸妈,你说⼀个名字?

Q: I understand that it's relevant to this lifetime. What about my relationship with my parents?

A: You mean if you tell me their names?

问: 我爸爸叫XXX.

Question: My dad's name is XXX.

JO: 你爸爸他给你的影响,就好像他也是⽐较冷漠吧.然后⽐较好像就是把⾃⼰关在⼀个房⼦⾥⾯,不要有太多⼈情世故的往来.就是加深你⾃⼰的这种不太想要也被多的关系或者是交往或者是⿇烦吧.你们会觉得太⿇烦了.就会有⼀种好像是死⽓沉沉的呢种感觉.

JO: Your father's influence on you is like he is somewhat indifferent, then somewhat like being isolated in a room with fewer human interactions. It deepens your own inclination towards not wanting to be involved or disturbed by too many relationships or interactions or nuisances. You would find them too bothersome. There would be a sense of stagnation or deadness.

问: 会的.只是在最近才开始有⼀点转变.我问了好多问题好像都是跟我的亲密关系有关系.

Question: Yes, but only recently has there been a slight shift. I've asked many questions that seemed to revolve around my close relationships.

JO: 因为你们是需要有⼀个点来修.你来到这个世界上你就是修正你⾃⼰的恐惧也好,观念也好.你们的⽬的总是把你们修到⽆条件的爱,就是内在没有这么多的抵触或者是恐惧或者是害怕或者是把以前的伤痛给它疗愈修复.但是你总需要⼀个着⼿点吧.

JO: Because you need a point to work on. You come into this world to correct your own fears or ideas, whatever they may be. Your purpose is always to cultivate unconditional love within you, without so much resistance, fear, or the trauma of healing past pains. But you do need a starting point, don't you?

问: 我妈妈现在是癌症晚期⼤概有五六年了.她的病症的原因是什么? 我可以做点什么呢? JO: 你稍等.你⾸先要知道你们疾病的⼀个来源.(断开)问: 我现在还有哪些旧有的伤痛,如何去疗愈?

Q: My mother is in the late stages of cancer for about six years now. What are the causes of her symptoms? What can I do?

A: Wait a moment. First, you need to understand the source of your illness.

Q: What old pains do I still have and how can I heal them?

JO: 这个应该说是你⾃⼰成长的⼀个过程.这么说吧,当你在⼀两岁⼩朋友的时候你特别怕⿊.你有很多恐惧你怕妈妈离开你,对不对? 那这个随着你个⼈的成长,这个慢慢慢慢就会消失了.那你说如果你现在还是两岁,如果你没有随着时间去成长的话... 你说把你怕⿊的这个疗愈了,明⽩吗?

JO: This could be seen as a process of your own growth. Say this way, when you were a small child perhaps around one or two years old, you were very afraid of the dark. You had many fears, such as being scared that your mother would leave you, right? As you grow individually, this fear gradually diminishes over time. If you said to me now that you are still at that age and haven't grown with time... if you were to heal your fear of the dark, would you understand that?

问: 我当下最⼤的束缚是什么? 我应该如何去突破它?

Question: What is my greatest constraint right now? How should I break through it?

JO: 你稍等.⾸先你要知道你们⼈类当下会有⾮常多的束缚.因为它不只是你个⼈的,你们还存在⼀个集体的.就好像是叫共业,就是你们集体的⼀个束缚,明⽩吗? 所以说如果你真的是要理清楚你有多少束缚的话,那你们整个⼈类你们的束缚是⾮常的多.但是这个不是⼀步到位的.这个是⽐如说你现在⾛上这条路就是跟我们连接.那你⾛上这条路你就会逐渐不断不断地把你⾝上的⼀条⼀丝的束缚解开.

JO: Wait a moment. First, you need to understand that there are many constraints for humans currently. This isn't just individual; it also exists collectively. It's like the concept of collective karma, which is the constraints imposed on your group as a whole. Do you understand? Therefore, if you really want to figure out how many constraints you have, then your human species' constraints are very numerous. However, this isn't an immediate process. This means that when you choose to align with us by walking this path, then you will gradually and continuously loosen the threads of constraint binding you one by one.

问 我怎么样去找到我的⼈⽣正轨?

How do I find my path in life?

JO: 你现在就在呀.当你跟我们连接上过后,你就在了.明⽩吗? 因为就好像我们是⼀条绳⼦,你已经把你的⼿伸到这条绳⼦上了.那就跟你产⽣了连接,那你就会被这个绳⼦带着.

JO: You're already here now. Once you connect with us, you're there. Understand? It's like we're a piece of string and you've reached out your hand to this string. That creates the connection, and then you'll be pulled by this string.

问: ⼩我和⾼我怎么样更好的连接? 我怎么样去做才能更好的去连接我的⾼我呢?

Question: How can I better connect with my inner self and higher self? What actions can I take to enhance this connection?

JO: ⾸先你的⾼我是⼀直存在的.你们总会觉得你们需要⼀种特别的⽅式才能连接.你们就没有断开过.断开只是你创造的⼀个体验⽽已,呢个也只是你创造的⼀个假象和幻想.就好像是迷雾、浓雾.它只是暂时的,明⽩吗? 但是浓雾总会有散开的时候.如何保持更好的连接就是你不去相信你的头脑,就是你不去完全的相信.因为你知道你的头脑是有限的,它的功能是什么.就是你不去完全的依靠它依赖它.因为当你只去依靠你的头脑去运⾏的时候,那你就是在离开你的⾼我.

JO: First of all, your high self has always been there. You always feel like you need a special way to connect. You haven't disconnected; it's just an experience that you created, and it is only a false illusion and fantasy. It's like fog or heavy mist; it's temporary, right? But the fog will eventually lift. To maintain better connection means not fully trusting your mind, because you know that your mind has limitations and what its functions are. You shouldn't completely rely on it or depend on it, as when you only operate based on your thoughts, you're essentially disconnecting from your higher self.

问: 明⽩了.这就是为什么我总觉得我在找什么,好像离它很近.是因为这个原因吗?

Q: I understand. That's why I always feel like I'm looking for something, as if it's just out of reach. Is that the reason?

JO: 这么说吧,你就说你呢个⼩我的话,就好像你的呢个⽔变得很浑浊了,对吧? 那你的⾼我的话,就好像是你的呢个⽔变清了.那你呢个浑浊的⽔变清了,怎么样可以保持它清的⼀个状态呢? 清你就能看清楚事情了,对吧? 清澈见底,对吧? 那就是让你的头脑不要有这么多的活动了.你的头脑⼀开始活动,你的⽔就开始变浑浊.

JO: So, let me put it this way, if you think of your inner child, it's like your water has become very murky, right? Then, when it comes to your higher self, it's as though your water has become clear. Now, how do you keep that murky water clear so you can see things more clearly? Being clear allows you to see the situation better, right? The water becomes crystal clear, yes? That means calming down your mind with all its activities. Your mind starts to move and then your water begins to turn murky again.

问: 明⽩,我就需要去好好地修⼼,内求.

Question: Alright, I understand that I need to diligently cultivate my mind, focusing internally.

JO: 你就需要去在这条路上就好了.为什么呢? 当你加⼊这条路,你就会逐渐逐渐的,越来越多的信息来⽀持你去看清楚.因为你已经发出了⼀个信号,我想要去连接智慧连接光.

JO: All you need to do is join this path. Why? When you join this path, gradually and increasingly more information will support you in seeing clearly because you have sent a signal that you want to connect to the wisdom and light connection.

问: 那在灵魂觉醒的过程当中它有不同的时间节点吗? 我现在在什么阶段?

Q: Are there different time points during the process of soul awakening, and if so, where am I in this process now?

JO: 这个要看你们个⼈的⼀个造化.每个⼈的领悟能⼒不⼀样的.有的孩⼦他可能看⼀遍他就懂了.有的孩⼦他可能不需要不只是看,他可能还需练习,他还需要反复的实践才能真正的懂,明⽩吗? 每个⼈都不⼀样的.

JO: This depends on each person's individual fortune. Everyone has a different capacity for understanding. Some children may understand after seeing it once, while others might need more than just watching; they might require practice and repetition to truly grasp it, do you see? Each person is unique.

问: 我个⼈的悟性很强的.

Question: I have a strong intuitive understanding.

JO: 那你就不需要去担⼼这个时间问题.因为时间没有意义的.你们体验的都是你们需要的.

JO: So you don't have to worry about this time issue because time has no meaning. You experience what you need.

问: 我平常第六感超强.我梦中的事情会在现实中发⽣.我要怎么样去更好的去感受它? JO: 你是说如何加强你的直觉能⼒吗?

Question: I often have very strong intuition. Things that happen in my dreams come true in reality. How can I better experience this?

JO: Are you asking how to enhance your intuitive abilities?

问: 差不多吧.还有我的悟性.别⼈来到我⾯前,我不需要跟他说太多,我就能感应到他的磁场.

Q: About that. And my intuition. When others come to me, I don't need to say much to sense their energy field.

JO: 但是你要知道你有的时候感应的是你⾃⼰的能量.你只是把你⾃⼰的⼀些投射到对⽅的⾝上.因为如果你真正的是,像你们有⼀句话圣⼈⼼如明镜,那你能看到对⽅的⼀切都是他应该有的样⼦,他是完美的,对⽅是不会有问题的.

JO: But you have to know that sometimes you're sensing your own energy. You're just projecting some of yourself onto the other person. Because if you were truly a saint with a heart like a clear mirror, you would be able to see everything about the other person as it should be; they would be perfect, and there wouldn't be any issue with the other party.

问: 明⽩了.那⽐如说像我刚才说的预知的情况,⼀样的情景⼀样的⼈物在现实中发⽣是怎么回事?

Q: I see. So, what happens in real life when a similar situation with the same characters unfolds as I described earlier?

JO: 那你就知道实际上你们现实中所有⼀切它其实都是同时存在的.只是你们的⼀个意识它需要⼀个篇章⼀个篇章的去显现出来给你们体验.

In reality, everything you have in your world exists simultaneously; it's just that your consciousness needs to unfold chapter by chapter for you to experience it.

问: 明⽩了.我的祖先有没有什么话对我和我的家⼈说呢?

Question: I understand. Does my ancestor have anything to say to me and my family?

JO: 你稍等.有,它让你继续跟这个⼥孩⼦去学习.

JO: Wait a moment. There's something that allows you to continue learning with this girl.

问: 我的事业轨道我的⼈⽣轨道是融合的吗? 如果不是的话,我应该往哪个⽅向去⾛呢?

Q: Is my career path aligned with my life path? If not, which direction should I go in?

JO: 你的事业也好,婚姻也好,所有的⼀切它都是你投射出去的⼀个状态.当你⾃⼰内在是强⼤的是圆满的,你的事业它也会同样的去投射出⼀个强⼤的事业给你.

JO: Your career or marriage, or all aspects of your life, they are all projections of your internal state. When you are strong and whole within yourself, it will project the same strength onto your career as well.

问: 明⽩了.那我接下来继续跟这个⼥孩⼦学习的情况下,我应该怎么样更好的去学习呢?

Q: I understand. If I continue to learn with this girl, how should I better approach my studies?

JO: 因为她这⾥就好像是⼀个管道,然后是通向所谓的光和真理.那这个管道流出来的任何信息你都可以根据你的需求或者是你⾃⼰去获取,通过现在的⽅式,明⽩吗?

JO: Because here she acts like a conduit, leading to what is所谓 light and truth. Any information that flows from this conduit can be obtained according to your needs or yourself, through the current method, understand?

#### 2023/07/09 — 如何⾯对烦⼈的长辈How to Deal with Annoying Elderly Relatives

JO: 你问吧,什么问题?

JO: Ask away, what questions do you have?

问: 前⼏天我的⼩姨找到我,她问我什么时候毕业,然后指责我什么时候能不要让我爸妈这么累.我不知道怎么样和我的长辈沟通.

Q: A few days ago, my aunt approached me and asked when I would graduate. She then criticized me for not being able to relieve my parents from their burdens. I don't know how to communicate with my seniors properly.

JO: 你稍等.⾸先你们⽬前的这种关系模式就好像他们是长辈,然后你是晚辈,或者你是⼀个依附⼈,就是你需要依靠他们⽽得以⽣存.就这么说吧,就好像他们是员⼯,你要吃他们的拿他们的,你要依靠他给你拿⼯资.那你们之间这种关系就已经是不平等,对不对? 你们在交流上⾯就会有不平等.所以⽆论你说什么,你都会觉得没有分量,明⽩吗? 那如果在这样的情况下,你知道你⽬前有⼀种… 这么说吧,当你还是个⼩baby的时候,你是不是你的监护⼈来照顾你? 那来照顾你,他是不是就会对你各种控制? 你要这样,你要呢样,规矩规定,对吧? 那⼩孩为了⽣存... 为什么? 因为他害怕被抛弃或者是没有⼈照顾他.

JO: Wait a moment. Your current relationship dynamic is akin to them being the older generation and you as their younger counterpart, or as someone who relies on them for survival - essentially needing to depend on them to live. Put simply, it's like they are employees and you are taking advantage of them by depending on them for income, using them. This already creates an unequal relationship; isn't that right? The imbalance is reflected in your interactions as well. Therefore, whatever you say carries little weight, do you understand?

Now, if this situation is where you currently stand, let's consider: When you were a baby, did your guardian take care of you? If so, when they took care of you, didn't they exert control over you? You had to do this and not that, adhere to rules, right? And the child needed to survive... Why? Because they feared abandonment or lack of care.

所以他为了⽣存,他不得不在这个时候就变的很听话.但是他的听话是不是只是表⾯的? 那他变得很听话他只是为了让这种关系可以得到持续,就是持续下去,对吧? 因为你要成长,你⾸先要有地⽅给你扎根呀,对吧? 那如果把你连根拔掉没有地⽅扎根了,你是不是就存活不了了? 所以你⾃⼰需要去评估.你当然可以有你的想法,你可以有你坚定的意愿或者是想法.但是你⾃⼰要问你⾃⼰⽬前是时候来真正的去跟他们硬碰硬吗,明⽩吗?

So in order to survive, he had no choice but to become compliant at this stage. But is his compliance merely superficial? If so, has he become very obedient just to keep the relationship going, correct? Because you need a place to establish yourself for growth, right? So if they were to uproot you and deprive you of that foundation, couldn't you not survive anymore? Therefore, you must assess this on your own. Of course, you can have your thoughts or firm intentions, but you should ask yourself whether it's the right time to truly stand up against them and confront them. Do you understand this?

问: 我已经把我⼩姨的微信给删除了.

Question: I have already deleted my aunt's WeChat account.

JO: 因为她不只是⼩姨,就⽐如说还有你⽗母.如果你的情况,就像刚刚说的⼩朋友⼀样,那如果你还是⼩朋友的时候你需要这个监护⼈.那你就得暂时的不⽤你们恨破坏你们关系的⽅式去让你们的关系… 明⽩吗?

JO: Because she's not just an aunt; she could also be your parents, for example. If you're in a situation like the child we just mentioned, where you need a guardian if something happened to your parents, then when you're still young and needing this guardian, you might have to temporarily avoid using ways that damage your relationship with her... do you understand?

问: 但是我会觉得⾮常的不舒服啊.

But I would feel very uncomfortable.

JO: 那不舒服也是你们成长的⼀个过程呀.这也是你们成长的⼀个过程.但是这些不舒服委屈、所有的⼀切它只是你暂时的.它并不能代表你永远都会这样⼦.那你有⼀点这个不舒服感,它反⽽... 就⽐如说以后你可能永远⼀想到我要寄⼈篱下或者是我要让伸⼿让别⼈来帮助我资助我的所有的这种委屈感,你发誓你永远都不会再去这样⼦.所以你会⾃强、⾃⽴、⾃⼒更⽣.所以这种感觉它也可以帮助你更加的去发展出你⾃⼰的⼀个能⼒.所以这种感觉你是不是可以很好的利⽤它? 所以把它当成是像⽓像油⼀样,像⼀个车要前进的动⼒,它需要油,对不对? 你就当它是在给你加油吧.

JO: That discomfort is indeed part of your growth process. It's also part of the process that shapes you as an individual. Yet, these feelings of discomfort and injustice are temporary—they don't define your entire existence forever. When you feel a bit uncomfortable or distressed, it反而 pushes you towards self-reliance and independence. For instance, if in the future you ever find yourself relying on others for support constantly due to feelings like feeling like a burden, you could swear never to let those feelings affect you again. This encourages self-motivation and self-sufficiency. Thus, these experiences can foster your own abilities and skills over time. Can you effectively use this discomfort as a tool for growth? Treat it like fuel that powers a car—it needs oil to run smoothly, right? Consider it as an opportunity to boost your spirit.

问: 只能这样想了.

Question: One can only think that way.

JO: 它本⾝就是这样.它在⽤另外⼀种⽅式给你加油.

JO: That's just how it is. It's giving you a boost in another way.

问: 我和我妈之间的关系,我觉得她是没有办法放⼿的状态.我爸和我弟像是和她断连的状态,就是不和她沟通.我是⽐较善良,我妈不愿意放开我,想要和我成为连体婴⼉.她想要从我这得到爱,但是她给我⼀种她在吸我的能量的感觉.

Q: The relationship between me and my mother - I feel like she can't let go of me. My father and my brother seem to be disconnected from her state, not communicating with her at all. I am more empathetic; my mother doesn't want to let me go, wanting us to become a single entity. She wants love from me but gives me the feeling that she is draining my energy.

JO: 你稍等.这么说吧,就好像她是⼀个睡梦中的⼈.然后呢,你现在是有⼀点清醒.有⼀清醒的话你就不喜欢被她的能量去拉扯.因为你⾃⼰还有你⾃⼰的⽬标和你⾃⼰想体验的.你又害怕你的拒绝会伤害到她,是不是?

JO: Wait a moment. Imagine she's like a person in a dream. Then, you're now somewhat awake. With a bit of clarity, you don't like being pulled by her energy because you have your own goals and experiences that you want to pursue. You're also afraid that your refusal might hurt her, right?

问: 就是我害怕当我说要和她保持距离的时候,她会道德绑架我,各种控制我.就她可能会以⽣病的⽅式去让我注意到她.或者她会让她的兄弟姐妹给我施加压⼒,说我不孝顺.就是让我产⽣很强烈的愧疚感.我会觉得这个是她的伎俩.但是如果我和她近距离,我真的很难受.

Q: I'm afraid that when I express a desire to keep distance from her, she will exert moral pressure on me and try to control me in various ways. She might pretend to be sick just to make me notice her or have her siblings and sisters-in-law put undue pressure on me, accusing me of being disrespectful towards elders. This would cause me intense feelings of guilt. I see this as her tactic. But when we're close together, it's really uncomfortable for me.

JO: 你稍等.⾸先你需要明⽩的就是你来到这个世界上你唯⼀需要负责的就是对你⾃⼰负责.这是第⼀位,明⽩吗? 所以你⾸先考虑的是你⾃⼰是不是⼀个真实的你.就⽐如说你在跟你妈妈接触时你是⼀个虚假的你,就是为了让你妈妈开⼼.那你就不要去接触,明⽩吗?

JO: Wait a moment. The very first thing you need to understand is that the sole responsibility you have in this world is to be accountable for yourself. This is number one, do you get it? Therefore, your primary consideration should be whether you are being authentic to yourself. For instance, if when interacting with your mom you're acting as a false persona just to make her happy, then don't engage with that, understand?

问: 不和她接触的话,她就会….

Question: If we don't interact with her, she will...

JO: NO NO NO NO,你是需要做真实的你.⽐如说真实的你是觉得你在因为这⾥其实没有说跟她接触还是不接触.为什么呢? 因为如果你有你锁定的⽬标和⽅向和激情的事情.跟她接触,她似乎就不会出现,明⽩吗? 就是你便就不会有这个困扰.因为你的频率就已经让她觉得她怎么找不到你,或者是让她觉得你⼀直在忙,⼀直在忙学业,你⼀直很专⼼致志的.只有你好像总是闲着没什么事,然后好像你的频率让她总是想找你.因为正好你的频率又跟她,就好像你给她发出了电波.这么说吧,你虽然没有⽤语⾔或者打电话的⽅式告诉她,你现在在做什么或者在忙什么.但是你却可以⽤你的振动频率去让她感受到你.

JO: NO NO NO NO, you need to be your genuine self. For example, if you genuinely feel that you are either not interacting with her or deciding whether to interact with her here, why is that? Because if you have a set target and direction and passion for something, she might disappear when you approach her, understand? This means you won't have this concern. Your frequency would already make her feel how she can't find you, or perhaps make her feel that you're always busy with your studies, focusing intently on them all the time. It's only as if you seem to be constantly idle and have nothing to do, which makes it appear that your frequency is always seeking her out. To put it simply, although you may not explicitly communicate what you are doing or how busy you are using words or phone calls, you can still convey this through your vibrational frequency, making her feel your presence.

这么说吧,如果有⼀个事业⼥强⼈她早晚都在忙.你觉得她妈妈天天会去找她吗? 有什么事都会去找她吗? 她不会的.她会觉得我⼥⼉忙的嘞,饭都吃不了.她头脑⾥就不会有个念头想着去找你,因为她知道她找不到的.

Let's put it this way, if there is a successful working woman who is always busy, would her mother visit her every day? Would she find everything to talk about with her daughter? No, she wouldn't. Her mother would think that her daughter has so much on her plate that she can barely eat her meals. The idea of going to look for someone else wouldn't even cross her mind because she knows she wouldn't find a suitable replacement.

问: 但是我也不能为了躲避我妈⽽…JO: NO NO NO NO,并不是为了躲避.你不是说去为了躲避她,⽽是说你有没有真正的都在你⾃⼰激情的路上.因为如果你没有⾛到这条路上,可能不会是你妈,有可能是你的好朋友.她怎么什么事都来找你都来烦你,你觉得得是来烦你啊.然后⼀会⼉让你帮她这个,⼀会⼉让你帮忙呢个,这样呢样.为什么呢? 因为你在给她 因为你们不断地在给外界输⼊信号,给外界的⼈输⼊信号,就是说我很闲,你来找我吧.那你也在给别⼈输⼊信号,我忙的不可开交,我忙的连睡觉的时间都没有.他们也不会来找你.他们知道不可能.他们⾃⼰就收到你的信号了.

Q: But I can't just run away from my mom...

JO: NO NO NO NO, it's not about running away from her. You're saying whether you are truly on your own path of passion. Because if you haven't reached that path, it could be not her but maybe one of your close friends. How come she always has something to bother you? It feels like she is just bothering you. And she suddenly asks you for help here and there, and then suddenly needs your assistance with this or that. Why is that? Because you're constantly sending signals to the outside world, telling others how free you are, inviting them to come around. And at the same time, you're giving off signals that you're too busy even to sleep, making it impossible for them to approach you. They can sense your signals and know they won't be able to find you.

她现在正在学业正忙的时候,她天天都在备考,她天天都在背书,打电话都是关机的.明⽩吗?所以你的振动频率在不断的发射信号给外界.你不需要你主动的去告诉她我很忙.因为你根本连说这句话的时间都没有.所以⽬标不在于你要如何处理⾝边的⿇烦或者是什么七⼤姑⼋⼤姨,或者是⽗母或者是其他关系.问题是你有没有在追随你的梦?有没有追随你的⽬标?有没有天天在你的最⾼兴奋上⾯?如果你在的话,他们找不上你.为什么?因为你跑的太快了,他们跟不上.所以这些事情你都不需要去考虑.唯⼀需要你去考虑的就是找到你⾃⼰激情的地⽅.因为他们会被你的激情感染.我⼥⼉天天都在学跳舞,天天跳⼗⼏个⼩时,不停的跳跳跳.

She is currently deeply engrossed in her studies, preparing for exams every day and reciting texts incessantly. She doesn't answer phone calls because they are all on silent. Get this? So your energy vibrations are constantly broadcasting signals to the outside world. You don't need to actively inform her that you're busy; you simply wouldn't have time even if you tried to say it. The issue is not how you deal with nuisances in your immediate surroundings, or distant relatives like seven aunts and eight uncles, or parents or other relationships. The question is whether you are pursuing your dreams? Are you following your goals? Are you continuously pushing yourself to your highest levels of excitement every day? If so, they won't be able to find you. Why? Because you're moving too fast for them; they can't keep up. Therefore, these concerns don't need consideration. The only thing you should focus on is finding the place where your passion lies because it will inspire others. My daughter spends her days learning how to dance, dancing for several hours continuously without stopping.

我要⽀持她,那我就不打扰她.她现在这么忙,她现在正在备考呢.她想要考⼀个律师证,然后⼀直在看书.

I'll support her, so I won't bother her. She's really busy now; she's studying for an exam. She wants to get a lawyer license and has been reading all the time.

问: 了解.也就是说当我在跟随最⾼的兴奋点….

Q: Got it. That means when I'm following the highest point of excitement...

JO: 其实它都会被⾃动解决.为什么呢? 因为其实你们不知道的是,你们总觉的是你的话你的声⾳在传递信息.我跟你讲,如果⼀个⼈喜欢你,就算他不告诉你,难道你会不知道他喜欢你? 如果⼀个⼈讨厌你,就算他不说,难道你感受不到他讨厌你,明⽩吗? 也就是说你们不断不断地在传递信息,是⽤另外⼀种看不见的⽅式.

JO: Actually, all of this is automatically resolved. Why is that? Because what you don't know is that you always feel like your voice conveys the message when you speak. I'm telling you, if someone likes you, even if they don't tell you, wouldn't you still be able to tell that they like you? If someone dislikes you, even if they don't say anything, wouldn't you be able to sense that they dislike you? Understand? That means you are constantly sending messages, using a different, unseen way.

问: 了解.那正对她喜欢精神控制别⼈..

Question: Understand. That's because she likes controlling others...

JO: 她是她的世界,她创造她的世界.我跟你讲如果你要去顾忌每⼀个⼈的世界的话,那你永远不会有属于你⾃⼰的世界.为什么? 这么多⼈,你将来还会有什么? ⽐如说你有公司,你就有员⼯吧? 你员⼯有⼏千个⼏万个⼈,你每⼀个⼈都去顾忌? 他他他他他... 明⽩吗? 你唯⼀要做的是⼀个真实的你和追随你⾃⼰的激情.其他事情不是事情,只要你闲着了才会变成事情.你闲着了你才会把注意⼒放在问题上⾯.

JO: She's her own world and she creates her own world. If you're going to concern yourself with everyone else's world, then you'll never have your own world. Why? With so many people, what will you have in the future? For example, if you have a company, you'll have employees, right? Your employees might be thousands or millions of people. You would go out of your way to concern yourself with each one? Him... him... him... understand? The only thing you need to do is be an authentic self and follow your passion. Other things are not the issue; they just become issues when you're idle. When you're idle, you'll start paying attention to problems.

问: 但是我觉得我是有在做真实的⾃⼰.但是我不喜欢她总是想要让我产⽣愧疚感,这⼀点让我⾮常不舒服.

Q: But I feel that I am being myself. However, I don't like it when she always wants to make me feel guilty, which makes me very uncomfortable.

JO: 那你明明知道这是她⾃⼰的⼀个投射,就是这是她⾃⼰的⼀个能量,她体验的是她⾃⼰的能量,她体验的是她⾃⼰.她只是投射在你⾝上.就算她换了⼀个⼥⼉,你变成另外⼀个⼈,她还会做同样的事情.最重要的是你如何不受她的⼲扰.那是不是个很好的功课? 为什么呢? 因为当你以后成为⼀个我刚刚说的领导⼈.那你下⾯的员⼯也会来⼲扰你呀.他不停的说哎呀,这个⽼板⼯资给我给的太低了,天天加班呢么长时间.他也会想要绑架你呀,明⽩吗? 那你是不是天天觉都睡不着? 天天这个员⼯说我这个,呢个员⼯说我呢个.你要为了满⾜这个,为了满⾜呢个…. 你这样⼦达到不了你要达到的⽅向.

JO: Then you clearly know that this is her projection of herself, it's her own energy she experiences, it's her own experience she goes through, and she projects this onto you. Even if she has a different daughter, and you become someone else, she would still do the same thing. The most crucial part is how you can avoid being disturbed by her. Isn't that a great lesson? Why? Because when you grow up to be a leader like I just mentioned, your employees will also bother you too. They'll keep saying things like their boss pays them too little and they're working overtime all the time. They might even try to manipulate you, understand? Will you have insomnia every day because of this? Every day an employee would say something about another employee or themselves. You need to satisfy this, satisfy that... But you won't reach your goal with this approach.

问: 我感觉我有⼀个弱点就是我真的很担⼼别⼈说我不好.

Question: I feel that I have a weakness because I really fear what others think of me negatively.

JO: 这个不是你的弱点.这是你还不知道你还没成为真正的你之前的⼀个… 就好像你还是⼀棵⼩树苗,那你会觉得哎呀,风⼀吹我就要倒了.这是我的⼀个弱点.我怎么这么脆弱呀?你不知道⼏⼗年后⼏百年后,风吹你,你⼀点感觉都没有,明⽩吗?所以这只是你成长的⼀个⾮常⼩⾮常⼩的⼀个,对你丝毫没有影响的⼀个... 就好像你是⼤海,⼀会⼉⼀个浪花起来了,⼀会⼉又风平浪静了.就这样.不要把它当成是你.

JO: This isn't your weakness; this is you before you've become the real you - it's like a little seedling being blown over by the wind and thinking to yourself, oh no, I'll be uprooted by the wind. That was one of my weaknesses. How weak I am! You won't understand until decades later, centuries later, when the wind blows past you without causing any sensation; you will see that this is a weakness you have as you grow. This is a very small part of your growth, something that doesn't affect you in the slightest - just like being out at sea where waves come up momentarily and then calm down again. Treat it not as something to define yourself by.

问: 我觉得我有点接受不了⼈性特别⿊暗的⼀⾯.就是别⼈特别虚伪或者阿谀奉承我或者是来打压我来获得⾃⼰的存在感.

Q: I find it hard to tolerate the darker aspects of human nature, such as when others are particularly deceitful or flatter me or try to undermine me in order to establish their own sense of existence.

JO: 这么说吧,你⾸先你要知道你在哪⾥? 你在这个地⽅,你在这个物质世界,他们都是⼀群在沉睡的⼈.就是都是⼀群瞎⼦.如果都是⼀群瞎⼦的话,他撞到你,你会去怪罪他吗? 因为他本⾝就看不见呀.明⽩吗? 那其实你刚才说你觉得你有个什么弱点什么什么的.你在接受他们,你就是在接受你.你在接受你,你也就是在接受他们.为什么呢? 因为刚才我说这只是你成长,就是你还是⼩树苗的时候,风⼀吹你感受到摇摇欲坠要倒的感觉.这只是你的⼀个阶段.那你也知道对⽅.当他们在阿谀奉承或者是不知道他们⾃⼰的⾝份的时候做出的⼀些⾏为也只是他们成长的⼀个阶段⽽已.就好像是⼩孩⼦他最开始⾛路会跌跌撞撞.那只

JO: Let me put it this way, you first need to understand where you are? You're in this place, in this material world, surrounded by a group of sleeping people. They are all blind. If they were really blind and bump into you, would you blame them for being blind themselves?

Understandably, that's not how it works here. Let me clarify: when you just now mentioned feeling like there might be some weakness or something about yourself, this is actually a process of self-acceptance. When you're accepting others, you're ultimately accepting yourself. The reason behind this is because I said earlier that you were experiencing this as part of your growth. Imagine being a young sapling and feeling unsteady due to the wind; it's just an initial phase in your development.

You would know about them too. When they flatter or behave based on their uncertain identities, those actions are merely stages of their own growth. It's like a child struggling with their first steps - it's all part of learning how to walk.

是他在还没成⼈之前学习⾛路的⼀个过程⽽已.他说话会结巴,说不清楚.那也只是他在学语⾔的⼀个过程⽽已.所以其他⼈他们也是这样⼦的⼀个过程.但是呢个并不是他们,明⽩吗?呢只是⼀时的⼀个阶段.呢⼀个阶段在你们来说可能会觉得漫长,但是实际上就好像是昙花⼀现⼀样,什么都不是.所以你也不需要去纠结于这个.因为你关注的点唯⼀能给你带来的好处就是让你可以去通过他们去看到你⾃⼰.你接受你⾃⼰的每⼀个状态,每⼀个阶段.

It's just the process of him learning to walk before he becomes an adult. He stutters and can't express himself clearly; that's simply part of his language acquisition process. It's no different for others too, understand? This is just a temporary phase. To you, it might seem like a long period, but in reality, it's fleeting - like a flash of a momentary bloom with no lasting significance. Hence, there's no need to dwell on this. The only benefit that focusing on certain aspects can bring is the ability for you to see yourself through them. You should accept each state and every phase of yourself.

问: 我会觉得说虽然他们是瞎⼦,但是有时候他们说出来的话真的会伤害到我.

Q: I feel that although they are blind, sometimes the things they say really hurt me.

JO: NO NO NO NO,不是他们在伤害你,是你在伤害你,明⽩吗? 为什么呢? 因为你会觉得他们说的是对的,然后你才会觉得受到伤害.如果你知道他们是在胡说⼋道,呢个不是你.你不会觉得... 这么说吧,⼀个⼈最过来说你这个⿊⿁.那你觉得他在说什么? 我又不是⿊的,我是黄种⼈.

JO: NO NO NO NO, it's not them who are hurting you, but you yourself, understand? Why is that? Because you think they're right, and then you feel hurt. If you knew they were just talking nonsense, it wouldn't be you. You wouldn't feel... Let me put it this way, someone comes up to you and says you're black. What would you think they're saying? I'm not black; I'm a yellow person.

问: 那为什么我会对他们说的话产⽣认同呢?

Why do I agree with what they say?

JO: 因为你现在还不清楚你⾃⼰的⾝份,所以你会对外界的任何评价会产⽣感觉.因为当你明⽩你⾃⼰真正的⾝份过后,⽆论别⼈是夸你也好还是贬你也好,对你不会有多⼤的影响.他们夸你,你也不会⾼兴的⼏天睡不着觉,因为他们这么夸奖你.

JO: Because you are not yet clear about your own identity, any external evaluation will affect you. Once you understand your true identity, no matter whether people praise or criticize you, it won't have much impact on you. If they praise you, you wouldn't be unable to sleep for days out of delight.

问: 那我真正的⾝份是什么呢?

Q: Then what is my true identity?

JO: 你真正的⾝份是⽆限.你们只是把⾮常⼩的⼀⼩部分放在这个⾁体⾥⾯体验⽽已.这么说吧,你就好像是⼀个浑⾝上下长了⾮常多⽑的⼀只⽺.那这只⽺每年都会有特别多的⽑被剃掉.然后剃掉又长剃掉又长.你会在乎呢⼀根⽑的去向吗? 呢⼀⽑的⾝份是怎样的? 它有没有受到夸奖? 受到贬损? 你会去在乎它吗? 你知道你的⽑是不断不断地去呈现.每⼀年都会有⾮常多的⽑,多的数不胜数.你还会去在乎呢个吗? 他们竟然说的我的⽑太次了,他们怎么能这么侮辱我? 那有这么多⽆数的⽑,每⼀个⼈都给你的⽑去定义.那你每⼀个都跑去跟别⼈争论⼀番或者痛苦⼀番.那你的痛苦是⽆限的.为什么呢? 因为这⾥有⽆限的⽑呀.明⽩吗?

JO: Your true identity is Infinite. You are merely experiencing a tiny, insignificant part of it within this body. Imagine yourself as a sheep with an incredibly dense coat that gets sheared off annually. And every year, the wool grows back and keeps growing. Would you care about where each individual strand ends up? What's its identity like? Is it praised or slandered? Do you even bother with these details? You know that your wool is perpetually being displayed in abundance – there are countless strands of hair each year, more than you can count. And would you still concern yourself with this constant growth and shedding? They say my wool is lacking quality; how could they possibly insult me like that? With so much infinite wool, every person defines your hair's identity. Consequently, you end up arguing or suffering over it with each individual encounter. Your pain is boundless because there are just too many strands of wool to keep track of. Do you understand this?

你还会去在乎呢⼀根⽑受到什么样的待遇吗? 跟你没有关系的.它不会因为别⼈给你这根⽑贴上⼀个标签: 这是好⽑.然后你就是好⽺了.跟你贴上⼀个坏⽑,然后你就是只坏⽺了.不增不减.

Would you still care about how a single hair is treated? It has nothing to do with you. It won't become good wool just because someone labels this hair as such; then you're a good sheep. Or if they label it bad, then you're a bad sheep. The treatment doesn't change.

问: 了解.还想问⼀下刚才提到跟随⾃⼰最⾼的兴奋点去做事情.那我的最⾼兴奋点是啥呢?我咋觉得我的最⾼兴奋点是吃美⾷呢?

Q: Got it. I also want to ask about the highest excitement point that was mentioned earlier, which is to do things based on your own peak excitement. What is my peak excitement point? How come I feel like my peak excitement is related to eating delicious food?

JO: 你说的吃只是说你现在在跟随你的⾁体.就好像我们说你的⾝体就是⼀只狗.你这只狗天天就在吃吃吃.为什么呢? 因为这条狗它还没有它的⽬标呀.当它有它的⽬标,它不断地去尝试,不断地去体验.它就会喜欢去奔跑,去跳跃.你如果去看到训练有素的狗,它们在执⾏它们的任务的时候.它们对⾷物是没有兴趣的.你看到哪⼀只在执⾏任务的狗会停下来对⼀根⾁⾻头流⼜⽔? 它们眼⾥只有它们的任务.那你也不需要去纠结.这只是你暂时的⼀个状态⽽已.然后跟随你的激情就好像你现在特别想要找我们来交流来对话,你就在做这件事情.那就像这样⼦.

JO: When you say "eat," it means that you are currently following your body, just like when we say your body is a dog and the dog keeps eating all day long. Why? Because this dog doesn't have any goals yet. Once it has its goal, it will constantly try and experience new things. It would enjoy running and jumping. If you observe trained dogs executing their tasks, they show no interest in food at all. Have you seen a working dog stop to drool over a piece of meat? Their eyes are only on their task. So there's no need to worry about it; this is just a temporary state for you. Following your passion means you're really wanting to communicate and have dialogue with us, so you do that thing right now, like this.

只是在每⼀个时候你选择你特别想做的,⽽不是违⼼,就是我不想打这个电话,我不想跟这个⼈聊天,但是我又必须要去.明⽩吗?

Just choose what you really want to do at every moment, not against your will; it's just that I don't want to make this call, I don't want to chat with this person, but I have to. Do you understand?

问: 其实我的⼩姨她呢天在找我之前,她先给我打了三个电话.当时我就不想接.但是之后我又回她说我才在忙,她又跟我巴拉巴拉⼀⼤堆,让我⼼情烦躁.所以像这种情况下我应该要遵从⾃⼰的内⼼,我不想接就不接,不想回就不回,对不对?

Q: Actually, my little aunt had called me three times before she managed to reach me. I didn't want to answer at the time. However, after that, when she said she was busy, she continued to ramble at me, causing my mood to worsen. In such situations, should I follow my own instincts? If I don't want to pick up, I shouldn't, and if I don't want to respond, then I shouldn't, right?

JO: 因为你现在还在纠结于你的⼀个⾏为⽽不是状态.为什么呢? 因为就像刚才说,⽐如说你整个⼈的状态或者频率是在⼀百.你⽆论接不接,你创造出来的结果都是⼀样的.因为你的频率是在⼀百.如果你的频率在⼀千,你接还是不接创造的都是⼀样的状态,明⽩吗? 所以它不在于你到底有没有做这个⾏为,⽽是说你的⼀个振动频率你的⼀个状态是什么样⼦,明⽩吗? 为什么呢? 因为当你在状态⾮常⾼的时候,你⼀接到电话: 啊,⼩姨我告诉你⼀个好消息怎么样怎么样.分享你的激情,她⼀下就被你带动了: 你太让⼈骄傲了,我迫不及待想要跟⼈分享我的⼀个侄⼥做出来的⼀些惊⼈的事情,明⽩吗? 所以就算她连接到你都是连接到你的喜悦.

JO: Because you're still dwelling on your actions rather than your state. Why is that? Well, as I mentioned earlier, the result you create doesn't depend on whether or not you take action; it depends solely on your vibration and state. If your frequency is at 100, connecting or not will yield identical results because your frequency remains constant. Similarly, if your frequency were to be at 1000, whether you connect or not would result in the same state of being. Do you understand this? It's not about whether you actually perform an action; it's about your vibration and state. Do you get that? Why is this so? Because when your energy level is high, a phone call can instantly elevate her spirits: "Oh Auntie, I've got some wonderful news for you! Let me tell you all about...". Her enthusiasm gets triggered by yours, as she's filled with pride and eagerness to share the remarkable achievements of your niece. It's as though she connects directly to your joy, regardless of whether or not she reaches out.

所以还在于你⾃⼰的频率状态.那你的频率只有在不断地去跟随你的激情才会...就好像这么说吧,⼀个机器你开始要不断地要⽤⼿去搅动搅动才会跑起来,对不对? 拖拉机是这样⼦吗? 不停的去转动转动,它⼀下⼦就起来了.所以你要不断地去选择选择在你激情的路上,你的频率就会感染任何接触到你的⼈.

So it all depends on your own frequency state. Your frequency will only continuously follow your passion... like this analogy, a machine that you need to constantly stir and stir in order to get moving, right? Is that how a tractor works? Continuously turning and turning until it starts up. So you must continuously choose the path of your passion, and your frequency will infect anyone who comes into contact with you.

问: 那你能帮我看⼀下我适合的职业或者是⼯作吗? JO: 你再说⼀下你的名字?

Q: Can you help me figure out what kind of job or career might suit me?

A: Could you please tell me your name again?

问: XXJO: 我们发现你⾃⼰是⼀个对环境要求特别⾼的.就⽐如说你会特别喜欢呆在⼀个... 就这么说吧,你们酒店有分星级,对吧?五星级、六星级、七星级或者没有星的.那你可能对没有星的或者是对呢种很脏很乱不是很好的环境就会让你能量堵塞.那如果你呆在特别⾼档的环境,就是环境好又有⾳乐⼀切都很美,有花,⼲⼲净净的,⼈们都很有素质教养.在这种环境⾥的话,你的能量就会很⾼,你就会有⼀种很enjoy在其中的感觉.所以当你在选择的时候,你就不要去选择呢种乱七⼋糟的地⽅或者是乌烟瘴⽓的地⽅.那会让你有⼀种很烦躁的感觉.然后在呢种特别⾼端⾼档愉悦的环境,你整个⼈是⼀种欢乐欢快,就是⼀种开⼼的状态.

Question: XXJO: We have found that you have very high standards for your environment. For example, you might particularly enjoy staying in a place where the hotel is classified by stars, like five-star, six-star, seven-star, or no stars at all. You may feel blocked when being in an untidy and poor-quality environment. However, if you are placed in a highly luxurious environment with good music, cleanliness, polite people, and flowers everywhere, your energy will be high. You'll have an enjoyable feeling immersed in such surroundings. Thus, when making choices, avoid choosing chaotic or filthy places that can create frustration for you. Being in a premium and elegant environment brings a cheerful mood and a state of happiness to your whole being.

那你这样的能量,你就可以很好地去做你的⼯作.所以你可以去从这些⽅⾯去选择.就是先去看环境是不是你喜欢的.喜欢的话呢,再去看这个⾏业是不是你喜欢的,就这样⼦了.因为你外在的环境对你影响还蛮⼤的.

With your kind of energy, you can do your job very well. So you can choose based on these aspects. First, see if the environment suits you. If it does, then check if the industry also suits you. That's basically how it works because the external environment affects you quite a bit.

问: 那⼯作内容呢?

Question: And what about the job content?

JO: 你稍等.⼯作内容的话你不是太适合跟paper work去打交道,⽽事实和跟⼈.paper work就是说⽂字类,就是去处理⽐如说⽤电脑啊数据啊这种.你是适合跟⼈.明⽩吗? ⽐如说⼀个是做⽂字⼯作的,就数据啊这些.这样⼦会让你觉得很枯燥很⽆聊,就觉得做不下去,很烦躁嘛.那当⼈跟⼈打交道的话,你会进⼊到⼀种就是交换,就会让你好像跑起来⼀样.另外⼀个就好像是死路,让你觉得堵得慌.因为你还是喜欢这种流动的能量,⽽不是呢种死⽓沉沉的.

JO: Wait a moment. In terms of work content, you're not the best fit for handling paperwork and dealing with details, but rather people. Paperwork involves text-based tasks such as using computers or data. You're better suited to interacting with people. Do you understand? Like someone who does word-oriented work, like handling data, it might feel tedious and boring to you, making you lose motivation and become agitated. However, when dealing with people, you can engage in a kind of exchange that makes you feel lively and dynamic. On the other hand, it feels like a dead end, leaving you feeling suffocated because you still prefer the flow of energy over something stagnant.

问: 了解.那我以后到底是在英国还是⼦中国呢?

Question: Having understood, should I be considered British or Chinese in the future?

JO: 这不是你⾃⼰的选择吗?

JO: Isn't this your own choice?

问: 也是.我想问⼀下关于我的财富.我的财富⼤概是⼀个什么样的级别呢?

Question: Alright. I want to ask about my fortune. What level would you say my wealth is at?

JO: 我们如果告诉你级别了,这样会不会是在限制你? 如果说你以后存不住钱,有⼀个花⼀个.那你是不是就哎呀,JO都说了,有⼀个花⼀个.那你是不是就按照这个模式去...

JO: If we told you about the levels, would that be limiting you? If it's said that you won't save money in the future, spend as you go. Wouldn't you think, since JO said to spend as you go, you should follow this pattern...

问: 也就是说这些都是未知的,对吧?

Q: In other words, all of these are unknowns, right?

JO: 因为这⾥没有⼀个固定的.没有⼀个固定的就是说,我告诉你你有多少的存款.你要知道很多呢种就像是马斯克这样的⼈,他有多少个⼈存款,明⽩吗? 他没有多少个⼈存款.所以这⾥的财富,因为你们物质世界还会去看…. 你是说去看你的银⾏⾥有多少存款才是财富吗? 还是说你可以拥有去运⽤任何你想运⽤的.⽐如说你想运⽤什么样⼦的⼈去创在什么样⼦的事业,创造什么样⼦的⼀个... 这是不⼀样的,明⽩吗? 所以你就不会去只是把你眼光锁定到我到底有多少钱.其实你们很多⼈,OK,我告诉你这是个有钱⼈.为什么? 他银⾏⾥⾯有⼏个亿或者⼏千万.他真的能⽤上呢个钱吗? 不⼀定的.他⽤不上的.就算他再怎么吃怎么喝.

JO: Because here there is no fixed thing, there's no such thing as telling you exactly how much money you have in the bank. You get what I mean? People like Musk, for example, how many people do they have savings? They don't have a lot of people savings. So this wealth thing depends on whether your material world looks at... Are you talking about looking at the amount of money in your bank as being wealth? Or can you possess and use anything you want to use? Like using different people to create various enterprises, or generate some kind of... This is a different scenario, right? So you wouldn't just focus on how much money I have. Many of you may think, OK, this person is rich because he has billions or tens of millions in his bank account. Why? Can he actually use that money? It's uncertain. He might not be able to use it. No matter how much he eats or drinks.

他都是把钱拿给别⼈,他没怎么动.你没看到你们现在你们花钱是刷卡是吧? 你变化的只是呢个数字呀.钱动了吗? 钱本来始终就没有在你这⾥呀,明⽩吗? 你们都看不清楚这个游戏吗难道?

He just passes the money on to others; he doesn't touch it much. Haven't you noticed that nowadays people pay with their cards instead of cash? You're only changing the number displayed on your card. Did the money move? Was the money actually never in your possession to begin with, do you understand? Can't you see how this game works?

问: 我好像悟了.它其实只是数字在变动,但是钱是没有的.

Q: I seem to have understood it. It's just that the numbers are changing, but there's actually no money.

JO: 是呀.所以你还会觉得他有⼏千万是他的吗? 不是他的.是谁的? 是呢个有梦想,他想要去做什么.他去调动这个能量,呢个钱它是不是… ⽐如说众筹吧,他有⼀个梦想.所有⼈都来⽀持他的梦想,然后呢个钱都到他呢了.银⾏⾥⾯有⼀张存折在呢⾥,呢只是个假象⽽已.为什么? 你们现在去银⾏拿钱,你⼀次性能拿⼀千万? 银⾏不会控制你? 明⽩吗? 所以说你们真的觉得这个是有钱⼈吗?

JO: Yes, so you still think that he has millions of his own? It's not his; whose is it? It's the one with dreams, what he wants to do. He调动s this energy, is this money... For example, crowdfunding, he has a dream. Everyone supports his dream, and then the money goes to him. There is a savings book in the bank, but it's just an illusion. Why? If you go to the bank now to withdraw one million yuan, can you take that much all at once? The bank doesn't control you, do you understand? So, are you really thinking that this makes someone wealthy?

问: 也就是说其实⼀个⼈的财富和银⾏卡上的数字是没有关系的对吧?

Q: So, in fact, a person's wealth and the numbers on their bank card have nothing to do with each other, right?

JO: ⼀个⼈的财富就是说明他可以去运⽤去调动的资源是多⼤⽽已.那你是不是就要去学习如何去利⽤你⾝边的资源? 如何可以去把它玩转? 就好像你⼿上后很多⼯具,你如何把它们可以运⽤起来让它去… 这么说吧,就像买兵买马,你是个将军.那你有很多兵和很多马的话,那你就是所谓的有钱⼈,对不对? 因为你就是像皇帝⼀样,你又有兵又有马,对吧? 那你是不是要学习如何去运⽤它们? 如何让它们去听从你,对吧? 那你就需要有影响⼒和领导能⼒.那如果你没有影响⼒和领导能⼒,我把兵给你马给你,你能玩的转吗? 你能把这些兵⽤的动吗? ⼈家兵⼀拳头就把你给打死了.为什么? 你的能⼒还没他强.呢个马你⼀上去就把你给震下来了.

JO: One person's wealth is merely a measure of the resources they can apply and mobilize. So, should you learn how to utilize the resources around you? How do you make them work for you? It's like having many tools in your hand; how do you use them to... Let me put it this way: imagine you are buying soldiers and horses; you're a general. With plenty of soldiers and horses at your disposal, you're considered wealthy, right? Because you have the power, akin to an emperor with both his army and horses under control.

Then, should you learn how to use them effectively? How do you get them to follow you? You need influence and leadership skills. But if you lack these abilities, even given all the soldiers and horses, can you manage them? Can you make your troops move efficiently without them overpowering you with their strength or causing you to fall off when riding a horse?

The inability to control them means that despite having resources, they won't serve you well; in fact, they might end up harming you.

为什么? 你驾驭不了呀.所以说在你现在你就可以好好的去练习你⾃⼰驾驭的能⼒.

Why can't you control it? Therefore, you should好好 practice your ability to control it right now.

问: 对,我对资源链接这⼀块我还挺想搞的.

Question: Yes, I'm quite interested in getting involved with resource links.

JO: 那你就知道了,不要去看呢个表⾯的财富,就是表⾯的状态.还有就是说你们看的状态都是你们眼⾥⾃以为是的.并不是真实的.还有就是说你们每⼀个⼈都是富⾜的.只是体现的⽅式不⼀样.不⼀定是你们眼⾥的传统模式,就是要有什么什么.因为呢个只是你们的集体认知⽽已.⽽且呢个认知是⽤来给你们突破的,⽽不是就让你们这么去成为去以为的,明⽩吗?

You will understand that you shouldn't judge by superficial wealth or appearances. Furthermore, the states you see are your own presumptions, not reality. It's also important to remember that everyone is abundant; it's just a matter of how each person expresses their abundance in unique ways. This doesn't necessarily follow traditional norms or expectations. Your collective understanding is merely used as a tool for personal growth and self-improvement, rather than a fixed mindset that confines you to believe only in what you see. Do you understand this?

#### 2023/07/10 — 外在是让你来体验⽽不是陷⼊的The outside is for experiencing rather than getting caught up in.

JO: 你问吧,什么问题?

JO: Ask away, what question do you have?

问: 我这⼀⽣的灵魂使命是什么? JO: 你叫什么名字?

Q: What is my life's soul mission?

A: What is your name?

问: XXJO: 你这⼀⽣选择来到这个世界上最主要是贯穿⼀个能量的平衡.因为在你的内在你有反差特别⼤的能量.就⽐如说你有⾮常强烈,就是很强⼤的能量.然后有时候也会有⾮常⽆⼒的能量.然后这两种能量会在你的⽣活中相互的给你体验.所以就好像你的左⼿⼒⽓很⼤,碰别⼈就把别⼈打到了.你的另外⼀只⼿就很⽆⼒.所以就好像是来协调、平衡、对你⾃⼰能量的操控或者是掌握.

Question: XXJO: The primary reason for choosing to come to this world is the balance of energy throughout your life. This is because you possess highly contrasting energies within yourself. For instance, you have a very strong, powerful energy. However, sometimes you also experience an extremely weak energy. These two energies would then complement each other in your life experiences. So it's like one hand having great strength where touching others can easily overpower them, while the other hand lacks any power at all. Thus, it appears as though one is trying to coordinate, balance, control or manage their own energy.

问: ⽆⼒的部分现在体验到很多.强⼤的部分我现在还不太了解.

Question: The powerless part now experiences a lot. I still don't understand the strong part very well.

JO: 这么说吧,就⽐如说有时候你会感觉到很愤怒,你就好像想要把整个世界毁灭⼀样,明⽩吗? 就⽐如说有时候整个世界在你⼿上,你就想要把它捏碎⼀样.就有呢种感觉.

JO: Let me put it this way, like sometimes you feel so angry that you want to destroy the whole world, understand? Like sometimes the entire world is in your hands and you want to crush it into pieces. There's that feeling.

问: 哦,有时候会这样.听极端的⾳乐.

Question: Sometimes it happens. I listen to extreme music.

JO: 是的.这就属于呢种超强⼤的能量.你说.问: 然后就是来平衡它们?

Yes, it's about that kind of overwhelming power. You ask: And then it comes to balance them?

JO: 是的,因为你有很温柔很温柔的⼀⾯.就⽐如说别⼈会觉得你可能不是呢么温柔的⼈,但是实际上你有⾮常温柔的⼈.

JO: Yes, because you have a very gentle and tender side. Others might think that you are not as gentle, but in reality, you are extremely kind-hearted.

问: 我感觉确实⾃⼰有点极端.

Question: I feel that I am indeed a bit extreme myself.

JO:因为在你的⽣活中你会逐渐的发现⾃⼰的这两种状态.然后慢慢慢慢的正视⾃⼰,慢慢慢慢的去融合.这是⽣命的⼀个过程.然后你就会发现你的内在达到了⼀种波澜不惊的状态.你就会达到这样⼦的⼀个状态.就是外在的很多事情它不会让你有如此强烈的反应了.这是你将要⾛到的⼀个⽬的地.

JO: Because in your life, you will gradually discover these two aspects of yourself. Then, slowly and gradually, you learn to face yourself, and slowly integrate them. This is part of the journey of life. And then you'll find that your inner self has reached a state of calmness; it's as if there are no waves in it anymore. You will reach this state where external events don't cause such strong reactions within you. This is where you're heading towards in your path.

问: 那我只需要去体验就⾏了是吧?

Question: So I just need to experience it, right?

JO: NO NO NO NO,你需要去明⽩,就⽐如说你有时候会产⽣⾮常⽆⼒的感觉,就好像你真的没有办法了.然后你呢会⼉就有个声⾳来告诉你,你这会⼉只是需要去体验这个.体验这个它并不是来告诉你你真的没有办法.然后它只是⼀个体验来让你体验,你不是没有办法,你永远都有办法.所以你不要陷进去就好了.这么说吧,就好像你现在在演戏,你现在是个演员.然后你是戏⾥⾯的演员,你还不知情.然后你的⼀些情节就让你特别的愤怒或者悲痛.然后我现在来提醒你,你是个演员.你这些戏结束了,你就可以不⽤体验这个剧情了,明⽩吗? 那你这样会不会觉得我只是来体验⽽已,我只是来演戏⽽已.这个并不是我真正的状态.

JO: NO NO NO NO, you need to understand that sometimes you feel so helpless, like there's really no way out. Then, you'll have a voice telling you it's just about experiencing this. Experiencing it doesn't mean there's really no way out; it's just an experience to let you realize that you always have a way out. So don't get stuck in it. Let me explain like this: imagine you're acting right now, and you're the actor on stage. You're unaware of your role. Your scenes make you especially angry or sad. I'm reminding you that you are an actor. This performance is over, and you can stop experiencing these emotions. Do you see that I'm just experiencing it, performing my part? This isn't reflecting my true state.

这样⼦你就可以既得到体验你也不会被它拉扯,然后你就真的没有⼒,⽆⼒翻⾝的呢种感觉.所以它只是你去突破的⼀个过程⽽已,就是来供你突破的.因为你不会去选择⼀个你没有办法突破的(东西)给你⾃⼰,明⽩吗? 所以你任何体验到呢些⽆⼒的都只是假象⽽已.因为当你能看到它是假象它就对你不再拥有⼒量了.只有你觉得它是真的,然后你才体验到它的⼒量是如此的强⼤.但是呢股⼒量是来⾃于你给它的,你允许.明⽩吗?

So with this method you can gain experience without being dragged down by it, and then you truly feel powerless, unable to turn over. Therefore, it's just a process for you to overcome; it serves as your opportunity to break through. You won't choose something you can't overcome for yourself. Do you understand? So any experiences of powerlessness are just illusions. Because when you see them as illusions, they no longer have the strength over you. Only when you perceive them as real do you experience their immense power. But that power comes from what you give it, allowing it. Do you understand?

问: 好的,我知道了.我的天赋和特点是什么?

Question: Alright, I understand. What are my talents and traits?

JO: 你稍等.刚才我们说你拥有强⼤的能量是吧? 然后这个就是你其中的⼀个特征.你⽤这个决⼼,就⽐如说最开始我们说有时候你特别⽓愤,你想要把整个世界毁灭.这是⼀股能量是吧? 那如果你把这股能量锁定在你想要去创造的⼀个事业上⾯,你想象⼀下? 这么说吧,它始终是⼀个驱动⼒,是⼀个能量.那这个能量如果我们…. ⽐如说你像是⼀个动⼒⾮常⾜的⼀台车,你加满了油.那如果你是胡乱的去乱撞,你不会操控这台车的话.那你是不是就会撞伤你⾃⼰也会撞伤他⼈,对不对? 你不会操控这个车嘛,但是你的动⼒是在那⾥.那如果你会操控这台车,你什么时候加油,你什么时候减速什么时候转弯,你能很好的去操控它.

JO: Wait a moment. Earlier we mentioned that you possess immense power, correct? This is one of your characteristics. You have the determination to do this, for instance, when at first we discussed how you might be so enraged and want to destroy the world. This represents an energy, right? If you focus this energy on something you wish to create, like a career, just imagine? It remains as a driving force, an energy. If we were to say that you are like a very powerful car with full fuel, what would happen if you were to drive recklessly without control? You wouldn't manage the vehicle properly, and consequently, you might end up hurting yourself or others, correct? You can't control the car since your power is within it. But if you could control the car, when do you fill up with gas, when do you slow down, when do you turn corners, you would be able to manage it well, wouldn't you?

你是不是就可以去达到你想要达到的⽬的地⽽没有任何损伤.车也不会坏,你也不会坏,你也不会影响到外在的.

Can you reach your destination without any damage, neither to the car nor to yourself, and not affecting anything external?

问: 也就是掌控好….

Q: That is, control...

JO: 是.你这台车是个跑车.为什么呢? 你的动⼒、你的性能都⾮常的⾜,对不对? 那只是需要去学会如何开车,明⽩吗? 所以你还需要跟你⾃⼰去磨合,跟你⾃⼰去打交道.然后好好的运⽤你⾃⼰的⾁体去创造你想要创造的,⽽不是被动的感受呢个⽆⼒感.不然的话你就会有⼀种感觉会好像有⼀种英雄⽆⽤武之地了,明⽩吗? 那如果你没⽤武之地,你是不是就会感受到⽆⼒感? 所以你需要把你的能量给展现出来.

Yes. Your car is a sports car. Why is that? Your power and performance are very sufficient, right? So you just need to learn how to drive it, understand? Therefore, you still need to break in with yourself, interact with yourself. Then, use your own body properly to create what you want, instead of passively experiencing a sense of helplessness. Otherwise, you might feel like you have no place to display your skills, understand? If you don't have a place to display your skills, wouldn't you feel helpless? So you need to show off your energy.

问: 这个也是想问的⼀个问题.现在这个情况就是很⽆⼒,⽐较迷茫.我也能感受到这个能量,很强烈的能量.经常能感觉到胸⼜和喉咙堵堵的感觉.就是因为这个能量?

Question: This is also a question I want to ask. The situation now feels powerless and confusing. I can sense this energy strongly, a very intense feeling. I often feel a堵塞 sensation in my chest and throat. It's because of this energy?

JO: 是的.

Yes.

问: 因为现在没事可做基本上是.它就在这堵着没办法,感觉堵着就很难受.

Q: Because now there's nothing to do basically it's just stuck here and can't do anything, feels very uncomfortable being stuck.

JO: 你稍等,我帮你看⼀下.⾸先你要明⽩的⼀个是你们赚钱只是⽤你的时间去换钱.如果你只是⽤你的时间你的⾁体去换钱的话,你能换到的钱⾮常的少,明⽩吗? 所以你更多的是⽐如说趁你现在不是⽆事可做吗? 那是不是最好的时候去学习你开车的技术.刚我们说你这台车是⼀台⾮常好的车,它的性能是⼀台跑车.就是⽐如说其它的车是普通车,你的这台车是超跑,对吧? 别⼈的车要⼏万块钱,你的超跑要⼏百万,对不对? 那我把⼏百万的车放到你⾯前,你会开吗? 明⽩吗? 你不会开的话,你为什么不去趁现在,就好像⽼天给了你⼀个 gap,给了你⼀个时间让你去练习你开车的技术呢?

JO: Wait a minute; let me help you with that. First, it's crucial to understand that what you're doing is exchanging your time for money. If you simply use your time and body to trade for cash, the amount of money you'll receive will be minimal. Get it? Therefore, if there's nothing else you need to do, isn't this the perfect moment to learn how to drive better? We mentioned earlier that your car is top-notch; its performance matches that of a sports car. Let me put it this way: other cars are regular vehicles, whereas yours is an exotic supercar. Correct? If most cars cost several tens of thousands of yuan, your supercar costs several hundred thousand yuan, right? Now, if I place my high-value car in front of you, would you know how to drive it? Can you understand that if you don't know how, this opportunity provided by fate to practice driving skills during a gap time is precious?

问: 就是去了解⼀下⾃⼰是吧?

Question: Is it just about understanding oneself?

JO:⾸先你要知道你们在物质世界⾥⽣命是如何运⾏的.那物质世界⾥你怎么样才能去… OK,我们就先说为了赚钱.那就算是为了赚钱你恶意趁现在去观察.如果你只是打⼀份⼯的话,你永远赚钱的速度没有你花钱的速度快,明⽩吗?那你看到那些真正的掌握⼤部分财富的⼈,就是这个世界顶端的⼈,他们运⽤的是什么?他们运⽤的是⽆形的能量.像你们⾝体的能量,就像⾝体的⼒⽓这样去赚钱的话是⾮常的有限,⽽且是⼀个⼿进⼀个⼿出的.所以说你就可以去学习如何的去运⽤⽆形的能量,那个才是最强⼤的,明⽩吗?因为⾸先你们的⾁体很容易被眼前的⼀个现象、幻像和⽬前的⼀个处境,就我又有这个账单、我又有这个开⽀、我又有这个花销.

JO: First, you need to understand how your existence in the material world operates. In this material realm, how do you go about... Okay, let's start with making money. So, if you're aiming to make money, you should observe actively right now. If all you have is a job, you will never earn money at a rate faster than you spend it, got that? Then, when you look at those who truly control the majority of wealth, the top echelons of this world, what do they utilize? They use无形 energy. Like the energy in your body, or like physical strength to earn money is severely limited and operates on a one-in, one-out basis. Therefore, you can learn how to employ无形 energy, which is truly powerful. Understand? Because first off, your肉体 is easily influenced by the immediate phenomena, illusions, and current circumstances; I have this bill, I have these expenses, I have these expenditures,

然后你就会被它们给吓到.你就不得不卷⼊继续去赚钱的(旋涡⾥).但是我跟你讲只是环境暂时的... 就是它只是⼀个假象⽽已.因为你迟早会发现你还是没有办法去⽀撑你的物质.因为你内在还是不会运⽤,还是不会开车的⼈.你还是⼀个不会运⽤能量的⼈,明⽩吗? 因为就好像刚刚说开车的技术你不学,你就永远不会呀.你难道你们物质世界你不去学开车,随着时间长⼤你们就会了? 那也就是说这个宇宙的⼀些法则,能量的⼀些法则,这些你不去学你也⼀样的,明⽩吗? 你也⼀样只会觉得别⼈是命好,他们运⽓好,他们命好.然后就这样.所以说你⾸先要知道你既然⽬前来找到我们的信息,你就知道这就是你命运的⼀个转折点.这就是你新的⽣命的开始.

Then you will be frightened by them and inevitably get caught up in the vortex of continuing to make money. But I'm just telling you about a temporary environment... it's just an illusion anyway. You'll eventually realize that you still can't support your material needs because, deep down, you're not applying yourself; you're still someone who doesn't know how to drive. You're still an individual who doesn't understand energy usage. Do you get it? Because if you never learn the skill of driving like we just discussed, you will never do it. Wouldn't your ability in the physical world improve with age without learning how to drive as well? This implies that certain laws of this universe and energy, which you don't learn about, have similar implications for you too. It's also evident that you'll only perceive others as having better luck or being fortunate because they understand these principles. And it goes like that. So, first, know that finding our information at the current point in time is where your destiny shifts; this marks the beginning of a new life for you.

然后来到我们这⾥我们的信息永远都会告诉你,当下就是你最好的时刻最完美的时刻,它也是你最需要的时刻.你说就算去创造⼀份事业,它们最开始那个企业是不是要体验⼀个没有钱的状态? 默默耕耘的状态? ⼀个孕育的状态? 你就好像⼀个⽣命的出现,你不怀胎⼗个⽉? 你在肚⼦⾥不⽤去怀胎? 如果你想它很短的时间,只有⼀个⽉,那不就夭折了? 你不会拥有⽣命的呀,明⽩吗? 那你有给⾃⼰去孕育的时间吗? 你有去怀孕吗? 你有安安⼼⼼的去养胎吗? 明⽩吗? 还是说你急急忙忙的根本就不给⽣命任何孕育的时间? 你⼀颗种⼦发芽你需要孕育的时间,对不对? 那⼀个⽣命你需要怀孕的时间.为什么你觉得你不需要孕育的时间呢?

And when you come to us here, our message will always tell you that the present is your best moment, the most perfect moment, and it's also the moment you need the most. You ask if creating a business or starting an enterprise means experiencing a state of poverty? A state of hard work? A state of incubation? It feels like bringing life into this world; do you not have to go through nine months of pregnancy? Can you skip that part while being inside your mother's womb? If it were just one month, wouldn't that be too rushed and end in failure? You wouldn't get a chance to become a living creature, would you? Do you give yourself time for incubation? Do you carry the baby within you? Do you nurture it calmly without rushing it? Or do you rush life's process completely, not giving any time for nurturing? A seed needs time to germinate, right? Then why do you think you don't need that nurturing period in your own life?

你这个⼈也需要的,明⽩吗? 那些忙忙碌碌没有孕育时间的⼈,他们迟早会被⽣活重击.就⽐如说你们⾃杀的明星李玟,对吧? 那她可能就是⼀直在冲冲冲往前冲,各种忙各种应酬.她没有时间去孕育内在的,对吧? 那当她内在和外在不平衡的时候会怎样? 你迟早会被压垮的,迟早会崩溃⽡解的,明⽩吗?

You need this too, understand? Those who are endlessly busy without time for nurturing, they will eventually be beaten down by life. Like the self-destructive celebrities like Li Yundi you know? She was always rushing forward, dealing with all sorts of engagements and responsibilities. She didn't have time to nurture her inner self, right? And when her inner world is out of balance with her external one, what happens then? You will be crushed under pressure, you will break down sooner or later, do you understand?

问: 我不太清楚哪⼀个⽅向.

Question: I'm not quite sure which direction.

JO: 没有关系,没有关系.这些信息已经出来了.出来了你还可以继续去听,你还可以继续去看⽂字.为什么呢? 因为你就会突然灵光⼀动,就是突然⼀下⼦我明⽩了.然后你就会完全不⼀样的⼼态.你会感激⽣命中的⼀切,你会感激哪怕你每天吃的都是⽩馒头.你会静下⼼来的,深深的扎根.你们现在⽬前很多⼈很多⼈很难有你们说的出头之⽇,是吧?很难出头的原因就是你们没有任何⼈愿意深深的去扎根.你们谁愿意去把⾃⼰就是说不跟外界联系,不要有应酬,不要有任何玩乐,玩乐就是你的⾁体嘛.你们都想着怎么样让⾁体爽.然后去深深地去扎根.当你的根扎的不够深的时候,你的确没有⼒量啊.你的确风⼀吹就被连根拔出了呀.你会是⼀种⽆⼒感的.

No worries, no worries. The information is already out there. You can continue to listen or read the text after that because suddenly you might have an epiphany and understand something completely differently. You'll be grateful for everything in your life, even if you eat nothing but white steamed bread every day. Your mindset will become calm and deeply rooted. Many of you struggle with finding success, right? It's hard because nobody is willing to deeply commit and root themselves. Who among you would prefer not to interact with the outside world, have no social engagements, and instead focus on personal development without any distractions or pleasures - where your body is considered as pleasure itself? You're all thinking about how to satisfy your physical desires. To deeply commit and develop yourself. When you haven't rooted enough, indeed you lack strength and could be uprooted by the slightest disturbance. It would create a sense of powerlessness.

所以说现在你就需要停⽌被外界的任何声⾳⼲扰,然后知道你想要,你⾃⼰需要下⼀个决⼼我想要去学习如何来开车,就是如何去运⽤你这个⾁体.并感谢感恩⽣命把你带到这⼀点,也感恩你可以在这个时候连接上这个⼥孩⼦接收到这个信息.为什么呢?因为这是你⽣命的改变的开始.如果你没有得到我们的信息,如果你没有这⼀次的连接,如果你没有这⼀次的空闲你还在继续赚钱.我跟你讲说不定过⼏年你眼⽪⼦下赚了⼀些钱.然后呢,你可能突然检出来⼀个重病,⽆数倍的钱就花进去了.为什么呢?因为你积压了很多的负⾯能量.因为有可能你掌握不了你的能量,你把别⼈给打了伤

So now you need to stop being influenced by any external voices and understand what it is that you want for yourself. You need to make the next decision: I want to learn how to drive a car, which means learning how to utilize your physical body. And be grateful for life bringing you to this point, as well as connecting with this girl to receive this message. Why? Because this marks the beginning of change in your life. If you hadn't received our information, if you hadn't made this connection, if you had continued working instead and making money, who knows how much more money you might have earned over the years by now. Then suddenly, you might find out that you have a serious illness; all those accumulated funds would be spent. Why? Because you've been accumulating so much negative energy that could potentially overwhelm your abilities to control it, leading to harm done to others.

了.你⾃⼰进监狱了.这都是有可能的.也有可能你⽆⼒,你感受到⽣命太⽆⼒了,然后你⾃杀了.明⽩吗? 所以这些都是存在可能的.那你是不是应该感谢⽬前的这⼀个是你最好的路线? 因为你现在有我们给你的指引,明⽩吗?

Alright. You've imprisoned yourself. This is possible. It's also possible that you're helpless, feeling life is too powerless, then you commit suicide. Do you understand? So these are possibilities. Shouldn't you be grateful for this current path being the best option for you? Because now you have our guidance. Do you understand?

问: 知道了.还有⼀个问题是我⽐较封闭,跟⼈社交⽐较恐惧.在单位⾥对别⼈的攻击感觉没有能⼒保护⾃⼰,⽐较恐惧.

Q: Understood. There is another issue; I tend to be quite introverted and have a fear of social interactions. I feel unable to protect myself from others' attacks in the workplace, which makes me quite fearful.

JO: ⾸先我这么说吧,因为你⽬前你出去社交的基本上都是⼀些在昏睡当中的⼈,基本上都是⼀群⾁体,就像⼀群僵⼫⼀样.那你说你跟他们互动的意义在何处,明⽩吗? ⽽且你的能量是很容易受外界影响的,只是说⽬前啊.这不是你永远的状态.你要么就是⼀肚⼦⽓,你要么就是憋屈,你要么就是... 因为你是⼀个⾮常给与的⼈,就是喜欢付出.但是你现在⽬前又没有东西可以付出,就是在物质上⾯,对吧? 那你说你现在出去社交是为了什么? 所以现在社交少是不是⼀件好事?

JO: First of all, let me put it this way, because the people you are currently interacting with are mostly in a state of coma-like consciousness. You're basically dealing with a group of bodies, like corpses. So, where's the point of interaction with such entities? And your energy is easily influenced by external factors at present. This isn't your permanent state. Either you are filled with anger or you feel constrained, or... because you're someone who loves to give and prefers to pay out. But right now, you lack something to give in terms of material resources, correct? So, why do you go out to socialize now? Is it a good thing that you're reducing your social interactions nowadays?

问: 但是我如果⼀直在家的话,就感觉更闷,能量感觉更不流通.我也是在考虑这个问题了.

Q: But I feel more suffocated and my energy feels less free when I'm always at home. I've also been considering this issue.

JO: 那你可以去跟⼤⾃然接触.你可以在⼤⾃然中,你们真的很少⼈去愿意去独处.独处对你们来说是⾮常重要的时候.它是让你们跟你们的内在发⽣连接.但是呢,你们都关上了这扇门.不断地去往外找.你们就好像有⼀根管⼦不断地去往外插.啊,我连接上这个有钱⼈,让他给我输点能量,让他给我输点⽔我可以解决我⼜渴的问题.我连接上这个,他的能量好像很⾼,他看上去好像很不错,你们把管⼦都在往外插.但是你内在有⼀个洞啊,呢个洞被你堵住了⽽已,你打开过后你源源不断地,明⽩吗? 所以说停⽌再去跟外界去… OK,等以后你的洞打开了过后,你源源不断地想要给与过后.呢会⼉会⿎励你去多社交.这么说吧,你现在就像⼿上有⼀把剑.

JO: You can go and connect with nature. You can immerse yourself in nature where very few people are willing to be alone. Solitude is something that's really important for you. It allows you to connect with your inner self. But, you've closed the door on this. You keep reaching out externally. You're like a tube constantly being inserted into things. I connect with rich people and they give me energy or water so I can solve my thirst problem. I connect with someone who seems to have high energy, looks good, but you all are just inserting tubes everywhere. But there's a hole inside of you that's been covered up. When you open it up, the flow is constant, understand? So stop trying to interact externally... OK, once your hole opens and you start flowing continuously, this will encourage you to be more social. Picture yourself as having a sword in your hand right now.

呢把剑你现在还不会⽤.你出去你要么伤到别⼈要么伤到⾃⼰.那你还不如关上门好好的去练习这把剑如何的去运⽤它,不是吗?

You still don't know how to use this sword. If you go out, you might hurt others or yourself. Maybe it's better for you to shut the door and properly practice how to apply this sword, isn't it?

问: 就是我可以去⾃然的环境当中,是吧?

Q: So I can go into natural environments, right?

JO: 你可以去⼀些⼤⾃然的环境中,花花草草.因为这些它们会给你能量,让你静⼼,让你跟你⾃⼰的内在建⽴连接,明⽩吗?

In a big natural environment among flowers and plants, you can gain energy, become calm, and connect with your inner self, right?

问: 也尝试过,因为我在家呆着感觉也挺难受的.

Q: I've tried it too, because I feel uncomfortable staying at home as well.

JO:你不要再拿你的以前,现在我告诉你你现在是⼀个新⽣的你.所以以前的你和现在的你是不⼀样的.你也没必要去再活在记忆当中,我以前是什么样⼦.因为你现在不⼀样了.为什么?以前你这⾥是⼀滩死⽔,你现在是⽤我们的活⽔来洗刷你.你内在洗刷⼲净了,就好像是⼼如明镜.你的镜⼦就看到更清楚了.那你以前镜⼦是蒙蔽的,是看不到的,明⽩吗?所以你就停⽌去说我以前是什么样以前是什么样.NO,以前呢个你已经死掉了.

JO: You should not keep comparing yourself to your past self anymore; I will tell you now that you are a new one. Therefore, the old and current versions of you are different. There is no need for you to live in the memories of what you were before because you are no longer the same. Why? Because previously, you had stagnant water here, but now we are using our flowing water to clean you. When your inner self is thoroughly cleaned, it's like having a clear heart as a mirror. You can see more clearly through this mirror. Your previous mirror was obscured and couldn't be seen clearly; do you understand? So stop saying how you used to be or what you were like before. No, the old version of you has already passed away.

问: 好.然后就是⽐如说我想找⼀个对象的话….

Q: Alright. Then, say I want to find a partner...

JO: 你先找到你⾃⼰吧.你先把你⾃⼰找到.你⾃⼰没有找到的话,你找个对象你们都是彼此伤害对⽅的.

JO: Find yourself first. You need to find your own self. If you can't find yourself, you're both harming each other when you get into a relationship.

问: 我之前也做过⼀次别的咨询,他说我的左边的⾝体是被压抑的.他说我不太接纳我⾃⼰⾝上⼥性的⼀⾯.那我应该怎么去接纳这⼀块?

Q: I was advised by someone else previously that the left side of my body is suppressed. He said that I don't fully accept the feminine aspect within me. How should I go about accepting this part?

JO: 任何任何在你来到这⾥之前的信息全部都死掉了,你可以不⽤去翻旧账了,明⽩吗? 因为你现在是在让你重⽣,⽽不是继续停留在过去.过去别⼈怎么说我,过去你怎么样怎么样.过去的那个你已经死掉了,明⽩吗? 就好像这么说吧,你是⼀只蝴蝶,过去的那个你是⽑⽑⾍.那我现在告诉你,你现在是在呢个蛹⾥⾯你马上要变成蝴蝶.你还在说我做⽑⽑⾍的时候,我的脚怎么样不好使.明⽩吗? 你停留的呢些问题它已经不是你的⼀部分了.所以你也不要再去纠结于你过去的任何⾏为、感受或者是任何.因为呢个已经死掉了.你来这⾥是重⽣的.如果你还要继续你旧有的那⼀套,你可以不⽤过来找我们.因为你还要停留在⾃⼰原来的呢个壳⾥⾯.

JO: All the information prior to your arrival has died; you don't have to dwell on old accounts anymore. You see, you're being reborn here rather than staying in the past. Others' words about you in the past and how you were are irrelevant because the old you is already dead. Imagine it this way: you were a caterpillar before, and now you're inside a chrysalis, transforming into a butterfly right away. If you're still discussing how my legs didn't work when I was a caterpillar, you misunderstand. The questions from your past are no longer part of you. Hence, there's no need to obsess over your past actions, feelings, or anything else. They're all dead; you've come here for rebirth. If you wish to stick with your old ways, then you don't have to seek us out, because you'll remain in the shell that represents your previous self.

问: 那就是⼀直是那个状态?

Q: So it was always like that?

JO: 那你是不是要感谢那个状态? 没有那个状态你会遇到我们这些信息吗? 只有这些信息才能让你真正的让你去掌握你⾃⼰的⽣命.让你去展现出你⾃⼰真正的⼒量,正⾯的,创造性的.在不伤害你的车,也不伤害外⾯的⼈,也不伤害你本⾝的情况下,明⽩吗?

JO: So do you want to thank that state? Without that state, would you have encountered this information that allows you to truly take control of your life and reveal your true strength, positive and creative, without harming yourself, others outside, or yourself in any way, understand?

问: ⾏,我看⼀下吧.⾃⼰沉淀⼀下.就对⾃⼰的内在不太了解.

Question: Alright, let me look at it. I need to delve into myself a bit more and gain better self-awareness.

JO: 都是这样⼦的,基本⼭都是这样⼦的.你们都是在这样的⼀个过程,但是这只是你的⼀个过程⽽已.因为你现在已经⾛上了这条路.你⾛上了⼀个向内去探索,⽽不是向外界.外界它只是你⾃⼰内在的投射⽽已.所以你会投射出很多⽆⼒感,会投射出很多的混乱.

JO: It's like this for everyone; basically, all mountains are like this. You're going through a process of the same kind, but this is only your process because you've already taken the path. You've embarked on a journey of introspection rather than external exploration. The outside world is merely a projection of your inner self. Therefore, you project feelings of helplessness and confusion.

问: 我⾃⼰的话,怎么⽐较能连接到⾼我或者是指导灵?

Question: For myself, how can I better connect with my higher self or guides?

JO: 你现在不就是在连接吗? 你不想通过这种⽅式通过你⾃⼰的话,那你有给你⾃⼰机会吗?有让⾃⼰完完全全的让头脑不活动吗? 你的头脑它永远都有声⾳.它永远都是在不是这种声⾳就是那种声⾳,明⽩吗? 那如果你的头脑⼀直在活动的话,你怎么样去听到你内在的声⾳呢?

JO: Aren't you already connecting? If you don't want to go through this way with your own words, have you given yourself a chance? Have you allowed your mind to be completely inactive? Your mind is always making noise. It's either this sound or that sound, right? And if your mind is constantly active, how can you hear the voice within yourself?

问: 有时候我会跟指导灵说让它给我⼀点指引什么的…JO: 你现在不就是吗? 你现在的指引还不够明确吗? ⽤你听的懂的⽅式来⼀步⼀步如此明确如此清醒、明了,还不是吗? 明⽩吗? 你要知道你们的指导灵也好或者你⾝边的任何,它会通过别⼈的嘴巴把你要的信息给说出来.你是不是⼀直觉得是要⽤你⾃⼰的嘴巴说出来呀?

Q: Sometimes I ask my guiding spirit to give me some guidance... JO: Isn't that what you're doing now? Aren't your current instructions not clear enough? In a way that you can understand step by step, in a clear and straightforward manner? Do you get it? You need to know that your guiding spirit or any entity around you will convey the information you need through other people's mouths. Have you always thought that it should be said out loud by yourself?

问: 不是,我就是留意⼀下,就是我先提问⼀下,在留意⼀下看有什么信息.

Question: No, I'm just observing, that is, I'm asking first and then paying attention to see if there's any information.

JO: 🗎,这些信息就是给你的.独⼀⽆⼆的.问: 他们推荐我⽤呢个圣多纳释放法.

JO: These pieces of information are for you. Unique. Q: They recommend me to use the Saint Dona release method.

JO: 你想释放?

JO: Do you want to release?

问: 对JO: 你想释放,刚刚不是说你可以去⼤⾃然吗? 你去⼤⾃然你可以在⼀个没有⼈的地⽅可以⼤声的呼喊.你的⾝体会随着你⼀次⼀次的呼喊,感受到越来越轻松.当你轻松过后,你就好像是又换了⼀个状态⼀样.

Question: JO: You want to let go, right? Didn't you say earlier that you could go back to nature? When you're in nature, you can shout loudly at an empty place. Your body will feel increasingly more relaxed with each shout. After feeling relieved, it's like you've entered a different state of being.

问: 有⼀点效果,但是就不能完全的释放吧.

Question: There's a bit of effect, but it can't be fully released.

JO: 这⾥没有⼀个⼀步到位的.如果是有⼀个⼀步到位的,你就不需要存在在这个物质世界上了,你就可以⾛了,明⽩吗? 你就可以结束你的⾁体体验了.因为你便不需要在这个物质世界上去体验什么了,你已经到位了呀.所以这⾥没有⼀个⼀步到位的.就是说你不要去追求任何.因为当你在追求任何的时候,你就在跟你的眼前、你的当下断开连接.⽆论你在追求任何,你都是在错误的⽅向.为什么呢? 因为你脱离了⽣命的本⾝啊.所以当下就是你最需要的.你当下的礼物都没有拿到.我告诉你,你当下的礼物拿到了吗? 你拿到了你便不会想要⼀会⼉去释放,⼀会⼉想要去找⼯作或者是找事或者是担⼼,或者是啊,我做这个是为了变得更好.没有更好.

JO: There is no one-size-fits-all solution here. If there were, you wouldn't need to exist in this physical world anymore; you could simply go and end your bodily experience because there would be nothing else for you to experience here on the material plane since you have already achieved it all. So, there is no one-size-fits-all solution here. It means don't pursue anything; when you are pursuing something, you disconnect from what is right in front of you, and whatever you are pursuing is in the wrong direction because you have stepped away from the essence of life itself. Hence, being present right now is all that's needed. You haven't even received your current gift. I'm telling you: Have you received your current gift? If you have, you won't want to release it immediately, or look for a job, or worry about anything, or believe that doing this will make you better. There is no "better" than where you are right now.

你现在眼前就是更好的.如果你能把眼前的这个更好真正的去感悟到了领悟到了利⽤到了,就是让它服务于你.那就是最好的最完美的.你能让当下的这⼀刻服务于你吗? 你们所有⼈都想要去逃离当下的这⼀刻.明⽩吗? 这⾥没有⼀个地⽅是你们的⽬的地.那如果你们真的是这么着急的往前⾛,我告诉你前⾯是死路⼀条.你真的觉得前⾯是活路吗? NO,前⾯是死路.死路是什么? 你的⾝体越来越衰⽼,你的⾝体越来越⽆⼒,你的⾁体积累了越来越多沉重的能量.它崩溃、⽡解.你们真的觉得随着时间的推移,你们就会变得越来越好? NO NO NO NO, 只会越来越糟糕.唯⼀的出路就是你们的意识发⽣转变,你们整个世界整个⼈类才会有将来.

You currently have before you something better. If you can truly perceive and understand this better, apply it, making it serve you—it is the best and most perfect solution. Can you utilize this moment right now for your benefit? All of you wish to escape this very moment. Understand? There is no destination here for any of you. If you're really in such a hurry to move forward, let me tell you that ahead lies only a dead end. Do you really believe there's life ahead? No, it's all dead ends. Dead ends mean your body deteriorates further; your strength wanes; and your physical form accumulates increasingly heavy energy. It collapses, disintegrates. Don't you think that as time goes on, you will become better off? No, no, no, only things get worse. The sole出路 is for your consciousness to change—only then does the future of your entire world and mankind have any hope.

不然你们这⾥连将来都没有.你们都在给⾃⼰埋炸弹.

Otherwise, you won't even have a future here. You're all planting bombs for yourselves.

⽆论是埋在你的⾝体⾥⾯,还是埋在这个地球上,还是埋在集体意识⾥⾯.这⾥⾯都是被你们⼀个⼀个不同的⼈埋下了很多炸弹.所以你们世界上会体验到很多的恐怖事件,哪怕是战争也好、瘟疫、病痛、痛苦、⾃杀、他杀,这些全都是你们埋下的炸弹,明⽩吗? 所以千万不要觉得前⾯有⼀个美好的⽬标让你去追求.你们只有当下,你们只有眼前.越早你们领悟到这⼀点,越早你们的炸弹才不会炸的⾃⼰粉⾝碎⾻.

Regardless of whether they are buried within your body, on this planet, or in collective consciousness, all of these contain bombs that have been planted by each and every one of you. Therefore, you will experience many terrifying events in the world, be it wars, plagues, illnesses, suffering, suicide, or homicide—all these are bombs that you have planted yourselves, understand? So do not ever think there is a beautiful goal ahead for you to chase. You only have now, you only see what's right before your eyes. The sooner you realize this, the sooner you'll prevent those bombs from blowing up and destroying yourself entirely.

问: 我的⾼我或者是指导灵还有没有其它要给到我的?

Q: Does my Higher Self or guide still have anything else to share with me?

JO: 你把当下,今天我们的信息去好好地去理解就是给你最⼤的⼀个礼物.

JO: Giving you the best gift is to understand today's message well.

#### 2023/07/11 — 兵马俑Terracotta Army

JO: 你问吧,什么问题?

You ask, what question?

问: 这个通灵的⼥孩⼦昨晚做梦梦见⾃⼰变成了⼀个意识体飞来飞去.请问这个梦想要带给这个⼥孩⼦的信息是什么?

Question: This spirit-connected girl dreamed last night that she transformed into a being that could fly around in her dream. What message does this dream convey to the girl?

JO: 这个梦就是来扩展她的意识.为什么呢? 因为她这个梦,她⾃⼰感受的⽐较清楚,就好像是⼀种出体的游戏⼀样.就是你可以⾝体在这⾥,你的意识体出去探索.所以就好像是在…以后⽐如说这是她的⼀个功能是吧? 那她现在是不是就可以先去了解⼀下,就是先去体验⼀下,明⽩吗? 因为我们之前不是告诉你就算你们是在做梦,你们也是在不断地扩展⾃⼰,对吧? 所以这也是她就好像去扩展⾃⼰的⽅式⽅法的⼀个过程和⼀个去学习的⼿段.她就能理解这是什么,就让她先去感受⼀下.因为这都是她⾝体即将开启的⼀些功能.

Dream: This dream is designed to expand her consciousness. Why? Because in this dream, she experiences it more vividly, as if it were a game of out-of-body exploration. You can be physically here while your mind ventures out to explore. It's like being in... later on, for example, maybe one of her abilities is this? Then, could she start by getting familiar with this, experiencing it first-hand, understand? We've already told you that even when dreaming, you are constantly expanding yourself, right? So this is part of the process where she learns and explores methods to expand herself. She can then understand what this means and experience it for herself because these abilities her body will soon possess are about to be unlocked.

问: 下⼀个问题是我今天凌晨的时候做的⼀个梦.梦⾥我⼀直和这个通灵的⼥孩⼦在⼀起,在她们家.但是我看镜⼦的时候,镜⼦⾥是⼀个又胖又丑头发也乱糟糟的⼀个⼥⼈.然后我看到这个样⼦后就哭了,觉得我⾃⼰怎么变成了这个样⼦.请问这个梦想要带给我的信息是什么呢?

Q: My next question is about a dream I had early this morning. In the dream, I was always with this medium girl at her house. However, when I looked into the mirror, it showed a fat and ugly woman with messy hair. After seeing myself like that, I cried, feeling that I had become this person. What message does this dream intend to convey to me?

JO: 这个梦就是想来告诉你其实你现在还会为外在的⼀些幻像所困住.就是你还会去在乎外在的⼀些幻像.为什么呢? 因为你们来这⾥你们要修的⼀个⽬的地就是你们不再被外在的幻像所困住,对吧? 为什么呢? 因为如果你还会为外在的幻像产⽣恐惧啊、害怕啊、⽆⼒感啊或者是任何.那就说明你还是专注于外在的幻像.那如果你专注于外在的幻像,那是不是背道⽽驰了? 你就还没有修到你要脱幻的状态,对吧? 那这个梦是不是就好像是照镜⼦⼀样来让你看到,OK,⽬前我的状态在这⾥.我还是会去因为外在的影响⽽受到影响,明⽩吗? 外在的幻像是来给你们什么? 是去脱离它们,⽽不是去进⼊它们,被那些幻像给困住的.

In this dream, I wanted to tell you that right now, you are still trapped by external illusions. Why is that? Because when you come here, the destination of your practice is that you no longer get caught up in external illusions, right? But why would it be like that? If you can still feel fear, anxiety, helplessness, or any other emotions due to external illusions, it means you are still focused on the external illusions. And if you focus on the external illusions, aren't you going against your goal of escaping these illusions? You haven't reached the state where you're free from them, right? So, this dream seems like a mirror reflecting your current state: Yes, I'm still influenced by external factors and affected accordingly. Understand that the external illusions are meant to help you escape them, not enter into their trap.

所以就像是⼀次反射⼀样,从梦中它也是反射出你⽬前的⼀个状态,明⽩吗? 但是这只是你现在脚下正⾛到这⼀步路⽽已.你会去在乎: ‘啊我现在⾛在⼭坡路’ 你会去抱怨⼭坡路好什么什么的吗? 你不⽤去在乎它.因为你在继续往前⾛.只是知道,OK,我⾛到⼀个⼩⼭坡了,我上了⼭坡我是另外⼀个风景.就连这个梦它也是个幻境,你也不要给它困住,明⽩吗? ‘JO告诉我,我现在还是被幻像困住的’ OK,那你现在就是被幻像困住的.明⽩吗?

So it's like a reflection, from the dream, it reflects your current state, understand? But this is just one step of path you're walking now. You would care, 'Ah, I'm walking on an uphill road,' and complain about how good or bad the uphill road is, right? You don't have to care about it because you're moving forward. Just know that yes, I've reached a small hill, I'm on top of the hill seeing a different landscape. Even this dream is just an illusion, so don't get trapped by it, understand? 'JO told me I am still trapped in illusions,' alright, then you are indeed trapped in illusions right now. Understand?

问: 请问我们的历史古迹兵马俑想要带给我们的信息是什么呢?

Question: What message does our historical site, the Terracotta Army, want to convey to us?

JO: 这个信息,你们这个皇帝创造的兵马俑… 他创造兵马俑想要⼲什么? 他想要⽤他强⼤的权⼒去保留⼀些东西.想保留什么? 想能永远拥有这些兵陪伴着他.兵象征着什么? 象征着能量,象征着权⼒,象征着他拥有的⼀些强⼤的能量,对吧? 他是想要去保存着它,保留着它,让它不消失.那他⽤这个事件是不是来给你们看了⼀个笑话? 就好像是⽆稽之谈,像是笑话⼀样.但是你们现在每个⼈是不是都在试图去做这种笑话的事情.⽐如说你们想保持我的⾝体不变衰⽼,不断地去抹护肤品,不断地去整容,不断地去做这种⼯作.或者是要保留我的财富,不断地去买各种保险,要保留我的健康,不断地去买医疗保险,各种保险产品.

JO: This message talks about the Terracotta Warriors created by your emperor... What was his intention in creating these warriors? He wanted to preserve something with his mighty power. What was he trying to keep? To have these soldiers accompany him forever. What do the warriors symbolize? They represent energy, power, and a powerful force that he possesses, right? He wants to keep it preserved and not let it disappear. Is this event showing you a joke? Something absurd or like a joke. But are each of you trying to do this kind of thing now? For example, wanting to maintain my body without aging, constantly applying skincare products, constantly going for plastic surgery, doing this sort of work continuously. Or preserving my wealth, buying all sorts of insurance continuously, keeping my health by purchasing medical insurance and various other insurance products.

任何这种东西你们不都是想要去存住,保留住这个幻像吗? 明⽩吗? 那你就知道你们在做的是什么.那秦始皇给你们看到了⼀个笑话,你看到了⼀个⽆稽之谈.这个⽆稽之谈并没有给你们带来任何影响,你们还在持续的去做这种⼯作.(秦始皇)还⽤这种⽅式想要去试图保留

Do you not all want to preserve this illusion? Understand? Then you will know what you are doing. That Qin Shi Huang showed you a farce, you saw an absurdity. This absurdity did not affect you in any way, and yet you continue to do this work. (Kang Shi Huang) still wanted to attempt to retain it in such a manner.

住.那你们也在⽤你们的⽅式想要保留住.保留住什么?保留住我的公司,保留住我的事业,保留住我的青春美貌.你看呢些明星,他们体验到了美貌带来的强⼤的能量、效⼒.为什么? 她的美貌就是钱,对不对? 她体验到过后,她是不是就想保留这个? 她就想通过医疗然后变的更美.然后呢些企业家通过什么?通过各种⽅式⽅法去保留他们打下的江⼭,对不对?那你看到了你们整个世界在试图做什么?你要知道所有的东西它就像是冰块⼀样.你们不断不断地想要去保存这个冰块.我不管现在天⽓有多冷,但是夏天迟早都会到的.夏天到了你的冰块还存在吗?我不管你的雪下的有多厚,春天来了,你的雪还存在吗?

Stay. Then you are also trying to retain with your own methods. Retain what? Retain my company, retain my career, retain my youth and beauty. What do you think about those celebrities who have experienced the powerful energy and benefits brought by their beauty? Why? Her beauty is money, right? After experiencing that, doesn't she want to keep it? She wants to become more beautiful through medical procedures. Then, how do these entrepreneurs try to retain what they've built? Through various means and methods to preserve their empire, don't you see? And what are your entire world trying to achieve? You must understand that everything is like an ice block. You constantly strive to keep this ice block intact. No matter how cold it gets now, summer will eventually come. Will the ice block still be there when summer arrives? Regardless of how thick the snow falls, will it remain once spring comes?

所以说那你就知道你们在消耗你们多少⼒⽓和精⼒去消耗你们这种想把冰块想把冬天的雪保存到夏天,明⽩吗?这是不可能的.但是通过你们内在的,⽐如说恐惧吧,害怕消失的恐惧这种,可以去打开⼀个你们⾛向去探索⽣命的真相到底是什么(的⼤门).因为当你知道真相是什么过后,你便不会去被困在这⾥了,明⽩吗? 所以这个就好像是⼀个⽆知的⾏为.

So you see how much energy and mental strength you are expending trying to keep ice in summer or save winter's snow. That is impossible. However, through your inner fears - the fear of disappearance, for instance - you can open a door to explore what life really is about. Because once you know the truth, you won't be stuck here anymore. So this is like an act of ignorance.

#### 2023/07/11 — 灵魂主题之拿到打破重组的⼒量Title Theme: Acquiring the Power to Break and Reorganize

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我想问⼀下我这⼀世的灵魂主题是什么? JO: 你稍等.你叫什么名字?

Q: I want to know what my soul's theme is for this lifetime. A: Wait a moment. What is your name?

问: 我叫XX.

Question: I am XX.

JO:我们感受到你拥有⾮常安静,就这么说吧,如果把你⽐喻成⼀只⼩动物的话,你就好像是⼀只⾮常安静的⼩猫.然后你想要去给世⼈展现出这种不争不抢、这种安静的强⼤的能量.你就好像是⼀个艺术品⼀样,你想要来给⼈世间展现⽣命存在的⼀个状态.所以你会发现你特别害怕进⼊到⼀种冲突啊、争啊抢,啊、打啊闹啊,这种发⽣强烈纷争⽃争的状态.所以你对呢种像打⽃啊勾⼼⽃⾓啊各种奋纷争⼿段的这种,你就不想去参与.然后在这样⼦的话,其实你也会缺少⼀种冲劲和缺少⼀种破坏.为什么呢?因为你有时候会害怕破坏,破坏掉⼀些事情.就⽐如说是你的⼀段关系它本⾝就好像是已经名存实亡了,对吧?但是你可能不会想要去把它给破坏掉.为什么呢?

JO: We sense that you possess an incredibly tranquil essence, to put it simply, if you were to be compared to a small animal, you would resemble a very quiet kitten. You strive to exhibit this non-contentious, serene power to the world. You are like a piece of art, aiming to showcase the state of life's existence in the human realm. As such, you will notice that you are particularly frightened by conflict, contention, chaos, and uproar - any state marked by strong disputes or struggles. Consequently, you do not wish to engage in such aggressive tactics as battles or scheming. This leads to a lack of vigor and destruction. Why is this? Sometimes, you fear causing damage, fearing that it might ruin certain things. For instance, if your relationship was already devoid of substance, wouldn't you hesitate to disrupt it? Why would you feel this way?

因为你很难下⼿去做这件事情,然后就会导致你就会有⼀种就好像不是呢么舒服的⼀个状态,就是⼀个隐忍的状态,明⽩吗?

Because it's hard for you to take action on this matter, leading to a state where you feel somewhat uncomfortable, a repressed state. Understand?

问: 对的.明⽩.

Question: Right. I understand.

JO: 所以你更多的是想要去展现出正⾯的,去协调不好的影响.因为当你同时拥有这个能量的时候,那你同样也缺少了… 你要知道你不断地破坏掉才能重建,对吧? 那你重建的过程才能建的越来越符合你⾃⼰的理想吧.就⽐如说你就好像在沙滩上堆出来⼀个城堡.你虽然不是很喜欢、不满意.但是你又害怕把它破坏掉,又不喜欢去破坏的那个过程.那你就可能堆的不是那么满意,所以就会导致你会活的有点憋屈吧,就是忍⽓吞声,就是活的不是那么畅快.

So you want to project the positive and harmonize the negative effects. Because when you possess this energy, you are also lacking... You need to understand that destruction is necessary for rebuilding; otherwise, how could the rebuilt structure better align with your own ideals? Imagine building a castle on the sand. Even though it might not be perfectly to your liking or satisfaction, you fear destroying it and dislike the process of destruction. Consequently, your construction might not meet your expectations, leading to an existence that feels constrained or oppressed, where you endure in silence, unable to live with full ease and fulfillment.

问: 明⽩.那我想问⼀下我适合做什么样⼦的职业呢?

Question: Alright. I would like to ask, what kind of profession am I suitable for?

JO: 你适合在⼀个能量场没有那么多复杂的关系、纷争,那样⼦的⼀个状态下.就⽐如说你跟⼩动物打交道啊、跟⼩朋友打交道啊、或者是跟能量场⽐较纯洁的地⽅啊、或者是你不要跟⼈打交道你跟物打交道.这样⼦就会让你好⼀点.因为不然的话会导致你好像又抵抗不了又反抗不了,但是又承受不了,就会进⼊到⼀种很⽆⼒的状态.就⽐如说你特别喜欢弹琴.那你就只是坐在那⾥谈古筝.那你就好像是像⼀座佛⼀样不断地去散发出这种安静的能量、平和的能量、平衡的能量.然后让其他⼈可以⼀靠近你就感受到⼀种回归、平和.你就好像是⼀个信号塔.要根据你⾃⼰这⼀⽣个⼈的⼀些喜好,然后去选择⼀个能量场不被过多的拉扯的状态.

JO: You would do well in an energy field with fewer complicated relationships and conflicts, where you deal with small animals, children, or places with relatively pure energy fields. Alternatively, if you don't interact with people but focus on interacting with objects instead, this can help ease your situation. This is because otherwise, it might lead to a state of feeling unable to resist or oppose, yet also unable to bear the consequences, thus entering a helpless state. For instance, if you particularly enjoy playing the piano, then just sit there and play guqin, emitting a constant stream of calming, peaceful, and balanced energy around you, allowing others to feel a sense of回归and peace when they come near you. You are like a signal tower that needs to choose an energy field that is not excessively pulled in by external forces, based on your personal preferences throughout your life.

问: 那我想问⼀下我的伴侣和我的关系是怎样的? JO: 你们在⼀起多久了?

Q: I was wondering, what is the nature of my relationship with my partner?

A: How long have you been together?

问: 六七年了.

Question: Seven years now.

JO: 你稍等.你的另⼀半叫什么名字?问: XXJO: 他正好是跟你有⼀点相反或者是互补吧.他是那种⾃由、喜欢去创新创造或者是打破规矩不受束缚.他正好就是属于这样⼦的⼀种.你可以去通过他体验到你还没有被释放的那⼀⾯,明⽩吗? 他也可以通过你去体验到他需要去学习到或者是被开发的那⼀⾯.

JO: Wait a moment. What is the name of your other half?

XX: JO: He's either opposite or complementary to you. He's that kind who loves freedom, likes to innovate and create, or breaks rules without being bound by them. He's exactly this type. You can experience the part of yourself that hasn't been released through him, understand? He can also experience the aspect he needs to learn or develop through you.

问: 我的妈妈就⾮常的不喜欢他.然后就导致我跟我母亲的关系特别紧张.我们已经有三年多没有联系了.我想问⼀下我的妈妈跟我是什么关系?

Q: My mother really dislikes him, which has led to a very tense relationship between us. We haven't been in touch for more than three years. I wonder what exactly is the nature of my relationship with my mother?

JO: 你妈妈为什么不喜欢他呢?

JO: Why doesn't your mother like him?

问: 可能觉得他没有达到社会的要求吧.就是很有钱啊,有⼀份很好的⼯作啊,或者是学历很好啊.因为我妈妈就不同意我的伴侣跟我在⼀起.

Q: Maybe they feel he doesn't meet societal expectations - that is, he's very wealthy, has a great job, or has excellent qualifications. My mother didn't approve of my partner being with me.

JO: 然后你的问题是如何去化解你跟你母亲之间的关系吗?问: 对,我想问⼀下就是如何去化解?

Then how do you resolve your relationship with your mother? I asked: Yes, I want to ask specifically, how do you resolve it?

JO: 你看到没有你现在⾯临的问题?

JO: Have you noticed the problem you are facing now?

问: 我⾃从选择和我现在的伴侣在⼀起,我母亲就再也不和我联系了.

Question: Since I chose to be with my current partner, my mother no longer contacts me.

JO: 你爱这个男⼈吗?问: ⾮常爱JO: 但是你又想维护好跟妈妈的关系是吗?问: 对JO: 你想你妈妈接受他是吗?问: 对JO: 你稍等.刚才我们说你的灵魂主题也很害怕去打破,对吧? 那你这么看,你跟你妈妈中间像⼀个沉寂,就是像有⼀道墙,对吧? 那你现在也是不是害怕去打破它,明⽩吗? 那你如果不去打破它的话,它是不是就⼀直都有这堵墙存在了?

JO: Do you love this man?

Q: Very much.

JO: But you also want to maintain a good relationship with your mom, right?

Q: Yes.

JO: You want your mom to accept him, right?

Q: Yes.

JO: Wait. We just said that your soul theme is also afraid of breaking it, right? So how do you see this – like there's a silence between you and your mom, as if there's a wall, right? And now, are you still afraid of breaking it, understand? If you don't break it, will that wall always be there?

问: 如果我去打破的话,有可能会变得更糟糕.

Q: If I were to break it, could it get worse?

JO: 这就是你需要去学习的功课.因为你的⼈⽣的主题就是刚才说了,它同样给你带来的影响就是你很害怕.那其实这个就是你内在的⼀个恐惧.为什么呢? 因为你觉得你没有能量或者说你没有能⼒去掌控它.那如果你知道其实你是有能⼒去掌控⼀切.我不管这个局势怎么发展,就算这个房⼦被我打破我还可以把它砌的很好.如果你有这个决⼼的话,你便不会惧怕去把它打破了.但是你没有这个信⼼.那你现在是不是可以注意到你⾃⼰有这个胆怯或者是担⼼、害怕.然后把你⾃⼰内在先圆满起来.就是让你内在先拥有这个⼒量,拥有这个不怕被打破的⼒量,不怕重头再来重建的⼒量.你说你为什么喜欢你男朋友,你告诉我.

JO: This is the lesson you need to learn because your life's theme was just mentioned, and it affects you in such a way that you're scared. Essentially, this fear resides within you. Why? Because you feel you lack the energy or capability to control it. But if you understand that you do have the power to handle everything - regardless of how things unfold, even if my house is broken, I can rebuild it perfectly - you wouldn't be afraid to break it yourself with determination. However, you don't have this confidence. So, can you now recognize your own fear or concern for being unable? Begin by filling yourself internally, giving your inner self the strength, the courage not to be broken and the resilience to start anew without hesitation. When you tell me why you love your boyfriend, share that with me too.

问: 就像你刚才说的,我们性格⽐较互补.确实⾮常互补,他具备⼀些我不具备的,他拥有的⼀些特质都是我这个性格没有的.

Q: Just like you mentioned earlier, our personalities complement each other quite well. Indeed, we complement each other very well; he possesses some traits that I do not have, and the qualities he has are not present in my personality.

JO: 那你就知道你想要去发展⼀个完整的你,这是你内在的⼀个渴望.你看,你说你爱他爱的不得了.为什么? 因为你觉得拥有这些特质你就完整了,明⽩吗? 所以你就可以知道你⾃⼰内在真正的渴望是让你⾃⼰完整.⽽不是通过去把外在的他拿过来,让你感受到完整.这么说吧,就好像你不敢对⼈发脾⽓,但是你的男朋友却敢跟任何⼈发脾⽓.那你觉得他在你⾝边,他就可以帮助你发了这个脾⽓.那你就需要去明⽩你需要⾃⼰去找到你为什么不敢跟别⼈发脾⽓? 你害怕别⼈说这个⼈不够淑⼥? 你这个⼈不讲道理? 你⼲嘛要害怕别⼈说你不够淑⼥,不讲道理呢? 他们怎么认为你不会影响你的丝毫,明⽩吗? 只要你⾃⼰不否定你⾃⼰.

JO: That's why you know that you want to develop a complete self. This is an inner desire within you. See, when you say you love him so much. Why? Because you feel like having these qualities makes you whole. Understand? Therefore, you can now realize your true inner desire is for wholeness in yourself, not for completeness through obtaining the external him. In other words, it's as if you're afraid of expressing anger towards others but your boyfriend isn't. You think he helps you by being able to express anger whenever he wants. That means you need to understand that you should find out why you're afraid of expressing anger toward others? Are you afraid people will say you aren't ladylike, or that you don't have a reasonable explanation? Why are you scared of what others think about you not being ladylike or unreasonable when it doesn't affect your slightest bit? Understand? Just make sure you never doubt yourself.

那再往⾥⾯推,你是不是就发现原来是我⾃⼰在否定我⾃⼰.所以我会在乎别⼈怎么说我,所以我要建⽴⼀个需求他的形象让我看上去是⽐较完美的或者是⽐较淑⼥的.所以你还是需要去让⾃⼰完整起来和认识⾃⼰的⼀个过程,明⽩吗? 因为当你现在还没有真正的去拿到这个… 还在突破这个开发这个,还没有成为这样⼦的话,你就越是害怕破坏.因为你知道如果你妈妈凶你⼏句的话,你又不知道该怎么办了.你妈妈态度再坚决⼀点,你又不知道该怎么办了.所以这会是你⾃⼰成长的⼀个过程.因为当你在这个成长的过程⾥,当你把你⾃

That's why when you push deeper into it, you realize that I'm actually denying myself. Therefore, I care about how others speak of me; hence, I build an image requiring their validation to appear perfect or ladylike. It means you still need to work on personal growth and self-awareness. You see? Since you haven't truly achieved this... since you're still working on it, developing it, becoming that person yet... the fear of messing up increases as a result. If your mother scolds you, unsure how to react is one issue; if she's more firm, another worry arises. This represents your journey in personal growth because during this process, when you are dealing with yourself,

English:

⼰缺的呢些点给(补上)了过后,那⾃然⽽然的你就会有能⼒去处理⽣活中发⽣的⼀切.那你的⽣活中也不需要去投射出这种⽆⼒感或者是不完整的状态给你体验了,明⽩吗? 所以你投射出去的事件或者是你⽣活中发⽣的事件,还是你⾃⼰的⼀种不完整投射出去的.

Once you fill in those gaps with Yi Qi, naturally, you will have the ability to handle whatever happens in your life. You won't need to experience a sense of helplessness or an incomplete state anymore, right? So the events you project out into the world or that happen in your life are still projections of your own incompleteness.

问: 明⽩.还有就是我的⾝体感觉特别的淤堵,会长⼀些甲状腺结节.可以帮助我检查⼀下我的能量吗?

Question: I understand. Also, my body feels very clogged up and I'm developing some thyroid nodules. Can you help me check my energy levels?

JO: 你稍等.这些就好像你没有发出去的脾⽓⼀样.因为你是⼀个⾮常懂事,就是不喜欢跟⼈产⽣冲突,然后也不喜欢去跟⼈争啊吵啊打啊骂啊这些.就好像有⼀股⽓积压在你的⾝体⾥⾯,明⽩吗? 也就是说你有想法没有表达.就⽐如说你跟你的另外⼀半没有完全表达你的想法,或者是你在公司上班也没有完全表达你的想法,或者是你跟你的⽗母你也没有完全表达你的想法.你把你⾃⼰的想法给堵回去了.

JO: Wait a moment. These feelings are like the anger you haven't expressed. You're very sensible and don't like causing conflicts or arguing with others. It's as if there's tension building up inside you, which means you have thoughts that you haven't shared. For instance, you might not fully express your thoughts to your partner, at work, or with your parents. You're suppressing your own ideas.

问: 如果这样的话,是不是可以通过什么运动帮助到我? 因为我的⼯作不可以畅所欲⾔的.

Question: If that's the case, could there be a particular movement that could help me? Because my job doesn't allow for open expression.

JO: 你的⼯作就是不可以畅所欲⾔的?

Your job is not to speak freely, right?

问: 对,因为我本⾝就是做这种⼈事的⼯作的.我就是处理很多⼈事关系.

Q: Yes, because I do this kind of human resources work myself. I deal with a lot of people relations.

JO: 你所谓的处理就是说去把他们的不满全部就接受了吗?问: 对JO: 就好像你是个垃圾桶,他们垃圾全部都倒到你这边来.然后就是处理的⽅式?问: 然后还有我的⽼板.我想知道他跟我有什么关系? 他会对我就像对⼥⼉⼀样. JO: ⽐如呢?

JO: Your so-called handling means accepting all their complaints? Q: Is it like you're a garbage can, where they dump all their trash on you, and then how do you handle it? Q: And what about my boss? I want to know what's the connection between him and me. He treats me like his daughter. JO: Like what?

问: ⽐如说像我的吃穿⽤,他都会替我考虑.他就像对⼥⼉⼀样对我.他有很多很多这种公司,我就在帮他处理各个公司的⼈事关系,外籍⼈⼠,中国⼈.就是很多⼈在⼀起.我也觉得很累,但是我们⽼板就对我特别好.导致我都没有办法从他这⾥离职.

Q: For example, he considers my needs for food, clothing, and living expenses; he treats me like his daughter. He has many companies, so I handle the human relations within each company, dealing with both foreign and Chinese employees. It's a lot of people involved. Although I find it quite tiring, my boss is exceptionally kind to me, which makes it difficult for me to quit.

JO: 是不是刚才跟前⾯我们说的灵魂主题⼀样? 你的这个就导致你就好像有⼀个不是特别满意的关系,但是你又害怕去打破它.所以你就会觉得有⼀点憋屈,就不能很畅快的活着.

JO: Is it similar to the theme we discussed earlier about souls? Your situation might lead you to have an unsatisfying relationship but at the same time, you're afraid of disrupting it. Thus, you feel somewhat stifled and can't live as freely as you would like.

问: 对,确实是这样.

Q: Yes, that's correct.

JO: 那你现在是不是就看到了你的功课? 所以这是需要你⾃⼰去拿回你的⼒量,去协调去平衡你⾃⼰的能量.然后刚才我们的信息也说你适合在不要有太复杂的⼀些(能量场⼯作).为什么呢? 因为它让你内在会产⽣⼀种吃⼒,就是让你会⾮常吃⼒.(提问者: 对) 让你的能量不能够很好地去运作.因为我们刚刚说你总是忍⽓吞声,也不反驳也不反抗.你会让⽼板很喜欢你们这样⼦的,明⽩吗? 但是你这样就好像成了⼀个垃圾桶⼀样.因为你内在的⼀些… 这么说吧,我们现在需要⼀个循环,对吧? 那这⾥没有循环,没有循环起来.只有不断地不断地让你成为⼀个接受,你是⼀个受,忍受.所以你会感受到好像⼀切你都在忍受.

JO: Now do you see your homework right now? So this is about taking back your power and balancing yourself. The information we just shared suggests that simpler energy work might suit you better because it can create strain internally, making you very laborious in handling the energies. (Listener: Yes) This prevents your energies from functioning well. We mentioned earlier that you often accept everything without objection or resistance, which makes your boss like you very much. Do you understand? But this way, you end up being a dumping ground for whatever comes your way because of your inner... Let me put it this way, we need a cycle here, right? And there's no cycle here; nothing is happening in cycles. You are just continuously accepting and enduring everything, becoming the recipient without any pushback or resistance. As a result, you feel like you're constantly having to endure every situation.

那你总会有⼀天忍受不下去的.

You will eventually reach a point where you cannot bear it anymore.

问: 对.因为这种情况经常发⽣,我就会练习⼀些静坐或者是去听⾳乐什么的.但是每次这样做的时候,我的⿐梁就特别的胀,胀的我整张脸都特别不舒服. 为什么会发⽣这样的情况呢? 因为当我不这样做的时候,我就没有这种情况.

Q: Yes, because this situation happens often, I would practice meditation or listen to music instead. But every time I do that, my nose bridge becomes very swollen and uncomfortable, making the entire face feel uneasy. Why does this happen? Because when I don't do this, I don't have this issue.

JO: 这么说吧,就好像以前没有被你允许释放的⼀些能量,然后当你完完全全的静下来的时候,它就好像要给你浮出来,明⽩吗? 就被你压抑掉的呢些情绪,很多次你想要发的声⾳没有发出来.就好像这些东西它就会凸出来,它就会浮现出来.因为你现在的能量是不平衡的呀.刚才我们说了,它没有在⼀个畅通的状态下,就是在⼀个平衡的状态下运⾏.

JO: Alright, imagine it like this - as if there were energies that you didn't allow to be released before, and when you truly become completely still, they seem to come up to the surface for you. Do you get it? These are emotions that were suppressed by you, many times where sounds wanted to be emitted but weren't. As if these things would protrude out, they would emerge because your current energy is unbalanced. We just spoke about how it isn't flowing in a free or balanced manner.

问: 还有就是我⼩时候骑车摔倒,然后我的关节的连接处有问题.我想问⼀下是否需要去做⼀个⼿术去处理⼀下?

Q: And another thing is that I had an accident when I was young while riding a bike, and there seems to be a problem with the connection of my joints. I would like to know if surgery is needed to address this issue?

JO: 现在影响到你的⽣活了吗?问: 没有影响JO: 那为什么你会觉得这是个问题呢?

JO: Has it affected your life yet? Q: No, it hasn't. JO: But why do you think it's a problem then?

问: 可能将来我准备有孩⼦的话,可能就不是很⽅便.

Question: Perhaps when I'm ready for having children in the future, it might not be very convenient.

JO: 这是医⽣说的吗?

JO: Is this what the doctor said?

问: 对,医⽣说的.

Question: Yes, what the doctor said.

JO: 那如果你相信医⽣说的,那你就把这个问题交给医⽣.为什么呢? 因为他说的话,你相信啊,明⽩吗? 你⾸先要知道你在做⼀个决定的时候到底什么是权威的? 如果你觉得你的内在的声⾳是权威的,你就听你的内在.如果你觉得外在的声⾳是权威的,那个专业的医⽣,那你就听医⽣的.所以你要问你⾃⼰,你到底把这个权威给了谁,明⽩吗? 因为你的内在你是不相信你⾃⼰的.你不相信你⾃⼰,那你就去找⼀个你相信的咯.

JO: So if you believe what the doctor says, then you are going to hand this problem over to the doctor. Why is that? Because you trust their words, right? You need to know first what defines authority in your decision-making process? If you feel that your inner voice is authoritative, listen to it. If you think the external voice, that professional doctor's advice, is more authoritative, then listen to the doctor. So you should ask yourself who you are giving authority to because you don't trust yourself; you trust someone else instead.

问: 明⽩了.近期我吃的没有以前多,但是我的体重⽐过去⼏⼗年都要重.是因为我的能量不平衡导致的吗?

Q: I understand. I haven't been eating as much lately, but my weight is heavier than it has been in the past few decades. Is this due to an imbalance of energy?

JO: 你今年多⼤了?问: 31岁JO: 那你说的之前是多少岁?

JO: How old are you this year? QUESTION: 31 years old. JO: But how old were you when you said that?

问: 在我前20多年,就疫情之后就出现了这种状况.

In my first two decades, conditions like these emerged after the pandemic.

JO: ⾸先你要知道如果你没有运动的习惯,你们随着年龄的增长,你们本⾝就会... 因为新陈代谢的减慢,体重本⾝就会增加,对不对? 只是⼀个问题.那还有⼀个问题就是说你并没有完完全全的允许你的能量,就是你并没有活出你⾃⼰.就⽐如说你是⼀只⼩鸟,你并没有天天在天空上飞.那你本⾝是⼀只⼩鸟,你需要天天到天空中去飞.你却天天呆在笼⼦⾥吃吃吃睡睡睡.那这只⼩鸟肯定会⽐天上飞的⼩鸟胖啊.你没有展现你⾃⼰.

JO: Firstly, you need to know that if you don't have the habit of exercising, as you grow older, your body naturally... because metabolism slows down, weight will increase by itself, right? Just a question. And there's another issue that is about not fully allowing your energy; you're not living up to your own potential. For example, if you are a bird and don't fly in the sky every day, but you should be flying in the sky as a bird, you need to fly every day. But instead, you stay in the cage eating and sleeping all day. This bird is bound to be fatter than one that flies in the sky because you're not showing yourself.

问: 了解.我经常会做相似的梦.会梦到我的表妹.我们在⽣活中不经常见⾯,但是却经常在我梦⾥出现.我想知道我们之间的关系?

Q: Understood. I often have similar dreams where I see my cousin. We don't usually meet in real life, yet she frequently appears in my dreams. I'm curious about our relationship.

JO: 你表妹是什么样⼦的性格? 你们亲近吗?

JO: What kind of personality does your cousin have? Are you close?

问: 不亲近,认识.她性格就是做到了像我妈妈说的学习成绩好.她的配偶就是属于有学历,有好的⼯作,家⼈特别认可这种.

Q: Not close but acquainted with her. Her personality is that she excels academically as my mother would say. Her partner falls into the category of having a degree, securing a good job, and being highly approved by family members.

JO: 那你就看到了,在你⼼中你隐隐的有⼀个,就觉得你没有得到你们家⼈的认可,明⽩吗?这是好像你的⼀个⼼病⼀样.如果不是你的⼼病,就是它完全不bother你的话,你便不会再继续去做这样⼦的梦.所以你只是通过梦的⼀个场景把你的⼼病给投射出来了.

JO: So you see, there's a subtle feeling within you that makes you believe you haven't been acknowledged by your family members. You understand? This is akin to an internal ailment in your heart. If it weren't for this inner issue, if it didn't bother you, you wouldn't continue having such dreams. Thus, through the dream scenario, you are projecting your heart's concern outwardly.

问: 和我连接最紧密的⼀世有什么感悟或者是提醒可以带给我吗?

Question: Can there be any insights or reminders that connect most closely with my current life?

JO: 你稍等.我们连接到你有⼀世也就好像是⼀个⼥性的⾝份.那个⾝份让你⼀直处于⼀种忍⽓吞声⼀直被压迫,但是也是⼀个⾮常善良纯洁,很平和,爱好和平的⼈吧.然后呢,你这⼀世又选择了同样的⾝份,同样的课题.就好像我再⼀次给我⼀个机会来让⾃⼰去突破这个点,就平衡好⾃⼰吧.所以说你还会受到你前世的⼀影响.所以对你来说,如果让你去变得特别攻击或者破坏是⼀件⾮常难的事情.因为它还有受到前世的影响.所以你就好害怕去打破,你觉得那个不是你.所以你的男朋友会给你安全感.因为为什么? 你就不⽤去⾯对这个功课了.你就不⽤去做这种⼈了.

JO: Wait a moment. We're connecting to you with the same life and identity as a woman. This role made you endure constant oppression but was also very kind, pure, peaceful, and loved peace throughout your lifetime. Then, in this life, you chose the same identity and faced the same challenges. It's like I'm giving myself another opportunity to break through these obstacles and achieve balance within me. Thus, you're still influenced by your past life. Therefore, if someone were to force you to be aggressive or destructive, it would be very difficult for you. Because of its influence from your past life, you fear breaking away; you believe that's not who you are. That's why your boyfriend provides you with a sense of security. Why? You don't have to face this challenge anymore. You don't need to be like this person anymore.

问: 对,明⽩.我想问⼀下我是否有⼀些我隐藏的能⼒或者是天赋是我⾃⼰还不知道的呢? JO: 有.你有疗愈的能⼒.你有疗愈他⼈的能⼒,你是个⾮常好的疗愈者.明⽩吗?

Q: Yes, I understand. I was wondering if there are some hidden abilities or talents within me that I am not aware of?

A: Yes, you do have a healing ability. You possess the power to heal others; you're an excellent healer. Understood?

问: 那这种疗愈是⼀种什么样的疗愈呢?

Q: What kind of healing is this?

JO: 这种疗愈就是你这种平和的能量.你没有任何攻击性,你平和的能量就可以安抚那些…这么说吧,你⽼板就有⾮常强烈的攻击⼒.然后他也脾⽓⽐较暴躁,就是不是好惹的⼈.但是呢,他在你⾯前他就能感受到这种能量的平和,就好像你可以让他的脾⽓给缓和下来.就好像他是⼀头发怒怒⽓冲天的狮⼦,在你⾯前⼀下⼦就变得温顺了.所以你的这个能量可以让他进⼊到⼀种⽐较平和的状态.所以他会对你,像你刚才说的像⼥⼉⼀样.因为你在给他提供这个频率来让他对准,来让他 calm down 冷静下来.就好像你是⼀个风扇或者是⼀个冰块.然后他正热得不⾏的时候,你就让他 cool down.

JO: This healing is your calm energy - you have no aggression; just your peaceful energy can soothe... let me put it this way: Your boss has very strong aggressive tendencies. He also tends to be short-tempered and generally hard to handle. However, when he's around you, he feels this calming energy. It's as if you could temper his anger, turning a raging lion that is full of fury into one that becomes docile in your presence. Your energy allows him to enter a more peaceful state. Consequently, with respect to how he treats you, it's like treating a daughter because you're providing the frequency that aligns him and helps him calm down. You're like a fan or an ice cube; when he's overheated, you cool him down.

但是你⾃⼰没有平衡好的话,他是在消耗你,明⽩吗? 就是你是在给他能量,他在吃你的能量.那你就会消耗你⾃⼰,因为你还没有平衡好这个.

But if you don't balance it yourself, he's draining you, do you understand? It's like you're giving him energy; he's eating your energy. So you'll be draining yourself because you haven't balanced this out yet.

问: 对,确实是这样.我的⾼我或者是指导灵有什么话对我说吗?

Question: Yes, that's correct. Does my Higher Self or guiding spirit have anything to say to me?

JO:⾸先就是说我们这⾥永远都不会去给你任何建议,就是给你任何来决定、⼲涉你的⾃由意愿和选择的事情.因为我们只是像镜⼦⼀样来让你看到⽽已.但是呢,如果你想要去选择另外⼀个⽣活的话,你会活的⾮常好.因为你还会有恐惧,就是你的⼯作⼀直在做.如果让你去转⼀个⾏业,就⽐如说以后做个疗愈者,明⽩吗?然后我们就好像给你看到⼀个可能性,就⽐如说你可以去在你将来⾮常想要去重新选择的时候,你去选择跟随这个⼥孩⼦去学习更多的⼀些信息.因为这些信息会不断不断地让你拿回你的⼒量,让你看到你的真实⾝份,恢复到你本来的样⼦.那你就可以成为⼀个疗愈者.那当你成为⼀个疗愈者,你会在滋养别⼈的同时,你也会滋养你⾃⼰.

First and foremost, we will never give you any advice or interfere with your freedom of choice or decisions. We're merely a mirror reflecting what is inside you. However, if you decide to choose another life path, you'll thrive because you'll still face fear. Your work continues even as you may shift into a different industry, like becoming a healer. Then we show you this possibility: in the future when you might want to choose again, consider following this girl to learn more information. This information empowers you, revealing your true identity and returning you to your original state. With that, you can become a healer. And as a healer, you nourish others while also nurturing yourself.

因为你现在并没有滋养你⾃⼰.你在⼀种消耗的状态下,明⽩吗?所以我们没有算影响你的⼀个选择,我们只是看到你⾃⼰会有⼀个选择,就是可以是你的⼀个选择.因为你永远⾃⼰去选择.你想要去选择什么?它必须要符合你最⼤的激情,是你愿意去做这件事情的.就看你⾃⼰对众⽣对其他⼈有没有想要去帮助他们疗愈他们的那个⼼,明⽩吗?

Because you are not nourishing yourself right now. You're in a state of consumption, understand? So we didn't account for the impact of your choice, we just saw that you have a choice - to be able to choose, because it's always up to you to decide what you want to choose. What do you want to choose? It has to align with your greatest passion, something you're willing to do. It depends on whether or not you want to help others heal them, understand?

#### 2023/07/11 — 精彩的未来A Promising Future

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: JO你好,请问可以连接⼀下这个通灵的⼥孩⼦将来的⾃⼰吗?

Question: Hello JO, can you connect with the future self of this spirit child?

JO: 现在就是,你可以提问.

JO: Now, you can ask your question.

问: 这个⼥孩⼦最近看了⼀些占⼘给她带来了⼀些困扰.她想知道是这样的吗? 然后有什么信息可以带给她?

Q: This girl has recently been influenced by some readings, which have caused her some distress. She wonders if this is normal and seeks any information that could reassure her.

JO: ⾸先我们想要说的就是她⽬前没有任何困扰.为什么呢? 因为她⾃⼰能够分辨外在的信息哪些是她可以去认同,哪些是她不认同的,明⽩吗? 就是她有那个去辨别正负或者是她允许哪些信息去影响她和不允许哪些信息去影响她.她不是⼀个被动者.主动权在她⼿上,她没有任何困扰.只是说她会想要去,想要更多的information想要更多的信息来带到你们当下这个时间点来.所以她就有这样⼦⼀个想要去连接的⼀个冲动产⽣,明⽩吗? 这么说吧,你们俩就好像是两个兴奋的⼩孩.对你们⾃⼰以后将要做的事情就好像是有⼀点蠢蠢欲动.然后就好想要去偷窥⼀下啊,以后会发⽣什么呀,现在就迫不及待的想要知道.

JO: First of all, what we want to say is that she currently has no disturbances. Why is this so? Because she herself can discern which external information aligns with her views and which does not. Do you understand that she possesses the capability to distinguish between positive and negative aspects or determine which pieces of information will impact her and which will not? She is not a passive participant; instead, control lies in her hands, meaning she experiences no disturbances. It's just that she desires more information, seeking additional data to bring into this current moment for you. Therefore, this impulse to connect arises from her desire, do you understand? To put it another way, the two of you are like two excited children who are somewhat eager about what lies ahead and can't help but wonder what will happen in the future and how they would be able to know about these things now.

我跟你们说你们可以把这个当成是迫不及待的喜悦之情,好吗? 然后关于她担⼼的他们之间,就是她在⽹上看到的那些信息.她也不需要担⼼.为什么呢? 因为她现在已经是在醒着的⼀个状态.那当她是在醒着的⼀个状态,她就永远不会去伤害任何⼈.为什么呢? 因为她眼睛没有闭着.没有像⼀头⽜⼀样蒙着眼睛去撞到这个撞到那个.所以说她不需要去担⼼她将来会不会去伤害到任何.这么说吧,你们⼈世间那些闭着眼睛蒙着眼睛的⼈,他们可能不知道⾃⼰做下的⼀些事情会导致⾃⼰受伤害或者别⼈受伤害,对吧? 那当你们眼罩被拿下了,你们醒了就是醒了,你没有办法去闭着眼睛,明⽩吗? 那你睁着眼睛,你没有办法去做⼀些伤害别⼈的事情.为什么呢?

Let me explain to you that this could be viewed as an eagerness of joy, alright? And concerning her concern about their relationship – the information she saw online – there's no need for her to worry about it. Why is that? Because she's now in a state of being awake. When she's awake, she will never harm anyone. Why is this so? Because her eyes are not closed; unlike an ox bumping into things with its eyes shut. Hence, she doesn't need to worry about whether she'll ever hurt someone in the future. Let me put it simply: The humans who go through life with their eyes closed might not be aware that their actions could lead to harm for themselves or others, right? Once your eye mask is off and you're awake, there's no way to keep your eyes closed, understand? And when you have your eyes open, you can't possibly do anything harmful to others. Why is this so?

你眼睛是睁开的呀.你只有在⽆意识的时候,你才会去做这种事情.所以说她不需要去担⼼.因为到时候⽆论发⽣什么事情,她都会在⼀种彼此受益共赢的⼀种状态.所以说外界占⼘出来的,外界看到的,只是外界看到的.为什么? 他们还活在表象.这么说吧,就⽐如说她以后会有⼀个⼼⽢情愿为她付出⼀切的异性存在,对吧? 这么说吧,你是个⼥性是吧? 你⼼⽢情愿的去加⼊到这个⼥孩的队伍,然后你去付出你的时间、精⼒、激情.如果你变成⼀个男孩⼦,他们眼⾥就会看到你们俩是不是有什么关系? 那如果是个男性的⾝份,他们就会觉得你们有关系.如果你是⼥性的⾝份,就不会觉得你们有关系.所以还是旁⼈的眼睛看到的,明⽩吗?

You have your eyes open. You only do such things when you're unconscious. So she doesn't need to worry. Because whatever happens at that time, they will be in a mutually beneficial and win-win state. Therefore, what the outside divination comes up with, what the outside sees, is just what the outside perceives. Why? They still live in superficiality. Let me put it this way: for example, there will be an opposite-sex individual who is willing to pay everything for her in the future, right? Put it this way, you're a female, right? You are willing to join the girl's team and then give your time, energy, and passion. If you become a boy, their eyes would see if there's any relationship between you two, wouldn't they? But if you were male, they would think there is a relationship. But if you're female, they won't perceive that relationship. So it's still what other people's eyes perceive, understand?

这是旁⼈的眼睛看到的.但是他们不知道你们有共同的激情,你们有共同的梦想,你们有共同的⽬标.你们在为你们共同的⽬标⽽战⽽付出.⽽不是那些蒙着眼睛的⼈的呢种.为了什么? 为了男⼥之情.因为你们这些队伍⾥的⼈早已经超过了男⼥之情,明⽩吗? 所以说你能理解这些信息吗? 只是在他们眼⾥觉得⽽已.但是你们已经在做的,已经超越了你们⾃⾝⾁体的⼀些需求或者还成谜于⾁体的⼀些幻像当中.但是你们是脱离他们了.所以你们也不需要⽤世俗的眼光去评判或者是看待或者是怎样.

This is what the outside world sees, but they don't know that you share a common passion, dream, and objective. You're fighting for this shared goal together, not just for something as shallow as romantic interests. Get it? Can you understand this message? They only perceive it from their perspective. Yet, you've already surpassed your own bodily desires or are lost in the illusions of your physical bodies. But you're free from them. So there's no need to judge or view yourselves through the lens of世俗 standards.

问: 明⽩了.请问将来推⼴我们的信息我们需要很⼤的团队吗? 团队的⼈我们需要通过什么样的⽅式让这些⼈聚集起来呢?

Question: I understand. Could you please explain if we need a large team to promote our information in the future, and what method should we use to gather such people?

JO: 这么说吧,你们现在就好像是在烧⼀个⽕.然后这个⽕越来越旺,越来越⼤,越来越亮,亮的让全球的⼈都能看到,像天上的太阳⼀样.那你说天上的太阳怎么样把你们所有⼈聚集起来呢? 你们虽然在不同的地⽅,但是你们抬起头都可以看到那个太阳,对吧? 明⽩那层意思吗? 所以说它并不是要像你们所谓的我们都在⼀个办公室.你们都在⾃⼰的⼀个岗位上,⾃⼰的位置上.然后都看得到天上的那个太阳或者是天上的那个⽉亮,明⽩吗? 那你只需要让你们的太阳不受乌云的笼罩,让⽉亮不受乌云的笼罩.那就越来越多的⼈能看到了,对吧?

JO: Let me put it this way, you are like a fire that is being ignited. This fire grows stronger, bigger and brighter until it shines globally for everyone to see – like the sun in the sky. How do you think the sun would gather all these people together if they were scattered across different locations? Although each person is at their separate place, they can all look up and see that sun, right? Do you understand this meaning? Therefore, it does not mean that we are all in one office or have our own individual tasks on their respective positions. Everyone can see the sun in the sky or even the moon as they are as clear as day. Right? All you need to do is ensure that your 'sun' or 'moon' is not obscured by clouds, and more people will be able to see it, right?

问: 我能不能问⼀下未来的⾃⼰有没有什么信息是想要带给我的?

Question: Can I ask if there is any information that my future self would like to convey to me?

JO: 你稍等.你越是爱上现在的你,就是越是 enjoy this moment,然后你的将来就会越是精彩.这是带给你的信息.

JO: Wait a minute. The more you love who you are now, the more you enjoy this moment, then your future will be even more wonderful. This is the message I'm giving to you.

#### 2023/07/12 — ⼀切都是频率Everything is frequency

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我最近陷⼊到⼀种焦虑的状态.因为我有⼀篇论⽂要交.但是⽼师的标准⾼,但是这个论⽂又不是我擅长的.如果我没有办法取得⽐较好的结果,我可能就没有办法毕业.然后我就很焦虑.

Question: I have recently fallen into a state of anxiety because I have a paper to submit. The teacher's standards are high, but the topic is not something I am good at. If I can't achieve better results, I might not be able to graduate. That's why I'm very anxious.

JO: ⾸先你要知道你们的集体意识,因为在你们社会上你们会有很多评判标准去评判⼀个⼈的资历或者是学历或者是什么证书.这好像是你们社会的⼀个标准.然后你现在就是 push yourself 来去达到他们制定的⼀个标准,明⽩吗? 就好像⽐如说动物直接它们来制定⼀个跳⾼的标准.有的跳⼀⽶,有的跳两⽶,有的跳三⽶.那让这些动物来⽐赛看谁跳的⾼谁就是厉害的.然后青蛙可以跳的很⾼,袋⿏也可以跳的很⾼.来了⼀只乌⻳,它怎么也跳不起来.然后你们就说这只乌⻳太差劲了,它不能合格,它不能毕业.因为它跳也跳不动,你看青蛙⼀下⼦能跳多少⽶.青蛙还⽐它⼩呢.明⽩吗?

JO: First you need to understand your collective consciousness, because in your society there are many criteria for evaluating a person's qualifications or education or any certificates. This seems to be a standard in your society. Then you're pushing yourself to meet the standards they've set, right? Just like animals being made to compete based on high-jump standards that are set by them. Some can jump one meter, some two meters, and others three meters. Let these animals race to see who jumps higher; whoever does is considered good. Then, frogs and possums could all jump quite high. But a chicken cannot lift itself off the ground. And then you say this chicken doesn't measure up, it can't graduate. Because it can't even move its legs, look how far the frog can jump. The frog's even smaller than it. Do you understand?

你想象⼀下,如果动物世界制定了很多标准,然后⽤这个标准来看谁飞的快谁飞的远,谁跑的快谁的⼒⽓⼤.你想象⼀下,如果在动物世界⾥⾯制定这么多的标准,然后让每⼀个动物去满⾜.明⽩吗? 你不觉得很荒谬吗?

Imagine if the animal world had established numerous criteria, then used them to determine who flies faster or farther, who runs quicker, and who has more strength. Can you picture setting so many standards in the animal kingdom and having every creature meet these requirements? Isn't that absurd?

问: 对啊,就是很荒谬啊.就很抑郁啊.

Question: Indeed, it's very absurd, and it makes one feel quite depressed.

JO: 那通过这件事情你就可以看到实际上抑郁的不只是你⼀个⼈啊.因为有很多千千万万的⼈和你⼀样,明⽩吗? 所以说有的⼈他就是强迫⾃⼰让⾃⼰可以达到这个标准,明⽩吗?

Through this incident, you can see that depression is not just you, because there are millions of people like you. Understand? So some people force themselves to meet these standards, understand?

问: 那我现在要怎么做呢? 因为我会觉得这个论⽂会关于到我能不能毕业的问题.所以我不知道要怎么放下这份焦虑?

Question: So, what should I do now? Because I feel that this paper will affect whether or not I can graduate. I don't know how to alleviate this anxiety.

JO: ⾸先就是说如果不是说你还不明⽩你⾃⼰是谁,你没有找到你⾃⼰的⾝份,你会试图或者是想要去…. 就是给你贴上标签吧,就是我是什么什么学校毕业的,什么专业的,我进什么什么公司,什么什么.那这都是你们社会上制定的游戏规则吧.但是你也可以创定你⾃⼰的游戏规则,⽽拒绝去加⼊他们,明⽩吗? 所以这个选择权来⾃于你.因为其实⽆论哪条路你都有出路.这⾥不是说你必须要⾛这条路.因为为什么? 因为你选择加⼊他们的游戏,你也可以随时改变你的游戏,对吧? 那你不选择加⼊那个游戏,你也可以去制定你⾃⼰的游戏.所以这个要看你⾃⼰的选择.

JO: Firstly, if you don't know who you are or have not found your own identity, you might try to label yourself based on what school you graduated from, what major you have, the company you work for, etc., which are the rules set by society. But you can also create your own rules and choose not to join their games. You have this choice because ultimately, no matter which path you take, there is an option for you. This isn't saying that you must follow a specific path; it's about choosing whether you want to participate in the game they set or make your own. So, the power lies with you to decide.

问: 了解.那我现在有没有办法既可以取得⼀个⽐较好的成绩同时我也可以… JO: 那不是你们社会上很多这种作弊吗? 🗎?

Question: Understand. Can I, right now, get a decent score while... JO: Isn't that cheating which is common in your society?

Cheating?

问: 对,然后我现在就找到了这么⼀个⼈,我需要花⼀笔钱.他⼼⾥有⼀个价格,我⼼⾥也有⼀个价格…JO: 那你也可以继续再找呀.说不定你可以找到⼀个免费的,明⽩吗? 他正好是特别喜欢这些或者是特别爱好这些.

Q: Yes, and now I've found such a person who needs money for it. We both have our own price in mind... A: You could continue looking; maybe you can find someone who will do it for free. He might really enjoy or be particularly fond of what you're doing.

问: 难道真的会有⼈喜欢写论⽂吗?

Question: Could there really be people who enjoy writing papers?

JO: 这么说吧,难道这个世界上真的会有⽣物会喜欢吃屎吗? 你们不是有屎壳郎吗? 明⽩吗?你们觉得这么恶⼼的东西,那为什么就会有昆⾍或者是有动物就会喜欢吃呢?

JO: Let me put it this way, could it be that there really are organisms in the world who enjoy eating feces? Don't you have dung beetles? Get it? You think this is disgusting food, but why would insects or animals eat it?

问: 还有⼀个卡点就是我觉得我会把⾃⼰的意识强加给别⼈.

Q: There's a roadblock where I feel like I'm forcing my awareness onto others.

JO: 你是说你需要如何去看待这种想法吗? 如果你相信宇宙的同步性运⾏,就是任何你的需求都会被安排好,那么你就会进⼊到这样⼦的状态当中,明⽩吗?你不需要去选择任何你不喜欢做的事情,它都会⾃动安排好.但是这个是你需要去有这样⼦的信念.那如果你觉得所有事情都需要你去吃⼒费⼒的去推,或者是去⾏动去做的话.那你也会体验到这样的⼀个世界,明⽩吗?但是我告诉你,这个⼥孩⼦只做她开⼼喜欢的事情.她不喜欢做家务,她不喜欢叠⾐服,她不喜欢做这些琐碎的事情.⾃然⽽然就会有⼈去帮她做这些.所以你必须有⼀个坚定的信念,⽽不是去试⼀试,啊不⾏.明⽩吗?因为⽆论觉得你的⼈⽣是如何运⾏的,它都会是你觉得的那⼀种.

JO: You're saying that you need to understand how to view this idea? If you believe in the synchronicity of the universe, where every need is arranged for you, then you would enter into such a state. You don't have to choose anything you dislike; it's automatically set up. But this requires you to have this belief. However, if you think that everything needs your effort and laborious actions, or that you must do things, then you will experience this world in the same way. I'm telling you, this girl only does what she likes and enjoys. She dislikes doing housework, folding clothes, or dealing with trivial tasks; naturally, someone else will help her with these chores. So, you need a firm belief, not just trying it out and then deciding it's not for you. Understand? Because how you perceive your life's operation is exactly as you perceive it to be.

如果你彻底的相信任何我不喜欢做的事情⾃然⽽然就会交给⽼天,明⽩吗? 它会安排相应的⼈来⽀持你.

If you fully entrust anything I disapprove of to heaven naturally, understand that it will arrange the appropriate people to support you.

问: 我总觉得打⼯⼈很惨.确实这个社会上需要有⼀些⼈去做⼀些重复的⼯作,但是我觉得很不公平.

Q: I always feel that manual workers are suffering a lot. Indeed, there needs to be people who do repetitive work in this society, but I think it's very unfair.

JO: 你要知道你们⽆所事事才是惨.你知道为什么有些⼈会选择⾃杀吗? 因为他觉得我存在在这个世界上没有什么价值,没有什么意义.那如果你让他在帮助⼀些其他痛苦的⼈.他做这件事情的时候,他会觉得他被需要,他(有)存在的价值和意义,这可能就是他活下去的动⼒.他⽣命的意义,明⽩吗? 所以说并不是说你在做什么⽐较惨,⽽是说你如何定义你做的事情.那你觉得你做的事情就是奴⾪⼀样,不停的吃苦受苦.那你就会体验到那个悲惨,你是被动的.那如果你是主动的,我想要去创造,我想要去不断地去创造不断地去帮助不断地去激发我内在的⼀个潜⼒,明⽩吗? 所以看你如何去定义你做的⼀些事情,⽽不是说它是真实的.

JO: You should know that being idle is miserable. Have you ever wondered why some people choose to take their own lives? It's because they feel that their existence in this world has no value and no purpose. But if you allow them to help others who are suffering, when they perform such actions, they would feel needed, valued, and meaningful. This might be the driving force for them to continue living—their sense of meaning and significance, understand? Therefore, it's not about what you're doing being worse off, but how you define your actions. If you perceive your tasks as just slavery, enduring endless suffering, then you'll experience that misery passively. But if you're proactive, wanting to create, aiming for continuous creation, helping, and激发 your inner potential actively, it's understandable? So it depends on how you view the things you do rather than accepting them as reality.

因为⽆论你如何去定义,你都会体验到⾃⼰给与的那个定义.你就会觉得⾃⼰很惨.

Because no matter how you define it, you will experience the definition you give yourself. You will feel sorry for yourself.

问: 我还有⼀个卡点,我觉得我如果⽀付⼀个相对⽐较低的价格的话,我会觉得他不会全⼼全意的去做.我有这样的担⼼.

Question: I have one more concern - I feel that if I pay a relatively low price, he won't give his best effort. I'm worried about this.

JO: 所以你的问题是什么?

So, what's your question?

问: 我的问题是关于最后这样的结果是不是和我付出的⾦钱是相关的?

Question: My question concerns whether such outcomes are related to the money I pay?

JO: 你⾸先要知道就是说当你在出于⼀种全然的信任,其实你并不是信任某⼀个⼈.⽽是你是进⼊到信任的那个频率,信任⽣命的本⾝,明⽩吗? 它并不是说这个⼈我信任,那个⼈我不信任.那其实你还是进⼊到⼀种选择性的不信任的状态.⽽是说你全然的信任.因为这是⼀个不同的门.因为⼀个全然的信任是⼀道门,⼀个我选择性的信任或者我不信任是另外⼀道门.明⽩吗? 你进了那个门,就会只有这样的事情.这么说吧,平⾏世界,你进⼊到哪个世界,那是你的频率.为什么? 因为你进⼊到⼀种全然的信任的状态是⼀种频率.你进⼊到⼀种选择性的信任,就是相信和不相信是⼀种频率.你这两个振动频率是不⼀样的.

JO: The first thing you need to understand is that when you're in a state of absolute trust, you're not actually trusting someone. You're entering the frequency of trust, trusting life itself, do you see? It's not about trusting this person and not trusting that one. That means you're still in a state of selective distrust. Instead, you are completely trusting. This is because it opens through a different door. Because complete trust opens through a door, while my selective trust or lack thereof opens through another door. Do you understand? When you enter that door, there's only this kind of thing. Let me put it this way: parallel worlds, the world you enter is your frequency. Why is that so? Because entering a state of absolute trust creates a certain frequency. Entering a state of selective trust, where believing and not believing exists as frequencies, is another frequency altogether.

那你想象⼀下,你的振动频率不⼀样,那在你这个物质世界呈现的这个果会⼀样吗? 所以说当你选

Imagine if your vibrational frequency is different, would the result manifest in the same way in this material world? So when you choose,

择全然的信任的时候,你就会遇到那种给你全然的信任的⼈.他就值得你信任.当你进⼊到⼀种你怀疑的态度,那你的频率就会锁定那些会让你怀疑的⼈,明⽩吗? 我给你讲就算是同⼀个⼈,你发出的频率不⼀样… 这么说吧,这个⼥孩⼦头脑⾥⾯有⼀个杀⼈魔,他只要见到⼈就会把他杀掉.那就有⼀个⼈他没有杀.为什么呢? 因为那个⼈说他是⼀个好⼈.所有⼈都说他是⼀个坏⼈,那个⼈说我觉得你是⼀个很好的⼈.然后他就没有杀他,把他放掉了,明⽩吗? 因为就算是同样⼀个⼈,你们物质世界有太多这样的例⼦了.所以说你的频率就会激发出那个⼈的哪⼀⾯去给你体验.实际上你有没有看到你根本就不需要去关注外在.

When you choose complete trust, you will encounter people who give you their complete trust in return. They are worthy of your trust. When you enter a skeptical mindset, your frequency locks onto those who might make you doubt, understand? I'll explain this further by saying that even with the same person, different frequencies can lead to varied outcomes… Consider this scenario: a girl harbors a serial killer within her mind; she kills anyone she encounters. However, there is one person she did not kill. Why? Because he claimed to be a good person. Everyone else labeled him as bad, but this one individual said he felt that the person was very good. As a result, she spared his life and let him go. Do you see? Even with the same person, there are countless examples in our material world where different frequencies elicit different reactions. Thus, your frequency exposes you to that particular aspect of the person for your experience. In essence, you don't need to focus on external concerns.

因为外在就好像是你镜⼦⾥⾯的画镜⼦⾥⾯的像⼀样,它必须是呈现出你到底放了什么在镜⼦⾯前,明⽩吗? 所以说你只需要让⾃⼰处于⼀种全然的信任的状态.那么你遇到的所有事情,你就会发现… 当然,就算眼前发⽣了⼀些事情你不能理解或者是不是那么好的果,但是你还是相信.你相信造物主不会把不好的送到你⾯前,它都是礼物.然后你最后才发现,哇,果然是个礼物,明⽩吗? 因为你已经不会去分辨它到底外⾯是⼀坨屎还是⼀朵鲜花了.屎跟鲜花没有区别啊.为什么呢? 那个鲜花的种⼦就在屎⾥⾯呀,明⽩吗?

Because the external world is like a painting in your mirror, just like the reflection in the mirror represents what you have placed there, do you understand? Therefore, all you need to do is to be completely trusting. Then, whatever happens to you will reveal… Of course, even if something occurs that you cannot comprehend or isn't as good as you might hope, but you still believe. You trust that the Creator does not send anything unwelcome your way; they are all gifts. Eventually, you realize that indeed, it is a gift, do you understand? Because you will no longer be able to differentiate whether what you encounter is a pile of dung or a fresh flower. Dung and flowers have no difference, right? Why is that so? The seed of the flower is actually within the dung, do you understand?

问: 那我要怎么做到全然的信任呢?

Question: How can I achieve total trust?

JO: 那这是你⾃⼰去,就是⼀个过程,是你⾃⼰去… 因为有的⼈他想要选择更多的证据来证明这个物质世界是这样⼦的.他才能达到这种全然的信任.那有的⼈… 就这么说吧,就好像很你在学游泳.我说你把这个放下,你放轻松你就能浮起来.你就不愿意放,那你总是浮不起来.越浮不起来,你越恐惧越往下掉.然后你越恐惧越是浮不起来.那有的⼈他就,哎,那我听⼀下⽼师的话,⼀下⼦就浮起来了.那是不是选择权还是在你⾃⼰? 你到底是选择哪⼀种? 我到底想多试⼏下呢? 还是我马上就放⼿? 这是你⾃⼰的选择权.但是⽆论怎么样,你⾃⼰有你⾃⼰适合的节奏.你跟着你⾃⼰的节奏来.为什么呢? 因为你迟早会到那⾥.

JO: That's for you to go alone, it's a process, one that is within you... because some people want to gather more evidence to prove the nature of this material world in such a way. They need to attain total trust through that. But there are others... let's say you're learning how to swim. I tell you: just let go and relax, then you'll be able to float. If you don't let go, you can't float. The more you can't float, the more fear you have and you sink lower. And the more fear, the less likely you will float. Some people just listen to their teacher's advice once and they start floating immediately. So whose choice is it in this process? Do I want to try a few more times or do I immediately let go? It's your own choice. But regardless of what happens, there's a rhythm that suits you personally. Follow your own pace because eventually, you'll get there.

所以你都不需要去 push yourself.

So you don't need to push yourself.

问: 你刚才提到我们要信任造物主.那我们不需要拯救⼼态是吧? 我总觉得别⼈需要我拯救?

Q: You mentioned earlier that we should trust in our Creator. So, do we not need a saving心态 then? I always feel like others need me to save them.

JO: 其实不存在信任造物主.为什么呢? 因为你就是造物主.因为你只是还不清楚⽽已,就是你还不知道这个世界 ,就是外界投射出去的⼀切都是你⾃⼰的.你只是还像⼀个⼩朋友,你还不知道那个影⼦实际上是你⾃⼰投射出去的.你会觉得这是个魔⿁,好害怕呀,它总是跟着我,明⽩吗? 这是你认识的⼀个过程,这⾥没有⼀个外在的东西.因为如果你觉得信任造物主,你还会觉得你是受控制的.造物主给你信任.不是的,是你⾃⼰.明⽩吗? 就好像你⼀个⼩朋友,你看到太阳照着你,你⾝下有个影⼦.你还会觉得是别⼈给你呈现的⼀个影⼦.我们只是来告诉你,那个影⼦是你⾃⼰,你不需要害怕它.明⽩吗? 所以没有⼀个外在的东西.

In reality, there is no trust in the creator. Why not? Because you are the creator. You just haven't realized it yet; that is, you don't fully understand this world, which is essentially your projection from outside. You're still behaving like a child who doesn't know that their shadow is actually theirs. You find this terrifying and always lurking near you, right? This is part of how you come to know things, there's no external entity involved. Because if you think of trusting the creator, it also means you feel controlled by something else. The creator trusts you. No, it's you who needs to trust yourself. Understand? It's like being a child and seeing the sun shining on you with a shadow beneath you. You still believe someone else is casting that shadow onto you. We're just here to tell you that your own shadow is what you see in reality; there's nothing to be afraid of it. Understand? So, there's no external entity involved.

问: 我想知道到拯救者⼼态是⼀种什么样的⼼态? 为什么我⾮常想要去拯救别⼈? 总觉得别⼈过的不好.

Q: I want to know what a savior mentality is. Why do I feel very driven to save others, always feeling like they are not doing well?

JO: 总觉得别⼈过的不好,它是来⾃于你⾃⼰看不到,明⽩吗?问: 看不到什么?

JO: You always feel that others are living badly, which comes from you not being able to see it, understand? Q: What can't you see?

JO: 就是你⾃⼰也看不到出路啊.因为他们过的不好,他们这个只是幻像,然后他们看不到出路.然后你也看不到他们的出路.就这样⼦.那如果你能看得到出路的话,你来让他们看到你有⽆数种可能,你只要选择就在这⾥,明⽩吗? 但是这是来⾃于你的⼀种慈悲⼼吧.因为其实你们每⼀个⼈都有慈悲⼼,都在你们的内在.明⽩吗? 但是加上智慧你就可以很好的去引导他⼈.因为如果你只有善良只有慈悲⼼,但是你也是在⽆知的状态,你也没有办法,你只会去加深幻像,只会觉得,哎呀,你真的很可怜.来吧,我帮帮你.然后把他肩上的东西全部拿到你肩上来.然后你要知道你拿⾛的他肩膀上的东西其实是幻像⽽已.

JO: You can't see your way out either because what they are experiencing is an illusion, and they can't see their way out. And you also can't see their way out. It's like that. If you could see the way out, then you would show them that there are countless possibilities for them, all you need to do is choose this path, understand? But this comes from your compassion. Because actually everyone has a compassionate heart within themselves. Understand? And when you add wisdom, you can effectively guide others. Because if you only have kindness and compassion but you are in an ignorant state yourself, there's nothing you can do either; you would just deepen the illusion, thinking that it's terrible to be like this, come on, I'll help you carry their burdens onto your own shoulders. And you need to know that what you've taken away from them is actually an illusion.

是你们双⽅共同注⼊的负能量在⾥⾯,实际上肩上什么都没有.

It's the negative energy that both of you have put in, actually there's nothing on their shoulders.

问: 我会觉得说我和别⼈的关系会⽐较容易变得脆弱…JO: 因为你们对关系的⼀个误解,你会觉得关系是需要你去维持的,明⽩吗? 需要维持的关系都是虚假的.明⽩吗?

Question: I feel that my relationships with others might become more fragile... JO: Because of a misunderstanding about relationships, you might think that relationships need to be maintained by you, right? Relationships that require maintenance are false. Do you understand?

问: 就是其实不需要去维护它,也不需要去考虑….

Question: In fact, it doesn't need maintenance, nor does it require consideration...

JO: 因为你还在那种虚假的频率⾥⾯,就是你还在那个虚假的世界⾥⾯.那你当然会去做⼀些虚假的⾏为.但是你们都不知情.你们会觉得这是理所当然的.因为你们都没有做真正的⾃⼰.因为当你做你真正的⾃⼰的时候,你⼀切都是出⾃于爱吧.所以这⾥没有任何需要不需要维护的东西.因为你出⾃于爱,那就好像你扔出去的是爱,你接收的也是爱.那有可能即使是那些还在沉睡当中的⼈,你也会给与对⽅全然的允许.为什么? 因为你看得到他们是在沉睡的.所以你也存在这种,哎呀,他怎么这种态度对我? 因为当你发出这种思想,就是他为什么这种态度对我,就是说你也在沉睡.因为你看不到他在睡觉嘛.

JO: Because you are still in that false frequency, meaning you're still in that false world. So naturally, you would do some false actions. But none of you are aware of it. You'd think this is normal because you haven't been your true selves. Because when you're being your true self, everything comes from love, right? So there's nothing to protect here because you come from love. It's like throwing love out and receiving love back. Even for those who are still asleep, you might grant the other person full permission. Why? Because you see they're asleep. And that exists where it's like, why is he treating me this way? Because when you have this thought, "why is he treating me this way", means you're also asleep because you can't see him sleeping.

因为当你能看到他在睡觉的话,你不会对他的任何⾏为产⽣… 因为他对你好还是不好其实对你没有影响的.就好像有⼀句话叫做宠辱不惊.因为他对你好和不好都不会对你有任何的(影响).因为你已经没有虚假的我,需要被供养着,就是被投射被加强.那个虚假的你已经消失了.

Because when you can see him sleeping, you wouldn't judge his actions... because whether he treats you well or not doesn't affect you. It's like the saying 'handle good and bad with equanimity'. Whether he is kind to you or not won't make any difference to you because you no longer need a false self that needs to be nourished, it needs projection and reinforcement. The fake you has already vanished.

问: 我觉得我好像对未知的结果产⽣很强的恐惧.这个也是源⾃于不信任吗?

Q: I feel a strong fear of the unknown outcomes. Is this also due to lack of trust?

JO: 源⾃于你的⽆知.你的⽆知就是来⾃于你还是⼩朋友,你还不知道.就像你是⼩朋友,你妈妈可能去上班了,然后你就哭.因为你觉得你见不到妈妈了.就这么简单⽽已.然后当你明⽩了,妈妈只是去上班了,等会⼉就回来了.你便不会哭了.明⽩吗? 因为你还去执着于外界这个相.所有的结果其实都只是外界的相.但是外界的相它永远只是⼀个虚幻的.它只是像镜⼦⾥⾯,像镜中花⽔中⽉那样⼦,⼀个影⼦⽽已.那如果你知道它只是⼀个影⼦⽽已,它只是来供你看到认识你⾃⼰或者突破你⾃⼰.就是来让你有⼀个反射来看清楚你⾃⼰,就⼀个镜像的作⽤.那当你知道这个只是⼀个镜像的作⽤,你还会去在乎它吗? 明⽩吗?

JO: Originating from your ignorance. Your ignorance stems from you being a child, not knowing yet. Just like when you're a child and your mom might go to work, then you cry because you think you won't see her again. That's it in essence. Then, once you understand that your mom just went to work and will be back soon, you stop crying. Get it? Because you're still fixated on this external manifestation. All outcomes are actually manifestations of the external world. But these external manifestations are always illusory. They're like reflections in a mirror, flowers in a mirrored pond, or moonlight on water - mere shadows. If you realize that they are just shadows, their purpose is to serve as a tool for you to see and understand yourself or overcome yourself. It's a way for you to reflect on your own self, akin to the function of a mirror. Once you understand that this is merely the function of a mirror, would you still care about it? Do you get it?

你只会把那个镜像当做是真实的,坚不可摧的,你才会去产⽣⼀些恐惧或者是执念.但是这些东西都是来让你去认识和突破的,就是来让你去认识的.因为你们迟早会发现外在的都是虚幻的,都是虚假的.这是你们迟早会发现的⼀个事情.就早⼀点晚⼀点.

You will only perceive that image as real and unbreakable, which is why you might develop fears or attachments. However, these experiences are designed to help you recognize and transcend them. They are meant to show you because sooner or later, you'll realize that what's external is illusory and false – a discovery you're destined to make at some point.

问: 有的时候我在意识层⾯达到⼀个好的结果.但是在三维世界它显化是需要时间的.那我就会去反复的确认反复的确认.但是我的意识层⾯其实已经知道了这个结果会好的,但是在等待的过程中就是⼀直不放⼼.

Q: Sometimes I reach a good outcome in the realm of consciousness. However, it takes time for this to manifest in the three-dimensional world. This is why I have to repeatedly verify and confirm it. But my level of consciousness already knows that the result will be favorable; it's just during the waiting period that I'm not at ease.

JO: 你的问题是什么? 那其实通过你⾃⼰说的这,你根本就是进⼊到… 我们刚刚说你不同的频率进⼊到不同的世界,是吧? 那你刚才提问的问题,你选择的是什么世界? 你选择的就是: 我⼀直需要确定,就是从外在的结果来决定我到底是安⼼还是不安⼼.就是我的安⼼还是不安⼼取决于外在的结果.那你选择的是这个实相啊,你选择的是这个频率.你是这个振动频率,那你体验的肯定就是这个,明⽩吗?因为你还处于在⼀种需要不断地去从结果从物质的相上去确定.但是这也是你的⼀个过程.如果你需要它就需要它,你不需要刻意的去把它给拿开.为什么呢?因为这都是你们⼀步⼀步的路,⼀步⼀步的台阶.那如果你这个台阶没有的话,那你不就是空了吗?

Your question is what it is? Essentially, based on what you've stated, you are entering into... We just discussed how different frequencies lead to different worlds, right? Then, the question you asked earlier, which world did you choose? You chose one where my state of peace or anxiety is determined by external outcomes. That means whether I feel at ease or not depends on external results. So, you've chosen this reality, this frequency. You are that vibration frequency and thus experience it as such. Understand?

And if there's no step for you, wouldn't you just be empty?

不就不牢固了吗?所以说也没有什么好困扰你的,或者你想要把它 get rid of it.You are still young.

Isn't that enough to make something unstable? So there's really nothing to worry about, or you want to get rid of it. You're still young.

问: 还有⼀个点是为什么我对我⾃⼰有⽐较多的不接纳? 当我被攻击的时候我会产⽣⽐较强烈的不适感.这个是不是代表我⾃⼰对⾃⼰有⽐较强烈的攻击呢?

Question: There's another point I'm curious about - why do I have a lot of self-acceptance issues for myself? When I get attacked, I feel quite uncomfortable. Does this mean that I attack myself strongly too?

JO: 其实你要知道那个不适感来⾃于哪⾥? 来⾃于你的⾝体.你的⾝体产⽣这个感受,它只是来⾃于你到底相信什么,就是你是怎么去看待事情的,你是怎么去定义的.那你给它不同的定义,你的感受就变了.就我们常常说的,你看到前⾯⼀个⿁影,你以为前⾯是⿁,你吓的满⾝⼤汗,⼼都吊到嗓⼦上了.然后灯⼀打开,你看到⼀件⾐服.你马上就不害怕了.对不对? 那你就知道是你⾝体的感受都是虚假的.那既然它是虚假的,那你是不是就可以随便的去改它了? 那你就可以给你⾝体创造不同的感受了.它并不是⼀件真实的事情,明⽩吗? 所以说不是你,那只是你的⼀个… 这么说,你的⾝体是你的⼯具,是吧? 那这只是这个⼯具的性能⽽已.

JO: Actually, you need to understand where this discomfort comes from? It comes from your body. Your body generates this sensation, and it just depends on what you believe, how you perceive things, and how you define them. If you give it a different definition, your feeling changes. That's why we often say that when you see a shadow in front of you, assuming it's a ghost, you become frightened with sweat pouring down your body, as if your heart is about to leap out of your throat. But once the light is turned on and you realize it's just an article of clothing, your fear immediately disappears. See? That means you understand that your physical sensations are false. Since they are false, can't you change them at will? You can create different feelings for your body. It's not a real thing, right? So, it's not about you; it's just… this is how we view our bodies as tools, isn't it? But this is simply the tool's capability.

那你打开开关肯定就会有⽔流出来,你关上肯定⽔就没了.就这么简单.那只是⽔龙头的开关的问题.那你的⾝体的感受是不是就只是你给它植⼊什么,然后相信什么⽽产⽣的⼀个感受,对吧? 那当你给它换⼀个,你源头换⼀个,它流出来的东西就不⼀样.就好像你榨果汁⼀样,你放进去黄⽠,它肯定出来黄⽠汁.你扔进去西红柿,它肯定出来西红柿汁,对吧? 那你换⼀个扔进去不就⾏了.因为你⾝体的感受这些都不是你.

If you turn on the switch, water will definitely flow out; if you shut it off, there will be no water, that's all there is to it. It's just about the faucet's switch. Don't your body's sensations result from what you implant in it and then believe in, right? When you replace one source with another, the things that come out are different. Like squeezing juice, if you put in a yellow pear, it will definitely give you yellow pear juice. If you throw in a tomato, it will definitely give you tomato juice, right? You can just swap it and do it. Your body's sensations aren't something that belongs to you.

问: 还有⼀个点,关于⼀些占⼘类的.⽐如对于⼀些占⼘的结果给我的是不好的,我会受这个占⼘的结果很⼤的影响.

Question: There's another point regarding certain tarot readings. For instance, when the tarot gives me results that are not favorable, I am greatly influenced by these readings.

JO: ⾸先就算是同⼀个牌,然后你们每⼀个占⼘师说出来的都不⼀样的,明⽩吗? 那如果你觉得这个占⼘的不好,那你不要听他的,你听别⼈的呀.听⼀个说的好的呀.明⽩吗? 因为他们每⼀个⼈去感受的都不⼀样.就这么说吧,我这边突然有⼀个玫瑰花的味道,是吧? 那你们都是占⼘师,你们有五个⼈来描述这个玫瑰花的味道.每个⼈描述的,你说会⼀样吗?

JO: Firstly, even for the same card, each fortune-teller is interpreting it differently. Understand? If you feel their interpretation isn't good, don't listen to them; listen to others. Listen to someone who gives a positive reading. Do you understand? Because everyone perceives things differently. Let me illustrate this with an example: suddenly, I smell the scent of a rose on my side, right? You are all fortune-tellers, and if each of you describes the scent of the rose, would you expect that every description to be exactly the same?

问: 还有⼀个点,我有学数字能量,就是我是⼀个什么样的能量就会吸引来什么样的数字组合.⽐如我的⼿机号码是破财的组合,我就会暗⽰⾃⼰破财.我要怎么样突破这种限制?

Q: There's one more point. I've studied numerical energy, meaning that the kind of energy I have attracts certain number combinations. For instance, if my phone number is a losing combination, it suggests that I might experience financial loss. How can I break free from such limitations?

JO: 这是你⾃⼰选择的,然后是你⾃⼰相信的.那么你就知道它的能量是来⾃于你⾃⼰,明⽩吗? 是你⾃⼰创造了这样⼦的.因为你们所有⼈都有⼀个最⼤的⼀个很难突破的⼀个点,就是说⽐如说有⼀些事情你们坚信不疑,然后就真的发⽣了.然后真的发⽣过后,你们就更加的相信了.然后就变成了⼀种很难突破的⼀个点.就这么说吧,你就觉得你⾃⼰⽼是会被陷害,是吧? 就因为你觉得⾃⼰⽼是会被陷害,你就遇到了很多陷害你的事情.就因为你⼀⽽再再⽽三遇到⽆数个陷害你的事情,那你就坚决的相信你总是会被陷害.那你就不断不断

JO: This is something you chose for yourself and believed in. Therefore, you understand that its energy originates from within you, right? You've created this yourself. Because all of you have a most difficult barrier to break through, which is that there are certain things you firmly believe in, and then they actually happen. After they really happen, you become even more convinced. Then it becomes a hard barrier to overcome. Say, you feel like you're always being framed, don't you? Because you feel like you're always being framed, you encounter many instances of being陷害by others. Due to this repeated experience of being陷害by countless people, you firmly believe that you are always going to be framed. And so it continues...

地体验被陷害的这个事情,明⽩吗? 那你看到没有,其实他体验这个被陷害的事情其实就是他⾃⼰的⼀个振动频率⽽已.为什么呢? 因为他永远都在那担⼼害怕⾃⼰被陷害,这是他的振动频率.那你的这个振动频率肯定是结这个果呀,因为你播了种⼦呀.所以说你不需要去把你那个种⼦… 你播其它的种⼦不就好了? 其它种⼦它也同样的… 这么说吧,你相信⽆论谁来陷害我,我遇到什么不好的事情,那个事情后⾯都有⼀个礼物给我.就是⽆论我遇到什么不好的事情,就是对我的陷害.它就好像是我的台阶⼀样,我能站在台阶上往上爬,它背后总是还有礼物给我.因为你随时你都可以去转变去转化.你要运⽤你⾃⼰的想象⼒创造⼒,就是哪怕别⼈给我扔砖头.

Do you understand the experience of being framed? In fact, experiencing this situation where he feels wronged is merely his own vibrational frequency. Why is that so? Because he's always worrying and fearing for himself to be framed; that's his vibrational frequency. So, your own vibrational frequency naturally produces its outcome because you have sown the seed. Therefore, there's no need to dwell on the seed... Planting other seeds will solve this issue, won't it? Other seeds yield similar outcomes as well. Let me put it this way: whenever someone tries to wrong me or I face something negative, every challenge comes with a gift for me. No matter what difficulties I encounter, they are essentially acts of persecution against me; these challenges serve as stepping stones that allow me to climb higher. Behind each obstacle is always an unexpected benefit because I can always change and adapt at any moment. You need only use your imagination and creativity, even if others throw stones at you.

我拿那个砖头来砌个房⼦,明⽩吗?

I'm going to build a house with that brick, got it?

问: 明⽩,就是在外界开起来其实不好的东西,我也可以….

Q: Understand, it's like something that might actually be bad in the outside world... I can also...

JO: 你没有任何束缚,你也没有任何限制.所有的都来⾃于你⾃⼰头脑⾥⾯的限制.为什么?你的想法太少了.就是你太不够有创意,你的想象⼒太狭隘了.你没有什么想象⼒,你看不到什么出路.所以这些限制还是来⾃于你⾃⼰思想层⾯的限制,⽽不是说本⾝事情是没有办法的.为什么呢? 因为其实这⾥根本就没有事情,明⽩吗? 只是你们⾃⼰内在投射出去很多事情.

JO: You have no restrictions and no limitations. Everything comes from the limitations in your own mind. Why is that? Because you have too few ideas. That means you are not creative enough; your imagination is too narrow. You do not have much imagination, so you cannot see any way out. Therefore, these restrictions come from the limitations of your own thought level, rather than saying that there is nothing they can be done about the situation. Why is this? Because in fact, there is no problem here at all, understand? It's just that you project many things within yourself.

问: 还要⼀个点,我和我妈相处的时候会有⼀种愧疚感.我妈会说为了我她给了多少多少钱,她有很强的牺牲感,我有很强的愧疚感.我不知道怎么处理这种愧疚感?

Q: There's one more thing. I feel a sense of guilt when interacting with my mother. She will tell me how much she has sacrificed for me in terms of money and effort, feeling like she's been sacrificing a lot. I, on the other hand, have a strong sense of guilt. I don't know how to deal with this sense of guilt.

JO: 愧疚感? 那你也可以把这个愧疚感给转化呀.就⽐如说你也可以跟她表达你感谢她感恩她对你付出对你的⽀持.然后你将来,因为你感受到了你不喜欢去依靠别⼈,那你就会更加的⾃强⾃⽴,明⽩吗? 因为你感受到那种拿别⼈的⼿短嘛,就算是⾃⼰的妈也是不喜欢去依赖别⼈.那你就把这个变成是动⼒,让⾃⼰变的更加的⾃⽴⾃强,然后感恩,明⽩吗?

JO: Guilt? Well, you could also turn that guilt around. For example, you could express to her how much you appreciate her and are thankful for her support of you. And then in the future, because you feel uncomfortable about relying on others, you will become more self-reliant and independent. You understand? Because you realize that being reliant on someone else can be limiting, even if it's your own mother doesn't like to depend on others either. So make this into a motivation for yourself to become stronger, more self-reliant, and grateful. Do you understand?

问: 明⽩,这个时候我会觉得没有办法确定⾃⼰能变得更好?

Ask: Understood, at this moment I feel uncertain about whether I can become better?

JO: 其实你不需要去确定你⾃⼰会变得更好.为什么呢? 因为就算你⾃⼰去确定你会变得更好,你就好像是有⼀种,就是你还是在⼀种不相信.为什么? 因为当你相信的时候,你不需要确定任何.为什么? 就好像刚刚说你选择的是什么? 你的信念是什么? 就是造物主把我的所有⼀切都安排妥当的,任何发⽣在我⽣命中的事情都是美好的.这是⼀个信念,对不对? 那当你有这个信念的话,你还需要去确定它会有好结果吗? 为什么? ⽆论什么结果,实际上它都是来帮助你的呀.所以说当你觉得你还需要去确定很好,你才能安定的话.你还是在⼀种不信任的状态.那你进⼊不信任的状态,那你体验和感受的肯定就是不确定和不信任.

JO: Actually, you don't need to determine that you will get better. Why not? Because even if you try to determine that you will improve, it's as if you're still in a state of disbelief. Why is that so? Because when you believe, there's no need for any confirmation. Why is that? It's like asking what you have chosen or what your belief is: Is everything arranged by the Creator for me and anything happening in my life is beautiful? This is a belief, right? When you hold onto this belief, do you still need to confirm if it will have good outcomes? Why would you need to confirm when every outcome actually serves to help you? So when you feel that you need to determine that things are good for you to be at peace, you're still in a state of not trusting. And when you enter into this state of mistrust, the experiences and feelings you encounter will undoubtedly be ones of uncertainty and distrust.

所以通过这些不同的事件或者体验或者感受,其实你就能看出来你⾃⼰创造你⾃⼰体验的⼀切.你⾃⼰在创造这个实相给你⾃⼰体验.那当你发现了所有的⼀切都是你⾃导⾃演的,那你是不是就可以去转变你的实相了? 你就可以⾃⼰操控了,对不对? 这⾥真的没有什么外在的.然后,你必须要运⽤你的想象⼒,你可以去转变⼀切.你就是⼀个魔法师,你可以把死的变成活的,把坏的变成好的.

So by these various events or experiences or sensations, you can actually see that you create everything of your own experience. You are creating this reality for yourself to experience. If you discover that everything is self-directed and enacted, then could you change your reality? Could you take control, right? There's really nothing external here. And then, you have to use your imagination to transform everything. You're a magician; you can turn the dead into the alive, bad into good.

问: 当我⽗母对我付出的时候,他们会对我有期待.我如果不满⾜他们的期待,我会有⼀种很难受的感觉.但是如果我要满⾜他们的期待,我就没有办法成为我⾃⼰.我不知道怎么处理他们的期待?

Q: When my parents invest in me, they have expectations for me. If I fail to meet their expectations, I feel very uncomfortable. But if I am trying to meet their expectations, I can't be myself. I don't know how to deal with their expectations.

JO: 这个不是你⽬前需要去考虑的事情.为什么呢? 因为如果当你⼀直在跟随你的激情,做你激情的事情,你根本不会去考虑这些.那只能说明你⽬前还没有在你激情的步伐上⾯.就是你频率没有在你激情的步伐上⾯.为什么呢? 因为当你在⼀个激情的步伐上⾯,你跟你⽗母分享的都是快乐,都是激情.也不会存在⼀种你对我有期待什么什么的,我是不是让你失望了,明⽩吗? 你是不同的⼀个频率,然后去创造⼀个不同的⽗母,明⽩吗? 所以你其实发现没有,这个不是你需要去解决的问题.你唯⼀的问题就是需要去寻找你⾃⼰的激情,然后 follow,然后⾛到那条道上.为什么?

JO: This isn't something you need to worry about right now. Why is that? Because if you're following your passion and doing what you're passionate about, you wouldn't be thinking about it. It just means that you haven't aligned with the pace of your passion yet. Your frequency hasn't matched the rhythm of your passion. Why is that? Because when you are in the flow of your passion, you share happiness and excitement with your parents. There's no question of whether I have any expectations from you or if I've let you down. Do you understand? You're on a different wavelength, creating a different set of parents. So, you actually realize that this isn't something you need to solve. The only problem you need to address is finding your own passion and following it, walking the path of that passion. Why?

因为你的喜悦、你的激情、你的⾼频率⾃然⽽然就会让你⽗母他们接受到.他们都是⼼⽢情愿的.因为当你在⼀个⾼的振动频率,你⾃然⽽然就把他们给提起来了,明⽩吗? 这么说吧,你是⼀个很嗨,⽐如说你是⼀个说相声的.可能最开始那个⼈⼼情很不好,但是⼀听你的相声,他越听越有劲越听越⼼情越嗨.整个⼈就被你带动起来了,他也进⼊到⼀种很嗨的状态.那当他很嗨的状态,他还会去考虑你很让我失望什么的吗? 不会的.这个也不是个问题.所以问题还在于你的频率,你有没有在⼀个很嗨的状态? 你能不能把你⽗母也带到很嗨的状态? 因为当你频率很⾼的时候,他们也会跟着⼀起.所以这些都不是问题.

Because your joy, enthusiasm, and high frequency naturally resonate with your parents, they accept it willingly because you elevate their spirits when you are in a high vibration state. In other words, imagine you're very lively, like a stand-up comedian. Initially, someone might be in a bad mood, but as they listen to your performance, they become more engaged and happier. You propel them into a higher state of excitement. Would they still consider whether they have been let down by you when they are already enjoying themselves? No, they wouldn't. This isn't a problem at all; the issue lies with your frequency - are you in a high-vibe state? Can you bring your parents along to share this vibe? When you're at a high vibration level, they naturally follow suit as well. These aren't issues to worry about.

之所以会成为问题,是因为你还没有follow your passion,就是你还没有在你的道上.所以才会有这么多⼀会⼉担⼼这个,⼀会⼉考虑这个⼀会⼉考虑那个.你只需去做你做你激情的事情,其它任何事情都会消失.为什么?你在⼀个不同的平⾏世界⾥⾯.因为这⾥有⽆数个地球,⽆数个平⾏世界.你到底选择体验的是哪⼀个? 明⽩吗? 所以这些不是需要消耗你的时间和精⼒需要解决的问题.为什么? 因为当你在试图解决问题的时候,你就在创造这些问题.

The reason it becomes an issue is because you haven't followed your passion, meaning you haven't been on your path yet. That's why there are so many moments of concern about this, worrying about that, and considering this or that. You just need to do the things you're passionate about, and everything else will disappear. Why? Because you are in a different parallel universe. There are countless Earths, countless parallel universes here. Which one are you experiencing? Do you understand? So these aren't problems that require you to consume your time and energy to solve. Why? Because when you're trying to solve the problem, you're creating it yourself.

#### 2023/07/13 — 如何改善和⽼公的关系How to Improve Your Relationship with Your Husband

JO: 你问吧,什么问题?

JO: Ask away, what question do you have?

问:我还是想咨询我和我⽼公的互动⽅式⽼是觉得.像昨天我让我⽼公吃桃⼦,他语⽓特别不好的说不吃.我不知道他是不是因为我昨天请⼈来修空调花钱花多了,所以他不舒服.我和他互动平时他好像也是没好⽓.我不知道是因为他⼀直对我有成见还是我⾃⼰内⼼的反射?

Question: I still want to inquire about the way my husband and I interact. Yesterday, when I asked him to eat a peach, he spoke in an extremely unpleasant manner, saying that he didn't want it. I wonder if it's because I recently had someone repair our air conditioning which cost me more money than usual, causing him discomfort. Normally, his interactions with me seem to lack kindness. I'm unsure whether this is due to his preconceived notions of me or a reflection of my own inner feelings?

JO: 这么说吧,你⾸先你要知道基本上你接触的所有⼈,他们都好像是在睡梦中的⼈.在睡梦中的⼈就会被集体意识影响.所以说你会看到很多⼈他们就好像是不由⾃主的会产⽣⼀些情绪,就是他不能控制⾃⼰的⼀些情绪或者是⾏为.不只是你⽼公,是基本上的⼈都是这样⼦的⼀个状态.为什么呢? 你就看到那个洪⽔都往这个地⽅冲都往这个地⽅⾛,就是来势汹汹的样⼦,那其实所有的⼈都在往那个地⽅.所以他们就好像是⼀个旋涡⼀样,所有这些⼈都在那个旋涡⾥⾯.还有就是你⾸先你要知道你没有办法去改变他的⼀个态度,你⾄少⽬前没有办法.但是现实中的世界不是⽤你去改变的,不是⽤你来去试图改变的.你需要改变的是什么呢?

JO: Let me put it this way; you should understand that essentially everyone you come into contact with is like a person in a dream. Dreamers are influenced by collective consciousness. Therefore, you'll see many individuals who seem to involuntarily generate emotions—emotions or behaviors they can't control. It's not just your husband; basically, everyone behaves this way. Why? You observe the flood rushing towards and moving in that direction, like an unstoppable force. Indeed, all people are heading there too. Thus, they resemble a whirlpool, with everyone caught up in it. Moreover, you need to realize that you can't change their attitude at least for now; altering reality isn't something you can do or attempt to alter. What do you need to change instead?

改变你⾃⼰,就是在你眼⾥这不是个问题.就是我允许他有他的情绪,我允许他烦躁的时候,我允许他对我⽆礼或者对我凶或者什么.为什么呢? 因为这⾥没有那个 ‘我’,你想象⼀下你只有有 ‘你’ 过后,你才会: 你伤害到我了,你这样的态度对我是不礼貌的.你在强化那个 ‘你’.你强化那个 ‘你’ 的话,就算你⽼公没有冒犯你,其他⼈也会冒犯你.就⽐如说在排队的时候别⼈朝你吐了⼀⼜⼜⽔,在排队的时候别⼈插队或者别⼈⾛路不⼩⼼撞了⼀下你,或者谁看你不顺眼骂了你⼏句.就算没有通过你⽼公把这个图显出来,那也会通过其它的⽅式你会发现你被冒犯了,你没有被尊重,你被怎么样怎么样了,你被看不起了,明⽩吗?

Change yourself, and this isn't a problem in your eyes. It's because I allow him to have his emotions, let him be frustrated when he needs to, let him be impolite or aggressive towards me without any judgment. Why do I do this? Because there is no 'me' here; imagine you only become aware of 'you' after realizing it: You hurt me, your attitude toward me is disrespectful. You are enhancing the notion of 'you'. If you emphasize 'you', even if your husband doesn't offend you, others will. For example, when someone spits water at you while waiting in line, when someone cuts in front of you in a queue or accidentally bumps into you, or when someone yells at you for no reason. Regardless of whether it's through your husband showing this graphically, other instances would still make you feel offended, disrespected, and degraded. Understand?

所以最⼤的⼀个问题不是别⼈做什么.为什么? 因为就算今天你⽼公对你态度好了,明天你⽼板呢? 那你明天跑过来: 啊,JO,我⽼板他怎么对我态度这样⼦? 我⼯作那么⾟苦.明⽩吗?

So the biggest question is not what others do. Why? Because even if your husband treats you well today, what about your boss tomorrow? You'll come running over and ask, oh JO, why does my boss treat me this way? I work so hard, understand?

问: 那我在家⾥整天⾯对这种,我要以怎么样⼀个形态来保持⾃⼰?

Question: Well, I'm faced with this at home all day. How should I maintain myself in what form?

JO: 怎么样的⼼态来保持⾃⼰? 就⽐如说他们在烦躁或者⽣⽓的时候,你如何不受影响对吧?那还是在你的⼀个频率.这么说吧,以前我们通灵信息告诉你,如果你的⽣命之⽕是⼀个⼩⽕苗.那别⼈⼀⼜⼜⽔你就熄灭了.那如果你是熊熊燃烧的⼤⽕,他们⽤⽔都不能浇灭你.这么说吧,因为我不知道你们物质世界最让你兴奋的事情(是什么).就⽐如说你今天突然中了两个亿,两个亿的现⾦在你⼿上,你突然有两个亿现⾦的彩票在你⼿⾥.你⽼公对你没好⽓对你是这种态度,但是你刚刚发现你中了奖.你会去在乎吗? 你会: 好好好好,你说怎样就怎样.你要钱是吧? 来来来,给你.明⽩吗?

JO: What kind of mindset do you maintain for yourself? For instance, when they're烦躁 or angry, how do you not let it affect you? It's still within your frequency. Let me explain this way: Before, we conveyed spiritual information to you that if your life fire is a small flame, then any little water can extinguish it. But if you are a raging inferno burning brightly, even with water they cannot put you out. Understand, because I don't know what the most exciting thing in your material world is (to you). For example, imagine suddenly winning two billion dollars today, having two billion dollars in cash in your hands. You just found that you've won a lottery ticket worth two billion dollars. Your husband behaves badly towards you, but then you discover you've won. Would you care? Would you say: Yes, whatever you want, I'll do it for you. Do you need money? Here, take these. Understand?

所以说问题不在于到底对⽅他们的情绪低落或者是他们烦躁导致你的烦躁.是你⾃⼰处于什么频率呀.因为当你处于⼀个⾮常⾼的频率的话,那些低频率对你没有影响,你会把他们带动起来.这么说吧,就好像⼀个⼩丑在表演相声⼀样.最开始⼈们对他简直就是看不起他,就觉得你怎么是这样⼦.那慢慢慢慢慢的⼩丑不在乎别⼈怎么说他,继续表演继续表演.最后那些观众看了⼏眼,他们也跟着笑了,他们也被带动起来了.

So the issue isn't whether their melancholy or irritability causes your own irritation; it's about what frequency you're operating at. Because if you're in a very high state of vibration, these lower vibrations don't affect you and you can lift them up with your energy. Imagine this like a clown performing stand-up comedy. Initially, people would disdain him, wondering how he could be like that. Slowly but surely, the clown doesn't care about what others say about him; he continues to perform, and performs. Eventually, after being observed for some time by the audience, they too began to laugh, caught up in his infectious energy.

问: 对,因为有时候我跟他沟通,⾃⼰就好像⼩丑的⾓⾊⼀样.

Q: Yes, because sometimes when I communicate with him, I feel like I'm playing the role of a clown.

JO: 也就是说你其实不太… 这么说吧,其实你⽣命中每天都会有很多点让你关注的.问题在于你要把什么放⼤给你来体验.因为⽆论你放⼤什么给你体验,你都是会有相应的体验.所以你到底要放⼤什么? 有很多很多picture,有很多很多照⽚.你想⼀下你的每⼀个瞬间、每⼀分钟或者每⼀⼩时都会有⼀张照⽚.那个照⽚⾥⾯就会有⼀个状态.

JO: In other words, you actually don't... Let me put it this way, in your life, every day there are many points that could capture your attention. The question is what you choose to amplify for your experience because whatever you amplify and experience will inevitably result in a corresponding experience. So, the question becomes, what do you want to amplify? You have countless pictures, countless photos. Imagine that at each moment of your life, every minute, or even every hour, there's a photograph taken. In that photograph would be a state.

问: 因为有时候和⽼公互动的不好了,后⾯很多我就忽略了,就这种.

Q: Sometimes when interacting with my husband doesn't go well, I often neglect it and leave it alone.

JO: 那你就是把最负⾯的感受情绪给它放⼤了呀.你把它给放⼤⽆数倍来给你体验.问: 因为我不知道怎么和他互动…JO: 你不需要跟他互动,你只需要跟你⾃⼰.为什么你的那个⽕这么⼩呢? 为什么你不能给⾃⼰加油让⾃⼰熊熊燃烧呢? 给⾃⼰加更多的柴⽕让⾃⼰⽣命燃的更加的旺?

JO: So you're amplifying the most negative feelings, magnifying them by countless times for your experience. Q: Because I don't know how to interact with him... JO: You don't need to interact with him; you just need to interact with yourself. Why is your anger so small? Why can't you motivate yourself and ignite a burning passion within yourself? Add more wood to fuel your life's flame, making it burn even stronger?

问: 难道在家⾥⾯我就不跟他说话吗?

Question: Even at home, don't I talk to him?

JO: 可以呀.但是我是说你的能量⽆时⽆刻的不在影响着每⼀个⼈.当你⽐如说是⼀百,他是⼋⼗.那肯定你们都是半⽄⼋两.如果你是⼀千呢? 要么他被弹出你的世界,要么他就会被你带起来.⽆论怎么样,你都是在体验你频率⼀千的状态.明⽩吗?

JO: Alright. But I'm saying that your energy affects everyone continuously. If you're one hundred and the other person is eighty, it's likely that both of you are in a balanced state. If you were to be one thousand, either they would be pushed out of your world or lifted up by you. Regardless, you experience the state of your frequency being one thousand. Do you understand?

问: 有⼀点明⽩.那我怎么提升我⾃⼰的能量?

Question: There's something clear to me. How do I boost my own energy?

JO: 刚才说了,你⾝体的反应,⽐如说你开⼼或者是⽣⽓,⽆论是什么反应,它都来⾃于你到底锁定了什么信息.我刚刚说你突然发现⼀个信息是你中了两个亿的彩票.你每⼀个细胞都在很嗨,对不对? 因为这是个很⼤的⼀个惊喜啊,天⼤的⼀个惊喜啊.

JO: What I was saying just now is that the body's response, for example when you're happy or angry, no matter what kind of response it is, comes from what information you've locked onto. I just told you that a sudden piece of information was that you won two hundred million on a lottery ticket. Aren't all your cells jumping with joy? Because this is an amazing surprise, a once-in-a-lifetime surprise!

问: 哦,对.因为和⽼公⼀早互动就不好,后来⼼情就⼀直没调起来.

Question: Oh, right. Because of the bad interaction with my husband in the morning, my mood hasn't improved since then.

JO: 这么说吧,你有⼀个性格总是这么古怪,不够体谅你的⽼公.说不定他就是来修你的脾⽓,让你不在乎别⼈的态度.为什么呢? 因为你很玻璃⼼,你们所谓的玻璃⼼啊.就是你很容易被对⽅的情绪给影响,就很敏感,明⽩吗?

JO: Let me put it this way, you have a personality that always behaves oddly and lacks consideration for your husband. Perhaps he's there to fix your temper, making you indifferent to others' attitudes. Why? Because you're very fragile, like what they call glass hearts. This means you're easily influenced by the other person's emotions, very sensitive, do you understand?

问: 有时候他对我⽼是凶凶的,对孩⼦就很好.对我好像有成见的那种感觉.

Q: Sometimes he is always aggressive towards me but very nice to our children. It's as if he has a prejudice against me.

JO: 你想象⼀下当你不受外界影响,你是个什么样的状态? 你不会受你同事(影响),你同事说你怎么样这⾥没做好.你也不会受你⽼板(影响),你⽼板说你这没做好那没做好.你完全不受任何的声⾳的影响,你完全专注在⾃⼰的⽬标.你不会消耗你⾃⼰.因为为什么呢? 当你头脑⾥不断地去出现这种声⾳拉扯的话,你会觉得我今天都没有⼒⽓⼯作了.

JO: Imagine being in a state where you are not influenced by外界, what would that feel like? You wouldn't be affected by what your colleagues say about you, they might comment on how well or poorly you perform. Similarly, you wouldn't be swayed by what your boss says, whether it's praise or criticism. You're completely不受任何外在声音的影响, solely focused on your own objectives. There's no energy drain within yourself because why would that happen? When constant thoughts and opinions are pulling at your mind, you might feel utterly exhausted for the day.

问: 因为我觉得最近我相对于⽐较专注于内在.⽐如说我做事好像有⼀点没太在线.⽐如维修空调的事,我就快快的找了个电话,但这个不是官⽅的客服,就被敲了⼀笔.⽼公也不⾼兴.我以前也不会这样.⼯作上也是有点恍惚,⽼是没在线.我觉得我太专注于内在.我好像对外在这些东西关注的少了,就很恍惚.不知道为什么?

Q: I feel like I've been more focused on my inner self lately. For example, when doing things, it seems like I'm not fully present. Like with fixing the air conditioning, I quickly dialed a number but it wasn't an official customer service line and I got charged a fee. My husband was also unhappy about that. Before, this didn't happen to me. Even at work, I feel disconnected and absent-minded. I think I'm too focused on my inner self. It feels like I pay less attention to the external things around me, which makes me disoriented. I wonder why this is happening?

JO: 你们⾸先要明⽩就是说你们物质世界所有的⼀切,如果你想要它显化,想要它变得更加的有⼒量的话,你必须需要去专注的.那是什么影响了你的专注呢? 是你头脑⾥⾯的声⾳和念头.明⽩吗? 但是你头脑⾥⾯不断地会有声⾳,不断地会有念头出来.然后呢这些才是你需要去… 因为这些念头和声⾳它会影响你的情绪.就⽐如说这个念头或者是声⾳会让你发脾⽓或者是你没有被尊重.你的头脑⾥⾯先有这个声⾳,你就开始在: 啊,你为什么不尊重我?你就要去吵架了.所以说最终导致你们关系产⽣不好的影响的是你⾃⼰头脑⾥⾯的声⾳和这些念头这些定义,导致你会忍不住的想要去发脾⽓或者是吵架或者是想要去改正.

Jo: First of all, you need to understand that everything in your physical world, if you want it to manifest and become more powerful, you must focus on it. What affects your focus? It's the voices and thoughts in your mind. Do you see what I'm saying? But constantly, there are voices in your head, constant thoughts popping up. And these are what you need to... because those thoughts and voices affect your emotions. For example, that thought or voice might make you angry or feel disrespected. Before this thought even enters your mind, you're already thinking: "Why don't you respect me?" You start arguing immediately. Thus, ultimately causing negative impacts on your relationships are the sounds and these thoughts in your head, which define your reactions to want to argue, fight, or correct someone.

当这些出现的时候,它其实就是在不断地消耗你.因为你的能量,就⽐如说你今天明明是有⼀升的油,这个⼀升的油是供你到⽬的地的,对不对?你说就跟你⽼公吵架就花了你半升的油,那你是不是达到不了你的⽬的地?你只能到中途了.再跟你⽼板吵⼀架,你只剩下三分之⼀的油了.再跟你同事吵⼀架,你没油了.你怎么⾛?

When these things happen, it's actually draining you continuously because your energy is like a full liter of oil which is supposed to take you to your destination, right? If arguing with your husband used up half a liter of oil, would you be able to reach your destination? You'd only make it halfway. Then if you argue with your boss, you're left with two-thirds of the oil. Arguing with your colleague leaves you without any oil at all. How are you going to get there?

问: 我觉得我⽼公⼀天就是挑我的刺,我就觉得很不舒服.

Q: I feel like my husband spends all day picking on me, which makes me very uncomfortable.

JO: OK,那那个你已经死掉了.为什么呢? 因为每⼀个当下,当你意识到的时候,OK,外在之所以让我感受到混乱或者是⽆⼒或者是不开⼼是因为我能量不⾜.那我调我⾃⼰的能量、频率.那你⽼公就会变了.那我刚刚在告诉你,就⽐如说你有⼀个⽬标吗? 有⼀个让你兴奋的事情吗? 当你在朝着你的⽬标,做着你兴奋的事情,你的频率就⾃然⽽然上升了.你就在喜悦当中了.那当你没有这些去关注的时候,你就会把⽣活中的⼀些⼩事情给⼤化,把它变成⼀个天⼤的事.我跟你讲,如果你是⼀个全球性公司的⼀个⾼管.然后你今天要跟这个谈商务,明天要跟那个谈.你天天的⾏程都⾮常的重要.为什么? 你都做着改变⼈类的事情.

JO: Alright, you've already died. Why is that? Because every moment, when you are aware, okay, the outside world makes me feel chaotic or powerless or unhappy because I don't have enough energy. So by adjusting my own energy and frequency, your husband will change. Just now, I was telling you about a goal, something that excites you? When you're pursuing your goal, doing what excites you, your frequency naturally rises. You are in joy. But when you don't focus on these things, you blow the small things of life up into huge issues. Let me explain: if you were a high-level executive at a global company and had to negotiate business today with one person and tomorrow with another every day, your schedule is very important because you're doing things that change humans.

The text translates as:

JO: Alright, you have already died. Why is that? Because in each moment when you are aware of it, the external world makes me feel chaotic or powerless or unhappy due to a lack of energy on my part. By adjusting and improving my own energy and frequency, things will change for your husband. Just now, I was explaining about having goals that excite you. When you're working towards these goals, engaging in activities that excite you, your energy naturally rises, filling you with joy. But when you don't focus on such pursuits, small issues in life can become magnified into major concerns. Let me explain further: if you were a high-level executive at an international company and had to negotiate deals with different individuals every day, the importance of your daily schedule stems from your involvement in activities that have the potential to transform human lives.

你还会去在乎你⽼公刚才有没有好⼜⽓? 你说不好意思,我现在马上要赶去下⼀个meeting,开会.然后你⼀直在兴奋当中.为什么呢? 因为你做的事情让你很兴奋,你在改变每⼀个⼈的命运.

You'll still care about whether your husband just had good manners or not? You say you're sorry; I have to rush for my next meeting and a conference call. Then you are constantly exhilarated. Why is that so? Because what you do excites you, you're changing people's lives.

问: 我明⽩.但是上次说我对⾃⼰要求很严格,不能放松啊.我现在就不是特意要求⾃⼰去做⼀些什么东西.

Question: I understand. But last time you said that I am very strict with myself and cannot relax. Now, I am not intentionally trying to do something specific.

JO: 因为这个不是去要求的,⽽是你内在的呢股驱动⼒,你内在的呢股激情让你就特别兴奋的想要去做.那你说⼩朋友特别兴奋的去游乐场玩,你会去要求他吗? 你需要去要求他吗?你会要求你今天去玩⼀下? 他迫不及待今天⼀睡醒,马上就想玩啊.明⽩吗? 你们永远都不能被要求到任何⽬的地.只有你内在的呢股驱动⼒,你内在的呢股激情它才是最强的动⼒,才能把你发射到那⾥去.如果是被外界推着⾛的,那就好像你推着⼀头⽜往前⾛⼀样,明⽩吗?

JO: Because this isn't something you're being asked to do, but it's your inner drive, your inner passion that makes you so excited and eager to do it. Would you ask a child who is very excited about going to the amusement park to play if? Do you need to ask him to do it today? Would you request yourself to play something today? He can't wait until he wakes up and immediately wants to play. Understand? You will never be asked to go anywhere. Only your inner drive, your inner passion is the strongest force that launches you there. If you are being pushed by外界, it's like pushing a cow forward, understand?

问: 明⽩,我觉得我⽣活⾥也有很多⾃⼰喜欢的东西,但是不是特别有时间去做.⽐如说⼯作啊家庭啊.

Q: I understand; in my life, there are also many things that I enjoy, but I don't have much time to do them, such as work and family.

JO:你有没有看到其实你⽼公就是你现在学习的⼀个点.你们总觉得⽐如说你学习灵性修⾏,你需要到寺寺庙⾥⾯,你需要到课堂⾥⾯.NO NO NO NO,⾯前就是你最好的修⾏的地⽅.明⽩吗?

JO: Have you realized that your husband is actually a point of learning for you right now? You both think that if you want to learn spirituality or do spiritual practices, you need to be in temples or attend classes. No, no, no, no - the best place to practice is right here in front of you. Do you understand?

问: ⽣⽓的时候,我有时候就好像跟他过不下去.但是这也是我修⾏的⼀个点,就是到哪也是⼀样.

Question: When I'm angry, sometimes it feels like we can't get along. But this is also a part of my practice, that wherever I am, it's always the same.

JO: 为什么会有⼀些⼈选择⾃杀? 所以你会发现其实并不是因为外在的⼀个对象让你觉得过不下去.⽽是你⾃⼰跟⾃⼰过不下去.因为你会觉得就算没有⽼公,你会觉得我怎么这个事情也做不好、我怎么越来越⽼、我的⽪肤变得越来越差、我怎么越来越胖、我怎么今天明明说要把这个事情做好但没做好,明⽩吗?

JO: Why do some people choose to end their lives? So you'll find that it's not because of an external object making you feel like you can't go on. It's because you can't stand yourself. You think, even without a husband, I just can't seem to get this right, how am I aging, my skin getting worse and worse, how am I gaining weight, why couldn't I do what I said I would today?

问: 那是⾃⼰头脑的声⾳在评判?

Question: Is that my own mind's voice judging?

JO: 是,因为你内在有问题,你总会去通过外⾯的镜⼦给你显现出来你的问题所在.就算没有通过他⼈,也会通过你⾃⼰给映射出来.你就看⾃⼰怎么都不顺眼.⾮常多这样的⼈,不是吗?

JO: Yes, because you have issues within you, they always manifest through the mirror of outside to show where your problems lie. Even if not through others, it would still be reflected back at yourself. You just can't stand looking at yourself. There are many people like this, aren't there?

问: 那⽼公对我这样也是因为我⼼⾥有这些点?

Question: If my husband treats me like this because I have these points?

Is it because he perceives these aspects of me that he behaves towards me in this manner?

JO: 不是,也不是.最重要的是…. 最简单的⼀句话就是当你的⽣命之⽕⾮常弱的时候,你很容易被外界影响.哪怕不是你⽼公,就算是个服务员他对你态度很差,你可能都会想跟他发脾⽓想跟他吵架.

JO: No, not either. Most importantly... A simple sentence would be that when your life's flame is very weak, you are easily influenced by the outside world. Even if it's not your husband, even a waiter who treats you badly, you might want to argue with him or get angry with him.

问: 那我就是找到我⽣命⾥的激情...

Question: Well, I'm just looking for the passion in my life...

JO: 你⾃⼰让你的⽕燃烧的越来越旺呀,你⾃⼰让你的激情之⽕燃烧的越来越旺呀.那当你的⽣命之⽕越来越旺的时候,就好像我刚刚说你发现你今天中了两个亿,那个服务员说了你⼏句,你还会去在乎吗? 不会,你完全沉浸在你的喜悦当中.

JO: You're fueling your inner fire to burn even brighter, you're igniting the flames of passion within you. When that life force within you grows stronger, would you still care about a few words from a server when you've just found out you won two billion yuan today? No, you'd be completely immersed in your joy.

问: 哦,那燃烧这个⽣命之⽕就不断地需要去学习这些东西?

Question: Oh, does one have to constantly learn these things in order to keep this life's fire burning?

JO: 不需要去学习.燃烧你的⽣命之⽕,你要看⼀下到底是什么让你的⽕燃烧不起来呀? 就⽐如说,哎呀,今天我⽼公对我的态度不好,你的⽕被熄灭了,就好像你就没精神⼀样.你⾸先你不去期待外界对你好不好.你⽼公对你好还是不好不会bother你,不会影响到你.那外界好不好有什么⽤呢? 你⾸先要明⽩的就是说,就算是你⽼公的情绪它这⼀刻不好不代表它下⼀个不好,它也是在⼀个变化当中.既然是⼀个不断地产⽣变化的东西,你为什么会在乎它呢? 就好像天上的云它不断地在变化它的形状,你会指着那个云说你刚刚明明就是⼀个⼼形,现在怎么又变成了⼀个正⽅形? 你刚刚明明是个圆的,你现在⼲嘛又变成⼀个长的?

JO: No need to study. Burn your life's fire and figure out what's extinguishing it. For example, oh my husband wasn't nice to me today, your fire is gone, like you have no energy. Firstly, don't expect the outside world to treat you well or badly. Whether your husband treats you well or not doesn't bother you, it won't affect you. What's the use of the outside world being good or bad? You first need to understand that even though your husband's mood might be bad in this moment, it doesn't mean it will be bad next time; it is constantly changing. Since it's a thing that keeps changing, why should you care about it? It's like clouds in the sky constantly changing their shapes. Would you point at a cloud and say you clearly saw it was heart-shaped just now but now how come it became square shaped? You saw it was round before but now why did it suddenly become long-shaped?

你刚刚明明还是乌云,怎么现在乌云没了? 你会去做这种事情,天天盯着那个云说你怎么这样⼦怎么那样⼦? 这不是神经病吗.我跟你讲你想象⼀下.你就好像是⼀个⼈站在那,就盯着那个云: 你怎么这样⼦? 这个形状不是我喜欢的,我喜欢长⽅形的云.你给我变回来.

You were clearly dark clouds just now, how did the clouds disappear so suddenly? How can you do such things, constantly watching that cloud and asking it why it behaves in certain ways? Isn't that madness? I'll explain to you what's going on. Imagine yourself standing there and staring at a cloud: Why are you behaving this way? The shape isn't what I like; I prefer square-shaped clouds. Make it change back for me.

问: 那我就不跟他互动这种?

Q: So, I won't interact with him like this?

JO: 你为什么要盯着⼀个变化莫测的东西呢? 你的情绪也好,你⽼公的情绪也好,你们都是在变化的.

JO: Why do you fixate on something unpredictable? Whether it's your emotions or your husband's, everything is always changing.

问: 是,我知道.因为⽣活中难免要去互动.

Question: Yes, I know because interactions are inevitable in life.

JO: 不是说不去互动,⽽是说对⽅的状态你能清醒的看到即使他⽣⽓,OK,那只是这⼀刻的东西,他下⼀刻就不会⽣⽓了.那我允许他有⾃⼰的情绪,我允许他在集体意识⾥⾯,受到集体意识的影响,都是烦躁嘛,对吧?

JO: It's not about disengagement but recognizing that the other person's state can be seen clearly - even if they're angry, okay, it's just a momentary thing; by the next moment, they won't be angry anymore. I allow them to have their own emotions, and within collective consciousness, experiencing its impact - which is irritation, right?

问: 是,因为他最近⼀两年来好像都是这样.

Q: Yes, because he seems to have been like that recently over the past one or two years.

JO: 就这么说吧,好像刚才的信息告诉你,当你⾃⼰保持在⼀个很⾼的振动频率,要么他就被弹出去,要么… 为什么呢? 因为他已经没有办法去照出你的样⼦,就是你内在的样⼦是什么,你的频率很⾼.那你必须产出来的是和谐的东西呀,⽽不是这些冲突呀,明⽩吗?

JO: Let me put it this way; as if the message just now told you that when you maintain a high vibrational frequency, either he gets pushed out or... Why is that? Because he has no way to reflect your essence, what you look like inside. Your frequency is very high, so what you need to manifest is harmonious things, not these conflicts, do you understand?

问: 是,我有时候就想过是不是和他⾛不下去?

Q: Yes, sometimes I've wondered if we can't make it work with him?

JO: 但是如果你不转变你的想法,就好像说如果你没有从⽬前当下得到你的礼物,你的频率是不会的.为什么? 你还是旧有的眼光.那如果你还是旧有的眼光的话,你的⽣命还是会这样⼦.因为就算你⽼公⾛了,其实还会有⼀个… ⽆论你选择什么,它还会有另外的⽅式来去照射出投射出你⾃⼰内在受外界影响.外界牵动着你的神经.

JO: But if you don't change your mind, it's like saying that if you haven't received your gift from the present moment, your frequency won't either. Why? Because you still have an old perspective. If you still have an old perspective, then your life will be just the same. Even if your husband leaves, there would still be another... no matter what choice you make, it would still find a way to project and reflect your inner self influenced by the outside world. The external world affects your nerves.

问: 那我提升⾃⼰的频率就是放⼤⾃⼰喜欢的?

Question: Then, elevating my frequency means amplifying what I like?

JO: 提升你的频率你⾸先要知道不是外界的事情,是你⾃⼰的事情.外界它只是呈现出你⾃⼰的⼀个状态⽽已.因为如果你还不把原因找到,你觉得总是在你⽼公⾝上,他怎么这样怎么那样.然后呢,你肯定⽅向就错了呀.

JO: Increase your frequency You should first understand that it is not something outside, but a matter of yourself. The external environment merely reflects your own state. If you don't find the cause and think that there's always something wrong with your husband, how he behaves or acts, then you definitely have your direction wrong.

问: 我是尝试着这样.但是在和他互动的时候还是这样,我就开始怀疑.

Q: I tried doing it like this, but even when interacting with him like this, I began to doubt myself.

JO: 那我刚刚信息都说了,你并是不需要去改变他,⽽是改变你⾃⼰的⼀个频率.明⽩吗? 如果你还指望着去改变那个结果⽽不是改变你内在的频率的话,你不可能的.你只会⼀直深陷,⼀直就好像在泥潭⾥⾯深陷.没有外在,因为你内在有问题它就会映射出问题.所以就算不是你⽼公,也会通过其他⼈给呈现出来.那就算没有其他⼈,你也会通过你⾃⼰呈现出来.

JO: So the message I just gave you is that you don't need to go out and change him; instead, you need to change your own frequency. Understand? If you're still hoping to change the outcome rather than changing your inner frequency, it's impossible. You'll only end up sinking deeper, as if stuck in a swamp. Without external factors, problems will manifest because there is an issue within you. So even if it's not your husband, other people will reflect these issues. And even without anyone else, you'll reflect the problem through yourself.

问: 我在想是我⾃⼰沟通的⽅式是不是我有时候说话太⽣硬了,没有考虑到对⽅这样?

Q: I wonder if my way of communicating might be too harsh sometimes, not taking into account how it affects others?

JO: 不是你的⾏为,也不是你的话,是你的频率.你们永远都是在从表⾯上去解决问题,核⼼的问题是你个⼈的振动频率.

JO: It's not your actions nor your words, it's your frequency. You always address the issue superficially; the core problem lies in your personal vibration frequency.

问: 提升频率那就是关注好的,多学习?

Question: Increasing frequency means focusing on good things and studying more?

JO: 我们前⾯都是在讲这个,你可以反复听就⾏了.

JO: We've been discussing this previously, you can simply listen again and again.

问: 最近我相对注意放松和内在的调节,但是我妇科还是经常不舒服还有经常打屁.我就觉得我调整的节点…JO: 所以你是想把⾃⼰调整到⼀个不放屁的⼈?

Q: Recently, I've been more focused on relaxation and internal adjustment, but my gynecological issues still occur frequently along with flatulence. I feel like I'm adjusting at the wrong points... J: So you're trying to adjust yourself to someone who doesn't fart?

问: 不是,正常的放屁我是知道的.我的妇科还是不舒服.

Question: No, I know what normal flatulence is. My gynecological issues are still uncomfortable.

JO: 因为你的能量还是在不舒服的状态呀.你可以单纯的从⽣理层⾯去找医⽣帮你去解决这个问题.但是你要知道就是说你现在⽬前的状态就是在⼀个不舒服的状态.

JO: Because your energy is still in an uncomfortable state. You can simply seek a doctor's help to address this issue on a physiological level. But you need to understand that your current condition is indeed one of discomfort.

问: 提升频率就是去关注….

Question: Increasing frequency means focusing on...

JO: NO NO NO NO,你不是去追求⼀个提升频率,⽽是说你明⽩造成这⼀切的是来⾃于你频率的问题.你也不需要去马上的脱离这⾥.为什么呢? 因为在你⾯前的,就是你需要去了解和学习的.当你从中你去了解了,哦,原来我在跟我⾃⼰的频率打交道过后… 明⽩吗? 你才会真正的从这段关系当中受益.⽽且改变你和你⽼公的关系不是⽬的,那个不是⽬的.是你从这些关系当中去发现原来你⼀直是在跟你⾃⼰的频率打交道.这个才是重要的.因为你如果是有问题,就是你内在有问题的话,你就算不通过你⽼公你还会通过你同事或者你⽼板你⽗母投射出来的呀.因为你们⽬前所有⼈都不明⽩的⼀个事是你们都觉得外在是真实的.

JO: NO NO NO NO, you're not seeking to ascend a frequency; rather, you understand that what causes all this comes from the issue of your own frequency. You don't need to immediately detach from here either. Why? Because what's in front of you is what you need to understand and learn. When you grasp it, oh, you realize that I've been dealing with my own frequency… Do you get it? Only then will you truly benefit from this relationship. And changing your relationship with your husband isn't the goal; that isn't the goal. It's discovering that you've been dealing with your own frequency all along in these relationships that matters. This is what's important because if there's an issue, whether it stems from you or others around you, you'll still project it onto someone else—your colleagues, boss, parents, etc. Everyone currently fails to realize that they all believe the external world is real.

因为跟你互动的⼈是如此的真实,他们的脾⽓是如此的暴躁,他们是如此的凶狠.你们就是在这样⼦的⼀个幻觉下⾯,你们都忘记它只是映射出你内在的⼀个状态⽽已.就⽐如说你内在的分裂,你内在的恐惧,你内在的⽆⼒感.明⽩吗?

Because the people interacting with you are so real, their temper is so explosive, and they are so fierce. You are all under this illusion, having forgotten that it merely reflects an inner state of yours. Like your internal division, your inner fear, your sense of powerlessness. Understand?

问: 那就要调节⾃⼰的内在.

Q: That means you need to adjust yourself internally.

JO: 你不明⽩这个道理,你只会JO说⼀句你听⼀句,JO说⼀句你听⼀句.你还是不明⽩⾥⾯的道理.这是你通过你的物质体验你是逐渐去认识到真的没有外在,只有我.我想怎样就怎样,明⽩吗? 因为必须是你内在真的去这么认为,你才会这么体验.如果只是因为JO告诉你,你还是同样投射出你真实的⼀个频率的.⽽是你⾃⼰打⼼底⾥就这么去认为,⽽不是说别⼈给你的,别⼈这么说的.

JO: You don't understand this principle; you just listen to JO when it says something and then follow suit, listening to one thing and doing another. You still fail to grasp the essence of what's being conveyed. Through your physical experiences, you are gradually coming to realize that there is no external force, only me - I can do as I please. Do you understand? For this understanding to manifest in reality, it must be rooted within your own consciousness; you have to accept and believe it yourself. If you were simply relying on JO's teachings, you would still project a frequency of your true self outwards. But the difference lies in internal acceptance - believing with your heart rather than following someone else's words or instructions.

问: 这⼀点我在体会.

Q: I'm experiencing this aspect.

JO: 这么说吧,你看到前⾯有⼀个⿁,我们说不要怕不要怕.我说那不是⿁.你还是怕的,在你⼼⽬中你还是很怕的.那当我们把电灯打开,你看到所谓的⿁影只是⼀件⾐服被风在吹动的时候,你⾝体的那种恐惧感⾃然⽽然就消失了.所以别⼈叫你不要怕,你可能还是怕,虽然嘴巴上说不怕.但是只有你亲眼见到了,那种恐惧的感觉就完全消失了.那个才是.

JO: Let me put it this way, you see a ghost ahead, and we tell you don't be afraid, don't be afraid. I say it's not a ghost, but you're still scared. Deep down inside, you are still very frightened. When we turn on the light, and you realize that what you saw was just an overcoat being blown by the wind—the fear in your body naturally disappears. So when someone tells you not to be afraid, you might still feel scared, even though you say otherwise verbally. But only when you see it with your own eyes does the sensation of fear completely go away. That's what I'm trying to convey.

问: 最近有⼀点点这种体验.上⼀次指导灵说我不喜欢跟⽼公的这种互动⽅式,我可以转换成另外⼀种互动⽅式.在这⼀点我就有点卡,不知道怎么转?

Q: I've had a bit of this experience recently. The last guidance said that I don't like the way I interact with my husband, and I should adopt another way of interaction. I'm stuck at this point and unsure how to change it.

JO: 那你要知道实际上对⽅他是受你的能量影响,⽽不是你去跟着他.那如果是受你的影响的话,你是不是就可以不⽤在乎他⽬前是什么状态? 为什么呢? 因为就算你现在不看我不听我,我知道你迟早会跟着我的节奏动起来.就好像你们去蹦迪,可能最开始你⾛到舞池⾥⾯你全⾝都不想动.但是呢,随着⾝边的⼈每个⼈都在⾮常尽情的跳舞,然后那个DJ在⾮常专注的播放他⾃⼰的歌曲.你会慢慢慢慢就会被那个节奏带起来,然后就放开的去跳舞了,明⽩吗? 那这个就是能量的影响和带动.可能外界的⼈他可能就是因为⼯作的事情他不开⼼,但是你持续的在保持你⾃⼰的状态下激情下热情下,他⼼情豁然开朗了.如果你因为他的不开⼼,你也马上不开⼼了.

JO: You need to understand that actually it's your energy influencing him, not the other way around. If he is influenced by you, then do you not have to care about his current state? Why is this so? Because I know that sooner or later, he will start moving with my rhythm regardless of whether he looks at me or listens to me now. It's similar to when you go clubbing; perhaps initially, you don't want to move once you're inside the dance floor. But as everyone around you starts dancing very enthusiastically, and the DJ is focused on playing his own music, you will gradually be pulled into the rhythm and start dancing freely. Do you understand? This is how energy influences and motivates people. Even if someone outside might be unhappy due to work, but if you continue maintaining your own state with passion and enthusiasm, their mood lifts. It's not that because he's unhappy, you become unhappy too.

那你就被他影响了.你说那个在台上播放⾳乐的DJ会因为下⾯⼀

Then you're affected by him. You say that the DJ playing music on stage might be influenced by below one.

个⼈不跳舞,他就不打了? 他不播放了? ‘我不播放了,你⼀点都没有听我的歌’ 你忘记你的⼯作了啊.你的⼯作是DJ,就是你做你的DJ.

If he doesn't dance, does that mean he won't play music? Does that mean 'I won't play any music; you haven't been listening to my songs at all'? You've forgotten your job! Your job is being a DJ, which means you should be doing your DJ thing.

问: 这段时间我长荨⿇疹,我想问是不是我⾃⼰在排出来还是我⾃⼰不稳定?

Q: I've been breaking out in hives recently. I wonder if it's my body expelling toxins or if there's something unstable about me?

JO: 你稍等.你的荨⿇疹就好像是在告诉你你很容易受到外界的刺激.因为你本⾝就是很容易受到外界的刺激,所以你的⽪肤它其实也很容易受到外界的刺激⽽产⽣⼀些不适感,明⽩吗? 就好像这么说吧,你的免疫⼒很低下.因为你的频率不是那么⾼,那你就很容易受到⼀些⽐如说病菌什么的攻击,明⽩吗? 就很容易⼀点刺激你就开始有问题.那如果你的频率很⾼的话,这些东西在你⾝上你⼏下就把它抖掉了.就它不会依附在你的⾝上,因为你们必须要有相同的频率,它们才会产⽣依附的.如果你的振动频率很⾼,那你就会把它振动掉的.

JO: Wait a moment. Your urticaria seems to be telling you that you are easily influenced by external stimuli. Because you are naturally susceptible to external influences, your skin is also prone to discomfort from external stimuli, right? It's like this - your immunity is quite low. Due to the lower frequency of your vibrations, you're more vulnerable to attacks from things like bacteria, understand? You become a problem with just a slight stimulus. But if your frequency is very high, these issues would be easily dismissed in you. They wouldn't stick around because they require matching frequencies to adhere. If your vibrational frequency is high, you tend to shake them off.

问: 我妇科的问题也是这种吗?

Question: Is my gynecological issue also like that?

JO: 你稍等.你的妇科问题是因为你没有爱,你跟你⽼公之间有⼀种隔阂,就是有问题.你们之间都好像是有隔阂.这么说吧,⽔⽕不容,就是没有融⼊到⼀起.没有融⼊在⼀起,你的⾝体就会排斥.因为这么说,你的妇科你的⽣殖器它好像就是连着你跟你的爱⼈,你们之间连接的⼀个通道.那你们之间连接的通道不够畅通或者是有堵塞或者是有问题.

JO: Wait a moment. Your gynecological issues stem from the lack of love in your relationship with your husband; there's a barrier between you two, which implies that there is indeed a problem. It seems like there's a barrier between you both. To put it another way, water and fire are incompatible; they do not mix well, meaning that there is no integration. The absence of integration causes rejection in the body because this implies that your reproductive system connects to both you and your loved one through a channel linking the two of you together. It appears that this connecting channel between you isn't sufficiently open or free-flowing, has some blockage, or faces issues.

问: 其实我很想改善我跟我⽼公这⽅⾯的关系.那就是调节我⾃⼰的频率吗?

Q: Actually, I really want to improve my relationship with my husband in this area. Is that about adjusting my own frequency?

JO: ⾸先你要知道当你改变了过后,的确外界也会改变.但是还有⼀个问题就是说也要根据你⾃⼰⼈⽣的⼀个⾛向或者是⼀个造化或者是⼀个主题,你体验的⼀个主题.那如果你体验的主题就是他可能就是来带你⼀路,就是他来助你蜕变成功,明⽩吗? 那当你蜕变成功变成⼀只蝴蝶过后,你就会有跟你⼀样的蝴蝶互动,明⽩吗? 所以这个还牵扯到你的⼈⽣主题和你⽼公的⼈⽣主题.为什么呢? 因为他也可以去转变他的主题呀.他就是说我不想再体验这个了,我想体验其他的.他内在的⼀个愿望⼀个欲望.这么说吧,你们现实⽣活中你⾮常想有⼀个很好的家庭,跟你⽼公很相爱.但是呢,他却想要做⼀个修⾏者,做⼀个没有婚姻没有束缚没有关系的这种.

JO: First, you need to understand that when you change, the outside world will indeed change too. However, there's also a question of whether this should be based on your own life trajectory or destiny, or perhaps a theme of experiencing transformation. If the theme you're experiencing is one where he might be leading the way to help you transform and succeed, do you understand? And when you successfully transform into a butterfly, you will interact with butterflies like yourself, do you see that? This involves not just your life theme but also your husband's life theme as well. Why is that so? Because he can also change his own theme; he might say he doesn't want to experience this anymore and wants to explore something else. He has an inner desire or craving for different experiences. To put it simply, in real life you really wish for a wonderful family with great love for your husband. But he desires to be a spiritual practitioner, someone without marriage, commitments, or relations.

那他强烈的欲望想要做⼀个修⾏者,那你俩是不是就分开了? 因为你想的和他想的不是⼀样的呀.所以就像磁铁⼀样,你们必须要有⼀个共同的频率,就是共同的想要去怎样,你们才能真正的去这样不排斥对⽅.但是你要相信的就是说,⽆论怎样,外界它必须呈现出你内在的⼀个完满和圆满状态.所以⽆论你跟你⽼公的关系是分开还是在⼀起,它都是完美的,它都会是和谐的.为什么呢? 因为你的内在是和谐的,明⽩吗? 所以这个你不需要去担⼼.因为你们⼈就会害怕到时候我要是变了,我跟我的亲⼈是不是就分开了? 这⾥没有分开.

If he has a strong desire to be a practitioner, then would you two separate? Because what you want and what he wants are not the same. So, like magnets, you must have a common frequency, that is, a shared desire for how things should be, in order to truly accept each other without rejection. But what you need to believe is that no matter what happens, the external world must reflect your inner completeness and fulfillment. Therefore, whether you are with your husband or apart from him, it will always be perfect and harmonious. Why? Because your inner self is already harmonious, understand? So there's nothing to worry about. You're afraid that if I change, would I then separate from my family members here? There is no separation in this context.

问: 因为我其实不愿意跟他分开.

Q: Because I really don't want to be away from him.

JO: 我说这⾥没有分开的,明⽩吗? 只会是你内在是和谐的,你物质世界必须体现出来的就是和谐的状态.

JO: I say there is no separation here, understand? It will only be harmonious within you if your physical world reflects a state of harmony.

问: 那我和我⽼公会离婚吗?

Q: Will my husband and I get a divorce?

JO: 你们所谓的离婚就是你们所谓的paper work,就是⼀个证书.什么是结婚啊? 什么是离婚啊? 那只是看⼀张纸吗? 还是说看你们⾃⼰俩个⼈真正的⼼有没有在⼀起? 这是不⼀样的.

JO: Your so-called divorce is just paperwork, a certificate. What about marriage? What about divorce? Is it just about looking at a piece of paper? Or is it about whether your two hearts are together? These are different things.

问: 因为我还是希望有⼀个幸福完整的家庭,我不想分离.

Q: But I still hope for a happy and complete family; I don't want to be separated.

JO: 你不需要去被你头脑⾥⾯的任何想法或者是概念和观念束缚.为什么呢? 因为你的头脑它根本看不到.你的头脑看不到.你的头脑它会⽤过去或者是现在,只会在过去或者是现在的这个幻像当中去找结果.它不知道⽣命什么才是最好的⼀个安排.因为⽣命它最好的安排永远都是有利于任何.它有利于你⾃⼰,有利于你⽼公,有利于众⽣,有利于所有的⼀切.⽽不是说让你不舒服,你⽼公不舒服,谁都不舒服,这个社会不舒服.不是的.这是你们⼈创造的.就放下你头脑⾥的那些担忧,就这么简单.你知道它不知情,它什么都不知道.

JO: You don't need to be bound by any thoughts or concepts in your mind. Why is that? Because your mind can't see it. Your mind can't see it. Your mind will only look for results within the illusion of the past or present, neither knowing what's best for life nor realizing that life's best arrangement always benefits everyone, benefiting yourself, your husband, sentient beings, and everything else. It doesn't make you uncomfortable, your husband uncomfortable, making no one comfortable, or making society uncomfortable. No, it is not like that. This was created by humans themselves. Simply let go of the concerns in your mind, as simple as that. You know that your mind is unaware, it knows nothing.

问: 我们孩⼦特别爱听ipad,学习也听.我就觉得他的专注⼒好像不太够.我就想知道我是要给他听ipad学习还是不给?

Q: My child loves listening to iPads for both entertainment and learning. I feel like their concentration might not be very strong. I'm wondering if I should allow them to listen to the iPad for educational purposes or not.

JO: 你们总是会去关注⼀些⽣活上的⼀些⼩细节,觉得它会造成影响.与其这样,你还不如给孩⼦很多爱和陪伴和听见他看见他,让他知道你在这⾥,明⽩吗? 因为你所说的这⼀切都只是表⾯功夫,到底是要做这个⾏为还是不要做这个⾏为.⽽不是说他有没有感受到妈妈的爱? 他有没有知道妈妈在这⾥? 他有没有安全感? 他有没有在对⽣命愉悦喜悦的⼀个状态下?因为当你处在⼀种对⽣命喜悦的状态下,不管你听不听ipad,你都是喜悦的.那当你就是说天天跟你⽼公吵架,你天天不理孩⼦或者跟孩⼦发脾⽓,听和不听有区别吗? 都是在⼀种想要逃避这个社会的状态下.所以说他真正最主要的原因不是在于他听还是不听,如果没有⽣命危险的话.

JO: You tend to focus on minor details in life that you perceive as impactful. Instead, just shower your child with love and companionship, ensuring they feel seen and heard. Understand that this is more about the act of giving love than whether or not they can sense it; are they aware of their mother's presence? Do they feel secure? Are they experiencing joy in life? Because when one is truly joyful, regardless of listening habits, they remain so. The question isn't just about whether someone listens to their iPad or not; it's about being attentive to their child despite constant arguments with their husband, neglecting the child, or losing patience regularly. This behavior stems from a desire to escape societal pressures rather than engaging with reality. Ultimately, what truly matters is not just listening but also ensuring there's no immediate threat to life.

最重要的就是说你们⾃⼰在⼀个什么频率啊? 他在⼀个什么状态呀? 有爱的还是没爱的,明⽩吗? 所以给他创造⼀个有爱有安全感的环境就好了.其他就可以不拘⼩节.因为你知道他会健康的成长.然后就是说在没有影响⽣命的情况下,就是他不会有什么危险的事情.因为你信任造物主把⼀切都安排的妥当的. 你看你们地球上哪⼀个⽣命… 对吧? 你看你们那些动物技能这么娴熟,它们是因为好好学习了吗? 它们天⽣在它们的⾻⼦⾥⾯它们就会… 青蛙它就会跳,它⾻⼦⾥⾯就有这个,明⽩吗?

The most important thing is to understand what frequency you are on yourself? What state is he in? Loving or not loving, do you get it? So create an environment for him that is full of love and security. You can be more relaxed about other things because you know he will grow up healthy. And then, under the condition that there are no life-threatening situations, he won't encounter any dangerous incidents. Because you trust the creator to have everything arranged properly. Have you noticed which life forms on Earth... right? Have you seen how skilled your animals are? Are they studying hard for it? They are born with this ability within them... Frogs know how to jump; this is ingrained in their bones, do you understand?

问: 我知道了.还有就是我有时候感受到同事或者孩⼦家长⼀种咄咄逼⼈的能量.⼀下我就觉得我有⼀点⽓堵.这是我⾃⼰头脑的定义还是….

Q: I understand that. There's also the energy sometimes from colleagues or parents of children that feels overpowering. It makes me feel a bit constricted, is this my own definition or...

JO: 还是在你⾃⼰能量的不平衡的状态下,你才会被外界带动和影响.为什么呢? 因为当你处在⼀种和谐的有爱的,就好像是跟源头有连接的⼀个状态.⽆论对⽅是什么样⼦的状态,你都会给他爱.你都会说,哇,他可能经历了很多负⾯情绪或者很压抑,然后通过这个⽅式给它释放出来.你会给他爱.当他接收到你的频率只是爱的时候,他⾃然⽽然就变了.他就会变得温顺下来.你这么去观察,⼀个⼩朋友发脾⽓.当你展现出你⽆条件的爱和允许,展现出你⽆条件的爱,他马上就不发脾⽓了.明⽩吗? 那其实你们每⼀个⼈都是.当他处于在那种状态下,你就知道他是跟源头断开连接了,他很⽆助,他很崩溃.你是不是给他传送你的爱,明⽩吗?

In your own state of energy imbalance, you are being carried and influenced by the outside world. Why is that? Because when you're in a harmonious, loving state, connected to the source, no matter what state the other person is in, you give them love. You say, wow, they may have experienced many negative emotions or been very suppressed, then through this way release it. You give them love. When he receives your frequency which is just love, naturally, he changes. He becomes more submissive. You observe this with a child having a tantrum. When you show unconditional love and acceptance, when you show unconditional love, they stop having tantrums immediately. Understand? Actually, everyone of you is like that. When he's in that state, you know he has disconnected from the source, he feels helpless, overwhelmed. Do you understand when I'm giving you this transmission of love?

这⾥没有你,当你有你的时候,你⽆论怎样都会有问题.因为有⼀个 ‘你’ ⾃⼰冒出来了.那如果你放下 ‘你’呢? 你只是像源头⼀样,跟源头融为⼀体,没有你,你就会成为对⽅,你就会体验到他为什么如此的崩溃,如此的歇斯底⾥.你给他的就只是同情.

There is no you here, when you are present, there will always be problems because there emerges a 'you' of your own. But what if you let go of the 'you'? You would just be like the source, merging with the source without a 'you', and without you, you become the other person; you experience why they are so broken, so hysterical. You give them only empathy.

问: 我想连接⼀下李玟对在世的⼈说呢? 她有什么遗憾呢?

Q: I want to ask Coco Lee about her living audience. What regrets does she have?

JO: 你稍等.她暂时还在⼀种就好像抗拒或者是适应或者是去学习发⽣了什么的⼀个状态下.还没有到传递信息的时候.就好像⼀个⼈他可能受了⼀个很⼤的刺激或者是转变或者是突变,他很shock,就是震惊到了.他还需要⼀个去慢慢让他calm down,去明⽩发⽣了什么的⼀个状态下.然后你才能去跟他交流,对不对? 那如果对⽅还是在慌张的⼀个状态呢? 你交流的了吗? 就⽐如说他刚刚出了⼀个⼤的车祸,你要跟他聊天说: 我要采访⼀下你.明⽩吗? 或者他的⼥⼉刚刚从他的眼前失去了.所以你需要等他… 这就是你们传统当中就会有⼀个头七啊或者是什么的.你要让他得到⼀个安稳,安稳期.为什么呢?

JO: Wait a moment. She is currently in a state of either resisting, adapting to, or learning about what has happened, not yet ready for information exchange. It's like someone who has been greatly shocked, transformed, or mutated; they are in shock and need time to calm down and understand what occurred before you can communicate with them properly. Right? If the other person is still in a panic state, can you have a conversation with them? For example, if they just experienced a major car accident and you want to interview them: Do you get it? Or if their daughter just disappeared from their sight, you need to wait for him... This is where traditional practices like a seven-day mourning period come into play. You need to allow them to have a period of stability, why so?

因为你们的⼈不只是⾁体,你们还有⼀个灵魂的存在.那个灵魂才是真正的去知道发⽣了什么,它才是那个去学习,它才是那个⽪影戏背后的那个动⼒,明⽩吗?

Because you are not just bodies, you also have a soul's existence. That soul is the one that truly knows what happens; it is the one that learns, and it is the puppeteer behind the curtain, understand?

问: 最后我想问⼀下我的指导灵有没有什么信息给我?

Q: Lastly, I would like to ask if my guiding spirit has any messages for me?

JO: 你稍等.它想要告诉你,你所经历的⼀切都有意义.并不是你表⾯上认为的那种,就是你只是深陷在烦恼当中.你经历的⼀切它都有意义.

JO: Wait a moment. It wants to tell you that everything you've experienced has meaning - not the superficial kind you think of as just being mired in trouble, but that all your experiences have significance.

问: 我想知道平时我在内⼼⾃⼰跟它对话的时候,是它在给我带来信息吗?

Question: I want to know if when I have inner dialogues with it on a regular basis, is it providing me with information?

JO: 你⾝边永远都会有⼀个陪伴你的.然后它指引着你,带领着你⼀步⼀步的去突破.你现在像个⼩孩⼦⼀样,就好像刚刚学会⾛路.那你现在有⼀只⼿牵着你,知道你⾃⼰会⾛,不需要这双⼿为⽌,明⽩吗? ⽽且这条路是你⾃⼰⾛出来的.当你⾃⼰⾛出来过后,你也会去牵着别⼈的⼿,带领他们⾛出来.

JO: There will always be someone by your side to accompany you. Then it guides you and leads you step by step. You're like a child now, just as you've just learned to walk. Now there's one hand holding yours, knowing that you can walk on your own without needing this pair of hands anymore, do you understand? And this path is yours. Once you have walked out for yourself, you will also take others by the hand and guide them out.

#### 2023/07/14 — 成为⼀个观察者Become an Observer

JO: 你说吧,什么问题?

JO: Speak up, what's the problem?

问: 我现在的状态有点抵触或者有点抗拒的状态,你们可以有更多的信息吗?

Question: I am in a somewhat resistant state now, can you provide more information?

JO: 抵触和抗拒来⾃你的内在,它会⼀直存在直到你真正的⾛上你⾃⼰的道路.为什么呢? 因为你本⾝就是来不断地不断地蜕变⾃⼰转变⾃⼰.如果你对于⾃⼰⽬前很满意或者是没有不适感的话,你如何去突破呢? 如何去挣脱出来呢? 明⽩吗? 所以就像你是⼀条蛇你要蜕⽪,那你肯定会产⽣不适感你才能把这层⽪蜕掉,明⽩吗?所以说如果你表⾯的安逸或者是愉悦的状态,它其实只是⼀个暂时的或者只是⼀个假象⽽已.这么说吧,⽐如说现在你交了⼀个⼥朋友,这个⼥朋友给你带来很开⼼的感觉.但是这个感觉会很快的过去.可能半年过后你又开始痛苦了,明⽩吗?

JO: Rejection and resistance come from within you; they will persist until you truly embark on your own path. Why is that? Because you are inherently meant to constantly transform and evolve yourself. If you're currently satisfied with yourself or there's no discomfort involved, how can you break through this complacency or liberation? How do you escape from this state? Do you understand? Therefore, just like a snake shedding its skin, you would inevitably experience discomfort in order to shed that layer of skin. Do you get it? So if your current state is one of comfort or pleasure on the surface, it's merely temporary or just an illusion. Let me explain: for example, imagine you're dating a girlfriend now; she brings you great joy and happiness. However, this feeling won't last long. Perhaps after half a year, you'll start experiencing pain again, do you understand?

所以说⽆论你是沉浸于什么,就⽐如说你喜欢上打游戏,那你天天打游戏,它给你带来短暂的快乐.但是等⿇药过来过后….也就是说这种不适感是你需要成长,这是你成长的⼀个过程.因为这个是让你不断地不断地来蜕变,让你成长.这么说吧,你去健⾝你的肌⾁要增⼤要变得强壮,你会舒服吗?你如果只是躺在那⾥舒服,你的肌⾁会长⼤吗?它会畏缩的.所以你们的⽣命也是⼀样.你说你这颗种⼦发芽,你要突破⼟壤突破⽯缝,然后去长出来.这个是轻松的事情吗? 它也需要不断不断地⽤⼒,明⽩吗? 也就是说这个才是你⽣命的本⾝.

So no matter what you are immersed in, say you like playing games, then you play games every day, it brings you temporary happiness. But after the excitement wears off... this discomfort is what you need to grow, a part of your growth process because it forces constant transformation and progression for you. Think about it: when you work out your muscles to increase in size and strength, do you feel comfortable? If you just lie there comfortably, will your muscles grow? They would shrink instead. So the same applies to life. When you say a seed sprouts, it pushes through soil or cracks to emerge. Is that an easy task? It also requires constant effort, right? This is what defines life itself.

也就是说如果你不去抗拒这个不适感,你知道这是你成长过程,你知道你将来会有⼀个⾮常美好的未来,就是当你蜕变成功当你真正的能理解⽣命或者你能掌控你的⽣命,你就更加是⼀种⼒量感.你不会去恐惧或者是害怕任何不稳定的将来,因为你知道⽆论什么你都可以转变它.你就是个魔法师⼀样.

In other words, if you don't resist this discomfort, you know it's part of your growth process, and you understand that you will have a very beautiful future ahead when you successfully transform, when you truly comprehend life or can control your own life. This is where you gain strength, as you no longer fear or are afraid of any uncertain futures because you know you can change whatever comes your way. You become like a magician, capable of transforming anything that stands in your path.

问: ⽐如说打游戏这些算是某种暂时的….

Q: For example, playing games would be considered some kind of temporary...

JO: ⿇药,就像⿇药的效果.⿇药你药效退了过后呢? 你的疼痛还是在的.你还是要⾯对.所以这个不是不好的事情,是好的事情,是正常的事情,明⽩吗? 因为你们看到你们社会上很多⼈其实都是在⼀种⿇痹的状态,⾃我⿇⽊的⼀个状态.但是你是将来会带领他们⾛出来的,所以你就必须要⾃⼰⾛出来.

JO: It's like the effect of anesthesia. After the effects of anesthesia wear off, your pain is still there. You have to face it again. So this isn't a bad thing; it's a good thing, a normal thing, do you understand? Because what you see in society is that many people are actually in a state of numbness, a state of self-numbing. But you will lead them out of it someday, so you must lead yourself out too.

问: 那现在让我去冥想让我去做这些事情,就是这种抗拒是需要⾃⼰去通过⾃⼰的耐⼼⼀点⼀点的…JO: 冥想? 什么意思? 你抗拒冥想是吗?

Q: Alright, let me meditate and do these things. This resistance needs to be overcome through one's own patience little by little... J: Meditation? What does that mean? Are you resisting meditation?

问: 不是抗拒冥想,就是各⽅⾯都有,有⼀点点不想这样.

Question: Not rejecting meditation, but everything is a bit against it somehow.

JO: 抗拒什么? 不太想什么? 你要说清楚.这么说吧,你们有⼀个头脑,就是还有⼀个⾁体.这个头脑和⾁体它不能处于在⼀种⽆聊的状态.它总是想要找⼀点事.就好像是⼀只狗⼀样,这只狗不能闲下来.它总是要有⼀个⽬标去给它追逐或者是有点事给它做.不然的话,它就会进⼊到⼀种所谓的⽆聊吧.那你的问题就是说你想要如何去⾯对⽬前这种⽆聊的状态是吧?

JO: Resisting what? Not quite wanting anything? You need to be clear about this. To put it simply, you have a mind and a body, both of which cannot exist in a state of boredom. They always want something to do. Like a dog that can't sit still; it always needs a goal to chase or some task to occupy its time, otherwise it will fall into what could be considered boredom. Your question is about how you are supposed to deal with this current state of boredom, right?

问: 也算吧JO: 你要去明⽩你到底想要了解什么? 想要去问什么问题?

Q: Perhaps you should clarify what exactly you want to understand and what question you wish to ask.

问: 就是怎样找到⾃⼰道路上的动⼒? 因为现在还没有特别强烈的动⼒和决⼼,就你说的那种道路吧.

Question: How do you find motivation on your own path? Because there isn't a particularly strong drive or determination right now, for the kind of path you're talking about.

JO: 那你就可以完完全全的成为⼀个贯观察者.观察者是什么呢? 你可以去观察⾃⼰的起⼼动念,你的⼀些烦躁,你的⼀些抗拒,你的⼀些愤怒,你的⼀些⽆聊.还有社会层⾯,不只是你个⼈.你跟被⼈互动,你的感受,你的情绪,社会上的新闻或者是⼤⾃然.所有的⼀切它都可以成为你.为什么? 因为当你在观察这⼀切的时候,你就好像是在学习在认识这⼀切.你客户已通过观察你⾃⼰就会去看到为什么⼤脑会陷⼊到⼀种⽆聊的状态? 它为什么⼀定要找事? 它为什么不能⽆所事事? 那是不是就把你带到⼀种哲学的层⾯? 所以你可以去做任何.但是你做的同时,你还有⼀个观察者的⾝份,⽽不是说只是去做事情⼤发时间.这样你所有的体验都⽩体验了.

JO: Then you can become a complete observer. What is an observer? You can observe your own thoughts and impulses, your frustrations, resistances, anger, boredom. Also on the societal level, not just personally. Your interactions with others, your feelings, emotions, news from society or nature. Everything around you can be you. Why? Because when you're observing all of this, you're essentially learning about it and becoming familiar with it through observation. By observing yourself, you'll start to understand why the mind falls into a state of boredom and why it must always seek something to do. Wouldn't that lead you to a philosophical level of understanding? So you can do anything, but while doing it, you also have the role of an observer rather than just being occupied with tasks. That way, all your experiences would be meaningful instead of merely going through them.

所以其实你看⽆论是你坐着躺着还是⾏动着还是什么的,你其实都会有念头啊或者是有情绪啊感受啊,这些都是⼀个你可以学习的地⽅,明⽩吗? 因为这⾥不是来跟你说: 你去做这个事,这个事有意义.你不要做那个事,那个是没有意义.⽆论做什么你⾃⼰也是⼀个旁观者观察者.因为你要知道你所⾯对的问题就是你们整个⼈类所⾯对的问题.当你⾃⼰能⾛出⾃⼰的束缚,你就在帮你们整个⼈类⾛出束缚.所以你的体验它不是⽆意义的.

So, actually, no matter if you're sitting, lying down, moving around or whatever, you will have thoughts, emotions, or feelings - all these are areas where you can learn. Do you understand? Because here, it's not about telling you to do this thing and that thing has meaning, don't do this other thing because it's meaningless. Whatever you do, you're essentially an observer of your own actions. You need to know that the problems you face are the same problems humanity faces as a whole. When you can free yourself from your own limitations, you are helping all of humanity break free from their limitations. Thus, your experiences are not meaningless.

问: 就包括之前的各种经历也都是让我来体验的?

Question: Does it include all of my previous experiences as well?

JO: 你只要知道你的所有体验它并不是没有意义的或者是⽆聊的或者是没有价值的.你的所有体验它都是有意义有价值.就在于你,就是通过你⾃⼰的体验你去认识⽣命,明⽩吗? 因为这个过程你就会留下智慧.

JO: Just know that every experience of yours is meaningful, not boring, and has value. All your experiences are meaningful and valuable; it's just up to you to understand life through your own experiences, right? Because in this process, wisdom will be left behind.

问: 那这个过程中有什么需要关注的?

Q: And what should we pay attention to during this process?

JO: 就是你⼀边在体验,另外⼀⾯你观察⾃⼰的⼀举⼀动、起⼼动念.

JO: You are experiencing while observing every move and thought of yourself at the same time.

问: 好的.我在学校那种环境⽐较嘈杂,不容易静下⼼来.这样⼦的体验可以带给我什么? 为什么会有这样⼦的体验?

Q: Alright. I have this experience in school where the environment is quite loud and it's hard for me to concentrate. What can such experiences offer me? Why do these kinds of experiences happen?

JO: 你也可以成为⼀个观察者的⾝份,你去观察周围的⼀切的同时,也观察你⾃⼰的情绪反应.那你可以观察⽐如说他们很吵,然后你很烦躁.然后你就在想我烦躁的原因是什么? 是觉得它们打扰我了吗? 那你就可以给它变⼀个信念,就是说在有⼲扰的环境下才是最好的让我内⼼不受外界的影响,就是去锻炼你这样的⼀个状态.它可以帮助我.因为外在的⼀切实际上它不是都是负⾯的也不是都是正⾯的.它在于你如何去利⽤外界的⼀个相来服务于你⾃⼰.但是如何服务于你⾃⼰取决于你⾃⼰,你要如何去使⽤它,明⽩吗? 就好像我们之前举的⼀个例⼦,上天给你们每个⼈门前⼀堆粪.

JO: You can also adopt the role of an observer. As you observe everything around you, you simultaneously observe your emotional responses. In this practice, if someone is being loud and it's causing you frustration, you ask yourself, "Why am I frustrated?" Is it because they are disturbing me? You could then reframe that belief to think that in environments with disruptions, it's best for my inner peace not to be affected by the external world. This helps you exercise this state, because both internal and external factors can have positive or negative impacts depending on how you choose to utilize them. It's all about how you use these external influences to benefit yourself. However, choosing how to use them is entirely up to you. Understand? Imagine a situation where God gives everyone in front of their house a pile of dung.

你到底是骂骂咧咧的说你的这坨粪又臭又恶⼼,还是说你把这坨粪当成你的肥料放到你的花园⾥⾯让你的花让你的植物让你的青菜长的更好,明⽩吗? 这个来⾃于你⾃⼰去如何利⽤别⼈拉到你⾯前的⼀坨屎.

Are you cursing about how stinky and disgusting your piece of feces is, or are you talking about using that piece of feces as fertilizer in your garden to make your flowers, plants, and vegetables grow better? Understand this comes from you deciding how to benefit from the dung being pushed towards you.

问: 所以⾸先就要抱着这样的⼼态去体验?

Q: So, the first thing is to experience it with such an attitude?

JO: 这个不是⼼态的问题.为什么? 它是来⾃于你⾃⼰有选择,你是选择的,你并不是没有选择.因为如果你还把它交给⼼态的话,你还会觉得外⾯的事情是不好的.只有我的⼼态变好然后就好.实际上是你知道⽆论发⽣什么事情,你有选择权.选择权永远在你⼿上.为什么?因为你是主⼈,外界的⼀切它都只是⼀个相⽽已.这么说吧,你⼿上拿着遥控板你在看电视,你决定你要看什么台.如果这个台让你觉得很恐怖很讨厌很恶⼼,你⼲嘛不换个台呢,对吧?所以说你永远可以去选择这个事件如何的服务于你.因为任何事情它其实都是两⾯的,它没有绝对的善也没有绝对的恶.

JO: This is not a matter of mindset; why? It comes from your own choice; you are the one who chooses, and you do have choices; you're not without them. Because if you still leave it to the mindset, you would still feel that external matters are bad. Only when my mindset becomes better does everything get better. Actually, you know that no matter what happens, you have a choice. The power of choice always lies in your hands. Why? Because you are the master; all external things are merely phenomena. Let me put it this way: You're holding the remote control watching TV, and you decide what channel to watch. If this channel is causing you to feel scared, disgusting, or sick, why not change the channel instead? Right? So, you can always choose how an event serves you. Because any situation has two sides; there is no absolute good nor absolute evil.

这么说吧,你们说善,你看你妈妈⼼疼你爱你,为了你不劳累,什么事都不让你做,把饭都送到你的嘴巴⾥来让你饭来张⼜的状态.你想象⼀下,这个就是你们所谓的好吧? 但是实际上呢? 你丧失了多少功能? 你丧失了肌⾁活动的能⼒、你丧失了⽣活⾃理的能⼒、你丧失了你去⾏动的过程去感受到你的成就感,就是你的⾃我价值,感受到做饭的乐趣和服务他⼈奉献他⼈的感受.你什么都失去了,你失去太多了.你妈⼀死,你就活不下去了.为什么? 因为你根本就没有学会⾃⼰⽣存的能⼒.这还是好吗? 所以说不要从表⾯上去看⼀个事件是好的还是坏的.那个来⾃于你们头脑⾥⾯有限的认知和来⾃于你们的束缚.

So, let me put it this way, you say 'good', and yet, when your mother loves you, she spoils you by avoiding making you feel any sort of strain or effort. She does everything for you, bringing food right to your mouth so that you can eat without lifting a finger, living in an environment where everything is served to you instantly, on a silver platter as it were. Imagine this: this is what you consider 'good', isn't it? But, let's look at the reality behind it:

You have lost so many abilities, haven't you? You've lost your capability for physical activity, lost your capacity to manage yourself in daily life, lost the experience of satisfaction from action, which reflects your self-worth and joy from cooking meals and serving others. Everything is gone; you've lost everything. Your mother's death would leave you unable to survive because you never learned how to live independently. Is this still considered 'good'? Therefore, don't judge an event as good or bad just based on its surface appearance. The perception of it being so comes from the limited understanding in your mind and the constraints imposed upon you by societal norms.

你只要记住⼀句话,你才是主⼈,你决定和选择让外界的事情如何服务于你,到底是正⾯的还是负⾯的.

All you need to remember is this: You are the master. You decide and choose how external events serve you, whether they are positive or negative.

问: 我和我爸的关系是什么?

Question: What is my relationship with my father?

JO: 你稍等.你爸爸叫什么名字?问: XXXJO: 你爸爸在你的⽣命当中扮演的⾓⾊就好像有⼀点⽆动于衷.他没有办法给你很好的引导或者是很好的关照吧.就好像有⼀种漠然或者是漠不关⼼或者是冷漠,就是好像让你⾃⽣⾃灭让你⾃⼰独⽴的那种状态.

JO: Wait a moment. What's your father's name? Q: XXX JO: Your father's role in your life seems to be somewhat indifferent. He couldn't provide you with good guidance or proper care. It's like he was apathetic, uninterested, or cold-hearted, letting you fend for yourself and become independent on your own.

问: 我感觉这样挺好的.我挺喜欢⾃⼰⼀个⼈.那我和我妈妈呢? JO: 你稍等.你妈妈叫什么名字?

Question: I feel this is quite good. I really enjoy being alone. What about me and my mom? Jo: Wait a moment. What's your mother's name?

问: XXXJO: 你妈妈她也是有⼀种情绪⽐较混乱或者是不稳定或者是痛苦或者是消极或者是⽆知吧.然后在这样⼦的⼀个状态下,她也很难给你起到⼀个模范或者是榜样或者是光或者是爱的⼀个形象来给你⼀个很好地照顾或者是引导.感觉他们都好像是沉睡的⼈,⽽你⽐他们清醒⼀些.明⽩吗? 所以说其实你看着他们虽然是你的⽗母,但是更多的是你的认知程度⽐他们都⾼.就是你没有办法去依赖你的⽗母,去指望他们去给你什么,明⽩吗? 所以他们没有办法去引导你,没有办法去给你⼀些建议或者是引导指导.

Question: XXXJO: Your mother might have emotions that are chaotic, unstable, painful, or negative. Under such conditions, she would find it difficult to set a model, role, light, love, image of care and guidance for you. It's like they're all asleep, while you seem more aware than them. Do you understand? Essentially, even though they are your parents, your level of understanding exceeds theirs. You cannot rely on them or expect them to provide anything for you. They can't guide you or give you advice or direction.

问: 你们可以给出吗? 你们不是给建议的是吗? JO: 我们现在在跟你联系不是在引导你吗?

Q: Can you give us that? You're not giving advice, are you? JO: We're now in contact with you and guiding you, aren't we?

问: 我的意思是你们不会给出具体的建议,只是在引导?

Q: What I mean is that you won't offer specific advice but just lead the way?

JO: 我们就好像来让你看清楚⽽不是说看不清的⼀个状态.因为你看不清楚你就好像你现在蒙着眼睛,那我们这边就有⼀个光给你,你就可以跟随这个光⾛出⿊暗.⽽不是说这边撞⼀下,那边撞⼀下.你想象⼀下,如果你看不到光,你东撞⼀下西撞⼀下要受到很多伤害,对不对? 那如果你看到前⾯有个光,就好像旁边都是⿊的,没有关系,你就follow,你就跟随这个光,你就会⾛出⿊暗.明⽩吗? 但是这个脚步必须要你⾃⼰迈出的,我们的光就在这⾥.但是你⾛不⾛是你的选择,你跟不跟随也是你的感觉,你⾃⼰的⼀个决定,你的选择.

In English:

JO: We are like a situation to let you see clearly rather than being unable to see. Because if you can't see, it's as if you're blind, and we have a light here for you so you can follow the light out of darkness. Not that you bump into things on one side and then the other. Imagine if you couldn't see the light; bumping around blindly would cause you much harm, right? But if in front of you there's a light while everything else seems dark, it doesn't matter because you can follow the light, thus escaping the darkness. Do you understand? However, this step must be taken by yourself; our light is here for you. Yet whether or not you take that step is your choice, as is following the guidance – these are decisions and feelings coming from you.

问: 这种淡定还是平和还是⽐较影响我的.

Question: This calmness or peace does somewhat affect me.

JO: 你要知道你才是那个去引导他们的⾝份,所以不要因为你没有从他们那⾥得到什么⽽感受到⼀种⽆助或者是孤独或者是孤单或者是⽆⼒感,明⽩吗? 因为你⽐他们认知更⾼.

JO: You need to know that you are the one who leads them, so don't feel helpless, lonely, or powerless because they haven't given you anything. Understand? Because you have a higher awareness than they do.

问: 但是其实他们也经常想管我吧,就是家长觉得要怎样.

Q: But they do want to control me as well, right? It's just that parents feel they should.

JO: 因为他们也在⽤他们的⽅式去爱你,他们⾃⼰的⽅式去爱你.你只要知道那是爱,形式你就不⽤去在乎了.为什么呢? 因为如果你太在乎形式的话,你就会觉得他们更本就不懂,就是你还会抵触.你只要去看到背后实际上就是关系和爱,它的模式你都不⽤去在乎.为什么呢? 因为他们的认知和集体意识就决定了他只能拿出来这么点,只能拿出来这个.那如果你太纠结于他们为什么没有⽤⼀个正确的⽅式的话,这样受伤的是你⾃⼰.

Jo: Because they are loving you in their own way too, through their own process and method. You just need to understand that it is love regardless of its form, so there's no need for concern about the format. Why might this be? Well, if you place too much emphasis on the form, you'd feel that they simply don't comprehend or understand you at all, which could also make you resistant towards them. Just remember that what truly matters is understanding that behind it lies a relationship and love with its own unique pattern - not to worry about the form of expression. Why might this be? Because their individual consciousness and collective awareness limit them to expressing love only in certain ways, which are the only means available to them. If you fixate too much on why they don't use what you perceive as a 'correct' way to show affection, then it's ultimately your own feelings that would suffer from this misunderstanding.

问: 正确的⽅式?

Question: The correct way?

JO: 就⽐如说你觉得对⽅的爱是对你的⼀种束缚或者他的爱很 曲,是对你的⼀种限制.你就会有⼀种窒息感,你有⼀种抵触感,你有⼀种反抗感.明⽩吗?

Japanese to English

JO: It's like you perceive their love as a restraint or that his love is twisted in such a way that it constrains you. You would feel suffocated, have an oppositional feeling, and a sense of rebellion. Do you understand?

问: 我和⾃⼰的指导灵有能量上的连接吗?

Question: Am I energetically connected with my guide spirit?

JO: 你应该问怎么样是断开连接, 因为就⼀直是连接的.什么是断开连接? 就来⾃于你头脑⾥⾯,来⾃于你⼊幻吧.物质世界本来就是⼀个幻像,对吧? 就⽐如说你本⾝就是⼀个做梦的⼈,你把梦境当真了,那你是不是就断开连接了? 为什么呢? 因为你觉得梦才是真的,⽽真实世界⾥⾯是看不到的.那你是不是断开连接了? 你就只在做梦⽽已,被梦带带⼊了.明⽩吗? 所以你只要知道外界的所有⼀切它实际上只是⼀种反射,对你们⾃我的⼀个反射和集体意识的⼀个反射,只是⼀个镜像.它对你造成不了任何影响,只有你决定拿这个东西来影响你,你才能受到它的影响.那个影响还是来⾃于你⾃⼰.

JO: You should inquire about how disconnection occurs because it has always been connected. What does disconnection mean? It originates from your mind and your delusion. The material world is inherently an illusion, right? For instance, if you are the one dreaming, and you take your dream as reality, aren't you then disconnected? Why is that so? Because you perceive dreams to be real while the tangible world cannot see them. Aren't you thus disconnected? You're just dreaming; being led into it by the dream. Do you understand? Therefore, all external entities are essentially reflections - a reflection of your self and a reflection of collective consciousness, merely mirroring an image. It doesn't affect you in any way; only when you decide to let this influence you can you be affected. The influence still comes from yourself.

问: 现在还是头脑⾥⾯还是会有⽐较多的声⾳,就是⾃⼰去静下⼼来吗?

Q: Even now, there are still many thoughts in your mind. Are you trying to calm yourself down and focus?

JO: 你⾸先要知道你要处理的不是头脑⾥的声⾳,你不是要把它关掉或者是把它处理掉关掉.你只要知道它不是你,就好像你旁边有⼀只鹦鹉不停的叫叫叫.你需要去处理它吗?

JO: First of all, you need to understand that what you're dealing with isn't a voice in your head; it's not something to be silenced or gotten rid of. You just have to realize it's not you, like there's a parrot chattering away beside you. Do you need to deal with it?

问: ⽐如说我⼀边想着要静下来⼀边又有这种声⾳….

Q: For example, when I'm trying to calm down and there's still this noise...

JO: 这么说吧,因为当你想着要去处理它,你其实就在加深它对你的影响,你就在⼤化它对你的影响.你就会进⼊到⼀种消耗的状态.那如果你能认清楚,这么说吧,你就好像你⾛路⾛到阳光下⾯,你⾝体有个影⼦,对吧? 阳光照射出来⼀个影⼦,你说我要怎么样才能把这

Jo: Let me put it this way: When you think about dealing with something, in fact, you're deepening its impact on you and maximizing it. You enter into a state of depletion. So if you can see it this way, like walking under the sun where your body casts a shadow, right? The sunlight creates a shadow, and you ask how can I remove this

个影⼦处理掉啊?那你只需要去明⽩这个影⼦不是⼀个魔⿁在跟着你,⽽只是⼀个倒影⽽已.它对你不会有任何伤害,它不是你.你会觉得脑⼦⾥⾯的声⾳它是真是的,它吓着你了,它让你产⽣恐惧,它让你产⽣担忧,它让你不得不去⾏动.这个才是问题,明⽩吗?

Getting rid of a shadow? Then you just need to understand that this shadow isn't a demon following you, but simply an illusion. It poses no harm to you; it's not you. You'll find the voice in your head feels real, frightening you and causing anxiety, compelling you into action. That's the issue, got it?

问: 我⾃⼰也是想⼼静下来,这样⼦.

Question: I also want to calm my mind down like this.

JO: 你只要知道声⾳不是我,我不需要跟随它,我也不需要恐惧它,我也不需要抗拒它.我只是看着它从我眼前飘过,明⽩吗? 只有你觉得这个声⾳… 哇,这个声⾳跳出来我现在开始恐惧了,我赶快去复习资料了,不然的话我活不下去了,以后在这个世界上⽣存不了了.这个才是… 就是你没有认清楚,你不知道它其实是⽆害的.

JO: All you need to know is that sound isn't me; I don't have to follow it, nor do I need to be afraid of it or resist it. I simply observe as it passes before my eyes. Can you understand? Only when you perceive this sound… oh, now you're starting to fear it because it popped out. Quickly review your materials; otherwise, I can't survive, and I won't be able to live in this world anymore. This is precisely... where you haven't correctly identified it, not realizing that it's harmless.

问: 那⼩我是什么?

Q: What is that little self?

JO: ⼩我就好像是你来到这个物质世界上体验的的这个⼯具⽽已.那这个⼯具你需要跟它磨合啊,你需要跟它合⼀啊.让这个⼯具来供你使⽤,⽽不是来成为你的障碍.

JO: The ego is merely a tool for you to experience this material world. This tool requires adjustment and integration; it should serve your use rather than become an obstacle in your way.

问: 那⼩我和头脑有什么区别吗?

Question: Is there a difference between me as a small self and my mind?

JO: ⼩我它更多的是说你⾁体⾥⾯的这个你,那头脑就是你的⼩我的⼀部分啊.问: 你能看⼀下我现在的卡点是什么吗?

JO: Your ego refers more to the you within your body, and the mind is part of your ego. Q: Can you see what my current sticking point is?

JO: 你现在的卡点就是你不需要着急.因为就好像我们的信息⼀直说,在你⽣下来就好像你带了⼀个地图⼀样.路线,就是你命运的轨迹已经就是被安排好的.所以每⼀个点你越是不去抗拒,它越是能让你顺利地渡过.就好像你现在是在漂流的河上⾯,你在漂流.那如果你是抗拒的话,你肯定会感受到冲击或者吃⼒或者那个⽔的⼒量跟你抵触,你难受吃⼒.那如果你只是顺着那个浪把你带到⽣命该带去的地⽅,那你是不是就可以毫不费⼒呀? 因为你们要知道你⽣命的轨迹不是你头脑⾥⾯去找出来的.它也不是你头脑去安排和计划和设计出来的.你唯⼀只需要相信你有⼀个⾮常美好的未来,就⾜够了.你能按照你⾃⼰的意愿⽽活.

JO: Your current roadblock is that you don't need to rush. Like our message has always said, when you are born, it's as if you carry a map with you—a route, which is the trajectory of your fate, is already arranged for you. Hence, the more you avoid resisting at each point, the smoother you'll glide through them. Imagine you're floating on a river; if you resist, you'd inevitably feel the impact or struggle against the water's force, making it challenging and uncomfortable. But if you simply allow yourself to be carried by the waves to where your life is meant to go, wouldn't that make everything effortless for you? Remember, your life's path isn't something you find or create with your mind—it wasn't planned, designed, or orchestrated by your thoughts. The only thing you need is to believe that you have a splendid future ahead of you; it's enough. You should live in accordance with your own will.

你只要相信这两个,⽆论什么你其它都不需要去管.为什么呢? 因为你的头脑它根本就不知情,它不知道事情的⾛向,它不知道⽬前你所感受到的痛感是如何的服务于你,明⽩吗? 因为你们对所有的痛会有⼀种抵触嘛.那你⽣孩⼦你痛不痛啊? 你不痛的话,新⽣命怎么出来呢?

You just need to trust these two; you don't need to worry about anything else. Why is that? Because your mind isn't informed; it doesn't know how things are progressing, nor does it understand the service being provided by the pain you're currently experiencing, right? You all have an aversion to all forms of pain, after all. So, do you feel pain when giving birth? If not, how would a new life come out?

问: 我感觉⾃⼰现在游戏也没打,但是也没有静下⼼来冥想.

Question: I feel like I'm not playing games as much now, but also haven't been able to concentrate for meditation.

JO: 你不需要去选择任何⼀种他们说这个⽅式是好的.⽽是说如果你听⾳乐能让你达到⼀种放松的状态,那也是冥想啊.所以你不⼀定只是选择那⼀种⽅式.你只需要跟随你⾃⼰,就是不着急去哪⾥,也不着急去达到⼀种地⽅.我要修⾏,我现在要修成什么样⼦.没有任何⽬的地,你只是去轻轻松松的去享受青春,你出现充满了活⼒充满了梦想,就是精⼒旺盛这个阶段,明⽩吗? 你想要去交朋友就去交朋友,想要去做任何事情就去做.只是让你像刚刚说,让你像⼀个旁观者的⾝份去觉察⼀切.为什么呢? 这样⼦你体验的⼀切都能成为你学习的功课和过程⼀样.哲学就是这么出来的呀,它观察⼀切.然后从中产⽣的⼀个见解,就变成了哲学,对⽣活的⼀个领悟.

JO: You don't need to choose any one way that they say is good. Instead, if listening to music can help you reach a state of relaxation, it's also meditation. So you don't have to choose just one method; you simply need to follow yourself, not rushing anywhere or reaching for any specific outcome. I am practicing and aiming to be what kind of person? There's no destination here; you're just supposed to enjoy your youth lightly and freely, full of vigor and dreams, during this energetic phase. Understand that you can make friends when you want or do anything else as well. It's just about letting yourself observe everything from the perspective of an onlooker, right? Why is that so? This way, every experience you have becomes a lesson and part of your process for learning. Philosophy comes out of this observation—it observes all things, generating insights that form philosophical understanding of life.

所以具体不在于你去做什么,⽽是说你会去觉察.⽐如说你

So it's less about what you do and more about being aware that you are doing it. For example,

为什么要去逼⾃⼰冥想呢? 难道我是举得当下不好,我想要逃避它? 我想要进⼊到⼀个没有烦恼,我觉得当下很烦? 明⽩吗? 所以你就去观察你⾃⼰任何⾏为背后的起⼼动念,你就能从中获得智慧和领悟和感悟.那个才是最宝贵的对你们来说.

Why would you force yourself to meditate? Could it be that I feel the present is not good and wish to escape from it? Am I seeking refuge in a place free of problems where I find the now annoying? Do you see? Thus, observe your own thoughts preceding any behavior, and therein lies wisdom, insight, and enlightenment for you. That is the most valuable thing for all of you.

问: 如果我觉察,然后有⼀些想法和感悟.没有规定说这些想法⼀定是对的或者是错的?

Question: If I perceive something and have some thoughts and insights, there's no rule that says these thoughts must be right or wrong?

JO: 这⾥哪有对和错呢? 你头脑去分辨对和错,⼀定要跟着对的.你这个才是你头脑⾥⾯的⼀些… 因为就算你表⾯是错的,但是你可以去正⾯利⽤它,明⽩吗?

JO: Where is right or wrong here? Your mind goes to distinguish right and wrong; you have to follow the right one. This is what's in your mind... because even if you are superficially wrong, you can use it positively, understand?

问: 现在可能受头脑影响⽐较多.

Q: There might be more influence from the mind now.

JO: 这是你们去认识⾃我的⼀个过程.如果你连头脑都分不清楚也不认识也不知道它的功能的话,你怎么去认识啊? 所以不是你马上要 get rid of it,明⽩吗? 因为你来到这个物质世界上你想要去帮助他们这⼀类⼈的话,你是不是要体验他们的体验? 不然你不知道从哪下⼿啊.你连他们的⼼⾥活动、情感、感受什么都不知道.

JO: This is a process of self-discovery for you. If you don't even know what your mind is and its functions, how can you possibly understand it? So it's not about immediately getting rid of it, right? Because if you want to help such people in this material world, do you need to experience their experiences as well? Otherwise, you wouldn't know where to start. You don't even know about their mental activities, emotions, feelings, and whatnot.

问: 我和这位在通灵的⼥⼠有什么关系呢?

Question: What relationship do I have with this medium lady who communicates with spirits?

JO: 她就好像是你光和你的指导灵.然后你可以跟随这个光和引导⾛出⿊暗,明⽩吗?问: 可不可以通灵灵魂家族成员? 有没有灵魂家族啊?

JO: She is like you and your guiding spirit. Then you can follow this light and guidance out of the darkness, understand? Q: Can one communicate with spiritual family members? Does a spiritual family exist?

JO:那就在你的⾝体⾥⾯.就是你们这个灵魂选择去协助对⽅去帮助对⽅,然后来到你的⽣命⾥,那就是你的灵魂家族.就是你的所有关系,就是你的灵魂家族.但是他们的⾁体⼀定是知道的.但是在灵魂层⾯你们都知道,你们共同去扮演什么⾓⾊来帮助对⽅突破,明⽩吗?

JO: That's within you. This is where your soul chooses to assist each other in helping one another, then comes into your life, which is your soul family - all of your relationships and connections. But their physical bodies are aware of this. However, on a spiritual level, you both know that you play roles together to help the other break through. Do you understand?

问: 指导灵还有信息吗?

Question: Are there any further instructions or information?

JO: 因为你本⾝就是来协助这个世界的能量的转变的,在你⼼⽬中你会有很多,就是你知道很多事情它是不对的,就是不应该是这样⼦的.这些不对或者不应该是这样⼦的事情如果你不去认识,它会积压成就好像是负能量⼀样堵塞在你的⾝体⾥⾯,明⽩吗? 就是它会让你产⽣⼀种对这个世界的排斥或者是厌恶或者是不喜欢,明⽩吗? 所以说你只需要去明⽩所有的⼀切它只是暂时的.你说你们去看电影,⾥⾯打打杀杀的让你很恐惧.那有⼀部电影它是从头到尾⼀直打打杀杀的?它没有⼀个开始没有⼀个结局吗,明⽩吗?所以说,⽆论就算你们以前⽇本打中国,就是各种战争.⽆论他们打的多么深仇⼤恨,这个能量总会过去的.它不会是⼀直不变的.

JO: Because you are inherently here to assist the transformation of energy in this world, and in your mind, there would be many things that you know are wrong, not supposed to be like this. These things being wrong or not supposed to be like this, if you don't recognize them, they will accumulate like negative energy within your body, do you understand? That means it could make you feel an aversion or dislike towards the world, do you get it? So you just need to know that all of these are temporary. When you say you go watch a movie where there is violence and killing scenes that scare you. Isn't there ever a movie that goes from beginning to end with constant fighting and killings without any start or conclusion? Do you understand? Therefore, regardless of past events like Japan's attack on China, all forms of wars, no matter how deep the enmity was, this energy will eventually pass. It won't remain unchanged indefinitely.

⽽且你们来做的,并不是深陷它.深陷它就是说你被陷进去了,然后产⽣了很多负⾯能量.因为这个只是你加强负⾯事件的显化,你只会去加强更多的负⾯事件显化出来,显化你的⽆⼒感,明⽩吗?⽽是说这些现象只是来激发你内在的更强的愿望,你要去转变它.但是这个转变来⾃于你内在对世界的⼀切不抵触.因为任何的⼀切抵触或者是反感,它都在产⽣负能量.那你就是加⼊了去创造更多的负能量的队伍,⽽不是创造更多的光,明⽩吗?

And what you're doing is not getting stuck in it. Getting stuck means you are trapped, and then generates a lot of negative energy because this just amplifies the negative events that you are already dealing with, causing more negative events to manifest, manifesting your helplessness. It's about these phenomena stimulating your inner stronger desire to change them. But this transformation comes from within yourself not being opposed to everything in the world. Any opposition or aversion creates negative energy. So instead of joining in creating more negativity, you should be creating more light, understand?

问: 那为什么会抵触呢?

Question: Why would there be resistance?

JO: 因为就好像刚刚说因为在你内在你本⾝就是来转变的,你本⾝就是知道这是不对的,不应该这样⼦.但是你还不明⽩你的⾝份.因为你是来转变的,所以你就会觉得不应该这样⼦.你想要去转变它.但是你转变它,那⾸先要你⾃⼰从这个⿊暗当中⾛出来,对不对?那如果你都深陷⿊暗的话,你怎么去把其他⼈带出⿊暗呢?所以说你是要朝着光的地⽅,在⿊暗中但是不被⿊暗影响和惧怕.就朝着你看得见的光,因为你的眼前永远都有光.明⽩吗?直到你⾃⼰成为光.

JO: Because it's like you said just now that in you, you are inherently here to transform, and you know that this is wrong, that this shouldn't be the way. But you don't understand your identity because you're here to transform, so you feel that this shouldn't be the way. You want to transform it. But if you change it, first you need to step out of darkness yourself, right? If you are all in the dark, how can you bring others out of the darkness? So you should head towards the light, being in darkness but not affected or afraid by it. Aim for the light that you see because there is always light before you. Do you understand? Until you become the light yourself.

问: 那我需要特意的做什么吗?

Q: That means I need to do something special?

JO: 只需要看到⽽已.就是看到你⽬前经历的⼀切是你的⼀个台阶,它是正常的.就像我们刚刚信息说没有任何东西会停留在⼀个状态.你的状态不会停留在⼀个状态,你们社会上的状态也不会停留在⼀个状态,明⽩吗? 它都是来让你脱离的,来让你转变的.在这个过程当中,你就逐渐的让你的⼒量越来越⼤,让你的内⼼越来越坚强,让你越来越不被外界所影响就是深陷其中.

JO: You just need to observe. What you're experiencing right now is a step for you. It's normal. Like we said earlier with our message, nothing stays in one state forever. Your state doesn't stay in one place, nor does the state of society remain static. Do you understand? These things are meant to help you move on and transform. During this process, your strength grows, your inner self becomes stronger, and you become less influenced by外界. You're learning to navigate deeper waters.

问: 那你们说的我的蜕变就是会⾃然⽽然发⽣?

Question: So, what you're saying is that my transformation would happen naturally?

JO: 你如果不相信的话,你去观察⼀个植物看它是怎么⽣长的.你去观察⼀棵树它是怎么从⼀棵⼩树苗长⼤的,或者⼀颗种⼦它是怎么从发芽到开花结果的⼀个状态,明⽩吗?这是⾃然⽽然的⼀个过程.你只需要去允许⽣命的本⾝有各个的阶段.像你们春夏秋冬,明⽩吗?不需要去抗拒任何,每⼀个状态都很美.你看⼀棵树,它春天嫩芽的时候很美,夏天枝叶茂密的时候很美,秋天⾦黄灿灿的落叶的时候很美,冬天也很美.它每⼀个阶段都有⾃⼰的美.那你的⽣命状态也是⼀样.你现在在⾃我寻找的路上,盲⽬或者是恐惧或者是⽆⼒或者是孤独孤单,这些都很美.你可以通过它,把它写成诗写成感悟.把感悟分享出去,很多⼈会跟你有同感的,明⽩吗?

JO: If you don't believe it, just observe how a plant grows. Watch a tree evolve from a young sapling to its full size or see a seed transform from germination to blossoming and fruiting; do you understand? This is a natural process that only requires you to allow the various stages of life's progression without resistance. Like your seasons of spring, summer, autumn, and winter, right? Each stage is beautiful in its own way. Observe how a tree is lovely when it sprouts with tender leaves in spring, lush with branches and foliage during summer, adorned by golden, sunlit leaves in autumn, or even during the serene beauty of winter. Every phase has its unique charm. Your life's state mirrors this as well. You're currently on a journey of self-discovery, possibly filled with blindness, fear, powerlessness, loneliness, or isolation - all are beautiful in their own right. You can express these through poetry or personal insights and share them, connecting with many others who may resonate with your experiences.

#### 2023/07/14 — 连接画中仙Connecting Painted Immortals

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我想⼀下连接⼀下那副⾥的⼥性,有什么信息想要告诉我们?

Question: I wonder about connecting those inner female aspects, what information do they want to convey?

JO: 你稍等.

JO: Wait a moment.

画中⼈: 我现在就是这个⼥性,你有什么信息想要知道?问: 你的性格特征,你是地球的还是外星的?

Portrait Subject: I am this female right now, do you have any information you want to know about me? Question: What are your personality traits and are you from Earth or extraterrestrial?

画中⼈: 我是地球的,但是我并不是你们这个物质世界⾥的,⽽是说也是在地球上的不同维度的.就好像我们都在这⾥,但是又是另外⼀个空间⼀样.那个空间跟你们的空间体验的是不⼀样的.

Subject in the painting: I am of Earth, but not part of your physical realm; rather, I exist on different dimensions of Earth. It's like we are all here, yet within another dimension or space, where the experiences are distinct from yours.

问: 那它跟我有关联吗?

Question: Does it have a connection to me?

画中⼈: 当你在创造的时候,当你在画画的时候,我就好像是想要去通过这样⼦的⼀个⽅式来看见⾃⼰,像照镜⼦⼀样.我想要把我的样⼦通过这样⼦的⼀个渠道,就像照镜⼦⼀样,然后呈现出来.

"When I am creating or painting, it feels like I'm trying to see myself through this medium, just like looking in a mirror. I want to present my reflection as if I were staring at my own image in the mirror."

问: 我的灵魂主题是什么?

Question: What is the theme of my soul?

画中⼈:你想要知道你的灵魂主题,那我需要退下.但是这个⼥孩⼦她还想要知道更多来⾃于我的信息.然后这个⼥孩⼦想要知道我的性格特征,因为她很喜欢和看不见的朋友交流.我的性格特征通过你的那幅画呈现出来的样⼦,这个⼥孩⼦她都可以感受到我的性格特征.她感受到我的⼀个很强的疗愈的能量,然后我本⾝就是⼀个疗愈者.然后我也是⼀个跟她⾝份很相近的信息传达者,就是⼀个维度研探索者.也就像你们地球的⼈类⼀样,像这个通灵的⼥孩⼦她想要去探索其它的维度和其它维度的存有交朋友.那我跟她⼀样,也有这个喜好,也喜欢去探索其它维度,然后和其它维度的存有交流.

Subject in the painting: You want to know about your soul theme, so I need to step back. But this girl wants more information from me. Then, this girl wants to know about my personality traits because she likes talking with unseen friends. My personality traits can be sensed through how you depicted me in your painting. She senses a strong healing energy coming from me; since I am a healer myself. Moreover, I'm also someone who relays similar information as her, an individual who explores dimensions and communicates with entities of other dimensions. Just like this clairvoyant girl who wants to explore other dimensions and make friends with beings from those dimensions, I share the same inclination; I enjoy exploring different dimensions and engaging in conversations with their inhabitants too.

所以通过这⼀次我们就可以认识,就好像是作为⼀个朋友⼀样来建⽴这个连接来交流.然后我也可以通过她把我的疗愈能⼒去帮助那些需要疗愈的⼈.然后这个⼥孩⼦还想知道我的性格特征.我的性格特征是⾮常千百万化的,它并没有⼀个固定的,就是像你们的⼈格特征.因为你们⼀个固定的⼈格特征,那就说明他的思想是⾮常固定的,就是他是⼀个⾮常局限⾃⼰就是有很多束缚的.但是呢,对于我来说我可以有任何不⼀样的⾝份不⼀样的性情.我可以瞬间从⼀个美貌的⼥⼈变成⼀个⾮常凶狠的男⼈的形象.所以我的外在的形象它是随着我⾃⼰想要体现的样⼦去变化.⽽不是像你们物质世界,你们物质世界的变化它是⾮常微妙⾮常漫长的⼀个过程.

So through this experience, we can establish a connection and communicate as friends. And I can also use my healing ability to help those in need by channeling it through her. Then the girl also wants to know about my personality traits. My personality is incredibly multifaceted; it doesn't have a fixed character like yours. If your personality traits are fixed, it means that your thoughts are very rigid and you're quite limited and bound by many constraints. However, for me, I can embody any different identity or disposition instantly. I could switch from the appearance of a beautiful woman to a very fierce man in an instant. Therefore, my outward appearance changes according to how I want to present myself, unlike the subtle and prolonged process of change in your material world.

但是我们可以瞬间的去变成我们想要去变成的⼀个模样.然后还有什么信息想要跟你们传达,也就说我跟她⼀样是喜欢去探索不同的维度.因为当这个连接建⽴过后,我可以去通过这个⼥孩的思想⽽去得到⼀种扩展,来对你们⼈类或者是对你们的族类有⼀个了解或者是有⼀个认知.因为我喜欢去就好像是结交朋友⼀样,去交不同的朋友,然后去产⽣不同的连接让我的能量可以得到更加的扩⼤,就是可以辐射到更多的⼈可以帮助到更多的⼈更多的存有.因为疗愈你们也在疗愈我们.因为我们都是在地球上,虽然是在不同的空间,但是我们都是在地球上.当你们的能量发⽣变化的话,就好像这个空间我们都可以闻到彼此的味道.

But we can instantly become the form that we desire to be. And what other information do I want to convey to you? That is, like her, I enjoy exploring different dimensions. Because after establishing this connection, I can gain an expansion through her thoughts, which gives me insight or understanding into your humanity or species. I enjoy connecting with friends in the same way, making new connections that expand my energy and allow it to reach more people, helping countless beings. Because healing you is also healing us. We are all on Earth, even though we exist in different spaces, yet we are here on Earth. When your energy changes, it's like this space where we can smell each other's essence.

那如果你们的空间很臭的话,我们也能闻到这股臭味.就⽐如说你的房⼦⾥⾯如果死了很多⽼⿏,虽然你看不到,但是地底下的臭味你能闻得到,明⽩吗?如果你们的能量是⼀种很臭的味道的话,那也会影响到我们.所以说帮助你们转变让你们的味道变得清⾹起来,那我们⾃⼰也会从这个过程和结果当中去受益.所以我们都连接在⼀起的,我们都是彼此的相互去映射或者是影响.还有什么信息想要知道或者是想要提问的?然后我想要传达给这个⼥孩⼦的信息已经传达给她.也就是说她以后可以在做疗愈的时候可以连接我的能量,然后我会去帮她做疗愈去分享我的能量.还有就是说当她想要成为⼀个变化,就是她想要变化出不⼀样的样⼦不

If your space smells unpleasant, we can smell it too, just like how you might detect a bad odor in your house even when you can't see the dead mice; you understand? If your energy were to have an offensive smell, that would also affect us. Therefore, helping you transform and making your essence more pleasant impacts us as well. This shows we're interconnected, reflecting or influencing each other. Do you have any other information you want to know or ask about? The message I wanted to convey to the girl has been shared with her. That means she can connect with my energy during healing sessions in the future, and I will assist her in healing by sharing my energy. Also, when she desires to change into a different form

⼀样的形态不⼀样的性格的时候,那她可以连接我的能量.因为我们的像你们所谓的变⾊龙变成另外⼀个样⼦的能量是⾮常的强⼤.然后她也可以去运⽤这个能量,让她瞬间可以切换到另外⼀个模式.

When it comes to having the same form but different personalities, she can then connect to my energy. Because our ability, akin to what you might call chameleons transforming into another form, is incredibly powerful. And she can also utilize this energy, allowing her to switch instantly to another mode.

问: 想问⼀下我的灵魂主题? JO: 你叫什么名字?

Q: I'd like to ask about my spiritual theme.

A: What's your name?

问: XXXJO: 你就好像是⼀个孩⼦⼀样,来到物质世界是想要显现⼀种轻松没有拘束、轻快、愉悦或者快乐或者是像个孩⼦在玩耍的那样的状态.所以你更多的是想要通过你的这⼀次的⽣命体验来给这个沉重的地球能量带来,因为地球的能量是很沉重的很严肃就是很死板就是很死⽓沉沉,想要给这个死⽓沉沉的能量带来⼀丝⽣机⼀样.就是好像是⼀堆枯草⾥⾯的⼀朵鲜花的那种感觉,就好像是点缀.明⽩吗?

Ask: XXXJO: You seem like a child, wanting to manifest a sense of ease, freedom, lightness, joy, or playfulness when you enter the material world. Therefore, more than anything else, you wish to bring some liveliness to this heavy Earth energy because the energy here is very dense, serious, rigid, and stagnant. You want to infuse this life with a spark of vitality, like a flower in a field of dead grass or as an embellishment. Understand?

问: 还有想问⼀下我跟我⽗亲的关系?

Question: I also want to ask about my relationship with my father?

JO: 你稍等.你跟你⽗亲的关系也想是没有多少活⼒,像是死⽓沉沉,就是它不是能量很流畅很顺畅或者是很轻松的⼀个状态.它是有⼀点沉重.但是这个沉重的能量好像是来被你玩转⼀样,就是来被你把⼀个严肃沉重的事情把它变成⼀个很轻松很愉快的事情.就是这个课题它也是来体现出你的⽣命主题,让你如何把⼀个⽐较沉重的关系变成⼀个⾮常轻松愉悦快乐的过程.

JO: Wait a moment. The relationship between you and your father appears to lack vitality; it feels stagnant or dull, not characterized by smooth, easy, or flowing energy. There's a certain heaviness to it. However, this heavy energy seems destined for you to play with, transforming something serious and burdensome into a light-hearted and joyful experience. This task also serves to illustrate your life theme, showing you how to turn a more沉重 relationship into an incredibly轻松愉悦 process.

问: 我是外星灵魂吗?

Question: Am I an extraterrestrial soul?

JO: 你不是外星灵魂,但是你选择这⼀世想要去玩转各种,像刚才说的你想要去玩各种.这种玩就是脱离物质世界,你会有⼀种跟外星和其它维度连接的⾮常easy,就是⾮常轻松,好像有⼀个连接在那⾥.因为你想玩嘛,那你就想把什么东西都拿来玩⼀下.然后当然物质世界本⾝就是死⽓沉沉的,那你就需要去注⼊更多外在的能量或者是外在引来的新的东西.这么说吧,就⽐如说你是⼀个⼩⼭村⾥⾯的.但是你却特别有新意有创新,然后想玩.⽬前你们⼩⼭村⾥的颜⾊,你拥有的画笔颜料已经不能满⾜你.你想要更多的,所以你就从国外去进⼜去进⼀些你们当地没有的,明⽩吗?

JO: You are not an alien soul, but you have chosen this lifetime to play with various things, like what you just mentioned that you want to play with. This kind of playing involves detaching from the material world, and it becomes very easy for you to connect with outer space and other dimensions, almost effortlessly, as if there's a connection already there. Since you want to play, you are looking to bring in everything to play with. Of course, the material world itself is dull, so you need to inject more external energy or new things from outside. For instance, imagine yourself living in a small village. Yet, you have unique creativity and an urge to play. Currently, the colors available in your village, along with the brushes and paints you have, are not enough for you. You desire more, so you seek to import items that aren't locally available, making sense?

所以这就是好像是有⼀种你要把其它维度的能量通过你接到这个世界上来,来让你展现出来.因为你很喜欢去玩转⼀切,然后来给你们这个世界带来⼀线⽣机,让这个死⽓沉沉的地⽅带来⼀线活跃或者是新能量或者是新的⾎液进来.

So it's like you're trying to bring energy from other dimensions into this world through you, so that you can manifest it. Because you really enjoy playing with everything and bringing a spark of life to your world, reviving the stagnant place with new energy or vitality or fresh blood flowing in.

问: 感觉我像希望⼀样是吧?

Question: Does it feel like I'm a hope to you?

JO: 就像刚才说就好像是枯草堆⾥开出来的⼀朵鲜花,⼀朵红花的感觉.

Just like how it feels to find a beautiful red flower blooming in a pile of dry grass.

#### 2023/07/16 — 东莞现场通灵集会Spirit Gathering in Dongguan Live Venue

第⼀个⼈JO: ⾸先我们⾮常开⼼你们主持了这场聚会,然后感恩和感谢每⼀个加⼊的灵魂.因为每⼀个都不会有错.可以开始提问了.

First Person JO: We are very happy that you hosted this gathering, and we give thanks and gratitude to every soul who joined. For there is no mistake with each one. You may now begin asking questions.

问: 我们如何才能达到离开地球的意识和频率呢?

Question: How can we achieve the consciousness and frequency of leaving Earth?

JO: 你⾸先要明⽩的是你们是⾮常⾮常宝贵和难得的机会来到这⾥.来到这⾥对你来说是你⾮常需要的,所以你才会来到这⾥.你们不要把这⾥当成⼀个是你排斥或者想要脱离的地⽅.当你在排斥或者是想要脱离的时候,你就需要来到这⾥,明⽩吗? 所以说你⾸先你需要⾮常的兴奋,就是你花了你⼀⽣的积蓄到了这⾥.到了这⾥你又想马上⾛…. 这是你⾮常宝贵,你需要exciting,就是我好兴奋 finally I’m here.你看你们马斯克花那么多钱想去另外⼀个星球,对不对? 那你说如果你们花了全世界所有的钱和⽆数条⽣命过后,你才说我怎么脱离这⾥呢,明⽩吗? 这不是很傻吗?

JO: What you need to understand first is that you are a very valuable and rare opportunity to be here. You have come here because it is something you really need, which is why you're here. Don't think of this place as somewhere you want to reject or get away from. If you feel like rejecting or getting away, then you need to be here; do you understand? So what you first need is excitement - that you've saved your whole life's wealth to come here, and now when you're here, you want to leave immediately... That's really precious for you, because you need excitement. Think about how much money Elon Musk has spent trying to go to another planet; right? And if after spending all the world's resources and countless lives, you're thinking about how to get out of here, do you understand that this is rather foolish?

之所以让你想要脱离这⾥,这个才是你需要去突破的点,才是你需要去做的功课,明⽩吗? 所以不是说你是为了脱离它这个⽬的.因为当你有了这个

The reason you feel the urge to escape from here is precisely what you need to overcome and the task you need to undertake. Understand? It's not just about escaping this situation as your goal; it's because when you have this understanding...

⽬的,你就会来到这⾥.因为你还没有明⽩ why you are here,就是为什么你在这⾥.

The purpose is that you will come here, because you have not yet understood why you are here, which is the reason for your presence here.

问: 那我们学习这些灵性知识去提升我们的灵性和智慧只是为了享受这个过程是吗?

Q: So, are we studying these spiritual teachings to elevate our spirituality and wisdom solely for the enjoyment of the process?

JO: 你说你学什么和做什么,它的⽬的是做什么,这些你⾃⼰可以去定义它.你⾃⼰可以去定义它对你意味着什么.不是说外在我们来给你定义.那你不是变的和废物⼀样吗? 你的⼈⽣需要别⼈来给你定义吗? 如果你觉得它对你没有意义,那你就不要去做.去做那个对你来说⾮常有意义的事情.没有对和错,没有你必须要学习我们的东西,没有.明⽩吗? 因为这个不是说你们每⼀个⼈都必须要去学习这个,就好像你们的义务教育所有⼈都必须要去学.没有的.有的⼈他就是来体验这种⽆知,他就是来体验这种迷茫,明⽩吗? 他就是想要彻底的忘记,我不想要有任何的提醒.我在这⾥玩过家家,你突然来打醒我说这是⼀个游戏.

JO: You talk about what you study and what you do, and the purpose behind it, which you can define yourself. You have the freedom to determine its significance for you. It's not about us defining these things externally; then wouldn't you just become like garbage? Would your life be defined by others? If you find that it doesn't resonate with you, don't do it. Focus on what truly matters to you. There are no right or wrongs here, nor any necessity to learn our way. Understand? Because this isn't about everyone being forced to do the same as their compulsory education; there's no such thing. Some come to experience ignorance, to navigate through confusion. Do you understand? They want to completely forget, not wanting any reminders. I played house, and suddenly you're here to shock me into realizing it was all just a game.

我就想完完全全的enjoy,就想完完全全的投⼊到其中.你⼲嘛要把我叫醒? 我做梦做的正好.

I just wanted to fully enjoy it and fully immerse myself in it. Why would you wake me up? I was having such a good dream.

问: 但是我们本⾝是从⾼维来的吗?

Question: But are we inherently multidimensional?

JO: 你说的是哪⼀个你? 你要知道如果真正的说是源头是从哪⾥来的? 那就是从来都没有离开过,不是有⼀个从那⾥来然后去到哪⾥.只好像是⼀棵上百年很古⽼的树,你是树枝头的⼀⽚叶⼦.明⽩吗? 但是你这⽚叶⼦是全新的,体验对你来说都是全新的.

JO: You're talking about which you? You need to understand that if we were truly tracing the source of origin, it wouldn't have left anywhere. There isn't a coming from one place and then going to another. It's like an ancient tree that's been around for centuries; you're just one leaf at the tip of the branch. Do you see? But your experience is new; everything you encounter is new to you.

问: 就是我们现在就是活在当下,享受当下就好了?

Question: Aren't we just living in the present and enjoying it right now?

JO: 你的⽣命你⾃⼰去定义,不是我们来告诉你你需要怎么做.

Your life is defined by you, not us telling you how to live it.

问: 请问在我的世界中只有我⾃⼰是吗? 其他⼈都是我⾃我意识的分⾝吗?

Q: Am I the only one in my world? Are all others merely avatars of my own consciousness?

JO: 你体验的都是你⾃⼰的⼀个状态.就⽐如说我今天状态好,我看什么都顺眼.我今天状态不好,看什么都不顺眼.那你说是不是你⾃⼰的状态? 那你就知道实际上外在都是来配合你,就是来给你映射出我现在很烦躁,我现在很消极,我现在战⽆不胜.就是⽆论什么都是你⾃⼰投射出去的.

JO: All you experience is your own state. For instance, if I'm in a good mood today, everything seems fine to me. If I'm not in a good mood, nothing pleases me. Would you say that it's your own state? That means you understand the external world is actually responding to you, reflecting back that I'm very frustrated, I'm very消极, and I can't win any battles. Whatever it is, it's all being projected by you.

问: 就其他⼈也是我⾃⼰对吗?

Question: Am I also everyone else to myself?

JO: 是你的⼀个频率决定了你要体验什么.⽐如说对⾯做的⼈就是⼀个杀⼈犯,他坐在我⾯前.但是我的能量可以把他温柔的那⼀⾯给体验出来.为什么? 因为我看到他的痛,你们所有⼈都看不到.你们所有⼈看到的都是⼀个杀⼈犯,他背负了多少罪名.你们看到的都是这个.但是我只是看到了他受到了⽆数的伤害,明⽩吗? 那当他的⽆数的伤害被⼈看到之后,他永远都不会杀⼈了.为什么? 因为他就想要别⼈感受到他的痛,他觉得没有⼈感受到他的痛.但是在我⾯前,我看到了,我感受到了.他还需要通过杀⼈的⼿段让别⼈感受到他经历的痛吗? 不需要了,明⽩吗?

JO: It is your frequency that determines what you experience. For example, the person opposite me might be a murderer sitting in front of me. But my energy can experience his gentle side. Why? Because I see his pain - something none of you see. All of you only see a murderer with so many crimes on their shoulders. That's all you see. But what I saw was that he had endured countless harms, do you understand? When the无数 injuries he has suffered are seen by people, he will never kill again. Why? Because he wants others to feel his pain and feels that no one understands it. But with me, he is seen and felt. Does he still need to use murder as a means for others to experience his pain? No longer, do you understand?

问: 那在我们的意识成熟之后需要去帮助其它未成熟的⼈吗?

Question: After our own consciousness matures, do we need to assist others who are less mature in their consciousness?

JO:你没有任何是你必须需要去做的.但是当你⾃⼰思想发⽣转变,你在⾃动的去服务于你们这个集体意识.为什么呢?你想就⽐如说你们开始有⼀些观念,就⽐如说以前的⼥⼈都要裹脚,对不对?那当有⼀个⼈觉得⼥性不需要受到这种折磨,开始转变这种思想.那是不是你们所有⼈都因为这个思想⽽开始受益了,明⽩吗?因为当你的思想处于⼀种积极正⾯的状态的话,⾃然⽽然你就会辐射到你⾝边的⼈,其他⼈,更多的⼈.你会影响到你的孩⼦,你的孩⼦会影响到其他孩⼦,其他孩⼦会影响到他们的⽗母.就像你们之前疫情传播的时候,不是从⼀个⼈开始的吗? 明⽩吗? 所以你需要去做什么呢? 你唯⼀需要去做的就是做你⾃⼰,就是看见,⽽不是说看不见.

JO: There's nothing you have to do. But when your own thoughts change, you're automatically serving the collective consciousness of this group. Why is that? Imagine, for instance, that people used to think women should be bound in foot wraps, right? When one person feels that women shouldn't suffer from such torment and starts changing their thoughts on it. Isn't it true that all of you began benefiting from this idea because of this change in thought? Do you see how when your thoughts are positive, naturally they spread to the people around you, others, more people? You influence your children, who then influence other children, who in turn influence their parents. Remember how during the previous pandemic, it didn't start with one person, did it? Do you understand now what needs to be done? The only thing you need to do is to be yourself, to see and not pretend you don't see.

因为⼤多数的⼈在这⽬前的这个阶段他们是看不见的,他们是迷茫的,他们是需要引导的.但是当他们看见了,他们就蜕变了.他就不再是眼睛被蒙住的,他就不再会⽤匮乏或者是破坏、恐惧的⽅式去做⼀些⾏为了.

Because most of them cannot see at this stage, they are confused, and they need guidance. But once they do see, they transform. They no longer have their eyes covered; they will not act out of scarcity or destruction, fear in the way they used to.

问: 那我们怎样才能做到没有分离⼼呢?

Question: How can we achieve unity without division?

JO: 就算你⽬前有分离⼼,那也是宝贵的体验.你也不需要我马上要把这个分离⼼ get rid of it,就是把它给清清除掉,我抗拒这个.你不需要这样.为什么? 因为当你在抗拒它、排斥它的时候,你就越需要这个功课.因为你还没有从中去受益,就这个功课你还没有学到.为什么呢? 因为当你学到了过后,你就会开始领悟你为什么会抗拒它.你把它转变了呀.你把这⼀堆粪便变成了化肥,它让你的花和草长的越好,⽽不是说我让这个粪来恶⼼你.你是去转化它.因为这⾥没有别的东西.你们总会觉得这⾥有⼀个坏的东西,我要get rid of it,我要把它仍掉,我要把它去除掉.没有坏的东西.

JO: Even if you currently experience separation, that is a valuable experience. You don't need me to immediately get rid of this feeling of separation. I am resisting this feeling, and there's no need for you to push it away either. Why not? Because when you resist or reject it, you actually need it more. You haven't benefited from it yet; this lesson isn't something you've learned. Why is that? Because once you learn it, you'll begin to understand why you were resistant in the first place. You transformed it into something useful. You turned a pile of waste into fertilizer that helps your plants and grass grow better instead of making you sick with the waste itself. You're transforming it because there's nothing else here. You always feel like there's something bad, and you want to get rid of it, throw it away, or remove it. There is no such thing as a bad thing.

坏的和好的都是在你们这⾥,在你的眼睛⾥⾯,在你的⼼⾥⾯.所以有问题的是你的观念,有问题的是你的认知,有问题的是你的看不见.这个才是.这⾥没有任何东西你需要把它给除掉吧.

The bad and the good are all here, in your eyes, in your heart. So there's a problem with your perspective, with your cognition, with what you can't see. This is where the issue lies. There's nothing here that needs to be removed.

问: 那我现在接纳⾃⼰的这个状态,然后再去转换,是这样吗?

Q: So, I understand that I should accept my current state and then switch, is that correct?

JO: 你是说⽐如这种分离⼼我要怎么去转化? ⽐如说你现在是个⼩朋友,你妈妈要离开,你哭,你⼀直跟着妈妈,你哭你伤⼼.你觉得你到了你三⼗岁,你妈⾛你还会哭吗? 所以你需要去拿现在这个你去看待你以后要怎么办.为什么呢? 因为当你在成长的时候,你⾝上的壳,就像⼀颗种⼦在成长在突破⼟壤的时候,那个壳⾃然⽽然就掉了,明⽩吗? 它不会⼀直跟着你.你不需要刻意的说我今天要拿掉⼀个什么,明天要拿掉⼀个什么.不需要.你只需要去成长.

JO: You're asking how to transform this sense of separation in your heart, like when you were a child and your mother had to leave, making you cry because you wanted to follow her, feeling sad as she left. Do you think that at age thirty, if your mother were to leave again, would you still cry? So you need to apply the current mindset you have to how you'll handle future situations. Why is this necessary? Because as you grow, the shell on your body, like a seed growing and breaking through the soil, naturally sheds its shell without effort or intent. It doesn't stay with you always. You don't need to刻意 focus on removing certain aspects today or tomorrow. There's no need for that. Just allow yourself to grow.

问: 我们知道物质世界的⼀切都是投射.那我们进⼊到修⾏圈也是投射是吧? 因为我们经常会把⾼僧⼤德上师…JO: ⾸先你要知道不是我们.是你,⽽且是⽬前的这个你,⽽且是在我们这个信息还没有进来的那个你.等⼀下又是另外的你了.所以明⽩这个道理吗? 所以你说的只是某⼀些现象,某⼀些⼈.但是你们这⾥有⼏亿⼈,每⼀个⼈在每⼀个⽚刻每⼀个阶段都是不⼀样的.所以就好像天上千变万化的云⼀样.你会盯着云的形状让它怎样怎样吗? 不会的.就算你现在是有这样⼦的⼀个… 不代表等⼀下我们信息结束了还有这样⼦的⼀个,就是头脑⾥的这些问题.就像刚才说的你只需要去允许⽣命⾃然⽽然的发⽣变化.你渐渐渐渐的你就会去恍然⼤悟.

Q: We know that everything in the material world is projection. Then entering into the spiritual circle is also projection, right? Because we often project high monks, great masters, teachers...

JO: First, you need to understand that it's not us; it's you, specifically your current self, and this self before our information arrives. You see another one momentarily. So do you understand this principle? What you're talking about is just certain phenomena and certain individuals. But here, billions of people exist, each person in every moment at every stage being different. It's like clouds changing in the sky. Would you try to control their shapes? No way. Even if right now you might have such thoughts... it doesn't mean that after our information ends there will still be these thoughts lingering in your mind. You just need to allow life to naturally evolve and change, little by little, until you gradually understand.

问: 刚的意思就是不管是什么样的⾓⾊,他们仍然是幻像是吗? JO: 他们是谁?

Q: Does "刚" mean that they are all illusions regardless of their roles?

JO: Who are they?

问: 教导我们的这些⼈间的⼤师啊,这个通灵的⼥孩⼦啊.⼤家都是剧本⾥的⾓⾊,是这样吗?

Q: Guide these great masters among humans and this spirit-communicating girl. Are we all characters in a play, right?

JO: 你们每⼀个⼈每⼀个灵魂就选择了你这个⾁体选择了你这个剧本,它都是来让你⾃⼰去突破去体验的.然后幻像,幻像是什么呢? 就⽐如说你内在有⼀些恐惧投射出幻影来让你害怕,那个是幻像,明⽩吗? 但是那是因为你⾃⼰内在投射出去,你把它当真了.你⾃⼰地上的影⼦,然后你说这是个⿁⼀直跟着我,它是个⿁,你好害怕.那你是不是在幻像当中? 那如果我们把灯光拿掉,没有影⼦了.那你是不是就明⽩了? 那这只是你去认识和看到的⼀个过程,明⽩吗? 就算我们不告诉你这是个幻像,你逐渐逐渐地也会发现这个根本不是⿁啊.你会发现每个⼈都有影⼦,这是⾃然⽽然的事情.

JO: Each one of you, each soul has chosen this body and the script for your life to go through personal growth and experiences. Illusions - what are illusions? For example, if there's fear within you that manifests into a projection making you fearful; these are illusions, do you understand? But they're because you project them internally and take them seriously. Like shadows on the ground that you perceive as being haunted by a ghost – it’s a鬼 following you around - you’re in an illusion. If we were to turn off the lights and there was no shadow, would you then see the reality more clearly? This is simply a process for you to recognize and understand. Even if I don’t tell you they're illusions, over time you'd realize that it's not a鬼 at all. You'll discover that everyone has shadows, which is a natural occurrence.

问: 那⽐如说我们在修⾏途中看到遭遇的分裂,这是幻像还是我内在的投射呢?

Question: For instance, when we encounter division on our path of cultivation, is this an illusion or a projection of my inner self?

JO: 你们在修⾏当中… 你要知道你们⽬前地球上体验的都是这些.就算你们修⾏体验… 你们国家哪个不是分裂? 你们发明武器是为什么? 你们这些都来⾃于什么? 来⾃于你们集体意识觉的我是弱的,我需要武器,我需要政府,我需要很多这些东西来武装我让我强⼤.但是这些都是来⾃于什么?来⾃于你觉得你是弱的,就是来⾃于你的恐惧.你如果没有这个恐惧呢?如果你知道⽣命其实都是⼀体的.所以说这是⼀个需要你们认识的过程.所以⽆论这个现象要不要通过你的修⾏圈投射出来,还是通过⼀个政治圈投射出来,还是通过娱乐圈投射出来.就好像不同的镜⼦,我通过这个玻璃还是通过这个镜⼦还是通过这个⼿机屏幕.外⾯的相还是你的脸啊.

JO: During your practice... you need to understand that everything you're experiencing on Earth right now is related to this. Even if you experience it during your practice... all countries are divided, which one isn't? The weapons you invent for what purpose? All of these come from what? From the collective consciousness that I am weak, I need weapons, I need a government, and I need many things to arm me so that I can be strong. But where do these originate from? They originate from your belief that you are weak, which is due to your fear. If there were no fear? If you knew life is actually one whole being, then this would be the process of understanding for you. So whether this manifestation needs to be projected through your circle of practice, or through a political circle, or through an entertainment circle... it's like different mirrors; I project through this glass, this mirror, or this phone screen; the outer reflection is actually your own face.

问: 那⽐如说我们现在这⼀场JO传导的会议,也是我想体验的.那在我的实相中看到的会和其他⼈看到的会都是不⼀样的是吧?

Question: For instance, this Jyothi (light) transmission meeting we are having now is also something I want to experience. Would the way it appears to me in my reality be different from how others see it?

JO: 你说呢? 你⾃⼰都能知道,⽐如说这个⼥孩⼦带出来的信息,你们每⼀个⼈对它的感悟,你能明⽩还是不能明⽩或者说你现在明⽩但是明天就忘了,或者你真的明⽩,它把你敲醒了.但是⽆论怎么样,这个都是在你们进化的这⼀步台阶.你们不是只是你们,因为你们⾝后都会有⾮常⼤的影响⼒.你们不要觉得你们只是个平凡的⼈.你们每个⼈都不平凡.如果你觉得你平凡的话,你就想⼀下你们的新冠疫情.为什么⼀个平凡的⼈可以让全世界所有的⼈都感染,你告诉我?明⽩吗?那你就知道你的思想,你的传播是⼀样的呀.所以说哪怕你今天你⼀点都听不进去,你们全部都听不进去.但是这个信息它们整理成⽂字,很多年过后,⼀个⼈听进去了.还是会发⽣转变.

JO: What do you think? You can clearly understand the information brought by this girl, or your perception of it; whether you can understand it or not, or if you understand it now but will forget about it tomorrow, or if you truly understand it and it wakes you up. Regardless, this is a step in your evolution. It's not just "you"; because behind each one of you there are very significant influences. Don't think that you're just an ordinary person. Each one of you is extraordinary. If you feel like you are ordinary, then consider your COVID-19 pandemic. Can you understand why a seemingly ordinary person can infect everyone around the world? Understand this, and you'll see that your thoughts and their spread operate in the same way. Even if today none of it makes sense to you or anyone else; these messages, when written down and passed on through time, will eventually reach someone who is able to understand them, leading to transformations regardless of initial comprehension.

所以说当我们这个能量进来过后,它就算没有通过你,没有通过他、没有通过她.很多年过后通过你们的孩⼦,它也会呈现出来,明⽩吗?所以这个能量现在进来了,它就会发⽣转变.只是它可能不会是通过你们能得到的⼀个⽅式,明⽩吗?所以你不要去否定你去经历或者体验的任何⼀切.因为它服务的是⼀个整体.你可回去过后还是同样的迷茫痛苦.但是你不知道通过这些信息,这些种⼦提出来了.它没有在这⾥开花,它也会在那⾥.就好像⼀个⽕种,它不从这⾥燃烧也会从其它地⽅燃烧.这是必然的,明⽩吗?

So when this energy comes in, even if it doesn't go through you, him, or her; years later, it will manifest through your children, do you understand? This means that the energy has now entered and it will undergo transformation. However, it might not manifest in a way that you can access directly. Do you understand? So don't dismiss any experiences or processes you go through as they serve the whole. Even if after reflecting on this information, your confusion and pain remain unchanged. But you might not realize that these messages were being planted. They didn't bloom here, but they will elsewhere. Like a spark, it can ignite regardless of where it originates from. This is inevitable, do you understand?

问: 我们在平时的⽣活中不⽤把外在当真吧?

Question: Should we take externals seriously in our daily lives?

JO: 你把它当真也是⾮常有意义的体验啊.你把它当真就好像过后,你就会体验到,哇,原来是这么痛苦.你体验这个痛苦过后,那你就对众⽣都有⼀个理解了,都能感同⾝受了.你就能对他们产⽣⼀个慈悲⼼了,对不对? 那它是不是就可以让你进⼊到⼀种爱? .

JO: It's a very meaningful experience to take it seriously. When you take it seriously, then you'll experience the pain after, oh my god, this is how painful it is. After experiencing that pain, you will understand and empathize with sentient beings. You can develop compassion for them, right? Does that mean it could lead you into love?

问: 因为我这⼏⼗年就是太当真这样.

Q: Because I've taken this too seriously over these few decades.

JO: 那也是很好的体验啊.这些体验,你们所有的体验和经历就好像你们这⼀⽣不断地去搜集素材.搜集素材后,等你醒悟的这⼀天.哇,我⾝边这么多素材,每⼀个你都可以把它变成武器,每⼀个都是来让你把它变得独⼀⽆⼆,来让你变得强⼤,来让你更加灵活的去运⽤这些武器.所以你们没有⽩⽩体验的任何⼀天.如果有⽩⽩体验的⼀天,就是你的意识不觉醒,就是你不去看清楚事情.就是你收的不是素材,⽽是⼀堆垃圾.那它是⼀堆垃圾,它肯定就是死在那⾥.你没有把它进⾏创作.

JO: That's also a great experience. All of these experiences and experiences are like accumulating material throughout your life. After collecting the material, on the day when you realize something, wow, so much material around me! Each one can be turned into a weapon, each one is meant to make it unique, to make you stronger, and to allow you to be more flexible in using these weapons. So there's no wasted day of experience for any of you. If there's a day considered wasted, it means your consciousness hasn't awakened; it means you're not seeing things clearly. Instead of collecting material, you're gathering garbage. That's just garbage, and it definitely stays there. You haven't transformed it into something meaningful.

问: 那我们从体验中获取智慧和感悟,对吧?

Question: So we gain wisdom and insights from our experiences, right?

JO:我跟你讲就算你没有任何体验和感悟,没有任何这些.你像个机器⼈⼀样在做这种事情.你就很痛苦嘛.然后这个⼥孩⼦她体验的是想要去帮助这些痛苦的⼈.那她在帮助你的过程,是不是就转变她了?就是去在帮助你的过程,她会去遇见神去感受到⽆条件的爱.因为是她接受爱.不是你.你觉得你在接受你觉得你在享受她的好或者什么.但是更多的是那个⼈,明⽩吗?那其实你就好像是⼀个模型或者是⼀个道具⼀样.那她会发⽣很⼤的转变啊.那是不是也⾮常的有意义.为什么呢?因为她的转变就带领着整个⼈类的转变.所以说这也不会像你说的没有意义或者什么.因为你不知道这个bigpicture,你不知道这个whole picture.

JO: I'm saying that even if you have no experiences or insights, and are doing these things like a robot, you would be suffering greatly. Then the girl experiences wanting to help those in pain. Does this transformation occur for her as she helps you? She encounters God and feels unconditional love through this process because she is receiving love, not giving it. You might feel that you're enjoying or benefiting from her kindness, but in reality, you're like a model or prop. This is a significant shift for her. Why is that meaningful? Because her transformation leads to the transformation of humanity as a whole. So, this isn't meaningless, as you suggest; you simply don't understand the bigger picture or the full scope of things.

你只能看到你眼前的⼀丁点东西,还是幻像.为什么?因为它是投射出你内在⼀些没有清理的能量,只是恐惧或者是什么的.所以你不需要⽤你的头脑去弄明⽩.为什么呢?因为你们弄不明⽩.

You can only see a tiny bit in front of you, or it's an illusion. Why is that? Because it projects some unprocessed energy from within you, just fear or something else. So you don't need to use your mind to understand why. Why not? Because you cannot understand it.

问: 请问在你们⾼维的层⾯还会存在因为不同意见⽽聚散分离吗?

Question: Does dispersion and reunion occur due to differing opinions at your higher-dimensional level?

JO: 这只有你们才会.只有你们在学习在体验,才会.明⽩吗? 你就好像这个空⽓有没有什么分裂? 这个空⽓,那个空⽓,明⽩吗? Nothing there,什么都没有,你怎么分裂? 只有你们有了我,才开始有了分裂了.

JO: This is something only you would understand. You are the ones learning and experiencing it. Do you see that? It's like asking if this air has split into parts? This air, that air - do you understand? There's nothing there, how can you possibly think of dividing it? Only when we have you entering our world does division start happening.

问: 好的,那⾼维都是共赢协作?

Question: Alright, then high-dimensional cooperation is about win-win collaboration?

JO: 没有任何.因为没有⽬的地.也没有⼀个⽬标.nothing.你头脑是不是又坐不住了?

JO: Nothing. Because there's no destination. And there's no goal. Your mind can't stay still again?

问: 关于⾷物.我们觉得这个⾷物吃了发胖那个⾷物吃了会怎样.如果我们只是感恩⾷物,只是吃了开⼼….

Q: When it comes to food, we wonder how certain foods make us gain weight and what happens when we eat them. If we just express gratitude for the food and enjoy eating it...

JO: 这种状态你不会需要很多⾷物的.你们是过量的是⾷物… 就⽐如说我⽀持⼀点点就可以维持我的⽣命在⼀个运⾏的状态.那你们会不断地想要吃,那个才会导致… 这么说吧,当你们处于在你只是你的⾁体的时候,你⽆意识的状态下或者是吃东西可以分泌⼀种快乐.那你可能会因为你⼼情不好或者是,有太多了,每⼀个⼈都不⼀样.但是你们⾝体不需要被⼤量的⾷物塞满.当你们的⾝体被⼤量的⾷物塞满的时候,那是因为你还是⼀种以⾁体运⾏的模式在运⾏.那你说那些在做他们⾃⼰激情的事情的时候,他们是废寝忘⾷的.他们不需要⾷物的.为什么呢? 因为源头就不断地在给他提供能量.他不需要⾷物去获取能量.

JO: In this state, you wouldn't need much food. You're overeating... as in, I could just support myself with a little bit of food to maintain my life in operation. But you would constantly want to eat; that's what leads to... Let me explain it this way: when you are simply your body in an unconscious state or eating can produce happiness, then perhaps because of bad mood or overindulgence, and everyone is different. But your body doesn't need to be filled with large quantities of food. When your body is filled with large quantities of food, that's because you're still operating in a physical model. You say those who are pursuing their passions don't eat or sleep; they don't need food. Why? Because the source constantly provides them with energy. They don't need food to gain energy.

问: 那如果我们保持刚刚说的上⾯的信念的话,那如果我们就算摄⼊含有化学物质的….

Question: But if we maintain the faith as just discussed above, what if we even ingest substances containing chemicals...

JO: 你要信任你的⾝体.你如果真的是在这样⼦的状态和观念的话,你的⾝体它不会对有⼀些⾷物产⽣兴趣的.它不会有那个欲望,明⽩吗? 它看着那个它不会想吃.为什么呢? 因为你是在合⼀的状态.你的⾝体是⾮常敏感的.你的⾝体哥你合⼀,没有跟源头分开的话,你什么都知道.你不会出现⼀个你不知道的情况、别说⾷物了,这条路我⾛的对不对,你都不需要有这个问题,明⽩吗? 因为你是没有被蒙着眼睛的,你的感官是没有被关闭的封闭的状态.所以你能感知到⼀切.

JO: You need to trust your body. If you are truly in this state of mind and beingness, your body won't be interested in certain foods. It won't have that desire, understand? It looks at it and doesn't want to eat it. Why? Because you are in the oneness state. Your body is very sensitive. When your body is in unison with its source, you know everything. You don't need to wonder about things like food; much less whether this path I've chosen is right for me. You wouldn't have that question because you're not being blinded, your senses aren't closed off in a sealed state. Thus, you can sense everything.

问: 下⾯的问题能不能连接我的⾼我来回答? 我想问⼀下在⼏个⽉前我在梦中得到你的指引要我去修复我与我上⼀任的关系.我想问⼀下是你的指引吗? 然后我和我的前任在灵魂层⾯…JO: 这么说吧,你⾸先在问我的什么⾼我的时候,你就把我们分开了.就把你是你,我是我,把我们对⽴出去了.所以这⾥还有⼀个你和我的问题吗? 明⽩吗? 没有.

Q: Can you connect to my higher self to answer these questions? I'd like to ask if the guidance I received in a dream several months ago, urging me to mend my relationship with my ex-partner, was indeed from you. Then, did it happen at that time when we were soul-level connected? JO: Let's put it this way, by asking for my guidance during your connection to your higher self, you've essentially separated us. You're positioning yourself as distinct from me and opposing our connection. So, is there still a question about the relationship between you and I here? Do you understand that there isn't anything more to this question beyond our individual selves?

问: 那这种很明显的指引性的… JO: 来⾃于你⾃⼰.

Q: That kind of obvious guidance... JO: Comes from yourself.

问: 那我和我的前任在灵魂层⾯的使命完成了吗?

Question: Have my mission with my ex in the spiritual dimension been accomplished?

JO: 当你对他没有任何怨恨,当就算他伤害了你,你也觉得他是在服务于你.这就结束了.就是你对他没有产⽣任何怨恨,明⽩吗? 如果你还对他有怨恨的话,你还需要再去体验这堂课.

JO: When you have no resentment towards him, and even if he harms you, you still believe that he is serving you, then it's over. You simply don't have any resentment towards him, do you understand? If you still harbor resentment towards him, then you need to experience this lesson again.

问: 他们说这是累⽣累世积累的问题…JO: 他们是他们.你可以停⽌说他们他们.为什么? 因为你们每⼀个⼈的观念和思想,他们⾃⼰创造的实相告诉你了,你每⼀个都接受的话,你就分裂掉了.明⽩吗?

Q: They say it's a problem of lifetimes accumulating... JO: They are who they are. You can stop saying 'they're'. Why? Because every one of you has been told by the reality that your own mind and thoughts created, if accepted, that you're divided. Get it?

问: 那我在梦中常常得到⼀些指引,我是否需要去跟随?

Question: If I often receive guidance in my dreams, do I need to follow it?

JO: 你需要不需要去跟随? 你⾸先要知道这些信息它就好像是⼀⾯镜⼦⼀样通过你内在的东西、梦境让你看到让你notice,让你注意到.那你注意到,你是不是就可以去清理了?

JO: Do you need to follow this? The first thing you need to know is that this information acts like a mirror through your inner self, dreams, and it reveals things to you so that you can notice them and be aware of them. Once you notice, can you then proceed to clear them?

问: 这个通灵的⼥孩⼦多次出现在我的梦中.请问我们之间有什么灵魂的联系?

Question: This spirit girl appears in my dreams multiple times. What is the soul connection between us?

JO: ⾸先她本⾝就是你们物质世界的指导灵.你们都有指导灵.但是指导灵跟你们没有办法接触没有办法连接.那通过她,你们的所有都会通过⼀个,就好像扔⼀个东西后它都会通过⼀个最easy的⽅式.但是这也是你⾃⼰的⼀个轨迹,明⽩吗?就好像是你说的物质世界的指导灵.因为可以帮助你.但是这个来⾃于你⾃⼰内在,你的⼀个欲望和欲望.不是来⾃于她,明⽩吗?她只是敞开⾃⼰,所以说你⾃⼰带领⾃⼰⾛上这条路来到这⾥.就好像只是⼀⼜井,那我⼜渴了我就要朝这个⽅向⾛.⾛到那⾥有⽔喝.所以它还是来⾃于你⾃⼰.因为你才是那个主⼈,你掌握着你⽣命的进度.我到底要继续再体验⼀辈⼦的痛? 还是说当下我决定我不体验这个了.

Firstly, she herself is your guide in the material world. You all have guides. However, they cannot connect with you or interact with you directly. Through her, everything will be transmitted to you as if throwing something where it will go through its simplest path. But this is also part of your own journey. Do you understand? It's like a guide in your physical world who can help you because she comes from within you - your desires and needs. She doesn't originate from her, do you see? She simply opens herself up, meaning that you lead yourself on this path to arrive here. It's like walking down a well; when I'm thirsty, I have to walk in that direction until I find water. So it still comes back to you because you are the one who controls your life journey. Do I continue experiencing pain for another lifetime? Or do I decide now not to experience this anymore?

决策在你们⾃⼰⼿上.这就是为什么是当下的⼒量,因为只有在当下你才能合⼀,彻底的去转变它.它没有在将来.

The decision is in your own hands. This is why it's about present power because only now can you integrate and transform it completely as it has no future.

问: 在梦中常常感应到别⼈在现实中的状况,我的朋友家⼈啊这些.我常常会梦到他们在现实中的问题.

Question: I often sense the conditions of others in reality during my dreams, such as my friends and family. I frequently dream about their issues in real life.

JO: 他们就好像是⼀个演员或者是电影⼀样.你⾃⼰头脑会不断地去吸取不断地去给他们的⾏为去定义.你的潜意识⼀直在运作的.

JO: They're like an actor or a movie, your mind continuously tries to digest and define their actions. Your subconscious is always at work.

问: 表明上我觉察不到?

Q: It seems that I am unaware of it?

JO: 通过这⼀层任何向你显现的,就⽐如说你要是梦见你的⼀个朋友在你的梦⾥很绝望.那实际上是你需要看到你有⼀个绝望的情绪在你这⾥,明⽩吗?

JO: Whatever manifests through this layer, for example, if you dream that a friend of yours is very hopeless in your dream. That actually means you need to recognize that there's a sense of hopelessness within you, understand?

问: 最后还是要回到我⾃⼰⾝上来?

Question: Ultimately, it has to do with me again?

JO: 是的.

Yes, JO.

问: 然后我就清理它是吗?

Q: Then I clean it up, right?

JO: 那你看到了,你⾃⼰就可以在当下做出跟你⾃⼰内在同频的⼀个选择.

In that moment, you can make a choice aligned with your inner self.

问: 我有⼀个舅舅中风偏瘫,在⽆意识的状态下被家⼈照顾了九年.今年去去世了.我想问他为什么要体验这个? 有没有什么话想说?

Question: I have an uncle who suffered a stroke and became partially paralyzed. He was cared for by his family in a state of unconsciousness for nine years until he passed away this year. I wonder why he had to go through this? Is there anything he wanted to say?

JO: 你们有⼀个最⼤的错误的认知就是你觉得他的灵体在⾥⾯.你们灵魂都不在⾥⾯,你们只有⾁体在这,明⽩吗? 没有任何⾁体可以束缚或者困住灵魂.你看到动物被杀掉后它还在那⾥动,但是它的灵魂早就跑了.你伤不到灵魂的.如果你们觉得你们可以伤害到灵魂的话,就好像你去⽤鞋不停的打地上的影⼦⼀样.

JO: The biggest misconception you have is that you believe his spirit is inside. Your spirits are not inside; you only have bodies here, understand? No body can restrict or imprison the soul. You see animals still moving after they've been killed, but their souls have long since departed. You cannot hurt a soul. If you think you can harm a soul, it's like hitting at a shadow on the ground with your shoe constantly.

问: 但是他的家⼈这⼏年就很⾟苦啊.

Question: But his family has been suffering in these past few years, hasn't it?

JO: 那是他们的⼀个执念或者是他们对⽣命的⼀个不理解,或者是他们从这个洋娃娃,你把他看成⼀个洋娃娃,过家家,对吧? 洋娃娃陪我喝茶,明⽩吗?

JO: That's their fixation or misunderstanding of life, or they see this doll as a companion, like playing house, right? The doll drinks tea with me, do you get it?

问: 他去世后不就他在我的梦中对我说爱我,我觉得他的能量很温暖.我想问这是托梦还是我的⾃我疗愈?

Question: After his death, didn't he tell me in my dreams to love me? I feel that his energy is warm. I wonder if this was a prophecy or self-healing for me?

JO: 其实你没有必要⽤你的头脑去搞清楚到底是怎样怎样.你其实需要搞清楚的就是我的振动频率是恐惧的? 合⼀的? 充满爱的? 这个才是需要去搞清楚的,明⽩吗? ⾄于它的来源其实都是找⼀个合理的名词让你的头脑安静.因为你头脑就是⼀个说法,你不给我⼀个说法我今天就那个什么.我就不⼲了,我就要⼀个说法.好,给你⼀个说法.就这样.明⽩吗? 你头脑永远都搞不明⽩的,你记住这句话.就算它搞明⽩了也是个假象.

JO: Actually, you don't need to use your mind to figure out exactly how it works. What you really need to understand is whether my vibration is one of fear, unity, or love. That's what needs to be clarified, do you see? As for its origin, it's just finding a reasonable word to calm your mind. Your mind is simply an explanation; without giving me an explanation, I won't continue with this; I need an explanation; okay, here's an explanation. That's all there is to it. Do you understand? Your mind will never figure it out, remember this sentence. Even if it does understand, it's just a illusion.

问: 我哥的⼥⼉从⼏个⽉⼤的时候就很排斥我.我想知道我跟她在灵魂层⾯是怎么回事? JO: 你们经常在⼀起吗?

Q: My brother's daughter has been against me since she was a few months old. I want to know what's going on at a soul level between us. A: Do you spend time together frequently?

问: 没有经常.但是⼩时候很排斥我,让我觉得很受伤.

Question: Not often, but when I was young, she would reject me, causing me a lot of pain.

JO: 她多⼤?问: 11岁吧JO: 你稍等.她叫什么名字?问: XXXJO: ⾸先如果你放下想要去改变你们的关系,你们的关系就会被改变.你好好去想这句话.就是你放弃想要去改变她对你的感受或者是她对你应该要怎么样.然后就会发⽣转变.因为你会觉得这⾥有问题,你会觉得她对我这种态度是有问题的.

JO: How old is she? Q: About 11 years old, JO? Wait a minute. What's her name? Q: XXX?

JO: Firstly, if you let go of the desire to change your relationship, the relationship will indeed change. Think about this sentence carefully. This means that by giving up the idea of changing how she feels towards you or how she should behave towards you, there will be a shift. Because you feel something is wrong here, you think her attitude towards me has some issues.

问: 对对.因为她从婴⼉的时候就会这样对我.

Q: Yes, because she's been doing that to me since she was a baby.

JO: 所以这就是你的问题.你就听这句话.

So this is your problem. Just listen to these words.

问: 请问适合我的天赋才能的发展⾯相是什么?

Question: Could you tell me what kind of facial features are suitable for the development of my talents and abilities?

JO:你的⾏动能⼒和组织能⼒和影响⼒,就是这种融合,就是组织能⼒特别强.你可以做很好的像是桥梁.就⽐如说今天要举办⼀个活动,然后你需要安排所有的.这是你的⼀个才能.

JO: Your capability in action, organization, and influence is what you're blending together, particularly your strong organizational skills. You can act as a great bridge. For example, if an event needs to be organized today, you would arrange everything. This is one of your talents.

问: 但是我平时不太喜欢做这些.因为我觉得有点繁琐.

Q: But I don't really like doing these things in my free time. Because I find them a bit cumbersome.

JO: 因为你现在还像⼀个⼩树苗⼀样.我们说你这棵树会长的多壮或者是怎样.你说我现在才长了两⽚叶⼦啊,不是⼀棵树啊.明⽩吗? 所以不要去给在⾃⼰有任何定义.因为你还没有见到真正的那个你.

JO: Because you're still like a little sapling now. We say how strong this tree will grow or what it will be like. You say I just have two leaves right now, not even a tree yet. Understand? So don't define yourself in any way because you haven't seen the real you yet.

第⼆个问: 我想要被疗愈.

Second question: I want to be healed.

JO:你稍等,我们需要去感受⼀下你的能量.我们感受到你⾝上有很多没有表达和释放的情绪.所以你选在就好像是⼀个雕塑.这个雕塑被很多很多的泥⼟给裹住,它完完全全的没有呈现出它本来的样⼦.你需要你⾃⼰去愿意,需要你能看见这个泥⼟裹着真正的你.所以这个钥匙在你⼿上.如果你允许,我们才可以进⾏下⼀步的清理.把你⾝体放松下来.你不需要去在乎任何⼈,你也不需要去在乎别⼈怎么来说你别⼈怎么看你.为什么呢?那个内在的真实的你,它永远不会去伤害任何⼈.就连你的声⾳都不是你真实的声⾳.你知道为什么吗?因为你有太多太多想说的话和想要表达的⼀些想法.它都没有被释放出来.所以说你眼⾥都没有看到你⾃⼰的才华.

JO: Wait a moment, we need to experience your energy. We sense that there are many unexpressed and unreleased emotions on you. So you've chosen something like a sculpture. The sculpture is covered with a lot of soil; it's completely not showing its true form. You need to be willing for yourself, you need to see the soil covering the real you. So this key is in your hand. If you allow us, we can proceed with the next step of cleansing. Relax your body. You don't have to care about anyone else or how others talk about you or how they perceive you. Why? The true inner you would never hurt anyone. Even your voice isn't truly yours. Do you know why? Because there are too many things you want to say and feelings you want to express that haven't been released. Thus, you can't see your own talents in your eyes.

这些能量你不需要,你也不需要让它继续停留在你⾝上.因为你现在告诉我,你要不要把它脱离掉? 告诉我!问: 要JO: ⼤声⼀点.问: 要

These energies you don't need, and you don't need to have them remain with you either. Because now I ask you, do you want me to remove them for you? Tell me!

Question: Do you want JO: Speak louder.

Question: Do you want

JO: 你的能量不够⾜.你的能量不够⾜的话,就好像你现在是⼀颗蛋,你⾃⼰要能突破,就是把它突破你⾃⼰才能孵化出来.说.

JO: Your energy is insufficient. If your energy isn't sufficient, it's like you're now an egg; you need to be able to break through yourself, that is, to hatch out of the egg by yourself.

问: 要JO: 说!问: 要JO: 说!! 没听到!问: 要

Q: Ask JO: Say! Q: Ask JO: Say!! I didn't hear! Q:

JO: 不够.你在在乎别⼈,你在在乎旁边有没有⼈是不是? 快⼀点!问: 要JO: 快⼀点,不够!

JO: Not enough. Are you caring about others? Are you concerned if someone is there or not? Hurry up! Question: JO: Hurry up, it's not enough!

(中断)(前⾯中断,再次进⼊会议接第三个⼈)第三个⼈JO: 所以你永远都会有⽅向在你的左右.因为我们感受到你这个你这个⼤愿它不是为了你个

Interrupted (Previous session was interrupted, re-entering the meeting for the third person) Third Person JO: So you will always have a direction on your left and right because we feel that this great vow of yours is not just for yourself.

⼈的… 所以你就好像可以为了这个愿望不吃不喝.因为好像其它东西已经不能激发出你的任何激情和欲望.就好像是飞蛾扑⽕全然不顾的那种能量在你的内在.

Human's... so you could go without eating or drinking for this desire, as if other things can no longer stimulate any passion or desire in you. It's like the energy of a moth to a flame, completely不顾一切.

问: 现在阻碍我成为真正⾃⼰的卡点或者疗愈的点在哪⾥? 请JO帮助我疗愈.

Question: What is the blockage or healing point that prevents me from being my true self now? Please help me heal, JO.

JO: 你稍等.这么说吧,你好像你那种已经做好准备牺牲的⼼⾥,但是我们告诉你,不需要牺牲,你需要的是enjoy 享受,明⽩吗? 因为在你的那股能量当中,你好像觉得这是需要交换.交换什么? 我牺牲,就是最好的来形容你的这个,明⽩吗? 你好像是要放弃你的需求,把你的全⾝给舍出来⼀样.但是你不需要交换,明⽩吗? 你不需要把你⾃⼰给出去.为什么? 你是把你⾃⼰给活出来.给出去和活出来是两个概念.因为你给出去,你给的东西是⾮常有限的.这么说吧,我把你当猪⾁卖,你能卖多少⽄? 你能卖多少钱? 哪怕猪⾁最贵的时候,⼀百多块钱⼀⽄.你能卖多少钱?

JO: Wait a moment. Imagine you're someone who's ready to make sacrifices. But let me tell you, there's no need for sacrifice; what you need is enjoyment. Understand? It seems as if you believe that some sort of tradeoff is required - like, by sacrificing myself, I'm describing your mindset perfectly. It sounds like you're willing to abandon your own needs and offer yourself completely. But there's no need for a tradeoff, understand? You don't have to give yourself away. Why? Because you live out your self instead of giving it away. Giving and living are two different things. The amount you can give is limited. For instance, if I were to sell you as pig meat, how many kilograms could you be sold for? How much money would you fetch? Even at the most expensive time, a kilogram of pork might go for over 100 yuan. How much could you actually be sold for?

但是呢,你却能创造出⽆限的⾦钱,是没有办法去⾦钱衡量的,明⽩吗? 那你能理解给出去和活出来的区别吗? 所以你现在的卡点就是来⾃于你想把⾃⼰给出去,把它转变成你要让⾃⼰活出来.这是不同的概念,明⽩吗? 因为当你活出来的时候,就好像是点亮⾃⼰.当你亮了,你⽆论⾛到哪⾥,那些⾝处⿊暗的朋友都能看到光.那他能看到光了,你需要给什么吗,明⽩吗? 所以他们⾃然⽽然就是被照亮.

But you can create infinite wealth that cannot be measured by money, do you understand? Can you comprehend the difference between giving and living out of yourself? Therefore, your current block is coming from wanting to give yourself away and transform it into needing to live it out. These are different concepts, do you understand? Because when you live it out, it's as if you're shining a light on yourself. When you shine, no matter where you go, your friends who are in the darkness can see the light. If they can see the light, what do you need to give, do you understand? So they naturally receive the illumination.

问: 那是不是我⼀世对情感、⽣孩⼦没有任何兴趣? 就像前⾯说的….

Question: Does that mean I have no interest in emotions or having children for my entire life, as mentioned earlier...?

JO: NO NO NO NO,你说的还是那个记忆当中的你.但是我们现在是来重新发芽.刚才说的是⽑⽑⾍阶段的你,那我们现在说的是蝴蝶,明⽩吗? 所以那个蝴蝶的你会怎样你会知道吗? 你不知道.为什么? 你还没体会它.

JO: NO NO NO NO, You're still talking about the old you in your memory. But now we're trying to blossom again. What was discussed earlier was the caterpillar version of you, so now we're talking about the butterfly - do you get it? So, will the new butterfly version of you know how to live its life? You don't know. Why? Because you haven't experienced it yet.

问: 我当下最⼤的束缚是什么?

Question: What is my biggest constraint right now?

JO: 就刚刚说的给出去和活出来的区别.活出来,ok? (听不清) … 因为我们看到的是对⽣命的⼀个热爱,欢乐和享受.⽽是你能去玩转⼀切,⽽不是说好痛苦,我们必须要把我们的⽣命给出去,这个世界才能变得美好.NO,不是的.

JO: The difference between what was just said about giving and living - okay? (Inaudible) ... What we see is a love for life, joy, and enjoyment. It's about being able to play with everything, not about saying it's all so painful that we have to give our lives for the world to become beautiful. No, that's not right.

问: 那这个是因为什么⽽来? 可以疗愈吗?

Question: Why does this happen? Can it be healed?

JO:你稍等.它也来⾃于你有⼀世想要去做这件事情,但是没有做好,就好像你⼀直想要去考试,但是⼀直考不过.所以它就对你有⼀种压迫感,就觉得我这⼀世⼀定要过,明⽩吗?你就觉得你这⼀次⼀定要过.然后我们来转变、疗愈⼀下这个能量.我们可以邀请没有过,⼀定要过的那⼀世.我们感受到它还压抑了很多那种想要特别… 就是悲惨哭泣的… 就好像是哭诉.然后它让你有⼀种隐隐约约的悲观或者是悲伤,就是不轻松不快乐.然后这种不轻松和不快乐让你在⽣活中总是有⼀些犹豫不决,就是没有放开你的⼿脚,明⽩吗? 你没有放开

JO: Wait a moment. It originates from your desire in past lifetimes to do something but failed to accomplish it. Like wanting to take an exam and failing every time. This creates a sense of pressure on you, feeling that this lifetime must be different, right? You believe this time will be different. Let's channel and heal this energy by inviting the past life where you did not succeed but were determined to do so. We can feel how it still harbors intense emotions, almost like lamenting or crying out in sorrow. It leaves you with an underlying sense of pessimism or sadness that doesn't allow you to feel轻松or happy. This feeling of being weighed down by stress and negativity results in indecisiveness in your life, as if unable to fully let go.

你的⼿脚,你就不能完完全全的去⼤展拳脚,明⽩吗? 所以它会让你在事业⽅⾯很难突破.这个也是很⼤的⼀个卡点.你可以先依附⼀些能量.依附什么能量呢? 就是那些没有任何恐惧,⼤胆前⾏的能量,明⽩吗? 就好像是想到要⼲,马上就⼲那种.明⽩吗? 因为你们每⼀个灵魂,实际上它的个性都不⼀样.它⾝上所残留的也不⼀样.如果你去找到这种搭档,他的⾏动⼒⾮常强说⼲就⼲,不会顾虑很多,不会思考前因后果很多.那这样⼦他可以拽着你的能量⾛出来,知道吗? 然后我们在清理⼀下你残留的.这边有上天给你带来的信息,把负担交给它们.你愿意吗?

Your limbs, you can't fully show your capabilities; understand that? Hence, it makes it hard for you to break through in your career. This is also a significant bottleneck. You can first rely on some energy sources. What kind of energy should you lean on? It's the type of energy without any fear, boldly moving forward. Understand? Like when you think something needs doing, you just do it immediately. Understand? Because every single soul actually has different personalities and traits attached to them. If you find a partner with strong action power who acts as soon as they decide to, considering very little beforehand or after effects, then this person can lead your energy out in motion, right? Then we'll clean up some of your residual energies. Here is divine information sent to you; are you willing to entrust the burden to them?

问: 愿意JO: (听不清)

Question: Would you like to?

Jo: (Inaudible)

第四个⼈问: 我和我⼉⼦之间的关系? 还有我的感情关系?

The fourth person asks: About my relationship with my son, and also my emotional relationships?

JO: 你跟你⼉⼦之间的灵魂主题是吧? 你⼉⼦叫什么名字?问: XXXJO:我们感受到你对你⼉⼦有⼀点拉扯他的能量.就是让你不能完完全全的去⾃信的做⾃⼰.就是他在受你的能量的影响.他本⾝是⼀个特别有想法.然后你作为⼀个母亲的能量会对他有影响.所以你隐隐约约的会觉得有⼀股好像不能完完全全的成为⾃⼰和做⾃⼰的⼀个概念.

JO: The soul theme between you and your son is, right? What's your son's name?

Question: XXX

JO: We feel that there is an energy pulling at your son, which prevents you from fully believing in yourself. It's as if he's being influenced by your energy. He has his own unique ideas, but your maternal energy impacts him. Hence, you might sense a subtle notion of not being able to fully be and do yourself.

问: 那孩⼦爸爸呢?

Question: And what about the child's father?

JO: 你们在⼀起多少年? 他叫什么名字?问: 25年,叫XX.

Together for 25 years, his name is XX.

JO: 我们感受到你这个能量就好像是两个玻璃球⾥⾯,就是你在⼀个玻璃球⾥⾯,他在⼀个玻璃球⾥⾯.你虽然能看到,但是实际上没有什么很深的连接感.所以就会让你在那种,就觉得⽐较孤单孤单,就是有⼀种好像林黛⽟的那种感觉.你的能量就好像是⾮常的不快乐.

JO: We feel your energy as if you were in two glass balls, each of you in one ball. Although you can see each other, there is actually no deep connection. This makes you feel quite alone and somewhat isolated, like someone from a story about Lin Daiyu who felt very unhappy and melancholic. Your energy appears to be filled with sadness.

问: 是JO: 所以这个关系都需要你化解.问: 怎么去化解?

Q: J.O.: So you have to resolve these relationships. Q: How do you resolve them?

JO: 你们所有⼈只要是来到这⾥,你就要知道去化解的任何关系都来⾃于你,明⽩吗? 是从你这⾥.因为就是你转变过后,外在的⼀切才会发⽣转变.所以这⾥的能量变了,然后你跟你先⽣、孩⼦的关系才能发⽣转变.他们就会发现他们好像重新有了另外⼀个妈妈.就是你们以家⼈都能感受到就好像有⼀点死⽓沉沉,就不是那么其乐融融或者是欢快或者是很活跃.都好像在玻璃球⾥⾯⼀样,就是他有他的⼼思,你有你的⼼思这样.

JO: Everyone who comes here, you need to understand that any relationships to be resolved come from you, do you see? It's coming from you because only after your transformation will everything external change. So the energy here has changed, and then your relationship with your husband and children can change. They would realize they have another mother as if. That everyone in the family feels like there is something lifeless, not so joyful or lively or active. It's all like being inside a glass ball; he has his thoughts, you have yours.

问: 我的轨道在哪⾥?

Question: Where is my track?

JO:是来⾃于你的选择.如果你觉得就是我现在很喜欢我的⽣命,我现在很想要去找到另外的,就是完完全全的活出⾃⼰.如果你有这个强烈的愿望,我们就会牵着你的⼿,明⽩吗?所以你知道出路在哪⾥了吗?明⽩吗?你可以选择重⽣、改变.你也可以选择我继续这个模式.这个来⾃于你.但是呢,如果你要选择重⽣的话,我们会牵着你的⼿,明⽩吗?

JO: It's based on your choice. If you feel that I'm really enjoying my life right now and want to fully live out myself, if you have this strong desire, we will guide you, understand? So do you know the way out yet? Do you understand? You can choose rebirth, change. Or you can choose for me to continue this pattern. It's up to you. But if you choose rebirth, we will guide you, understand?

问: 我的灵魂使命是什么?

Question: What is my soul's mission?

JO: 你稍等.⼒量,你这⼀⽣来到这⾥就是要找到⼒量.因为很多事情你都缺少你内在的呢股深⼊的⼒量.所以说你需要唤醒它.唤醒它,你就会重⽣.你不唤醒的话,你永远都是虚假的⼀个你.就好像是迈出去⼀样,你又不快乐又不能(听不清)… 就是反正也没多⼤问题.就好像是这种状况,就要死不活的.这是你的灵魂主题,这⼀⽣是为了要拿到它.

JO: Wait a moment. Power, you have come to this place in your life to find power because there are many things that you lack the deep inner strength for. Therefore, you need to awaken it. Once you awaken it, you will be reborn. If you don't awaken, you'll always remain a false version of yourself. It's like taking a step out but neither happy nor able... Essentially, there isn't much trouble. Just being stuck in between, not fully alive or dead either. This is your soul's theme; this life was for the purpose of acquiring it.

问: 我想做疗愈?

Q: I want to do healing?

JO:你⾸先要知道我们刚刚说,就好像要拿到⼒量.就好像你现在是个⼩朋友⼿⽆⼨铁之⼒.我们现在是找到⽅法了,OK,这是器材.你去练,慢慢肌⾁越来越⼤越来越⼤.你是不是要选择我每天去健⾝房(听不清),对不对? 那你说我疗愈能帮助你变成⼀个⼤⼒⼠吗? 那我们现在在交流已经是在给你疗愈了.为什么呢?因为头脑⾥都是污⽔,活⽔进来了就⾃然⽽然把污⽔给排出去了,明⽩吗?但是你接下来的灵魂主题是什么?是拿到你的⼒量.拿到你的⼒量就需要你不断不断地(听不清)… ⼒量越来越⼤(听不清), 明⽩吗? 但是我们的信息⾮常的有⼒量.所以你只需要去跟随这个⼥孩⼦的信息,每⼀次它都会帮你健⾝⼀样,明⽩吗?

JO: First, you need to understand that what we just discussed is like acquiring power. Right now, you're a child with no iron to wield. We've found the method; okay, this is the equipment. You practice, and gradually your muscles will grow bigger. Do you choose to go to the gym every day (inaudible), correct? Then, can I claim that my healing can help you become a strong person? Our conversation itself seems like therapeutic for you. Why is that so? Because there's toxic water in your mind; fresh water enters and naturally flushes out the toxins. Do you get it? But what is your soul's next theme? It's about acquiring power. Getting power requires continuous (inaudible)… Power grows bigger (inaudible), do you understand? But our message carries tremendous power. So, all you need to do is follow this girl's guidance; each time she helps with your workout similarly, do you get it?

那就看你到底愿意花多少时间做这个健⾝的动作.下⼀个.

That depends on how much time you're willing to spend doing this exercise. Next.

第五个⼈问: 我来到这⾥不知道⼲啥,挺空虚的.

The fifth person asks: I don't know what to do here and feel quite empty.

JO: 现在没有⽅向是吧? 你可能会觉得有些⼈他有⼯作他有事做,他们其实(听不清),明⽩吗?所以说你这个迷茫根本就是正常的.因为你们很多⼈觉得我有这个想法那个想法,其实还是在迷茫的状态.他会说⼈家说⽬前最流⾏做直播那我就去做,⽬前最流⾏开餐厅那我就开餐厅.他们虽然有事做,你觉得他们不是迷茫吗? 明⽩吗?

JO: Are you feeling lost right now? You might think that some people who are working and busy actually don't hear clearly or understand what you're saying, right? So your feeling of being lost is completely normal. Because many of you believe in having these ideas and thoughts, but still remain in a state of confusion. They would say something like "everyone says live streaming is the most popular thing to do now, so I'll start doing that," or "everyone's saying opening restaurants is the trend at the moment, so I'll open one." Even though they have things to do, don't you think they are also feeling lost? Do you understand this concept?

问: 做我该做的事?

Question: Am I doing what I'm supposed to do?

JO: 不是.(听不清) 表⾯上的不迷茫,实际上还是迷茫的状态.那你⾄少要知道我其实并不是让JO来给我找事做.因为你的这个迷茫感会把你引到你的道路上去. 所以这个迷茫是你的台阶,⽽不是要get rid of it,不是把它打掉.打坏了,你从哪⾥上去? 你继续提问.

JO: It's not that I'm not confused on the surface; I'm still in a state of confusion inwardly. You should at least know that I didn't ask JO to find me something to do. Because your sense of being lost leads you down your own path. So this confusion is your stepping stone, not something to get rid of or knock down. If you break it, how will you climb up? Keep asking questions.

问: 我最近很恐慌.

Q: I've been extremely anxious lately.

JO: 好的,我们来连接⼀下你的能量.我们感受到就好像,这么说吧,有⼀句话是说连魂都没了.你现在的状态就有⼀点点就是连魂都没了的状态,明⽩吗? 就⼼神不安.你想⼀个⼈连魂都没了,你⾝体是不是也好不了.所以你还会有⼀些⾝体不好.你稍等.你知道你们有⼀个叫招魂吗? 接下来就会去做招魂这样⼦的⼀个… 你知道你为什么连魂都没了吗? 因为你太去满⾜你这个⾁体了,明⽩吗? 当你只顾着专注于满⾜于你⾁体的欲望,它慢慢慢慢就会脱离掉,你们所谓的灵魂,明⽩吗? 所以你现在要转向⼀个,就是你要注重于精神层⾯的⼀些需求.因为你不太去注重精神层⾯⼼灵层⾯的这种.

JO: Alright, let's connect your energy now. We can feel as though there's a saying that implies you've lost your spirit or soul. Your current state feels like you're in a situation where you've lost your soul, understand? You're restless and anxious. If you imagine someone having no soul, their physical health wouldn't improve either. Therefore, you might experience some bodily issues as well. Please wait. Do you know about something called 'summoning the spirit'? What we'll be doing next is summoning the spirit like this... Do you understand why you've lost your soul? It's because you're overly indulging in satisfying your physical body. Understand? When you focus solely on fulfilling your physical desires, it slowly starts to detach from what you consider as your soul. Therefore, now you need to shift towards prioritizing spiritual needs instead of just focusing on bodily and material aspects.

⽐如说我让你(听不清)… 我要买东西呀,吃吃喝喝呀,明⽩吗? 所以就是这样⼦的状态.你现在要把它交换回来吗? 确定你不想再继续体验⼀下满⾜⾃⼰的⾁体吗?

For instance, if I let you hear... I am buying things, eating and drinking, do you understand? So it's like this state. Are you going to swap it back now? Are you sure you don't want to continue experiencing the satisfaction of your body for a bit longer?

问: 确定JO: 你需要⼀个决⼼.你如果真的决⼼进⼊到这个(听不清),你需要去,就好像拜这个⼥孩⼦为师⼀样,明⽩吗? 为什么你要拜她为师? 因为你是⼀个很(听不清)的⼈,明⽩吗? 但是如果你被⼀个师傅带的话,就会对她产⽣⼀种连接感.因为你对虚幻的,⽐如说我让你拜个神或者什么,你没有连接.因为你对虚幻的没有… 如果是我这个⾁体的话,你会有强烈的(听不清)… 然后师傅⾝上的能量… 你就会不断地从她那⾥借光⼀样.⽐如说她⾝上(听不清)… 那你从她⾝上取暖⼀样,明⽩吗? 这就是在借她的能量,明⽩吗? 所以那你⽤你的⽅式去和她拜师,好吗? 因为这是⼀个逐渐合⼀的过程.

Q: How do you ensure success in JO?: You need determination. If you're truly determined to go through with this (the unclear part), you should approach it like learning from her as a disciple, get it? Why would you want to become her disciple? Because you are someone who is... (unclear). Understand? But if you have a master guide you, there will be a connection. You won't have that connection when you're dealing with something abstract, like me asking you to worship a god or anything like that. When you deal with the abstract, you don't have... If I were just a physical being, you'd feel a strong... The energy from her master... You would continuously borrow from her, understand? This is borrowing her energy, get it? So you should follow your own way of becoming her disciple, right? Because this is a process of gradually uniting.

问: 我怎么样可以和我的⼤⼥⼉合⼀?

Question: How can I reconcile with my eldest daughter?

JO: 当你就是说去达到那样⼦的状态下,其他事情你⾃然⽽然地… 现在还没到那个节⾻眼.问: (听不清)JO: 如果这是你(听不清), 不需要别⼈教.这个通灵的⼥孩⼦,你们谁能教她? 这个世界上没有任何⼀个⼈可以教她的,明⽩吗? 所以如果是你⾃⼰的激情,你就会知道路怎么⾛,就会知道每⼀步该怎么样.如果不是,就像我们刚刚说的那些话,你觉得你没有⽬标,他们现在做直播我就跟着做,那就有⽬标了? 明⽩吗?

JO: When you talk about achieving that state, other things naturally... You're not there yet. Q: (Can't hear) JO: If this is you (can't hear), no need for someone else to teach. This spiritual girl, who can teach her? No one in the world could teach her, understand? So if it's your own passion, you would know how to go about it and how each step should be taken. But if not, like what we just said, do you feel that you have no target? They're doing live streams now, so I'm following along, does that mean there's a target? Understand?

问: (听不清)JO: 就刚才说你现在就好像招魂⼀样,把你的魂招回来.踏踏实实的发⽣连接,就好像你现在飘.

Q: (Inaudible)

JO: Just like you were trying to spirit your soul back earlier, grounding yourself and making a real connection as if you're now floating.

问: 那怎么招魂呢?

Q: So, how do you summon a spirit?

JO: 刚才说了呀.你是不是在通过跟她的⾁⾝,就你们所谓的⾁⾝菩萨⼀样.那你(听不清)她的⾁⾝,是不是就好像她的能量在罩着你⼀样,对不对? 就是这个过程.因为它这是在⼀点⼀点的融合,⼀个逐渐的过程.

JO: You just said it. Are you engaging in a physical connection with her, like what you call the embodiment of the Bodhisattva, making her essence surround you as if she's protecting you? It's this process where her energy is gradually merging with yours, right? This is happening because it's an incremental fusion.

问: 上次我跟你说的呢个事我还需不需要再接着做啊?

Question: Should I continue with what I discussed with you last time?

JO: 不要来问我们你要做什么不做什么.你只要内⼼觉得让你踏实,让你开⼼,让你爽,你就做.只要你觉得不喜欢的话,你就不要去做.为什么? 你内在的指引才是你的指引.别⼈的指引都是别⼈的指引,明⽩吗? 因为决定权和选择权在于你,只有你选择了重⽣,我们才会去助你⼀把推你⼀把,明⽩吗? 你要想继续体验你就继续体验.这是来⾃于你⾃⼰的选择.

JO: Don't come to ask us what you should or shouldn't do. Just follow your inner feelings that make you feel at ease, happy, and satisfied. If you don't like something, then don't do it. Why? Your internal guidance is the only one that matters. Others' guidance is not for you; understand this? Because the decision-making power and choice are yours alone; only when you choose to be reborn will we help push you forward, understand? You can continue experiencing if you want to; this comes from your own choice.

问: 我今⽣需不需要觉醒啊? 就要找到回家的路吗?

Question: Do I need to awaken in this life, like finding my way back home?

JO: 觉醒它是⼀个过程.就好像我们今天的信息来让你慢慢慢慢⾃我认识的⼀个过程.这是⼀个过程.但是每⼀步你都会越来越踏实,你现在最主要的是不踏实.就是不能踏踏实实,就好像我刚刚说的飘的.就感觉你是被这个潮流给带⾛,不是你⾃⼰的意愿想要做什么,你的意愿是什么.你就是被这股浪⼀下抛到这⼀下抛到那.所以很没有安全感.

JO: Awakening is a process. It's like the information we receive today that helps you gradually become more self-aware - it's a process. But with each step, you'll find yourself becoming more grounded. The main issue you're facing now is lack of grounding; you can't be solid and steady. You feel as though you're being swept along by the tide, not following your own desires or intentions. Your desire dictates where you go next, just like getting tossed from one wave to another. This results in a lack of security.

问: 那这个该怎么解决呢?

Question: How should this be resolved?

JO: 刚才说了呀,我们已经把你带上正确的路,让你去跟随她的能量去学习这些信息,慢慢慢慢的.为什么? 这是需要你选择… (中断)… 因为她的事情让你变得好像是没魂的⼈,因为这样你就没有⼼.没有⼼你就不会痛,所以你有⼀种⿇⽊⾃⼰在⾥⾯.就是你想要去⿇⽊你⾃⼰,因为你觉得如果你有⼼了你有魂了,就会有更深的痛.你有⼀种好像拒绝我⾃⼰,把我真个⼈带离地球上.因为你有⼀种好像不想活了,明⽩吗? 所以你就只想去满⾜这个⾁体.你只需要接受这个事实.因为如果你不接受的话,就好像你决绝去看到你的伤⼜.拒绝看到你的伤⼜就好像你都不让你的伤⼜疗愈.因为你都不让你的伤⼜打开.

JO: We have just explained to you that we are taking the right path and guiding you to follow her energy in order to learn these messages step by step, why? This is something you must choose... (interrupted) ...because her influence made you feel like a soulless being, because without heart, you would not feel pain. Therefore, you have a sense of numbness within yourself. You want to numb yourself because you believe that if you had a heart and soul, you would experience deeper pain. It feels as though you are rejecting yourself, pulling your true essence away from Earth. It seems like you're no longer willing to live because you think that by having a heart and soul, you'll be subjected to greater suffering. You feel as though you're refusing to accept me, taking yourself off this planet. Because it seems like you're just trying to satisfy the physical body, which is all you need to accept as reality. The reason being, if you don't accept it, it's as if you're rejecting seeing your wounds again. Refusing to see your wounds means that you are not allowing them to heal because you won't let yourself open up.

把所有的痛苦留给我们,因为我们没有⾁体,所以这些痛就没有(停留的)地⽅.只有它在你的⾝体⾥… 你让它脱离你,就是把这些所有的痛都给我们.你的痛是可以转移的.现在有了⼀个很好的地点,你不需要背负着它.你会感受到(听不清).每⼀次你跟师傅的接触,她都会⽤她的温暖… 你的所有伤痛都被拿⾛.下⼀个

Carry all the pain for us since we have no physical bodies, and therefore nowhere for these pains to settle. They only reside within your body... You give them to us by letting them go from you. Your pain is transferable. Now there's a great place here where you don't need to carry it anymore. You will feel (I couldn't hear clearly). Every time you connect with the master, she uses her warmth... All of your injuries are taken away. Next...

第六个⼈问: 我的天赋潜能是什么? 我未来的发展发现是什么?

Sixth person asks: What are my innate abilities and potential? What discoveries will I make in the future?

JO: 你稍等.⾸先就是说你的天赋潜能会跟⼀个东西出来.跟⼀个什么东西呢? 跟⼀个决⼼,就是你必须要决定去做每⼀件事情,它这个天赋潜能才会完完全全的打开,明⽩吗? 所以你要⾸先有(听不清)… 你有决⼼要做什么,你有了这个,你的后⾯那些才能出来?

JO: Wait a moment. First of all, your innate potential will manifest with something. What is it going to manifest with? It will manifest with determination - you must decide to do everything; only then will your innate potential be fully unleashed. Understand? So you need first (not clear)… You have the determination to do something, and once you have that, your other abilities will follow.

问: 我的灵魂主题是什么? JO: 你叫什么名字?

Question: What is my soul theme? JO: What is your name?

问: XXXJO: 你选择这这⼀⽣最主要的⽬的就好像是来给⾃⼰的⼀个挑战和⾃我的⼀个确定.因为在你内在你好像知道你有⾮常⼤的能⼒和抱负,就是想要去展现出来.就好像你可以让你有⼀个⽤武之地.那这个⽤武之地它就可以完完全全的去展现你的能量.

Q: Your main purpose in this life seems to be a challenge and confirmation of your own self. It's as if you know within yourself that you have tremendous ability and ambition, wanting to show it off. As though there's a platform for you to demonstrate your powers fully. And this platform allows you to展现 all your energy completely.

问: 我如何找到?

Question: How do I find?

JO: 你只有去通过合⼀的⽅式,它才能完完全全的把你的能量… 任何⽐如说(听不清) ,那实际上还是分裂,就是有⼀个我和你.所以说你必须要去,就好像这个⼥孩⼦做的事情,它既是在帮别⼈,也是在帮⾃⼰.为什么? 她通过你们不断地不断地去扩展,不断地多⽣命有各种体验,不断地去学习.那是不是这就是合⼀,明⽩吗? 那如果她只想着给你们留有恐惧,然后从你们的恐惧当中赚钱.那你只有⽤合⼀的⽅式才能真正的(听不清)问: 怎么样达到合⼀的⽅式?

JO: You can only achieve unity in a holistic way, allowing your energy to be completely... (indistinct), that is actually still division, meaning there's an I and you. Hence, you must do what this girl does; she helps others while helping herself. Why? She constantly expands her experiences across multiple lives, learning from each iteration. Isn't this unity? Understand? If her only concern is to instill fear in you for profit, then you can truly achieve unity by...

Question: How does one reach a state of unity?

JO: 你可以去探索啊.⽐如说在做什么,你是在完完全全的忘记了做它的… (听不清)…问: 能不能再给我解释⼀下?

JO: You can explore that. For example, what you're doing, it seems like you're completely forgetting to do it... (incomplete or unclear audio) Question: Can you explain this again for me?

JO: 刚才的信息说你有⽆限的潜能.你⾃⼰都没有见到过.为什么呢? 你都没有完完全全的展现出来.所以(听不清)(听不清)问: 我想知道我和我⽗亲的关系?

JO: The message just said you have unlimited potential that you haven't seen yourself. Why is that? You haven't fully shown it. So (inaudible) (inaudible). Question: I want to know about my relationship with my father.

JO: 你稍等⼀下,(听不清) 你听到这⾥的声⾳没有? 这是喝彩的声⾳.这是什么声⾳? 这是掌声.你们现在在做的得到了造物主对你们的喝彩和他们的掌声.这是⼤⾃然给你们的.为什么呢? 因为你们选择了⼀条正道.当你们⾛上正道的时候,你是会得到⼒量.刚刚这个话题正好… 当你去选择合⼀的,当你去选择正道,你都会被你的⼒量给吃惊.因为你在(听不清)… 造物主的、⼤⾃然的、整个宇宙的能量都在被你利⽤,明⽩吗? (听不清)问: 我只要找到我合⼀的⽅式我就能够得到源头的⼒量?

JO: Wait a moment. Can you hear the sound here? This is cheering. What's this sound? It's applause. You're doing something that the Creator applauds and claps for. It's nature giving it to you. Why? Because you chose the right path. When you walk on the right path, you will gain strength. The topic just now… When you choose unity, when you choose the right path, you'll be surprised by your own strength. You're using energy from the Creator, nature, and all of the universe, understand? (Inaudible) Question: If I find my way to union, can I obtain the power from the source?

JO: 整个宇宙的⼒量都在被你操控.这个⼥孩⼦就在给你们做⼀个例⼦.因为她⽬前就是合⼀的,明⽩吗?

JO: The entire force of the universe is under your control. This girl is just giving you an example because she's currently unified, understand?

问: 我跟我⼉⼦的关系?

Q: What's my relationship with my son?

JO: 我⾸先想要告诉你,你现在没有⾛上合⼀的道路,你跟你⼉⼦是⼀个关系.当你⾛上合⼀的道路,你跟你⼉⼦是完完全全的⼀个全新的关系.你要我们加深你现在的关系吗? 还是说你去(听不清).为什么呢? 因为你⼉⼦也会被你带上这条路.(听不清) 你就可以不⽤去管… (听不清)… 当你⾛上合⼀的路,你受到很多⼈的⽀持,明⽩吗? 也包括你的伴侣.因为它⼒量就通过你⾝边的关系呈现给你.(听不清) 因为每⼀个⼈都是通过关系从他那⾥来到这⾥,明⽩吗? (听不清) 所有的⼒量都会推着她,但是不是为了她,因为这⾥没有她,只有合⼀.

JO: First of all, I want to tell you that you are not on the path of unity now. You have a relationship with your son. When you step onto the path of unity, you will have an entirely new relationship with him. Do you want us to deepen this current relationship between you? Or are you just listening (incoherent)? Why is that? Because your son would be taken on this path as well (incoherent). You can just not bother about it… (incoherent)… When you step onto the path of unity, you receive a lot of support, right? Including from your partner. Because the power manifests through your relationships around you. (Incoherent) As every person arrives here through their connections, right? (Incoherent) All the forces would push her, but not for her, because there is no 'her', only unity.

(听不清) …第七个⼈JO: 你说吧,什么问题?

(Unable to hear clearly) ...The seventh person JO: Please speak, what's your question?

问: 我接收到了这些通灵信息,我每天看这些信息很激情.我想问我怎么去传播这些信息? JO: 你⾸先让这些信息服务于你.如果你真的能让这些信息服务于你,你的频率就是完全不⼀样了.当你的频率完全不⼀样的话,你就在转变他们了.为什么呢? 因为他们每⼀个⼈来到你⾯前都会被你的光照亮,都会被你温暖.为什么? 因为你的频率,就想象⼀下太阳的频率,本⾝都是温暖的,明⽩吗? 所以你⾸先你要活成这个信息⾥⾯的状态.那就是你能传播这些信息最好的⽅式,活出来.

Q: I have been receiving these spiritual messages, and I'm very passionate about reading them every day. Could you tell me how to spread these messages?

A: First, use these messages to serve yourself. If you truly allow these messages to serve your growth, your vibration will be completely transformed. When your vibration changes in this way, it means that you are influencing the others around you. Why is that so? Because every person who comes before you will be illuminated by your light and feel warm. Why does this happen? Your vibration alone already has a warming essence, like the sun's frequency. So first, live into the state described in these messages. That is the best way for you to spread these messages - by living it out.

问: 我想邀请对我影响最深的⼀世的灵魂来对话.上⼀世: 你说吧,什么问题?

Q: I want to invite the soul of the person who had the greatest impact on me in this lifetime for a conversation. From your previous life: You speak, what's the question?

问: 我知道在你的呢⼀世你有很⼤的抱负要去完成.我想问⼀下你的抱负是什么?上⼀世: 就是传播这些光.

Question: I know that in your previous life, you had great aspirations to accomplish something. I'd like to ask what those aspirations were. In the last lifetime: It was about spreading this light.

问: 那我这⼀世就是来替你实现这⼀个愿望的?

Question: Then, in this lifetime, I am here to fulfill this wish for you?

上⼀世: 不是替我.因为这⾥没有你和我,我们是⼀样的.问: 那你有什么好的建议给到我吗?

In our previous life, it wasn't for me. Because here, there's no you and I; we are the same. Question: Do you have any good advice for me?

上⼀世: 好的建议就像刚才带出来的信息,就是你先活出来.就是你⾃⼰活出来这样⼦的状态.就是这个.

Last lifetime: Good advice is like the information just brought out, it's about living first. It's about being in that state where you live yourself. That's all.

问: 那是什么导致你在那⼀世没有完成这个使命?

Q: What led to you not fulfilling this mission in that lifetime?

上⼀世: 这么说吧,那⼀世并没有结束.因为如果你这么理解,你会觉得那⼀世结束了.那⼀世现在正在进⾏中,明⽩吗? 还有你现在⾛上这条路,你就会不分彼此.就是你就不会觉得是我和你.因为我们就好像是在⼀种共同⽤⼒的状态下,任何你的转变就是我的转变.它都是⼀起的,⽽不是像你说的那⼀世是结束的那种.

So, let me put it this way: the previous lifetime has not ended because if you understand it that way, you might think that it has. This lifetime is ongoing, do you get it? And by walking down this path, you would see no distinction between us - meaning, you wouldn't feel like it's "me" versus "you". We are in a state where our efforts are shared, so any change in your state mirrors my own. It's all connected, unlike what you perceive as that lifetime being over.

问: 我第⼀次听到六祖慧能的时候,他的整个修⾏过程很快.为什么他会那么快的学成? 他是属于顿悟的那种状态.

Question: When I first heard about Sixth Patriarch Huineng, his entire cultivation process seemed very rapid. Why did he achieve enlightenment so quickly? Was he of the type who experiences sudden enlightenment?

JO: 因为其实你们真的只有当下,你们会觉得好像是⼀个积累的过程.不是.是你们完完全全的放下.因为你就会发现什么都没有,明⽩吗? 所以并不是说你拿了很多拿了很多,积累的过程.你达到那种状态.你那种拿了很多积累的状态,只是你们头脑认为的.因为你们头脑看事情会看⼀个前后顺序.它还会⽤这样的⼀个⽅式去理解,明⽩吗?

JO: Because actually you only have the present moment, you would feel that it's a process of accumulation. No, it's about completely letting go because you will realize there is nothing at all, understand? So it's not about accumulating a lot and having a lot; it's about reaching that state. The state of having accumulated a lot, is just something your mind perceives because your mind looks at things in a sequential manner. It also tries to understand them this way, understand?

问: 也就是说放下了就容易开悟?

Question: In other words, letting go makes it easier to attain enlightenment?

JO: 你⾸先知道就是说你觉得这个⼥孩⼦的这些东西是学来的吗? 她不是.她只是越来越让⾃⼰变得完整过后就呈现出来了.所以说就好像她之前被这个物质世界四分五裂,对不对? 然后她慢慢慢慢去恢复到⼀个完整的状态,本⾝就在那⾥.像你们⼀块镜⼦你扔到地上,你最后照什么都照不出来⼀个完整的,对吧? 那你把它拼到⼀起过后,它就可以照出来⼀个完整的相.也就是说这是⼀个好像整合的过程,明⽩吗? 因为你们本⾝就是完整的,但是你们要去体验这个破碎的过程,然后再回到⼀个完整的状态.

JO: First of all, you might think that these things she possesses are learned behaviors. No, she isn't. She just lets herself become more whole over time and then expresses it. So it's like she was previously divided by the material world, right? Then she gradually restores herself to a complete state that is inherent within her. Like when you throw a mirror on the ground, you can't see an entire reflection at last, correct? But once you put all the pieces back together, you can see a whole reflection again. This implies it's like a process of integration, understand? Because you are inherently whole, but you go through the experience of breaking apart and then returning to a whole state.

问: 中国历史⼏千你以来就是很少像佛陀耶稣这样的⼤学者.为什么?

Question: In China's thousands of years of history, great scholars like Buddha and Jesus are few. Why is that?

JO: 因为他们不是存在在这个地球上的呀.你说这个地⽅很少有外国⼈很少有英国⼈.英国⼈他在英国那个国家呀.

JO: Because they don't exist on this Earth. You said that there are very few foreigners and very few Brits here. The British, they're in their own country, you know.

问: 你的意思是佛陀和耶稣他们不属于地球?

Q: Your implication is that Buddha and Jesus do not belong to Earth?

JO: 他们本⾝就不是地球上的.那你就说为什么我们这⾥这么少⽩⼈,这么少⿊⽪肤的⼈.那⿊⽪肤的⼈是在⾮洲的呀.

JO: They are not from this planet anyway. So why is it that there are so few white people here and so few black-skinned people? Those with dark skin live in Africa, you know.

问:那他为什么会来到这个世界上呢?

Q: Why did he come into this world?

JO: 爱,为了带领更多的⼈,为了体验.为了体验就是在最⿊暗的地⽅还能继续的发光.你把他所有记忆都拿掉的时候,他还能完全恢复记忆吗,明⽩吗? 体验.你每个体验都是新的.

JO: Love, for leading more people, for experiencing. Experiencing means continuing to shine in the darkest places. Can he fully recover his memory when you take away all of his memories, understand? Experiencing. Each experience is new for him.

问: 我有什么天赋?

Q: What talents do I have?

JO:你稍等.你对这个物质世界的⼀切就有很好的了解.就⽐如说物质世界运作的⽅式⽅法,然后对这个社会的准则.就是你很善于在这个物质世界摸爬滚打.把你扔到哪⾥你都可以按照你的意愿去做出来闯出来呈现出来.这么说吧,有些⼈他可能不太善于去捏橡⽪泥,但是你可以捏的很顺.那捏的很顺就是呈现很好的作品在这⾥,让你们所有⼈觉得,明⽩吗?这就是你的天赋.有的⼈他可能只是善于表达,他跟你讲这个是什么结构什么结构.你让他动⼿做的话,他可能就做不出来,明⽩吗?你可以很好地利⽤物质世界所有的条件去创造⼀个东西.这么说吧…问: 事业型的,创造联想?

JO: Wait a moment. You have a good understanding of everything in the material world - how it operates and works, as well as the rules of society. This means you are very adept at navigating and thriving in the material world; you can take anything and present your own version of it wherever you go according to your will. To put it another way, some people might not be good at shaping clay, but you can mold it smoothly. Being able to shape things smoothly leads to the creation of excellent works that impress everyone around you - this is a gift you have. Others may excel in communication, explaining structures and details, but when it comes to actually doing something with their hands, they might struggle. You can effectively utilize all conditions in the material world to create something. Let's call this ability for "career-oriented, creative thinking"?

JO: 事业型是什么? 就是把想法创在成物质世界⾥能看到的东西对不对? 这是⼀个转化的过程,把你这⾥的东西转化成物质世界上都能看到,明⽩吗? 你头脑⾥想象⼀只猫,你⽤橡⽪泥可以捏⼀个好漂亮的猫,明⽩吗?

JO: What is an enterprise type? It's about turning ideas into tangible things you can see in the physical world, right? This is a transformation process, converting what you have here into something visible and tangible in the material world, do you understand? Imagine a cat in your mind, you can mold a nice-looking cat out of clay, do you get it?

问: 那我当下最⼤的束缚是什么?

Q: What is my greatest constraint right now?

JO: 你是说对你越来越快乐的束缚呢? 还是说对你的⽣意越来越好,事业越来越好的束缚?问: 事业JO:你稍等.事业变得越来越好的束缚来⾃于你对⼈的不信任,就是你还没有完全敞开信任.因为你还没有达到完全信任的状态的话,你就会吸引很多不让你信任的事件,就会导致你更你不信任.那你如果不信任的话,因为其实你⽆论要创造什么,你都需要很多的⼈跟物,对不对?如果你跟对⽅没有⼀个很好地信任的话,是不是就没有连接感?你们没有很强的连接感,⽐如说你的⼿往这⾥⼀挥,你要知道这股能量就有⼀群⼈往这边移动.那如果你往这边挥,没有⼈往这边移动.那你是不是就有⼀点⼼有余⽽⼒不⾜?不能按照你的意愿去把这个相显化出来.为什么?

JO: Are you referring to the growing constraint on your happiness, or the increasing constraints on your business and professional success? Q: Career JO: Please wait. The constraints that come with career improvement stem from a lack of trust in people; you haven't fully opened up to trust yet. If you haven't reached a state of complete trust, you attract events that prevent you from trusting others more, which then hinders your ability to trust them even less. So, if you don't trust, because essentially, whatever you wish to create requires the involvement of many people and resources, correct? Without a solid foundation of trust with the other party, isn't it difficult to establish meaningful connections? You lack strong connections, for instance, where a wave of energy from your hand would attract a group of people moving in the same direction. But if you gesture elsewhere, no one moves accordingly. Doesn't this make you feel somewhat inadequate, unable to manifest your desires as intended? Why, though?

因为你的能⼒不能显化⾮常⼤的相,明⽩吗?

Because your ability can't manifest very large figures, understand?

问: 您的意思说我要相信别⼈?

Question: Are you suggesting that I should believe others?

JO: 不是,这是你的⼀个卡点.这是你需要不断地整合⾃⼰的⼀个点.那当你突破了这个点了,就⽐如说你做了⼀个(听不清),那你把这个声⾳扩⼤⼗倍百倍这样⼦,明⽩吗?

JO: No, this is one of your sticking points. This is a spot where you need to continually integrate yourself. When you overcome this point, for example if you do something (indistinct), then amplify that sound ten times, a hundred times, understand?

问: 我想做⼀下疗愈.我睡眠有时候⼼脏会…. (听不清)JO:你稍等,我连接⼀下你的能量.你会有⼀种就是没有⼒量感.你其实有很⼤的梦想,就是有很⼤的⼀个抱负,但是有⼀种使不上⼒,就不能完完全全的按照你想象的⼒量展现出来.所以有⼀种⼼有余⽽⼒不⾜的呢种感觉.然后因为在你的内⼼深处你还会觉得…(听不清),就是后⾯没有很强的⽀撑.然后这个虽然有好的⼀⽅⾯.为什么? 就是它会让你变得就是你的内在愿⼒强⼤的地⽅会加强,也会让你有⼀种⼼⼒交瘁,就是没有安全感,不能完完全全的放松下来.就是我可以躺平休息,就是放松下来.但是我们是需要去把这个(听不清)的能量去把它填补住.你稍等.

Q: I want to do some healing. Sometimes my heart... (inaudible)

JO: Wait a moment, let me connect with your energy. You will feel like you have no strength. You actually have very big dreams and aspirations, but there's something that stops you from fully realizing them according to what you imagine. So it's like having the desire but not being able to execute enough power. It feels like you want more than you can achieve.

Then, deep within you, you might feel... (inaudible), meaning there's not strong support at the end of that thought process. Although this has its advantages, why? Because it makes your inner willpower stronger and gives you a sense of exhaustion without stability or full relaxation. You can lie down to rest, relax, but we need to fill in that missing energy. Wait a moment.

这个信息就跟前⾯的信息有点像,就是说把你的痛苦交给我们.因为⾛上这条道路,然后所有的⼒量都会涌向你.所以你⽤的不是你这个⾝体的⼒量,不是你头脑⾥⾯的东西,明⽩吗?当你越来越进⼊到这样⼦的状态,你也不会有任何像刚才说的那种感觉.这是逐渐的⼀个过程.但是我们现在要把(听不清)…门已经打开,你只需要去⾛进来.你内在的⼒量它会不断地像浪潮⼀样簇拥着你在这条道上.你会感受到你⾃⼰越来越享受⽣命,越来越觉得没有任何压⼒,任何事情都是充满兴奋的去体验,⽽不是压⼒.然后这个⼥孩⼦她想把她的感受…(听不清)…任何事情没有任何的压⼒,更多的是⼀种(听不清),她想把她的能量传递给你.

This message is similar to the previous one, essentially asking you to hand over your suffering to us. The idea is that by stepping onto this path, all power will converge on you. You won't be using your physical strength or thoughts here; you'll understand. As you delve deeper into this state, you'll no longer experience the sensations we just discussed. This is a gradual process. Now, the door has been opened for you to walk in. Your internal power will continuously surround and support you on this path like waves. You will feel that life becomes more enjoyable, less stressful, and every experience is filled with excitement rather than pressure. The girl wants to share her feelings... (Inaudible) she wants to transmit her energy to you.

然后你就会逐渐的去进⼊到那种状态.还有问题吗?

Then you will gradually enter that state. Any questions?

第⼋个⼈问: 我的灵魂主题是什么?

The eighth person asks: What is my soul's theme?

JO: 你稍等,我摸⼀下你的⼿.你的灵魂主题是什么? 你的灵魂主题就好像你需要来点燃你的⽣命,因为你内在有⼀股就是熊熊燃烧的,就是熊熊燃烧的⽕在你的内在.想要通过这⼀世的体验来把它完完全全的点燃.就是让你的⽣命之⽕越来越⼤,照亮更多的⼈.就好像是⼀种影响.所以说你会发现你有很多⽬标或者是远⼤的⼀个抱负.就是好像你做⼀个事情你不会朝⼀个⼩的⽅⾯,你总会朝⼀个⼤的⽅⾯做⼤做好的那种.所以你这⼀⽣就是好像来给这个世界展现,你的⽣命之⽕到底可以燃烧的多么的轰轰烈烈.轰轰烈烈的活出.

JO: Wait a moment, I'll touch your hand. What is your soul theme? Your soul theme is like needing to ignite your life because there's this burning flame within you that's raging in your heart. You want to fully experience this lifetime to completely ignite it. It's about making your life's fire grow bigger and illuminate more people. This is akin to an impact. So, you'll discover many goals or ambitious aspirations. It's as if whatever you do, you aim for the big picture; you always strive to make things large and excellent. Therefore, this lifetime seems to come into existence to showcase how intensely your life's fire can burn in a grandiose manner and live out a grand life.

问: 哭泣中JO: 没有关系,你可以允许⾃⼰的泪⽔出来.你想要去通过哭的⽅式,因为在这个过程你是在转变当中,明⽩吗? 就好像我们前⾯说的杀⼈犯为什么杀⼈.他说他的伤痛没有被⼈看到,所以他会通过让别⼈的痛来让别⼈感受到⾃⼰的痛.你现在就好像是你内在终于被⼈看到了,就会有那种.所以你要允许这个能量在你的⾝体⾥⾯.你不要去抗拒任何.

Q: Cry?

JO: It's okay. You can allow your tears to come out. You want to cry because you are in the process of transformation, do you understand? Just like we talked about why the murderer kills people before. He said that his pain hasn't been seen by others, so he would make other people feel their pain as a way for them to realize his own. You're like your inner self being finally seen. So there will be this sense of validation. Therefore, you should allow this energy within your body. Don't resist anything.

问: 我想问⼀下我的天赋才能是什么?

Question: I want to know what my talent or ability is.

JO: 你的⾏动⼒特别的强,就好像刚才说有⼀个⼈她需要找⼀个⾏动⼒特别强的,对吧? 就好像是带头⼈,冲到前⾯的那个⼈.你就好像是快⼑斩乱⿇的那种感觉,就什么事情你都可以很快的做出决定,然后快速的… 然后是这样⼦.所以说你会是⼀个做出决策,就是带头的那样⼦的⼀个⼈.因为你的决⼼⼤,你的⾏动⼒各⽅⾯特别的强.所以你是个男性的能量.

JO: You have exceptional energy and enthusiasm, like someone who was just described needing a highly energetic person, correct? Someone who leads from the front, like the one slashing through chaos with a swift sword. Whatever you do, you can make decisions swiftly and act immediately. Therefore, you are akin to being decisive and leading by example. Your strong determination and high energy levels characterize you as someone with masculine energy.

问: 对对,因为我⽼觉得我前世是个男性.

Q: Correct, because I always feel that I was a male in my previous life.

JO: 你不是⼥孩⼦的能量.你就恨不得想要上战场的那种感觉.所以你是个男性的能量.

JO: You don't have the energy of a girl. You want to be in the battlefield, so you are the energy of a man.

( 听不清,⼤概是你想知道为什么你选择⼥性的⾝体?)问: 对,我刚才⼼⾥想这么问… 我这⼀辈⼦有⼀个强烈的愿望结婚⽣孩⼦…JO:你稍等.你之所以选择⼥孩⼦的⾝体,你就是想要⼈们看到⼩草,就是你把我扔到哪⾥… 就是有⼀种我就是要来挑战⼈类的⼀个集体认知⼀样.你越觉得我好像看着什么都不起眼,但实际上我内在的爆发⼒可以把这个地球给炸掉那种.

(Unable to hear clearly, maybe you want to know why you chose a female body?) Q: Yes, I was thinking of asking that just now... Throughout my life, I've had a strong desire to get married and have children... JO: Please wait. You chose a girl's body because you wanted people to see the grass, meaning it doesn't matter where I'm thrown into society... It's like you're challenging human collective cognition. The more you think I seem insignificant, the greater my inner explosive power could potentially destroy this planet.

问: (听不清) 凡所有相都是虚妄,因为我的内在很强⼤.哭泣中JO: 因为我们不会⽤你们的物质眼睛.像这个通灵的⼥孩⼦她眼睛是闭着的.那当她把眼睛闭着,她就从你们物质世界的相当中脱离出来了.那她接触的是你们每⼀个⼈的灵魂.你们⼈类表⾯上那个相,不⼀定它是有相同之处的.它有可能会呈现⼀点点,但是有可能它是完全相反的.所以为什么有句话叫不可以以貌取⼈?

Q: (Inaudible) Everything is illusion because my inner power is strong. Crying, JO: Because we don't use your physical eyes like you do. Like this spirit medium girl who has her eyes closed. When she closes her eyes, she leaves the realm of your material world's appearances. Then she contacts every single one of your souls. The appearance that you see on the surface of humans may not necessarily be similar. It might show a slight resemblance, but it could also be completely opposite. That's why there's a saying: Don't judge by appearance.

问: 我想问⼀下我上辈⼦… (听不清) 格格不⼊…JO: 你会去觉得格格不⼊是因为你本⾝就是来突破的,你本⾝就是来突破这个世界的,明⽩吗? 就是你知道这⾥不应该这样,我要重新建造⼀个.

Q: I'd like to ask about my past life... (Inaudible) Feeling out of place... JO: You might feel like you're out of place because you are here to break through, because you are here to transcend this world. Do you understand? That means you know that things should not be done in such a way and I need to rebuild it anew.

问: 我的事业卡点在哪?

Question: Where are the career bottlenecks in my business?

JO: 你的卡点是你现在跟随着就好像你头脑的声⾳指引的⼀条路.但是你并没有去⾛上你的灵魂之路,明⽩吗? 就好像吧并没有⾛上你的⽣命之路和灵魂之路. ⽽是觉得物质世界这个⼯作最重要… 但是其实从这点你就发现⽆论把你扔到哪个地⽅,你都能长出⼩草⼀样.所以⽆论把你扔到哪个地⽅,你都能创造出来.但是这个却不是不费⼒.你可以创造,但是却有点费⼒.但是你还有⼀种创造是不费⼒的.

JO: Your kink point is that you are following as if guided by the voice in your mind, but you are not walking on your soul's path. You're not walking on your life path and soul path. It seems like material work is most important… But actually, wherever you're put, you can sprout grass. So, wherever you're placed, you can create something, but it doesn't come easy. You can create, but it requires some effort. However, there's a type of creation that comes effortlessly.

问: 那我哪⼀种创造是不费⼒的?

Question: Which kind of creation requires no effort?

JO: 那就是你⾛到你的路上啊.那你现在来找我们这些信息就是⾛在这条路上,明⽩吗? 为什么呢? 因为你已经知道光在哪⾥.那你跟随着光,你是不是就能⾛出⿊暗了?

That's your path you're walking on. So now that you come to us for this information, it's like walking on that path, do you understand? Why is that so? Because you already know where the light is. So if you follow the light, won't you be able to escape the darkness?

问: 我正字做写作.. .

Question: I'm currently working on writing...

JO: 这些都好像是在培养你的经验,这个不是你的路.这个就好像是你在上战场之前的⾝动作,明⽩吗? 你还没有展开你的拳脚,明⽩吗?

JO: All of this seems like it's building your experience - but that isn't the path for you. It's like stretching before going into battle, understand? You haven't even begun to use your skills yet, understand?

问: 那我是要…JO: 你现在就在这个路上啊.我刚刚说我们像光⼀样,那你现在已经在follow我们了.那follow我们,你是不是就可以⾛到你的道上去? 明⽩吗? 因为你现在还需要这个眼睛.当你的物质世界的眼睛… 这么说吧,觉醒过后,就不需要我们指引了.但你⽬前还需要.

Q: Well, I'm saying that... JO: You're already on this path right now. Just like I said earlier, we're like light, and you've been following us up until now. If you keep following us, will you be able to reach your own path? Do you understand? You still need these eyes because of your physical world. But after enlightenment, guidance from others becomes unnecessary. However, you currently still do.

问: (听不清)JO: 你要知道你们永远都不是⼀个⼈.你们所有⼈都觉得你们是⼀个⼈.我告诉你,你们每⼀个⼈都有⽆数条线,上⾯都有线.(听不清) 刚才前⾯信息说你越是⾛上这条正道,你的⽣命之路,那所有⼒量都在帮你.你会发现所有出现在你的⽣命中的,⼀个⼴告的标语或者是什么,它们都在给你传递信息都是为你⽽来,明⽩吗? 所有都是为你⽽来.你想象⼀下,你是不是就可以完完全全的呈现出你的能量了? 就是当你⾛上那条道过后,你就会不会觉得英雄⽆⽤武之地.

Question: (Inaudible) JO: You need to know that you are never alone. Everyone feels like they're on their own journey. I want to tell you that for each of you, there are countless lines above you with threads attached. (Inaudible) The previous information said that the more you move towards this path of life, all forces are assisting you. You will find that everything that appears in your life - a slogan from an advertisement or something else - is sending messages to help you. Understand that it's all for you. Everything is for you. Imagine if you could completely manifest your energy when following the right path. After taking this path, you wouldn't feel as though being a hero has no use.

问: 我跟我⼥⼉的关系? 我⼥⼉14岁.她叫XXX.

Q: About my relationship with my daughter? She is 14 years old. Her name is XXX.

JO: 这么说吧,如果刚才说你是个特别⾃律的⼈,你发现你⼥⼉正好是(听不清).. 所以说你们之间就好像是这种..

JO: So, if I were to say that you're exceptionally self-disciplined, and then you find out your daughter... well, so it's like this dynamic between the two of you.

问: 那跟我⼉⼦呢? 他4岁.

Question: What about my son? He's 4 years old.

JO: 你⼉⼦就是他觉得你这⼀⽣选择的重量太重了.他不想来给你增加负担,想来给你抱抱这种.就是⼩棉袄.所以你从他那边可以找到温暖,找到(听不清),就好像温柔乡.

JO: His son feels that the weight of your life choices is too heavy for him. He doesn't want to add to your burden; he just wants to come over and hug you like a little cotton jacket. This brings warmth from his side, possibly meaning finding solace or comfort in his presence, as if entering a realm of gentleness.

问: 我的⾼我还有什么信息要给我?

Question: What information does my higher self have for me?

JO: 今天的信息都是来给你的.你现在找到光了,follow .that’s it.

JO: Today's information is all for you. Now that you've found light, follow that. That's all.

#### 2023/07/17 — 店铺能量进化Evolution of Store Energy

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: JO您好,能不能帮我看⼀下我的店铺的能量?

Question: Hello JO, can you help me check my shop's energy?

JO: 你稍等,我查看⼀下这个店铺的能量场.这⾥有⼀些⾮常调⽪就是像⼩朋友⼀样的⼩精灵,就是⽐较调⽪的像你们所谓的⼩⿁住在这⾥,明⽩吗?

JO: Wait a moment, I'm checking the energy field of this shop. There are some very mischievous little spirits here, like children, who are more playful and live in places like these, do you understand?

问: 能不能请您把它们请⾛?

Question: Could you please ask them to leave?

JO: 把它们请⾛? 但是这个店是你侵占了它们的空间,明⽩吗? 因为它们⼀直住在这⾥,它们才是主⼈,你们才是刚进来的.

JO: To ask them to leave? But this store is your invasion of their space, understand? Because they've been living here, they are the owners, you are the newcomers.

问: 请能量进来慢慢慢慢的占领这⾥.

Question: Please allow the energy to slowly and gradually take over here.

JO: 为什么你想要占领别⼈的地⽅呢,明⽩吗? 如果你想要住在这个空间,那么你需要去跟它们请求,说: 我现在想要搬进来这⾥.可不可以我们和平相处? 我们共同的去服务对⽅,明⽩吗? 你不能说它们就好像住在这个房⼦⾥⾯,然后你请它们搬⾛.它们是⼀直住在这⾥的.你们才是新来者,明⽩吗? 所以你可以去请求它们要⼀次交流的机会,如何才能让我们共同的和谐的来创造这个空间,让这个空间更加是充满了爱,⽽不是冲突,明⽩吗?

JO: Why do you want to occupy someone else's place? Understand? If you want to live in this space, then you need to go and ask them for permission, saying: I now wish to move into this place. Can we coexist peacefully? Shall we serve each other together? Understand? You cannot say they are residing in the house and that you would like them to leave. They have been here all along. You are the newcomers. Understand? Therefore, you can request an opportunity for a dialogue on how both of us can harmoniously create this space so that it is filled with love rather than conflict, understand?

问: 调⽪的⼩精灵们,我们希望以后我们可以和谐相处….

Question: Prickly little fairies, we hope to coexist harmoniously in the future...

JO: 好,我们先问⼀下这些⼩精灵它们想让你给它们做些什么? 它们想要你进来之前在你们想要进⼊这个空间之前,⽐如说你在你的头脑⾥⾯说⼀下,不好意思打扰了,我要进来这个空间了.然后⿇烦你多多包涵,我们共同去创造这个空间,明⽩吗? 就是你每次在进来之前,你会说打扰了,我现在要进来了.然后开门之前,我进来过后,⿇烦请你善待我的客⼈,善待我的⼯⼈.你要先给它⼀个,就好像别⼈在房间⾥睡觉,你突然进来.你会不会说不好意思我要打扫房间,对不对? 这是它们的第⼀个要求.它们在继续提要求,你稍等.有⼀个⼩精灵说它很喜欢⼩⾦鱼和⽔,还有就是鱼缸类的.为什么? 因为它可以跟那些⼩鱼游玩,它可以看着它们跟它们互动.

JO: Alright, let's ask the little elves what they want you to do for them first. They want you to say beforehand, before you wish to enter this space, something like "Excuse me, I'm about to enter this area." Then please bear with us as we create this together. Understand? You should say "Excuse me, I am entering now" each time before you come in. Before you open the door, when you're inside, please be kind to my guests and staff. Imagine if someone suddenly enters a room where others are sleeping; wouldn't you apologize for needing to clean the room? This is their first request. They continue making requests, so wait. One little elf likes small goldfish and water, as well as aquariums because they can play with those little fish and watch them interact.

这样⼦它就可以在这样⼦的环境⾥⾯,就是说你们创造⼀个跟它们互动的空间.这样⼦它们就不需要去打扰你们,明⽩吗? 因为它们会觉得它们想要跟你们互动,有时候它们的能量就会影响到你们的能量.所以⼀些鱼缸、⽔,⼩鱼缸这些可以让它们像⼩朋友⼀样在这边安⼼的玩耍.

In this manner, it can exist in an environment where you create a space for interaction with them. This way, they don't need to bother you, understand? Because they feel that they want to interact with you, sometimes their energy affects your energy. Therefore, some aquariums, water, small fish tanks allow them to play safely like children here.

问: 那我的鱼缸要放到哪个位置呢?

Question: So, where should I place my fish tank?

JO: 任何位置,只要在楼下这个空间就好.还有就是说楼上的空间也需要被你净化,因为那⾥⾯的⽓味和味道还有⼀些⿊暗这些都是在影响这个能量场.所以净化楼上的⼀个部位.然后还有⼀个⼩精灵说它喜欢像风铃⼀样的挂件,然后你可以挂⼀个那样的挂件.然后它会有时候跟那个风铃玩,就好像它会制造⼀些声响.它说它们现在已经允许你们加⼊这个能量场.但是你们要确保共同的去创造这个好的能量场.不然的话,它们也会去捣乱,就会觉得

JO: Any location, as long as it's in this space downstairs is fine. Also, you need to purify the upper floor because of the smell and flavor there and some darkness that affects the energy field. So purifying a part of the upstairs area. Then there was a small fairy who said she likes trinkets like wind chimes, so you could hang one of those. Sometimes it would play with them like making sounds. It said they have now allowed you to join this energy field, but you must ensure that you create a good energy field together or else they might cause trouble and feel conflicted

我们不相匹配.我们已经跟它们打好招呼,我们已经讲好.然后就是你们之间的协议,好吗? 还有什么问题?

We are not a match. We have already made it clear to them, we have agreed upon this. Then there's your deal with each other, right? Are there any issues left?

问: 谢谢,希望我们能和睦相处,财神到来,财源⼴进.我们都感谢JO.

Q: Thank you. We hope for peace and prosperity as we welcome the God of Wealth. All appreciate JO's contribution.

JO: ⾸先你要控制客流量,因为当⼀个空间太狭⼩,如果有⾮常多的⼈拥挤的话,你想象⼀下,你⾃⼰都受不了.所以并不是说越多越好,⽽是说它像⼀个⽔流⼀样,持续不断地这样⼦,在你可容纳的⼀个范围内.因为最重要的是平衡.

Firstly, you need to control the flow of people because when a space is too small and there are many people crowded together, imagine how unbearable that would be for you yourself. So it's not about more being better; rather, it's like water flowing continuously within your capacity limits. The most important thing is balance.

#### 2023/07/19 — 如何突破没钱的幻像How to Break the Illusion of Being Short on Money

JO: 你问吧,什么问题?

JO: Ask away, what questions do you have?

问: 我想问我现在为什么会经历这种⾮常没钱的状态? 我现在只有⼏⼗块钱了.

Question: I want to know why I'm experiencing such a lack of money right now? I only have a few dozen dollars left.

JO: 因为你只专注于… 这个问题对你来说是不是第⼀? 就是是你的number one,就是你把这个问题当成是⽐⽣命还重要的,明⽩吗?

JO: Because you're so focused on... is this issue the most important to you? That it's your number one priority, that you treat this problem as more crucial than life itself, do you understand?

问: 对, 因为…JO: 对,你就说了.你把这个问题当成⽐你⽣命还重要的,这就是为什么你会体验这个.为什么呢? 因为它对你来说是number one,也就是说你⾃⼰把它给⼤化⼤化⼤化.本来这⼀张图⾥⾯有所有的东西,但是你就把⾦钱这个东西变成number one.就是其它都不重要,就这个重要,所以你就会去体验这个,明⽩吗? 这么说吧,那这个⼥孩⼦她就对通灵特别感兴趣,她可以为了通灵不吃不喝.就是吃和喝对她来说不是需求了,她看不到了.⽽且在做这个的时候,她也不会饿,明⽩吗? 如果她把缺钱当成⼀个问题或者是number one的话,那她就会进⼊到你所说的为什么会缺钱,明⽩吗?

Question: Yes, because... JO: Yes, you just said it. You treat this issue as more important than your life, which is why you experience it. Why? Because for you, it's number one, meaning you amplify it greatly on your own. Originally, all things were included in this picture, but you made money the top priority. Everything else became insignificant; only this matters to you, so that's why you experience it, understand? To put it another way, that girl is particularly interested in spirit communication. She could go without eating or drinking for it. Eating and drinking aren't needs for her anymore; she can't see them. Moreover, she won't feel hungry when doing this, understand? If she saw lack of money as a problem or the top priority, then she would enter into why you might lack money, understand?

因为她关注的不是钱的事,她关注的是她的热情.她可以为了通灵去放弃⾃⼰的休息时间放弃吃喝玩乐.如果你给她⾯前把了特别多的选择,她会毫不犹豫的选择通灵.那如果你⼀直在concentrate没钱没钱或者是你缺钱上⾯的话,那你是没有时间和精⼒去… 本⾝这个世界你体验的就是你⾃⼰关注的,明⽩吗? 因为它对你来说你就把它显现了把它显化了,所以你显化的是你⾃⼰呀.如果你现在有⼀个像这个⼥孩⼦这么激情这么热爱的事情,钱的事情是⾃动解决的.⽽不是你专注于它⽽解决的,你专注于它你只会加深这个幻像呀.就是你更加变得⽆⼒,这个影响⼒变得更⼤了,明⽩吗? 所以你现在能知道这个区别了吗?

Because she's not concerned with money; she cares about her passion. She can sacrifice her rest periods and pleasures for the sake of spirit communication. If you present her with a multitude of choices, she would choose spirit communication without hesitation. Now, if you're always stressing over being broke or lacking funds, then you don't have the time or energy to... The reality of this world is what you focus on. Do you understand? You manifest what you focus on; thus, you manifest yourself. If you currently have a passion like this girl's, where money isn't an issue anymore. It's not about focusing on it and then solving your financial problems; rather, the more you concentrate on it, the stronger the illusion becomes. You become even more powerless, amplifying its impact. Do you understand the distinction now?

我这么说吧,前⾯有两个⽓球,⼀个⽓球写的是没钱,另⼀个⽓球上写的是我激情的事情.OK,这个⼥孩⼦激情的事情是通灵.如果这个⼥孩⼦她有这么多

Let me explain this way, there are two balloons in front of us. One balloon reads 'no money', and the other balloon reads 'my passionate things'. Alright, what the girl is passionate about is spirit communication. If this girl has so much

⽓,她把的⽓吹到没钱那边了,她是不是就没有⼒⽓去吹通灵上⾯了? 那如果她把她的⽓吹到通灵上⾯,她是不是就不会去关注没钱这件事了? 她不关注没钱的事,那你说她在做通灵的时候她会不会有钱? 她钱⾃然⽽然就来了,明⽩吗? 她不会有缺钱的问题呀.因为她选择的不是缺钱的那个实相来去给⾃⼰显化和体验,明⽩吗? 所以你下次想⼀下,你想把你的时间和⽓,因为你的⽓是有限的呀,你想把你的⽓放到哪⼀个⽓球? 明⽩吗? 你们很多⼈很难从物质世界脱离出来的原因,就是觉得很⽆⼒或者很那个什么,就是因为他眼⾥只有这个问题.所以他就会越是体验到⼀种束缚,他的注意⼒在这边呀.

The wind she blows towards being broke makes her lose the energy to blow towards prosperity; if she directs her energy towards prosperity, will she stop focusing on being broke? If she stops focusing on being broke, does that mean she lacks money during her spiritual practices? Money would naturally flow to her, wouldn't it? She wouldn't have issues with lacking money because she didn't choose the reality of lack as her manifestation and experience. Understand? Instead of focusing on scarcity, she focuses on abundance. Next time, think about how you want to allocate your time and energy. Your energy is limited, after all. Where do you want to direct it – towards a broke balloon or a prosperous one? Understand? Many struggle to detach from the material world because they feel helpless or overwhelmed by their situation; this is due to their exclusive focus on that issue, which leads them to constantly experiencing limitation and constraint in their attention span.

问: 我也想跟随我的激情,只是我还不知道跟随我的激情会如何带来…JO: 你看⼀看梵⾼,别说梵⾼,你们世界上太多这样的⼈了,他们是如何跟随⾃⼰的激情,明⽩吗?

Q: I also want to follow my passion, but I just don't know how following my passion will bring... JO: Look at Van Gogh; no, not only Van Gogh, there are so many people like this in the world, how do they follow their passion, understand?

问: ⽐如说我跟随我的激情,我想去游乐园玩要花钱,吃饭要花钱,但我⾝上的钱又不够.花了这个钱我后⾯⽣活就没有保障了,我就不敢去做我想做的.

Question: For instance, if I follow my passion, like going to an amusement park for fun, it costs money, so does dining. However, the funds on me are insufficient. Spending this money will leave no guarantee for my future life; hence, I dare not do what I want to do.

JO: 那你就要想⼀下为什么去游乐园玩会是你的激情? 那会不会是因为你觉得⽣活压⼒⼤⽣活不开⼼,所以你就想去放想转换⼀下⼼情? 所以你这个所谓的激情就是你⾃⼰在⼀种烦躁或者不开⼼的状态下,你进⼊的是这样⼦的⼀个频率,明⽩吗? 因为当你真正的处于在⼀种,像这个⼥孩⼦处于在⼀种通灵的状态,她是满⾜的.她不会说我要花钱去买⼀个包包花钱买⼀个⾐服是我的激情.那是吗? 那是你⽆聊好吗? 你⽆聊你才会做⼀点事情让⾃⼰开⼼.为什么呢? 因为她在做这个激情的事情的时候,她已经是最开⼼的时候了.没有其它地⽅没有其它东西能够去相⽐她的这种激情这种频率,明⽩吗? 所以你必须要去通过这些看清⾃⼰.

JO: So you need to consider why going to an amusement park might be your passion. Could it be that you feel stressed and unhappy with life, seeking a way to relieve yourself and change your mood? Hence, this so-called passion of yours is likely driven by a state of irritability or unhappiness; you are entering such a frequency, right? Understand?

Because when someone truly finds themselves in a state akin to the girl's spiritual connection, she is content. She wouldn't say that spending money on a purse or clothes constitutes her passion. Is that not true? Isn't it just boredom? You're bored and so you do something to cheer yourself up.

Why is this? Because when she is doing what she considers passionate, she is already the happiest. Nothing else, nothing more can compare with her passion and frequency; she doesn't need anything else, understand?

Therefore, you must see through yourself via these experiences.

⽽不是只是说这个是我的激情,我的激情是喝酒.那你知不知道其实你喝酒就是逃避啊.为什么? 因为喝酒过后你会放松,你会觉得没烦恼.那你的激情是喝酒吗? 你只是逃避⽽已.

And not just saying this is my passion, my passion is drinking. Do you know that actually drinking is your way of avoidance? Why? Because after drinking, you will relax and feel no worries. Is drinking your passion? You're just avoiding it.

问: 就⽐如说上⼀次通灵说我的激情是和别⼈沟通交流,把别⼈⽐较严肃的状态调整到⽐较轻松.然后我是想通过直播去尝试,但是我害怕我直播我朋友和家⾥⼈会看到,我也不知道能不能养活我⾃⼰.

Q: For example, in the previous seance, my passion was said to be about connecting with others and adjusting their serious state into a more relaxed one. I wanted to try this through live streaming, but I'm afraid that my friends and family might see me, and I'm unsure if it can sustain myself.

JO: ⾸先你头脑它并不知道事情会怎么发⽣.如果你们那个李佳琦,卖⼜红那个.如果他也是跟你⼀样这么想的话,他会创造出像他之后创造的那个样⼦吗? 明⽩吗? 如果他考虑的和你考虑的是⼀样的.当然这只是⼀个例⼦来告诉你就是你的头脑它不会明⽩事情是怎么运作的.所以你必须要明⽩你现在是依靠你的头脑去想象依靠你的头脑去解决问题,但是你就会去阻碍你⾃⼰内在的激情,它就不会产⽣.因为你还在你的恐惧和依赖你的头脑当中.你还是活在这个幻像当中.你活在这个幻像当中,那你体验的就是这个幻像呀.你没有办法.你不能说我同时要看⼀频道⼆频道,两个⼀起,明⽩吗? 它只能要么你进⼊⼀频道,要么进⼊⼆频道.

JO: First of all, your mind does not know how things will unfold. If Li Jiaqi, who sells lipsticks, were to think like you, would he create what he created after him? Understand? If his consideration is similar to yours, of course, this only serves as an example to inform you that your mind does not understand how things operate. So, you must realize that you are relying on your mind to imagine and solve problems, but in doing so, you are blocking your inner passion, which cannot manifest because you are still within your fear and depending on your mind, living in this illusion. You live in this illusion, experiencing what is illusory. There's no way around it; you can't say I'm watching both channels at once. It either takes you into one channel or the other.

就是放两台电视给你看,你也会东看⼀下西看⼀下,看不清楚,明⽩吗? 所以你们的头脑只能播放⼀个.

Just like showing you two TVs to watch, you would look here and there, not being able to see clearly, right? So your mind can only play one thing at a time.

问: 怎么样去相信去做⾃⼰激情的事情,其它的⼀切都不被照顾的好?

Q: How can one trust in pursuing their passionate endeavors while ensuring that everything else is well taken care of?

JO: 那你就去⾃我探索了.去探索是什么想法,然后这个想法是真的吗? 真的会这么发⽣吗?难道没有其它可能性吗? 明⽩吗? 难道这个世界我是依赖别⼈的看法想法吗? 难道我是为别⼈的看法和想法⽽活吗? 明⽩吗? 所以你需要不断不断地去问⾃⼰.你最后问到你就会发现:切,这都是什么玩意啊!问: 怎么问⾃⼰?

JO: So you go and explore yourself. Explore what the idea is, then is this idea true? Will it really happen like this? Could there be other possibilities? Do you understand? Or am I dependent on others' opinions and thoughts about the world? Am I living for others' opinions and thoughts? Do you understand? Therefore, you need to constantly ask yourself. By doing so, you will eventually realize: Geez, what is all of this about! How do you question yourself?

JO: 那你⾃⼰问咯.你说难道他们只会看不起我? 不会觉得被我的激情感染? 明⽩吗?问: 问到⾃⼰最害怕的?

JO: Then you ask them yourself. Don't they look down on me, or get infected by my passion? Understand? Ask: Ask about your biggest fear?

JO: 你不断地问⾃⼰,你⾃⼰⾃问⾃答.你就能看到到底是什么信念在⽀持你? 到底是你相信什么? 把它带到你的意识当中来,你就可以不被它控制.

JO: You constantly ask yourself and answer your own questions, allowing you to see what belief is supporting you and what you truly believe in. Bringing this awareness into your consciousness enables you to not be controlled by it.

问: 我还想说我感觉我不太喜欢去公司上班赚钱.我脑海⾥有个想法是会不会有些⼈钱⽤不完,然后给我⽤.我创造这样的想法是依赖别⼈吗? 这个有可能发⽣吗?

Q: I also want to say that I don't really like going to work at the company to earn money. There's an idea in my head that maybe some people have more money than they need, and then give me some of it. Is creating this idea dependent on others? Could something like this happen?

JO: 当然有可能发⽣啊.你们不是有很多那种就好像被⼈养着的那种.但是你会逐渐发现你不能忍受这样的状况.为什么呢? 因为你的⽣命没有得到价值实现,你的⽣命没有挑战.你的⾁体可能得到了满⾜.但是当你⾁体真正的得到了满⾜过后,你就会发现你的灵魂是不快乐的.所以你当然可以去⾛上这条路来发现其实你解决的并不是你这个⾁体的问题,明⽩吗?你们的每⼀具⾁体它都会被安顿好,在这个物质世界上.你要相信这⼀点.只是说它会不会满⾜你头脑⾥⾯的我要豪房豪车,明⽩吗?这么说吧,你真正有热爱的事情,你哪怕去住在乡下,没有房租,⾃⼰种⼀点菜.就是说不花钱我就可以⾃⼰⽣存下来.但是呢,我不断不断地在做我激情的事情,明⽩吗?

Of course it's possible. You have many of those situations where you're being taken care of by someone else. But gradually, you'll discover that you can't endure such a situation. Why? Because your life is not achieving its value; your life has no challenge. Your body might be satisfied. However, once your body truly gets fulfilled, you will find that your soul is unhappy. So, naturally, you could go down this path and realize that you're not solving the problem of your physical self. Understand? Every single body here will be taken care of in this material world. You must believe this. It's just whether it satisfies your desire for a big house and luxury cars. To put it another way, having something you genuinely love, even if you live in the countryside without rent and grow some vegetables yourself, means that you can survive without spending money. But I continuously pursue my passions, understand?

我没有感觉我的⽇⼦很苦.为什么?因为我在做我激情的事情.然后当你真的能沉下⼼来做⼏年过后,你便是⼀个能创造任何的⼈,明⽩吗?所以物质世界的花花绿绿才是你追求的话,那你迟早还会体验到你已经不满⾜于此了.就好像这么说吧,⼀个⼩朋友他把玩具都玩遍了,东西的尝遍了.他又会去找其他的了.所以你们迟早还会去⾛上这条路.但是你可以去选择,但是你迟早会发现那不是属于你的… 因为你来这⾥不是让你的⾁体享受的.

I don't feel that my days are very hard. Why? Because I am doing what I'm passionate about. Then when you really can sink your heart into it for years, you become someone who can create anything, understand? So if materialistic things in this world are what you're pursuing, then sooner or later you will experience dissatisfaction with them. Imagine it like a little kid who has played all their toys and tasted everything they have. They would then seek out other things. Therefore, you will eventually walk down that path as well. But you can choose to do so; but eventually, you'll realize that it doesn't belong to you... because you came here not for your physical body's pleasure.

问: 我最⼤的激情是什么?

Question: What is my greatest passion?

JO: 你最⼤的激情你要问你⾃⼰呀.问: 我感觉我不太确定.

JO: Your greatest passion, you need to ask yourself. Ask: I feel a bit unsure.

JO: 为什么呢? 因为你现在都专注于钱的问题.就是说你纠结于…. 头脑⾥想着… 你看你刚才的问题,我可以去找⼀个有很多⼈钱可以给我花钱的⼈,那我就不⽤解决钱的问题了.明⽩吗?

JO: Why is that? Because you're now focused on the money issue. In other words, you're worrying about...you're thinking...You see your question just now; I could go find someone who has plenty of money to spend on me, and then I wouldn't have to worry about money anymore. Understand?

问: 我觉得我解决钱的问题后就可以做我喜欢的事情了.

Q: I feel that I can do what I like after solving my financial problems.

JO: NO NO NO NO, 那你还是做不了.为什么呢? ⼈家给了你钱,你不⽤花时间花精⼒? 你没满⾜他的情绪,他不会打你骂你? 明⽩吗? 因为他给你提供了⼀些,你必须要给他提供⼀些.那你必须要⼀直满⾜对⽅的话,你怎么可能有时间去做你激情的事情?

JO: Absolutely not, you still can't do it. Why not? If someone pays you money, they don't have to spend their time and energy on you? They won't scold or hit you if you fail to satisfy them? Do you understand? Because I'm providing you with something, you must provide something in return. And you need to always satisfy the other person. How can you possibly find time for your passion?

问: 我想解决的是我跟随我的激情,然后我的⽣活我害怕…JO: 这⾥没有什么可解决的问题.你把什么放⼤,你们就体验什么.that’s it.如果你把你的激情放⼤,你是不可能体验到没钱的.为什么? 你就会发现你有其它⽅式在你需要的时候…⽐如说你特别喜欢画画,你需要有钱买画笔.你不⼀定需要钱啊,别⼈就有没⽤的画笔送给你呀,明⽩吗? 因为你已经启动了你⾛上你的激情之路,所有的都是⾃动的来服务你⽀持你,明⽩吗? 并不是说你只去选择这个,其它什么都不得到⽀持.那个并不是激情之路啊.那个并不是最⾼的振频啊.最⾼的振频是其它的都会有,都是来⽀持你的.

Q: What I want to deal with is following my passion, and then experiencing fear in my life... JO: There's no problem to solve here. Whatever you amplify, that's what you experience. That's it. If you amplify your passion, there's no way you're going to experience lack of money. Why? Because you will find other ways that you can access when you need them. For example, if you really enjoy drawing, and you need money for paints, you don't necessarily have to use money; someone might give you unused brushes. Get it? Because once you start walking your passion path, everything is automatically there to serve and support you. It's not that you only choose this and nothing else gets supported. That's not the path of passion. It's not the highest frequency either. The highest frequency includes all that supports you.

问: 我现在就是担⼼跟随兴奋得不到保障吧.就是如何去相信我跟随兴奋,其它的⼀切都会被安排好? 就是我感觉我还不相信这个.

Question: I'm just worried about whether following excitement will be guaranteed. How can I trust that following excitement means everything else will be arranged for me? It's as if I still don't believe this.

JO: 你想象⼀下,你还是不相信这个.然后你就体验到了不相信,对不对? 就这么简单.因为你相信你不可能做到,那你就没有做到.不是这样吗? 你相信你做不到,那你就是做不到.并不是说等你做到了,你再相信.

JO: Imagine this scenario where you still don't believe it. Then, you experience the state of disbelief, right? That's all there is to it. Because if you believe it's impossible for you to do it, then you won't do it - isn't that so? You can't achieve something if you believe you're unable to do it, just as I've explained. It's not the other way around; once you accomplish it, you start believing in yourself.

问: 我相信这个,但是觉得还是不太能去相信它.不知道怎么样才能选择相信?

Q: I believe this, but still feel it's hard to fully trust it. How can one choose to believe?

JO: 你是⼀直相信的,你只是看你相信什么.你想象⼀下有些⼈他们在做他们激情的事情,别⼈看着他的激情就想要去不断地投资他,明⽩吗? 多少⼈激情的在学习的时候,他是贫困⽣,然后学校资助他所有的费⽤.多少⼈激情的在学习,那国家资助他让他出国留学.你没有进⼊到那个地⽅,你没有去启动那个程序,那你当然体验不到呀.你体验的就是你⾃⼰,就是你觉得你是受困的.为什么? 因为你没钱.就这么简单.

JO: You always believed in that; you just have to look at what you believe. Imagine some people are doing something they're passionate about, and others watching their passion makes them want to continuously invest in them. Do you understand? How many people are passionately learning when they are poor students, receiving funding for all their fees from the school? How many people are passionately learning and getting national support to study abroad? If you haven't entered that space or started that process, then of course you can't experience it. The experiences you have are your own, and you feel constrained because you don't have money. That's all there is to it.

问: 其实我昨天我就想找这个通灵的⼥孩⼦但是我⾝上没钱.但是我爸妈给我打了点钱,然后我就有钱来找这个通灵的⼥孩⼦.

Question: Actually, yesterday I wanted to find this medium girl but I didn't have any money on me. But my parents gave me some money, then I had the means to come and find this medium girl.

JO: 这就很明显的是,事情会⽀持你⾃⼰的想法.所以最开始有想法才是最重要的.你们世界上的business idea,就是那些做众筹的.哪个不是最开始只有⼀个想法,随后钱就到了,不是吗? 所以你有想法吗? 你的想法是什么? 明⽩吗? 这才是最重要的.你的想法是坚定的吗? 你⼀会⼉想做这个,⼀会⼉觉得我还是找个⼈养着吧.想做这个,觉得不⾏.那你就肯定会体验这种.你就好像挖坑⼀样,你这个坑挖⼀下,那个坑挖⼀下,再换个地⽅再挖⼀下.你说为什么别⼈能挖⼀个地洞出来? 我却什么都挖不到? 那个地洞⾥⾯有⾦⼦,你东⼀下西⼀下.没有⽬标、没有坚持、没有坚信、没有持续的去投⼊.你得到的就是你现在体验的.

JO: This is very clear - the situation supports your own thoughts. Therefore, having an idea at the beginning is crucial. The business ideas in your world that rely on crowdfunding are just examples of this; wasn't it true that most started with a single idea and then received funding? So do you have an idea? What is your idea? Get it? This is what matters most. Is your idea firm? You're either thinking about doing something, or deciding to find someone else to support you instead. Either way, you'll experience the frustration of not being able to stick to one path consistently. It's like digging holes; you dig one hole here, then another there, and keep switching places. You ask why others can dig a tunnel while I can't seem to do anything? Because in that tunnel lies gold. Without direction, commitment, belief, or persistent investment, what you end up with is exactly what you're experiencing now.

问: 对,我做了⼀个事情发现没意思,然后又去做其他的.就是那些事情都不是我的激情.我的激情就是我会持续去做的,是不是?

Question: Yes, I did something and found it boring, then moved on to other things. Those were not my passions; are the things I persistently do what defines my passions?

JO: 你的激情是你不得不做,就是你恨不得所有时间都⽤来做,可以不吃不喝,可以不要你钱.就⽐如说可以⼈家不给你钱,你也愿意去为别⼈做.⾸先你要知道你们物质世界⽬前都是深陷于这个物质社会和⾦钱系统.你们都是深陷其中的,只是每个⼈深陷的程度不⼀样.你可能⽬前想要解决的是你的吃喝问题⽣存问题,对吧?但是其实很多就算是所谓的有钱⼈,⽐如说企业家开公司的,他们也有操⼼的钱.你可能操⼼的是⼏千块钱⼀个⽉.那别⼈操⼼的可能是⼏千万⼀个⽉,明⽩吗? 那我每个⽉要还⼏千万的贷款什么什么的.那有啥区别呢? 我就告诉你,你创办⼀个公司.你进⼊公司后你要操⼼员⼯的⼯资、房租或者是店铺或者是运营费.

JO: Your enthusiasm is to do what you have to because you would want to spend all your time doing it, willing not to eat or drink, not caring about your money. For example, even if someone doesn't pay you, you are still willing to do things for others voluntarily. First, you need to realize that in your material world, everyone is currently deeply entangled within this material society and monetary system. Each person's degree of involvement varies. You might be primarily concerned with resolving issues like food, water, survival at the moment, right? But actually, even many people considered as "rich", such as entrepreneurs running companies, also worry about money. You might worry about a monthly expense of several thousand dollars. Others might fret over millions per month, understanding that I have to pay off tens of millions in loans every month or so on. What's the difference? Let me explain: When you start your own business and enter it, you will need to worry about employee salaries, rent, or costs for shops or operations.

你就决定你就不⽤去操⼼钱的事了? 所以你唯⼀不⽤去操⼼钱的事,就是你不去关注钱,明⽩吗? 你不会把它⼤化,显化在你的世界⾥⾯来让你去被它影响,明⽩吗?这样你就不会受它影响了.那你反反复复的把这个图⽚点开打开最⼤化.然后它变成你的 top one,对不对? 所以你真的觉得是你不⽤担⼼⼀个⽉⼏千上万的钱,你以后公司创业你就不⽤担⼼员⼯⼯资和你要维持这个公司的运营、员⼯⼯资、⼴告,各种各样? 你还是会⾯临的.只是说你现在操⼼的是五千块钱⼀个⽉,你下次就是五千万了.但是你还是因为钱… 不然的话,你放眼看看.

You're deciding that you won't have to worry about money at all? So the only thing you don't need to worry about when it comes to money is that you don't pay attention to it, right? You wouldn't magnify it, bring it into your world so it could affect you, would you? Therefore, you won't be affected by it. Then you repeatedly open and maximize this picture, then it becomes your top priority, okay? So you really believe that you don't have to worry about thousands or tens of thousands of dollars a month, that you won't have to worry about employee salaries and maintaining the operations of your company, employees' wages, advertising, etcetera in the future when you start your own business? You're still going to face those challenges. It's just that now you're worrying about five thousand dollars a month; next time it could be fifty million. But you're still dealing with money... Otherwise, look around.

问: 如何去发现⾃⼰的激情?

Q: How do you discover your passion?

JO: 就好像刚才说的⼀样.你的⽓要么充到这个⽓球,要么充到那个⽓球,就被放⼤被你体验.你要充到什么⽓球? 那你没有其它⽓球充,你只能充到我没钱的⽓球⾥⾯了.因为它对我来说是number one.

JO: It's like what we were discussing earlier; your energy goes either into this balloon or that one, amplifying the experience for you. Which balloon are you going to fill? If so, you won't have any other balloons to fill, as you'll be limited to my empty ones. To me, they are number one.

问: 就是把我的激情放⼤?

Q: Is it amplifying my passion?

JO: 当你在做你激情的事情的时候,那你说这个⼥孩⼦她现在在想钱的事吗? 她想钱的事,她能帮你去做通灵吗? 她就说不⾏不⾏,我现在很烦恼.明⽩吗?

JO: When you're doing something that excites you, do you think this girl is thinking about money now? Is she thinking about money? Can she help you with spirit communication if she's focused on money? She says no, no, I'm very troubled right now. Understand?

问: 我这个是⼀个⽣存的问题.

Question: This is a matter of survival.

JO: 因为你选择你去担⼼钱啊.你不要去选择做你激情的事情,明⽩吗? 你只能体验你去选择的.

JO: Because you choose to worry about money. Don't choose to do what you're passionate about, understand? You can only experience what you choose.

问: 我有钱了才能做我激情的事情.

Question: I can only do what I'm passionate about when I have money.

JO:不是,你只会去体验你⾃⼰选择的.不是说才能做.你没有任何,你只需要去做选择⽽已.你选择你关注什么… 就好像你选择什么电影你就看什么电影.你现在看恐怖⽚,那就是恐怖⽚.你选择⼀个喜剧⽚,就是喜剧⽚.你说,哎呀,这个怎么这么恐怖.是你选择的呀.

JO: No, you only experience what you choose for yourself. Not that you have to do it, but you simply need to make a choice. You choose what you pay attention to… like if you choose a movie genre, you watch movies of that genre. If you're watching horror, then it's horror. If you choose a comedy, it's comedy. And you say, "Oh my god, why is this so scary? It's because you chose it yourself."

问: 怎么样换选择? 就是我要选择另⼀个,我不要选择这个.

Question: How do I switch my selection? That is, I want to choose another option instead of this one.

JO: 你当下知道了,哦,原来是我选择错了,重新选择⼀个不就好了.问: 这个选择要怎么选? 就⽐如说我现在就开始去关注….

JO: You just figured it out now, oh, turns out I chose wrongly, choosing another one would be better. Q: How do you make this choice? Like, if I were to start paying attention...

JO:当下呀.当下你发现这个不是你喜欢的,那你是不是就可以重新选了.这么说吧,你当下就是体验你选择了钱的问题来给你体验.OK,你马上说我之所以体验的⽼是钱钱钱,我他妈的不关注钱了,要死要活我都不管,我难道会饿死吗? 我难道睡路边上不⾏吗? 明⽩吗?

JO: Right now. If you realize this isn't what you like, then can you reconsider your choice? Let me explain it this way: you're experiencing the issue of money for you right now. Okay, I say that I constantly experience only money, money, money. Fuck, I don't care about money anymore; I don't give a damn if I die or live, will I starve to death? Can't I sleep on the street? Do you understand?

问: 那我不想睡路边啊JO: 那就是你⾃⼰还有内在的⼀些恐惧,明⽩吗? 因为你并不会睡路边呀.只是你内在的恐惧,你有这个恐惧你有这个担⼼,那你就体验到是这些.

Q: What if I don't want to sleep on the side of the road?

A: That's because there are some fears within you, understand? Because you wouldn't actually sleep on the side of the road. It's just that fear within you that you have this concern, so you experience these things.

问: 能不能帮我查看⼀下我现在内在的恐惧是什么吗?

Q: Can you help me identify what fear I am experiencing internally right now?

JO: 你稍等.你现在没有突破这个关,是因为你⾃⼰对你⾃⼰抱有⼀个形象.就⽐如说你觉得你的⼀个形象你不能去做某⼀些事情.⽐如说我不能成为⼀个乞丐,太没⾯⼦了.怎么能成为⼀个乞丐呢? 明⽩吗? 就是你会对⾃⼰有⼀个固有的,就是我不能去做这么低下的⼯作.这个⼯作怎么能我去做呢? 那么低下.因为头脑还在去维持你这个⾁体的相,我执.就是你还是执着于你还是这个⾁体.所以你需要看清楚的是这个.因为你会觉得这个才是适合我的.就是有⼀种⾼傲在⾥⾯,就是觉得那个不配我.⽐如说这⾥有⼀份⼯作它可以解决你的吃住问题,你可能不会去选择.什么? ⼯⼚的⼯⼈? 那么低下的⼯作.你看那⼀群都是什么⼈啊.我不会去做.

JO: Wait a moment. You haven't overcome this barrier because you have an image of yourself. For instance, you think your image won't allow you to do certain things like becoming a beggar - it's too shameful. How could someone become a beggar? Can you understand? That means you have a fixed notion that I can't do such low-level work. Why would this type of work be for me? So low and beneath my status. This is because your mind is still upholding the image of your physical self, your ego. You're still clinging to the idea that you are the body. Therefore, what you need to realize is this aspect. Because you believe that's what suits you better. There's a sense of superiority inside, thinking it doesn't match me. For example, there's a job that can solve your food and accommodation issues; you might not choose it. What? Factory workers? So demeaning. Look at all those people. I wouldn't do such work.

问: 对,就感觉⽐较没⾯⼦.

Q: Right, it just feels a bit embarrassing.

JO: 你还有⼀个执着于你这个 ‘我’.那你如果知道其实什么都可以是你,你既可以做街上的乞丐,你也可以做皇帝,你也可以去做清洁⼯,你也可以去做⼀个公司的总裁.这⾥没有…你是不受任何限制的.并不是说我做⼀个乞丐或者⼀个⼯⼚的⼯⼈,然后我就没价值了,明⽩吗? 那这样⼦的话,你也可以去认清别⼈的价值,你也可以去看到每⼀个⼯种⼯位,⽆论他做什么其实他都是… 这只是⼀个幻像⽽已.所以你还是没有看破这个幻像,所以你就会被它束缚.

JO: You are fixated on your 'I'. But if you knew that everything could be you – you could be a street beggar, or an emperor, or a cleaner, or the CEO of a company – there is no limitation here. I'm not saying that because I am a beggar or a factory worker, then I have no value; do you understand? So similarly, you can also recognize the value of others, and see every job position – regardless of what they do, they are all... just an illusion. Therefore, you haven't seen through this illusion, so it still binds you.

问: 对,我会想我怎么会沦落到去⼯⼚上班这么惨.

Q: Yes, I would wonder how I ended up working in a factory like this.

JO:是.那你要知道就算我从⼯⼚起步,我他妈可以做到这个公司的总裁.你只要给我⼀个点,⽆论我做什么,我都可以做到这个⾏业的佼佼者.我是这个⾏业的top one,明⽩吗? 我不在乎别⼈怎么看我,因为他看不到我的将来.我将来能⾛到多⾼,只有我⾃⼰坚定的⽬标.所以别看不起⼯⼈,你把我放到⼯⼚⾥⾯我同样做到世界⾸富.那个才是你真正的⼒量.李嘉诚不也做过服务员吗?岳云鹏以前不是餐厅的服务员吗?太多这种例⼦了.你们有⼀个⽹红厨师叫李刚.他以前不是在餐厅⾥⾯做厨房吗? 他现在做到企业家了.⽆论怎样,你们的起点都是光着来到,都⼀样的.光着⾝⼦来,光着⾝⼦⾛.

JO: Yes. You need to understand that even if I start from a factory, I can become the CEO of this company. All you have to give me is one percent, no matter what I do, I can be an industry leader. I am already at the top in this industry, do you get it? I don't care about how others see me because they can't see my future. My future ascent is determined solely by my own steadfast goals. So don't underestimate workers; if you put me into a factory, I will still become the world's richest person. That's what true power looks like. Li Ka-shing has also been a waiter before, right? Yuanyunpeng used to be a restaurant server, didn't he? There are countless examples like this. You have a popular internet chef named Li Gang. He was once a kitchen staff in a restaurant, wasn't he? Now he's an entrepreneur. Regardless of the circumstances, you start as naked and end up that way too. Starting and finishing nakedly is equal for all.

问: 我还是会去想我的⾦钱问题,没钱怎么办.我只去做我激情的事情,这个就会⾃动解决吗?

Q: I still have concerns about my financial issues and wonder what to do if I don't have any money. Will this automatically be resolved if I only focus on things that truly excite me?

JO: 就像刚才说你现在要破的是⼀个我执,就是你有⼀个形象,你觉得你不能你不能.那如果你完全不在乎这个呢? 你知道⽆论把我扔到哪⾥,我都可以创造⼀个属于我⾃⼰的天地.你如果有这样⼦的想法的话,你还会在乎你今天是个清洁⼯或者是个⼯⼚的⼯⼈吗? ⼈们都为你对⾃⼰的突破和崛起喝彩,不会说他出⽣是个⼯⼈.

JO: Imagine you're breaking your own self-image right now; you feel that you can't be anything else. If you don't care about this image at all, knowing that no matter where I throw you, you could create a world of your own, would you still worry about being today's cleaner or factory worker? People would applaud for your breakthrough and rise to power; they wouldn't say you were born a worker.

问: 我上⼀段去⼀个公司实习.他那个公司是⽤诱骗的⼿段….

Q: I interned at a company recently. The company used deceptive手段...

JO: 你⾃⼰为什么会被诱骗? 因为你还不知道你是谁.你也不知道你的价值.你只是觉得他提出来的这个好像不错,这个很好.你就去选择了.

JO: Why did you fall for the trap yourself? Because you don't know who you are. You also have no idea about your worth. You just felt that what he proposed seemed good and appealing to you, so you chose it.

问: 不是,就是我按照我想的⽅法去做的话,感觉跟很多公司会冲突.我怎么解决啊?

Question: No, it's just that if I were to do things my way, I feel like there would be conflicts with many companies. How can I resolve this?

JO: 那有⼀句话叫你要往上⽣长的时候,你必须要往下扎根.你根都没扎住,你就不停的要折腾的话,那你不是被连根拔出吗? 明⽩吗?

Japanese to English

That's the saying that when you're trying to grow upwards, you must establish roots downwards. If your roots aren't solidly planted, if you keep causing disturbance, won't you just get uprooted along with them? Understand this?

There is a saying: "When aiming for growth upward, one must firmly anchor downward." If the roots are not properly set in place, and constant disruption occurs, wouldn't one risk being pulled out by their roots? Do you comprehend this concept?

问: 我会觉得我这样做就是骗⼈,⼼⾥就过不去.就是他们的⽅式是骗⼈我觉得.我是对⾃⼰的⾏为有评判,还是对那个⾏为有评判?

Q: I would feel like I am cheating by doing this and can't get over it in my heart. I feel that their way is to cheat people. Am I judging myself or the action?

JO: 你永远都不明⽩当你真正的⾛在你激情的路上做你激情的事情,你不会有问题的.你们有问题是因为你们只关注了你们的问题,没有关注你们的激情.就这么简单.所以不是告诉你你这个错了,你应该⽤这种⽅式⽅法.那你还是在⼀个没有follow你的激情,你的⽣命之⽕还是⼩⽕苗呀.所以不管你是去选择在这个地⽅还是那个地⽅,你反正就是⼩⽕苗,明⽩吗? 所以这不在于你到底听没听别⼈,或者错没错,或者对没对.你要么就是在你的道上,到么没有.就这么简单.在你的道上,⽆论什么都是被⽀持的.你头脑需要去放下如何得到那个⽀持.因为你看不到的.

JO: You will never understand when you truly walk in your passion and do what excites you, there won't be any problems for you. Your issues arise because you only focus on your problems, not your passion. That's it, plain and simple. It's not about telling you that you're wrong or that you should use this method; even then, you're still not following your passion, your life flame is just a small spark. So, no matter whether you choose to be here or there, you're essentially just a tiny spark, understand? This isn't about listening to others, being right or wrong. You either are on your path or you aren't; that's all there is to it. When you're on your path, everything is supported. It's about letting your mind let go of how it receives that support, as you can't see it.

问: 如何持续的跟随我的激情?

Question: How do I continue pursuing my passion?

JO: 真的是你激情的事情你需要去跟随它吗? 你是不得不去做啊.你不做浑⾝都不舒服,明⽩吗? 你就迫不及待的想要去做.⽆论怎么样,你们就是脑⼦⾥⾯想的太多了.不停的⼀会⼉跟着这个念头,⼀会⼉跟着那个念头,⼀会⼉跟着那个声⾳.That’s it.就这么简单.把⾃⼰弄的像热锅上的蚂蚁⼀样,你怎么去创作? 你创作需要定下来.你能定下来吗? 你能定下来五分钟吗? 头脑⾥⾯什么都不想,什么都不去担⼼,什么都不去计划,明⽩吗?

JO: Is it really something you're passionate about that you need to follow it? You have no choice but to do it. You can't help but feel uncomfortable throughout your body, understand? You're eager to do it immediately. Regardless of how, you are just thinking too much in your head. Alternating between following one thought for a moment and then another, or listening to an inner voice. That's all there is to it. It's as simple as that. Making yourself feel like ants on a hot pan, how can you create? You need to be able to focus when creating. Can you maintain focus for at least five minutes? Without worrying about anything, without planning anything in your head, understand?

问: 我真的激情是什么吗?

Q: Is this my true passion?

JO: 你如果能在每⼀个当下关闭你头脑的声⾳,只是去做你想做的事情.你就能开启你的激情之路了.因为每⼀次要做什么,你头脑的声⾳可能会跑出来,我怎么能做这个呀.这个不⾏呀,他是不是骗我的,我明天房⼦怎么办… 你把这些都放下.just do it.你们nike的标语.你犹豫太久的话,想太多的话,你就进⼊到另外⼀个频率了.你不要给你的头脑有机可乘.因为你们头脑是来让你突破的,⽽不是来让你去依赖的.很多问题都是你们过度依赖你们的头脑造成的.

JO: If you can shut off the noise in your mind for every single moment and just do what you want to do, you'll be able to start your path of passion. Because each time you need to decide something, your mind might pop up with thoughts like 'How can I do this?', 'This won't work', 'Is he trying to scam me?' or 'What about my house tomorrow...'. You should let go of all these distractions and just do it - Nike's slogan, 'Just Do It.' If you hesitate too long or overthink things, you'll find yourself in another frequency. Don't give your mind any chance to influence you, because your mind is meant to challenge and push you forward, not hold you back. Many issues stem from relying excessively on your own thoughts.

问: 就是⼀开始想做的事情去做就可以了,是这个意思吧?

Question: Just do what you initially wanted to do, right?

JO: 你的内在会有指引的.你听不到是因为你太忙了.问: 我的天赋才华是什么?

Your inner guidance will lead you. You can't hear it because you are too busy. Question: What are my innate talents?

JO: 你稍等.你还是⽐较灵活多变,就是属于⽐较有创造⼒和想象⼒,也有点⼦.你有很多点⼦.所以⽐如说你⽬前去找⼀个像是少⼉,就⽐如说陪孩⼦玩啊、跑啊、跳啊,就是跟他们互动的话就很好.因为⼩朋友会很喜欢你.⽽且当你在动起来的话,你可能就不会思考这么多,就能脱离你的头脑.然后当你去摸清楚他们这种暑假班这种什么的运⾏模式话,那你到时候就可以⾃⼰做⽼板了,明⽩吗? 就可以赚到很多钱了.那环境也不会很差,因为你不能忍受环境差.你看现在很多这种教育机构的⽣意都很⽕爆,很多学⽣.就⼀个体能班,踢⾜球玩各种球.你先去报名,去做⼀个教练之类的.

JO: Wait a moment. You are quite adaptable and creative, which means you have imagination and ideas. You possess many ideas. Therefore, for instance, if you're working with children, such as playing games or engaging in activities like running and jumping, interacting with them would be excellent. Children would love having you around. And when you're actively involved, your mind can wander freely without much thought. Once you've figured out the operation model of summer camps or similar programs, you'll be able to take on leadership roles and make a lot of money, understanding? This will also provide you with a better environment as you won't tolerate poor conditions. You see, many educational institutions are thriving now, serving numerous students. Consider joining a physical fitness class, perhaps playing soccer or other sports as a coach to start.

你学⼀点,然后你就⼀边跟⼩朋友互动,⼀边你的头脑不要进⼊到那么多声⾳给你.这也是你⾃我转变的⼀个机会.这样⼦的⼀个⼯作基本上都能⽀撑你⽣存的问题,明⽩吗?⼩朋友都会很喜欢你,因为你跟他们打成⼀⽚.因为当你在运动的时候,你头脑⾥就没这么多念头.因为你做这个的话,你⼀边在修炼你的头脑,⼀边在积累你的经验,摸清运⾏模式.在給后期做准备.那你就可以加⼊很多你的想法.因为你的想法和点⼦很多在这些⽅⾯.那你是不是就可以做到⼀个⾏业的领先者了? 所以⼀个⽉轻轻松松⼏⼗万是可以有的.

You learn a bit, then you engage with children while not allowing your mind to be overwhelmed by too many voices. This is also an opportunity for self-transformation. The work basically supports your survival issues, right? Children will all like you because you are one of them. Because when you're in motion, there aren't so many thoughts in your head. As you do this, you are refining your mind and gathering experience, understanding patterns, preparing for the future. Then you can incorporate a lot of your ideas since they are abundant in these areas. Therefore, could you become an industry leader? So, it's entirely possible to have轻松income of several hundred thousand yuan per month.

问: 对,我就是想法点⼦很多.

Question: Yes, I just have a lot of ideas.

JO: 是的.那你就可以去关注⼀些少⼉的东西.加⼊⼀些点⼦.这些都能吸引到⼩朋友和家长.

Yes. So you can focus on some children's stuff, add some ideas. These can attract both kids and parents.

#### 2023/07/23 — 平衡能量与给出你的信任Balancing Energy and Giving Your Trust

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 第⼀个问题是我的灵魂主题是什么? JO: 你叫什么名字?

Q: The first question is what is my soul theme? A: What is your name?

问: 我叫XXX.

Question: I am XXX.

JO: 你这⼀⽣选择这⼀世来到这个世界上主要会有⼀种平衡、融合、整合.就好像在你的⾝体⾥⾯有⼀边像是⽕⼀样,⼀边又像是冰⼀样.像是冰和⽕两种能量状态,就是两种极端.也就是说在你的世界⾥就是⼀种⾮⿊即⽩.你表现的⽐较明显的⽐如说爱恨分明,就是你个⼈的喜好和厌恶就很….也就是说你做⼈做事可能就不够圆滑不够拐弯抹⾓.所以你会有⼀种需要把这种⼀⽅⾯像⽕⼀样的能量和⼀⽅⾯像冰⼀样的能量来达到⼀种中间的平衡的能量.所以虽然你是选择⼥性的⾝体,但是实际上你内在是男性能量的,明⽩吗?所以你会感受到很多很强烈的男性的能量在你的体内.

Jo: Throughout your lifetime, you chose to be born into this world primarily for a balance, integration, and fusion. It's as if there are two opposing energies within you, one resembling fire, the other ice. These represent extreme states of energy like ice versus fire, which are opposites in essence. In your world, it embodies a binary perspective - everything is either black or white without any middle ground. This manifest itself in strong displays such as clear-cut feelings for love and hate; it essentially means that you might not be adept at being flexible, avoiding direct confrontation, or bending the rules. Hence, you seek to find equilibrium by reconciling these opposing energies within you - one fiery and the other icy. Although you are physically female, your inner essence is male energy, understood? You feel a lot of intense masculine energy within your body.

问: 那我现在单⾝是因为这个原因吗? 我以后会结婚有⼩孩吗?

Question: Could that be why I'm single now? Will I get married and have children in the future?

JO: 因为这⾥⾸先没有以后,你所谓的以后是你需要在当下选择进⼊⼀个什么频率.就⽐如说此刻你的⼀个频率决定着你的以后.这么说吧,我们此刻在播种,对吧? (提问者插话,JO让她稍等) 如果你已经有你⼀套的觉得是什么样⼦,你就不需要跟我们交流,明⽩吗? 等我们所有的信息出来过后,你可以参考你是否要去… 这些信息让你感受到的是合⼀是爱,还是让你感受到的是恐惧,明⽩吗? 你通过这些你去判断你是否要去对它是开放还是关闭的状态.

JO: Because here there's no future first, the future you're talking about is what frequency you choose to enter into in this moment. In other words, your current frequency determines your future. To put it simply, we are sowing right now, okay? (The questioner interjects and asks JO to hold on.) If you already have a set idea of how it's supposed to be, you don't need to communicate with us, do you understand? After all our information is out, you can then see if you should... These messages make you feel unity and love or fear. Do you get that? You use these to decide whether you're open or closed to it.

⽽不是说像是⼀个审判者⼀样在那说⼀句话你就开始来说你这句话有问题啊,我的信念不是这样⼦的,我看到的事情不是这样⼦的.也就是说你先不要急于下任何定义和评判,因为你的这种⾏为会影响我们的信息流出来.就好像我们现在是在⽤我们的能量来绘⼀幅画.这幅画还没有出来的时候,才刚刚在开始的时候,你就已经说你这个什么都不像,你这个哪是⼀个⼈啊,明⽩吗? 因为你头脑⾥⾯如果有你⾃⼰的声⾳的话,任何声⾳你都会去判断它是否是对和错.你就会进⼊你的头脑.但是我们这⾥没有头脑.为什么呢? 因为你的头脑不知情.所以你要放下你头脑⾥的任何声⾳.你重新提问.

Rather than acting like a judge and immediately criticizing someone's statement, my belief is not to jump to conclusions or judgments prematurely. This means that you should refrain from hastily defining or judging situations because your actions can influence the flow of information. It's akin to painting with energy; before we've even completed our artwork, if you start saying it doesn't look like anything, is not a person, understand? Because when there's noise in your mind, you'll instantly evaluate whether it's right or wrong for any sound that comes along. You would then be pulled into your own thoughts. However, here, we do not have such thoughts because your mind lacks knowledge. That's why you need to let go of any sounds echoing within your mind and start asking questions anew.

问: 我现在很困惑,我内在有⼀个很⼤的冲动就是放下现在所有的⼯作开始新的⼈⽣.但是我不知道⽅向在哪⾥.不知道怎么样去实现我的灵魂来的⽬的.

Q: I am now very confused; there is a strong urge within me to let go of all my current work and start a new life. However, I don't know where the direction lies or how to achieve the purpose of my soul's journey.

JO: 刚刚说了,主要是平衡能量.因为刚刚说你虽然是选择了⼀个⼥性的⾝体,但是你内在是男性能量.这是⾮常强烈的.那你是不是需要去平衡⼀下你的⼥性能量,明⽩吗? ⼥性能量有什么? 接纳、允许、包容、融合,明⽩吗? 所以说你会发现所有的⽆论你⼯作或者是你⽣活,任何上⾯它都不是那么的顺⼼如意,不是那么的在⼀种和谐的状态.那就是因为它投射出来的就是你内在能量的不平衡.它需要通过去平衡.当你平衡好过后,它投射出来的所有的⼀切都是在⼀个和谐的状态,在⼀个圆满的状态.⽽不是在⼀个有缺⼜的状态.你⽬前感受到了你的⽣命开始就好像是有缺⼜,所以你好像是试图去弥补或者是让它变得更加的圆满⼀点.

JO: Just now mentioned, it's mainly about balancing energy because you have chosen a female body, but your inner is male energy. This is very strong. So do you need to balance some of your female energy? Understand that?

What are aspects of female energy? Acceptance, allowance, inclusiveness, integration. Understand this? Therefore, you'll find that regardless of your work or life, everything doesn't go as smoothly as expected and isn't in a harmonious state. That's because the imbalance within you is projecting outwards through your actions. It requires balance to be rectified.

When the balance is achieved, everything it projects is in harmony and completeness, not lacking. Currently, you feel that your life is incomplete or having a gap, so you're trying to fill it or make it more whole.

所以这不是在于你选择这个是对还是错,还是这个路好还是那个路好.你最主要的

So it's not about whether this is right or wrong for you, or which path is better than the other. What really matters is

就是通过外在的⼀切来看到,你内在到底是平衡的还是失衡的.然后这就是你需要去整合的,明⽩吗?所以不是单独的跟你说这个注意好,⾛,可以.因为这些⽆论什么东西它⽆⾮是投射出你内在的⼀个不平衡.那⽐如说我们这些信息告诉你让你看到,你就会知道, OK,⽐如说我没有进⼊婚姻可能是因为我内在还有⼀股能量没有平衡.所以就还没有办法去显现⼀个圆满的状态.那事业也可能是因为内在的不平衡.那我的⾝体健康⽅⾯可能也是因为内在的不平衡.那你就不会只是单独的去吃药.你觉得如果你的⾝体不是因为能量引起,⽽是因为physical就是你的物质⾁体引起的话.你可能就是专门从看病吃药去解决,⽽不是从能量层⾯去解决,对吧?

It's about seeing from the outside whether you're internally balanced or imbalanced. Then, this is what you need to integrate. Do you understand? So it's not just about separately telling you to pay attention and move on; because whatever thing, in essence, merely projects an imbalance within you. For example, if our information tells you to see that you have a lack of balance internally, then you would realize that, yes, for instance, my inability to enter into marriage might be due to an energy inside me that's not balanced. So I can't fully manifest a complete state yet. Similarly, my career could also be because of the imbalance within. And possibly my physical health issues are due to the imbalance inside as well. You wouldn't just focus on medication alone. If you think your body isn't affected by energy but rather by the physical, your material being, you might seek medical treatment and medication directly, instead of addressing it from an energetic perspective, right?

所以你需要看到的是最终哪⾥才是根本,产⽣所有这些的表象在哪⾥.⽽不是只是去处理表⾯上的⼀些问题.你继续问问题.

So what you need to see is where the root lies, where all these phenomena arise from, not just dealing with superficial issues. You keep asking questions.

问: 那我如何去平衡?

Q: How do I achieve balance?

JO: 就⽐如说你如果是男性能量,你可能会⼀直去运⽤你的头脑或者是分析,明⽩吗? 就是会进⼊⼀种数据分析的状态,对吧? ⽐如说⼥性能量她可能就会运⽤她的直觉、感觉、⼼灵层⾯.那⼀个是⼼灵层⾯,⼀个是头脑层⾯.那你可能就是说减少去依赖你的头脑去判断去做⼀些决定.你可以去依靠你⾃⼰的⼀些直觉.你头脑可能会觉得这个事情怎么能这样⼦,以前我们怎么样怎么样.但是你的⼼灵却告诉你,我们应该这样做,⽽不是去看以前怎么样,明⽩吗? 那你慢慢慢慢就会脱离这种总是去依靠数据或者是以往的经验,头脑⾥⾯的那些分析数据、判断.

JO: For instance, if you embody masculine energy, you might tend to use your mind or analyze things, making sense of it, entering a state of data analysis, right? You would likely delve into an analytical mindset. Like, if feminine energy is more about using intuition, feelings, and the emotional layer – the emotional aspect versus intellectual thought – then one might reduce reliance on their intellect for judgment when making decisions. They can rely on their own instincts instead. Your mind might question how this works, how we used to handle things before. But your heart tells you that it should be done in a different way, not by looking back at past experiences. Can you see what I mean? Gradually, over time, you would move away from always relying on data or past experiences and analytical thinking within the mind.

问: 那我可能要慢慢理解,因为我觉得我平时是⼀个挺感性,突发奇想,就是不是⼀个特别理性的⼈.然后我现在的⼯作是需要特别理性的,所以就有冲突.因为我又不喜欢这种特别理性的状态.所以我想换⼯作.我越来越觉得做的很⾟苦.

Q: That's why I might have to take my time to understand because I feel that in my daily life, I am quite emotional and spontaneous; not very rational. However, my current job requires a high level of rationality, which creates conflict since I don't particularly enjoy this state of being. Thus, I want to change jobs. I increasingly feel the strain of what I'm doing.

JO: 那你就看到你内在就好像是⼀个指引在指引你从⼀个模式必须要去达到⼀个平衡的模式.就好像在你的内⼼深处你知道这个不是你真正的状态.所以你想要去改变或者是去平衡好或者是去突破.你说.

JO: So you see within yourself a guidance leading you from one pattern to achieve a balanced pattern, as if in your deepest inner self, you know this is not your true state. So you want to change or find balance or break through. You speak.

问: 但是会恐惧,因为这是我⽣存的⼯具.放弃后我不知道怎么⽣活.

Ask: But I'm afraid because this is my tool for survival. If I give it up, I don't know how to live.

JO: 那刚才说你需要脱离你的头脑去判断.那你头脑有⼀个声⾳说你的这个做法不对,你看这么好的⼀份⼯作,这么⾼的⼯资你要放弃? 这不是很傻吗? 明⽩吗? 这就是你头脑⾥⾯的声⾳.

JO: That's right, you need to detach yourself from your mind to make a judgment. Your inner voice is telling you that what you're doing is wrong. You have such a great job with high pay and you want to give it up? Isn't that really foolish? Do you understand? This is the voice inside your head.

问: 内在是恐惧,是不安全感.因为我是⼀个⼈,我辞职要怎么活下去? 我担⼼我⼀旦没有收⼊了我怎么办?

Question: Internally, it's fear and a lack of security. As an individual, how do I survive after resigning? I'm worried about what will happen if I no longer have any income.

JO: 你们⼈类普遍有⼀种就是,你们的头脑有⼀种如果我怎么样,然后我就⽣存不下去,明⽩吗? 因为你们有⼀个错误的观念就是你们总觉得头脑知道everything.你们总觉得你们的头脑知道所有的⼀切.真的,你们真的以为头脑知道所有的⼀切.头脑说,这个怎么可能? 你没⼯作你怎么活? 这个就是头脑的声⾳.头脑它并不知道,它也并不需要知道没有⼯作怎么活.你看⼀下你们世界上很多⼈他并没有每天都去⼯作,他不照样活的很好吗? 他们只是做他们⾃⼰,他们的多有⼀切都被照顾到了,明⽩吗? 这么说吧,你看你们有野⼈吧.你们也见到过这种⼀个⼈在野外⽣活了⼏⼗年的这种情况吧? (提问者: 没有) 那你可以去搜⼀下新

JO: Humans generally have a belief that if something were to happen, then they wouldn't survive. Do you understand? Because there's this mistaken idea that your mind knows everything. You all think that your mind knows everything. Really, you truly believe your mind knows everything. The mind says, how is that possible? How do you live without a job? That's the voice of the mind. The mind doesn't know and it doesn't need to know how to survive without work. Look at many people in the world who don't go to work every day; they still live very well, right? They just do what they want, everything is taken care of. So let me put it this way: you have wild people, haven't you? You've seen situations where one person lives in the wilderness for decades? (Questioner: No) Well, you can look up something new about that

闻,你可以看到很多例⼦.那他们不是在给你做⼀个例⼦? 你不是说⼀定要有钱或者有什么什么,你才能活,明⽩吗? 你们的头脑就觉得你们需要⾮常多⾮常多的东西.我⼀定要有个房⼦,有个车⼦,这些东西你才能活.并不是的.你要能存活下去你需要什么? ⽔,这个你们在哪⾥都能找到对吧? 空⽓,你们是免费的是吧? ⼀个可以让你们居住的地⽅,你们有很多宿舍吧,你们有很多⼯作是提供宿舍的吧? 或者是在农村⾥⾯,哪怕是没⼈居住的房⼦,明⽩吗? 最基本的存活的条件⽆论怎么样你们都可以达到的.只是你的头脑认为我需要活的体⾯是⼀回事.我需要有⼀个头衔,我需要有⼀个⼯资来维持我的其他需求,明⽩吗?

Hear this, you can see many examples. Aren't they giving you an example? Don't you say that there must be money or something else for survival? You believe you need a lot of things to live, right? Your mind thinks you need so much. I have to have a house and a car to survive; isn't that true? It's not like that. What do you really need to survive? Water, which you can find everywhere, correct? Air, it's free for you, right? A place to live, you have many dormitories, don't you? Or in the countryside, even abandoned houses, understand? The most basic conditions for survival can be achieved under any circumstances. It's one thing that your mind believes I need to live well; I need a title, I need a salary to meet my other needs, understand?

我每天要⼭珍海味或者怎样怎样.你们现在物质⾮常的丰富.哪怕你⾃⼰有⼀⼩块地或者是⼀个⼩的盆栽都可以⽀持你活下去.你在⼀个盆⼦⾥⾯种⼀些蔬菜.当你真正的是在你的激情的状态在在⼀种⾼能量的状态,只有做你⾃⼰才能达到.你并不需要很多外在的依赖品.为什么呢?因为那股能量已经⾜够维持你活动很好.你并不需要喝酒.为什么?因为你没压⼒.你⼀直处于喜悦的状态,你不需要通过酒精毒品购物或者其它东西来让你兴奋.所以你有没有发现你们虽然有钱,但是你们这些钱全部都变成来让你们去追求让你们刺激让你们兴奋的,明⽩吗?就⽐如说我可以⼀个⽉赚⼗万块钱.看上去好多哦.我需要花个两三万来让我的⽪肤维持⼀个很好地状态,⽐如啊.

I eat mountain delicacies or sea treasures every day, or whatever. You now have an abundance of material things. Even if you have a small plot of land or a little pot can sustain you. You grow vegetables in a pot. When you're truly in your passionate state, at high energy, only doing yourself allows you to achieve that. You don't need many external dependencies because that energy is sufficient for maintaining your activity well. You don't need to drink alcohol. Why? Because you have no pressure; you're always in a joyful state and don't need to excite yourself through alcohol, drugs, shopping, or other things. So, even though you might have money, all of it turns into chasing stimulation and excitement. For example, I can earn ten thousand dollars in a month. That seems like a lot. But I spend around two or three thousand just to keep my skin healthy and looking good.

那我需要花⼀万来吃的很好,我还需要花钱去买酒.为什么? 来让我的⼼情舒缓⼀点.(提问者: 我不是这些问题) 我知道.刚才前⾯已经说了,你不需要中断这些信息.为什么呢?因为虽然你不是这些问题,但是你们头脑的思维模式是⼀样的,明⽩吗?你就会知道你们头脑进⼊到⼀个模式,它们运⾏是⼀样的.它觉得我需要拥有多少多少.但是你拥有的这些你需要再平衡.就⽐如刚刚说的,你⼀个⽉赚了⼗万块钱.然后那些钱需要去花在让你缓解你⼯作上带来的压⼒.它需要钱去维持,⽐如说去买保健品或者是去看病来维持你⾝体的超负荷运作,透⽀带来的⽣病.但是你们都不知道在你选择做你⾃⼰,就是在你⾼能量的状态下,你的⾝体不会⽣病.

I need to spend a thousand dollars for good food and also buy alcohol because why? To ease my mind, I guess (Questioner: Not these questions). I know. As mentioned before, you don't have to interrupt this information. Why is that? Because even though you're not dealing with those issues directly, your thought patterns are the same, get it? You'll realize that both of you are in a mode where they operate similarly. They feel like they need a certain amount for things, but you should balance what you have because, for instance, you might earn ten thousand dollars a month and then spend that money on alleviating stress from work, which needs money to maintain, like buying supplements or seeking medical care to keep your body working overtime, draining yourself sick. But neither of you realizes how beneficial it is to choose to be yourself in high energy states where your body doesn't get sick.

你也不会需要外在的酒精或者是毒品或者是其他奢侈品来让你快乐⼀下,来给你创造⼀些刺激或者是爽或者是舒服或者是解压或者是什么的.这些东西你都不需要,明⽩吗?但是还有⼀个问题就是说你们总觉得⼀时的物质匮乏它会是永久的.并不是的.就这么说吧,农民在种庄稼在春天播种的时候,地⾥⾯是看不到有什么庄家长出来,对吧? 因为它种⼦刚播下去.那的确是看不到.你就看到: 哇,这个⼈多穷啊,什么都没有.你怎么知道她地底下种的全是种⼦,到了秋天的时候全部要收获呀,明⽩吗?所以你们短暂的表⾯的物质上的匮乏,就好像是农民种庄稼的时候,在最初期的时候你什么都看不到.但是你⾃⼰是农民,你⼼⾥有数.

You won't need external alcohol or drugs or other luxuries to temporarily make you happy, to create excitement, pleasure, comfort, relief, or anything like that. You don't require these things, right? However, there's a problem: you always feel that temporary lack of material resources will be permanent. It's not the case. Let me explain it this way: when farmers plant crops in spring, they can't see any growth in the fields because the seeds are just planted. There is indeed no visible growth at that moment. You might think: "Wow, how poor this person is; they have nothing." But how do you know she has seeds all under the ground waiting to grow by autumn when they'll be harvested? Right? So your short-term superficial lack of material resources seems like a farmer planting crops and not seeing anything at first. Yet if you are that farmer with knowledge in heart,

你只要每天去灌溉,它⾃然⽽然就会去长出来,丰收.这是必然的,明⽩吗?你们害怕看到那种刚播下种⼦的那种匮乏,⽽不去播种.然后你们直接去跟别⼈买,就好想我直接去跟别⼈买果⼦.这样你看,我堆了⼀屋⼦.你堆了⼀屋⼦果⼦迟早会烂掉的,明⽩吗? 所以说你们表⾯上觉得,我堆了⼀屋⼦果⼦,我不会饿着,我有⼀屋⼦苹果.那你要知道你那⼀屋⼦苹果是有保质期的呀.它会烂掉.你并没有去播种.为什么? 因为你不能接受农民暂时的看上去还没有收成还没有结果的那个现象.你继续提问.

You just need to water it every day, and naturally, it will grow and yield a harvest. This is inevitable, understand? You fear seeing the scarcity when you first sow the seed, so you don't plant. Then you simply buy from others, as if I were buying fruits directly from someone else. See, I've amassed a room full of them. You've also accumulated a roomful of fruit that will eventually go bad, understand? Therefore, even though you might think that I have an entire room of apples and won't starve, you must realize that those apples have a limited shelf life. They will spoil. You haven't sown anything because you can't accept the temporary appearance of no harvest or results in farming. Keep asking questions if you wish.

问: 我和我⽗母的灵魂契约是什么?

Question: What is my soul contract with my parents?

JO: 我们感受到你们之间在物质层⾯,就是在⽣活中有很⼤的隔阂.就是好像有⼀层膜或者有⼀层东西隔在你们之间⼀样.也就是说你跟你的家庭之间的能量线不是⼀个连接的状态,⽽是⼀个堵塞的状态,明⽩吗?

JO: We sense a great barrier in the material realm between you and your loved ones, like there's a layer or a barrier separating you. It means that the energy lines between you and your family aren't connected but are blocked. Understand?

问: 我不知道怎么讲,⽣活中我⽗母对我⾮常的依赖.如果我没有⼯作,我怕我⽗母会承受不了这个打击.⽽且⽇常主要是我在照顾他们.从⼩我就承担很多.

Q: I don't know how to put it, but in my life, my parents are very dependent on me. If I didn't have a job, I fear they wouldn't be able to handle the shock. And most of the daily care is left to me. I've been shouldering a lot since young.

JO: 那你有没有看到你们之间的交流或者真实的… 就⽐如说你真实的感受,你⽗母是不知道的.

JO: Have you observed any communication or genuine... like your true feelings, that your parents are not aware of?

问: 对,我就觉得我的⽗母不像⽗母,从⼩就是我去照顾家⾥.

Question: Yes, I just feel that my parents are not like regular parents; since young, it was me taking care of the home.

JO: 这是属于⼀种就好像刚刚说你们中间就好像是有隔阂,就是有隔了⼀层什么东西或者是堵塞.就好像他们其实并没有,就是跟你之间没有连接.他们有堵塞,你也有堵塞.然后彼此之间的连接都是堵塞的状态.

This refers to a situation where there seems to be a barrier or blockage among you, as if there's something in the way or a obstruction. It appears that they are not actually connected to you; their connection is blocked. You both have blockages, and the connections between each other are in a state of being obstructed.

问: 对,就是包括我得了癌症我也没觉得我的⽗母对我有多⼀点的关⼼.他们还是… JO: 你稍等.你是说你有癌症是吗?

Q: Yes, I mean, even if I had cancer, my parents didn't show any concern for me either. They are still...

JO: Wait a minute. Are you saying you have cancer?

问: 对,我得过⼀次.

Question: Yes, I've had it once.

JO: 我们想看⼀看有没有信息关于你的这次疾病.你想要提问吗?问: 对,就是⾝体的信息.

JO: We want to see if there's any information about your illness. Do you have questions? Ask: Yes, it's about bodily information.

JO: 你稍等.刚才我们是说你需要能量平衡,对不对? 那这个能量平衡就好像⽐如说你可能从来不会去⽰弱.你可能从来不会对任何⼈说我需要你的照顾,我需要你的帮忙.就像你看着⼀个男的,有⼀句话叫男⼉有泪不轻弹.就好像是这样⼦.然后就导致有⼀部分…. 如果你⼀直硬撑着,你不能柔软的话,你想… 明⽩吗? 它不是⼀种灵活的.你想象⼀下,它只是⼀个硬,它不能柔软的⼀个状态.那你是不是要把它… 就好像⼀个泥,你没有加⽔进去,它硬邦邦的.然后你是不是需要加⽔让它柔软下来? 然后就是说,因为还有⼀种就是你很害怕把⾃⼰交付出去或者是依赖于什么.就是你很害怕⾃⼰需要去依赖或者是需要去被别⼈照顾,明⽩吗? 因为在你的内在你也很难去把⾃⼰交出去,就好像所有东西都是你⼀个⼈硬扛着的

JO: Wait a moment. We just talked about how you need energy balance, correct? This energy balance is like never showing weakness; you would never tell anyone that you need their care or help. It's as if saying "men don't cry easily." Then it leads to this… If you always try to hold on and can't be soft, then you might want... understand? It's not flexible. Imagine something rigid that cannot be softened. So do you have to make it... like adding water to clay to soften it? Also, there's the fear of giving yourself over or relying on others because you're afraid of needing care or being taken care of. Understand? You struggle even within yourself to give yourself over, as if everything is your responsibility alone.

⼀样.

One thing.

问: 我很想去依赖⼀个⼈…JO: 这就是你需要去平衡的⼀个点.

Q: I really want to rely on someone... JO: That's the point you need to balance.

问: 我⽣病的时候想,我这么⼤的病总会有⼈来照顾我了,结果还是没有.

Q: I thought when I was sick that someone would come to take care of me, but no one did.

JO: 你稍等.我们这边连接到你需要某⼀些事件来让你的⼼,就刚说你的⼼⽐如说是硬的,然后来让你的⼼变得柔软起来.就⽐如说你可以去接触⼀些⼩动物或者是⼩婴⼉.你去接触这样⼦的,就是它是⼀个纯净的能量体.当它是⼀个纯净的能量体,就是没有很多恐惧在那个能量体⾥⾯.因为如果是单纯的⼈类,他们体内都会携带很多恐惧的.然后当它是⼀个纯净的能量体的话,它就好像让你触碰到⼀个你的什么点.它会让你慢慢的进⼊到⼀种就好像你的⼼被融化了⼀样.然后你需要持续的去做这个,然后慢慢的你才能去接纳所谓的⼈,明⽩吗?

JO: Wait a moment. We need some events here that will soften your heart as we just mentioned that your heart is hard, and to make it soft. You can try to interact with little animals or infants. When you touch such pure energy beings, there's not much fear within them because human beings naturally carry a lot of fear inside. When they are pure energy, it feels like touching something in yourself that opens up a path for your heart to melt gradually into a state where it might feel like your heart has been melted. You need to consistently perform this action and over time you will be able to accept people better, understand?

问: 我⾃⼰就想去做幼⼉教育这些…JO: ⼩孩⼦慢慢的他们已经有恐惧在⾝上了.婴⼉是⼀个纯净的… 因为他们还没有受到太多的⼀些… 怎么说…. 你们集体意识是⼀个海,他们都是联通的都是⼀体的,明⽩吗? 那在他最初始的阶段,他呢会⼉受到的污染就越少.那你说婴⼉看到⼀个杀⼈犯他会恐惧吗? 但是如果⼀个⼩孩⼦看到⼀个⼈杀⽓汹汹的拿着⼀把⼑,他看见他会有恐惧的.但是婴⼉他就在睡觉,明⽩吗? 还有那种⼩动物,就是很⼩的动物.因为动物它逐渐的长⼤的话,也会被你们⼈类的恐惧给传染.就是在这样⼦baby的阶段.然后你的这个能量会慢慢慢慢的被软化下来.因为如果你直接的去让⼈来软化你的话会⽐较难,它只会加剧.

Question: I want to do this kind of education for children...

JO: Children are already starting to feel fear in themselves as they grow older. Infants are pure because they haven't been exposed to too much of the world around them; it's hard to describe, but think of society as a vast ocean - we're all connected and part of the same whole. The less pollution there is at their earliest stages, the better off they'll be. Would you say that an infant would fear someone who has committed murder? But if a child sees a person brandishing a knife with anger and violence, they will certainly feel fear. Infants, however, are just sleeping through this experience. And when it comes to small animals - very small ones, like mice or snakes - as they grow up, their fear of humanity can be influenced by our collective fear. During the baby stage, your energy is gradually softened. Direct attempts to soften someone might not work well; instead, it tends to intensify the situation.

为什么呢?因为其实对⽅也是有恐惧的,它只会加深你的幻像,就是加深你的恐惧,加深你对⼈的⼀个更加的不信任或者是排斥、关闭、封闭.

Why is that so? Because actually, the other party also has fears, and it will only deepen your illusion, which means it will intensify your fear, increase your distrust or rejection, or make you more closed off towards people.

问: 我的天赋才能呢?

Question: Where are my talents?

JO: 你的天赋才能是,你是⼀个⾮常有想法,⽐如说策划或者是魄⼒或者是⾏动⼒或者是吃苦耐劳.就是你在这个物质世界上的⾏动,去做事情是⾮常有魄⼒有⼒量.就是说当你如果能平衡好你体内的能量的话,你就不会去逃避了.也不是逃避.你这个逃避更多的是你内在的能量牵扯着你,让你必须去平衡.包括你⽣病这个事,明⽩吗? 它就必须让你去平衡.

JO: Your gift is that you are highly creative, be it in terms of planning, boldness, action, or perseverance. The way you act in the physical world and undertake tasks is very powerful and forceful. When you can balance your internal energy well, you won't shy away; not avoid anything necessarily. It's more like being pulled by your inner energy that compels you to find balance. This includes when you're ill, understand? It just forces you to achieve balance.

问: 癌症没有把我打垮,但是新冠阳了以后感觉我都抑郁了.

Q: Cancer didn't defeat me, but after getting COVID-19, I feel like I'm suffering from depression.

JO: 你也不需要去看⼀个测试的结果.因为它只能表⽰你在当时,就好像有⼀个⼈出了车祸你去测,那每个⼈在当时都会是⼀个崩溃的状态呀,明⽩吗?

JO: You don't need to look at the test result either because it can only represent your condition at that moment. Imagine someone gets into a car accident and you take the test - everyone would be in shock at that moment, right?

问: 现在已经好⼏个⽉了.但是我现在还是觉得内在和外在都觉得很弱.眼睛和⽿朵都不舒服.

Question: Several months have passed now, but I still feel weak both inside and out. My eyes and ears are not comfortable.

JO: 你必须要知道所有的⼀切都在把你推向你⾃⼰的⽣命的道路.它并不是置你于死地的.为什么呢? 因为如果是置你于死地的话,你已经死掉了.就不会有跟我们对话的这次机会了.因为如果是跟我们有对话的机会,那你⼀定是⾛上正确的道路.就是⾛上你⾃⼰⽣命的道路,平衡.平衡好所有的⼒量,你就会释放出来,明⽩吗? 这么说吧,你就想你站都站不稳,你怎么去打⼈家呀? ⼈家还没出⼿,你⾃⼰就跌倒了.所以你要先站的稳呀.那你站稳了过后,你在舞台上才能展现出你的技能,对不对? 所以说我们现在就是要让你站好.站好了过后,你内在的⼒量⾃然⽽然就会释放出来.你到底有多⼤的⼒⽓,你就能完完全全的展现出来了.

JO: You have to know that everything is pushing you towards your own life's path. It isn't meant to kill you. Why? Because if it were meant to kill you, you would already be dead and there wouldn't be this opportunity for us to talk. Because if there was an opportunity to talk with us, then you must be on the right path - the path of your own life, balance. Balancing all forces so they flow naturally. You will understand? To put it another way, imagine trying to hit someone when you can't even stand up properly. They haven't moved yet and you fall over yourself. So, you need to learn how to stand first. Once you've learned this, then on stage you'll be able to demonstrate your skills, right? Therefore, we are focusing on getting you to understand how to stand properly now. When you have mastered this stance, the inner forces will naturally flow out from you. How much power you possess will become fully evident.

问: 我以前也接触⼀些灵修⽼师都说我是要⼲⼤事的⼈.但是我现在就完全是在应付的状态.收⼊也很低.

Q: I used to interact with some spiritual teachers who all said I was destined for great things. But now, I'm just going through the motions. My income is also very low.

JO: 你说的那个你是你要去脱离的那个你呀,就是转变前、平衡前的那个你呀.明⽩吗? 所以说你不要把以前是什么样⼦的当成是你.那个只是好像是⽑⽑⾍变蝴蝶.你现在还在说⽑⽑⾍的⼀个状态.就像前⾯信息⼀样,你可以先让纯净的能量体让你的⼼可以慢慢的放下.就

JO: The 'you' you're referring to is the one you want to leave behind, that's the you before transformation and balance. Do you understand? So don't consider your past self as who you are now. That was like a caterpillar turning into a butterfly. You're still talking about the state of the caterpillar. Like with previous information, you can start by letting pure energy allow your heart to gradually let go.

是可以慢慢的变柔软.你想你现在整个⼈就好像是僵硬的状态,⾮常的紧绷、僵硬.如果你不逐渐的柔软下来的话,你怎么⾛路? 你想⼀下.

It is possible to gradually become softer. You imagine yourself in a state of stiffness now, very tense and rigid. If you don't soften gradually, how would you walk? Think about it.

问: 对.我浑⾝都是疼的都是硬的,就是很紧张的状态.

Question: Yes, I'm in a state of tension, feeling sore and stiff all over.

JO: 所以说你⾃⼰可以知道什么可以让你的⼼变软,就是柔软下来.然后你先去连接这个能量.然后逐渐让⾃⼰进⼊到⼀个可以放松和柔软的状态.

So you can know what makes your heart soft, that is to say, to soften. Then, you first connect with this energy and gradually allow yourself to enter a state of relaxation and softness.

问: ⾃⼰内在会指引你让你可以继续⾛下去,对吧?

Q: Your inner self will guide you and allow you to keep going, right?

JO: 当你变得柔软了过后,你就会知道从哪⾥开始.因为你不再是在⼀种完完全全僵硬和紧绷的状态.你⾸先要找到那种感觉.你现在连那种感觉都没有找到.

JO: Once you become soft, you'll know where to start because you're no longer in a completely rigid and tense state. You first need to find that feeling. You haven't even found that feeling yet.

问: 抱婴⼉的时候有过⼀次,我觉得瞬间被融化掉了.

Q: Once when carrying a baby, I felt like being melted instantly.

JO: 对,就是那种感觉.

JO: Yes, that's the feeling.

问: 对,但是平时没有机会.还是养个⼩动物吧.

Q: Right, but there's no opportunity for that usually. Still, getting a little animal would be nice.

JO: 可以的.你到时候听录⾳,因为你当下可能不是那么明⽩.所以⼀切都是在于平衡.你不需要去学习如何去运⽤你的能⼒.为什么呢? 因为当你平衡好了,它⾃然⽽然就会释放出来.为什么呢? 因为这是你与⽣俱来的,就是不是从外去拿的.

JO: Alright. You can listen to the recording when you need it because at that moment, you might not fully understand it. So everything is about balance. You don't have to learn how to use your ability. Why? Because once you find the balance, it will naturally manifest on its own. Why? Because it's inherent in you; it wasn't something you acquired from outside.

问: 我本来是想问能不能辞职啊.但是我发现您不是去说…JO: 因为如果你的能量不够平衡,如果你没有从你的能量层⾯柔化下来的话.你其实辞职还是不辞职,它只是换⼀个地⽅去投射出你的这种僵硬感⽽已.这么说吧,你如果没有发现是你的⾝体变僵硬,你换⼀⾯镜⼦照.你觉得这个镜⼦不⾏,你换⼀个镜⼦.你照出来的还是⾝体紧绷僵硬的状态.

Q: I was actually going to ask if I could quit my job... JO: The reason is that if your energy isn't balanced and you haven't softened down from the layer of energy, whether you resign or not is just a change in location projecting your stiffness elsewhere. To put it simply, if you don't realize that your body has become stiff, changing to another mirror won't help. You might find one doesn't work, but another will still show your body tensed and stiff.

问: 但是因为我现在我⼀在电脑⾯前,我就会紧张起来.但是我⼀接触孩⼦或者是做农业,我就变的柔软.

Question: But whenever I'm in front of a computer, I get nervous. However, when I interact with children or engage in farming, I become more gentle.

JO: 对,那你就选择那个让你越来越柔软,就是说⼼能放下防备,像刚刚你说的那种感觉.然后关于你⽗母的事情最主要的原因是因为你们之间沟通不畅,就是堵塞.所以说你真诚的来告诉他们,你现在⾝体吃不消.你可能需要⼀些时间,就是暂时没有收⼊暂时不能帮助他们.就是真诚的告诉他们,他们反⽽会过来⼼疼你,给与你帮助,明⽩吗?

JO: Yes, choose the one that makes you more flexible, meaning it helps you to let go of defenses and feel as if your heart is opening up like what you just described. The main issue with your parents is mainly due to ineffective communication between you both, which has been blocked. So sincerely tell them that your body can no longer handle this situation. You might need some time off, meaning you're temporarily unable to provide income and help them financially. By being honest with them about your current situation, they would instead feel sorry for you and offer their assistance, understand?

问: 我就希望吧.因为我三年癌症,我爸都不知道.

Q: I just wish that. Because my dad didn't know about my three years of cancer.

JO: 不是希望,是⼀定会的.因为就算哪怕你是⼀个再冷酷的⼈.如果你真诚的告诉他们你的处境,他们的⼼都会柔软下来.因为你们都是made with love,明⽩吗?

JO: Not hope, it's definitely going to happen because even if you are as cold-hearted as one might be, if you sincerely tell them about your situation, their hearts will soften. You see, we're all made with love, understand?

问: 我曾经告诉他们我很累.但是他们没法理解我的状态.

Question: I once told them that I was tired, but they couldn't understand my state.

JO: 你有没有看到你并没有完完全全的放下你的头脑⾥⾯的任何声⾳,只是去真诚的表达你⾃⼰.⽽是说你总是觉得他们会⽤什么⽅式.这个就是进⼊头脑,明⽩吗?你不去期望他们如何表现或者表现出来什么样⼦.为什么呢?因为你要坚信,像我刚刚说的他们可能都不知道他们可能有那⼀⾯.因为你们每⼀个⼈都是made with love,所以都是⼀样的.他有可能那个⾯具戴的太久了.他并不会给你⼀个拥抱.但是在深夜他可能也会流泪,他可能也不想哭,但是谁都没有办法,他⾃⼰也没有办法去控制的,明⽩吗?所以当你完完全全的敞开⾃⼰,不需要去期待他们的任何反应.为什么呢?

JO: Have you noticed that you haven't completely let go of the voices in your mind, but rather just honestly express yourself? You always anticipate how they might react or behave. This is engaging with the mind, right? You don't expect their behavior or how they'll present themselves because you believe that maybe they're unaware of this aspect within them. Because everyone is made with love, so it's consistent for all of you. The mask he wears could have been on too long; he might not give you a hug. But at night when he's alone, he may shed tears uncontrollably, even if he doesn't want to cry. It's beyond his control because every person is capable of experiencing emotions deeply. Thus, when you fully open yourself without expecting any particular response from them, why is that?

因为其实你也在戴着⼀个⾯具,那你又希望他们能卸下他们的⾯具.这就是你们之间的隔阂.

Because you are also wearing a mask, then you hope they can take off theirs. This is the barrier between you.

问: 但是我⽗亲在我⼗多岁就⽣病,我就担起照顾他的责任.我妈妈是不照顾的.我妈妈⽣病也是我照顾.我哥哥买房⼦也是我来出钱.我们家都是我来照顾.

Q: But my father fell ill when I was in my teens, so I took on the responsibility of taking care of him. My mother doesn't take care of him. When she gets sick, it's me who takes care of her. When my brother buys a house, I pay for it. In our family, it's always me who takes care of things.

JO: 你有没有看到你所做的这⼀切都是因为你没有⼥性的能量? 因为如果你像是弱不禁风、楚楚可怜、需要被呵护的⼥性能量.是不是他们也会怜花惜⽟,明⽩吗?

JO: Have you noticed that everything you've done stems from the lack of feminine energy within you? Because if you embody a delicate, empathetic, and needing nurturing female energy, don't they also show their care for you by being protective and understanding, right?

问: 我觉得是我⼩的时候太懂事了.我照顾⼈是⾮常细⼼的.

Q: I feel like I was too mature when I was young. I am very considerate in taking care of others.

JO: 这个不是细不细⼼的问题.就像前⾯的信息说的,你们⾸先要知道给或者是接受,接受的时候也是在帮助.因为你给了对⽅让他们去感受到他们存在的⼒量和价值.不然他们会觉得⾃⼰⾮常的⽆⼒或者是⽆⽤或者是没有价值.为什么呢? ⼀直要依赖依附于你.所以适当的去….

Jo: This isn't about being meticulous or not. Like the information mentioned earlier, you should first understand whether it's giving or receiving. When accepting, it's also helping because by giving to others, you are empowering them and allowing them to feel their presence and value. Otherwise, they might feel extremely powerless, useless, or without value. Why? They would always depend on and cling to you. Therefore, it's necessary to...

问: 这个我也去要求过他们,但是他们并没有…JO: 你这个不是在要求,⽽是在指责.明⽩吗? 你并没有在⽰弱,你是在⽰威.就是你看我做了多少,你们都没做.这个不叫⽰弱,明⽩吗?这个并不是说我需要你存在在我的⽣命⾥⾯,你的存在给我极⼤地帮助,你⾮常有价值.这个需要你⾃⼰慢慢去悟去理解去看到.你不需要⼀下⼦能明⽩.但是这个恰好是你⾃⼰需要去平衡的⼀个点.它只是通过你的关系给呈现出来.

Q: I also went to ask them for this, but they didn't... JO: You're not asking; you're blaming. Do you understand? You're not being weak; you're making a show of strength. You're saying that I've done so much and you haven't. This isn't weakness; do you understand? It's not about needing you to be in my life, your presence is greatly helpful and you are very valuable. This requires you to gradually understand and see it for yourself. You don't need to instantly grasp it. But this正好 highlights something you need to balance within yourself. It's just being presented through your relationship.

问: 我⼀直奇怪我这么努⼒,我妈妈对我从来没有认可.确实我是在指责.我哥哥什么都不管,什么都是我在管.

Q: I've always wondered why my mother never acknowledges how hard I work for her. Indeed, it's true that I'm the one who scolds him. My brother doesn't care about anything; everything is up to me.

JO: 你们来到这⾥,在你接触到我们的信息之前,你们所有⼈都是闭着眼睛的.就是你们都⼀头扎进这个物质世界,把所有的都当成是真实的.所以⽆论他做了什么,他其实都是在闭着眼睛,他是不知情的.你只要记住这句话.⽆论你曾经做了什么,你也是.那⽬前,你现在可以借助我们的眼睛来让你看到,你可以选择睁开眼睛.当你睁开眼睛过后,你不会去怪罪任何⼈的任何⾏为,明⽩吗?

JO: You came here all of you, before you were exposed to our information; you were all blindfolded. That means you were all immersed in this material world and took everything as real. Therefore, no matter what he did, he was actually blindfolded, and he was unaware of it himself. Just remember these words: No matter what you have done before, the same applies to you. Currently, you can now use our eyesight to allow you to see, choose to open your eyes. After opening your eyes, you will not blame anyone for any actions, understand?

问: 我知道这个是个幻像.但是就是有⼀种传统的观念会束缚我.但是我就觉得我⼀旦要辞职,我就会… 但是我对⽗母这⼀块,我怕我辞职会打击他们.这个是我内在更⼤的恐惧.

Q: I know it's an illusion. But there is a traditional belief that constrains me. Yet I feel that once I resign, I will... but I'm afraid of how my parents will react if I quit. This represents the greater inner fear I have.

JO: 那就是因为你进⼊到头脑模式.你要知道如果你只是跟随你⾃⼰的内在的指引的话,你需要明⽩我不会去选择我头脑⾥⾯.如果你是根据你头脑⾥⾯的⼀些声⾳,因为恐惧⽽又去做⼀些事情.那你还是进⼊到头脑模式.因为你的头脑是不知情的,它不知道事情会如何妥当的安排好.所以你可以放⼿.然后给⼀次机会来让你鉴证我们是如何运⾏的.我们,也就是说灵界的⼀些存有是如何运⾏的,明⽩吗? 就⽐如说以后你⽗母他们去世,这些都是交给灵界的⼯作.灵界会妥善的处理好他们,就好像牵着他们的⼿去做⼀次蜕变.明⽩吗? 因为你们活在这个物质世界,你们太沉浸于物质世界.你们都会忽略掉有⼀个所谓的灵界.所以你们会觉得⼀切都是头脑安排好的.

JO: That's because you've entered the mind mode. You need to understand that if you just follow your inner guidance, you must realize I would not choose based on what my mind tells me. If you do something based on some voice in your mind, out of fear, then you're still in the mind mode. Because your mind is uninformed; it doesn't know how things will be properly arranged. So let go and give us a chance to show you how we operate. How the beings in the spiritual realm operate, do you understand? For example, if your parents pass away later on, these are tasks for the spiritual world's work. The spiritual world will handle them as if guiding their hands through transformation. Do you understand? Because you live in this physical world, too immersed in the physical world, you all tend to overlook there being such a thing as the spiritual realm. So you think everything is arranged by your mind.

但是并不是.为什么呢? 因为灵界可以随时去影响你的头脑.

But it doesn't mean that they can. Why not? Because the spirit realm can always influence your mind.

问: 我去年就感受到⼤⾃然和孩⼦对我是有疗愈的.

Question: I felt last year that nature and my child were healing me.

JO: 所以去选择那条路,⽽不⽤去担⼼任何.为什么呢? 因为这些都会被妥善的处理好,以最完美的⽅式.给出去你的信任,你就会得到信任.就好像播种⼀样,如果信任这颗种⼦你不播下去,你也收获不了信任.

JO: So to choose that path and not worry about anything. Why? Because all of this will be handled perfectly, in the most perfect way. Give your trust, and you will receive trust. Like planting a seed, if you don't sow it, you won't reap trust.

#### 2023/07/23 — 灵魂主题之还债Theme of Soul Debt Repayment

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我想问⼀下我的感情问题.我想问⼀下我和⼀个⼈的前世今⽣.

Question: I'd like to ask about my emotional issues. I want to inquire about the past lives and current relationship with a certain person.

JO: 你们在⼀起多久?问: 认识两年了. JO: 你多⼤年龄?

JO: How long have you been together? Q: We've known each other for two years. JO: How old are you?

问: 我1988年的,35岁.

Q: I'm from 1988, 35 years old.

JO: 你想看你们感情的⼀个什么呢?

JO: You want to see something about your relationship?

问: 我不明⽩我们今⽣的经历是怎么回事.所以我想看⼀下我们的前世.

Q: I don't understand what's going on with our experiences in this life, so I want to look into our past lives.

JO: 你看你⾃⼰就知道.就⽐如说你的⼈⽣主题.你看你的⼈⽣主题你就知道为什么会是这样⼦的? 他是怎么服务于你? 为什么会⾛到这个步骤上⾯?

JO: You know yourself just by looking at you. For example, your life theme. By observing your life theme, you can understand why it is like this and how it serves you. Why you have reached this stage?

问: 好的.那您帮我看⼀下这个.

Question: Alright. Could you help me take a look at this?

JO: 你稍等.你叫什么名字?问: XXXJO:你这⼀世选择了就好像是来还债.从还债的过程当中来扩展你的同情⼼.来让你更加的不会去进⼊到⼀种⽆明或者⽆意识的状态.所以就好像是通过⼀世来提⾼你的觉知.因为⼀般你们的⼈其实都是在⼀个⽆意识的状态,就是⼀个⽆明的状态.然后通过这样⼦的状态其实他的⽆意识会伤害很多⼈.但是他又是不知情的.他并没有觉得,就不如说你是⼀只很⼤的⼤象在⾛你的路.路上踩死了多少⼩鸡⼩鸭⼩动物,你是不知情的,像这样⼦.为什么呢?因为你的眼睛⼀直只是看着前⽅.那当你成为⼀只⼩鸡或者⼩鸭⼦在路上被⼤象踩死,你去体验这个过后.你就会多去留意下⾯的⼀些,就不会只盯着⼀个⽅向.

JO: Wait a moment. What is your name?

Question: XXX

JO: In this lifetime, you chose to come here as if to repay debts. Expand your compassion through the process of repayment, so that you won't enter into a state of darkness or unawareness. So it's like enhancing your awareness through one lifetime because generally, people are in an unconscious state, which is also considered darkness. By being this way, his unconscious actions can harm many others without them knowing they're causing pain; he doesn't realize what he's doing. It's like walking as a large elephant on the road that crushes small chickens, ducks, and other animals below you, unaware of the damage until after experiencing it. Why is that? Because your eyes are always just looking forward. When you become a small chicken or duck and get killed by an elephant while walking on the road, experiencing this will make you more aware of what's beneath you; you won't just stare in one direction.

所以说这种还债,你就会经历很多卷⼊别⼈的⼀些事件,被他们⽆意识的伤害.就别⼈可能不是诚⼼的去伤害你.但是他们⽆意识的⼀些⾏为或者是什么什么的确是给你带来了⼀定的影响,就是带来了⼀定的伤痛.然后呢,通过这些伤痛你可以学到的是什么?学到的就是说你⾃⼰是充满觉知的,不会像他们⼀样进⼊到⽆意识的状态.所以这会是对你灵性的提升⼀个⾮常⼤的体验.

So this kind of repayment involves getting caught up in other people's events and being hurt by them without their awareness. It's that others may not intentionally harm you, but their unconscious actions or whatever do bring a certain impact to you, causing some pain. What can you learn from these experiences? You learn that you are aware, unlike them, who enter into an unconscious state. This is a very profound experience for spiritual growth.

问: 我想看⼀下我跟这个⼈的前世是怎么回事.

Question: I want to see what happened in my past life with this person.

JO: 你不需要.因为你看你的灵魂主题你就知道其实你现在才刚开始.就是不需要看.因为接下来你还会,在你体验没有⾜够的情况下,你还会遇到很多就是你⾃⼰⼼⾥受伤.就觉得伤痛,你很难过的坎的⼀些事情,明⽩吗? 所以说单纯看这个⼈… 因为你们的物质头脑还会觉得,还会指望从⼀段关系当中得到幸福.但是真正的幸福是什么? 是你⾃⼰给与你⾃⼰的.

JO: You don't need to worry about that because just by looking at your soul theme you understand that actually, you're just starting now. There's no need to look further. Because there will be more situations where your heart gets hurt and you experience pain and sadness, which you haven't gone through enough yet. So you'll encounter those kinds of things even when you have experienced them not sufficiently well. Do you understand? Therefore, simply assessing a person based on this alone... Your material mind still believes that happiness can be achieved through relationships. But what is true happiness? It's the happiness you give to yourself.

问: 是的,我知道这个.但是我就是不明⽩原因.

Q: Yes, I know about that. But I just can't figure out why.

JO: 原因就好像刚才你的⼀个灵魂主题,你这⼀⽣就是选择来体验通过他⼈的⼀些⽆意识的⾏为给你造成的⼀些伤害来让你去明⽩.就好像刚刚在讲的那个故事,你会选择去成为⼀个⼩鸡⼩鸭⼦,然后被⼤象⾛路不⼩⼼给踩死的体验,明⽩吗? 那很明显就是直接告诉你,如果你是说感情的话,那你的感情后⾯会受很多伤.这跟这个⾓⾊没有关系.为什么呢? 因为就算这个⼈⾛了,你还会有其他的感情.你还是会在这个感情当中受伤.就刚刚的主题是关于什么? 关于还债.那还债是什么? 就是为了让你提升你的觉知.

JO: The reason is like the soul theme you mentioned earlier in this life, where you chose to experience and understand through some unconscious actions of others that caused you harm. It's like the story we just discussed; you choose to be a little chicken or duck and get accidentally stepped on by an elephant, right? That clearly tells you directly that if it's about emotions, your emotions would take many hits. This has nothing to do with the role. Why is that? Because even if this person leaves, you will still have other feelings, and you will still be hurt in those feelings. So, what was the theme just now about? About paying off debts. What are debts for? To help you enhance your awareness.

问: 那我怎么样才能够让这个进程快⼀点呢?

Question: How can I speed up this process?

JO: 进程快⼀点? 你就拿到这个体验咯.你拿到这个体验就是,我知道这个体验很痛苦.那我从对⽅的⼀些⾏为当中看到,就是他们的⼀些⽆意识的⾏为,他们的⼀些⽆⼼快语,就是随⼜说的⼀句话我却受到这么⼤的伤害.那你以后你⾃⼰就会去提升你⾃⼰的⼀个觉察能⼒.⽽不是闭着眼睛.你就会更加的睁⼤眼睛.

JO: Speed up the process? You'll get this experience. This experience means that I understand it's very painful. From their actions, especially their unconscious behavior and careless words, even a casual remark causes me such great harm. Therefore, you will improve your self-awareness in the future instead of being blind.

问: 那我感情这块除了这些还会怎么样吗?

Question: Well, besides these things, how else should I handle my feelings?

JO: 你⾸先要放下你们物质头脑会对感情有⼀个追求.追求什么? 就是幸福美满的.这⾥没有幸福美满.为什么呢? 你来到这⾥你就是为了提升你⾃⼰的能量.你就是来学功课的.那你学功课的话,你就是来体验反派的,你就是来体验对⽴⾯的.你如果不体验对⽴⾯,你不需要来到这⾥.你既然来到这⾥,你就是来体验对⽴⾯的.所以你就不去⽤你们世俗的观念去定义,感情⼀定是幸福的圆满的有爱的.明⽩吗? 因为最主要的还是让你们⾃⼰成为⼀个爱的状态.所以你体验的那些痛会帮助你更加的提升你的觉察⼒.你想⼀下你的觉察⼒在这个层⾯被提升过后,它是跟随着你的.

JO: First of all, you need to let go of your material mind's pursuit for emotions. What are you pursuing? Happiness and fulfillment. There is no such thing here. Why not? You're here to elevate your energy, to learn your lessons. If you're learning lessons, it means you're here to experience the opposite side, the opposing force. If you don't want to experience the opposite, you wouldn't need to come here. Since you have come here, it's for experiencing opposites. So instead of using your mundane concepts to define that emotions must be happy, fulfilled, and loving, understand this because ultimately, what matters is making yourselves into a state of love. Realizing this will help elevate your awareness greatly. Imagine how much stronger your awareness becomes at this level, following you wherever you go.

你再去其它⽣世体验,它都是… 就好像你是⼀个演员,那你通过这个演员的⾝份学习到的芭蕾舞.那你学习那个芭蕾舞的技术是在你这⾥.所以你再去演其它⾓⾊,你还是会有芭蕾舞演员的那种挺拔的⾝姿.为什么呢? 因为那个就是你做演员期间锻炼出来的,明⽩吗? 这个才是真正能跟随你的.

You will experience other lives in reincarnation, and it will always be like... As if you are an actor, then the ballet you learn through this role is yours. The technique of that ballet learning takes place within you. So when you play other roles, you will still have the posture of a ballerina. Why? Because that is what you cultivated during your time as an actor. Understand? This is truly something that accompanies you.

问: 但是我结果是看不到是吗?

Question: But I can't see the result, right?

JO: 结果是什么意思? 如果你把它只当成是⼀个情商,你的结果是什么? 那你觉得男⼈⼀个⽐⼀个渣.你只会带来⼀种什么? 带来⼀种你越来越失望.但是如果你把它当成,OK,这是我的功课.我的功课是什么? 拿到什么? 拿到我的觉察能⼒.那你知道了过后,那你是不是就能拿到背后的礼物了? 就好像前⾯说的⼀样,因为这个礼物⼀直伴随着你呀.

JO: What does the outcome mean? If you consider it only as an emotional quotient, what would be your result? You think men are all trash. What kind of result will that bring you? A growing sense of disappointment. But if you see it as, okay, this is my task. What is my task? What am I getting out of it? Getting my awareness ability. Once you know this, can you then receive the gift behind it? As mentioned earlier, because the gift has been with you all along.

问: 因为没有这个,我也不会⾛上这条路.我想连接我的⾼我,但是我⼀直连接不上.我想知道是为什么?

Q: I wouldn't have taken this path without it. I want to connect with my higher self, but I can't seem to make the connection. I'm wondering why?

JO: 你对于连接上⾼我的定义和概念是什么? 你只需要放下那个概念就好了.

JO: What do you think about connecting to my higher definition and concept? You just need to let go of that concept.

问: 我希望它能给我提供⼀些信息.我不需要再去问别⼈.它能告诉我最智慧的信息和指引.

Question: I hope it can give me some information, so I won't need to ask anyone else. It should tell me the wisest insights and guidance.

JO: 最智慧的信息,最智慧的指引? 所以你们头脑⾥⾯还在找⼀条最那个什么的路,最圆满的路,最快的路,最没痛苦的路,是吧? 那你就是误⼊歧途了,明⽩吗?

JO: The wisest information, the most wise guidance? So you're still looking for the path that's the smartest, the most perfect, the fastest, the least painful, right? That means you're on the wrong track, do you understand?

问: 我⼤概明⽩了.跟我想问的还不是特别⼀样.关于⾦钱,我⼀直就没钱,危机这种.我想知道这个问题是出在哪⾥了? 如何去改善?

Q: I think I understand, but not exactly what I'm asking about. Regarding finance, I've never had any money problems or crises like that before. I want to know where the issue lies and how to improve it?

JO: 你稍等.你体验到从⾦钱上的⼀种匮乏,它会加深你的恐惧感或者是被伤害的程度.它会让你的受伤程度加倍.这么说吧,如果你是⼀个特别有钱,就是从来不愁钱的⼈.那如果⼀个男的从感情上伤害你,你可能不会有多⼤的… 为什么呢? 因为他不会影响到你的物质⽣活,他不会对你的⽣活层⾯、物质层⾯,就是看得到的层⾯造成多⼤的影响.可能只是⼼灵层⾯.那如果他对你看得见和看不见的层⾯都造成影响,那是不是就加剧就加倍了? 那你的伤痛是不是就加倍了? 所以说它只是来加深你的体验,让你感受到你的痛是加倍的.就好像在伤⼜上撒盐⼀样.

JO: Wait a moment. The experience of financial scarcity can intensify your feelings of fear or harm. It doubles the intensity of your hurt. Here's how it works: If you're someone who never has to worry about money, and if a man hurts you emotionally, you might not feel much... Why? Because he won't affect your material life; he won't cause significant impacts on your living standards or financial aspects that you can see. It would just be at the emotional level. But if he affects both what you can see and the unseen parts of your life, doesn't that increase it even further? Doesn't that amplify the pain? So, it deepens your experience, making you feel as though your pain is doubled. It's like pouring salt on an open wound.

问: 那这个痛是⼀直会存在吗? 有没有到什么时间我会有⼀个转化? 还是这⼀世全部都是痛?

Question: Does this pain persist indefinitely, or is there a point in time when I will undergo a transformation? Or does this suffering span my entire existence in this life?

JO:就好像刚才说的,如果你只是把它当成是你的⼀个劫难,就是你的命不好⽼遇到这种渣男的话.那它就只是⼀个痛⽽已.那如果你知道,OK,我体验到这个了.我会从那⼀刻开始我就对我⾃⼰所有的⼀切充满了觉察能⼒.为什么呢?因为我感受到别⼈⽆意识的⼀些⾏为,就⽐如说他可能就只是跟你随便搭讪啊、胡说⼋道啊、就是随便聊⼀下.没想到你真的动⼼了动情了,你投⼊感情了,就打个⽐⽅啊.那他的⽆意识⾏为就给你造成了影响了,明⽩吗?那你就能体会到,就是让你⾃⼰在你各⽅⾯的⾏为你就会去注意它.⽽不去胡乱的去做出⼀些⾔⾏、⾏为,就是随便.就是就不会随随便便了.那当你开始觉察⾃⼰的⼀些⾏为、起⼼动念的话,那你就已经….

In JO: It's like what I mentioned earlier - if you view it simply as a misfortune, just bad luck in meeting such scumbags, then it's merely a pain. But if you understand that yes, I've experienced this now, and from that moment onwards, I'll be aware of myself with all my actions. Why? Because I can sense others' unconscious behaviors - for example, they might casually flirt, talk nonsense, or just have a casual chat with you without expecting anything serious. They never thought you'd get seriously affected by their carelessness. Imagine this scenario. Their unconscious actions influence you. Do you see that? From then on, you'll pay attention to your own actions in all aspects of life and avoid reckless behaviors, acting spontaneously without thinking through the consequences. And once you start being aware of your thoughts and actions, you've already...

就是这个功课你已经拿到了.那你的命运就开始发⽣转变了,明⽩吗?

It's the task you've completed. That's when your fate starts to change, understand?

问: 我的这⼀世就是体验这些伤痛,就是还债,就是体验对⽴⾯的这些东西.有⼀个意识曾经给我⼀些指引,它是⼀个⽼爷爷.据说是⼀个蟒仙.这个背后的根源是什么? 为什么它会联系我给我这样的指引? 它对我来说是⼀个什么样的⾓⾊? 我们彼此是什么样的关系?

Q: This life is about experiencing these pains, paying off debts, and dealing with the opposition. A consciousness once gave me guidance, it was an old grandfather, said to be a snake spirit. What is the root cause of this? Why would it connect with me to give me such guidance? What role does it play for me? And what kind of relationship do we have?

JO: 你的信息是从哪⾥来的?问: 是通过别⼈.

JO: Where did you get your information from? Q: It was through someone else.

JO: 别的通灵⼈传达给你的,是吗?

JO: Are they messages conveyed by other psychics?

问: 它通过我以前的男朋友跟我对话.

Question: It communicates with me through my ex-boyfriend.

JO: 然后信息说的是什么?

Then what does the message say?

问: 都是⼀些指引,就是让我应该怎么去做这种.

Q: They are just guidelines on how I should go about doing this.

JO: ⾸先你要知道⽆论你们从哪⾥得到的信息,所有的这些信息,取决于你⾃⼰.就好像你⾃⼰去捡了⼀些素材.这些素材你要怎么样⽤,你是拿起这个来堆⼀个城堡呢? 还是你拿这个⽯头砸⾃⼰的脚? 你才是那个⾃由的创造者,明⽩吗?

JO: First, you need to know that all this information comes down to you. It's like gathering materials on your own. How you use these materials is up to you; will you build a castle with them or hit yourself with the stone? You are the free creator, understand?

问: 它说的⼀些话有的是对的,有的验证过的也不对.但是我想知道原因是什么? 因为有的⼈看到我说我⾝上有蟒仙.我想知道我跟这个意识的关系是什么?

Q: Some of what it says is correct, and some that has been verified turns out to be false. But I want to know why. Because people have seen me and said that there's a python spirit inside me. I want to understand the relationship between myself and this consciousness.

JO:如果说你跟什么这个什么什么有缘的话.那万物⼀体,你们跟所有的都有缘.所以你不需要去纠结于我跟这个怎么样? 这个信息的来源是真的还是假的? ⽆论它是怎么样? 真的还是假的?那个影响⼒都是你给它的.我们刚刚说这些所有东西都好像是素材⼀样.那这个⽯头你⽤来堆⼀个城堡还是⽤来砸⾃⼰的脚?你⾃⼰去做选择.所以也不要把我们的信息或者其他⼈的信息给神化了.但是你也不要轻视它.你要知道它的⼒量都来⾃于哪⾥?来⾃于你,你的选择.你的选择才是最重要的.你可以选择这些信息正⾯的⽀持你,服务于你.那如果你让这些信息恐吓到了你,那也是你⾃⼰的⼀个恐惧.你内在有恐惧.所以它还是来⾃于你.

JO: If you have a connection with anything, then everything is interconnected, and you have connections with all things. So there's no need to worry about whether I am this or that? Whether the source of this information is real or false? Regardless of its nature, whether true or false, the impact comes from you. We've just discussed that these are all like materials. Is this rock used to build a castle or to hit your own foot? It's up to you to make the choice. Don't overrate our messages or anyone else's information, but also don't dismiss it lightly. You need to understand where its power comes from? It comes from you and your choices. Your choices are what truly matter. You can choose for these pieces of information to support you in a positive way, serving you. If this information scares you, that fear is still coming from within you.

这样你就不需要去纠结以后的任何信息.为什么呢?管它是⿁是魔还是神,它来,我都可以把它给转化成对我有利的.可以正⾯服务于我的.因为你们其实没有办法去辨别⼀个东西是真的还是假的.为什么呢?因为你们物质世界所有东西都是假的.但是在你们眼⾥却是真的呀.明⽩吗? 但是有的是真真切切东西,你们都觉得是假的.

So you don't need to worry about any future information. Why is that? Whether it's a demon, magic, or god, if it comes, I can transform it into something beneficial for me. Something that can positively serve me. Because actually, you have no way of determining whether something is real or fake. Why is that? Because everything in your material world is considered fake. But to your eyes, it's true. Do you understand? However, there are things that are truly real, but you all still think they are fake.

问: 我没有⾃信.感觉⾃⼰没有⼒量,⽆⼒感.我不知道怎么样解决这个问题? 或者您看看我这个问题的根源是什么?

Q: I lack confidence and feel powerless. I don't know how to solve this problem or what the root cause of it is. Could you help me understand or find a solution?

JO: 你稍等.你的这种⽆⼒感其实它跟⾦钱的匮乏是⼀样的.它也是来加深你的体验,就是你会更加的觉得崩溃或者是好像死路⼀条或者是好像很绝望或者是好没⼒,明⽩吗? 你们来到这个物质世界上你要记住,它就是来加深你所有的体验的.所以你们都会觉得好像真的好难去突破⼀样.但是实际上你在当下真的悟到到真的明⽩了过后,你不需要怎么样去突破就已经破了.你不需要去做任何事情.也就说⽐如说你⼼⾥⾯跟⼀个⼈有冲突,你⼼⾥怨恨着他.当你发现其实没有什么很怨恨的,你不需要去专程的给他道歉这个怨恨才能放下.⽽是这个怨恨已经放下了,明⽩吗?然后你们的能量已经畅通了.所以你不需要⼀定让他去明⽩,我再跟你道个歉或者什么什么的.

JO: Wait a moment. Your sense of helplessness is similar to financial scarcity. It deepens your experience, making you feel more overwhelmed or like there's no出路, or very hopeless, or completely powerless. Do you understand? When you come into this material world, remember that it amplifies all your experiences. Therefore, you will find it really hard to break through. However, once you truly realize and understand in the present moment, you don't need to do anything to break through. You don't have to do anything at all. For instance, if you're conflicted with someone internally and hold resentment towards them, when you see that there's actually not much to be resentful about, you don't need to specially apologize to them for the resentment to dissipate. Rather, the resentment has already dissipated, understand? And your energy flows smoothly. Therefore, you don't have to necessarily make them realize and apologize again or anything else.

因为表⾯的相是不重要的,你⾃⼰⼼⾥的能量,你是抵触还是顺的能量才是最重要的.相,他是慢慢呈现出来的⼀个果.那当你⼼⾥⽐如说已经放下了过后,你其实就算不去道歉他也能感受到你的善意,明⽩吗? 他也能感受到你根本就不恨他.所以你们呈现出的相又不⼀样了.那如果你只是嘴巴上给他道歉,但其实⼼⾥你还是没有放下的话.慢慢慢慢你们还是呈现出那种相.所以最重要的你看到是在哪⾥了吗? 就是你到底有没有悟到? 所谓的悟到.你到底有没有悟到? 你到底有没有明⽩? 因为归根到底,世界上的⼀切它其实都是你投射出来的⼀个相⽽已.但是呢,就是因为它的体验是如此的深刻和强烈,它才会让你的体验是如此的有效果.

Because what matters is not the superficial appearance, but your inner energy; whether you are resistant or yielding to it. The appearance is a slowly unfolding result. If you have truly let go in your heart, even if you don't apologize, they can still sense your kindness and understand that you don't hate them. They can sense that you genuinely do not bear any ill will towards them. Thus, the appearance you present differs from theirs. If you merely say sorry to someone but your heart is still holding onto resentment, over time, your actions and interactions will still reflect that same negative appearance. So, the most important question is: have you truly seen this? Have you truly understood it? Remember, ultimately, everything in this world is a projection of your own essence. Yet, its profound impact compels these experiences to manifest so significantly because they are so effective in shaping your perception and understanding.

你才能真正的去拿到这个礼物.

You alone can truly obtain this gift.

问: 那能看到我现在的进度到底是什么程度了吗?

Question: Can I see how far along I am in my current progress?

JO: 你如果是接收到信息,就是跟我们连接上信息.那就说明你是要上道了.你⾄少⽬前你选择的是⼀个解脱之道,明⽩吗? 因为你选择我们的信息,你选择的就是解脱之道.解脱.

JO: If you receive the message, it means you are connecting with us and our information. This indicates that you are on the path of liberation. You have chosen at least for now a way to break free, understand? Because by choosing our information, you are choosing the path of liberation. Liberation.

问: 我在公众号上看到咱们的⽂章.⾥⾯也有⼈问到前世今⽣.我就想知道这⼀块.能不能看⼀下我跟这个⼈的前世是怎么回事? 就是这种很具体的.

Question: I've seen your articles on our public account, where someone also asked about past and present lives. I want to know if we can look into what my relationship was with this person in a previous life. This is very specific.

JO: ⾸先每⼀个⼈他都是不⼀样的.所以说每个⼈,⽐如说别⼈有很深的前世不⼀定代表你这⼀世就跟这个⼈有很多其他世的牵连.它有可能就是⼀个随机.因为你需要这堂课,他也需要这堂课.随机的⼀个,就是你们彼此都需要这个,创造这个.明⽩吗?

Japanese-Origin: JO: First of all, everyone is unique. That's why every individual might have deep past lives that don't necessarily mean you share many connections with this person in your current life from other lifetimes. It could just be random. You need this lesson, and they need it too - a random one where both of you need it to come together and create something. Do you understand?

问: 但是这个是不是随机的能不能看⼀下? JO: 你稍等.你要连接,需要对⽅的名字.问: 他叫XX.

Q: But is this random? Can I see it?

JO: Hold on. You need to connect by entering the other person's name.

Q: His name is XX.

JO: 然后你的名字再说⼀遍.问: XXXJO: 你们没有⾮常深的… 就好像是⼀个露⽔姻缘就是前世的关系.所以你们在⼀世的连接也不会很深的,也还是前世那样,就还是好像露⽔姻缘.就是它没有根的.它就表⾯上⼀个⾮常浅的,它不能深深地扎根.明⽩吗? 没有很深的连接,是⾮常浅的⼀个,就是根本就没有地⽅可以扎根的.

Then repeat your name. Question: XXXJO: There is no very deep... it's like a dew relationship from past lives. So the connection between you in this life will not be deep either; it will still resemble that of a dew relationship, just like in past lives. It's superficial and lacks depth—it can't really root deeply. Do you understand? There won't be a very deep connection; it'll be very superficial, essentially having no place to root.

问: 就是可以忽略的意思是吧?

Q: Does "可以忽略" mean "can be ignored"?

JO: 不是忽略呀.你如果把这⼀堂课,你能从这⼀堂课就拿到你的觉知的话.你后⾯就不需要像他这样⼦的,明⽩吗?

JO: It's not about ignoring it. If you can get your awareness from this lesson, then after this, you won't need to do like that, understand?

问: 这个所谓的觉知就是所谓的智慧是吗?

Question: Does this supposed awareness equal the so-called wisdom?

JO: 就⽐如说你不会再去因为内在的因为内在的⼀些恐惧牵引着你去做出某⼀些⾏为.因为你能觉察到你的⾏为只是出于你,哎呀,我要找个依靠,我活不下去,我要帮助.那就是恐惧嘛,对吧? 当你觉察到了,那你是不是就不会去做某⼀些⾏为了? 你就不会被某⼀些东西,潜意识的⼀些东西,深层次的⼀些恐惧呀匮乏呀或者是不安全感呀,被这些牵引着去做⼀些⾏为.⽽是你看到它只是你的⼀个不安全感,它只是你的⼀个恐惧或者是⼀个什么.你看到了过后,你便不会去⾏动了.只有你⽆意识的觉得我不能怎样怎样,那就是⽆意识的⾏为.因为你还是在被你内在的东西给牵引着去做出⼀些⾏为.

In this text, JO discusses the distinction between being driven by internal fears to engage in certain actions and becoming aware of those fears. When one becomes conscious that their actions are merely a result of their own inner state—such as needing support due to feeling unable to survive or seeking help—and realizes that these are manifestations of fear, they can choose not to let these fears dictate their behavior.

The text suggests that when you acknowledge your fears as being intrinsic to yourself and understand them as simply reflections of insecurity, lack, or vulnerability within you, the urge to act on those fears diminishes. It emphasizes that actions driven by unconscious thoughts like "I cannot do this" are considered unconscious behaviors because they still follow the influence of internal states.

问: 我不是特别热爱我现在的⼯作.我其实还是喜欢⾝⼼灵的…JO: 你⼀定会喜欢的.为什么呢? 因为你⽤这⼀⽣的时间,你就是来拿到你的觉知.所以这⼀⽣会对你的灵魂有很⼤的突破,明⽩吗?

Q: I'm not particularly fond of my current job. In fact, I really enjoy the mind and spirit... JO: You will definitely like it. Why? Because you use your entire lifetime to acquire awareness. So this life will make a significant breakthrough in your soul, understand?

问: 那我以后会⾛上这条路吗?

Question: Will I end up on this path in the future?

JO: 你说以后是什么? 你怎样都是在这条道上呀,明⽩吗? 因为没有在这条道上的话,你就不会去选择去拿到觉知的功课,就是选择⽤这种⽅式去拿到觉知了.你们看事情⼀定不要单纯的从物质层⾯去理解它.因为单纯的从物质层⾯去理解它,你们只会去在乎物质这个表象,还有这个⾁体.但是这些都不是你,这些都好像只是过眼云烟⼀样.它不是重要的.背后让你变得更加有爱更加有智慧,这个才是最重要的.这些会让你变得更加有智慧.为什么? 你有觉知就会产⽣智慧.那你⽆明⽆知,那你哪来的智慧呀,明⽩吗?

JO: You wonder about the future? Whatever you do is on this path, right? Because if not on this path, you wouldn't choose to engage in the task of becoming aware, choosing this way to become aware. When dealing with things, don't simply understand them from a purely material perspective. Understanding things solely from a material standpoint will lead you to only care about the superficial aspects and physical body. But these are not who you truly are; they're like fleeting clouds passing by. They aren't significant. It's what lies behind that enhances love and wisdom, which is far more important. These things make you wiser. Why? Having awareness generates wisdom. Without knowledge and wisdom, where would your wisdom come from, do you understand?

问: 我会以它为事业吗? 就是不会做其他的⼯作.

Question: Will I pursue it as a career? That is, I won't do any other job.

JO: 因为你看的只是这这⼏⼗年,你这个⾁体.但是我们看的却不是这个.明⽩吗? 我们看的就好像这个只是你⼀个阶段性的功课⽽已.你拿到这个功课的原因是为了⼀个更⼤的计划或者是⼀个步骤,明⽩吗?

JO: You only see these few decades, this physical body of yours. But we don't see it that way. Understand? We view it as just one phase of your task. You've received this task for a larger plan or a step, do you understand?

问: 有没有什么建议给到我这个阶段?

Question: Any advice for me at this stage?

JO: 建议给到你就是说不要太当真了.因为其实所有的⼀切都是来加深你的体验.加深你的体验,你体验深刻才会… 因为当你太当真了的话,你会加深你的⼀种对⼈性的排斥,明⽩吗? 你就会觉得⼈怎么会是这样⼦,我很不喜欢⼈类,就是各种这样⼦的.

JO: The advice I'd give you is not to take things too seriously. Because actually, everything is designed to deepen your experience. Deeper experiences lead to deeper understanding because when you are too serious, it increases your aversion towards humanity. You start wondering how people can be like this, and you develop a dislike for humans, in various ways.

问: 加深对⼈性的排斥会影响我灵魂的进化是吧?

Question: Does deepening my rejection of human nature affect the evolution of my soul?

JO: 你想象⼀下,如果加深你对⼈性的排斥,那后⾯是不是就会产⽣更多的事件来给你体验? 因为这是你⾃⼰创造的⼀个相呀.你⾃⼰创造了⼀个相,你投射出来,你是不是又可以见到它了,明⽩吗? 就是你⾃⼰播下的⼀个种⼦嘛.那种⼦它会结果的呀.你是不是就给你品尝到了?

JO: Imagine if you increase your aversion towards humanity, wouldn't that lead to more experiences for you to have? This is because it's a manifestation created by yourself. You projected it out and can now see it again. Do you understand? It's like the seed you've sown; it will bear fruit, and that fruit you'll taste.

问: 其它的还有吗?

Q: Are there any others?

JO: 然后所有的⼀切它只是为了让你变得更加的智慧和有爱.记住这些就⾏了.⽽不是说来置你于死地或者是上天不够眷顾你.为什么呢? 因为这是你⾃⼰想得到的礼物.你⾃⼰的选择.因为它对你来说是你最想要的选择.就是它最能去达到你想要的那样⼦.你⾃⼰的⼀个进化之路.

Then all of this is simply to make you wiser and more loving. Just remember that, not about being meant to kill you or why heaven doesn't bless you enough. Why? Because it's a gift you want to receive. It's your own choice. As it serves as the most desirable option for you because it perfectly aligns with what you desire. This is your path of evolution, self-improvement.

问: 我想知道跟我通灵的JO是哪⼀位?

Q: I wonder which spirit medium JO refers to?

JO: 你们总会去问是哪位? 然后只有你们⼈类才会有名字.就算我们有名字,那也是你们起的名字,明⽩吗? 所以你要让我取个名字给你吗? 那你只要知道就是说这个信息是你⽬前这个阶段需要的.当你在另外的阶段,又会有其它的.⽐如说现在你是⼩学⽣,那有个⼩学⽼师来指导你的⼩学课程.当你成为⼀个博⼠⽣,那你有⼀个更⾼的指导来指导你,明⽩吗?

JO: You always ask who it is. Then only humans have names. Even if we do have names, they are the ones you give us. Do you understand? So should I give you a name? That means this information is what you need at your current stage. When you reach another stage, there will be other things. For example, if you are in elementary school, then an elementary teacher guides your elementary courses. When you become a PhD student, you have someone of higher rank guiding you, do you understand?

问: 那我现在属于初阶的状态是吗?

Question: Does that mean I'm now at a beginner level?

JO: 只有你们⼈类才会分别这个.什么初阶啊、⾼阶啊.但是你在当下呈现的就是你最需要的.⽽不是哪个是最⾼的最厉害的或者是最那个什么的.为什么呢? 因为如果真正的最那个什么的来告诉你个信息,它那⾥什么信息都没有.你怎么办? 为什么呢? 你得不到任何信息.为什么呢? 因为最⾼最⾼你说的最厉害的,这⾥是nothing,明⽩吗? 你也可以把它当成是你⾃⼰跟你⾃⼰对话.

JO: Only humans differentiate between初级 and 高阶. But what you are showing in the present moment is exactly what you need, not necessarily what is highest or most powerful or some other thing. Why is that? Because if something truly high comes to give you information, it has no information at all. What do you do then? Why is that? You get nothing because the highest and most powerful are here: "nothing", understand? You can also see this as a conversation with yourself.

#### 2023/07/26 — 郑州线下通灵专场Zhengzhou Onsite Spirituality Event

第⼀个⼈ 疗愈问: 能不能给我疗愈⾝体?

Healing Question 1: Can you heal my body?

JO: 你的⼿.我们来感受⼀下… ⾸先,我们感受到你⾝体像是⼀个硬邦邦的,⾮常⾮常僵硬的⼀个状态.它⾥⾯有太多的沉重的能量.就好像你们有⼀个袋⼦,那个袋⼦⾥⾯装的全是泥⼟.导致⾥⾯硬邦邦的.那个⽤布做的袋⼦本⾝是软的,对不对? 但是⾥⾯全是硬邦邦的.你想⼀下,如果你的⾝体像⼀个布袋⼦⼀样,但是如果你硬邦邦的话.你的⾝体肯定会产⽣⾮常多的不适感.你稍等.它可活动的空间⾮常⼩,也就是说柔软的地⽅⾮常⼩.虽然你的⾝体硬邦邦的,但是在你的内在又好像⾮常的⽆⼒.这两种完全相冲突的能量在你的⾝体⾥⾯.你稍等.我们先需要去铲除你的紧张沉重的能量,你需要通过你的体内把这些不属于你的能量排除你的⾝体.

JO: Your hand... let's feel it... Firstly, your body feels like a hard, extremely stiff state. There is too much heavy energy inside you. It's as if you have a bag filled with mud inside you, causing the whole thing to be hard. The cloth that makes the bag itself is soft, right? But what's inside is hard. Imagine if your body was like a cloth bag, but you're so rigid that your body would definitely produce many discomforts. Wait. There is very little room for movement in it, meaning the soft parts are extremely small. Although your body feels hard externally, internally there's also a sense of weakness. These two opposing energies conflict within your body. Wait. We need to eliminate your tense and heavy energy first; you need to release through your body all the unnatural energies that do not belong to you.

跟我连接在⼀起,把你的⾝体打开.你不需要把它关上.你想象⼀下我现在像在疏通下⽔道⼀样,成年累⽉积累那么多的不属于你们的东西在你们的⾝体.放松.放松,还是僵硬的.全部把它交给我们,你不需要再掌控着它,你不需要掌控着这个⾝体.想象⼀下你是婴⼉的时候,你来到这个世界上你全⾝每⼀个地⽅都是允许的都是柔和的.想象⼀下,你现在要把你再恢复到那样⼦的⼀个状态.你闭上眼睛,我们要把你带到婴⼉的…. 所有的埋怨、所有的不⽢⼼、所有的悲伤、所有的仇恨、所有的痛苦、所有的这些任何它都不需要停留在你的⾝体⾥⾯.你现在把它全部都从你的⾝体⾥⾯清理出来.你的⾝体还是僵硬的状态.你想象⼀下你像⼀个婴⼉⼀样.

Connect with me, open your body. You don't need to close it down. Imagine that I'm clearing out a drain now, accumulating so much of what doesn't belong to you in your body over the years. Relax. Still rigid. Give it all to us; you don't have to control it anymore, you don't have to control this body. Imagine yourself as an infant, arriving on this earth with every part of your body being allowed and soft. Picture returning to that state. Close your eyes, we're going to take you back to being an infant... All complaints, all dissatisfaction, all sorrow, all hatred, all pain, none of it needs to stay in your body anymore. Now, let's clear it all out from inside you. Your body is still in a rigid state. Imagine yourself as an infant again.

你会觉得你好像是⽆依⽆靠,就好像是 (没)有⼀个母亲的怀抱可以让你完完全全的放松和依靠.所以你⼀直让⾃⼰处于⼀种紧绷的状态.你现在⾝体有没有哪⾥紧张或者疼痛?

You might feel as if you're alone and unsupported, like there's no comforting embrace of a mother where you can fully relax and lean on. So, you've always kept yourself under tension. Any part of your body feels tight or painful now?

问: 我的眼睛有⽩内障看不清.

Q: I have cataracts in my eyes and can't see clearly.

JO: 你只说现在这个时候⾝体的紧张在哪个位置?问: 这个时候没啥感觉?

JO: Can you describe where in your body is tense at this moment?

Question: There's no sensation at this time?

JO: 还有没有哪个部位是紧绷的紧张的?问: ⼼脏吧JO: 把你交出来,不需要紧紧的抓住.你们都像上帝的孩⼦⼀样,把你交出来.把你的烦恼、把你的痛苦、把你的担忧、把你的⾝体问题、把你的健康问题,全部交出来.现在松很多了,现在柔软很多了.你有没有感觉你的⾝体变的很软了? ⾮常软,⾮常好.你的⾝体在接下来的每⼀天会逐渐逐渐达到⼀种通透柔软.任何,你要记住,任何你的阻挠,就是你不允许⽣命它呈现出它⾃⼰展现的样⼦的时候,它就在变紧.你们有⼀句话叫我⼼⾥⼀紧,你⾝体紧绷的时候,你就在加深你⾝体的僵硬程度.这个僵硬程度就会导致你们有很多⾝体的紧张、僵硬、疼痛、不适感,明⽩吗?

JO: Are there any other parts that are tense or tight? Ask: Heart, right? JO: Give me your heart and let go of it without gripping tightly. You're all like God's children, give me your heart. Give me your worries, your pain, your concerns, your physical issues, and health problems. Now, there is a lot more relief, now much softer. Do you feel that your body has become very soft? Extremely soft, very good. Your body will gradually reach a state of openness and softness in every day going forward. Anytime you remember this, anytime you prevent life from showing its natural form when it's not allowed, it becomes tight. You have a saying, "my heart is tightening up," whenever your body is tense, you're deepening the stiffness of your body. This stiffness will lead to many physical tensions, stiffness, pain, and discomforts. Understand?

当你越来越不去阻碍⼀切,它就会越来越柔软.你的⾝体现在已经柔软了⾮常多.它不是像最开始来的时候像是僵⼫⼀样,它是硬的,没有⼀点柔软程度.现在你的⾝体有了柔软程度也有了温度.这是本来你们⾁体应该有的样⼦,是你们⼈本来应该有的样⼦.你需要保持这样⼦,好吗? 还有没有什么问题?

"When you stop resisting everything more and more, it becomes softer. Your body has already become very soft now. It's not like it was stiff at the beginning, hard with no softness at all. Now your body has both softness and temperature. This is how it should be for your physical body, this is what humans naturally have. You need to keep it this way, right? Are there any other questions?"

问: 没有,谢谢.第⼆个⼈ 疗愈问: 我想做疗愈.

Q: No, thank you. Second person healing question: I want to do healing.

JO: 给我你的⼿.我感受到你卡在你的⾝体⾥⾯有很多像是愤怒或者是⼼不⽢或者是不满意或者是你还没有付出的⾏动,就是你还没有⾛上你⽣命真正的道路.它的这个能量就好像是熊熊的⽕在你的体内没有被释放、排除.所以它会导致你经常进⼊到⼀种莫名的烦躁或者是没有耐⼼或者是脾⽓暴躁或者是想发泄.然后让你有时候像是热锅上的蚂蚁那种感觉⼀样.所以如果你需要疗愈的话,你需要就好像是泻⽕⼀样这样⼦的⼀个疗愈过程.我们现在需要运⽤能量,就好像是来给你,让你的温度慢慢慢慢的降下来.放下你头脑⾥⾯的所有记忆,你从现在开始就好像是⼀个新⽣的宝贝,它没有任何记忆.整个世界在你⾯前都是崭新的,所有的事情都是崭新的.

JO: Give me your hand. I sense that there is a lot of anger or unwillingness, dissatisfaction, or unfulfilled actions trapped within you, as if you haven't embarked on the true path of your life. The energy from this feels like a raging fire burning inside you without being released or eliminated. This causes frequent feelings of莫名 irritation, lack of patience, irritability, or a desire for release, making you feel as though you're stuck, like a bee in a pot. If you need healing, you should go through a process that is akin to cooling down this intense fire. Now, we are utilizing energy to help lower your temperature gradually and gently. Let go of all memories stored in your mind; from now on, think of yourself as a newborn without any recollection. The entire world presents itself anew before you, everything fresh and new.

你可以重新去按照你⾃⼰的意愿去安排你的⽣命,⽽不是被推着⾛,不是被带着⾛.你要知道你天⽣就拥有这个能⼒.你并不是来跟随外在的⼀切的.你想象⼀下,你内⼼有⼀只愤怒的⼩狮⼦⼀样.我们现在要轻轻地轻轻地去抚摸它,让它⼼中的⼀些怒⽕慢慢慢慢地熄灭.你现在会感觉到你内在会有⼀些委屈,任何你感受到⽣活给你的委屈或者是悲伤或者是压⼒,你都可以通过你的眼泪让它排出你的⾝体.你现在感受到它已经,就是你的内在的⽕已经在从这⾥出来了.

You can now reclaim your life and arrange it according to your own will, rather than being pushed around or led along. You need to understand that this innate ability is yours. You are not here to follow everything external. Imagine there's a fierce little lion within you. We are gently, very softly touching it now, letting its anger slowly fade away inside of it.

You'll feel some委屈 bubbling up from within; any sense of injustice or sadness or stress that your life has brought upon you can be released through tears. You're sensing that the inner fire is already burning within you.

问: 我还是感受到伤痛.

Question: I still feel the pain.

JO: 你内在的所有⼀切都会浮出来.你要允许它.你感受到伤痛、感受到悲伤,你都要把它变成泪⽔.你不需要去压抑.因为什么呢? 因为这些东西你需要让它浮出来,把它清理掉,⽽不是把它埋在⼼⾥.你经历的所有的委屈所有的痛苦,你就完完全全的让它出来.我们是来处理它,⽽不是来忍受它的.让它出来.你想象⼀下,我们现在在清理⼀个⽔池.⽔池下⾯有很多东西.我们是不是需要把它打到⽔⾯上来,然后才能把它清理掉? 所以所有那些感受,你都允许它浮出来.你内在的那头⼩狮⼦它已经不像之前那么愤怒了.它的怒⽕已经熄灭了很多.你如果你⾃⼰的⼀些委屈,你可以要求通过我们的嘴巴说出来.你想要怎么样选择?

JO: Everything inside of you will come up. You need to allow it. Feel the pain and feel the sadness, turn them into tears. There's no need for you to suppress it. Why? Because these things need to be brought out so that they can be cleared away, not buried in your heart. All the委屈 and all the suffering you've experienced should come out completely. We're here to deal with them, not to endure them. Let them come out. Imagine we are cleaning a pond now. There are many things at the bottom of the pond. Do we need to push it up to the surface first before we can clean it? So all those feelings, allow them to come up. The little lion inside you is no longer as angry as before; its anger has been extinguished for quite some time. If there are any grievances of yours that you want to express, feel free to ask us to say them out loud. How do you wish to proceed?

问: 我觉得现在我的内在好多了.

Q: I feel much better inside now.

JO: 好,那我们就保留着这些.为什么呢? 因为这个通道已经给你打开了.然后那头⼩狮⼦的愤怒,那个⽕已经熄灭了.你要知道你今天是你重⽣新⽣的⼀天.所有的记忆,我们不再去追究它的对和错,我们不再去追究它的原因、责任,任何.为什么呢? 因为它已经不属于你了.那个你已经跟它⼀起死掉了,现在是新的⼀个你.现在新的你,⾝体没有任何问题.有什么想提问的吗?

JO: Alright, we'll keep these. Why is that? Because this passage has been opened for you. Then the anger of the little lion on the other side has been extinguished. You need to know that today is your day of rebirth. All memories, we no longer delve into what is right or wrong, nor do we question the reasons and responsibility behind them. Why? Because they no longer belong to you. You have already passed away with it, now it's a new you. Now, this new you has no problems with your body. Do you have any questions to ask?

问: 我时不时的会感受到⾦钱的不⾜和压⼒.我想问⼀下这个能不能做疗愈呢?

Question: Occasionally, I feel the lack of money and the stress it brings. Can this be healed?

JO: 疗愈,你现在已经没有任何问题了.因为你现在是新⽣的⼀个你.除⾮你⾃⼰再选择回到以前的那个你,明⽩吗? 然后关于这个问题,你稍等.你可以问⼀下你的灵魂主题,然后我们看⼀下关于⾦钱的.

JO: Healing, you have no issues now because you are a new entity. Unless you choose to go back to the old you by yourself, understand? And about this issue, hold on for a moment. You can ask your soul theme and we will look into finance next.

问: 我想问⼀下我这⼀辈⼦的灵魂主题.

Question: I'd like to inquire about my life's soul theme.

JO: 你并不是⾦钱有多匮乏或者是有多不⾜.⽽是说在你的内⼼深处你知道你应该是什么样⼦,明⽩吗? 也就是说你现在还没有完完全全的去展现出你⾃⼰的⼀个能⼒,就是完完全全的按照你⾃⼰的愿望或者意愿活出来.所以你总会觉得好像是不够⼀样.那是因为在你的内在你有⼀个⾮常⼤的抱负.然后是什么阻碍了你去实现这个抱负? 是你⼼中有很多没有放下的恩恩怨怨.它导致你就不能完完全全的往前冲⼀样,明⽩吗?

JO: You're not lacking in finances or resources. The issue is that deep down inside you know who you should be, understand? This means you haven't fully manifested your capabilities, living entirely according to your desires and intentions. That's why you always feel like something's missing – because within you lies a tremendous ambition. What stands in the way of achieving this ambition? It's because there are many unresolved grievances in your heart that prevent you from pushing forward completely, do you see?

问: 就是我给⾃⼰留有后路?

Question: Is it about leaving myself a way out?

JO: 不是.就是你⼼中有很多之前的恩恩怨怨.恩恩怨怨它是有重量的,对吧? 那它在你⾝上,那你跑的速度是不是就跑不快? 但是你内⼼又知道你是⼀个跑的特别快的⼈,明⽩吗?所以你就不能以飞奔的速度达到你的⽬的地.但是你却知道你的⽬的地在哪⾥,或者你也知道你应该有的速度.所以说两个字,就是你需要放下,然后归零.就是把以前所有你经历的所有东西,还有外在的所有东西全部都放下.你才能轻装上阵,明⽩吗?

JO: No, it's because you have a lot of old grudges in your heart. These grudges carry weight, right? If they're weighing you down, then how fast can you run? But deep inside, you know you are someone who runs very fast, do you understand? So you cannot sprint to reach your destination. However, you know where your destination is or what speed you should have. Therefore, it comes down to two words: let go and reset. You need to release everything from the past, including all experiences and external influences. Only then can you start with a fresh slate, understand?

问: 也就是说做⾃⼰就⾏了?

Q: That means just being oneself is enough?

JO: 放下.你本来就是你⾃⼰,但是你装了太多不属于你的东西.然后它们这些都是⾮常有分量有重量的.导致你不能尽情的奔跑,明⽩吗? 如果你能够时时的放下和归零的话… 时时的的放下就是说你可能今天遇到⼀些不愉快的事情,但是我在我觉察到我进⼊到⼀种不好的情绪的时候,我就把它放下.因为我的座右铭是什么? 我要放下和归零.为什么? 这样我才能奔向我⾃⼰想去的地⽅.因为你是⼀个⾮常有⽬标有计划有梦想,然后也是有⾏动⼒和魄⼒的.唯⼀对你的⼀个牵扯和拉扯就是有⼀些没有放下的事情.

JO: Let go. You are who you are, but you've taken on too much that doesn't belong to you. And all of these things have a lot of weight to them, which prevents you from running freely. Do you understand? If you could let go and reset constantly... Constantly letting go means that if something unpleasant happens today, but I notice myself entering an undesirable emotion, I release it because my motto is what? Letting go and resetting. Why? So I can run towards where I want to be. Because you are someone with a clear goal, plan, and dreams, as well as drive and courage. The only thing holding you back is the inability to let certain things go.

问: 是不是关于情感关系⽅⾯?

Question: Is it about emotional relationships?

JO: 是的.这样你就不会有任何阻碍,你就能去展现出任何你想要去展现的⼒量.它会让你有⼀种提不起劲或者是消耗你吧.还要其它问题吗?

JO: Yes. That way you won't have any hindrances, and you can display the power that you wish to show. It might sapping your energy or draining you somehow. Any other questions?

问: 没有了,谢谢JO.

Question: That's all, thank you JO.

第三个⼈ 疗愈问: 你刚才说到放下的时候,其实我也想问关于⾦钱匮乏⽅⾯的问题.

Third-party healing question: When you mentioned letting go just now, I actually wanted to ask questions about financial scarcity.

JO: 每⼀个⼈不⼀样.所以你不要拿着别⼈的,你需要去连接你⾃⼰的能量.问: 我觉得⾃⼰很不配.⽐如说我去⼀个⾼档⼩区,觉得这么⾼档….

JO: Everyone is different. So you should not rely on others; instead, connect with your own energy. Q: I feel unworthy. For example, when I go to a fancy neighborhood, it feels so luxurious...

JO: ⾸先这么说吧,这是你们⼀个集体功课.然后你们现在坐在⼀起就是来⼲什么? 就是来突破这些.为什么呢? 因为这是你们被植⼊的⼀些限制性信念,明⽩吗? 你们被植⼊这些信念的原因是什么? 你们就可以把⼒量交出来,你们不会去发现⾃⼰真正的⼒量.你们就会觉得都是⽆⼒感,明⽩吗? 唯⼀要做的就是相信我们的信息,去发现你⾃⼰真正的⼒量.⽽不是你经历的和你看到的,还有就是你⽗母或者是别⼈怎么告诉你的.因为这些东西是限制.限制是让你来突破的,⽽不是去跟随和加固的,明⽩吗? 所以它唯⼀只是你⼀个你需要去看到的⼀个信念⽽已.它不是真实的.它不是真实的.为什么你们会觉得它是真实的?

JO: Alright, let me put it this way, this is a collective task for you all. And why are you sitting together now? To break through these barriers, because they are limiting beliefs that have been implanted in you, understand? Why were these beliefs implanted in the first place? If you give us your power, you won't discover your true strength. You'll just feel powerless, understand? The only thing to do is believe in our message and discover your own true strength, not based on what you've experienced or seen, nor how others told you, because these are limitations. Limitations are meant for you to break through, not follow and reinforce them, understand? So it's just one belief that you need to see as needed, but it's not real. Why do you feel it's real?

因为你们有了它这个信念过后… 这么说,有了这个信念就好像我⼿上有了这个模型.那我这个模型⼀拿出来,灯光依照.你们的墙壁上⾯就出现那个模型的样⼦.就这么简单.如果你换⼀个模型呢? 你把那个模型拿掉呢? 是不是就没有了? 这就是为什么你们觉得外⾯的事情这么真实.我的确是体验到我兜⾥就那么⼏个钱呀.你们去看⼀下那些真正做投资的,他们不是拿着你们⼜袋⾥的钱.他们有看到我们⼜袋⾥只有这么⼏个钱吗,明⽩吗? 你能看出这⾥的区别吗? 所以你匮乏或者是钱不好赚或者是没有钱怎么样,它不是⼀个事实.因为你们很多⼈会觉得这是⼀个不可更改的事实.它的确很难.

Because once you have that belief... With this belief, it's like I hold a model in my hand. The moment I show the model, the lights follow and an image of the model appears on your walls. It's as simple as that. What if I replace the model or remove it? Would that mean nothing remains? That's why you perceive external events so vividly. Indeed, I can relate to having just a few coins in my pocket. When you observe professional investors, they're not handling your money; they haven't seen us with just a handful of coins, have they? Can you see the difference here? Whether you lack resources, find it hard to earn them, or simply don't possess them, these aren't realities because many of you consider them unalterable truths. It's truly challenging.

它的确很难得原因,你们之所以会体验到经历到是因为你⼿上有这个模型,所以那个影⼦会在墙上给你看到.这个模型被你拿掉过后,你不再举起来的时候.你就看不到了.就这么简单.明⽩吗?

It's difficult because you're experiencing it due to the fact that you have this model in your hand, so the shadow is shown on the wall for you. Once you remove the model and stop holding it up, you won't be able to see it anymore. That's really all there is to it. Understand?

问: 理上明⽩.我刚才没说完,我⼜袋⾥是有钱可以买这个房⼦,但是我就是觉得这个房⼦是给富⼈住的,我是穷⼈.我想问这个.不是说我当时没有钱.

Q: Logic is clear. I didn't finish my sentence earlier; I do have money in my pocket to buy this house. However, I just feel that this house is meant for the rich, while I am poor. This is what I want to ask about. It's not that I didn't have any money at the time.

JO: 你是穷⼈,是因为你们集体它有这个观念,它有这个穷富或者是拿钱或者是任何,不值感不配感.这都是你们集体,就好像是⼀个通病⼀样.

JO: You are poor because as a collective, you hold this notion that there is a concept of riches or money or anything else that doesn't feel earned or deserving. This is a collective belief, almost like a universal sickness.

问: 那怎么样去打破这个限制性的信念呢?

Question: How can we break this limiting belief?

JO: 那如果你知道它只是⼀个信念,它已经破了呀.你还需要去打⼀拳吗? 明⽩吗? 什么都没有,你打什么?

JO: So if you know it's just a belief that's already shattered, do you still need to punch someone? Get it? There's nothing there; what are you hitting?

问: 我是想说我在理上知道它是⼀个限制性的信念,但是我还是把它拿的很真.怎么去突破这个?

Q: I understand intellectually that it's a limiting belief, but I still take it seriously. How do I overcome this?

JO: 你只需要看到.

JO: All you need to do is see.

问: 我已经看到了.但是我还是跳不出来.

Q: I've already seen it. But I still can't get out of it.

JO: 你没有看到它是个信念,你觉得是真实的.这么说吧,你们始终觉得你们始终觉得你们要去打破⼀个东西,要去努⼒要去做什么.我跟你讲,就⼀个最简单的例⼦.你看到前⾯有⼀个⿁,你吓的发抖.你好害怕好害怕.然后我怎么跟你说那不是⿁,是⼀件⾐服,你就不相信.然后我把等⼀打开,是⼀件⾐服,风⼀吹它在动.你看到了你还需要去打破它吗?

JO: You didn't see it as a belief that you thought was real. Let me put it this way: you always felt that you needed to break something and exert yourself for what needs to be done. I'll give you the simplest example. If you saw a ghost ahead, you were terrified and shook with fear. You were so scared, yet when told it was just a piece of clothing, you refused to believe it until I opened it and showed that indeed, it was a piece of clothing moving in the wind. Even then, did you still need to break something?

你还需要去做什么吗? 当下你就能明⽩了.所以我们只需要把这个灯打开.你⾃⼰看到了,你⾝体的恐惧感就没有了.你不需要去做功课.你们不要把什么东西都弄的那么复杂.你唯⼀只需要光.光照到你就能看清楚了,你就不会处于⼀种⽆明的状态.明⽩吗? 所以是你还有⼀个信念是我要去做点什么,我要去打破,我要去改变,我要去很吃⼒或者很努⼒,我要去学这个功课那个功课,我要把⾃⼰像是打磨⼀样,明⽩吗? 没有这些.但是你的⾝体会需要⼀个过程.为什么呢? 因为你的头脑它还需要看到证据.

Do you need to do anything else? You'll understand right away. So all we have to do is turn on this light. When you see it, your fear dissolves. There's no need for homework. Stop complicating things. All you need is the light; when it shines on you, everything becomes clear and there's no more darkness. Do you get it? It's because you believe that you have to do something, break through, change, work hard, or study lessons, making yourself like polished, when in fact, none of those things are necessary. Your body just needs time to adjust. Why is that? Because your mind still needs evidence.

问: 就像你说了我需要通过光来验证那个不是⿁,是⼀件⾐服.

Q: Just as you said, I need to verify through light that it's not a ghost, but a coat.

JO: 是的.但是你的头脑它还会… 第⼀件事情你要知道你的头脑不是你,你不要把它认为是你.你的头脑不是你.因为你认为它是你的话,你就会依赖它所有的⼀切.所以当你的头脑跳出来,你看吧,又是怎么样怎么样.那些声⾳你不要听.你不要去把它当成是真的就好了.因为你们的头脑就好像是⼀个乌鸦,它不停的叽叽喳喳不停的叽叽喳喳.然后你就会把这个叽叽喳喳的声⾳当成是真的.当成是真的过后,你就会产⽣⼀些恐惧.产⽣⼀些恐惧,⾝体就会产⽣⼀些反应、情绪.然后你产⽣反应,有时候你就会想去处理它.你⼀处理它,你想去做点什么.然后你越是处理,你越是陷到⾥⾯.明⽩吗? 所以你只要记住你头脑⾥⾯会跳出来⼀些声⾳,你管它呢.

Yes, but your mind is not you. You should know that your mind isn't you. Don't consider it as yourself because your mind is not you. If you think of it as yourself, you will depend on all its aspects. So when your mind pops up and you see what's happening, don't listen to those sounds. Just ignore them. Because your mind behaves like a crow that keeps squawking non-stop. And then you start believing in this constant squawking. Once you believe it is real, fear arises within you. Fear leads to physical reactions, emotions. Then when you react, sometimes you try to deal with it. The more you try to handle it, the deeper you sink into it. Understand? So just remember that there will be some sounds popping up in your mind, ignore them.

你知道它不能拿你怎样,它只是⼀个声⾳⽽已.慢慢慢慢地你就会跟你的头脑很好的相处.

You know it can't do anything to you, it's just a sound. Gradually and slowly, you will get along well with your mind.

问: 太把这个声⾳当真了.

Asked: He took that voice too seriously.

JO: 对,这也是你需要去学习到的⼀个点.因为你们很多⼈都觉得头脑⾥⾯的声⾳是真的.然后⾝体就会…. 当你有⼀个声⾳出现,⾝体就会产⽣恐惧.为了去消灭这个恐惧感,然后你就会去做⼀些⾏为.那你就是上头脑的当了.这就是⼤多数⼈⽣存的⼀个模样.他们是动物,就是受他头脑⽀配的,就是受他的⾁体嘛.那当你知道你的头脑实际上只是你的⼀个⼯具⽽已,明⽩吗? 所以即使你的⾝体产⽣⼀些反应,你都知道它产⽣这些反应是因为你的头脑⾥⾯有些声⾳.这些声⾳并不是真实的.你看到过后你不⽤去管它.因为当你要去做些什么的时候,你就再加强这个体验了.你加强这个体验,你就陷在这个物质世界⾥⾯不断地去体验.你再继续问.

JO: Yes, this is also a point you need to learn because many of you believe that the voice in your head is real, and thus, when it arises, your body will respond... With any appearance of a voice, your body produces fear, leading you to engage in actions to eliminate this sensation. You're being played by your mind; this represents how most people live their lives - as animals following their instincts, being controlled by both their minds and physical bodies.

But when you understand that your mind is merely an instrument, it becomes clear that even if the body reacts, such reactions are due to sounds in your head. These voices aren't real. After you've observed them, there's no need to engage with them further, because this amplifies the experience every time you act upon something.

You're continuing to reinforce the experience by staying within the material world and seeking out these sensations constantly. Keep questioning...

问: 我的嗓⼦咳是因为什么? 它是因为我有压抑要释放还是提醒我闭嘴不要抱怨….

Question: Why am I coughing in my throat? Is it because of suppressed emotions that need release, or is it to remind me to be silent and stop complaining...

JO: NO NO NO NO,⾸先你们要知道这又是进⼊你们的头脑模式.你们会归因,就是你会把你的⼀些症状啊或者是反应啊….

JO: No no no no, first you need to understand that this is entering your thought patterns. You'll be attributing things... you will attribute your symptoms or reactions...

问: 我咳嗽了⼏年.

Question: I have been coughing for a few years.

JO: 你是说你咳嗽了⼏年? 那你就直接问这个问题.这样你就在跳出你的头脑,⽽不是去加深.

JO: You mean you've been coughing for years? Then just ask this question. This way, you're stepping out of your mind rather than going deeper.

问: 就⼲咳这个有⼏年了.

Question: I've had chronic coughing for a few years.

JO: 你稍等.你这个就好像是属于⼀种不⾃信.就是你没有真正的做你⾃⼰,没有迈上你⾃⼰真正⼈⽣的⼀个道路和轨迹.没有完完全全的释放⾃⼰的能量.就是你是收的.你本来⼒⽓很⼤,对不对? 但是你没有去展现⾃⼰的⼒量,⽽是把那个⼒量收起来的.就是你有⼀种不敢豁出去的那种,明⽩吗? 你知道我说的什么意思吗?

JO: Wait a moment. It seems like you lack confidence, as if you're not fully being yourself and haven't embarked on the path of your true life. You haven't unleashed your full energy. You have plenty of strength, right? But instead of showcasing your power, you've been holding it back. There's an element of hesitation or reluctance to take risks or go all out. Do you understand what I'm saying?

问: 不太明⽩.你说的不⾃信我知道.

Q: I don't quite understand. I know what you mean by lacking self-confidence.

JO: 不敢豁出去.

JO: I'm too afraid to go all out.

问: 我内⼼是有⼀股⼒量,愤怒想….

Question: I have a force within me, anger wanting...

JO: 你内在的⼒量它⼀定要是完完全全的展现的.这才是你们⽣命来到这⾥的⽬的、价值和意义.全部存在的⼀些意义.但是你豁不出去.你明⽩吗?

JO: Your inner strength must be fully manifested. That is the purpose, value, and meaning of your life here on this plane. It encompasses all the significance of existence. But you can't let go. Do you understand?

问: 是,我也好像是不敢打开,不敢豁出去.我时常有⼀种想往外打⼀拳或者跟⼈打⼀架的那种感觉.但是有不敢.

Question: Yes, I'm also afraid to open it, afraid to take a chance. I often have the feeling of wanting to punch someone or start a fight outside. But there's always this fear holding me back.

JO:是.你说你时常有这种想要打⼀拳或者什么,那就是因为你内在的⼒量需要释放.这是必然的.因为你的⽣命不是你这个⾁体,你要相信.那你的⽣命它是要释放出来,展现出来.就好像是你⼀朵花,它⼀定是有⼒量它要绽放,对不对?

JO: Yes. You say you often have this desire to hit something or whatever, that's because the power within you needs to be released. This is inevitable. Because your life isn't just your physical body; you must believe in this. Your life is destined to be expressed, to manifest. It's like a flower; it definitely has strength it wants to bloom, right?

问: 就是我时常想要跟对⽅打⼀架的感觉.但是不敢不能.

Question: I often feel like wanting to have a fight with the other person, but dare not and can't do it.

JO: 那就是因为你内在的⽣命⼒它在渴望去… 你说,当⼀朵花绽放的时候,当⼀棵树不断地往上长的时候,它是不是需要突破? 它需要去,就好像像你说的,攻击这种.那它都需要.那你想你的孩⼦在你的⼦宫⾥⾯需要出来的时候,它是不是有这股⼒量? 它要有往外突破的⼒量,对不对? 所以你想跟⼈打架,也是这样⼦的.明⽩吗? 你就想,你其实打的也不是对⽅,你就想把你⾃⼰的束缚或者盔甲或者是在你⾝上的绳索,你想把它给击破.

JO: That's because your inner vitality is yearning for... You said, when a flower blooms or a tree keeps growing upwards, does it need to break through? It needs to attack in a way you've described. Such force is required for this kind of process. And the same applies when your child needs to be born. Does it have that power as well? It requires an outward-breaking force, right? So, you wanting to fight someone is also like this. Do you understand? You're actually not fighting against them; you're trying to break through the bonds or armor or constraints holding yourself back in your own way.

问: 对,我就很想野蛮⼀下.

Q: Right, I just want to be a bit savage.

JO: 但是你不需要担⼼,因为你现在在这条路上.慢慢慢慢地发现你的⼒量,越来越敢于去展现你的⼒量.

But you don't need to worry because you're on this path now. Gradually and gradually discover your strength, becoming bolder and more confident in showcasing it.

问: 对,刚才说的这个我⾮常认同.我⾮常想绽放我⾃⼰,但是我不敢允许.

Q: Yes, I fully agree with what you just said. I really want to express myself, but I'm too afraid to let myself do it.

JO: 你已经在这条路上了,明⽩吗? 因为你现在已经在这条路上了,所以你现在不需要着急.你会每天越来越发现⼀个新的你,你会越来越爱上这种有⼒量感的你.

JO: You are already on this path, understand? Because you are now on this path, you don't need to rush. You will discover a new you every day and grow to love the empowered version of yourself.

问: 这⼀刻我已经感觉到了⼒量.

Asking: At this moment, I already feel the power.

JO: 是,你不是没有⼒量,不是需要别⼈给你⼒量.是你内在有强⼤的⼒量,它只是需要去有⼀个释放出来的…问: 是,我⾮常认同你的这句话.我内在是⾮常有⼒量的,但我就是不敢打擂台.

JO: Yes, you do not lack power, nor do you need others to give you power. The powerful force is within you; it just needs a release… Question: Yes, I strongly agree with your statement. I possess great inner strength, but I am simply afraid of stepping into the arena.

JO: 你已经在这⾥了,好吗? 你只要相信,即使是⼀朵花,它也需要⼀个慢慢绽放的过程.问: 我好像有点着急.我觉得学习成长⼗⼏年了,还是这个⿁样⼦.

JO: You're already here, alright? Just believe that even a flower needs a process of slow blooming. Q: I feel a bit impatient. I've been learning and growing for years, but it still seems the same.

JO: 这个是来⾃于你头脑⾥⾯的声⾳,你就让它在旁边叽叽喳喳,不管它就好了.好吗? 这些声⾳在你的这条路上它会⼀直有.你有没有发现在你们最开始的阶段你很容易受到声⾳影响.别⼈⼀句话,你可能就会想很久或者影响你很久让你不开⼼.慢慢慢慢你就会发现,随便他怎么说,我不听.他不会影响到你了.慢慢慢慢声⾳没有了.别⼈不说了.为什么呢?因为他知道说了也没⽤.所以你头脑⾥⾯就好像是这样⼦.你会慢慢发现它越来越没有⼒量.最后它就没有声⾳了,明⽩吗? 你会体验这个过程.你只要最开始去跟随它的⼀个…. 如果这个声⾳它说⼀句,你就很⼤的反应,就像⼩朋友⼀样.⼩朋友就会继续跟你互动.为什么呢?

JO: This is the voice coming from your mind, just let it chatter on one side and ignore it. Alright? These voices will always be with you on this path. Have you noticed that at the beginning of things, it's easy to be influenced by these sounds? Someone says something, and you might think about it for a long time or be affected by it for a long period making you unhappy. Gradually, gradually, you'll realize that no matter what he says, I don't listen. It won't affect you anymore. Gradually, the voices will disappear as others stop saying things. Why is this? Because they know their words are useless. So your mind is like this. You'll gradually discover it becomes less powerful. Eventually, there's no sound at all, understand? You'll experience this process. All you need to do at first is... If the voice says something and you react very strongly, just like a child does. The child will continue interacting with you. Why is that so?

它就会觉得,哇,我这样⼀个⽣硬,他就变的这么⼤的⼀个反应.那我继续来,明⽩吗? 你把头脑分开出来,把它当成是⼀个对⼿.你需要跟它去磨合的,需要去降服它的.你⾃⼰是主⼈.还有问题吗?

It would feel like, wow, I'm this rigid person and I've got such a big reaction from him. So I continue to do this, right? You separate the mind out, you treat it as an opponent. You need to adapt to it, conquer it. You are the master. Any more questions?

问: 这个问题我还是没有….

Question: I'm still having trouble with this...

JO:这是⼀个过程,你现在已经在这条路上了.⽽且⽆论头脑⾥⾯发出什么声⾳,就是评判你,你怎么这么久或者什么什么的.然后你知道它只是⼀个噪⾳⽽已.这个噪⾳是你在跟它,就是你去习惯这个噪⾳,慢慢的不被这个噪⾳影响,慢慢的这个噪⾳就没了.为什么呢? 你把它…问: 就是说它是我不敢活出我⾃⼰的⼀个表现?

JO: This is a process, and you're already on this path. And no matter what voice in your head says, it's just judging you, why it took so long or whatever. Then you know that it's just noise - you're dealing with this noise, getting used to the noise, gradually not being influenced by the noise, and eventually the noise goes away. Why is that? You ask: Does this mean I'm afraid of living my own life?

JO: NO NO NO,它只是你⽬前的⼀个能量.你们会有⼀个能量投射到你的⾝体⾥⾯.你的⾝体就会有相应的⼀些体验,相应的反应,相应的症状.那如果这个能量是⾮常⾮常低的或者是愤怒的或者是痛苦的,那你肯定会⽣病,对不对? ⼼理⽣理都会有病.那如果你的能量很⾼,那投射到你的⾝体.你的⾝体就会… 你的⾝体会随着你能量的转变,你频率的转变⽽转变.它甚⾄会让你完全变成另外⼀个⼈,你的样貌,你的容貌,你的声⾳,它都会转变的,明⽩吗? 所以说,不是永远的.它只是你⽬前的频率显现出来的⼀些相⽽已.你不受那些影响,你也不受它控制.还有问题吗?

JO: No no no, it's just your current energy. You will have an energy projection into your body. Your body will experience corresponding experiences, reactions, and symptoms. If this energy is very low or filled with anger or pain, you will definitely get sick, right? It affects both your mental and physical health. But if your energy is high, it's projected onto your body. Your body will... Your body will change along with the transformation of your energy, and even your frequency. It can make you completely transform into another person, changing your appearance, looks, voice, etc. You understand? So, it's not permanent; it's just a manifestation of your current frequency. You are不受 influenced by that, nor controlled by it. Any other questions?

问: 我堕胎的孩⼦会对我现在的孩⼦或者对我有影响吗?

Question: Will my aborted child affect my current children or me?

JO: 完全没有.你们总觉得你们可以伤害的了什么⼀样.就你这个⾁体,你也伤害不了什么,明⽩吗? 所以说你们伤害不了什么的.但是如果你去相信你的⾏为会给你导致什么什么的.唯⼀给你带来影响⼒的是你相信的那⼀句话,⽽不是说事情本⾝,明⽩吗?

JO: Nothing at all. You always think you can hurt something. With your mere body, you can't hurt anything. Understand? So, you can't hurt anything. But if you believe that your actions will lead to certain consequences, the only thing that affects you is the belief in that one statement, not necessarily the action itself, understand?

问: 之前说堕胎孩⼦会…JO: 那是别⼈的信念.那是别⼈这样认为的.别⼈这样认为,他就会体验.但是有⼒量的是它相信的那个东西,⽽不是说这个事情本⾝,明⽩吗? 他把⼒量给了这件事情来影响他.你也去相信了.所以你不会有任何影响,你也不会影响到任何.为什么呢?因为你们在梦⾥⾯,明⽩吗? 你能体验到所有的⼀切就只是因为你需要去体验⽣命.体验⽣命才是你最最根本的,其它的只是⼀个道具⽽已.你想象⼀下,就算是你这个⾁体,难道你还看不到⼏⼗年过后它就会消失吗? 对吧? 那你看到消失了这么多⾁体… 那这个不就是像梦境⼀样吗? 所以说你能伤害它什么? 伤害不到的.

Question: Previously, it was said that aborted children... JO: That's someone else's belief. That's what others think. Others might think that way, and they will experience it. But the powerful thing is what they believe in, not this thing itself. Do you understand? They gave power to this thing to affect them. And you also believed. So you won't have any impact on anything. Why? Because you're dreaming, right? You can experience all of these because you need to experience life. Experiencing life is the most fundamental for you, while others are just props. Imagine it: even your physical body, don't you see that it will eventually disappear in a few decades? So if you've seen so many bodies disappearing... Isn't this like a dream? So what can you hurt to it? You can't hurt anything.

那想要体验的灵魂没有通过你这⼀次的⾁体,可以通过下⼀次.那它如果真的没有成为⾁体加⼊到你的⽣命⾥⾯来,它可以成为⼀个像灵界,就是跟你在灵界跟你彼此间有很深的连接,加⼊到你的⽣命.你们也可以做共同的事情,所以不会影响.唯⼀受影响的是你⾃⼰这个想法.

The soul that desires to experience can bypass your physical form this time and do so in the next. If it truly does not become embodied to join within your life, it can exist like a spirit realm where there is a profound connection with you in the spiritual world, joining into your life. You could also undertake joint endeavors together, thus not being affected. The only thing that would be impacted is your own thought about this.

第四个⼈ 疗愈 问: 我想要疗愈.

Fourth person healing question: I want to be healed.

JO: 你知道你唯⼀需要疗愈的是什么? 这么说吧,你就像是⼀个⼩baby⼀样,它还在最初的⼀个⽣命阶段.然后它需要慢慢的成长,它需要⼒量.你需要⼒量.⽐如说你现在感受到的⼀些受伤可能是你⾛着⾛着不⼩⼼摔跤了,好疼哦.为什么? 因为我腿上没⼒量,所以我⾛不稳,所以我⽼是摔跤.这样⼦带来的.所以你⽼是会觉得外在的事情对你影响很⼤,就很不堪⼀击.然后被打倒.然后导致你整个⼒量⾮常的弱,明⽩吗? 所以我可以邀请⼀个守护神⼀样呆在你⾝边时时的给你⼒量.就好像它牵着你的⼿⾛路,明⽩吗? 这是你需要的.因为你现在还需要拐杖,因为还需要搀扶着你.⼀步⼀步的去让你感受到你⾃⾝的⼒量.

JO: Do you know what you need to heal? Imagine yourself as a baby in its early life stage - needing time to grow and build strength. You require strength. For example, the hurt you might feel now could be from slipping and falling unexpectedly - it hurts! Why? Because my legs lack strength, so I stumble and trip easily. This is why you often perceive external factors impacting you greatly, making you vulnerable and causing you to fall down frequently. As a result, your overall strength becomes very weak.

Hence, I can offer you constant support as if I were a guardian by your side, giving you the strength you need continually. It's like walking hand in hand with someone who guides you along the way - this is what you need right now because you still require assistance and are taking each step cautiously to feel your own strength.

你⾃⾝的⼒量逐渐起来过后,这是⼀个过程.你稍等.你叫什么名字?

After your own strength begins to grow, this is a process. Wait a moment. What's your name?

问: XXXJO: 想要邀请⼀个守护神来到XXX⾝边.我们这边感受到⼀个像是⽼奶奶的⾝份,⼀个年长的灵魂,它想要守护在你的⾝边.做你的像是守护神⼀样.你有什么话想要对它说吗?

Question: XXXJO: I want to invite a guardian spirit to be by the side of XXX. We sense an elderly figure, an older soul that wants to protect you and act as your guardian. Do you have any words for it?

问: 我感恩它.

Question: I am thankful for it.

JO:它是跟你们家族有连接的.⼀个年长的⽼奶奶⼀样,很慈祥.它愿意耐⼼的牵着你的⼿.然后你会时时的感受到它在你的⾝边.所以当你感受到⾃⼰⽆助的时候或者是没有⼒量的时候,然后它都会在你的⾝边.你可以闭上眼睛感受⼀下,它在你⾝边牵着你的⼿.然后你会感受到这股⼒量,你就会进⼊到另外⼀种状态.就好像你瞬间穿越⼀样,穿越到那个有⼒量的你,明⽩吗? 所以你⾃⼰也要去发出这个连接感.就⽐如说遇到⼀个事情让你⾮常的⽆助没有办法.然后你闭着眼睛,就好像是祈祷⼀样.你就说奶奶牵着我的⼿.然后你就会感受到它呢股⼒量.你就会觉得好像是瞬间穿越,浑⾝充满⼒量的感觉⼀样,明⽩吗?这是你现在有的⼀个新的功能.

JO: It's like having an elder grandmother connected to your family, very kind and gentle. She is willing to patiently hold your hand. And you will constantly feel her presence by your side. So when you feel无助 or powerless, she'll be right there with you. Close your eyes and imagine it – her holding your hand. You'll sense this power, entering a different state. It's like teleporting to the stronger version of yourself, understand? Therefore, you must create this connection within yourself. For instance, when faced with something that leaves you feeling helpless and without options, close your eyes in prayer-like focus, saying "Grandma is holding my hand." You'll feel her strength surge through you, giving you a sense of instant teleportation to a place of empowerment, understand? This is a new capability you now possess.

这是你的⼀个新的功能.这会是需要⼀个过程.就是你逐渐逐渐的去建⽴.逐渐的去建⽴你内在的⼒量.它就好像是砌房⼦⼀样,需要⼀步⼀步需要打地基.但是每⼀步你都能感受到⼀些变化.这些变化都会给你信⼼让你坚持的⾛下去.直到你越来越拥有⽣命的⼒量.然后所有问题都会解决.你还有什么想要问的吗?

This is a new feature you have. It will be a process, something that you gradually build over time. You are building your inner strength step by step. Like constructing a house, it requires laying the foundation brick by brick. Yet with every step, you can feel some changes, which will boost your confidence and motivate you to continue. Until you increasingly possess life's power, all problems will be resolved. Do you have any other questions?

问: 我今天还在纠结我要疗愈什么.但是我来酒店之前,我就突然觉得我的胃不舒服.这个是给我的….

Q: I'm still figuring out what I need to heal today. But before coming here, I suddenly felt uncomfortable in my stomach. This is for me...

JO: NO NO NO NO,你就好像是你的头脑在找问题,明⽩吗? 其实你⼀来我们就知道你不知道你的问题在哪⾥.所以我们告诉你,你需要找到你⽣命的⼒量.然后我们知道这个⼒量不是⼀下能给你的.⼀下能给你就好像马上把⼀个⼩宝宝变成⼀个⼤⼈,你觉得可能吗? 不可能的,对不对? 所以我们刚才给你连接了⼀位愿意在⾝边守护着你,牵着你的⼿⼀步⼀步的给你⼒量的⼈.它是灵界的,是⼀个⽼奶奶的.然后当你感受到没有⼒量的时候,你闭着眼睛说奶奶给我⼒量.刚才已经告诉你了这个过程和步骤.然后你就会连接上这个⼒量.当你越来越感受到这个⼒量,你就会越来越有⼒量.它是⼀步⼀步的.明⽩吗?

JO: NO NO NO NO, you are just like your mind is looking for problems, okay? Actually, as soon as you came here, we knew that you didn't know where your problem lies. So, that's why we told you that you need to find the strength within yourself in your life. Now, it doesn't happen overnight; it's like trying to turn a baby into an adult all at once - do you think that's possible? No way, right? That's why we just now connected you with someone willing to be by your side, guiding your hand step by step, providing strength. It comes from the spiritual realm, of an old grandmother. And when you feel weak and say grandma give me strength, we've already explained this process and steps earlier. You will then connect with this strength. As you increasingly feel this strength within you, you will become stronger. It's a gradual process. Understand?

所以你只要今天把我们的信息去听明⽩听进去,然后去⾏为.明后年再来跟我们连接,你会是另外⼀个你,好吗? 你只需要去相信,然后去做.其它都没有问题.

So all you need to do today is understand our message deeply and start acting on it. Connect with us again in a few years, and you will be someone different, alright? You just need to believe and act; everything else will fall into place.

问: 好的,谢谢⽼师.

Question: Alright, thank you, teacher.

第五个⼈ 疗愈 问: 我想要疗愈.

Fifth person Healing Question: I want to be healed.

JO: 你想要疗愈什么? 问: 你能给我什么信息?

JO: What do you want to heal?

Question: What information can you give me?

JO: 你稍等.你叫什么名字?问:XXXJO: 我们连接到的你现在好像是在⼀种寻找.就好像你现在是⼀个没有根的,就好像是要找到适合⾃⼰扎根的.所以你在这种…. 就好像你是⼀个机器,你现在在找插电⼜.因为你知道找到插电⼜过后,你才会转动起来,你才会有⼒量,你才会热爱⽣命.因为你知道其实是⼀个⾮常充满激情,想要去绽放,想要去疯狂的爱上⽣命去展现.总之呢,你就差⼀个连接.你在寻找的⼀个过程.如果说是要疗愈的话,那就是让你插上电.因为当你插上电过后,你⾃然⽽然就运作起来了.就是没有什么去阻碍你,因为你本⾝⽣命内在的⼒量就很强,明⽩吗?

JO: Wait a moment. What is your name?

Question: XXX

JO: It seems like you're searching for something at this moment. You're like someone without roots trying to find the right place to settle down. So you are in this... as if you were a machine looking for a socket to plug into. Because you know that once you find the socket, you will start moving and gain strength. This is when you'll fall in love with life and feel passionate about it. You're eager to express your full potential and indulge deeply in life. Basically, what you need now is just a connection. You're searching for this process. If we're talking about healing, it's like plugging yourself into the socket. Once you plug in, your inner power naturally starts working. There will be no obstacles holding you back because your inherent strength is already very strong.

这么说吧,可以说你想要找⼀个能够真正跟你内在发⽣连接的灵魂伴侣或者是… 就是它不是表⾯的,它是⾮常深的.因为你不会被表⾯的⼀些关系所蒙蔽或者是敷衍.它骗不了你.就像是这样⼦.你还有问题吗?

In other words, you're seeking a soulmate who can truly connect with the essence of who you are - not superficially, but deeply, because you wouldn't be deceived or overlooked by shallow relationships. They couldn't manipulate you like that. Is that your question?

问: 那我现在是在寻找的⼀个过程,需要插电?

Q: Is it that I am looking for a process now that requires plugging in?

JO: 就好像需要这个动⼒来让你整个… 因为这么说吧,你就好像是⼀个电冰箱.你的功能⾮常的齐全、强⼤.就是差这个… 只⽋东风了吧.

JO: It's as if you need this motivation to energize the entire... Let me put it this way, you're like a refrigerator. Your functionalities are complete and powerful, just missing that... perhaps the east wind?

问: 那我需要怎么做呢?

Question: So, what do I need to do?

JO:其实你内在就好像本⾝就有⼀个⽕眼⾦睛.就刚我们说就是⼀些表⾯的东西它敷衍不了你.那你需要怎么样做?你需要去明⽩你接下来的⽣命它会更加的完整,然后你更加的沉浸在这种喜悦当中.就想象,哇,我马上就要通电了.通上电我的每⼀个功能马上就要打开了.就是沉浸在这种喜悦当中,这个频率.这就是你唯⼀需要做的.就是在我没有接到电之前体验这种接到电的感觉.先就是让⾃⼰enjoy,疯狂的爱上这种感觉.就是我明明知道我过⼀段时间我就中头等奖了.我现在就迫不及待的.为什么? 因为我知道那个奖票就是我的名字了,就是这种感觉.明⽩吗?

JO: Actually, you have an internal x-ray vision. Whatever superficial things we talked about cannot deceive you. What do you need to do? You need to understand that your life going forward will be more complete and you will be more immersed in this joy. Imagine, oh, I'm about to be electrified. Once I am electrified, all my functions are immediately activated. Immerse yourself in this frequency of joy. That's all you need to do: experience the feeling of being electrified before it actually happens. First, enjoy and go crazy loving this feeling. Even though I know I will win the grand prize soon, I can't wait now. Why? Because I know that lottery ticket has my name on it; that's how it feels. Can you understand this?

问: 明⽩,就是让⾃⼰处于喜悦和享受当中.

Q: Understand, it's about being in a state of joy and enjoyment.

JO: 就是你已经看到答案了.你已经看到谜底了,就是已经被你偷窥到了.然后你就越是在这种兴奋当中,然后你就越是觉得,就不断地哇塞,对你的⽣命.这个就是你所谓的疗愈.因为你没有需要其它修复啊或者是什么.更多是⼀种完整吧.

JO: You've already seen the answer. You've seen the solution, which you've stumbled upon or窥到了. And then as you're more excited about this, you feel like you're continuously wowed by your life. This is what you call healing because there's no need for repair or anything else. It's more of a sense of wholeness.

问: 我的灵魂主题是什么呢?

Question: What is the theme of my soul?

JO:你稍等.这个灵魂它充满了⾮常强烈的探索,还有就是想要体验⾮常丰富的⼈⽣.活⼒、精彩,就好像⼀个孩⼦他想要去最⼤的游乐场玩各种各样的东西,⽽不是就躺在家⾥⾯看书,明⽩吗? 那你的⼀个灵魂主题就好像尽量的多姿多彩的体验超⾼版本的⼈⽣体验⼀样.能说你的灵魂主题就是来尽情的释放和玩的吗? 也可以的话,这个就是你的灵魂主题.就是来疯狂的玩耍,就是enjoy⽣命的⼀个状态.因为你其实就是会有很多享受啊、点⼦啊或者是⽣命怎么样开⼼快乐的能量在⾥⾯.

JO: Wait a moment. This spirit is filled with very intense exploration and the desire to experience an extremely rich life - full of vitality, excitement, as if a child wants to play all sorts of things at the biggest amusement park, instead of just lying at home reading books. Can you understand that? Your soul's theme would be like experiencing the highest level of diverse life experiences as much as possible. Could your soul's theme also be about letting loose and playing freely? If so, then this is your soul's theme - to play crazily, enjoying a state of life. You just have lots of enjoyment, ideas, or energetic happiness in you.

问: 我只需要去做去享受就可以了?

Question: I just need to go and enjoy it?

JO: 你只需要去开开⼼⼼的期待就好了.

JO: All you need to do is to go and have a good time waiting.

问: 好的.我的孩⼦和我之间的灵魂主题.我⼩⼀点的孩⼦7岁多⼀点.是⼥孩.

Question: Alright. The soul theme between my child and me. My younger child is around 7 years old. She's a girl.

JO: 你稍等.我们感受到这个孩⼦她其实跟你的能量是有⼀点想象的.然后她也是充满了这种对⽣命的⼀个热爱和激情.所以说你们可以玩的很好,明⽩吗? 就是你不会对她有太多的⼲涉和那种就是严肃啊、管教啊,就是特别这样⼦.更多的你们会像是朋友⼀样互相的点燃对⽅.让你的激情更激情,让她的激情更激情.更对⽅加油吧.

JO: Wait a moment. We sense that the child she shares some sort of imaginative energy with you. And she's also full of love and passion for life. So you can have great fun together, understand? You won't be overly interfering or serious, strict like adults often are. Instead, you'll both ignite each other, fueling each other's passion even more. Just encourage one another to bring out the best in yourselves.

问: 我们俩就像您说的这样.但是我会害怕我在她后⾯成长的过程当中会不会把她养的不好?

Question: Just as you said, both of us are like that. But I'm afraid that in the process of my growth, I might not raise her well.

JO: 不会.你正好是给他们那些管教太严肃的模式,给他们做⼀个榜样.明⽩吗? 因为你们这个世界需要像你们这样⼦的能量.它不是沉重的严肃的,像完成任务⼀样.明⽩吗? 你们唯⼀的任务就是享受⽣命,享受⽣命的奇迹、美好、激情.因为你们的能量会带动很多其它沉重的能量,让他们也enjoy life.所以你可以不⽤去符合世俗眼光或者是应该要怎么样.那是需要你们来打破的,⽽不是继续去加固这种思想.

JO: No. You're providing them with a model of strict discipline, demonstrating it to them. Understand? Because this world needs energy like yours. It's not about being heavy and serious as if completing tasks. Understand? Your only task is to enjoy life, enjoying its miracles, beauty, passion. Because your energy will lift up all that other heavy energy, allowing them to also enjoy life. So you don't have to conform to societal norms or how it should be. That's something you need to break, rather than reinforcing this idea.

问: 明⽩.我觉得⼩狗⼩猫很可爱,但是我就很害怕它们.我想问⼀下这是为什么?

Q: I understand. I find puppies and kittens adorable, but I'm very afraid of them. Could you explain why?

JO: 这是因为你有给⾃⼰好像植⼊⼀个观念,就是你害怕你害怕.那你要知道你的那个你是千变万化的.它产⽣的⾝体反应是因为你植⼊什么,因为你会很喜欢跟你的⾝体这样玩乐,明⽩吗? 因为你们现在会觉得你的⾝体产⽣这样⼀个反应,你把它当成是你.但是并不是的.就不如说这个⼥孩⼦她是⼀个催眠师.她就是操控⼈⾝体的所有反应.那你也可以这么去玩.你这么去玩的话,你就会发现你的⾝体好像有很多功能就被打开了⼀样.你会很喜欢这个过程,因为你本⾝就是⼀个特别喜欢去探索去尝试⼀些新的体验的⼈.所以这个不是个问题.因为你随时可以制造⼀些你⾝体不同的体验和感受.

JO: This is because you've implanted an idea in yourself that you're afraid of fear itself. You need to understand that your being is multifaceted. The bodily reactions occur due to what you implant, as you enjoy playing with your body. Now, it seems like your body's response has become this, but it isn't the case. Imagine this girl who is a hypnotist controlling all bodily responses. You can play this way too. If you do, you'll discover that your body has many functions activated as if they were turned on. You'd enjoy the process because you're inherently someone who loves to explore and try new experiences. This isn't an issue; you can always create different physical sensations and experiences for yourself whenever you want.

那你可以下次想象⼀下⽑茸茸的⼩狗狗的⾝体⾥⾯的灵魂是你⼥⼉,明⽩吗? 你在跟你的⼥⼉打交道.为什么呢? 因为你⼥⼉她也可以把她的能量投射到⼩猫猫⾥⾯跟你互动的.

You can imagine next time that the soul inside that fluffy little puppy is your daughter, understand? You're dealing with your daughter. Why? Because she too can project her energy into a kitten and interact with you.

问: 是,这样就好很多了.没有问题了.谢谢.

Q: Yes, it's much better like this. No problem. Thank you.

第六个⼈ 疗愈 问: 我想要疗愈.

Sixth person healing question: I want to be healed.

JO: 你要做什么疗愈?

JO: What kind of healing are you doing?

问: 我⼩时候有⼀件事情的发⽣让我⼀下⼦僵硬到那⾥站着不会动了.我想疗愈.

Q: There was an event in my childhood that froze me standing there, not being able to move. I want to heal from it.

JO: 你稍等.你想疗愈这个事件是吧?

JO: Wait a moment. You want to heal this incident, right?

问: 对,彻底疗愈这个事件给我带来的⼀些困扰.

Question: Yes, it heals me from some of the distress caused by this incident.

JO:我们要把当时经历这个事件的⼩⼥孩,把她给请出来.你现在闭上你的眼睛.你要知道你现在已经不是… 那个不是你,那个只是那个⼩⼥孩.那个⼩⼥孩经历的⼀部分记忆还在你的⾝体⾥⾯,你能感受到她.因为她⼀直在你的⾝体⾥⾯,她⼀直不肯⾛.现在这个⼩⼥孩已经在通过你的⾝体释放这股能量.因为她没有地⽅依附.这个⼩⼥孩的⽆助没有地⽅⾐依附.她只能依附到你这⾥来.她就好像是孤苦⽆助的、孤苦⽆丁的.她没有任何⼈可以帮她,没有任何⼈可以为她发⾔.她唯⼀能找的只是你,你是她唯⼀去,好像⼀个根,让她唯⼀可以依附的.你去体验去感受她的那种⽆助感恐惧感绝望感.我们先让她出来.

JO: We need to bring out the little girl who experienced this event. Close your eyes now. You must understand that you are not... that's not you; it's just the little girl. Some of her memories are still within your body, and you can feel her because she has been in your body all along and refuses to leave. Now, this little girl is already releasing this energy through your body because she has nowhere else to attach herself. She feels helpless, powerless, as if she's alone with no one to help or speak for her. You are the only thing she can rely on, like a root that allows her to cling. Go and experience her feelings of helplessness, fear, and hopelessness. Let her come out first.

我们需要告诉她,我们需要告诉那个⼩⼥孩,谢谢你⽤你的⾁体来帮助我承担了这个相.她⽤她幼⼩的⾝躯幼⼩的⾁体去体验了这个画⾯.她是那么的⽆辜,她是那么的⽆助,就好像有⼀股怨⽓.然后这股能量它⼀直得不到释放.我们需要跟这个⼩⼥孩说谢谢,谢谢你⽤你⼩⼩的⾝体帮我承担.即使我们知道⼀切的体验都只是体验,但是它还是给你带来了⾮常⼤的恐惧.你的所有委屈恐惧害怕孤独孤单,我们现在全部都看到了.我们现在在座每⼀位都看到了.我们现在每⼀位都在承担在为你承担这个屈辱这个耻辱.我们每⼀位都要去⾯对这⼀份⿊暗.既然你们见到了,你们都有份.你们只有⽤你们⼼中的爱和光,去驱散这⼀股⿊暗.

We need to tell her, we need to tell that little girl, thank you for using your body to help me bear this image. She experienced this scene with her small figure and her tiny flesh. She is so innocent, helpless, as if she carries a sense of resentment. Then, this energy cannot be released. We need to tell this little girl thank you, thank you for helping me carry through with your tiny body, even though we know all the experiences are just experiences, but it still brought you great fear. All your委屈, fear, and loneliness, we now see them all. Each of us in this room has seen them all. We each of us is bearing the humiliation for you. We all have to face this darkness. Since you saw it, you're part of it. You can only dispel this darkness by using the love and light from your heart.

这个⼩⼥孩她刚才已经释放了她⼼中的愤怒.然后她现在已经离开你了,明⽩吗?我感受到她的能量已经彻底的离开了.她刚才⾮常的愤怒.然后她要让我们每⼀个⼈都去⾯对这⼀份耻辱.因为不是某⼀个⼈,是每⼀个⼈.所以这个能量它已经离开你的⾝体了.它将来不会对你造成任何影响.即使你再想到这个事情,它就好像是⼀个模糊的影⼦.就像是属于别⼈的故事.因为它已经释放掉了它的⼀些怨恨了.我能感受到她⾮常的愤怒和怨恨,⽽且我们每⼀个⼈都承担了我们的责任.

The little girl has already released her anger from within. Then she's now left you, understand? I can feel that her energy has completely departed. She was very angry just now. Then she wanted us all to face this shame. Not for one person but for each of us. Therefore, the energy is no longer in your body. It will not affect you any more in the future. Even if you think about it again, it's like a blurry shadow - belonging to someone else's story. Because she has released some of her resentment. I can sense her anger and resentment very strongly, and we all took our responsibilities.

问: 感觉好多了.

Question: You feel much better.

JO: 是的.因为它已经… 你就想之前那个⼩⼥孩的能量⼀直在你的⾝体⾥⾯.她的怨恨和她说的是耻辱委屈什么的… 她已经释放掉了.就好像出来质问我们.我们都被她质问.你还有什么问题?

Yes, because it's already... you want the energy of that little girl who was in your body before, her anger and what she said about shame and wrongs... She has released all that. As if she came to question us, we were all questioned by her. Do you have any more questions?

问: 刚才疗愈的时候感觉嗓⼦特别不舒服,然后就感觉有⽓在往头上扯.

Question: During the healing just now, I felt especially uncomfortable in my throat, and then I felt that there was air pulling on my head.

JO: 你是在... 是在重新疏通你的能量,就好像你的⾝体在重组⼀样.所以它产⽣的任何体验、反应都好像是在重组的那种,就是重新编排.所以这些更本不是问题.它是⼀个好的现象.还有什么问题?

JO: You're... You're rechanneling your energy, like your body is regrouping. So any experience or response it creates feels like a process of regrouping, rearranging. Therefore, these are not issues at all. It's a good thing. What else do you have?

问: 有时候我做决定的时候总是有⼀些选择困难症.这个成因是什么?

Q: Sometimes I have a lot of difficulty making decisions. What causes this?

JO: 选择困难症其实是因为你能看到多⽅⾯的,就是你格局挺⼤的,可以看到事情的⽅⽅⾯⾯.你能看到的不是⼀丁点.你能看到⼀个big picture,⼀个⼤的画⾯.当你看到⼀个⼤的画⾯的话,你的确就会像你⾃⼰产⽣这种感觉⼀样.但是这恰恰是你的⼀个优点,你千万不要觉得它是你的⼀个问题,明⽩吗? 但是我们可以来让你看到其实你不需要做选择.因为当你做选择的时候,你都是在头脑⾥⾯⼀个对⽐.但是你头脑⾥⾯恰恰是⼀个限制.然后你只需要去相信⽼天把你的路安排的都是恰恰好,最完美的.⽽且它会不断地给你指引.你只需要去找那个好像信号⼀样.当你知道你不在你的头脑⾥⾯去分析事情,⽽是说我去寻找信号.是不是就不⼀样了?

JO: The problem of indecision actually comes from the fact that you can see multiple aspects, meaning you have a broad perspective and can view things from different angles. You're not just seeing a tiny bit; you can see the big picture, a grand scene. When you see this big picture, indeed, it will lead to the feeling you generate for yourself. However, this is actually one of your advantages, so don't think of it as a problem. Understand? But we can help you realize that you don't need to make choices because when you're making decisions, you're comparing in your mind. But your mind is precisely where the limitation lies. All you need to do is believe that God has arranged everything perfectly for you and will constantly guide you. You just have to find what feels like a signal. Isn't it different when you know you're not analyzing things within your mind but instead searching for signals?

什么信号呢? ⼀个事情,如果它是⽼天给你安排的⼀个道.你会发现它所有的事情都给你准备好了.就不如说你想这个房⼦你买不买,是吧? 那正好那个⼈就说,哎呀,这个房⼦我要卖,价格给你便宜点什么什么的,就是不停的.然后这边突然有⼈说,我现在有点闲钱你要不要拿去⽤啊? 明⽩吗? 这个就是信号.它各种信号都好像是在叫你去完成这个使命⼀样.那你就不会去想我到底是买还是不买.为什么? OK,他这边给我讲价,那边有⼈给我送钱.这不是信号让你买房⼦吗,对不对? ⽽不是去分析这个地段好不好啊,这个价格啊,或者是我们钱够不够啊.那个就是进⼊头脑⾥⾯去分析了.⽽是你去寻找⽼天给你的信号.

What kind of signal is that? When something is set up by fate as a path for you, you will find that everything is arranged for you. Say, if you were thinking about buying this house, would you then suddenly hear someone say, oh, I'm selling this house and I'll give you a discount on the price or similar offers continuously? That's how it unfolds. Then, all of a sudden, someone might say, do you want to borrow some extra money now that you have some spare funds? Do you understand? This is a signal - various signals seem like they're urging you to fulfill your mission. You won't be concerned about whether or not to buy the house anymore. Why not? Alright, on one hand, someone's giving me a price deal; on the other, someone's offering me money. Isn't this a clear signal to buy a house instead of analyzing if the location is good, the price is right, or my funds are sufficient? You wouldn't be lost in your mind analyzing these factors when you're meant to find signals from fate.

因为它会把信号带给你,⾮常的明显.⽽不是那种不明显的,明⽩吗? 所以你跳出来这个.

Because it will bring you the signal, very obvious. Not that subtle kind, understand? So you step out of this.

问: 我想让JO给我改写⼀下DNA…JO: 刚才已经变了呀.你⾝体刚才不是已经重组了吗? 影响你的能量已经被释放掉了,已经被拿掉了.所以现在这个时候已经是新的⼀个你了.然后再随着你刚才跟随⽼天给你的信号,你会越来越开⼼的,你会越来越满⾜的,你会越来越兴奋,你会越来越迫不及待的想要跟别⼈分享你发现了⼀个秘密.

Q: I want JO to rewrite my DNA...JO: It has already changed. Your body was reconfigured just now. The impact on your energy has been eliminated, and it's a new you now. Following the signals sent by heaven for you earlier, you will be increasingly happy, satisfied, excited, and eager to share with others that you have discovered a secret.

问: 收到,谢谢JO.

Q: Acknowledged, thank you JO.

第七个⼈ 疗愈问: 我想疗愈.

English The seventh person's healing question: I want to be healed.

JO: 你想要疗愈什么?

JO: What do you want to heal?

问: 最近我妈的状态不好,我是能接受她离开⾝体.但是我⼀想到… JO: 你妈妈在⽣病是吗?

Q: My mom's condition is not good recently; I can accept her leaving the body. But when I think about...JO: Is your mother sick?

问: 对JO: 然后你的⼼⾥压⼒很⼤.

Question: JO: Then your mental pressure is very high.

问: 其实我是能接受的,因为她⽣病很多年了.但是最近她的状态特别不好.

Q: Actually, I can tolerate it because she has been ill for many years. But recently, her condition is particularly bad.

JO: 那你想疗愈什么呢?

In JO: What do you want to heal?

问: 我直接说问题吧.我虽然能接受,但是我⼼⾥不知道该怎么⾯对这个事.

Q: Let me get straight to the point. Although I can accept it, I don't know how to deal with this situation emotionally.

JO: ⾸先我们可以根据你⾯临你失去亲⼈,亲⼈的离去.根据这些,我们可以跟你们分享⼀下.你们千万不要觉得死亡是⼀个终点.因为你们⽬前的⼀个认知和意识程度,你们只能看到眼前的⼀个东西.就像是⼩孩⼦⼀样,⼩孩⼦在房间⾥找不到妈妈就哭.但是妈妈在另外⼀个城市⼯作⽽已,但是你不知情.你只知道你找不到妈妈了.就哭的好可怜,对吧? 你就会很痛苦,因为你看不到妈妈.因为平时你在房间⾥,你都能看到她.你也想象不到什么叫⼯作,你也想象不到什么叫另外⼀个城市.因为你从来没去过.你也不知道⼯作是啥.所以就像我们现在在跟⼩孩⼦解释⼀样,你妈妈只是在另外⼀个城市⼯作⼀样,你也不会明⽩的,明⽩吗?

JO: Firstly, we can talk about the loss of your loved ones, their passing away. From this context, we can share with you that death is not an end point. The way you perceive and are aware currently only allows you to see what's in front of you, like a child who cries because they cannot find their mother in the room when she's just working in another city but you don't know about it. You only know that you can't find your mom, hence you cry so pitifully, right? You would be very distressed as you can't see your mom; whereas usually, you could see her in your room. You also couldn't even imagine what work is or what another city means because you've never been there. You don't know what work entails either. So, it's just like when we're explaining to a child that their mother is just working in another city, you wouldn't understand this either, would you?

但是呢,你们虽然不能马上明⽩,但是我们还是需要告诉你们死亡它并不是你们眼睛看到的⾁体的离去才叫死亡.刚才前⾯那个⼈就刚刚死掉了呀.你不要觉得她还是以前的那个她.不是的.以前的那个她可能会经历很多痛苦和拉扯.但是后⾯那个她是体验⼈⽣的⾼版本: 喜悦、兴奋.那个她已经死掉了,明⽩吗? 这个是死.所以你们时时刻刻你们要不断地从死⾥⾯重⽣,不断地死去.不断地把你那些旧有的观念、旧有的记忆、就有的束缚、就有的⼀些所有限制全部死掉.不断地重⽣.不断地的体验⽣命的⾃由度,⽣命的创新,明⽩吗?

But still, even though you can't understand it immediately, we must tell you that death is not just when the physical body disappears as seen by your eyes. The person who was just in front of us has just died. Don't think she's still the same she used to be. No, she didn't. The old her might have gone through many pains and struggles. But the new one experiences life at a higher level: joy, excitement. She is already dead, do you understand? This is death. So constantly, every moment, you must die again, constantly die. Constantly let go of your old ideas, old memories, restrictions, and limitations that bind you. Keep rebirthing. Continuously experience the freedom and innovation of life. Understand?

因为即使你们从物理的⾓度,就是从⾁体的⾓度,如果你们去监测你们的⾝体你们就会发现它已经跟以前的那个你已经完全的不⼀样了.所以你们不要把死看的是如此的痛苦或者是悲伤或者是痛苦.为什么?因为你们总是在体验死亡.死亡是⼀件好的事情.如果它不死的话,你便继续在你旧有的⾝体⾥⾯.就好像我们第⼀个提问的⼈,就好像我们说她的布袋⼦⾥⾯⾮常的沉重僵硬僵化.如果没有新⽣的话,是多么恐怖的事情,对不对?你还会害怕死吗?你们头脑其实对死还是有⼀个固有的观念和看法.但是我们现在在给你植⼊

Because even from a physical perspective, if you were to monitor your body, you would find that it is completely different from the previous version of you. Therefore, do not view death as painful or sorrowful or miserable. Why? Because you are constantly experiencing death. Death is a good thing. If it doesn't die, you continue to exist in your old body, just like our first person who mentioned her heavy, stiff, and rigid bag. How horrifying it would be without new life, wouldn't it? Would you still fear death? Your mind actually has an inherent concept of death. But now we are implanting

⼀个新的,就是说你们要时时刻刻的死去,你们要欢迎死去,你们要为死感到庆祝,明⽩吗?但是你们可以在你们的⾝体⾥⾯让你们的⾝体活到最⼤化.就是⽐如说我这个⾝体最⼤可以活到⼀百年.那你就活到⼀百年,对不对? 那你们需要什么? 怎样才能活到⼀百年? 你们就需要不断地死去,不断地重⽣.就好像开⼀个植物,它是不是在不断地死去不断地死去,很多叶⼦不断地死掉,然后再长新的叶⼦,它才能长寿,对不对?如果不长新的,它是不是很快就真的死掉了,明⽩吗?所以说你们不断地去突破你们旧有的束缚、观念,这些东西.你们不断地重⽣不断地重⽣.你们的物质⾁体它才能在⼀种最⼤限度的存活在这个物质世界当中,明⽩吗? 你刚才还想问什么?

A new thing is that you should die constantly, welcome death and celebrate it, understand? But you can let your body live to its maximum capacity within yourselves. For example, my body could live up to a hundred years. So, just do that; live up to a hundred years, right? Then what do you need? How do you live up to a hundred years? You would constantly die and be reborn. Like with growing plants - are they dying continuously, with leaves continuously dying off and new ones growing in order for them to thrive, correct? If they don't grow new ones, won't they die out very soon, understand? Therefore, you should constantly break free from your old constraints, beliefs, etc., and keep being reborn. This way, your physical body can survive in the material world to its fullest extent, understand? Did you have any other questions just now?

问: 我看见她痛苦的时候,我⼼⾥还是很难过.

When I see her suffering, my heart still feels sad.

JO: 你不需要把你的这种不适感,就是你感到悲痛或者悲伤的这种给拿⾛.恰恰是这个时候,你才可以去真正的沉下来.然后去探索去思考⽣命到底是什么.如果我们每⼀个⼈都要经历⾁体的⾥去,那我们活着的时候怎么样可以最⼤限度和最好的去利⽤这个⾁体? ⽐如说我们这个⾁个体存活的时间是有限度的,对吧? 那我们怎么才能在有限的时间内,把它活出它想要的样⼦呢,明⽩吗? 所以说这些东西它都可以把你带到另外⼀种⾼度和境界.你可以去转化它,然后变成你⾃⼰⽣命的礼物.因为事情单纯的发⽣就是发⽣了.你如果不去好好的利⽤它,那么它服务不了你.它就只是单纯的亲⼈离去的事件.

JO: You don't need to remove this sense of discomfort you feel when you're grieving or sad. It's precisely at this moment that you can truly delve in and explore what life is. If every one of us has to go through the physical realm, how can we maximize and make the best use of this body while alive? For instance, if our individual lifespan as human beings is limited, right? How can we live within this limited time frame to achieve the desired outcome it wants? You see, these experiences can elevate you to a higher level of understanding. You can transform them into gifts for your own life because things happen whether or not you use them properly. If you don't utilize them well, they won't serve you; they're just an event of losing someone close to you.

那如果你通过这个事件,你不断地去探索⽣命的真相,不断地去的反思.那就是哲学家做的事情,对不对? 那这个事情就不是单独的⼀个所谓的悲伤的事情.所谓的悲伤的事情,就是在你们的认知⾥⾯.那它就是另外⼀个什么? 把你给托起来成长的⼀个台阶.那其实你的突破你的成长你的感悟就是你们整个⼈类的呀.明⽩吗? 那你通过这个事情就可以看到外在的所有事情都可以变成这样⼦的⼀种催化效果⼀样,⽽不是你们只是去接受⼀件悲惨的事情.因为没有悲惨的事情,明

If you go through this event and keep exploring the truth of life by constantly reflecting on it - that's what philosophers do, right? This isn't just a solitary sad event; no, it's another step that lifts you up for growth. Your breakthroughs, your development, and your insights are actually part of humanity as a whole. Understand?

Through this process, you can see that all external matters can have the same catalytic effect, rather than just accepting some tragic incidents. There would be no tragedies, if not...

⽩吗?

White?

问: 我⼥⼉最近有⼀点抑郁.

Question: My daughter has been a bit depressed lately.

JO: 你⼥⼉多⼤?

JO: How old is your daughter?

问: 23岁,然后抑郁是因为她跟她男朋友分⼿了.这个是在她没有告诉我的情况下去医院检查,说她有抑郁症.我想问怎么样可以帮助她不要那么敏感? 可以像⼀个正常⼈⼀样成熟⼀点…JO: 如果我告诉你,她现在就是正常⼈呢? 这是她正常成长的⼀个过程,她需要去体验这些.所以她所体验的任何,她所体验出来的反应都是正常的.你们医⽣会根据她⼀时的⼀个反应... 这么说吧,就好像暴风⾬来了,然后打雷下⾬.然后你们医⽣就拿着这个症状,哇,你看又是闪电又是⾬⽔那么多啊,暴风这么多啊.然后就把这个症状命个名.然后,啊⽼天⽣病了.不很奇怪吗,明⽩吗?这只是她⽣命成长的⼀个阶段.她在那个阶段表现出来的对⽣命的⼀个体验吧.

Question: At 23 years old, she became depressed because her boyfriend broke up with her. She went to the hospital for a check-up without telling me, and they diagnosed her with depression. I want to know how to help her become less sensitive and mature like a normal person… JO: If I told you that she is actually normal? This is part of her normal development process; she needs to experience these things. Whatever she experiences and the reactions she produces are all normal. Your doctor will base their assessment on her transient reaction... To explain, imagine a storm with thunder and rain. Then, your doctor takes this symptom and says, oh wow, there's lightning, heavy rain, and strong winds. They then name this symptom as a disease. Isn't it strange that the sky is sick? Understandably, these are simply stages of her life where she expresses her experiences about life.

那这个体验也是⾮常好的.你说哪⼀个⼈来到世界上他不体验失去别⼈后分离的痛苦? 他从来只是开⼼的? 从来只是傻笑? 男朋友来开她,她还在笑.这个是什么? 这个才是你们嘴巴⾥⾯说的傻⼦吧.她妈妈⾛了,她也笑.所以这是你们想要达到的⼀种状态吗?⾸先孩⼦在他们成长的过程,他们会需要很多事件来了解他们⾝体的⼀个情绪.因为这些东西都是他成长的⼀个过程.这是⼀个过程.所以你们不需要去太… 但是你们也不能青轻视.就是你们不能太过于的把它变成⼀件⼤事,但是也不能轻视.不能轻视就是不能你随便怎么怎么滴.你们还是需要去表达你们⾃⼰的爱和你对他的在乎和关⼼.因为这就是你帮她渡过这个时期,让她知道她不是孤单的.

The experience was truly delightful. Wouldn't every person feel the anguish of losing someone and experiencing separation upon coming into this world? Could they ever be just happy all the time or simply giddy without any reason at all? Even when her boyfriend was with her, she still found amusement in everything. This is what you call idiots, right? When her mother left, she still laughed. So, is this the state you aim for? Children need many events to understand their body's emotions as they grow up; these are part of their growth process after all. This is simply a part of life. Therefore, it doesn't require too much attention... But neither should you overlook it either. You can't turn it into such a big deal but also cannot ignore it lightly. To not take it lightly means that you shouldn't just let her find amusement in things randomly. You still need to express your love and care for her because this helps her overcome her struggles, letting her know she's not alone.

⽽且正常⼈,你们所谓的正常⼈.这么说吧,你们世界上很少有正常⼈,明⽩吗?所以说就不要拿..把她便正常或者是什么是正常.你们会要想⽤药物把⼈变正常.就是各种抗抑郁的药啊,然后去抑制这股能量啊.这个才是很⼤的问题.但是呢,又可以像我们的前⾯的信息⼀样.你可以去通过你⼥⼉她⾃⼰的这个事件去关注青少年的⼼灵,去关注抑郁到底是什么,为什么⼈会产⽣抑郁? 你可以去认清楚,明⽩吗?还有就是说,在孩⼦遇到这种事情的时候,我们能做什么.这些都可以引发出很多你对⽣命的独有的见解.你都可以让它正⾯的服务于你,就是让你⾃⼰不断地不断地扩展突破,新的思想,新的见解,对不对? 因为这⾥其实没有⼀件真正悲惨的事情.

And ordinary people, you so-called normal people. Let me put it this way, there are very few normal people in the world, right? So don't use that as a basis for saying... she's normal or what is normal. The idea of using medication to make someone "normal" - various antidepressants and suppressing those energies – that's actually a huge issue. However, you can explore it similarly to the information we provided earlier. You could focus on your daughter's event to understand adolescent minds better and delve into depression: why does it happen? Understanding this could help clarify things for you.

You could then take all of these insights about life and use them positively – they could push you to continuously grow, expand your thoughts, and gain new perspectives. Because in truth, there isn't a single truly tragic event here.

唯⼀悲惨的事情就是你们把悲惨的事情当成是⼀件悲惨的事情.就是你们把它当成是⼀件悲惨的事情,⽽不是你们去正视⽣命的⼀个过程和台阶,明⽩吗? 还有问题吗?

The only tragic thing is that you regard a tragic thing as a tragedy, treating it as such instead of acknowledging it as part of life's process and stepping stone, do you understand? Any questions?

问: 以前也听过⼀些灵性的课程.晚上有时候睡觉会冥想宇宙给我加⼀个屏障和保护.我不知道这样做对还是不对?

Question: I've heard some spiritual courses before. Sometimes at night, when I'm sleeping, I meditate and ask the universe to add a shield and protection for me. I don't know if this is right or wrong.

JO: 这是你⾃⼰去探索和体验的过程,就好像你⾃⼰在找⼀条道⼀样.这⾥没有对和不对.因为如果你觉得对你⾮常有帮助,那你就去做.因为就好像你现在是个⼩孩⼦,你不断地去体验探索各种.我们不可能把你这个拿⾛,这个是⼩朋友玩的玩具,你玩什么? 这也是你去扩展和认识、认知的⼀个过程.没有对和不对.哪怕你又给你⾃⼰创造了很多恐惧的事情或者是恐惧的体验,或者是所谓的我养了很多⼩⿁呀这样⼦.这都是你⾃⼰独特的体验.那体验其实没有什么对和不对的.那你想要问的对和不对是什么?

JO: This is your own process of exploration and experience, like finding a path for yourself. There's no right or wrong here. You do what helps you the most because, just like when you were a child, you keep experiencing and exploring various things constantly. We can't take this away from you; it's like playing with toys for kids. What are you playing with? This is also a process of expansion, recognition, and understanding about yourself. There's no right or wrong. Even if you create fears for yourself or fearful experiences, or perhaps you've nurtured many little demons like that. These are all unique experiences to you. So, what you're asking about being right or wrong doesn't really apply here.

问: 就是我感觉有时候会…JO: 就⽐如说如果你说能不能保护我家庭? 你们不需要任何保护,你们都是安全的.你如果觉得你们需要保护,实际上你背后还有⼀个信念是你觉得你是危险的.为什么你会有这个想法呢,明⽩吗? 所以你们都是安全的.如果你真的要处理,你处理为什么你觉得你需要保护?

Q: Sometimes I feel... JO: Like if you ask for protection of your family? You don't need any protection because you are all safe. If you think that you need protection, actually there's a belief behind it that you perceive yourself as being dangerous. Can you understand why you would have this thought? So you are all safe. If you really want to handle it, then why do you feel the need for protection?

问: 最近我经常会有这种情况.就是我最近⽼觉得我⼥⼉需要保护…JO: 这么说吧,你就好像把她的痛苦全部拿掉,只给她甜蜜.那她来到这个世界上,那她永远都不知道什么叫痛苦.你觉得⽼天是这么对你的吗? 你就好像把⼀个艺术家的颜料… 明明他有各种各样的颜⾊,你却偏偏给他⼀个颜⾊创作.你觉得他能⽐其他艺术家创造更好的画吗?

Q: Lately, I often feel like I need to protect my daughter... JO: Let me put it this way, you're taking away all of her pain and only giving her sweetness. Then she'll never know what pain is when she grows up. Do you think that's how the universe treats you? It's as if you've given an artist a single color in his palette instead of allowing him to use the various colors available. Would you say he could create better paintings than other artists with just one color?

问: 那其实是不是我们每⼀个⼈都是安全的? 我也没必要去担⼼我⼥⼉和妈妈?

Q: That is, are all of us actually safe? I don't need to worry about my daughter and my mother either?

JO: 你们本⾝就是安全的.唯⼀你觉得安全,是你⾃⼰对安全的定义是什么? 你觉得她不能痛苦?可是痛苦却是你们⽣命的礼物啊.每⼀个痛苦背后都有⼀个礼物啊,明⽩吗?你体验痛苦,它可以让你对众⽣产⽣⼀个悲悯之⼼.当你拥有悲悯之⼼,你的⼈格是不是完全不⼀样.⼀个杀⼈犯,他杀了⽆数⼈他都不会有悲悯之⼼.那你想做⼀个没有悲悯之⼼的⼈吗?

JO: You are safe inherently. The only safety you feel is what your definition of safety is? You think she can't suffer? But pain is the gift of life, isn't it? Behind every pain lies a gift, understand? You experience pain which can generate compassion for sentient beings. When you have compassion, is your personality completely different? A murderer who kills countless people won't have any sense of compassion. Do you want to be someone without compassion?

问: 我的灵魂主题是什么?

Question: What is the theme of my soul?

JO: 你稍等.这么说吧,你这⼀⽣来到这⾥就好像你⾃⼰要⾛出⼀条道.你其实不是来跟随别⼈的道的,明⽩吗? 你不是⼀个那种别⼈⾛出来道,然后你去跟随.你想通过你⾃⼰去⾛出来⼀条道.解脱之道,或者⽣命之道.所以你没有办法去跟随任何.因为你觉得他们其实都不能完全的符合或者满⾜你.因为你⾃⼰⾮常有想法,就是⾮常明⽩.那如果说你的⽣命主题是什么? 就是⾃⼰来成为⼀个⼤师的,明⽩吗? 所以任何信息其实只能算是⼀个借鉴吧,包括你刚才说你做些什么什么东西.其实这只是你在⼀个摸索啊、借鉴啊、尝试啊.就好像是这样⼦的⼀个,明⽩吗? 因为你⾃⼰有你⾃⼰内在的⼀套好像是标准或者是标杆或则是准则⼀样.

JO: Wait a moment. Let me put it this way: coming to this place in your life is akin to setting out on your own path. You're not here to follow someone else's path; you understand? You don't seek to follow the paths that others have laid, but rather to forge your own—whether it be the path of liberation or the path of life. Therefore, you can't follow anyone because they cannot fully meet or satisfy you due to your unique thoughts and clarity. Now, if I were to ask about your life theme, it would be self-achievement, wouldn't it? Any information is merely a reference for you—one of exploration,借鉴, and experimentation. It's as such that you're building your own criteria, standards, or benchmarks within yourself.

然后你内在才是真正的指引你去⾛出来这条路的.所以你可以按照你⾃⼰的意愿喜好如何去… 因为这⾥没有限制.

Then it's your inner self that truly guides you on this path. So you can go about it according to your own wishes and preferences... because there are no limits here.

问: 谢谢⽼师第⼋个⼈ 疗愈问: 我现在正在接受财富的困扰,我不知道我今⽣的灵魂想要探索什么?

Question: Thank you, teacher. The eighth person's healing question: I am currently troubled by wealth. I don't know what my soul in this lifetime wants to explore.

JO: 你给⾃⼰设置了很多障碍需要⾃⼰去突破或者是许多不能接受的⼀些东西需要⾃⼰去消化.然后因为你想要让⾃⼰成为⼀个⾮常包容或者是⾮常强⼤的灵魂.所以你会不断地去经历很多事情,最开始对你来说都是挺⼤的⼀个打击或者是挺⼤的⼀个坎或者是挺⼤的⼀个障碍需要你去突破的.因为你⾃⼰其实也是⼀个不⽢于现状,就是不是那种得过且过吧,或者是不是那种没有什么⼤的追求混混沌沌过⼀⽣的那种.你也喜欢不断地去突破⾃⼰挑战⾃⼰.所以你的⽣命的主题就会好像是⼀种越挫越勇或者是不断地去fight不断地去突破的过程.所以它会体现在很多⽅⾯.就是这种不断地去突破的过程,它会体现在很多⽅⾯.

JO: You set up a lot of barriers for yourself to overcome or many things that are hard to accept and need to be digested by yourself. Then because you want to become an incredibly inclusive or very powerful soul, you will continuously go through many experiences, which are quite significant blows, major hurdles, or obstacles for you in the beginning. Since you're not content with your current state; you don't live just day-to-day or passively drift through life without any grand ambitions. You also enjoy constantly challenging and pushing yourself. Therefore, the theme of your life would be about overcoming adversity, continuously fighting, and breaking through barriers - a process that manifests in various aspects. This continuous process of overcoming challenges is present in many areas of your life.

所以你会发现在你的⽐如说前半⽣,就是你突破的那个过程在你的各个⽅⾯你都会受到⼀些挑战.事业呀、家庭呀、或者是个⼈呀这些⽅⾯,明⽩吗?

So you would find that throughout your lifetime, the process of breaking through which you achieved would challenge you in various aspects such as your career, family, or personally, do you understand?

问: 明⽩,我确实经历了很多,像你说的越挫越勇.但是我觉得我好像穿了⼀⾝盔甲.我每天都在勇敢的去创造我的⽣活.就像你说的我的⾝体健康、财富这些都给我夺⾛了之后,我又从⾕底爬起来.我不知道我的灵魂主题是什么? 我的⽅向是什么?

Q: I understand; indeed, I've experienced a lot of setbacks and have become even more resilient as you mentioned. But it feels like I've put on armor; every day, I'm bravely creating my life. Like you said, after all my physical health and wealth were taken away from me, I managed to rise from the bottom again. I wonder, what is the theme of my soul? What is my direction?

JO: 刚才说了,你⾃⼰给⾃⼰设了很多障碍去突破.为什么呢? 因为在你内在你其实知道你是⼀个⾮常强⼤的,就是像打不死的⼩强⼀样,越挫越勇.你内在有这股⼒量的,明⽩吗?然后你越来越为⾃⼰的⼒量感到⼀种惊叹.可能最开始遇到事情或者你的前半⽣遇到⼀些事情,你还会觉得是很⼤⼀件事情或者是⼀个过不去的坎或者是很难突破.但是越到后⾯这些都不是个事了,因为你已经⾜够强⼤了.强⼤到这种东西对你来说已经没有什么影响了.

JO: You just mentioned that you set many obstacles for yourself to overcome. Why is that? Because deep down inside, you know you're incredibly strong, like a firefly who can't be easily defeated; the more you face setbacks, the more resilient you become. There's this power within you, understand? And as time goes on, you start marveling at your own strength. Perhaps at the beginning when faced with issues or during your early years encountering some things, you might have felt they were huge matters, insurmountable barriers, or incredibly difficult to overcome. But as you progress further along, these obstacles no longer matter because by then you've become strong enough. So strong that such things have little impact on you anymore.

问: 但是我⾝边有很多很多的财富,我看到它了,但是就是来不到我⾝边.难道我给⾃⼰设置的有障碍?

Question: But I see so much wealth around me, yet it never reaches me. Could it be that there are barriers I've set for myself?

JO: 你看到有很多钱它来不到你⾝边什么意思呢?

JO: What does it mean when there's a lot of money but it doesn't come to you?

问: 我知道我是⼀个有钱⼈,我是很富有的.但是这些钱都来不到我⾝边.我不知道是为什么?

Question: I know that I am rich and very wealthy, but this money does not come close to me. I don't understand why.

JO: 你为什么会如此的去关注这个钱的事呢?问: 因为我受到⾦钱的困扰.

You: Why are you so fixated on this matter of money? Q: Because I am troubled by money.

JO: NO NO NO NO,为什么不是你不断地去关注它,你才有这些困扰呢? 你体验的就是这些呀.你们很多⼈有⼀个误解就是觉得钱是你们不断地去…我跟你们讲,如果⼀个做企业的⼈,他只是不断地去关注钱⽽不是去关注他的企业如何去发展,如何去布局,如何去呈现去呈现在这个世界上的话,他只关注钱的话.你觉得他的企业能做下来吗? 他不可能的.钱是他在去做这个企业的过程,它必然⽽然会呈现的⼀个东西.这个是副产品,明⽩吗?

JO: NO NO NO NO, Why is it that you have all these worries when you don't constantly pay attention to it? You're experiencing this yourself. Many of you might misunderstand and think that money comes from constant attention... Let me tell you, if a business owner focuses only on money without considering how to develop their business, strategize its layout, or present it in the world, then they're focusing solely on money. Do you really believe their business could succeed under such circumstances? It's unlikely. Money is an inevitable byproduct of running a business; understand that?

问: 那我⽼公⽋了很多债,我受到了很多的困扰.我不知道为啥这⼀辈⼦受这么⼤的苦.我们的前世今⽣是什么? 今后我们的关系还能存续这个关系吗?

Question: But my husband owes a lot of debts, and I'm experiencing a lot of trouble. I don't know why I'm suffering so much in this lifetime. What were our past lives and relationships? Can we still maintain this relationship in the future?

JO:你们有⼀个观念就是觉得关系,就⽐如说你的⽼公或者你的⽗母或者你的什么什么,他会给你带来影响,或者是痛苦,或者是束缚,或者是他让你变得不幸.NO,唯⼀他让你变得不幸是因为你去把这个⼒量给了他,让他来让你变得不幸.所以让你变得不幸的是你⾃⼰,⽽并不是对⽅.这是⼀个⾮常⼤的区别.因为你必须要相信是你的⼒量让你变得不幸,你才能把⼒量拿回来,来让⾃⼰变得幸福.你们总是⼀直认为是对⽅让你变得不幸,是他让你变得痛苦的话.那你会⼀直深陷于这个痛苦,让你没有办法出来.为什么呢?你钥匙拿错了.这⾥两把钥匙.⼀把钥匙是可以打开这个锁,⼀把是打不开的.你⼀直拿那个错的钥匙,你想打开那个锁是不可能的,明⽩吗?

JO: You have an idea that relationships, like with your husband or your parents or anyone else, will impact you negatively, causing pain, constriction, or unhappiness. NO, the only reason you become unhappy is because you gave him the power to make you unhappy; it's about you transferring that force onto them. Hence, what makes you unhappy is yourself, not the other person. This is a very significant distinction. You must believe that your own strength leads to unhappiness so that you can reclaim that force and thus become happy. You always mistakenly think that they are the ones making you unhappy, causing pain. This traps you in suffering indefinitely because you've got the wrong key. Here are two keys. One works, the other doesn't. You're always using the wrong one, which means it's impossible to open the lock with it. Can you understand?

那我现在告诉你,你必须要明⽩的这个道理是什么?是我让你⽤正确的钥匙去打开那把锁.如果你拿不到正确的钥匙,你不可能打开这个锁的.

Now I'll tell you what principle you need to understand: You have to use the right key to unlock that lock. If you don't get the right key, you won't be able to open this lock at all.

问: 也就是说这⼀切的苦难就是我⾃⼰负责?

The suffering is all my responsibility?

JO: 也就说你之所以体验到它来影响到你的⽣命让你痛苦,是你⾃⼰这么认为的.是你⾃⼰这么去相信的这个事情.你觉得是他能影响到你的⼼情,他能让你痛苦,都怪他.就是你这个觉得和那个认为,让你体验到痛苦和束缚.⽽不是他本⾝,他本⾝是没有任何⼒量的.那个⼒量是来⾃于你.为什么? 如果你不认清楚这件事情的话,就好像我刚刚说的你就会继续去拿⼀把错的钥匙去开这把锁.拿错的钥匙,这把锁是不可能打开的,明⽩吗? 因为你能感受到如此⼤的痛苦或者是那个什么.其实这个⼒量都是来⾃于你.

JO: In other words, it's your perception that leads you to believe that this thing affects your life and causes you pain. You're the one who believes in this, thinking that he can influence your emotions and make you suffer. It's all on you for blaming him. It's your belief and assumption that cause you to experience suffering and constraint, not because of what he is inherently. He doesn't have any power of his own. The power comes from you. Why? If you don't understand this clearly, it's like I just said; you'll continue to use the wrong key to unlock this lock. Using a wrong key means that you can't open the lock, do you see? Because you feel such immense pain or whatever, actually, this power originates from you.

问: 我真的很想找⼀个能依靠的,我不⽤这么⾟苦.

Question: I really want to find someone I can rely on, so I don't have to work so hard.

JO: 你找不到的.问: 为啥呀?

JO: You won't find it. Ask: Why?

JO: 因为你⾃⼰本⾝就是⽤拥有强⼤的⼒量,你是来突破它的.就算你找到了⼀个有⼒量的⼈,他也会在你⾯前变得没有⼒量.

JO: Because you yourself possess powerful strength; you're here to transcend it. Even if you find someone with power, they would become powerless in front of you.

问: 那我可以找⼀个跟⾃⼰有连接的灵魂伴侣吗?

Q: Can I find a soulmate who is connected to me?

JO: 你们很多都想单纯的从外⾯去处理问题.其实外⾯没有问题,所有问题所有呈现的相,它实际上都是你现在⽬前的⼀个状态⽽已.你⽬前的⼀个能量状态是什么样⼦,你⽬前的⼀些… 就像我们刚刚说你⼿上拿了⼀个模型,对吧? 你⼿上拿了什么模型? 是你⾃⼰,明⽩吗?所以你唯⼀需要的还是把眼光放到你⾃⼰这⾥来,从内在.如果你继续从外在的话,就好像刚刚说你拿错钥匙了.拿错钥匙你是不可能打开的.所以你也不可能⾛上解脱之路的.

JO: Many of you would like to address problems externally. In fact, there are no external issues; all appearances and manifestations are simply your current state. What is the nature of your current energy state? And what aspects do you currently have… Just like we talked about holding a model, right? What model are you holding in your hand? It's yourself, understand? Therefore, what you truly need is to focus on yourself internally. If you continue from an external perspective, it's akin to saying that you're using the wrong key. You can't unlock anything with the wrong key, so you won't be able to embark on the path of liberation either.

问: 这就是我困惑的根本啊.拿错钥匙.

Q: That's my whole confusion - using the wrong key.

JO: 是的.你要知道刚才我们说你拥有强⼤的能量.其实你现在把能量都放在显化什么? 钱上⾯,对不对? 然后你⽼公让你命苦,所以你体验到你怎么这么命苦.如果你想象⼀下你把你的这个注意⼒放到其它地⽅呢? 哇塞,你能创造什么样⼦都难以想象.你不需要去解决你⽼公和钱的问题.你只需要把这个眼光从他们上⾯拿⾛,明⽩吗? 就这么简单.你越是解决问题,你越是创造问题.你把眼光拿⾛放到其它地⽅.就好像这个放⼤镜,我放到这⾥我就看

Yes, you need to know that we've been talking about the powerful energy within you. Actually, where are you placing your focus now? On manifesting money, right? Your husband is giving you a hard time, which is why you feel like you're having such a tough life. If only you could shift your attention elsewhere for a moment, oh my! The possibilities of what you can create are unimaginable. You don't need to solve the problems with your husband or money; you just have to remove your focus from them. That's all it takes. The more you try to fix problems, the more problems you create. Just take your attention elsewhere, like this magnifying glass – if I place it here, I can see

到这⾥,我放到另外的地⽅,那我就看另外的地⽅.就这么简单.所以你现在已经知道差别在哪⾥.就像刚刚前⾯的信息说的⾮常清楚,不是靠着你把这些放⼤⽽解决掉这些问题.

Here, I place it somewhere else, then I look at another place. That's all there is to it. So now you should understand where the difference lies. Just like the information just mentioned clearly stated, these issues are not resolved by magnifying them through your actions.

问: 那我就不能找到⼀个依靠吗? 我就强⼤的没有依靠吗?

Q: Then I can't find a support? Am I powerful without any backing?

JO: 并不是那个意思,⽽是说你现在觉得你需要依靠是因为你⾃⼰的⼒量把你⾃⼰给束缚了,让你觉得你没有⼒量.所以你就想找依靠,明⽩吗? 那当你⾃⼰明⽩你拥有强⼤的⼒量,你不去束缚⾃⼰的话.你找谁你都能靠呀.为什么? 你靠的还是你⾃⼰的⼒量呀,明⽩吗?

JO: It's not about dependence on someone else; it means that you feel the need to seek support because your own efforts are limiting you, making you feel powerless. That's why you want to rely on someone else. Can you understand? Once you realize that you have immense power and don't restrict yourself, you can depend on anyone. Why? Because you're relying on your own strength, do you see?

问: 明⽩,那别⼈能找到⼀⽣⼀世的灵魂伴侣,我能吗?

Q: Understandably, others can find their soulmate for life, right?

JO: 这么说吧,你们外在所有的⼀切,就是体验的这个相,这些事,所有的关系,就是所有的⼀切,它实际上都是你⾃⼰内在的⼀个状态⽽已.那当你⾃⼰内在的状态是喜悦的,我告诉你,每个⼈都变成你的灵魂伴侣,明⽩吗? 真的,你跟每个⼈在⼀起你都是喜悦的.然后你们所谓的灵魂伴侣,你们千万不要觉得灵魂伴侣是你们的爱⼈,有可能是仇⼈跟着你,明⽩吗?

JO: In other words, everything you experience externally, the manifestation of this phenomenon, all these events and relationships, is actually your inner state entirely. When your internal state is filled with joy, let me tell you, everyone becomes your soul mate. You understand? Really, you can be joyful with every person you're with. And as for what you consider to be soul mates, do not think that they are necessarily your lovers; it could also be potential enemies following you around, understand?

问: 真的吗?

Question: Really?

JO: 真的.仇⼈他逼着你去成长,逼着你去突破⾃⼰,逼着你去挣开⽣命的束缚.你们成长是必须要靠你们⾃⼰内在的⼒量,你没有办法.所以你必须是你⾃⼰内在的成长,但是外在的⼀切它都只是⼀个催化剂.

JO: Really, the enemy pushes you to grow, to break through yourself, and forces you to shed the constraints of life. Your growth must rely on your inner strength; there is no other way. Therefore, you must depend on your internal growth, but everything external can only serve as a catalyst.

问: 我觉得我受了这么多罪这么多苦,看来还是我⾃⼰让我⾃⼰受苦受罪的?

Q: I feel like I've suffered so much and it seems that I'm making myself suffer.

JO: NO.受苦受罪只是你们的⼀个⽆知,就是你会把这个事件定义成⼀个受苦受罪.这么说吧,你说你去健⾝的时候你去拿着那个器材,你在健⾝的时候你锻炼的是你⾃⼰的⼒量,让你的⼒量越来越强⼤.那你在那怪罪那个器材? 你说你让我这么痛苦,让我肌⾁撕裂? 好痛、好累.你在怪这个器材? 不通过这个器材,你的肌⾁没有办法遇到挑战,它没有办法突破和成长的.你怪这个器材吗? 明⽩吗?

JO: NO. Being punished is just your ignorance; you define this event as suffering and punishment. Allow me to explain. When you go to the gym and use equipment, you exercise your strength there, making it stronger over time. Are you blaming the equipment then? Saying that it made you suffer so much that your muscles tore apart? It hurts, it's exhausting. Are you blaming the equipment for that? Without this equipment, your muscles would not have faced a challenge; they wouldn't be able to overcome and grow. Do you blame the equipment for this? Understand?

问: 我有三个孩⼦,⼀对双胞胎,23岁.还有⼀个⼋岁的孩⼦.我想知道孩⼦们的灵魂主题是什么?

Question: I have three children, a pair of twins aged 23, and another child who is eight years old. I want to know what the soul themes are for my children.

JO: 你稍等.你想问⼀下你跟孩⼦之间的灵魂主题是吧?问: 对JO: 你先选⼀个.

JO: Wait a moment. You want to ask about the soul theme between you and your child, right? Ask: Should I choose one first?

问: 先从⽼⼤吧,XXX.

Question: Starting with the elder one, XXX.

JO: 他更多的是选择…. 连接感更深的应该是像他的兄弟姐妹吧,明⽩吗? 你们之间的连接还没有跟他的兄弟姐妹之间的连接强烈.

JO: He tends to choose... The deeper connection should be with his siblings, right? The bond between you and him is not as strong as the one between him and his siblings.

问: 对,孩⼦很⾟苦,半⼯半读.还要供养他的弟弟妹妹.

Q: Yes, the child works hard, doing both part-time jobs and school, and also supports his younger brother and sister.

JO: ⾟苦,就好像刚才说的健⾝器材⼀样.你只有越⼤的重量,你才能不断地激发他肌⾁的⼀个⼒量.所以那个⾟苦只是他⾃⼰的⼀个定义⽽已.但是没有挑战,它就不可能有突破的.所以这⾥没有真正的⾟苦.真正的⾟苦是你觉得⾟苦,你才会体验到所谓的⾟苦.当你觉得它这是⽣命的过程,然后是来让你变得强⼤的.它就并不⾟苦.

JO: It's like the exercise equipment we just talked about. You can only continuously stimulate your muscles' strength with a heavier weight. Therefore, the hardship is simply his own definition. But without a challenge, there would be no breakthroughs. Hence, there is no true hardship here. True hardship is experienced when you find it hard; that's how you understand hardship. When you see this as part of life that makes you stronger, then it doesn't feel like a hardship.

问: 那他的灵魂主题呢?

Question: What about his theme of soul?

JO: 他的灵魂主题需要他⾃⼰来问.问: 那我家⽼⼆XXX,她今年要考研.

JO: His soul theme requires him to ask himself. Q: About my elder son XXX, he's planning to take the postgraduate entrance exam this year.

JO: 你稍等.她是妹妹是吧? 她更多的是跟姐姐⼀样,然后就⽐较成熟和考虑的会⽐较周到⼀点.所以她就好像会是⼀个桥梁,是你跟孩⼦们之间的连接.就像是这样⼦的⼀个⾮常懂事的⼀个孩⼦.

JO: Wait a moment. She's your younger sister, right? She behaves more like an older sibling and is generally more mature and thoughtful. So she functions as a bridge, connecting you with the children. It's like having a very responsible child.

问: 对.那我的⼋岁的⼉⼦,他学习也不让我省⼼.

Question: Yes. Well, my eight-year-old son, his studies also give me no peace.

JO: 你想问你⼉⼦跟你之间的灵魂主题吗? 你稍等.你⼉⼦跟你之间的灵魂主题,他好像是来让你变得更加有耐⼼和包容度,就是柔下来或者是慢下来,或者就是来调和你的能量.就⽐如说你(没听清)很紧的话,他就是来让你稍微松⼀下.逼着你变得稍微放松⼀下,明⽩吗?

JO: Do you want to ask about the soul themes between you and your son? Please wait a moment. The soul themes between you and your son seem to be designed to make you more patient and open-minded, to soften or slow down, or to harmonize your energy. For example, if you're very tense, he comes to help you relax slightly. He pushes you to loosen up a bit, do you understand?

问: 那我这⼀⽣的灵魂主题是不是也有我⾃⼰要⾛的道啊?

Question: Does that mean my life's spiritual theme is also a path I have to walk myself?

JO: 灵魂主题刚才不是说了嘛,你们每⼀个⼈都是独⼀⽆⼆的道呀.你⾃⼰的道路,世界上没有任何⼀个⼈跟你的体验是⼀模⼀样的,不会有的.

JO: The theme of the soul was just discussed; each one of you is a unique path. Your own path, no person on this planet has an identical experience to yours; it simply won't happen.

问: 那我这⼀辈⼦我要成为啥? 成长⽅向是往哪⾥?

Question: Well, what kind of person should I become in my entire life? What is the direction for my growth?

JO:就好像现在你⾃⼰⼿上握着⽅向盘,开着你的车,你来问我.你是那个拿着⽅向盘的⼈.

JO: It's like you're now holding the steering wheel and driving your car, asking me when you are the one holding the steering wheel.

问: 那我这⼀⽣要成为什么?

Question: What should I become in my lifetime?

JO: 你们头脑⾥⾯总会有⼀个⽬的地或者是有⼀个⽅向或者是有⼀个意义或者怎样.就不能是单纯的体验吗?

JO: There's always some destination in your mind, or a direction, or a purpose - not just pure experience?

问: 体验后放下?

Question: After experiencing it, let go?

JO: 也没有放不放下的,就是单纯的体验.体验⽣命.因为你们头脑⼀定要去给它意义.那如果⼀定逃给它意义的话,也就是说你们都是这个节⾻眼上,这个时代,这股能量当中的⼀股能量⽽已.就好像⼀个浪潮都打向岸边,那你跟着这股浪潮往那边,明⽩吗?

JO: There's no attachment or not attachment; it's just experiencing life. Experiencing life because your mind is bound to give it meaning. If you have to give it meaning, that means you are all parts of this energy at the juncture, in this age, in this flow of energy. It's like a wave going towards the shore, so you follow that wave towards there, understand?

问: 我现在还在想你说的钥匙的问题.

Q: I'm still pondering over the issue of the key you mentioned.

JO: 那你到时候再听⼀下录⾳就可以了.

JO: Then you can just listen to the recording again when that happens.

问: 我孩⼦⽼是头疼肚⼦疼,它是什么原因呢?

Question: My child keeps having headaches and stomachaches, what could be the reason?

JO: 你稍等.孩⼦需要⼀个⽐较和谐安稳,就是没有那么多争吵的⼀个能量场.没有那么多负能量吧.所谓的负能量就是你们情绪上的⼀些.如果是在⼀种轻松有爱平和和谐的能量状态下,他就不会有这种问题了.因为你们每⼀个⼈都在散发出能量的.如果就是单独跟姐姐她们在⼀起可能就还好.那如果是有你跟他爸爸,你们的能量会让他产⽣这种不适感.

JO: Wait a moment. The child needs an environment that is relatively harmonious and stable, with fewer arguments and less negativity. There shouldn't be too many negative energies, which refers to emotions among you. If they are in a relaxed, loving, peaceful, and harmonious energy state, then he wouldn't have these issues. As each of you emits energy. It might be better for him if it's just him with his older sister and her group. However, if there is your husband around as well, the combination of energies might make him feel uncomfortable.

问: 转移我的关注⼒不在钱上,在开⼼快乐上是吗?

Question: Does it mean that my focus is on happiness and joy rather than money?

JO: 不是说开⼼快乐,⽽是说真正的对你来说它不是钱.你去看你去找⼀些就算没有钱,你也愿意去做.为什么? 你在做它的时候,你的⼼⼼安理得.你会感受到⼀种安⼼,感受到⼀种愉悦.这样的事情上⾯.哪怕你就是在家跳跳舞听听⾳乐,你就能达到这样的状态.⽽不是⼀定要去找个事业找个⼯作.为什么呢? 因为当你在做这样的事情的时候,你就在改变你⾝体的频率跟能量场.因为当你⾝体的频率跟能量场改变了后,外在的事情它就改变了.⽽不是单独的去找⼀份⼯作,明⽩吗? 因为当你⼯作找到了,你频率没变的话.实际上你的⼯作会出现很多⿇烦的.

JO: Not about happiness and joy, but rather about something that truly isn't about money for you. When you look for or find activities where you would do them even without the money, why? You feel a sense of peace, an assurance, and a joy when you're doing it. Such experiences involve dancing at home, listening to music, and reaching this state. It's not necessarily about finding a career or job. Why is that? Because while you're engaging in these activities, you are transforming the frequency and energy field of your body. When your body's frequency and energy field changes, then things around you change as well. It's not just about securing one job; it makes sense, right? If you find a job but don't alter your inner state, you'll still encounter many challenges in reality.

所以说什么事情它可以保持你⾝体的频率在这样⼦的状态下,这个才是… 你要把那个频率调过来过后,符合你频率的事业啊、⼯作呀,它会⾃然⽽然的呈现,你会看到.明⽩吗? 所以说你⾃⼰去摸索你的⾝体到底做什么,千万不要去… 因为你的头脑会找⼀个有意义或者是有钱赚,就是不会去做这种⽆聊的事情,你们所谓的⽆聊啊.

So what it means is keeping your body's frequency in this state, this is... once you adjust that frequency, the careers and jobs that match your frequency will naturally manifest themselves, and you'll see. Get it? So, don't just try to figure out on your own what your body does best because your mind will only go for things that are meaningful or profitable, not these boring tasks, which is what you consider boring.

问: 我的⽬标现在是钱?

Question: My goal now is money?

JO: 是.所以它不在于项⽬好不好,有没有钱赚什么什么的.⽽是在于你⾃⼰内在的频率,你需要去捕捉到这个.因为当你的频率调过来了过后,其实你的孩⼦不会有问题的.你就会逐渐的发现到底你的事业是什么.

JO: Yes. So it's not about whether the project is good or how much money you can make. It's about your inner frequency, which you need to resonate with. Because once you align your frequency, actually, there won't be any issues for your child. You will gradually realize what your business truly is.

问: 那我和JOJO是什么关系?

Question: What's my relationship with JOJO?

JO:你稍等.就好像⼀盏灯,然后你前⾯看不到.然后这个⼥孩⼦把灯放在你眼前,可以让你能看到.就是让你可以不⽤在⿊暗当中摸索那么久,迷茫那么久.所以当你看不到的时候,或者是需要这盏灯的时候,你就可以找她.

JO: Wait a moment. Imagine you are in the dark and there's no light ahead. Then this girl holds a lamp before your eyes, allowing you to see. She's helping you avoid the darkness for longer and prevents you from being lost or confused for a long time. When you can't see or need that light, you can turn to her.

问: 谢谢,⾮常感谢JOJO⽼师.

Question: Thank you very much, Professor JOJO.

第九个⼈ 疗愈问: 第⼀个关于是地球的能⼒点和星际的关系.我很喜欢环世界旅⾏,也去了很多地球的能量点.深刻的体验到了地球上的能量点的能量.我需要做哪些事情可以帮助地球扬升?

Nine Healing Questions: The first question about the Earth's power points and their relationship with interstellar beings. I really enjoy traveling around the world and have visited many of Earth's energy spots, experiencing deeply the energies at those places. What actions can I take to assist in the ascension of the Earth?

JO: ⾸先你要明⽩⼀个道理,地球不需要你扬升.为什么呢? 你唯⼀需要的就是你⾃⼰.如果扬升是你的词语的话,那你扬升的是你⾃⼰,不是地球.为什么呢? 因为地球显现出来是因为你,就是这个背景这个场地这个舞台是为你⽽存在的,明⽩吗? 不是你为它⽽存在的.

JO: First, you need to understand a principle; Earth doesn't require your Ascension. Why is that? The only thing needed is yourself. If 'Ascension' is your term, then you are the one ascending, not Earth. Why is this so? Because the manifestation of Earth exists due to you; it's as if this background, stage or arena is present for you alone, do you see? It's not that you exist for it.

问: 那可能我表达的不精准.我想问我所到的每个地⽅,我需要做什么?

Question: Maybe I didn't express myself clearly. My question is, what do I need to do in each place I visit?

JO: 可不可以告诉你,你不需要做任何.你们很多⼈都会觉得你们需要做什么.你唯⼀就是需要来认清楚的是你⾃⼰.只需要去活出⽣命最⾼的版本,最⾼的激情.然后你会体验到所有的⼀切你都是受到⽀持的.所以没有什么你是需要为地球⽽做的.因为什么? 地球就好像是⼀⾯镜⼦.镜⼦⾥⾯它呈现的是你们⾃⼰,你们这个集体意识的⼀个能量场,你们⾃⼰的能量场.那你说镜⼦⾥⾯需要什么被净化啊? 那些都是你们⾃⼰制造出来的,镜⼦⾥⾯是空的,什么都没有.它只是投射出你⾃⼰的⼀个能量状态⽽已.

JO: Can I tell you something that you don't need to do anything? Many people feel like they need to do something. The only thing you need is to recognize yourself. You just need to live out the highest version of your life, with the highest passion. And then you will experience everything as being supported. So there's nothing you need to do for Earth. Why? Because Earth is like a mirror. The reflection in the mirror is of yourselves and the energy field of your collective consciousness, which is just you. You ask what needs to be purified in the mirror? Those are all things that you create yourself. The mirror is empty, there's nothing inside. It merely reflects your own energy state.

问: 在未来地球和星际的融合是…JO: NO NO,先不说地球,是你们.因为当你们的意识扩展的时候,就像这个⼥孩⼦现在在做的事情.那她就可以跟其它时空发⽣连接、交流,明⽩吗? 也是你们.

Q: Is the fusion of Earth and interstellar in the future...

JO: NO NO, let's not talk about Earth, it's you. Because when your consciousness expands, like what this girl is doing now, she can connect and communicate with other time spaces, do you understand? It's also you.

问: 我想问的是在这样的⼀个时刻到来的时候,⾃⼰或者是⼈类需要怎么提升能量?

Question: What does one or humanity need to do to enhance energy at such a moment?

JO: ⾸先没有⼀个具体客观的这样⼀个时刻.那对于这个⼥孩⼦来说早已经在体验那样⼦的版本⾥⾯了呀,明⽩吗? 但是还有些⼈他就体验的是原始社会呀.是你们⾃⼰的能量场它投射出来的什么样的版本,每⼀个都不⼀样.当有⼀天你⾃⼰体验到了,那也并不代表其他⼈也在体验.为什么呢? 他们还在他们⾃⼰的⼀个bubble⾥⾯.这么说吧,你们每⼀个⼈都有⼀个bubble,像是⼀个泡泡,像吹泡泡那样的球,对吧? 你吹了好多泡泡,这⾥有⽆数个泡泡,你们每⼀个⼈都在独⼀⽆⼆的泡泡⾥⾯.你可以看到其他⼈在泡泡⾥⾯做什么.

JO: There's no specific objective moment for that. That experience was already happening to the girl within those versions, do you understand? But some people experience it in a primitive society. It's the projection of your own energy field into what version, and each one is different. When you yourself experience it, it doesn't mean others are experiencing it too. Why? They're still inside their own bubble. Imagine that everyone has a bubble, like a balloon, inflated like when you blow bubbles, right? You've blown many bubbles, there are countless bubbles here, and each person is in their unique bubble. You can see what others are doing within their bubbles.

问: 对,因为每⼀个⼈想要体验的是不⼀样的…JO: 对,那你可能已经穿越到⼀个,就是你们在泡泡⾥⾯做的事情都⼀样.那你就会觉得整个地球都变成这样了,明⽩吗?

Q: Yes, because everyone wants to experience something different... JO: Yes, then you might have traveled to a place where what you do inside the bubble is the same for all of you. Then you would feel like the whole planet has turned into that, understand?

问: 我们每个⼈的⾝体⾥⾯都有很多星际的基因…JO: 你在提问的时候,你⾸先要放下你头脑⾥⾯的概念.为什么呢? 因为这只是个概念⽽已,只是⼀些定义⽽已.因为当你⾃⼰产⽣了很多很多概念再来提问的时候,其实你是找不到答案的.为什么? 你是来对答案的.

Q: Each of us has many interstellar genes inside our bodies... JO: When you're asking questions, you should first let go of the concepts in your mind. Why is that necessary? Because they are just concepts and definitions. You won't find answers when you ask questions after generating a lot of concepts on your own. Why is that so? You're supposed to get answers.

问: 刚刚想说的是,如何把多维度版本的⾃⼰激活来在现在这个版本的⾃⼰…JO: 那就是跟随你的激情.为什么呢? 因为当你⼀直是在选择做激情的事情,你的能量状态⼀直是⾼频的.你不会有时间去恐惧呀或者是去抑郁呀.你⼀直是在频率⾮常⾼的状态.那你⼀直是在频率⾮常⾼的状态,那你就进⼊到⼀种什么都不费⼒.就好像你打开了⼀扇门.所以只有你不断地去选择进⼊到⼀种⾼频的状态,它可以让你体验到你所说的那些.但是有时

Question: What I was about to say is how to activate the multi-dimensional versions of yourself in this version of yourself... JO: That's by following your passion. Why? Because when you're always choosing to do things that excite you, your energy stays high-frequency. You won't have time for fear or depression. You'll be in a very high-frequency state constantly. When you're constantly in such a high-frequency state, everything becomes effortless, like opening a door. Therefore, only by continuously choosing to enter into a high-frequency state can it allow you to experience what you've mentioned. But sometimes...

候体验低频并不也是坏事.为什么呢? 因为当你去体验低频和所谓的痛苦的时候,刚我们说它可以让你产⽣怜悯之⼼啊,对不对? 所以说不在于你体验什么,⽽在于你到底有没有怎么样利⽤它来服务于你.这个才是最重要的.因为如果你只是单纯的体验低频⽽没有让它来服务于你的话,它只是⼀个单纯的痛苦事件⽽已,明⽩吗? 就像我们前⾯的信息说的⼀样.

Experiencing lower frequencies isn't necessarily negative. Why is that? Because when you go through experiencing low frequencies and so-called pain, just like we said it can make you feel compassion, right? So it's not about what you experience but rather how you actually utilize it to serve your purpose. That is the most important thing. If you simply experience lower frequencies without using them for your benefit, it remains just a simple painful event, understand? As our previous information has mentioned.

问: 我想问⼀下我跟我的⽼公的灵魂主题? JO: 你稍等.你⽼公叫什么名字?

Q: I'd like to know about our soul theme, my husband and me.

A: Wait a moment. What's your husband's name?

问: XXXJO: 这么说吧,如果说你是⼀个⾮常理性或者逻辑或者是推理或者是知识分⼦,就是你特别善于利⽤这些,就是不断地拿知识的话.那你⽼公就是⼀个有⼼的⼈,他可能就⽐较感性,就是情感.然后不是总是去⽤脑⼦吧,就是去分析去这样那样.是⼀个有⾎有⾁,有情感这样⼀个.那你们之间就好像是,应该说他会像是⼀份礼物,你需要去拿到去notice到.就好像他⾝上需要你看到闪光点,也需要你去把你的点给点亮⼀样,明⽩吗? 你⾝上也有这个部分,但是还没有把它点亮.

Q: Let's say you're someone who is very rational or logical or inquisitive, someone with a keen ability to leverage knowledge continuously. You are adept at using your intelligence to understand and process information. Your husband, being more sensitive and emotional by nature, prefers not always to rely on logic but rather on feelings and intuition. He's a person full of life, emotions, and not just brains. In this dynamic between you both, he could be seen as a gift that requires attention and recognition. You see the best in him and try to highlight your strengths too, right? This balance doesn't yet fully manifest in your own personality; there's still room for growth and self-awareness.

问: 我想问⼀下从能量层⾯来说英国和美国哪个更适合我⼥⼉去读⼤学? JO: 你⼥⼉叫什么名字?

Q: I would like to know, on an energetic level, which is more suitable for my daughter between the UK and the US to attend university?

JO: What's your daughter's name?

问: SelinaJO: 我会觉得如果只是单纯的从我们的信息,我会觉得美国⽐较适合她.⽐较适合她的发展.

Question: SelinaJO: I might feel that if it's just based on our information, I would think America is more suitable for her and better for her development.

问: 她参加完美国夏利营后觉得美国更⾃由.

Q: She felt that America was more free after attending a summer camp in the US.

JO: 对问: 我和我⽼公还想要⼀个⽼⼆.想问⼀下⾼维有没有存有跟我们很有缘想要当我们的孩⼦?

JO: ASK: My husband and I still want a second child. We're wondering if there's someone in the high dimension who would be very compatible with us and wants to be our child?

JO: 你稍等.有.问: ⼤概什么时候?

JO: Wait a moment. Could you ask about when?

JO: 你必须要放下他是通过你的⾁体来到你的⽣命当中这个观念.不是说通过你的⾁体不可能, 但是如果你单纯的持有这个观念的时候,它可能就会阻碍这个灵魂的加⼊.因为有可能它加⼊才是最重要的,⽽不是说它通过什么⽅式.

JO: You have to let go of the idea that he is coming into your life through your body. It's not that it can't come in any other way, but if you hold onto this idea alone, it might prevent the soul from joining in because what matters most could be its actual participation rather than how it enters.

问: 也就说它不⼀定现实的物理存在是吗?

Q: Does it mean that its physical existence in reality is not guaranteed?

JO: 因为如果你执着于通过你的⾁体出现的话,那它可能会关上这扇门,明⽩吗? 也就是说你完全的敞开.你完全的敞开,你就会有礼物.

JO: Because if you are fixated on appearing through your body, it might close this door, understand? That means completely opening up. You open up fully, and you will receive a gift.

问: 我没有太懂.你刚说的是灵魂层⾯,我说的是物理层⾯.

Q: I didn't quite get it. You were talking about the spiritual level, while I was referring to the physical level.

JO: 是物理层⾯.这么说吧,你有可能觉得我必须要⽣⼀个我跟我⽼公的孩⼦,对吧? 但是不⼀定哦.因为它可能会通过你领养孩⼦,明⽩吗? 或者是通过其它⽅式,抱养啊领养啊这种.

JO: That's at the physical level. Let me put it this way: you might think I need to have a child with my husband, right? But that doesn't have to be necessarily true because it could happen through adoption, do you understand? Or perhaps through other means, like fostering or adoption.

问: 那我就是想要⾃⼰的第⼆个孩⼦呢?

Question: But I just want my second child?

JO: 你就是想要⾃⼰的话,那你就关上了这扇门了呀.就像刚才说你就把这扇门给关上了.因为你执着的是你⾃⼰的⼀个执念,你执着的是你头脑⾥⾯的⼀个执念.你就觉得必须要有⾎缘关系,⽽不是在乎到底有没有从灵界想来进⼊.为什么呢? 因为这条路,它进⼊到你这⾥是⼀条路,对吧? 这条路怎么⾛才对它是最好的,因为在路上也有风景啊,在路上它也有收获啊.这条路怎么可以很好的⾛到你这⾥来,它⾃⼰才清楚,明⽩吗? ⽽不是你头脑⾥认为的.你头脑⾥⾯认为的只会是你⾃⼰去坚持你⾃⼰的⼀个执念.当你们敞开,⾃然⽽然的它会以它⾃⼰的⽅式呈现在你们的⽣命当中来.

JO: If you want your own way, then you've just shut that door yourself. Just like what I said earlier; you're shutting the door. Because you're attached to your own执着, and your mind's执着. You believe that there must be a blood relationship, not considering whether it has actually come from the spiritual realm or not. Why is that? Because this path leads directly to you, right? How should one go about this path correctly? It's because on this journey, there are beautiful landscapes, and also valuable rewards along the way. Only the path itself knows how best to reach you. Your mind's belief only reinforces your own执着. When you open up naturally, it will present itself in a manner that suits your life.

问: 近三年感觉⾝体在升级,吃的少睡的少,但精神状态很好.想问⼀下这样是正常的吗?

Question: Over the past three years, I've felt like my body is being upgraded; I eat less and sleep less, but my mental state is very good. I wonder if this is normal?

JO: 当然是正常的.你们⾝体不需要⾮常多的⾷物.⾮常多的⾷物只会转化成什么? 懒惰.就是⾏动⼒变弱,还有就是疾病,还有就是肥胖,明⽩吗? 过多于的⾷物… 然后也不需要过多于的睡眠,你只需要在你困的时候睡⼀会⼉.就是你⾃⼰听从你的⾝体,它就⾜够你去做任何你想要去做的事情.

JO: Of course it's normal. Your body doesn't need an excessive amount of food. An excess of food will turn into what? Laziness. It weakens your energy level, as well as illness and obesity. Do you understand? Excessive food... And you also don't need excessive sleep; all you have to do is nap when you're tired. Just listen to your body and it will provide enough for anything you want to do.

问: 我三⼗年前得过甲亢,我感觉不到它,但是看医⽣做体检会检测出来.为什么会这样?

Q: I suffered from hyperthyroidism thirty years ago, but I don't feel it. However, a doctor would detect it during a health check-up. Why is that?

JO: 你可以不⽤去关注它吗? 因为如果它没有跳出来让你做什么事情,你可以不⽤去把它翻出来,然后把它放⼤.因为你们⽣命中激情的事情可多了.当你在做激情的事情,你的⾝体频率会变.当你的⾝体频率变了过后,你的⾝体素质啊,健康状况啊,各⽅⾯都在变.所以它并不是⼀个⼀成不变的.⽽且是⼀直在变的状态.如果是⼀个⼀直在变的状态,你没必要去拿着它怎样怎样,明⽩吗?

JO: Can you not pay attention to it? Because if it doesn't pop up to make you do something, you don't have to look for it and then magnify it. There are so many passionate things in your life. When you engage in passionate activities, your body frequency changes. After your body frequency changes, everything like your physical condition, health status, etc., all change as well. So it's not a constant thing; it's always changing. And if it's always changing, there's no need to hold onto how it should be or what it should do, understand?

问: 我就想问这个指标为什么没有变成正常的指标?

Question: I just want to know why this index hasn't become a normal one?

JO: 因为你还在把它拿出来关注它呀.就是你还把它当成是⼀件你⽣命中的事.问: 就是当我完全忘记这件事情的时候,它也就不存在了?

JO: Because you're still paying attention to it and considering it as something in your life. Q: So, when I completely forget about this thing, does that mean it no longer exists?

JO: 对.不是忘记,⽽是说你⽣命中那么多精彩的事情,为什么不去选择关注它们?

JO: Yes. Not forgetting, but why don't you choose to focus on all the wonderful things in your life?

问: 我想看⼀下从能量层⾯它是什么因素导致的?

Question: I want to understand what factor at the energy level is causing it?

JO: 你稍等啊.这么说吧,通过这个疾病带来的信息是说,你现在所有的⼀个,就是像有⼀种亢奋的状态,它还不是真正的⽣命的状态,明⽩吗? 你会感受到⼀种亢奋,你会觉得这是⽣命亢奋的样⼦.但是实际上⽣命亢奋的样⼦它是⽆声⽆息的.这是你刚才问的问题,它带给你的信息.明⽩这个意思吗?

JO: Wait a moment. Let me put it this way: the information conveyed by this disease is that you are currently experiencing an elevated state, which is not yet a genuine state of life. Understand? You will feel this excitement, and you might think that's what life under excitement looks like. But in reality, the essence of excitement doesn't involve any noise or commotion. This is the message you've been asking about. Do you understand this concept?

问: 我觉得稍微有⼀点⽭盾.刚才说我们要做⾃⼰激情的事情,然后又说⽣命是⽆声⽆息的…JO: 这是你刚才那个疾病它带出来的信息.它说就好像是来告诉你,你体验到的⼀种亢奋的⽣命的状态,它并不是⽣命真正存在的状态.⽽是说真正存在的状态就好像是⽆声⽆息的.那如果你觉得这个是⽭盾的话,需要你⾃⼰去琢磨.

Q: I feel somewhat contradictory. You just said we should do what we're passionate about, and then you say life is soundless and unnoticed... A: This is the message that your earlier illness brought forward. It's telling you that the state of excitement you experience isn't truly how life exists. Instead, it appears as if life is soundless and unnoticed. If you find this contradictory, you need to reflect on it yourself.

问: 今天是我四⼗五岁的⽣⽇.希望JO能给我送⼀条⽣⽇祝福.

Question: Today is my forty-fifth birthday. I hope JO can send me a birthday blessing.

JO:好的,你稍等.我们想让你看到的是你们每⼀次⽣⽇就好像是⼀次突破.然后就好像你是⼀个⽵⼦,那每⼀次长⼤⼀节,就好像你又有⼀个新的⽣命.然后那个新的⽣命是完完全全崭新的,它不是建⽴在你旧有的观念和知识⾥的,明⽩吗?所以这个信息送给你的就是说,把你的每⼀次新的⽣命让过去所有的都死掉,包括你学的那些知识.就是你头脑⾥⾯已有的⼀些认知和观念和见解.就⽐如说我们带出来的⼀段信息是这样的,然后你就停留在:你们之前说要怎么样亢奋和兴奋.那是你头脑去理解的,明⽩吗?那是你头脑旧有的.因为如果当你⼀直是在⼀个旧有的⼀个,你所做的⼀切都是在加深这个.⽽不是说是崭新的⽣命,⽽不是说去突破.

JO: Alright, please wait a moment. What we want you to see is that every birthday represents a breakthrough for you. Then it's like being a bamboo tree, growing one more section each time, which means you have another new life. And this new life is entirely fresh and new, not built upon your old concepts or knowledge. Do you understand? So the message we're sending you is to let all of that go with every new life—your past experiences, knowledge included. That includes everything in your mind regarding cognition, ideas, and perspectives. For instance, if we bring out a piece of information like this, then you are stuck at: how to be excited or thrilled as you were previously taught. This is understood through the lens of your old head's interpretation. It's based on what your old self was familiar with. Because when you're always in an old state, whatever you do reinforces that. Instead of embracing a new life and breaking free from these limitations.

如果你真的能去把这⼀段话去明⽩和领悟和成为的话,那你就真的是所谓的⽣⽇.⽣⽇就是你又出⽣了,那⼀天.明⽩吗?这就是⽣⽇最⼤的意义.⽽不是说我们庆祝你出⽣的那⼀天,那只是⼀⽅⾯.但是更⼤的就是说我们当下我们出⽣⼀个新的⽣命.它没有建⽴在旧有的⼀些观念.

If you can truly understand and embody this sentence, then you are indeed the birthday. A birthday means you have been reborn on that day. Can you understand? This is the greatest significance of a birthday, not just celebrating the day you were born, which is one aspect. But more importantly, it's about our current creation of a new life, not built upon old notions.

第⼗个⼈ 疗愈问: 我叫XXX,我想让⽼师把我的财富通道再打开⼀下.第⼆个我想让我的⾝体再轻⼀些.谢谢.

10th Person's Healing Question: I'm XXX and I want the teacher to open my wealth channel again. Secondly, I want to feel lighter in my body. Thank you.

JO: 你是想要打开你的财富,然后让你的⾝体变轻逸⼀些,是吧? 我们⾸先来看看是什么阻碍到你的财富.你再说⼀下你的名字.

JO: You want to unlock your riches and feel lighter, right? Let's first examine what's hindering your wealth. Can you tell me your name again?

问: XXXJO: OK,你体验到财富上⾦钱上的匮乏是来⾃于你把钱看的太重.就⽐如说你们的⽣命当中有⾮常多的⼀个,⽐如说个⼈的激情、使命或者是愉悦或者是其它.就是⽣命有很多其它元素组成,或者是亲情、爱情、友情、享受,这些东西都有.但是呢,当你把⾦钱看的太重的时候,然后它会导致你体验到总是,就感觉是⼀个不满⾜的状态.就感觉你进⼊到⼀个陷阱⼀样,明⽩吗?也就是说你需要把你的关注⼒放到不关于钱的事.就⽐如说我在⼯作的时候,其实我没有去想这个⼯作给了多少,⼯资发的少了⼀点.⽽是说我真正的在⼯作的时候,我能给我的客户带来什么改变? 能帮助到他什么? 明⽩吗?

Q: XXXJO: Alright, the sense of lack in wealth and finance comes from placing too much importance on money. Just like there are many other elements in your life, such as personal passion, purpose, joy, or others. Life is made up of various components, including relationships like family, love, friendship, enjoyment, etc. However, when you place too much emphasis on money, it can lead to a constant feeling of dissatisfaction, making you feel stuck in a rut. It's akin to needing to shift your focus away from monetary concerns. For instance, when I'm at work, I don't dwell on the amount given or if my salary is less than expected. Instead, I focus on what changes I can bring to my clients and how I can help them understand that it's not just about the money but also about the value they add to their lives through my services.

如果你去关注到这⼀点,你从中得到愉悦,然后你体验到你的价值,你感受到对他⼈存在的⼀个价值.然后你的钱就⾃然⽽然的会增多.你看到它之间的⽭盾了没有? 其实真正能赚钱的,他们在乎的不是钱.只有

If you pay attention to this point and derive pleasure from it, then you experience its value, you feel the value of existence for others. Then your money naturally increases. Have you noticed the contradiction here? Actually, those who truly make money don't care about money. Only...

⾮常在乎钱的⼈,他们总是在体验匮乏体验没有钱,明⽩吗? 所以说把这个拿开,你就能感受到.还有关于就是说你想要你的能量层⾯更轻逸,是吧? 你稍等,我们看看.OK,我们看到就是说你之所以变得沉重的原因是眼⾥太多物质.眼⾥太多物质,你想那些有重量的物质你全部放到你的眼⾥⾯,全部放到你的⾝体⾥⾯.它变得沉重不沉重? 这么是吧,这个⼥孩⼦她头脑⾥⾯装的是什么? 装的是爱,装的是智慧,装的是⼀些没有没有分量的东西,光,这些都是没有重量的,对吧? 那如果你的头脑⾥⾯,你的⾝体⾥⾯装的是车⼦房⼦这种东西.⼀个是没重量,⼀个是有重量.我们是⽤很简单明了的⽅式来⽐喻.你们俩都是⼀个布袋⼦,对吧?

A person who cares very much about money always experiences a lack of it, understanding? So by taking this away, you can feel it. Also, regarding the idea that your energy level is lighter, right? Wait, let's see this.OK, we see that the reason you become heavy is because there are too many materials in your eyes. Too many materials mean you put all those weighted things into your eyes and your body. Is it not becoming heavy then? So what does this girl have inside her head? She has love, she has wisdom, she has some weightless things like light; these are weightless, right? If in your mind or body, you are filled with things like cars and houses. One is weightless, the other is weighted. We're using a simple and clear analogy here. Both of you are bags, right?

⼀个布袋⼦⾥⾯装的是房⼦,房⼦重不重? 她装的是什么? 装的是光和爱和智慧,有没有重量? 那哪个重,哪个轻? 那你知道你应该往你的袋⼦⾥⾯装什么了吧? 然后你需要相信⼀句话,你永远不会缺任何.因为如果你不相信的话,你就总会想把⼀些重的东西往

A bag contains a house, how heavy is the house? What does she carry? She carries light and love and wisdom, do they have weight? Which is heavier, which is lighter? Then you know what you should put into your own bag, right? And then you need to believe one sentence: you will never lack anything. Because if you don't believe it, you'll always want to add some heavy things to

⾝上装.你就会觉得你总是很沉重,你没有⾃由的.为什么? 它会压得你喘不过⽓.所有⼈看到你就知道,这个⼈眼⾥只有那个什么,这个⼈太物质了.为什么呢? 别⼈都能看到你袋⼦⾥⾯装的什么东西,明⽩吗? 所以就这么简单.当你的思想发⽣了转变,你的能量就转变了.你的能量转变了,你的⾝体所有的⼀切它都会去重新调整、转变.这个物质世界必须呈现出你的频率散发的样⼦,它没有办法,明⽩吗? 如果你单纯的只是从外在去改变的话,它迟早还会归回到以前的那个样⼦.你现在还有什么问题?

Clothing can make you feel weighed down and lack freedom. Why is that? It suffocates you, making it obvious to everyone around you that your entire focus is on material possessions; people perceive you as too materialistic. The reason is that others can see what's inside your bag. Understandably, this simple fact has implications. When your thoughts change, so does your energy. Your altered energy then prompts a reconfiguration of your physical self and its dynamics. This material world reflects your emitted frequency, as it has no choice but to do so. If you merely alter your outer appearance without addressing inner changes, you'll inevitably revert back to your previous state sooner or later. Have you encountered any issues lately?

问: 刚才说疗愈,我想让你把我的财富通道打开.

Question: Earlier you mentioned healing; I want you to open my channel of wealth.

JO: 已经打开了.

JO: It's already open.

问: 是的,然后我想问⼀个问题.五⽉底四⽉初有三个不同的通灵⼈说我被⼈下蛊了.我想问⼀下这个事是不是真的? 第⼆我想问⼀下这个事是不是已经过去了?

Q: Yes, and I have a question. At the end of May and beginning of April, three different spirit mediums told me that I was cursed. I would like to know if this is true? Secondly, I would like to know if this matter has already passed?

JO: 下蛊了? 为什么他们会找到你? 还是你找的他们?

JO: Poisoning? Why would they come to you? Or did you go to them?

问: 我找的他们,但是他们三个⼈并不认识.我就想问⼀下这个事是不是真的? JO: 那你找他们的原因是什么?

Q: I looked for them, but they don't know these three people. I just wanted to ask if this is true? JO: And what was the reason you were looking for them?

问: 因为我跟⼀个品牌⼲了九年,后⾯我换了品牌.他们在我旁边又开了个店,事有点多…JO: 这个事已经过去了.因为你的能量已经变了,你能量变了就已经看不到了呀,明⽩吗? 那如果当时你沉浸在那样⼦的状态下,你投射的能量有可能他们可以捕捉到,明⽩吗? 但是你现在已经完全是⼀个新的你了.你的能量场已经变了问: 我能简单的理解⼀下就是这个事已经过去了?

Q: Because I worked with a brand for nine years and then switched to another one; they opened a store next to me, things got complicated... J: This matter is over now. Since your energy has changed, you cannot see it anymore, understand? If at that time you were in such a state of mind, the energy you projected might have been captured by them, understand? But now, you are completely a new person; your energy field has changed.

Q: Can I simply understand this as meaning that the matter is over?

JO: 对,它没有痕迹了.⽽且刚才已经把你的两个通过给你打开了.⼀个是你的财运道给你打开了,⼀个是你的能量道给你打开了.因为你以后关注的点就会不⼀样了.你多关注⼼灵接触层⾯的.就是⼀个事情我做,我没有去在乎能赚多少钱.⽽是说对⽅,我对他产⽣的是⼀种纯粹爱⼼,明⽩吗? 那当你在这样⼦的⼀个频率下,你的财运和你的能量全部都转变了.

JO: Yes, it has no signs anymore. And just now, I already activated both of your paths for you - one is the path to your wealth and prosperity, and the other is the path to your energy. This is because what you will focus on in the future will be different. You should focus more on the emotional connection level. It's like when I do something, I don't care about how much money I can make from it. Instead, my concern lies with generating pure love for the other person, understand? When you're at this frequency, your财运and your energy all change.

问: 我想问⼀下我的⼤⼥⼉的天赋才华.她是2006年出⽣的,叫XXX.

Q: I'd like to ask about my elder daughter's talents and gifts. She was born in 2006 and her name is XXX.

JO: 你为什么会想要问她的天赋才华呢?

You wanted to ask about her talent and abilities? Why would you do that?

问: 因为我的⼤⼥⼉今年已经16了.我想咨询⼀下.

Q: As my eldest daughter is already 16 years old, I would like to seek some advice.

JO: 你可以问⼀下你们之间的关系或者是如何服务对⽅的灵魂主题? 因为她的天赋才华是在她有没有去跟随⾃⼰的激情的道路上体现出来的,明⽩吗? 所以她能不能展现出来是在于她的选择,明⽩吗? 但是你可以看⼀下你可以怎么样更好的去帮助她的成长? 你可以看⼀下.

JO: You could inquire about the dynamics of their relationship or the theme of serving each other's souls. Understand that her gift and talent are manifested in how she pursues her passions, right? Therefore, whether she can showcase this depends on her choices. Do you see it now? However, you can also explore how you can better assist her growth. You could look into ways to do so.

问: 那我看⼀下我如何更好的帮助她的成长.

Q: Alright, let me think about how I can better assist her in her growth.

JO: 你⼥⼉叫什么名字?问: XXXJO: 刚才的信息就是说当你,我们不是说你… ⼀个就是说你多去关注精神层⾯⼼灵层⾯,就是你前⾯那两个卡点.那两个卡点不是给你拿⾛了吗?然后拿⾛你就直接在帮助她.为什么呢?因为你⼥⼉恰恰就是你想要成为的那样的⼈.因为她的能量很轻逸,她是⼀个追求看不见的层⾯,就是精神啊⼼灵层⾯.就是她的灵性程度⽐价⾼.那你这样⼦你就不会去指责她:你做这个事情不赚钱,你这个⼯作怎么样怎么样.那你就会更加的去发现她的⼀些…明⽩吗? 就是你就不会去阻拦她,⽽是去发现她的选择⾮常好.你就在成为她,成就她了.因为她不是那么重物质的⼈.所以说你已经在帮助她了.为什么?

JO: What's your daughter's name?

Question: XXXJO: The message just said that when you focus more on the spiritual aspect, not saying you... those two points are about focusing on the spiritual and mental aspects in front of you. Didn't they take away those two points? Then, after taking them away, you directly help her. Why? Because your daughter is exactly the kind of person you want to be. Because she has a very light energy; she pursues unseen dimensions, spirituality and the soul aspect. Her spiritual level is quite high. So, instead of criticizing her for not making money from doing this or how her job is like that, you would focus more on discovering her... understand? You wouldn't block her but rather recognize her choices as very good. You are becoming her, helping her flourish. Because she's not overly focused on material things. Therefore, you're already aiding her. Why?

你发⽣了转变,她就转变了.你不需要刻意的去做什么.已经在成就她了.

You have transformed, and she transforms with you. No need for deliberate actions; you are already accomplishing her transformation.

问l: 我想问⼀下我今⽣的灵魂主题?

Question l: I would like to ask about my soul's theme in this lifetime?

JO: 这么说吧,当你发⽣转变过后,你会变得特别的积极开朗,就好像是个开⼼果⼀样.所以说你今⽣的灵魂主题,如果你的持续在⼀个蜕变当中的话.你会是⼀个,就好像是⼀根可以把很多⽣命点燃的⽕柴⼀样,明⽩吗? ⽽且你会很兴奋和很享受的去做这个.如果说你的灵魂主题,那就是脱离.你就好像你要去清理你沉重的能量.实际上你就已经成功了.你已经在这条路上了,就是你已经把那些沉重的能量全部清理了.因为你知道那些不属于你的,明⽩吗? 所以你的灵魂主题就是当你在⾃⼰蜕变成功,清理掉那些沉重的能量.你就想是⽕柴⼀样可以点燃很多很多⽣命.

JO: So what I'm saying is, after you undergo a transformation, you become particularly positive and optimistic, like a source of joy. Therefore, your soul theme for this life, if you are continuously undergoing transformations, is that you function as a match that can ignite many lives, understand? And you enjoy doing it very much. If your soul theme is liberation, it's like you're cleaning out your heavy energy. You have already succeeded; you're on the path of clearing all the heavy energy because you know what doesn't belong to you. So your soul theme is that when you successfully transform and clear away those heavy energies, you want to be a match that ignites many lives.

问: 好,谢谢⽼师.

Question: Alright, thank you, teacher.

第⼗⼀个⼈ 疗愈问: 我想让JO帮我疗愈我的⾝体在早起⽣活中卡着的很多情绪,⽐如恐惧.

Healing Question Eleven: I want JO to help heal me of many emotions in my early morning life, such as fear.

JO: 你稍等,先不说.你唯⼀需要清理的是,这么说,你是⼀⾯镜⼦是吧? 这⾯镜⼦照了很多相.这些相照到这个镜⼦⾥⾯了,但是你却把有⼀些相储存在你的镜⼦⾥⾯了.然后就好像本⾝那个相⾛了,那个镜⼦就空了,对吧? 但是它却空的不是那么⼲净.所以你唯⼀要做的就是把这些清楚的不够⼲净的相,再清理掉就好了,明⽩吗? 但是这个发⽣的过程,它是⼀个逐渐的过程.这么说吧,就好像你的这个地毯上⾯有脏东西是吧? 你清洗它,可能⼀两边,它的脏东西会少⼀些.那你可能会需要清洗很多遍,然后才能把它清洗的⼀层不染,明⽩吗? 那这是⼀个过程.那你清洗它使⽤到的⼀个东西是什么呢? 智慧.智慧就是你的洗⾐机,明⽩吗?

JO: Wait a moment; let me just put it this way: you're like a mirror, right? This mirror took many pictures. The pictures were taken by this mirror and stored inside your own mirror. Then when the original picture leaves, the mirror becomes empty, yes? But it doesn't get completely cleared out. So all you have to do is clear away those pictures that aren't as clean anymore. Understand? However, this process occurs gradually. Imagine there's dirt on your carpet, right? You clean it and perhaps after two or three rounds, less dirt would be left. But you might need many more rounds of cleaning before the carpet is spotless. Understood? This is a process. What tool do you use for this cleaning job? Wisdom; wisdom acts like your washing machine, understood?

智慧它就像是洗洁精洗⾐剂⼀样,它加速这个去污能⼒.所以说你在这条不断地去增加智慧的这条路上呢,这些影⼦会不断地脱落.但是⽬前这些影⼦还能服务到你,所以我们不能⼀下把它拿⾛,明⽩吗? 为什么呢? 拿⾛你是不是就失去了去拿智慧的这个台阶啊? 因为你还需要这个探索的过程,你需要去弄明⽩,你还需要去积攒智慧的这个过程,明⽩吗? 这么说吧,我⼀下⼦把所有东西给你全部拿⾛.你⽣命也就结束了.为什么? 因为物质世界你没有功课做了呀,明⽩吗?

Wisdom functions like dishwashing detergent or laundry detergents; it accelerates the ability to remove dirt. So as you continue on the path of increasing your wisdom, these shadows will continuously fall away. However, these shadows are still serving you at the moment, so we cannot take them all away immediately. Why not? If I were to take everything away from you, would you lose the steps needed to obtain wisdom? Because you still need the process of discovery and understanding, as well as accumulating wisdom. Imagine if I were to instantly give you all the answers; your life would end right there. Why is that? Because you wouldn't have any more work to do in the physical world, understand?

问: 我觉得如果把这些负⾯的相清理⾛了,我的内⼼就平衡了.

Question: I feel that if I remove these negative aspects, my inner peace will be restored.

JO: NO NO NO NO, 因为你并不会做什么.只是让你多了⼀些惆怅.这些惆怅是什么呢? 惆怅它更多的是让你不断地去找找找.我找个解药.为什么我还这么什么什么的? 它就不断地让你… 啊,我最后又明⽩了.那你就又拿到⼀个智慧了,明⽩吗? 所以你还需要这个来服务于你,让你不断不断地去拿到智慧.为什么呢? 因为当你拿到智慧过后,所有这些东西就像你有洗⾐粉,你把它清理⼲净.然后清理⼲净过后,你就好像是⾏⾛在⼈间的神⼀样,明⽩吗? 所以你现在找到⽅式⽅法了.我们是给你⽅式⽅法.但是每⼀步你都有惊喜.你只需要在这条路上不去抗拒.为什么呢? 这⾥没有恐惧的东西,这⾥都是礼物.没有恐惧的,都是礼物.

JO: No no no no, because you're not actually doing anything. It just adds a bit of melancholy to your life. What is this melancholy? Melancholy often leads you to seek and search for solutions constantly. Why am I still like this, I wonder? It keeps leading you in circles... Ah, finally, I've understood it again. This means you gain another piece of wisdom. Do you get that? So this tool needs to continue serving your purpose, allowing you to acquire more wisdom continuously. Why is that? Because once you have acquired wisdom, everything becomes clean like when you use detergent - you clean it all up. And after cleaning it, you're like a god walking among mortals, do you see? So now you've found the way. We are giving you ways and methods. But every step comes with surprises for you to embrace without resistance. Why resist when there's nothing to fear here; everything is presented as gifts - no fear, just pure gifts.

你这⾥没有恐惧的,明⽩吗?

You don't have fear here, right?

问: 有时候总感觉⾃⼰的⾝体不柔软,僵僵的这种感觉.

Question: Sometimes I feel like my body isn't flexible enough and has a stiff sensation.

JO: 这个也根据,就像我们刚刚说你是个布袋⼦是吧? 那你还把东西残留在你体内的话,它的确会带来⼀些,你想⾥⾯装的有东西呀,不是那么柔软呀.所以这也是你拿智慧的⼀个过程,它是来助你的.

JO: This is also based on the fact that just like we mentioned earlier when you said you are a bag, if you leave things within your body, it does indeed bring about certain issues, as there should be something to carry in such a bag that isn't overly soft. Therefore, this is part of the process where wisdom aids you.

问: 我和我爱⼈之间的灵魂主题是什么? JO: 你的爱⼈叫什么名字?

Q: What is the soul theme between me and my beloved? A: What's your beloved's name?

问: XXJO: 你们俩个从灵魂层⾯就好像是彼此⽀持对⽅.就是有⼀种他是想要去成就你,然后你也想要去成就他,这样⼀种彼此⽀持、彼此照亮、彼此协助对⽅以呈现出最好的⼀个版本.所以是这种就是相互成就相互⽀持的,有⼒的⽀持.

Question: XXJO: You two are like supporting each other on a spiritual level, wanting to achieve the best for one another. It's about him wanting to help you succeed and you wanting to help him succeed, both mutually supporting, shining light on each other, assisting each other to present the best version of themselves. So it's this mutual accomplishment and support that is strong and powerful.

问: 🗎,是的.我和我⼥⼉呢? JO: 你⼥⼉叫什么名字?

Q: 🗎, yes. And about my daughter? JO: What is your daughter's name?

问: XXJO: 你从她⾝上可以看到很多你⾃⼰的⼀个影⼦,然后就好像来给了你⾃⼰⼀次反省的机会⼀样.就好像你也拿她没办法.为什么? 你也这样.所以你们的能量是很相似的.那当你⾃⼰把⾃⼰的能量平衡的很好.因为你后期你会做⼀个整合的⼯作.你做这个整合的⼯作做好的话,她也会受到你很⼤的影响的.她也会去平衡这个能量,去整合.

Q: XXJO: You can see a lot of yourself in her, as if she were giving you an opportunity for self-reflection, like you have no choice but to take note from her. Why is it the same? You do this too; thus, your energies are very similar. When you balance your own energy well, because later on, you'll be doing a reconciliation job. If you do this job effectively, she will be greatly influenced by you. She would also seek to balance this energy and reconcile.

问: 我可以理解我就是给她做榜样是吗?

Q: Can I understand that I am setting an example for her?

JO: 你就好像你先去整合.你就给她看到.就像是这样⼦的.因为⽆论她选择不选择,她都会受你的能量影响.因为你们能量都是相互影响的,⽆论她选不选择.因为当你亮了,她选不选择她都没办法在⿊暗当中,你已经照亮她了.

JO: It's like you're the one to integrate first and show her, sort of like this. Regardless of whether she chooses or not, she will be influenced by your energy because your energies affect each other, regardless of whether she chooses or not. Because when you light up, it doesn't matter if she chooses or not; you've already illuminated her in the darkness.

第⼗⼀个⼈ 疗愈问: 我想清理⼀下我⾝体堵塞的能量.还有我这两天摔跤有点⾻裂,我要学习什么?

Healing Question Eleven: I want to clear the energy blockages in my body. Also, I have a slight fracture from wrestling these two days, what should I learn?

JO: 你稍等.这么说吧,我们感受到你就像是⼀个玻璃球⼀个⽔晶球,就是⾮常的透明.⾮常透明会导致什么呢? 导致就是你很容易受到你外界能量场的影响.就⽐如说把你放到⾮常⾼维、积极、正⾯,你会被很快的带动起来⽽进⼊到那种⾓⾊、场合.把你放到充满了怨⽓、怨⾔、烦躁、焦虑,你也很快就进⼊到他们那种状态.你就好像是个⽩⾊,把你跟⿊⾊放到⼀起你就变⿊,把你跟红⾊放到⼀起你就变红.就是易感体质,容易被感染被影响的那种.所以你这样⼦的⼀个体质的话,你⾃⼰在能量选择层⾯就会对你有很⼤的影响.你如果去多保持平静平稳的能量去连接的话,就会增强你这⽅⾯的能量.

JO: Wait a moment. Let me put it this way, you feel like a glass ball or crystal ball, very transparent. High transparency can lead to what? It means that you are easily influenced by the external energy field around you. For example, if you're placed in a high-dimensional, positive and upbeat environment, you'll be quickly drawn into their role and setting. Conversely, if you're surrounded by resentment, complaints, irritability, or anxiety, you'll soon adopt those states. You're like white paint; when mixed with black, you become black, and when mixed with red, you turn red. This is a sensitive disposition that's easily influenced. Therefore, this kind of body will significantly impact your energy choices. If you maintain more peace and balance in your energy connections, it will strengthen this aspect of your energy.

如果你不⼩⼼进⼊到这种混乱焦虑的能量的话,那你也会受它们的影响.我跟你讲,就算我现在给你清理,你很快就变成跟我们能量⼀样了.但是很快等你回去你的⽣活当中,你可能又会被他们给染上了,明⽩吗? 所以这个就跟你将来你去选择什么样的⼈和事和环境有⾮常⼤的关系.

If you inadvertently step into this chaotic and anxious energy, it will affect you too. Let me tell you, even if I cleanse you right now, you'll be just like us very soon. But as soon as you go back to your life, you might get influenced by them again. Do you understand? So, this is highly related to the kind of people, situations, and environments you choose in the future.

问: 因为我和我⽼公现在就是两个世界.因为这样我⼼情特别不好.我想问我什么时候能变好?

Q: Because my husband and I are in two different worlds right now, which is making me very unhappy. My question is when will things get better for me?

JO: ⾸先就是说我们说你是容易受外界的影响, 对吧? 那你想象⼀下,你多做加法.⽐如说我百分之九⼗连接的是平和的能量.那我可能百分之⼗连接的是我⽼公的能量.那你就不会受他很⼤的影响.

JO: First of all, you say that I'm easily influenced by external factors, right? Now imagine doing more addition. For example, 90% of my connection is with calming energy, and maybe 10% with my husband's energy. So you wouldn't be as affected by him.

问: 那⽣活中少和他交集吗?

Ask: So, does that mean we should have less interaction with him in daily life?

JO: 没有,你只是⽬前的这个阶段.⽬前的这个阶段你还是在受外界的影响⽐较⼤,明⽩吗?因为当你到了⼀定的程度,你就可以不受外界的影响,你可以影响外界了.但是这需要你的⼀个过程.你⾃⼰多给你⾃⼰创造⼀个平和的能量场.因为你可以选择嘛.

JO: No, you are just at this current stage. At this current stage, you are still being influenced by the external world to a greater extent, understand? Because when you reach a certain level, you can no longer be affected by the outside world; you can influence it instead. But this requires your process. You should create more peace and energy around yourself. Because you have the choice, after all.

问: 因为我⽣活中⼤部分时间都是⽼公孩⼦⼯作.

Q: Because most of my life is spent with my husband and children at work.

JO: 那这么说吧,就⽐如说你跟他在⼀个房间⾥⾯的时候,你们的⽓氛不好.那这个时候选择,OK,我在受他的影响,这是他的影响.那我去房间⾥⾯,我看⼀下什么⾳乐可以让⼈平和下来.你要⾃⼰选择.就⽐如说你戴上⽿机听⼀些舒缓的⾳乐啊,哪怕就是流⽔声它可以把你带到这样⼦的⼀种状态,明⽩吗?这就是平衡.你从这个池塘⾥⾯跳出来,进⼊到另外⼀种.你可以去选择.为什么呢?因为当你进⼊平稳的能量,你也⼀下⼦可以被它给感染.

JO: So let's put it this way, like when you are in the same room with him and the atmosphere is not good between you two. At that moment, if I were to choose, okay, I am being influenced by him; it's his influence on me. Then I go into the room and listen to music that can calm people down. You have to make your own choice. For example, wearing headphones listening to soothing music or even water sounds which can take you to this state. Understand? This is about balance. You jump out of one pond and enter another. You can choose. Why do you ask? Because when you step into stable energy, it can instantly infect you.

问: 我觉得我还是应该加强⼀下⾃⼰.

Q: I feel like I should strengthen myself a bit more.

JO: 加强⾃⼰,那这是需要⼀个过程的呀.这么说吧,你现在还是⼀个baby的时候,你很容易受到感染.因为你免疫⼒还不好.那我们是不是就可以保护⾃⼰,让⾃⼰少接触那种病菌的环境呀? 你要能明⽩就是说你连接到的能量是对⽅的能量.那你就可以选择我不要连接这个能量了,我选择连接其他的能量.⽐如说听听我们通灵的录⾳啊,对吧? 因为你现在还需要这个… 在学⾛路的期间,你还需要这个拐杖.那么你就好好地⽤它.这个是来让你的⼒量⼀步⼀步的变得强⼤起来.因为⽣命来到这⾥它不是⼀天.因为如果你们不需要或者是你们⼀天就完成了,你们⼀天过后就⾛了.你看到很多⼈他们⼈他们⾛了,因为他们没有什么需要继续留下来的,明⽩吗?

JO: Strengthen yourself, that's a process, right? Imagine you're still like a baby, easily influenced by the environment because your immunity is not strong enough. Can we protect ourselves and minimize exposure to disease environments? Essentially, when you connect with energy, you're connecting with the energy of others. So, if you don't want to connect with that particular energy, choose to connect with other energies. For example, listen to spiritual recordings or seek out knowledge that supports your growth – because currently, this is necessary for you as you learn how to walk. Just like using a cane during this stage, use these resources properly. This will help gradually build your strength. Life here isn't just one day; if everything were completed in one day and then ended, many people would simply leave. Understand that when you see others continue on because they have things left unresolved or to contribute?

所以说你就知道你现在感受到的情绪都是因为受到外界的影响.那么我就可以选择,你就可以决定了 : 我现在需要躺下⼀下,我现在头不舒服.就这样来缓解,⽽不是说我怎么样怎么样.那你躺下来戴上⽿机,马上把这⼀切关到你⽿朵外⾯.然后等你稳住了你再回来,明⽩吗?也就是说你现在的元⽓的不⾜.我们打个⽐喻,你元⽓不⾜,就好像你还需要疗伤疗养养精蓄锐.那么你就多多创造这样⼦的⼀个环境,让⾃⼰多处在这样⼦的⼀个状态下.等你以后强壮了强⼤了,你才能不受外界的影响.才不会别⼈⼀碰你,你就倒了.你现在别⼈⼀碰你,你就很受伤,你就很脆弱.

So you see that all the feelings you are experiencing right now are due to external influences. Therefore, I can choose and you can decide: I need to lie down for a bit; my head is not feeling well. Use this method to alleviate it, rather than going into specifics about how or why. Lie down with headphones on and immediately block out everything around you. Once you're stable, come back. Understand? This means that your current lack of essence (元气). Let me give you an analogy: being essence-deficient is like needing time for injury recovery and rest to build up strength. So create more environments where you can be in these states. Only when you are stronger and more powerful will you not be affected by external influences. You won't fall apart just because someone touches you. Right now, even a little touch causes you significant pain and makes you very vulnerable.

问: 还有和孩⼦也是这种.我和他交流的时候,他⼀下就来反对我.这也是⾃⼰的状态不好吗?

Q: Is it like this with children too? When I communicate with him, he immediately opposes me. Is this also due to my own state of being?

JO: 你说孩⼦,他反对你.那本⾝孩⼦不都是这样⼦吗? 因为很多孩⼦都是这样⼦,它只是孩⼦正常的反应.你不要把它当成⼀件事.这是他成长的⼀个过程.这也是他的⼀个个性特征.它不是问题.你唯⼀的问题就是你需要明⽩你现在在哪⾥,你在哪个阶段.就是你现在还容易受外界的感染,还在学习⾛路的阶段,还需要拐杖,还需要借⼒.但是借⼒也只是这⼀个过程⽽已,明⽩吗? 所以你要给⾃⼰多创造这种环境.你刚刚想问你的⼿为什么会摔?

JO: You say the child, he disagrees with you. Isn't that how children are anyway? Because many children behave this way; it's just a normal response from them. Don't treat it as an issue. It's part of his growth process and a characteristic of his personality. There isn't a problem here. The only issue is that you need to understand where you are now, in which stage. You're still easily influenced by the outside world, still learning to walk, still needing support, still relying on others. But this reliance is just part of the process; do you get it? So you should create more such environments for yourself. You were about to ask why your hand got hurt?

问: 对JO:你稍等.你的JO就好像是⼀⾯镜⼦,它其实就好像是在物质世界给你照镜⼦⼀样,来让你看清对这些信息的⼀个追求对你来说到底有多重要?因为你通过这个事件其实你也看出来了⾮常⾮常的重要.然后呢,你也在⼀条⾮常⾮常正确的路上.为什么呢?因为你不需要在乎你的⼿,明⽩吗?因为我们⼀直牵着你的⼿,所以你不需要去在乎它.因为你的⼿⼀直被我们牵着.你不是孤独的.我们能感受到你现在需要⼿牵着.我们为什么现在牵着你的⼿?是因为你以后能牵很多很多⼈的⼿,明⽩吗?我们牵着你的⼿的原因,是因为你可以牵很多

Question: Q: To JO: Please wait a moment. Your JO is like a mirror, it's essentially like having a mirror in the physical world to let you see how important it is for you to pursue this information, because you realized just how crucial it was through this incident. Then, you're on a very correct path. Why is that? Because you don't need to worry about your hands, right? We've been holding your hand all along, so there's no need for concern. Your hand has always been held by us; you're not alone. We can sense that you now need someone to hold your hand. Why are we holding your hand now? It's because in the future, you'll be able to hold many people's hands, understand? The reason we're holding your hand is so that you can hold many others.

⼈的⼿.这是⽣命的⼀个过程,你只需要去允许它.因为你看到了今天我们所有的信息,这⾥没有任何⼀个⼈是可以⼀步到我⼀步登天的.⼀步登天的⼈他们在天上,不在这⾥.

Human hand. This is a process of life, all you need to do is allow it. Because when you see all the information we have today, there's no one person who can skip steps from step 1 here. Those who skip steps are up in heaven, not here.

问: 这也是指导灵给我送的话吗?

Question: Is this also a message sent by my guide spirit?

JO: 前⾯的信息都是给你的,因为你的⼿⼀直被我们牵着.然后等到你壮⼤的那⼀天,你会带领很多⼈,牵着他们的⼿⾛出来,明⽩吗? 因为你体验过⼿没有⼒量被牵的感受.你们从来都不是孤独的也不是孤单的.然⽽你们期望在物质世界上找到⼀个真正能牵着你的⼿⾛的⼈,但是他们是以后等着你去牵他们的⼿去⾛的⼈,明⽩吗? 这就为什么你的家⼈他没有办法把⼿给你,让你牵他们的⼿.因为他们是等着你去牵他们的,明⽩吗? 他们没有⼿,他们⼿受伤了.这样⼦你就能明⽩,因为是我们牵着你的⼿,我们没有牵他的⼿.他们的⼿需要你去牵,明⽩吗?

JO: The information I'm giving you is because your hand has been held by us throughout. Then, when you grow up and lead many others out into the world, you will be guiding their hands as well. You understand? Because you've experienced what it's like to have a powerless hand being held. You've never been alone or isolated. However, you're hoping to find someone in the material world who can hold your hand and guide you. But they are those who you'll be the one reaching out for their hands in the future. Do you understand? This is why your family can't give you their hand to hold; because they are waiting for you to reach for theirs. They don't have a hand, their hand is hurt. You'll see this clearly, as it was us holding your hand and not them. Their hand needs you to hold it. Do you understand?

问: 明⽩,好的,谢谢.

Q: Understood, good, thank you.

第⼗⼆个⼈ 疗愈问: 你好JO,我想做疗愈.

Twelfth Healing Question: Hello JO, I want to do healing.

JO: 你想疗愈什么?

JO: What do you want to heal?

问: 你看我有什么需要进化和疗愈的,你就给我疗愈.然后我想要的是在这个⾝体⾥⾯活出源头的圆满、完整、⽆限.

Question: Whenever you see that I need to evolve and heal, please heal me. What I truly desire is to live in this body the fulfillment, wholeness, and boundless essence of the source.

JO: 你稍等.我们感受到就是你就好像在寒冷当中的⼀只⼩绵⽺,然后需要⼀个温暖的树洞.这个会对你是个疗愈,明⽩吗? 只是需要这个层⾯的,就是让你有⼀个好像可以去洞⾥⾯温暖,没有这么冷.⼀份温暖,然后⼀份依靠,⼀个归属.这个就是对你最⼤的疗愈.因为它可以让你就好像前⾯的信息说的,就好像插上电了,明⽩吗? 所以说这个疗愈我们给不了你.你知道是什么吗? 因为在你今后会有其他的⼀个⽣命会给到你,明⽩吗?

JO: Wait a moment. We feel like you are a little lamb in the cold, and need a warm cave. This will be healing for you, understand? It's just at this level, giving you something like a warm place to go where it's not so cold, some warmth, and a sense of reliance, a belonging. This is the greatest healing for you because it allows you to feel as if the previous information mentioned being plugged in, do you see? So we can't give you this healing. Do you understand what I mean? Because in your future, there will be another life given to you.

问: 什么意思?

Question: What does it mean?

JO: 你只需要去期待就好了.还有问题吗?

JO: You just need to look forward to it. Any questions?

问: 我想问⼀下你有没有什么信息要带给我们在场的每⼀个⼈?

Question: I was wondering if you have any information to share with everyone present here?

JO: ⾸先我想说的是,你在哭,我在笑.我看到你前⾯的美好,明⽩吗? 就像我刚刚说你有⼀份⾮常完美的爱情在等着你,那是你最需要的.那是你最需要的疗愈,他是你的港湾,他是你的归属,他是你的温暖,他可以让你全⾝充满电然后去展现你的圆满,明⽩吗? 他就在你现在前进的道路上.然后你会活出你的百分之百.

JO: Firstly, I want to say that you're crying while I'm laughing. I see your beauty ahead, do you understand? Just like I just said, there's a perfectly wonderful love waiting for you, which is what you most need. That's the healing you need, he's your haven, he's where you belong, he's warmth to you, he can fully charge your body and allow you to manifest your completeness, do you understand? He's on your path as you advance. Then you'll live out your full hundred percent.

问: 谢谢.那你还有什么信息要带给我们在场的所有⼈?

Q: Thank you. And do you have anything else to share with all of us here present?

JO: 你稍等.⾸先我们想要感谢这个⼥孩⼦的⾁体.为什么呢? 因为她所做的每⼀件事,每⼀个东西对她的头脑来说都是⽆知的.为什么? 你想,你永远都不知道你的下⼀句会是什么,你的下⼀个步骤会是什么.你们谁能活在这样⼦的状态当中? 你们难道不会产⽣恐慌吗? 对吧? 所以对于她来说,她就好像完完全全的把她交给我们,我们带着她飞.她不知道要飞去哪⾥,她不知道是在雪⾥⾯还是在⽕⾥⾯,明⽩吗? 但是唯⼀⼀个就是说,⽆论我们飞去哪⾥,她都是⼀个允许的状态,⽽没有产⽣抗拒.然后这也是她⽣命的⼀个状态.⽆论⽣命把她带到哪⾥,她都是去发现背后的礼物⽽没有产⽣抗拒.

JO: Wait a moment. First, we want to thank the body of this girl because everything she does and every object she encounters is full of innocence in her mind. Why? Because you never know what your next word will be or what your next step will involve. Can anyone live under such conditions without experiencing panic? Aren't you afraid of it too? So for her, it's like completely surrendering herself to us as we guide her on this journey. She doesn't know where she's going, whether it's through snow or fire, do you understand? But the only thing is that no matter where we take her, she remains in an accepting state without resistance. And this is also a state of her life, embracing whatever life brings to her path without resistance.

这就是你们最需要学习到⼀个功课,⽽不是执着于头脑当中最需要的是什么.因为你们头脑当中⼤多数都是你们集体的信念和观念.这些集体的信念和观念都是有待于你们去突破它打破它,⽽不是继续的去加深它.然后你们只需要相信你们眼前的⼀切⼀切都是你们最好的礼物.因为当你从这个观点、从这个看法、从这个⾓度出发的话,你才能发现.为什么呢?因为就像前⾯有⼀堆垃圾,如果我不告诉你⾥⾯存了⼀个礼物的话.你不会打开垃圾袋去看的.你会把它当成⼀堆垃圾处理掉,扔到垃圾桶.但是我告诉你,⾥⾯有⼀个礼物.那个礼物是头等奖的奖券.你肯定就会到处找.因为我已经得到信息,⾥⾯有⼏个亿的彩票在⾥⾯,我⼀定要找到,对不对?

This is the lesson that you most need to learn, not what your mind perceives as its greatest need, because most of what you perceive in your minds are collective beliefs and ideas. These collective beliefs and ideas need to be overcome and shattered rather than further reinforced. What you need to do instead is believe that everything right before you is the best gift possible for you. For it's only from this perspective, this viewpoint, this angle that you can discover why. Why? Because if there were a pile of garbage, and I didn't tell you that inside was a gift, you wouldn't open the trash bag to look at what's inside. You would treat it as just another pile of garbage, throwing it into the trash bin. But when I tell you there is a gift inside, a prize lottery ticket, you're definitely going to search everywhere because I've already received information that there are several billion dollars in lottery tickets inside, and I'm determined to find them, right?

那你⼀找,真找到了,明⽩吗?所以你们要以这样⼦的⼀个视⾓,这样⼦的⼀个⼼态去发现你们的⽣命当中到底背后藏着的是什么礼物给你?你就能找到,你就能拿到.等你拿到了,你当下你就已经拥有所有的⼀切.你就已经⾛上那条不归路.你们眼前真的没有苦难没有挫折没有痛苦,明⽩吗?那些都是⽆知,那些都是因为你们在⿊暗当中.但是我们现在光到了.我们可以带着你们看清楚.为什么?因为你们能看清楚过后,你们睁开眼睛过后.你们就可以带领更多的众⽣去看清楚.因为他们也需要带领.所以停⽌停⽌把你们的期望放到别⼈⾝上.不要放到你爸妈,你⽼公,你孩⼦,任何⼈⾝上,明⽩吗?

If you look for it, you will truly find it; understand? So, approach your life with this perspective and mindset to discover the hidden gifts within yourselves. You can find them, and then claim them. Once you obtain them, you possess everything immediately. You've embarked on an irreversible path. There is no longer suffering, setbacks, or pain in front of you; understand? These are due to lack of knowledge because you were in darkness. However, we have the light now. We can guide you to see clearly with it. Why? Because once you gain clarity and open your eyes, you'll be able to lead more beings towards this understanding since they also need guidance. So, stop placing your expectations on others. Don't rely on your parents, spouse, children, or anyone else; understand?

因为是你们去带领他们⾛出来,就像前⾯的信息,他们的⼿受伤了,他们没有⼿,他们没有办法,他们找不到出路.你们才是那个被我牵着⼿的⼈.记住这句话.你们才是那个被我牵着⼿的⼈.

Because it's you who will lead them out, just like the previous message, their hands are injured, they have no hands, they can't find a way out; you are the one being held by my hand. Remember this sentence: You are the one being held by my hand.

#### 2023/07/27 — 突破虚假的你Overcoming the Illusory You

JO: 你说吧,什么问题?问: 我想疗愈.

You said: what question? Asking: I want to heal.

JO: 你要疗愈的话,你也要说你想要疗愈什么?

JO: If you want to heal, you also need to specify what it is that you want to heal.

问: 我就想知道JO想对我说什么? 就是给我⼀些提⽰呀这些东西.

Question: I just want to know what JO wants to tell me. Just give me some hints, you know, these kinds of things.

JO: 给你⼀些提⽰.你稍等.你的⼿.现在的所有⼀切都是来让你去转换和突破的,所以说即使你⽬前你现有的⼀个你所谓的你⾃⼰,然后这个也不是真实的你也不是真正的你,明⽩吗? 你可以去问问题,因为在你⼼⽬中其实你知道你没有完完全全的去成为你展现你,其实你⼼⾥也知道.但是你就觉得好像外在的世界不想要看到那个真实的你或者是你害怕去展现真实的你.因为你觉得他们会更加喜欢现在的你.所以就会有⼀种好像你是为了迎合外界⽽戴的⼀个⾯具.就⽐如说同事啊、朋友啊、家庭啊,就是外⼈.就是你展现的是你觉得外⼈会喜欢的会受欢迎的,外⼈更能接纳的⼀个样⼦在他们那⾥.然后你内在的那个真实的你⼀直缩在那个⾓落.

JO: I'll give you some hints. Please wait a moment. Your hand. Everything that's happening now is meant to help you transform and overcome, so even though you might have your current self, which you consider as yourself, it's not really you or the real you. Understand? You can ask questions because deep down you know that you haven't fully become what you're showing, and you actually know this within yourself. But you feel like the external world doesn't want to see the true you, or you're afraid to show your true self because they might prefer the current version of you. So there's a sense that you're wearing a mask to please others—like colleagues, friends, family, or strangers. You present a persona that you think they would like and find welcoming; one that is more accepted by outsiders. Meanwhile, your inner true self remains hidden in the corner.

这样⼦的⼀个情况它会隐隐约约的造成你其实有⼀点点抑郁.抑郁就是说是郁郁不乐的那种抑郁.郁郁不乐的那种抑郁它正好是你要向外去绽放的⼀个动机或者是动⼒,明⽩吗? 所以你要知道内在的那个你它是渴望去完完全全的不顾⼀切的成为⾃⼰,就是不去在乎,我不去在乎别⼈怎么说我怎么看我和怎么期待我,跟我没有关系.然后完完全全的活成你⾃⼰想要的样⼦,那个你我们看到的是跟现在完全不⼀样的⼀个⼈格,跟现在是完全截然相反的.它是⾮常有⼒量,然后⾮常像英俊潇洒,就是不是你现在⼀个弱⼥⼦的样⼦.是⼀个⾮常强⼤、⾃主、很清楚⾃⼰要什么,它会决绝任何它不喜欢的来到它的⽣命当中,很有底⽓,明⽩吗?

Such a situation might subtly lead you to feel slightly depressed. Depression here refers to the kind that comes from feeling gloomy and downcast. This type of depression actually serves as a motivator or drive for you to push outward, understanding? Therefore, it's crucial to realize that your inner self yearns to be completely authentic without any constraints, caring not about what others might say about you or how they perceive you or their expectations of you – all of which have nothing to do with you. You should live your life as the person you truly desire to be. The individual you'll encounter is entirely different from who you are now; it's a stark contrast. This person possesses tremendous strength and radiates confidence in their own masculinity, far beyond what you might perceive in someone weak like yourself. They know exactly what they want and will firmly reject anything that doesn't align with this desire, showing an immense level of self-assurance.

因为它拥有⾮常强⼤的⼒量,看上去会有⾮常凶狠的⼀⾯.所以它就会害怕展现出来.因为它会觉得好像跟别⼈⼼⽬中的我或者别⼈觉得我,不符合.它就害怕产⽣冲突或者害怕脱离⼀些关系.因为你会觉得有⼀些关系不会和你真正的⼈格融洽的相处.所以你会害怕失去某些东西,明⽩吗? 但是如果你继续把这个⼈格压在你的深处的话,你会很⽆⼒.就是你会觉得社会上很多事情,她不是你想要看到和想要发展的⽅向.你会充满了很多⽆⼒感还有憋屈还有屈辱或者是不爽,就很多不爽.所以你的⼒量是必须要得以展现出来.你可以提问.因为你的问题可以把我们的信息精准的输送给你⽬前的阶段.因为我们说的是整的⼀个⼤的⼀个… 你可能不会马上理解.你说.

Because it possesses extremely powerful capabilities, it may exhibit a very intimidating aspect, causing it to refrain from displaying itself fully due to fear of conflict or detachment from certain relationships, fearing that it doesn't align with what others perceive or believe about it. You might feel apprehensive about losing something as a result. However, if you continue to suppress this personality deep within you, you would feel powerless, noticing that many societal aspects and directions don't resonate with your true self. This can lead to feelings of powerlessness, frustration, humiliation, or dissatisfaction, resulting in numerous negative emotions. Therefore, it's essential for the force to be manifested. You are encouraged to ask questions as our information is tailored precisely for your current stage. Please feel free to proceed if you have any queries.

问: 确实现在感到⽆⼒,我也想突破.但是不知道怎么去突破.

Question: Indeed, I feel powerless now, and I also want to break through. But I don't know how to do it.

JO: 如果你想要突破的话,我们现在的信息就是你突破的⼀个点.为什么呢? 因为你⾄少知道⽬前这个你,它并不是⼀个真正的你.这么说吧,就好像你现在是个⽑⽑⾍,对吧? 然后我现在在跟你说你其实是⼀只蝴蝶.你会经过⼀个蜕变期,然后你最终的样⼦是⼀只蝴蝶.那个蝴蝶它有翅膀,它会在天空中飞.你肯定想象不到.为什么? 因为你都是⽑⽑⾍的形象,你也想象不到你有翅膀的样⼦.但是我们告诉你蝴蝶是你,明⽩吗? 所以当你在经过那个蜕变期的时候,你就可以很好地… 因为你知道会发⽣什么,你知道接下来迎接的是新的⼀个⽣命,明⽩吗?

JO: If you want to break through, the information we have now is a point of breakthrough for you. Why is that? Because at least you know that this current 'you' isn't the real you. Let me put it this way - think of yourself as a caterpillar right now, okay? And then I'm telling you that you are actually a butterfly. You will go through a transformation period, and eventually, your form will be that of a butterfly. The butterfly has wings, and it flies in the sky. You can't imagine that. Why? Because you are still thinking like a caterpillar, so you can't imagine what it's like to have wings. But we tell you that the butterfly is you, understand? So when you go through this transformation period, you will be able to... because you know what will happen; you know that迎接 new life ahead of you. Understand?

问: 明⽩.在我头脑⾥我觉得还是有很多障碍.做事情不知道该往哪个⽅向去,不知道该做什么.就是有很多限制吧.

Question: I understand. In my mind, I still feel there are many barriers. I don't know which direction to take when doing things and I'm unsure of what to do. There are just so many limitations, you see.

JO:因为你现在还没有成为真正的你,即使你去选择⼀个事情,它都是畏⼿畏脚.它并不能真正的施展你的才华,还有施展你的能量.它都是⼀种像是⽼板怎么说我怎么做,就是还是有⼀种迎合,就是去符合规则,就是你去符合规则.你这个就好像是⼀个谁都能替代你的⼯作,就是你去做的这份⼯作可能谁都可以替代你.因为它没有完完全全的展现出你⾃⼰本来的能量,因为你本来的能量你还没有把它释放出来.你还没有真正的展翅⾼飞,明⽩吗?所以如果你真的想要去发展你的事业,你必须是蜕变⼈格以后,你的事业就会逐渐的呈现出来.那个就是没有⼈能够替代你的.

JO: Because you haven't become your true self yet, even if you choose something, it's hesitant and timid. It doesn't truly exhibit your talents or energy. Instead, it's like following a boss's instructions exactly as told, still trying to please, adhering to rules, and conforming within them. You're just another person doing someone else's job that could be replaced by anyone. This is because you haven't fully revealed your inherent energy; your true self hasn't been unleashed yet. You haven't truly spread your wings to soar. Understand? Therefore, if you genuinely wish to develop your career, you must undergo a transformation in personality after which your endeavors will gradually unfold. That's where no one could replace you.

问: 现在就是要完全变⼀个⼈格.

To ask: Now it's time to completely transform into a different personality.

JO: 完全变⼀个⼈格,对.你会有⼀点害怕,因为你的⼩我说要变⼈格,这个你它害怕死掉.因为它害怕死去.明⽩吗? 就是这个你,就是此刻的这个⼈格的这⼀⾯,它会彻底的死掉,明⽩吗? 所以你的⼩我就想要留住: 不⾏啊,我怎么能死? 明⽩吗? 但是你不需要去⽤你的头脑去弄明⽩,因为你的头脑是不会明⽩的.就好像我刚刚说你是⽑⽑⾍,我让你想象你有翅膀,你想象不到的.

JO: It's a complete transformation of your personality, yes. You would be a little afraid because your inner self says that the personality will change, and this is what it fears death from – because it fears dying. Understand? This 'you', this aspect of yourself right now, will die completely, understand? So your inner self wants to keep: No way can I die? Understand? But you don't need to use your mind to figure it out because your mind won't get it. It's like when I just said that you're a caterpillar and asked you to imagine having wings – you wouldn't be able to imagine it.

问: 我的灵魂主题是什么?

Question: What is the theme of my soul?

JO: 你稍等.这么说吧,你就好像是要从⼀个胆⼩⿁变成⼀个勇⼠,明⽩吗? 因为你从⼀⽣下来就好像有很多那种条条框框,就是有很多那种打压.就是在你的⾝边会有⼀些你不能突破或者是他们很强势的⼀些任何或者是… 就好像你⾝边⼀直有⼀个很严厉的⽼师⼀直教你或者是打压你,就让你在最开始形成⼀个⾮常胆⼩怕事、不敢⾃⼰做主⼈不敢⾃⼰去领头去做⼀些… 就好像你⾝边⼀直需要有⼈依靠依赖陪伴这样⼦.就是你的⼈格就很难独⽴起来.那么你的⼈⽣主题就是你选择前⾯会有⾮常多的,把你变成⼀个⾮常胆⼩怕事,很怕去冒犯任何.因为在你⼼⽬中你有很多规矩,就是很懂事.

JO: Wait a moment. Let me put it this way, you're transitioning from being timid to becoming a hero, do you understand? Because your entire life was filled with restrictions and suppression from an early age. You were surrounded by people who would not allow you to break through or by those who had immense influence over you, whether they were in a position of strength or... It felt as if there was always a strict teacher guiding and suppressing you since the beginning, shaping your personality into being overly cautious, afraid to take responsibility, and hesitant to lead others. You would constantly need someone to rely on, depend on, and be accompanied by, which made it hard for your personality to develop independently. As such, your life's theme was filled with many choices leading you to become excessively timid, very fearful of causing any offense, because within your mind, there were numerous rules that you felt the need to adhere to, demonstrating a sense of understanding and maturity.

然后你会觉得这样做不⾏,你会很怕会影响到别⼈伤害别⼈或者是冒犯别⼈这种感觉.就会导致你有很多拘谨拘束,就好像⼀个⼩⼥孩⼀样又不敢说话又不敢⼤声.

Then you would feel that it's not right to do so, and you'd be very afraid of hurting others or offending them, leading to a lot of restraint and inhibition, as if you were a shy little girl who dares neither speak nor shout.

问: 就是说还是很压抑的感觉.

Q: That means there's still a sense of oppression.

JO: 对,对,整个就是在这样⼦的⼀个感觉.遇到⼀些⼈,遇到⼀些所谓的坏⼈或者是变故啊、重⼤的事故啊,这都是转变,都能把你推向更⾼的地⽅.因为有时候你内在没有⼒量,你⾃⼰会显化⼀些外在的⼀些事故来推你.那还是你⾃⼰显化出来的,明⽩吗? 所以说你要么是⾃动的,内在升起⼀个⼼愿.就⽐如说你看着这个⼥孩⼦,你觉得,哇,她好强⼤,她好有⼒量.她让我看到了我想要成为的样⼦,我要成为像她⼀样,可以去拒绝任何她不喜欢的.她可以去追求任何她喜欢的,明⽩吗? 我想要活成她那样.这就是你内在强烈的欲望、愿望、愿⼒.你就会朝这个⽅向去⾛.要么你就等等等,等到真正⽣命中给你重重的⼀击.

JO: Yes, yes, it's like this feeling where you encounter people, bad guys or unforeseen events and major incidents that can transform you and push you to higher places. Sometimes, when your inner strength isn't enough, external accidents manifest to force you along. These are things you bring forth internally. Understand? Therefore, either through automatic manifestation from within—when a strong desire rises up in you—or by patiently waiting for life's significant blows to come at you, it's all about tapping into that internal power and direction.

那⼀击就好像是⼒量⼀样,⼀下⼦把你推上最⾼的浪潮,明⽩吗? 那你就可以趁着这个浪,⼀下⼦把你送到岸边去,对不对?

That strike is like a force that pushes you up to the highest wave, understand? You can then ride this wave and be taken right to the shore, right?

问: 哎…JO: 为什么你会唉声叹⽓的呢? 你没有应该为你的⽣命欢呼吗?问: 因为我觉得我找不到⽅向.

Question: Hey... JO: Why are you sighing? Shouldn't you be celebrating your life instead? Question: Because I feel lost.

JO: 你⽅向已经找到了.⽽且你的⽅向也不是你头脑去找的,你的头脑也不知道要去怎么找.因为这个也不是你旧有的,就是它不是….

JO: You've found your direction already. And this direction is not what you seek with your mind, for you don't even know how to look for it, because this isn't something that belongs to your old self; it's...

问: 对,我不知道怎么找…JO:你没有办法从你的头脑⾥⾯找.因为你头脑⾥⾯留下的只有你的曾经、过去、经验.这些它都不在⾥⾯.这么说吧,就像你从来没有⽣过孩⼦.你头脑⾥⾯去找那种⽣孩⼦的感觉,你找的到吗?你找不到的呀.但是呢,你到了⽣孩⼦的时候,你孩⼦⾃然⽽然就会⽣出来的.因为那股⼒量它会⾃然⽽然的,这是⽣命的⼒量.

Q: Right, I don't know how to find... JO: You can't find it from within your mind because what's left in your mind are only your past experiences and the things of your former self. They're not there. Let me put it this way; like you've never given birth before. Can you find that feeling of giving birth inside your head? No, you can't. But when it comes time for you to give birth, your child will naturally be born because that power will naturally come into play - this is the power of life.

问: 但是我现在有那个欲望就是说要蜕变,就是要变个⼈格.

Question: But I now have the desire to transform, to change my personality.

JO: 你现在就已经在做了呀.你让我们的信息,你就好像是在寻找⼀个光或者是寻找⼀个⼿来拉着你⾛出来.你现在已经在这么做了.那你就持续的去跟随我们的这个光,明⽩吗? 因为我们的信息⾥⾯有你所需要的⼀切.你所需要的⼀切疑点、盲点、就是⽣命的真相都在⾥⾯.你只要持续的去选择同样⼀个让你感受到有激情的事情.

JO: You're already doing it. You're letting our information guide you, like seeking a light or holding someone's hand to pull you out. You've already started this process. So keep following the light that we provide, understand? Because all the answers you need, all your doubts and blind spots, the truth about life are within our messages. Just consistently choose activities that make you feel passionate.

问: ⼀直也是我内⼼想要活出来的这种,就是有激情的.

Question: It's always what I want to live out, a life full of passion.

JO: 它是必然会在你的⾝体⾥⾯的.不然你就好像永远都会有那种,就是不能完完全全的敞开和开⼼的状态.⽽且你不是那种,⽐如说就算我现在有彩票中了很多很多钱,你不是那种⾦钱就能快乐的,明⽩吗? 它可能会给你带来⼀时的惊喜,但是很快你又会回到这种感觉.所以你内在的⼀个⽣命⼒的呈现才是你真正需要的,明⽩吗? ⽽且我跟你讲,其它事业啊、伴侣啊,这些问题,所有的⼀系列问题.它在随着你的新⽣命的展开和呈现出来会⾃动归位的.就是你不需要去寻找你的事业,不需要去寻找你的⾦钱,不需要去寻找.因为当你在寻找,你又⾛错路了.你只是需要允许⾃⼰绽放.那当你允许⾃⼰绽放的过程,你是不是花开了过后,是不是就有果⼦,对吧?

JO: It's bound to be within you. Otherwise, you would always have that feeling of not being fully open and happy. And it's not the kind where money can bring happiness, understand? It might give you a temporary surprise, but soon you will return to this state. So, what you need is the manifestation of your inner生命力, understand? And I'm telling you, all these other issues like careers, partners, etc., they will automatically settle in as your new life unfolds and presents itself. You don't need to search for your career, money, or anything else. Because when you search, you're going down the wrong path. All you need is to allow yourself to bloom. And when you allow yourself to bloom, do flowers that have bloomed bear fruit, right?

那你那个果实就是你的⾦钱.所以你只需要去绽放你⾃⼰,结果是⾃然⽽然的事.

That fruit of yours is your wealth. So all you need to do is bloom yourself, and the outcome will be natural.

问: 去绽放.

Question: Go and bloom.

JO: 对.你说你花都不开,你果⼦怎么结,对不对?问: 所谓的绽放是说….

JO: Yes. You say your flowers don't bloom; how do your fruits form, right? Ask: What is meant by "blooming" refers to...

JO: 没关系,你现在不需要去⽤头脑.因为你想要去⽤头脑去理解,但是这个不是你头脑去理解的,明⽩吗? 但是你可以看⼀个版本,因为这个版本就在绽放,明⽩吗? 你可以去看她.通灵的这个⼥孩⼦她的这个版本,她就是在绽放她的⽣命呀,明⽩吗? 你就可以看到这个可能性,我也可以活出她这个样⼦,明⽩吗? 因为这些版本呈现,它会给你信⼼.它会让你知道我可以做我⾃⼰,我可以完完全全不顾周围怎么去看我说我,跟我没有关系.那既然她可以做到,你为什么做不到,明⽩吗? 所以你⾝边就有⼀个活⽣⽣的版本让你看到.

JO: It's alright, you don't need to use your mind right now. You want to use your mind to understand, but that's not what your mind understands, do you see? But you can look at a version because this version is blooming, do you see? You can watch her. The spirit girl's version, she is blooming her life, do you see? You can see this possibility; I can live out in the same way too, do you see? Because these versions present it will give you confidence. It will make you realize that I can be myself and I don't have to worry about how others see me or what they say about me as irrelevant. If she can do it, why can't you, do you see? So there is a living example right by your side.

问: 也就是说其实我也适合做⼀块?

Q: In other words, I'm actually fit for being one?

JO: 没有适不适合,你本⾝就是,明⽩吗? 不是适不适合.因为你⽬前就算你去找⼀些事情,你都是在去符合他们.你说,哎呀,我要这样做,我要听这个规矩.你并不能带来真正的⼤的影响.你只能去守规矩.

JO: There's no question of suitability or unsuitability; you are who you are, understand? It's not about suitability or unsuitability. Even if you were to seek out certain things, you would still be trying to fit in with them. You say, oh, I must do this, I must follow these rules. But you can't bring real influence through that. You can only adhere to the rules.

问: 对,反正⾄少我现在的⽣活不是我想要的.

Q: Yes, anyway, my current life is not what I want.

JO: 它是⽤来让你突破的.它绝对不是那个真正的你.还有问题吗?问: JOJO⽼师对于昨天说的对于⽣命不是⽣就是死…JO: 那你现在就是.

It's meant to help you break through. It is definitely not the real you. Any more questions? If so, ask: JOJO Teacher regarding yesterday stating that life is either alive or dead... You are now experiencing that.

问: 我们要活出⽣命的⼒量和勇⽓和价值…JO: 那就像刚刚我们告诉你的,这个全部都是在讲这个.就是你⾃⼰⽣命本来的样⼦.这个不是让你去学来的样⼦,这是你本来的样⼦,明⽩吗? 你现在这个你不是你本来的样⼦,现在这个是来让你突破的,明⽩吗? 这么说吧,你就看那⽑⽑⾍和蝴蝶.那个⽑⽑⾍它本来的样⼦是蝴蝶呀.它只是幼⾍阶段呀.那你现在只是幼⾍阶段呀.那你会觉得这个幼⾍阶段是你吗? 蝴蝶是你,明⽩吗?

Q: We are talking about living with the power and courage of life...JO: That's exactly what we told you just now; this is all about your true nature. It's not something to be learned, it's who you really are, understand? You're not like this right now, you're in a transitional phase that's meant to push you beyond yourself, do you see? Imagine a caterpillar and a butterfly. The caterpillar's natural state is being a butterfly - just during its larval stage. Right now, you're in the same transitional stage. Would you consider yourself to be like this caterpillar phase? It's the butterfly that defines who you are, understand?

问: 意思说我还需要突破?

Q: Does that mean I still need to break through?

JO: 这是你⽣命的⼀个过程.但是你会需要那个⼒.那个⼒要么来⾃你⾃⾝,你⾃⼰的⼀个愿⼒,⼀个意愿有多么强烈.要么就是我刚刚说的⽣活重重⼀击,必须推着你.但是你要知道它这是把你推倒岸边去,它不是置你于死地.这就是很多⼈遇到⼀些事件变故的时候,他们会觉得⽣命不爱他们.但是恰恰是⽣命给他的⼀股⼒量.为什么? 他不愿意⾃⼰发⼒,那我这个浪潮把你推上岸.你不愿意⾃⼰游到岸边去,对不对? 因为你懒.你内在的呢个动⼒不够.那我们那个⼀股巨浪过来把你送到岸边去,你还不开⼼吗? 你最开始你会失控.你说,啊,怎么这样.我⼀直在这⾥平躺着,这个浪这么⼤,我受不了呀.就带来恐惧.

JO: This is a process of your life. But you will need that force – either from yourself, through the power of your intention being strong or through what I just said: a heavy blow from life forcing you to move. But you must know it's pushing you towards the shore, not into death. That's why many people feel like their lives don't love them when they face some events that change everything. It's actually the force of life pushing them. Why? Because they don't want to exert themselves; instead, this wave pushes you onto the shore for you. You don't want to push yourself towards the shore, right? Because you're lazy. Your inner drive is insufficient. When a massive wave comes and carries you to the shore, aren't you still happy about it? At first, you might be out of control, wondering how this could happen. You've been lying flat for so long, the wave is huge, and you can't take it anymore, which brings fear.

但是真正的把你推到岸边过后,哇,你好感谢那⼀股浪.所以很多⼈就是在后⾯他都会感激⽣命中的那个变故.

But once you really get out of that hole, wow, you're so grateful for that wave. So many people thank their lucky stars after such an incident in life.

问: 我内⼼也有懒,我觉得.

Question: There's also laziness within me; I feel it.

JO: 那就是你的⼒量. 问: 问⼀下我的财富吧.

JO: That's your strength. Q: Ask about my wealth.

JO: 刚才已经说了.当你⽣命在绽放的时候,那个果就在你的花⾥⾯.你明⽩吗?

JO: You've already heard that. When your life is blooming, the fruit is in your flower. Do you understand?

问: 就是不需要去…JO: 对,刚才说你不需要刻意的去追求我要做什么事业,或者是我要怎么赚钱.为什么呢? 因为当你在允许你⾃⼰完完全全的绽放的时候,钱它会往你这边跑.钱不是你去追来的,你去追来的钱很有限,⾮常有限.

Q: You don't need to go through... JO: Yes, you don't need to刻意 pursue what business you should be in or how you should make money. Why is that? Because when you allow yourself to fully blossom, the money will come towards you. Money doesn't chase you down; the money you chase is very limited, extremely limited.

问: 那我可以这样理解吗? 就是我本来就是像⽼师说的我本来就是蝴蝶,我现在是个蛹.那就是看我的愿⼒,我唯⼀需要去做的事情就是…JO: NO NO NO,你现在唯⼀要做的就是去了解你的⽣命.你⽣命的⼀个真相.了解我们是什么⼒量? 是什么恐惧导致我们觉得我们需要⼀直维持现在的样⼦不敢去突破,不敢去绽放,明⽩吗? 因为这些东西都会带领你⾛向智慧.就⽐如说我刚才说我们的信息⾥⾯有你所寻找的⼀切.那当你进⼊过后,你不断不断地有惊喜,不断不断地在慢慢的解开⾃⼰的束缚,不断不断地在清理掉⾃⼰内在的恐惧.这是⼀个过程.它不是⼀步到位的,明⽩吗? 你想⼀下,你的⼀个房间⾥⾯全是灰尘,⼏⼗年没有打扫.

Questioner: Can I understand that originally I am like the teacher said, I am a butterfly, and now I am a cocoon? It's about my willingness; the only thing I need to do is...

Answerer: NO NO NO. The only thing you need to do right now is to understand your life. A truth of your life. To understand what kind of power we are talking about? What fear leads us to think that we need to maintain our current state out of fear, not daring to break through or blossom. Do you understand? Because these things will guide you towards wisdom. For example, when I said in our information there's everything you're looking for. Once you dive into it, you'll constantly have surprises as you slowly untie the bindings on yourself and gradually clear away your inner fears. This is a process. It doesn't happen overnight, do you understand? Imagine if your room has been dusty for decades with no cleaning...

你现在需要打扫的时候,你是不是需要⼀个⾓落⼀个⾓落的清扫清理它,对吧? 然后这个柜⼦那个柜⼦,你⼀步⼀步的清理它.你把它清理完了,你才会焕然⼀新,对吧? 那你们的⼼灵也是⼀样.需要⼀点⼀点的去清理它.我们的信息就好像是扫帚,它可以清理掉那些灰尘.

When you need to clean now, don't you have to clean corner by corner, step by step? You tidy up this shelf and that cabinet until it's all fresh and new, right? Similarly, your mind also needs to be cleaned gradually. Our messages act like brooms, sweeping away the dust.

问: 我现在主要有哪些垃圾?

Question: What kind of garbage do I mainly have now?

JO: 主要有哪些垃圾对吧? 恐惧.因为你还没有⼒量.问: 到底是害怕啥呢? 在恐惧啥呢?

JO: Mainly, which kind of trash are we talking about? Fear, because you don't have the power yet. Q: What exactly is it that you're afraid of? What are you afraid of?

JO: 恐惧? 因为当你拥有恐惧的时候,什么你都会恐惧.不是说你只恐惧某⼀个东西.那我们说你恐惧某⼀个东西,就算我们把那个东西拿⾛.它又会变成另外⼀个东西.你觉得它好像变了,但是它实际上还是⼀样的.它还是⼀样的.因为你内在有⼀个恐惧,它会投射在... 这么说吧,你内在有恐惧啊,⽐如说你的事业,你的恐惧可能会投射在事业上⾯,你会觉得我的订单啊,我的客户啊.然后呢,我把事业这个恐惧拿⾛了.你会把这个恐惧投射在家庭,哎呀,我的⽼公我的孩⼦呀,明⽩吗? 它还是会投射出去的.那你没有恐惧,恐惧拿⾛过后.你事业上⾯没有恐惧,在家庭上⾯也没有恐惧,我个⼈上⾯也没有恐惧.

JO: Fear? Because when you have fear, everything becomes scary. Not that you're only afraid of one thing. If we say you're afraid of something and we take that thing away, it would just become another thing. You might think it's different, but actually, it remains the same. It is still the same because there's a fear inside you, which projects onto... To put it simply, you have fear within yourself, for example, regarding your career, your fear could project onto your career, making you feel anxious about your orders and clients. If we remove the fear of your career, you would then project that fear onto your family, saying things like my husband or my children. You see? The fear still projects outwards. And when there's no more fear after it has been taken away. You don't have any fear in your career, none in your family either, nor do you personally feel afraid.

它已经没有恐惧去投射在不同的场地了,明⽩吗? 所以我不能说你就是恐惧事业或者恐惧家庭,明⽩吗?

It no longer projects fear onto different fields, do you understand? So I can't say that you're just afraid of your career or afraid of family, do you understand?

问: 有的时候我就跟⾃⼰说,把那些外在的事情放下放下.

Q: Sometimes I tell myself to let go of those external things.

JO: 没有外在,就是你内在.是你内在逐渐去认识的⼀个过程.你的智慧到了,就好像你的扫帚到了,你把那些灰尘扫掉了,你就是清明的,就是⼀个知晓的状态,就是不是⼀个在蒙着眼睛的状态.那现在就好像是在蒙着眼睛的.明⽩吗? 你只要知道这⾥是出路就好了.我们现在告诉你,你的钥匙,门给你打开了,你朝这个⽅向⾛,你只需要朝这个⽅向⾛就可以了.

JO: There is no external, it's within you. It's a process of gradual self-awareness as you come to know yourself internally. When your wisdom arrives, it's like when your broom arrives; you sweep away the dust and become clear-headed, in a state of enlightenment, not blinded by ignorance. Now, it feels like being blinded. Do you understand? You just need to know that there is an exit here. We are telling you now that the key has been unlocked for you, the door is open. Just move in this direction, and all you have to do is keep moving forward.

问: 这⾥是出路?

Q: Is this the way out?

JO: 对,这⾥就是说我们的信息.我们的信息⾥⾯是有你所需要清理你的任何东西.

JO: Yes, here we're talking about our information. Our information contains anything you need to clear for yourself.

问: 就是现在咱们的对话⾥⾯.

Q: That's within our current conversation.

JO: NO NO NO NO,这个⼥孩⼦有好多好多,有⼏千页的信息.⾥⾯都是像你这样⼦来找寻答案的,他们的⼀些信息.那些信息⾥⾯就好像是有,像我们昨天说那些信息是洗洁精可以把你这些洗掉,可以把你的伤痛洗掉,可以把你的记忆洗掉,可以把你的⽆明⽆知或者是错误的信念,这些东西全部给你清洗掉.让你达到⼀个通透的状态,明⽩吗? 当你通透,没有被这些东西蒙住眼睛的时候,你睁开眼睛看的很清楚.所以并不是说我们从外界加给你.就好像你这个眼镜,你明明能看清楚,对不对? 我们只是把眼睛前⾯的⼀些障碍给拿掉.⽽不是说你看不见,我要借助你⼀个眼睛让你看见.不是.你本⾝是有看得见的⼀个功能,只是前⾯有很多障碍.

JO: NO NO NO NO, this girl has so many, thousands of pages of information. Inside are the likes of you searching for answers, their information. The information is like that which we said yesterday - like dish soap can wash away what you have, it can wash away your pain, it can wash away your memory, it can wash away your ignorance or false beliefs, making everything clean and clear for you to reach a state of clarity. When you are clear and not blinded by these things, when you open your eyes, you see very clearly. We're not saying we add this from the outside like glasses that allow you to see clearly; yes? We simply remove obstacles in front of your eyes. Not like I'm providing someone else's perspective for you to see through - no. You inherently have a capacity to see clearly, but there are many obstacles ahead.

然后我们把这些障碍给你拿掉.然后我们这些信息就可以帮你把这些障碍拿掉.那这个就是你⾛的路.因为其实看你⽬前的⼀个状态,你对物质的⼀些也没有这么⼤的乐趣,就⽐如说沉迷于物质世界有些⼈.所以你对那些没有多⼤的乐趣.

Then we take these obstacles away for you. Then with this information, we can help you remove those obstacles. This is the path you are to follow. Because actually, judging by your current state, there isn't such a great pleasure in material things as some people might be obsessed with the material world. So, you don't have much enjoyment from those aspects.

问: 但是我还是喜欢物质啊.

But I still like material things.

JO: 没有说你不喜欢.你千万不要觉得我们的信息是让你不喜欢物质.是让你完完全全的又既在物质又不在物质.又既在物质就是说你完完全全的是在⾥⾯,又不在物质就是说其实外在的⼀切它都不会迷惑你.因为实际上所有东西都是⼀个迷惑.

JO: I didn't say you dislike it. You mustn't feel that our message is to make you dislike material things. It's about being fully within the material yet not within the material, meaning you are completely within it, and not within the material means that all external things won't bewitch you because fundamentally everything is an illusion.

问: 就是说还是有辨别的能⼒?

Question: So there is still the ability to distinguish?

JO: 你不会受其影响.如果你看不清楚你可能还会受其影响.就好像你在做⼀个噩梦,你在梦⾥⾯吓的要死.你想象⼀下,你又可以在梦⾥⾯很清楚的看到所有的⼀切,因为其实你们的梦很精彩,对不对? 但是你们往往醒来过后你不记得发⽣了什么.你想⼀下,你要是像是醒着的状态进⼊到你的梦⾥,是多么的美好的事情,对吧? 那我们现在就在告诉你,你可以达到那样⼦的⼀个状态.又既在⾥⾯,又没有在⾥⾯.你就可以去欣赏⼀切的美,⽽不被其影响.

JO: You won't be affected by it. If you can't see clearly, you might still be influenced. Imagine being in a nightmare where you're terrified. Think about how wonderful it would be if you could see everything vividly while dreaming because your dreams are actually quite fascinating, right? But often after waking up, you forget what happened. Consider the beauty of entering your dream while remaining conscious. Now we're telling you that you can achieve such a state - being inside and not fully inside, allowing you to appreciate all the beauty without getting affected by it.

问: 我⽬前的⼯作是不是我最好的选择?

Question: Is my current job the best choice for me?

JO: 蜕变之前都没有什么最不最好的选择.为什么呢? 你选择哪⼀个其实都⼀样,因为你的⼒量… 我跟你讲,你现在⼒量只能拿到⼀公⽄.你说选择哪⼀个? 那让你选择⼀百公⽄,你拿不起来呀.所以你就选择⼀个压⼒不是那么⼤,然后时间⽐较充裕的.为什么呢? 你就可以往这个解脱之道吧,你就可以去打扫你的房间.像我们刚才说我们那⾥⾯你需要的扫帚、清洁剂,我们都有.

JO: Before transformation, there was no best or worst option. Why is that? You choose either because your strength... Let me explain, your current strength allows you to carry one kilogram. Which would you choose? If I ask you to carry 100 kilograms, you couldn't lift it. Therefore, you choose the one with less pressure and more time available. Why? Because you can then proceed on this path of liberation, where you can clean your room. As we mentioned earlier, the broom and cleaning agents needed are all provided for us here.

问: 我现在其实做的就是压⼒不⼤又⾃由的这种.但是我不是很喜欢它.因为我觉得它给我带不来我需要的,激情啊,热情啊.

Q: What I'm actually doing now is something with low stress and freedom, but I don't really like it because I feel it doesn't bring me the passion and enthusiasm that I need.

JO:它可以呀.它现在可以给你带来让你有时间去打扫你的房间呀.那你打扫你的房间才是你⽬前最需要的.如果现在给你找⼀个时间紧的⼯作,那你就没有时间去做这个清理的⼯作.那没时间清理,你的垃圾会越积越多.为什么?你现在⼯作的这个过程,你还会堆垃圾进来.其实现在你们每⼀个在物质世界的⼈,你们如果没有把眼睛睁开的话,你都是不断地在往⾥⾯收垃圾.垃圾收多了,最后受不了了,⼀屋⼦垃圾最后就把你抑郁死了.抑郁症就是这么来的.你就会知道其实⽣命的⼀切都是你需要的,⼀切都是来⽀持你的.在你不知道的情况下,你就会把它当成⼀个… 这么说吧,你门⼜⼀堆粪.你要是知道的话,你会把这堆粪放到花园⾥⾯,让你的花变得更好.

JO: It's alright. It can now provide you with the time to clean your room. That's what you need most right now. If you were given a tight schedule job, you wouldn't have enough time for cleaning. Without enough time for cleaning, your trash will accumulate more and more. Why? As you work during this period, you are still accumulating trash. In reality, every one of you in the material world, if you don't open your eyes wide, you are constantly gathering garbage inside. The more garbage collected, eventually you can't bear it anymore; a house full of garbage could lead to depression which would ultimately kill you. Depression is formed this way. You will realize that everything about life is what you need and supports you. Without knowing this, you might consider it as... let me put it this way: your door has a pile of manure. If you knew better, you would place that manure in the garden to make your flowers grow better.

你不知道的话,你就骂骂咧咧的说谁把⼀堆粪放到你的⾯前,你都恶⼼死了,你就嫌弃.所以说就看你⾃⼰能不能把知道和不知道如何去转化,眼前的⼀切转化成⼒量,转化成台阶.

If you don't know about it, you'd complain that someone has placed a pile of dung in front of you, making you feel sick and disgusted; as such, you would reject it. This implies that it depends on your ability to transform what you know into what you can do with the unknown, turning everything before you into a source of strength or stepping stones for progress.

问: 以前我就觉得这个⼯作不是我想要的,不能激发我的激情.

Question: I used to feel that this job wasn't what I wanted, it couldn't spark my passion.

JO: 当你在⼀个⽆明的状态,即使你去找到⼀个所谓的让你暂时兴奋或者是很⾼⼯资的⼀个⼯作.实际上你们还是在收垃圾的⼀个过程.不然的话,你看你们的物质社会很多,你觉得他们是在忙忙碌碌的,哇,年轻有为啊.他们实际上就是在收垃圾.垃圾收多了,然后就pia的⼀下⼦,我受不了这个世界了,⾛了.因为他觉得这个世界就是⼀个垃圾桶.但是实际上他⾃⼰本⾝是个垃圾桶,并不是这个世界本⾝是个垃圾桶.这个世界什么都有,有⾦⼦有黄⾦有鲜花,你不收.

In a state of uncertainty, even if you find a job that temporarily excites you or offers high wages, you are essentially still collecting garbage. Otherwise, you would notice the abundance of materialism in society and perhaps think they're bustling with productivity; they're actually just collecting garbage. Overcollecting it leads to frustration: "I can't stand this world anymore," and then they leave because they perceive the world as a trash bin. But in reality, they themselves are trash bins, not that the world itself is a trash bin. The world has everything: gold, treasures, flowers; you just need to collect them.

问: 我想问⼀下我和我的⽼公和孩⼦在灵魂上是什么关系? JO: 你稍等.先说⼀个你⽼公.你⽼公叫什么名字?

Q: I want to know about my relationship with my husband and child on a soul level.

A: Wait a moment. Let's start with your husband, what is his name?

问: XXJO: XX他性格跟你就好像是截然不同吧.他就好像是⽐较不受拘束.这么说吧,如果你是很守规矩的话,那他就不是那么守规矩的.就是⽐较灵活多变.如果你是守规矩,他就是⽐较不守规矩,就这么说.就是这样⼦的.他⾝上就可以让你看到你可以… 因为为什么呢? 你是这个极端,他是那个极端.你需要的是在中间,⽽不是⾛到他那个极端,明⽩吗? 因为那个就完全不是你.所以你是在这⾥.他是糖精,你是⽩开⽔.那么你是需要他的⼀点点半糖,⽽不是全部的糖.然后就是说来看到那种融合和平衡,就是看到⼀种可能性,明⽩吗? 就是看到可能性的那个版本.因为你在⼼⾥你还有收的那个⼒,他是没有收的呢个⼒.

Question: XXJO: His personality is vastly different from yours, wouldn't you say? He appears more unrestrained compared to you. If I put it this way, when you are very rule-abiding, he tends not to be as strict with rules. He's more flexible and adaptable. You being rule-bound implies that he is less so, or he's more flexible in comparison.

It seems like in your relationship, you can see various aspects of yourself through him because you're on opposite ends of the spectrum. It's like you need balance and moderation, not extreme conformity or rebellion, correct? The key is finding a middle ground instead of following his lead completely, right?

You are likened to water (representing simplicity and conformity), whereas he is like sugar syrup (indicating more complexity and deviation from norms). You would prefer some sweetness but not the whole lot. It's about appreciating the blend and harmony that comes with combining these two extremes, understanding that there lies a possibility within this duality.

In essence, you bring discipline to the table while he allows for a more liberal approach, highlighting different facets of life through your interactions. Your mind holds onto some level of control or regulation whereas his might be freer from such constraints.

他没有收的⼒,是完全给出去的话,也是不⾏的,是那个极端了.他就需要收.那你⾃⼰有收的那个⼒,再给出去⼀点点,就能很好的平衡.

If he doesn't have the capability to receive, even if it's completely given, it wouldn't work either; that would be at an extreme point. He needs to receive. Then, if you yourself have the capability to receive and give a little bit more, it can achieve a very good balance.

问: 就是我们两个平衡,我和他之间?

Q: Is it balancing between the two of us, me and him?

JO: NO NO NO,不是你跟他,⽽是所有的⼈都是你的师傅⼀样,明⽩吗? 所以说这⾥没有他,只有你.你可以去借⽤他的呈现出来的⼀个相,然后去修⾃⼰.因为你⾃⼰才是最终的主⾓.你⾃⼰才是主⾓.为什么呢? 因为你这个相变了过后,他会变,明⽩吗? 他如果不变的话,他会被你弹出去.因为你的⼒量你的振动频率他已经符合不了了,所以就会弹出去.弹出你的⽣命.

JO: NO NO NO, it's not you and him, but rather that everyone is your teacher in the same way, understand? So here there is no him, only you. You can borrow his manifestation of a form and then cultivate yourself because you are the ultimate protagonist. You are the protagonist. Why? Because when your form changes, he will change too, do you get it? If he doesn't change, he'll be pushed out by you. Because his strength and vibration frequency no longer match yours, so he will be pushed out of your life. Pushed out of your existence.

问: 把他弹出我的⽣命?

Q: KICK HIM OUT OF MY LIFE?

JO: 那个他是现在的这个他,明⽩吗? 那如果他变了的话,你就是另外⼀个… 就是你转换了⼈格,他也转化了⼈格,明⽩吗?

JO: That's him right now, understand? If he changes, you're another... You've changed personalities, and he has too, understand?

问: 就是说我也要转换⼈格吗?

Q: Does that mean I need to change my personality too?

JO: NO,你只需要去转变你⾃⼰,活出你⾃⼰.你不需要做任何.那些只是⼀个外在的相⽽已.为什么?外在的相,它必须是通过你⾃⼰内在频率投射出来的.它没有办法.明⽩吗?所以你不需要去纠结这些.你要知道外在的⼀切它都是最匹配你当下的⼀个频率状态就⾏了.

JO: NO, you just need to transform yourself and live your own life. You don't need to do anything; those are merely external appearances. Why? Because the external forms have to be projected by your inner frequency. There's no way around it. Do you understand? So there's no need for you to worry about these things. Just know that everything external is simply matching your current state of vibration, and that's enough.

问: 和我孩⼦的灵魂关系呢? JO: 男孩⼥孩?

Q: About my child's soul? JO: Boy or girl?

问: ⼥孩,22岁.她叫XX.

Q: Girl, 22 years old. Her name is XX.

JO: 她就好像她的命运跟你是有关联的.如果你不能活出你⾃⼰,她也很难活出她⾃⼰,明⽩吗?因为她其实也好像有⼀股,就这么说吧,她的能量也是被封住的.她也没有办法完完全全的活出她⾃⼰.然后呢,如果你能完完全全的活出你⾃⼰,就是转变,转变成那个有⼒的另外⼀个你的话.她会活的⾮常精彩.所以就好像你跟她连着,你转变,她就会有⾮常⼤的转变.如果你不转变,你让她转变的话.需要等她长⼤了过后,等她以后来找我,明⽩吗? 她⾃⼰选择⾛上我们这条道.

JO: It's as if her fate is intertwined with yours. If you can't live your own life, it will be difficult for her to live hers either, do you understand? Because essentially, she too seems to have a sort of energy that is restricted, like this, and so her ability to fully live her own life is also limited. Then, if you are able to live your entire self completely, which means transforming into the powerful version of yourself, she will live very vibrantly. So it's as if you're connected to her; when you transform, she will experience a significant transformation too. If you don't change and try to make her change instead, she would only grow up on her own and eventually come looking for me in the future, understanding? She has chosen this path herself.

问: 对,她都没有看到我活出来.我⾃⼰都没有做到.她好像就是没有这股⼒量.

Q: Yes, she didn't even see me survive. I myself haven't done it either. It seems like she doesn't have that strength.

JO: 对,她没有这个⼒量.所以如果你不变,她也不变.如果你变了,她⼀定会变,就算她不来找我们,明⽩吗? 那如果你不想变, 你指望她变.需要她来找我们,明⽩吗?

JO: Yes, she doesn't have this power. So if you don't change, neither will she. If you do change, she must change too, even if she doesn't come looking for us, understand? And if you don't want to change, you're banking on her changing. You need her to come find us, understand?

问: 她今年考研…JO: 你不需要去在乎这个.你不要去在乎这个.因为学历这个东西还是你们物质世界,就好像⼀个游戏规则⼀样.

Q: She is taking her postgraduate exam this year... JO: You don't need to care about that. Don't worry about it because qualifications are still part of your material world, like a game rule.

问: 但是她很向往.

But she was very yearning for it.

JO: 那你不⽤去在乎这个不是她就不向往了呀? 你只是说对你来说,你可以不把它当回事啊,明⽩吗? 因为你⽣命的⼒量是跟你考不考研没有关系的.你考上研不代表你就会拥有⽣命的⼒量.你没考上研也不代表你就没有⽣命的⼒量.所以跟这个没有关系的.

JO: So you don't need to care about whether or not she desires it? You're just saying that for you, you can disregard this matter, right? Understand? Because the strength of your life has nothing to do with whether you go to graduate school or not. Getting into grad school doesn't mean you'll have the power in your life. Not getting into grad school doesn't mean you lack the power in your life either. So it's irrelevant to this.

问: 我的意思是说她要是考不上,她对⾃⼰有⼀种失望失落打击这些.

Q: I mean, if she doesn't pass, there's a sense of disappointment, letdown, and shock for herself.

JO: 因为如果你没有活出来,她也没有活出来.就算不考研,她以后还是会受到这些失望和打击的.这是避免不了的.

JO: Because if you don't make it out alive, she won't either. Even without pursuing further studies after college, she would still face these disappointments and setbacks in the future. This is inevitable.

问: 是很多原因…JO: 不是原因,是因为你们的能量连接很强烈.有⼀些关系它们就… 就⽐如说这个⼥孩⼦她就跟她的亲戚没有连接.就是说有的⼈她跟⾃⼰的家庭是没有连接的.

Q: There are many reasons... JO: Not because of the reasons, but because your energy connection is very strong. Some relationships they just... For example, this girl doesn't connect with her relatives. That means some people don't connect with their own family.

问: 那⽐⽅说这个⼥孩⼦跟我们有连接吗? 就是XX.

Question: For example, does this girl connect with us in some way? Like XX.

JO: XX跟你有强烈的连接,所以她就会受你很⼤的影响.问: 那跟她⽗亲呢?

JO: XX has a strong connection with you, so she will be greatly influenced by you. Question: And what about her father?

JO: 她跟她⽗亲没有,她跟你有很强的连接.她⽗亲,我⽬前没有看到他⽣命有想要去转变的迹象,明⽩吗? 就好像这么说,你们⾯前有很多鸡蛋.我们看到哪⼀个快要突破,就是它在敲,它的内在要孵出来.但有的它就不会动的,明⽩吗? 所以说并不是每⼀个⽣命它都会去突破的.

JO: She doesn't have a strong connection with her father, but she has a very strong connection with you. As for her father, I don't see any signs of him wanting to change his life right now. Understand? It's like this: imagine there are many eggs in front of you. We can see which one is about to break through, as it knocks on the inside and wants to hatch. But some eggs won't move, understand? So not every life will necessarily break through.

问: 那我跟我⽼公亲密关系这⼀块是⼀个什么状况?

Q: What's the status of my intimate relationship with my husband?

JO: 你们之间⼀定会有那种好像隔阂,就是不是完完全全的畅通的.⼀定是有障碍的,明⽩吗? 因为其实在你的… 就算你跟他有过没有阻碍或者是什么的,但那都是暂时的⼀个假象⽽已.所以你们最终还是会有堵塞有障碍的,明⽩吗? 因为这个没有办法的.

JO: There must be a kind of barrier between you, not completely smooth communication. There will always be obstructions, do you understand? Because in reality, even if you've had unimpeded or something like that with him, it was just a temporary illusion. So ultimately, there will still be blockages and obstacles, do you understand? It's just inevitable.

问: 这个堵塞和障碍是因为两个⼈的性格….

Q: Is this blockage and obstacle due to the two people's personalities...?

JO: 那个堵塞和障碍是因为那本⾝就是⼀个假的你啊,明⽩吗? 你是⼀个虚假的你.所以不只是在你⽼公,你在其他关系上⾯你还是会,就是有⼀种没有完完全全的敞开.为什么呢? 你还是⼀个假的相在那⾥.

JO: That obstruction and hindrance is because you are that false self, do you understand? You are a fake self. So it's not just in your husband, but you'll still be holding back in other relationships. Why? Because you're still wearing that false mask.

问: 就是说外⾯有⼀层东西包裹着吗?

Q: Does that mean there's something outside wrapping it?

JO: 对,有个膜.别⼈以为认识你,实际上不认识你.这是你⾯具上的你.

JO: Yes, there's a mask. People think they know you, but actually don't recognize you. This is your mask version of yourself.

问: 我们的物质世界上感觉按照⾃⼰的内⼼去呈现⾃⼰,就会觉得你是不是疯啊傻啊.

Question: If our physical world feels like presenting itself according to its own inner self, wouldn't you think it's crazy or foolish?

JO:如果你真的能完完全全的呈现⾃⼰,你不会去听外⾯的声⾳.那些声⾳⽆论说什么跟你没有关系的.你只有你还没有去呈现你⾃⼰,你才会去在乎,明⽩吗?这是两种不同的状态的.因为你更多的是在enjoy在享受你绽放的美好,⽽不会去在乎别⼈说啥.你想,因为你绽放的能量太强⼤了.强⼤到你这个⽕这么熊熊燃烧,别尔朝你吐⼜⽔,他的⼜⽔在哪⾥?它对你的⽕没有半点影响.那你是个⼩⽕苗,是根⼩⽕柴的⽕.别⼈⼀个⼜⽔就把你给熄灭了,明⽩吗?是不是两种截然不同,⼀个是熊熊燃烧的⽕⼭,你说你跟它泼⽔、吐⼜⽔,有⽤吗? 你泼冷⽔有⽤吗? 那你是⼀根蜡烛,别⼈⽔⼀泼,你蜡烛肯定就熄灭了.

JO: If you are truly being yourself, you won't listen to external voices. Those voices will talk about things that don't concern you. You only care when you haven't fully presented yourself, do you understand? These are two different states because you are more enjoying the beauty of your unfolding, not caring what others say. Think about it: because the energy you emit is so powerful, so strong that even if someone else throws water at you, their water has no impact on your fire. But imagine you're a small flame, like a match's spark. One splash of water from them can extinguish you completely.

Isn't it different? You compare yourself to a volcano in flames, saying would you throw water or spit at it? Would cold water help? You're just a candle; one splash of water could put out your flame instantly.

所以当你真正是熊熊燃烧的时候,外⾯泼⽔,管它泼多少⽔,对你没有半点影响,没有丝毫影响.

So when you're truly burning like a fire, pouring water outside doesn't matter; no amount of water will have the slightest impact on you.

问: 坚持做⾃⼰JO: 你不需要坚持,你只是熊熊的燃烧.没有什么坚持不坚持的.因为那个你不会有这个想法,有这个想法是因为你还是个⼩⽕苗.你会觉得外在的声⾳、⼒量很⼤.

Q: Persist in being yourself?

A: You don't need to persist; you're just burning brightly. There's no concept of persistence or not. Because with that attitude, you wouldn't have this idea. The idea arises because you're still a small flame. You feel the external voices and forces are overwhelming.

问: 我和我的朋友XXX是什么关系?

Question: What are my friend XXX and I related as?

JO: 你稍等.她就好像是⼀个穿针引线的⼈⼀样,然后把你带上这条道.就是带上你的⾃我解脱和⾃我绽放的路.像这样⼦.明⽩吗? 但是那股⼒量还是来⾃于你⾃⼰内在,因为你内在的那股欲望,就是想要去突破.你就好像东撞西撞去突破.

JO: Wait a moment. She is like a needlewoman guiding you on this path, leading you to your self-liberation and self-expression journey. Like this. Do you understand? But the power still comes from within yourself because of your inner desire to break through, like bumping into things in all directions trying to break free.

问: 在⽣活当中她扮演什么⾓⾊?

Question: What role does she play in everyday life?

JO: 我跟你讲,这些都是相.在⽣活中,她⽆论是扮演是骂你的还是给你说好听的,但实际上都是穿针引线的那个... 所以说⽣活中呈现什么不重要.你们可以不⽤去在乎⽣活上.为什么呢? 因为⽣活上,她的相她也会受外在的影响,受她的情绪影响,受她个⼈的⼀些观念影响.都是⼀个受影响的.

JO: I'll tell you, all these things are interconnected. In life, whether she scolds you or speaks nicely to you, fundamentally, she's the one connecting the dots... So what life presents isn't important. You don't need to concern yourself with it. Why? Because in life, her conduct can also be influenced by external factors, her emotions, and her personal views. They are all affected in some way.

问: 好吧.我和我爸爸的灵魂关系呢?

Question: Alright. What about my relationship with my father's soul?

JO: 你的爸爸就好像是你的... 之前我们不是说有⼀些像是制度像硬的框架、观念、死的观念,就好像是这样厚厚的⼀层壳是给你去突破的那种⼀样.因为他头脑⾥⾯有⼀些观念是很难突破的.然后古板,就好像是很难说服他.然后他给你带来就好像... ⽐如说你要成长你要突破,对吧? 他就好像是那个⽯头,你就好像是要从那个⽯头缝缝⾥出去⼀样.

JO: Your father is somewhat like a... Earlier, we discussed some rigid frameworks and concepts, like thick layers that you need to break through. It's because there are certain ideas in his mind that are hard to overcome. He is rather stubborn, making it difficult to convince him. So he essentially creates barriers for your growth and progress. For instance, if you want to develop or surpass expectations, then he acts as an obstacle, like a rock, while you're trying to push through the cracks of this stone.

问: 他就好像是那个⽯头?

Question: He's like that stone?

JO: 没有没有.我们刚才不是说你的前半⽣会经历⼀个就好像把你变得⾮常的要听话,守规矩这种嘛.你是⼀团沙⼦,他就好像外⾯的那些条条框框把沙⼦给你困住了,这样⼦.所以在你⼼⽬中还有⼀个⼩⼥孩,还有⼀个很严厉的⽗亲的形象.那个能量在给你这样⼦被压制着.

JO: No, no. We were just talking about how your first half of life would have a tendency to make you very obedient and rule-following. You were like sand, and he was the framework that trapped the sand, in a way. In your mind, there's still an image of a little girl and a very strict father. That energy is suppressing you in this manner.

问: 现在吗?

Question: Now?

JO: 是的.

Yes, JO.

问: 感觉不到他对我的什么…JO: NO NO,这个是能量层⾯.因为你们从⼩形成的⼀个⼈格,从那个⼈格当中的⼀些能量它还残留在你的体内.它可能已经变成其它呈现的⽅式了.但是那个能量它还是在⾥⾯的.

Q: He doesn't feel anything towards me... JO: NO NO, this is at the level of energy. Because of the personality you've formed since childhood, some of that energy from that personality still remains in your body. It might have transformed into other forms, but the energy itself is still inside.

问: 就是很受约束的能量? 还是不太能理解这⼀块.

Question: Is it just highly constrained energy? I'm still having trouble understanding this part.

JO: 没有关系,你到时候听录⾳就好了.你不⽤⼀下⼦去理解这些.因为这个是能量层⾯的.

JO: It doesn't matter; you'll just listen to the recording when the time comes. You don't need to understand everything right away because it's about energy levels.

问: 那我妈妈呢?

Question: And about my mother?

JO: 你妈妈更多是你想要去活出你的⼒量的⼀个... 因为你可能在她⾝上看到⼀种没有完完全全绽放⾃⼰⼒量的⼀个版本,就是没有活出来的⼀个版本.然后你就更加的想要活出来.就好像她是你想要活出来的动⼒.什么动⼒呢?就是我不要像他们那样,我⼀定要活出我⾃⼰,明⽩吗? 就好像是这样⼦.她会加深你⾃⼰想要展现你⽣命原来的样⼦的⼀个动⼒.

JO: Your mother is more the embodiment of your desire to live out your strength... because you might see in her a version that didn't fully blossom or express her own power, it was not lived out. This makes you want to live more intensely. She becomes the driving force behind you wanting to live out this strength. What kind of force? It's like I don't want to be like them; I must live out my own essence, understand? That's what she does - she amplifies your desire to reveal the original essence of your life.

问: 还有⼀个我和XXX有什么功课要做的? JO: 他是谁?

Q: Is there any homework I need to do with XXX?

A: Who is he?

问: ⼀个朋友JO: 他跟你什么关系?问: 就是那种….

Question: What's your relationship with friend JO?

Answer: Just that...

JO:我跟你讲,你现在在这样⼦,就是说在你没有完完全全绽放你⾃⼰之前,这些关系它都不是真的关系.就像前⾯跟你说的⼀样.为什么呢?你⽬前是⼀个虚假的你,所以你投射出来的东西都是假的呀.不是假的,就是它不是真的,只是暂时的呈现出你这个能量.所以你不需要去纠结任何关系,你只需要不断地去⾛上这条道.然后不断地去清理,然后不断地去完完全全的绽放,这样⼦.所有⼀切会随着这个变得明了.⽽不是在⼀种看不清的状态.为什么呢? 我能说你现在所有的⼀切都是幻像吗? 都是来让你打破突破的吗? 所以就好像我刚刚说,它是什么没关系.它到底呈现的是⼀个取悦你的相,还是⼀个打击你的相,都没关系,明⽩吗?所以你只顾去成长.

JO: I'll tell you this: Currently, since you haven't fully blossomed into yourself, these relationships aren't genuine ones. It's like what I've explained before. Why is that so? You're currently existing as a false version of yourself; thus, whatever you project outwards is also false. Not false means it isn't real, but rather, it only temporarily manifests your energy. So there's no need to obsess over any relationship; all you need to do is continually embark on this path. Keep clearing and continuously fully blossom. This will make everything clear as things unfold. Rather than being in a state of confusion. Why? Can I say that every aspect of your current existence is an illusion designed for you to overcome? So it doesn't matter what form the manifestation takes; be it one pleasing you or one that disheartens you, both are irrelevant. Understandably, all you should focus on is growth.

因为这是你唯⼀的出路.我跟你讲,就算你现在出现了⼀个对你什么都好啊,又给你钱啊,宠着你的男⼈.那不是你的出路,那只是暂时的像⼀个糖⾐炮弹⼀样.外⾯有⼀点甜,最后还是⼀个炸弹,炸的你粉⾝碎⾻.这是必然的,明⽩吗?这⾥不是出路.当你在⾛上这条路的时候,你外在⼀切都会各规其位,呈现出本来的样⼦,呈现出真实的样⼦,呈现出原本的样⼦.所以你不需要去单独处理任何关系,爱情、亲情、家庭、事业、⾦钱.它会随着你⾃我绽放的过程,完完全全的呈现出它⾃⼰和谐圆满的样⼦.明⽩吗?

Because this is your only way out. Let me tell you, even if now you have a man who does everything for you, giving you money and spoiling you, that's not your出路. That's just temporary like a sweet gun - a little sweetness on the outside, but it ends up being a bomb that destroys you completely. This is inevitable, do you understand? Here is not the出路. When you choose this path, everything about you will be in its rightful place, revealing its true nature. So there's no need to individually handle any relationship - love, family ties, career, money. It will naturally unfold into a harmonious and complete form as you blossom as your true self. Do you understand?

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JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我想活出最⾼版本的⾃⼰,JO能给我⼀些指引的信息吗?

Question: I want to live my best life version, can JO give me some guiding information?

JO: 你只要就是跟随我们,在你每⼀个节⾻眼上你有疑惑,就像现在这种⽅式来和我们交流.我们就会引领你⾛到你⽣命当中的所谓的最⾼版本,明⽩吗? 就是在任何你产⽣疑惑的时候,我们都会有⼀个指引给你.

JO: All you need to do is follow us; whenever you have any doubts at every joint in your life, communicate with us in the same way as now. We will guide you towards the highest version of yourself, understand? Whenever you have doubts, we will provide guidance for you.

问: 好的.我对灵性学习很感兴趣,对JOJO⽼师带出来的信息很兴奋.我如何更好的把这些信息在我的⼯作中落地呢? 在⼯作当中轻松不费⼒?

Question: Alright. I'm very interested in spiritual learning and excited about the information shared by Master JOJO. How can I better implement this information in my work without straining myself?

JO: 你不要觉得⼯作是⼀个外在的事情,就是你需要⽤⼀个什么技术、⽅法去做.你唯⼀就是说活出来,就是把这些信息真的就是融⼊到你⾥⾯,然后就是活出来.就是说这不是⼀个教你的技术,要怎样怎样.就是不像⽼师教⼩朋友,你坐好.⽽是说你⾃⼰的⾝体⾥⾯,你⾃⼰是光,你⾃⼰就是⽆限,你⾃⼰就是⾃由,你⾃⼰就是创新.你并没有死的东西,你就是活的.死的东西它是在什么?在你的观念⾥⾯,在你的头脑⾥⾯,在你的固有的认知⾥⾯,在你的经验⾥⾯,在你的记忆⾥⾯.那些是死的.那活的东西是什么? 每⼀个⽚刻你⾃⼰去创作,你⾃⼰去定义,你⾃⼰去选择你想要的.每⼀个⽚刻每⼀个当下你都可以去… 就好像上⼀分钟你已经死掉了.

JO: Don't perceive work as an external matter; it's not about acquiring certain techniques or methods you need to apply. It's all about living through it, integrating these informations deeply into yourself and then expressing them naturally. This is not teaching a technique on how to do things; it's unlike being taught by a teacher where you sit still. Instead, it's about your own body holding light, being limitless, being free, and being innovative from within. You're not bound by static elements; you are alive. The static elements exist in your thoughts, in your mind, in your conventional understanding, in your experiences, and in your memories – they are the dead parts of yourself. The living aspects lie in every moment where you create, define, and choose what you want based on that moment. You can make decisions and shape each instant anew, just as if last minute, you were already dead.

OK,它们跟我没有任何关系,它已经属于过去了.在这⼀⽚刻我选择什么?就⽐如说刚才我跟我⽼公打了⼀架.这⼀⽚刻当我记起来JO的这⼀句话,我可以马上抱着我的⽼公亲.因为头脑⾥⾯的记忆,它不会储存在那⾥,它不会有⼀个相停留在那⾥,然后让我对我⽼公还继续产⽣怨恨,还继续说为什么为什么,明⽩吗?这就是你们有多⼤的⾃由度.就在每⼀个当下当你知道你⾃由的时候,你去选择你最想要的,明⽩吗?你继续问.

OK, they have nothing to do with me; it's already in the past. At this moment, what do I choose? For example, just now I had a fight with my husband. When I remember JO's sentence at this moment, I can immediately hug and kiss my husband because the memory in my mind doesn't store there; it doesn't have any image lingering there, allowing me to still harbor resentment towards him or continue saying why, why? Understand? This is how much freedom you have. At every single instant when you know you are free, choose what you truly want, understand? You can keep asking.

问: ⽬前社会⼤环境⾥竞争很激烈,孩⼦们学习很⾟苦都在被拔苗助长.我作为教育⼯作⾥的⼀份⼦,我应该以怎么样的⼼态来⾯对?

Question: Currently, in the vast social environment, competition is intense, and children are working very hard with a lot of pressure to excel. As part of the education sector, what mindset should I adopt when facing this situation?

JO: 你⾸先就是说当你在说出这些问题的时候,你就已经知道这些是问题,这些是不应该,这些是不对的,这些是相反的⽅向.那既然你知道这些是相反的⽅向,那你是不是就可以去⾛出你⾃⼰的⼀个道路.⽤你⾃⼰的⽅式⾛出你⾃⼰的道路.⽽不是去跟随别⼈已经⾛出来的路,因为他们还在旧有的⼀些观念⾥⾯,他们旧有的观念觉得你必须要有知识你才能去⽣存,才能去做⼀些什么.但是你现在是在学习我们的⼀个活的东西,⽽不是死的,明⽩吗?我们活的东西才是… 为什么你刚才说对这些信息⾮常有激情⾮常兴奋? 因为你能认出来这些是活的东西.我跟你讲,如果你能认出来,你觉得其他⼈认不出来?

JO: First of all, you recognize that the problems you are discussing exist and they should not exist; they're wrong; they're contrary to what is right. Since you know they're going in the wrong direction, can't you then chart your own course? You can walk your own path using your own method, rather than following someone else's beaten track because they are still entrenched in outdated ideas that believe knowledge is required for survival and for doing something. However, what you are learning now is alive - not dead - do you understand? Our "alive" things are… Why were you so passionate and excited about the information you just received? Because you recognized that these are alive things. I tell you, if you can recognize this and think that others cannot?

所以说其他家长或者其他孩⼦他们都能认出来你这⾥是⼀条活路.那如果你知道你这⾥有⼀条活路,别⼈也会跟随你.就像这个⼥孩⼦她知道这⾥是⼀条活路,所以她坚持的把这条路给铺出来.然后你们在跟随在加⼊.那为什么你觉得你不能去铺出来⼀条活路,让别⼈来加⼊你呢?你⾝后有你⾝后的⼀些跟随者,就是你有你的影响⼒,就是你有你的圈⼦.你的那个圈⼦它周围也在寻找,明⽩吗?所以呢,通过这些你⼼⾥产⽣的疑问,它可以让你开辟⼀条路,开辟⼀条道路出来.⽽不是只是把它当成⼀个问题,然后带出⼀些信息就结束了.⽽是说在你⼼⾥埋下⼀颗种⼦.那就是什么?⼤愿,就是你的愿望.它可以成为你的愿望.为什么?因为当你有了

So every other parent and every other child can recognize that you have a viable path here. If you know there's a viable path for yourself, others will follow you too. Like this girl who knows there's a viable path, so she persists in paving the way, then everyone follows behind her. Why do you think you can't create your own viable path to lead others into it? You have your followers backing you up, meaning you have influence and a circle of people around you. This circle is also searching for something. Get it?

Therefore, through these questions that arise in your mind, they can help you forge ahead on a new path. It's not just about viewing them as an issue and then stopping there with the information. Rather, it's planting a seed inside yourself - that big wish or goal, which can become your motivation. Why is this so? Because once you have

这个⼤愿有了这个愿望过后,你就会发现你得到⾮常多的⽀持.⽆论是物质层⾯,还是我们这些区域,就是你们看不到的层⾯.这些⽀持都会给到你,⽆论你需要什么⽀持.你需要资⾦的⽀持,资⾦会到位.你需要⼈的⽀持,⼈会到位,就是你需要的那种⼈,⽽不是跟你相反的⼈.你需要的有共同⽬标、共同激情、共同思想的⼈.这些他们都会被吸引到你的⽣命当中来,明⽩吗? 你先不要⽤头脑去想这个怎么开展怎样.你只需要有⼀个愿望.这么说吧,就好像如果你要去想我要怎么样做怎么样做的话,就好像你要去想你呢颗种⼦要怎么样开花怎么样发芽怎么样突破⼟地.这些需要你操⼼吗? 你唯⼀需要就是播种,就是把那个种⼦埋到⼟⾥⾯.

This great aspiration after having this wish, you will find that you receive an enormous amount of support. Whether it is on a material level, or in areas such as us, which are unseen realms where you can't see these aspects. This support will be given to you regardless of what kind of support you need. Whether you need financial support, funds will be available. Whether you need human support, people will be there for you, the kind of people that align with your needs and not those who are against them. People who share a common goal, passion, and ideology. These individuals will naturally be drawn to your life, understand?

Don't start thinking in your mind how to carry this out or do it differently. You just need to have a wish. Imagine, as if you're trying to figure out how to make that seed grow, bloom, sprout, and break through the soil; does that require effort from you? The only thing you need is to sow the seed, which means burying the seed into the ground.

给它除除草,给它浇浇⽔,明⽩吗? 那你的⼼愿也是像种⼦⼀样.你不需要研究那些⼈如何来到我的⾝边.这个⼥孩⼦就可以给你做⼀个很好的例⼦,⼀个版本.她只在做她⾃⼰的⼀个⼤愿,然后所有的⼈包括你是不是都被吸引到她的⽣命当中来? 她没有到处去寻找你们吧? 我要找⼀个这样的⼈,我要找⼀个那样的⼈,对吧? 所有你也会⼀样,明⽩吗? 你也会⼀样,你要记住这句话.你继续问.

Take care of it by pulling the weeds and watering it. Do you understand that your wish is like a seed? You don't need to study how those people come into my vicinity. This girl can give you an excellent example, one version. She only did her big wish, and then all the others, including you, were attracted to her life, weren't they? She didn't go looking for any of you, right? I'm looking for someone like that, someone else like that, yes? You will also be like this, understand? You will also be like this. Remember these words and keep asking.

问: 对,我就是想给孩⼦们创造⼀个健康快乐的学习环境.

Q: Yes, I just want to create a healthy and happy learning environment for the kids.

JO: 那你现在就在这条路上.问: 提⾼孩⼦的内驱⼒.

JO: So you are right on this path now. Question: Boosting a Child's Intrinsic Motivation.

JO: 你说的很对,那你现在就在这条路上.

JO: You're right, so you're on this road now.

问: 我们平时的⼯作当中会⾯临很频繁的评⽐,这些会让我感到不舒服.我喜欢我的⼯作,也不想放弃我的⼯作.我该怎么样⾯对?

Q: In our daily work, we face frequent comparisons which make me feel uncomfortable. I enjoy my job and don't want to give it up. How should I deal with this?

JO:你们在⼀些⼯作场所它们会有很多你不喜欢的教条.那么当你感受到了,如果你不喜欢的话,你完完全全可以跳出来,⾃⼰创作⼀个平台,⾃⼰制定⼀些规则,明⽩吗?所以你不是去加⼊他们已经创造好的.那它们⾥⾯也有礼物,你知道哪些点是你不喜欢的.那么你就可以按照… 这么说吧,就好像他们建了⼀个房⼦你在⾥⾯.⾥⾯有你很多你不喜欢的地⽅.那你不喜欢,你可以完完全全跳出来去按照你⾃⼰的意愿去建⼀个房⼦.⾥⾯是你⾃⼰⼀些喜欢的⽅式和规则.为什么呢?因为你代表着很多⼈.很多⼈不⾏动,他就是不敢跳出来去建造这个房⼦,明⽩吗?因为他们头脑参与太多.他们会觉得我去哪⾥找材料啊?我哪⾥有资⾦成本啊?

JO: In some workplaces, there may be many doctrines that you don't like. If you feel they are unappealing to you, you have the complete freedom to step out and create your own platform, setting your own rules. You're not joining what they've already built. There are gifts within these systems; you know where the points of dislike lie. Then, you can follow... Let me say it this way: imagine they've built a house that you're inside. Inside, there are many aspects you don't like. If you find them unappealing, you can completely step out and build your own house according to your desires. It will be filled with the ways and rules you enjoy. Why would you do this? Because you represent many people. Many others may not act because they're too afraid to build this house themselves; they understand that their minds are heavily involved. They wonder where to find materials, how to fund it, etc.?

那就好像刚刚我们的信息说过,如果你要去考虑这些问题就好像你是要去考虑到这颗种⼦我埋到⼟⾥⾯,我怎么让它去突破这个⼟啊?这个⼟这么厚,我这么弱⼩.我怎么帮助它突破啊? 我怎么帮助它开花发芽呀? 明⽩吗? 这些需要你去操⼼吗? 农民会去操⼼这个吗? 明⽩吗? 农名他是绝对相信它的种⼦种到⼟⾥⾯,他会有收获,对不对? 那你只需要做的像农民⼀样.因为你知道它会⾃然⽽然的成长,你不会去怀疑这颗种⼦怎样怎样,明⽩吗?所以你只需要像农民⼀样去播种.然后你就看到遍地都是开花,明⽩吗?那你可能在它在⼟⾥⾯的时候,你看不到它有变化.但是你并不会去怀疑它.难道死了?难道没有了?你就放弃了.明⽩吗?

It's like what we talked about earlier - if you're trying to figure these things out, it's like imagining that seed I buried in the soil; how do I help it break through this soil? The soil is so thick and I'm so small; how can I assist it? How do I help it sprout and grow? Do you get it? Would a farmer worry about this? Do you understand? Farmers absolutely believe that their seeds will grow when planted in the ground, right? So all you need to do is plant like a farmer would. You know it will naturally grow, and you wouldn't question how the seed behaves, do you? Therefore, just plant like a farmer does. Then everywhere around you blooms with flowers; do you understand? While the seed is underground, you can't see any changes. But you won't doubt its existence or think it's dead, right? Would you give up?

所以说它在⼟⾥⾯,不代表它不会不断地产⽣变化.只是你看不到⽽已.

So just because it's underground doesn't mean that it won't continue to change; it's just that you can't see it happening.

问: 我在⼯作当中会接触很多知名的专家.就是我们会参加很多会,我就是专家和⽼师之间的桥梁.我会把专家的信息和理念⾃⼰先学习,然后当我理解后我再传给⽼师们去指导⽼师们的教学.这个会花费我很多时间和精⼒.我也想有更多放松的时间,我该怎么⾯对?

Q: In my job, I interact with many renowned experts. We attend numerous conferences where I act as a bridge between the experts and teachers. I learn their information and concepts first, then convey them to the teachers after I understand them, guiding them in teaching. This consumes a lot of time and effort from me. I'd like more relaxation time; how should I deal with this?

JO: 这是你的激情吗,你在做这些事情的时候? 如果你觉得它在消耗你,其实你已经知道了其实它并不是你的激情.为什么?当你在做激情的事情的时候,你感受不到时间过得这么慢或者这么浪费我的经历.它是在⼀种毫不费⼒的状态下,你会忘记时间的那种状态.那就说明这个不是你激情的事情.这个已经是给你的信号了.那如果你已经收到信号,已经知道这不是你的激情.那你是不是就可以选择,像我们刚才说,你在知道的情况下,你当下就去选择,对不对?你们很多⼈明明知道这不对,明明知道这不爽,还是要去做.然后就直到动不了了.为什么?没⼒⽓了.然后你们这⼀辈⼦⽣命也就这样⼦被荒废了.很多⼈都在做这样的事情.为什么?

JO: Is this your passion when you're doing these things? If you feel that it's draining you, actually, you already know that it's not your passion. Why? When you do something out of passion, you don't feel time passing slowly or wasting my experiences. It's in a state of ease and effortless flow where you forget about the passage of time. That indicates that this is not what you're passionate about. This is already a signal for you. If you've received this signal and know it's not your passion, then why can't you choose, as we just mentioned, to make that choice right away when you're aware of it, correct? Many people know very well that this is wrong or not enjoyable, yet they still do it until they're too tired to move. Why? Because they've run out of energy. And thus, throughout your entire life, this lack of passion leaves many years empty and wasted. A lot of people are doing exactly these things. Why, you might ask?

他们为什么⾃⼰不敢去做⾃⼰激情的事情?因为他们内在还有恐惧,明⽩吗? 所以说你们内在的恐惧是唯⼀阻碍你们的,明⽩吗? 所以你需要去问你⾃⼰,你怕什么?为什么你已经清楚这⼀切,你为什么不敢⾃⼰去开辟⼀⽚天地? 为什么? 你怕什么? 你觉得你年龄⼤了,⽼了? 你觉得不会有⼈⽀持你或者做不下去? 你害怕放下这个看似稳定的⼯作? 然后需要去挑战不稳定,明⽩吗? 所以说你需要去问你⾃⼰.你怕什么?

Why don't they dare to do what truly excites them? Because there is still fear within them, right? So the inner fear is the only thing that hinders you, right? So you need to ask yourself, what are you afraid of? Why, even knowing all this, don't you dare to create your own world? Why? What are you afraid of? Do you feel old and think no one will support you or sustain it? Are you scared to let go of this seemingly stable job, then challenge the instability, right? Therefore, you need to ask yourself, what are you afraid of?

问: 因为我觉得这个平台还是给我⼀个⽐较⼤的空间,可以让我把我的教育理念传递给其他⼈.所以我还是⽐较喜欢我这个⼯作岗位的.就是⼀部分⼯作让我不太享受.

Q: Because I feel that this platform still gives me a relatively large space to convey my educational philosophy to others. So, I do prefer my job position. It's just that some aspects of the work are not enjoyable for me.

JO: 所以你的问题是要如何处理⼀个不享受的过程是吗?问: 对JO: 那你只有去⽤你⾃⼰的⽅式.因为你⾃⼰才在跟你⾃⼰的⾁体打交道.你跟你的⾁体打交道才知道我怎么样让它舒服或者是熬过这个时间.但是你要知道在我们的观念⾥⾯,这⾥不需要熬.⽣命不需要熬.时间不是⽤来熬过去的,明⽩吗? 因为并不是树你去选择开创你⾃⼰的⼀⽚天地你就不会享受了,⾥⾯就没有你享受的东西.NO NO NO NO,⾥⾯是完完全全你享受的东西.你不需要去忍受⾥⾯30%不享受的,明⽩吗? 这是你们⾃⼰觉得我70%享受,我30%就忍忍过了.你们就进⼊到忍忍过的⼈⽣版本,明⽩吗?

JO: So your question is about how to deal with an unpleasant process, right? Ask: To JO: Then you have to use your own method because only you are dealing with your own body. You need to understand how to make it comfortable or endure the time since you're interacting with your own body. But keep in mind that within our perspective, there's no need for endurance. Life doesn't require endurance. Time is not meant to be endured; get it? It's not about choosing a path where you won't enjoy yourself and find nothing enjoyable inside. Absolutely not! Inside, everything you encounter is enjoyable. You don't have to tolerate the 30% that isn't enjoyable. Understand? Some of you think I'm enjoying 70% of it, and the other 30% is just endured. You end up living in a version where you endure things, get it?

那如果你说,我要追求 100%的享受,我不要⼀丁点不享受在我的⽣命⾥⾯.那你就进⼊到100%的,明⽩吗? 所以没有得过且过,我们就是来让你看到你的⽣命不是得过且过的.你是每⼀个⽚刻都不断地不断地盛开的绽放的状态.每⼀个⽚刻.这⾥没有任何需要你去承受的忍受的.

If you say that I want to pursue 100% enjoyment, and I don't tolerate even a tiny bit of unenjoyment in my life, then you enter into the realm of complete understanding, do you see? So there's no going with the flow or making compromises; we're here to show you that your life isn't about settling for less. You're constantly blossoming and thriving in every moment. Every single moment. There's nothing you need to endure or bear here.

问: 我原来是想着我再有五年就退休了.退休之后我就可以去做我⾃⼰想做的事情.

Question: I was thinking that in another five years, when I would retire, I could then do what I want to do.

English:

JO: 你们很多⼈都这么想.你们总觉得要等到等到什么时机,那个时机就在你眼前.为什么呢? 因为你当下做出选择你才能⾛到那个版本.这么说吧,你怎么知道这五年后这个世界还存在呢? 你们⽣命中你看到了⽆数事故,就是坐上飞机⼈都没了.突然⼀下疫情来了,全部封锁了,⼈都动不了了.你们经历了这么多.为什么你还会觉得你们有五年后呢? 明⽩吗?所以你们在头脑⾥⾯有很多很多限制你们的.你们总觉得你们有⼏年后⼏年后.如果你当下不做出去选择,就是去这条道的话,五年后是没有道的.为什么呢? 因为外在的⼀切它只会加固你,让你越来越动弹不了.就是说你现在能动弹的了,因为你还有选择和活动的空间.

JO: Many of you think this way. You always feel that there is a certain opportunity in front of you, waiting for the right moment. Why? Because only when you make choices in the present can you reach that version. To put it simply, how do you know that the world will still exist five years from now? In your lives, you have witnessed countless accidents, like people dying on a plane. All of a sudden, there was a pandemic, and everything was locked down; people were unable to move. You've experienced so much already. Why would you think you'll have another five years? Do you understand? Therefore, in your minds, there are many limitations that restrict you. You always believe that you will have more time later or even further ahead. If you do not make choices right now and take this path, there won't be a future path for you five years down the line. Why is it so? Because everything outside just reinforces you, making you less able to move and act as you did before.

但是随着时间的增加,你只会让你的束缚,让你可活动的空间越来越⼩,明⽩吗? 所以说最好的时机只有当下.当下你不需要去做出任何⾏动,你只需要去埋下你的种⼦,明⽩吗? 农民能说我五年过后再播种吗? 因为我那会⼉才有时间去好好的打理它.它是不需要费⼒的.你们真正的⼒量在哪⾥? 在你们的意念,在你们的能量层⾯.这才是有强⼤的⼒量的,⽽不是⽤你们的时间.你们的时间和你们的⾝体和你们的⾏动,这些是最没有⼒量的.也不是说最没有⼒量,就是说它是低于刚才说的.它是有⼒量的,但是它是低的.但是真正的⼒量它还是来⾃于你内在.因为如果你内在没有⼒量的话,那你外在所表现出来的⾏为还是没有⼒量,明⽩吗?

But as time passes, you only restrict yourself and limit the space for your movement more and more, understand? So the best moment is now. You don't need to make any action at this moment; you just need to sow your seed, understand? Can a farmer say they will plant five years later? Because then I would have time to properly tend to it. It doesn’t require effort. Where is your true strength? In your thoughts, in the energy levels of your being. This is where true power lies, not with your time. Your time, your body, and your actions are the least powerful; that isn't saying they're the most powerless but rather they are lower than what was just discussed. They do have power, but it's low. But true strength still comes from within you. Because if there is no strength within, then the actions manifested outwardly will also lack strength, understand?

那个是你⼒量的来源.你就好像看那个⽪影戏⼀样,真正的⼒量是在背后操控它的,⽽不是⽪影本⾝.⽪影本⾝它是没有⼒量的.也就是说你只是去⾏动的话,它没有那股⼒量.没有那个⼒量⽀撑的话,它是不具有影响⼒的.

That's the source of your power. You're like watching a puppet show, where the real power lies behind the scenes操控it, not in the puppet itself. The puppet itself has no power. In other words, if you just act without that force支撑, it doesn't have any influence. Without that support of power, it lacks the ability to impact anything.

问: 明⽩.我知道要安住于当下,我知道当下是最有⼒量的.但是我头脑的思想链条很多,能帮我清理吗?

Q: I understand. I know that being present is powerful. But my mind has many thoughts. Can you help me clear them?

JO: 也不是说安住于当下,只是说你们⾃⼰需要明⽩这⾥没有将来,只有当下.为什么呢? 因为你就算到了将来的那个时候,明天、后天、⼤后天、⼀年后,它还是只有你眼前的这个当下给你.如果你的⼀些观念和思想不改变,你到了明年过后你还是⼀样的.你的恐惧还是在,恐惧不会因为你⾃⼰过个两年就没恐惧了.不会的,它只会加深.它只会吸引更多的恐惧.那你清理恐惧是要等到将来才能清理吗?是等到时间让它清理吗?不会的.因为你只有当下看到你的恐惧在哪⾥过后,它就清理掉了,明⽩吗?所以你们只有当下.然后你刚才说什么? 你头脑的什么?

JO: It's not about being anchored in the present moment; it's just that you need to understand there is no future here, only the present. Why is that so? Because even when you reach that future time, tomorrow, the day after, the day after that, a year later, it will still be only the present moment given to you. If your concepts and thoughts don't change, then even if you are one year later, you'll be in the same position. Your fears remain; they won't disappear because two years have passed. They just deepen, attracting more fear. So, is it that you can only clear your fears in the future? Is clearing happening when time passes by? No, because once you see where your fear is with your present moment understanding, then it's cleared. Do you understand? Therefore, you only have the present moment. And what did you say just now? What was your brain thinking about?

问: 但是我头脑的思想链条很多…JO: 你⾸先要明⽩你头脑的⼀个功能.你头脑⼀个功能是什么? 它会储存,它会不断地去分析归类.但是⾥⾯都是死的东西,它会跳出来各种声⾳.但是这些声⾳它是不具有⼒量的,明⽩吗? 所以如果你去相信它是有⼒量的话,你害怕了.那那个⼒量是你给了它,你感受到的是你⾃⼰的⼒量.但是你同样可以选择不给它.我们以前的信息说,它就好像你的眼前有影⼦,对吧? ⼀会⼉⼀只狗、⼀只猫、⼀只⽼虎、⼀个⿁,这些画⾯不断地从你的头脑当中.但是它们都是没有颜⾊的.只有你⾃⼰害怕它,你就在给它添加颜⾊.你再继续去想要消灭它、抵触它或者是想要顺着它.那它就开始变的有颜⾊,它还活灵活现的来跟你互动.

You ask: But my mind's chain of thoughts is many... JO: The first thing you need to understand about the function of your mind. What is its primary function? It stores information and constantly analyzes and categorizes it. However, there are only mechanical processes within; it produces various sounds which come out. But these sounds don't have any strength behind them, do you see? Therefore, if you believe they possess power, you become afraid of them. The strength you feel is your own force. Yet, you can also choose not to give it that power. Our previous information suggested that it was like seeing shadows before your eyes; right? Scenes like a dog, a cat, a tiger, or ghosts constantly appear in your mind. But they are all colorless. Only when you're afraid of them do you add colors to these visuals. You then start to want to eliminate them, resist them, or follow them. And suddenly, they gain color and become vivid, interacting with you as if alive.

所以你的能量,你的关注⼒就在把它给复活.把它复活了变得有⾎有⾁的来跟你互动.但是它的

So your energy, your attention is to bring it back to life. To make it alive and interactive with you. But its

⾎液是来⾃于哪⾥? 来⾃于你⾃⼰.你的什么? 你关注它的⼀个能量.就是你在关注它,你在注⼊能量.越来越活了,活灵活现的了,还打你来了,明⽩吗? 是⼀步⼀步你的关注把它给复活了,给它注⼊⾎液.那如果你关注其它的呢? 你关注的是鲜花、掌声、美好.你也会把那些复活,然后来不断地让你感受到鲜花、掌声,明⽩吗? 所以说其实它本⾝你可以完完全全的... 因为你还没有了解它的功能.因为你们⼤多数⼈,你们都是依靠它⽽活.所以你们会把它赋予很重要的位置,明⽩吗? 就好像明明你旁边的警⽝是你的⼯具,但是你却让你的警⽝做你的主⼈,你跟着这个警⽝⾛,明⽩吗? 就好像这条狗,你跟着它⾛.

Where does blood come from? From yourself. Your what? An energy you focus on; it's your attention that is being infused. As you become more alive, vivid and responsive, it even comes back at you, do you understand? It is step by step through your focus that you are reviving it, infusing it with blood. So if you focus on other things like flowers, applause, beauty? You would also bring those to life, then constantly have the experience of flowers, applause, understand? Therefore, actually, you can completely... because you haven't fully understood its function. Most of you rely on it to live, so you give it a very important position, understand? It's like when clearly your dog next to you is just an instrument, but you let this dog become your master; you follow the dog around, do you understand? Like following this dog as if it were leading the way.

那这条狗它也会受集体意识的影响啊.如果是没有被训练过的狗,随着它的天性,那它不就是动物嘛.那你就是跟随这个动物,⼀会⼉这样,⼀会⼉那样.你⼀会⼉看着这个想去吃两⼜,看着那个想去摸两下.明⽩吗? 所以如果你对这个那个什么的话,我们有很多信息会让去清楚你头脑的功能.慢慢慢慢的你就会跟它成为合作伙伴⼀样,⽽不是受它影响.你可以去很好的操控它、利⽤它.让它协助你在这个物质世界如何的去体验、创造.⽽不是让它牵着你到处⾛,明⽩吗? 它有牵着你到处⾛的⼒量也是来⾃于你.你继续说.

That dog would also be influenced by collective consciousness. If it's an untrained dog following its nature, then isn't it just an animal? You'd follow that animal, doing this one thing and then another. Sometimes you'd watch what it wants to eat with its two mouths, or touch something else. Understand? So if you're dealing with such matters, we have plenty of information to clarify the function in your mind. Gradually, you would become a partner with it, rather than being influenced by it. You could control and utilize it well, making it assist you in experiencing and creating within this physical world. Instead of letting it lead you around everywhere, understand? The power that allows it to lead you comes from you. Continue speaking.

问: 我也知道冥想是清理的⼀个很好地⼯具和⽅式…JO: NO NO NO NO,并不⼀定.它只是针对某⼀些⼈冥想是很好很好.那只是针对他们,不⼀定是针对你,明⽩吗? 你们⽣活中就可以是冥想.因为冥想其实就是与内在发⽣连接,明

Q: I also know that meditation is a good tool and way to cleanse…JO: NO NO NO NO, it's not necessarily so. It just works well for some people. Meditation is great for them, but not necessarily for you. Understand? You can practice mindfulness in your daily life because meditation is essentially connecting with the inner self.

⽩吗? 就是关闭那些虚幻的东西.从⼀个虚幻的东西⾛到你内在的深处,那你在任何场合做任何事情你都可以进⼊到这种冥想的状态.我跟你讲,现在这个⼥孩⼦就在做冥想.那你会觉得她在冥想吗? 明⽩吗? 所以不要⽤⼀种⽅式或者是别⼈说的⽅式或者是怎么样怎么样去把它当成⼀切.⽽是你⾃⼰去摸索⼀条道.你⾃⼰去看到底什么是适合你的.外界⼀切它只是别⼈创造出来的,那你只能去把它做参考.⽽不是把它当成是你的路.你继续问.

White? That means turning off those illusions. By walking from one illusion to the depths of your inner self, you can enter into this meditative state in any situation, doing anything. Let me tell you, this girl is currently meditating. Would you think that she is meditating? Understand? Therefore, do not judge it by a certain way or how others say it should be or anything like that. Instead, find your own path. See for yourself what truly suits you. The outside world is just something created by others; you can only use it as a reference, not as the definitive pathway for you. Keep asking questions.

问: 就是我感觉冥想很着重要,但是我对这个感触不深.

Question: I feel that meditation is very important, but my sense of its significance isn't strong.

JO: 那就⾏了.就像我刚刚说的你不要觉得别⼈能⾛上这条路,别⼈有收获就是你的.不是的.还有清理的话,你们唯⼀清理的就是,你看到你就清理到了.你不需要去做什么⼀系列的冥想啊又是唱什么经啊,又是这样又是那样,去做这些东西你就当场… 这么说吧,你有⼀盏灯.你把这盏灯打开了.那你看清楚了,那你就清理掉了.就是你灯⼀打开,这个⿊暗就没了.这就是清理.那如果你不打开,你在⿊暗⾥⾯,那就是没清理.那灯⼀打开呢? 就清理掉了.它是这样瞬间的事情,⽽不是⼀个你需要反反复复或者⼀个过程.花时间花⼼⾎去做的.那个对于别⼈来说有效果或者是怎么样怎么样,那只是他们⾃⼰的头脑给⾃⼰的⼀个好像是意识许可.

JO: Alright. That's it. Like what I said just now, don't think that others can walk this path or have achievements because they do; it doesn't apply to you. You only clear things when you see them and acknowledge them. You don't need a series of meditations, chanting mantras, or any other elaborate practices; you just need to do it on the spot.

Let me explain further: Imagine you have a lamp. When you turn it on, you can clearly see everything around you. That's what "clearing" is about - illuminating your understanding and getting rid of ignorance. If you don't switch the lamp on, staying in the dark means you haven't cleared anything. Once you light up that lamp, the darkness disappears instantly. This is how clearing works – it happens immediately, not as a process requiring continuous effort or time investment. For others, whether this method yields results or not might be their own interpretation of their subconscious mind granting them permission.

就是他觉得我要怎么做才有效果,明⽩吗? 所以你不需要去跟随任何⼈的⽅式⽅法.有些⼈他觉得那个⽅式⽅法有效果,那是他们的体验.你创造你⾃⼰的.你只要知道有光的地⽅就没有⿊暗,也不需要清理.

He's asking what would work for me, right? So you don't need to follow anyone's methods or approaches. Some people believe their methods work because that's their experience. You create your own path. Just know that there is no darkness where there is light, and there's no need for cleaning.

问: 这个有光的地⽅,是不是就是⾛上成长的道路?

Question: Is this place with light the path of growth?

JO: 这个就是智慧呀,你内在的智慧.也就是⼼灵之眼,你眼睛睁开了.你不是那种看不见,眼睛蒙住的状态.你眼睛睁开了.这么说吧,你可能前辈⼦经历了好多痛苦好多悲伤好多挫折.但是当你觉醒的那⼀天,它什么都没有了.你就会知道所有的⼀切就只是个幻像,只是个梦境.那你就觉醒了.那你需要⼀个⼀个去清理它.明⽩吗? 你已经从这个虚幻的物质世界当中睁开眼睛觉醒了.但是呢,在那⼀刻你却能收到它背后的所有礼物.就是你知道它如何通过这件这件事件体验到就是更有慈悲⼼,更有爱⼼,明⽩吗? 所以只会留下这些.它对你带来的恐惧或者是伤害,这些都不复存在了.

JO: This is wisdom, the wisdom that lies within you. It's like your inner eye, your heart's eye, and you have opened it. You are not in a state of blindness or having your eyes covered; you have simply opened them wide. To explain it further, perhaps your predecessors went through numerous hardships, sorrow, and setbacks throughout their lives. But when they reached the day of awakening, all those things vanished. They would understand that everything is just an illusion, nothing but a dream. That's when you awaken, and you need to go through the process of cleansing each experience one by one. Do you see it now? You have woken up from this illusory material world where your eyes were closed, yet in that moment, you can receive all the gifts behind it. You realize how these experiences taught you more compassion and love. So only these aspects remain; the fear or harm it brought to you no longer exists.

问: 我平时会容易受到别⼈的影响,会⽐较在乎别⼈的看法.我知道这是我的⼀个限制.这个能帮我清理⼀下吗?

Q: I often get influenced by others and tend to care about what people think of me. I know this is a limitation for me. Can you help me clear that up?

JO: 你稍等.给我你的⼿.我们把这种影响变成正⾯的影响.我们把来⾃于源头来⾃于光的影响全部给到你.也就是说你有⼀双智慧和明亮的眼睛.你能分辨出哪些是来⾃于⼈类的⼀些恐惧的影响.哪些是来⾃于源头纯净的光的影响.你只会去接纳那些来⾃于光的影响.为什么呢? 因为它给了你⼒量.它让你完全处于⼀种没有冲突的状态,就是只是爱的存在的状态.其他影响来⾃于就像⼈类集体意识中的恐惧或者是攻击、伤害、分裂,这些不会给你带来任何影响.为什么呢? 因为你能认出它们.你认出它们,你便不接受这些影响.刚才把好像是智慧之眼,就是好像给了你⼀副眼镜.这副眼镜能让你分辨出什么是来⾃于光和来⾃于⿊暗.

JO: Wait a moment. Hand me your hand. Let's turn this influence into a positive one. We will give you all the impacts that come from the source, the light. In other words, you have a pair of wise and bright eyes to distinguish between influences coming from humanity's fear and those coming from the pure light at the source. You only accept the impacts from light because it gives you strength. It places you in a state without conflict, just being in love's presence. Other influences stem from fears or attacks, harms, and divisions within human collective consciousness; these do not affect you. Why? Because you can recognize them. You recognize them and therefore do not accept those impacts. The wisdom of the eye has been bestowed upon you like a pair of glasses that enables you to distinguish between light and darkness.

然后你会不断地不断地受到光的影响,让你⾃⼰越来越通透.⽽你会拒绝去受到⿊暗的影响.

Then you will constantly be influenced by light, making yourself more transparent over time. And you will refuse to be influenced by darkness.

问: 谢谢.我现在平时的⼯作就是⽩天上班,晚上有时候会没有时间运动.但是我认为锻炼⾝体很重要.有时候我就是想要运动,但是又⾏动不起来.怎么调节好这个⽭盾?

Q: Thank you. My current job involves working during the day and sometimes I don't have time to exercise at night. However, I believe it's important to stay active. Sometimes I really want to exercise but can't get myself to do it. How do I manage this conflict?

JO: 刚才已经说了,⽐如说你这份⼯作有70%是享受或者是有30%是不喜欢的,但是你还是去选择它.为什么呢?你选择⼀种得过且过的版本.这是你⾃⼰做出选择的.但是呢,你却可以去选择⼀个100%是你想要的⽣活的状态,明⽩吗? 你只是还没有去做出这个选择⽽已.因为你⾃⼰才是这个创造者、体验者、选择者.这么说吧,这个屋⼦是给你的.然后这个是属于你的屋⼦.你⾃⼰去选择这个家具我喜欢,我把它留着.我不喜欢,这⼀堆粪在这⾥太臭了,我不喜欢.我忍受⼀下吧.为什么?因为我这个家我70%都喜欢,这些粪我不喜欢,我只有忍受.你不需要忍受.你可以把它扔出去呀.你可以重新去完完全全创造⼀个你喜欢的呀,明⽩吗?

JO: As we just discussed, perhaps your job brings you pleasure 70% of the time and dissatisfaction for the other 30%. Despite this, you choose to pursue it. Why do you opt for a mediocre version when you could choose a state where everything aligns perfectly with your desires? You have the power to make these choices. The reason is that you haven't chosen yet; you are the creator, experimenter, and decision-maker of your own life. Imagine, this house is yours - it's your property. You select what furniture you like and keep it. What you don't like, such as a pile of stinky trash, you discard. You endure just because your home gives you satisfaction 70% of the time and you tolerate the rest. But why settle for tolerating when you could completely eliminate the parts you dislike? Why not throw them out and create anew an environment that fulfills all your desires?

所以你要知道你们是有这个能⼒和这个权⼒和这个⾃由度去选择⼀个它是100%是你喜欢的⼀个状态.⽽不是要去忍受.就像前⾯我们说的,⽣命不是来让你忍受啊承受啊熬啊,明⽩吗?除⾮你有⼀些信念,你觉得⽣命是要你熬过去的.那你就会体验⽣命是需要熬过去的,⽇⼦是需要熬的,需要得过且过,需要忍受的,明⽩吗?唯⼀就是说你们就在跟你们⾃⼰的观念打交道.你⾃⼰相信什么?跟你⾃⼰的信念,跟你⾃⼰内在的⼀个频率、思想打交道.那如果打的交道,它投射出来的这些不是你喜欢的.你是不是就可以去改变它?没有什么是不能⽀持你们的.你们想象⼀下希特勒想要杀死那么多⼈,他都在受到⽀持.那些冤死的⼈也是在⽀持他.

So you need to know that you have the ability, power, and freedom to choose a state that is 100% what you like, rather than having to endure it. As we discussed earlier, life is not meant for you to suffer through, understand? Unless you hold some beliefs that you think life is meant to be endured, then you would experience life as needing to be endured, days needing to be dragged through, living day by day, enduring the pain. Understand? Essentially, it's just dealing with your own beliefs and perceptions. What do you believe in? You're engaging with your beliefs, your inner frequencies, and thoughts. If what you're interacting with is not what you like, can you change it? There is nothing that cannot support you. Imagine Hitler wanting to kill so many people; he was being supported in his actions. The victims who died were also supporting him.

你为什么觉得你不能受到⽀持呢?你为什么觉得你想健⾝你都不能受到⽀持呢? 为什么? 这是需要你问你⾃⼰的.为什么你觉得… 做⼈不能太贪⼼,你不能什么都拥有.明⽩吗? 那只是他们的⼀个观念⽽已.

Why do you feel like you can't receive support? Why do you think that even your desire to exercise isn't supported? Why is it like this? This is a question for you to ask yourself. Why do you believe... You can't be too greedy as a person, you can't have everything. Understand? That's just their perspective after all.

问: 我在⼯作当中会有很多场合要照相.我不喜欢照相,总是害怕照出来不好看.这个怎么去改善?

Question: I often need to take photos in my work environment. I dislike having my photo taken and always worry about how it will turn out. How can this be improved?

JO: 那正好是不是⼀个功课让你去认清楚你不是你的⾁体呢? 所以你又何必在乎它⽤什么⽅式存在呢? 如果你执着于你的⾁体,你执着于你的这个相的话.你看你这个相从⼩到⼤,然后在到⽼会变多少次? 它不断地变化变化变化,明⽩吗? 你哪怕是个⼤明星,也有拍出照⽚不好看的时候.⼤明星都有.那么完美的⼥星都有.那你看那些⼤明星他们变⽼的时候,她也会失去她年轻时候的那种光彩夺⽬.所以说这只是你⾃⼰需要去看清楚⼀个事情,明⽩吗?

JO: Isn't that precisely a lesson to help you realize that you are not your body? So why should it matter how it exists? If you're fixated on your physical form and appearance, consider how many times this form shifts from childhood to adulthood and then into old age. It's constantly transforming and changing, right? Even if you're a major celebrity with good photos taken at times, all celebrities face moments when their pictures don't do justice to their beauty. There are beautiful actresses too. When you see the same celebrities as they age, they lose that youthful brilliance. This just highlights something you need to recognize about yourself, understand?

⽽且说实话,别⼈在跟你相处中,他感受的是你的能量.他会在乎这个相? 他会拿着照⽚在那看? 如果真的是拿着照⽚在那看研究你漂不漂亮,你也可以不⽤去管这些.在你眼⾥他只是变态⽽已,明⽩吗? 所以你跟⼈在互动,他们感受的是你的能量场,⽽不是你的那个相.你的能量强⼤与否,你的能量场是怎么样的⼀个状态.他们都能感受的到的.你⾃⼰去跟随着⽼师你就能知道,明⽩吗?

And to be honest, when others are interacting with you, they feel your energy. They will care about this interaction? Will they hold the picture and stare at it? If indeed they are staring at the picture to study how pretty you are, you can ignore these aspects. To them, he is just a pervert, understand? Therefore, when you interact with people, what they perceive is your energy field rather than your appearance. Whether your energy is strong or not, and what state your energy field is in, they can all feel it. You will understand this by following an instructor, do you get that?

问: 明⽩.照相的时候微笑好看,我⾃⼰也觉得微笑好看.但是照出来的⾃⼰从照⽚上看就感觉不是那么开⼼.这个是….

Q: I understand. Smiling for photos looks nice, and I personally find smiles attractive. However, when looking at the pictures, I feel like it doesn't reflect my true happiness. This is...

JO: 这个只是你把好像⼀个⼩瑕疵给它放⼤,然后不断不断地去琢磨.⽆论你怎么琢磨,你头脑⾥⾯都会有⼀些问题.为什么呢? 因为你觉得是个问题,所以它总会产⽣问题.如果你没有觉得它是个问题… 这么说吧,就好像我们前⾯的信息告诉你,你的⼀个关注⼒,你的⼀个去把不同的东西激活然后来跟你互动.你为什么不去选择你的激情和梦想去把它激活? ⽽是选择⼀个照⽚,明⽩吗? 所以你们每⼀个⼈的时间和精⼒和能量都是有限的.就是在这个物质世界是有限的,在看不见的世界是⽆限的.既然是有限,你们为什么不善于利⽤,把它利⽤在你偏好的地⽅,⽽不是不喜欢的地⽅.

JO: This is just magnifying a minor flaw and constantly polishing it. No matter how you polish, there will always be some issues in your mind. Why? Because if you see it as an issue, then inevitably problems will arise. If you don't see it as one… to put it another way, our previous information has told you that your focus, the ability to activate different things and interact with them. Why wouldn't you choose your passions and dreams to be activated instead of choosing a picture? So everyone's time, energy, and vitality are limited. In this physical world, they are finite, whereas in the unseen world, they are infinite. Given that they are limited, why don't you use them efficiently, directing them towards what you prefer rather than where you don't like it?

你想⼀下,你们那些伟⼈,就是⽑泽东、邓⼩平,他们哪怕活个⼀百岁不也就过去了吗? 那他们经历了这么多重要的场合,这么多照⽚,谁还会看啊? 明⽩吗? 你也会⼀样呀,我说的是这个⾁体的你,也会变成是像历史⼀样.谁会去看你呀? 明⽩吗? 所以不要把这个形象固定是你.为什么? 因为你永远都在千般万化.⽽且这个相,它会随着你⾃⼰能量的变化⽽产⽣巨⼤的变化.所以最主要还是你的能量.你的能量不变的话,你这个相就会越来越僵硬,越来越⽼.它没有活⼒的.明⽩吗? 所以不管你照相还看与否,你跟⼈打交道的时候你都是僵硬的,没有活⼒的,硬邦邦的,死⽓沉沉的.

You think about it, those great men like Mao and Deng - even if they lived a hundred years wouldn't that just be gone? Then all those important moments they experienced, all those photos taken of them, who would care to look back at them now? Understand? This applies to you too, this is about your physical self. It will become part of history - who cares about that? Understand? So don't fixate on projecting just one image of yourself. Why? Because you're always changing and transforming in a myriad of ways. And this manifestation changes with the shift in your own energy field, producing drastic transformations. The key is thus your energy. If it doesn't change, your manifestation will become more rigid, older, losing its vitality. Understand? So whether you like to take photos or not, when you interact with people, you're always stiff and lacking life, dead in the water.

问: 也就是让⾃⼰更绽放?

Question: Is it about letting oneself bloom more?

JO: 你要知道最重要的是什么? 是你的能量决定着你这个相,⽽不是你这个相决定你是谁.如果你只专注于这个相,⽽不专注于能量的话.你的相只会越来越僵硬,越来越死⽓沉沉,没有活⼒,没有影响⼒.

JO: You need to understand what's most important - it's your energy that defines who you are through this form, not the form itself. If you only focus on the form and neglect the energy, your form will become increasingly rigid, lifeless, lacking vitality and influence.

问: 那就是改变能量?

Question: That's changing energy?

JO: 那就是你知道你最重要的地⽅是能量层⾯,⽽不是你这个相,明⽩吗?

JO: That's because you understand that your most significant realm is on an energetic level, not in this form, right?

问: 还有就是我⼀看综艺节⽬⾥⼥⽣跳舞就特别喜欢,但是我⾃⼰就跳不了,包括画画.是我⾃⼰在这⼀⽅⾯没有天赋?

Question: Another thing is that I really enjoy watching girls dance on variety shows, but I can't do it myself, including painting. Is it because I lack talent in this area?

JO:⾸先你喜欢,你可能只是喜欢呢种活⼒的状态,就是能量、青春、就是⽣命的⼀个状态.因为你⽣命其实就是跳舞,你不断地去… 你就好像是⼀个能量,你跳来跳去跳来跳去,⽣命就是跳舞.那有可能你就是通过那个来让你看到你的⽣命还没有舞动起来.当你⽣命舞动起来,你就会觉得你的⽣命不断地在跳舞,明⽩吗? 你就不会有这个遗憾或者这个向往了.所以允许你⽣命舞动起来,它不局限于什么形式.跳舞只是⼀个表现⽅式.

JO: Firstly, you might just enjoy that lively state, the energy, youth, the state of life. Your life is essentially dancing; you're constantly moving... You are an energy bouncing around, dancing here and there, everywhere. Life is dancing. Perhaps you see this because your life hasn't been fully expressive. When your life dances, you feel it's continuously dancing. Understand? This eliminates any feelings of regret or longing. So let your life dance freely, without being confined to a particular form. Dancing is just an expression.

问: 就是当我能量通畅的时候,⾃然就舞动起来了.是这个意思吗?

Question: It's when my energy is flowing freely that I naturally start to move and dance. Is this what it means?

JO: 当你真正的活出你⾃⼰,按照你⾃⼰的意愿100%.⽽不是去忍受有百分之⼏⼗你不喜欢的那种状态.明⽩吗? 这么说吧,你如果是百分之百的状态的话,那你整个是活灵活现的,你是活的.如果你30%还是沉重的能量,你还是飞不起来呀.你飞⼀下,哎呀累了,掉下去了.因为有沉重的能量在那⾥呀.明⽩吗?

JO: When you truly live as yourself, 100% according to your own will, not just tolerating a state where you dislike a certain percentage of it. Can you understand? If you are at 100%, then you're fully alive, you're living. If there's still 30% that feels heavy in energy when you're only 70%, you can't really fly. You might soar for a bit, but then you get tired and fall back down because of that heaviness hanging around. Can you understand?

问: 能不能帮我连接⼀下我⽼公的能量.

Question: Can you help me connect with my husband's energy?

JO: 你想问什么?

JO: What do you want to ask?

问: 我感觉他这⼀段⽐较⾟苦,⼼情不是特别好.能不能帮他清理⼀下这⼀块.

Q: I feel that he has been through a tough time recently and is not in the best of moods. Can you help him clean this area for him?

JO: 你稍等.你⽼公叫什么名字?问: XXXJO: ⾸先就是说你要知道你们就好像很是卷⼊⼀股强⼤的能量旋涡去⾥⾯⼀样.你们所有⼈都是⾝不由⼰的⼀个状态,明⽩吗? 如果你只是单纯的让我从能量层⾯清理的话,就好像是⼀种,就是让他更加⿇⽊.就是他本⾝是疼的,然后你说给他注射⼀点⿇药.这样他就能继续坚持⾛在不属于他的路上,明⽩我的意思吗?你看他⾛在上⾯全是钉⼦的路上,他的脚流了好多⾎.JO,你给他吃⼏颗⿇药,让他继续在路上⾛继续流⾎.然后呢,只是感受不到疼.明⽩吗?那我们把这个疼痛给他拿⾛了,但是他还是继续的在流⾎.他的⾝体会因为流

JO: Wait a moment. What's your husband's name?

Question: JO: First, you need to understand that you are all caught up in a powerful energy vortex, and you're all in a state of being unable to control yourselves. Do you get it? If I were just to cleanse him from an energetic level for you, it would be like making him numb. He was already feeling pain, and then you say that I should give him some pain medication. So he could continue walking on the path not belonging to him. Do you understand what I mean? Imagine him walking on a road full of nails with his feet bleeding profusely. JO, you administer some painkillers to him, so he can keep bleeding while continuing on this path. Then it's just that he doesn't feel any pain anymore. Do you get it? We're taking away the pain from him, but he still keeps bleeding. His body is bleeding because...

⾎过多⽽死呀,明⽩吗? 如果你真正的想要帮助他的话,你可以让他来找我们.但是必须是他⾃⼰内在的意愿.还有⼀个就是说你⾃⼰不断不断地成长.你的频率强⼤到你把你周围的⼀切给带起来.你不会受他们的影响,明⽩吗? 所以说你们去外求的清理也好,还有这种求神拜佛啊,给我做点法术什么什么的.都好像是刚才我前⾯告诉你的⼀样,我继续让他⾛在钉⼦上,不属于他的道路,这条不归路.然后我们给他⿇⽊⼀下,让他感受不到疼痛.他不疼了,他不叫了,你看着他舒服了.你却看不到他的脚不断地流⾎.他总有⼀天会因为流⾎过多⽽死.⽽且它永远也⾛不上⾃⼰的路,明⽩吗?

Dying from too much blood? Understand? If you truly want to help him, you can let him come and find us. But it must be his own inner wish. And another thing is that you continuously grow yourself. Your frequency becomes strong enough to uplift everything around you. You won't be affected by them, understand? So when you go out seeking cleanings or praying to gods, doing spells for me, all these are like what I just told you before - keeping him walking on the nails, not his path, the non-returning road. Then we numb him so he doesn't feel pain. He stops crying because it hurts him, but you only see him looking comfortable. But you don't see his feet bleeding continuously. There will come a day when he dies from too much blood loss, and he'll never walk on his own path. Understand?

问: 那适合他的路能指引⼀下吗?

Question: Could you guide me on the right path for him?

JO: 这个必须要他⾃⼰,他敞开他愿意去探索去寻找,他愿意接受这个指引.为什么呢? 就算我们给他指了路,你觉得他会听吗? 如果他内在不愿意的话,他不会听的呀.

JO: This is something he must do for himself; he needs to open up and be willing to explore and seek guidance. Why would that be? Even if we point him in the right direction, do you think he would listen? If his inner self isn't willing, he won't listen.

问: 那就是我成长我⾃⼰.

That's how I grow myself.

JO: 当你的能量就是说在绽放的时候,你也会影响到他的.你会直接影响到他的.为什么? 因为你就是光,你的光照到他的话,他也会亮起来,他也会看到更清楚.你好像活出⼀个版本让他敢于去做⾃⼰,敢于去绽放,敢于去追寻⾃⼰100% enjoy 的⽣命,⽽不是说需要去 suffering,需要去忍受承受.所以你们记住,今天的信息就是告诉你们所有⼈你们的⽣命是不需要去忍受的,ok? 只有你们头脑⾥⾯的观念,还有你们内在的恐惧是把你们放在忍受的⼀个地⽅的.

JO: When your energy is blooming, you are affecting him as well. You have a direct impact on him. Why? Because you are the light and when your light shines upon him, he also brightens up, he sees more clearly. You make it possible for him to live out an version that allows him to be brave enough to be himself, brave enough to blossom, brave enough to pursue his life to enjoy 100% without needing to suffer or bear the pain. Remember this message: your lives do not need to be endured today. Okay? It's only the concepts in your mind and the fears within you that put you in a place of endurance.

#### 2023/07/31 — 选择外在环境来滋养⾃⼰Opt for an external environment to nourish oneself

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我想知道我今⽣的⼈⽣课题是什么? JO: 你稍等.你叫什么名字?

Question: I want to know what my life's task is in this lifetime. Answer: Wait a moment. What is your name?

问: 我叫XX.

Question: I'm called XX.

JO: 这么说吧,你这⼀⽣就好像是像鲜花⼀样的存在.就⽐如说地球是⿊暗的,你就想像烛光⼀样让⼈们看到不⼀样.就⽐如说这⾥是垃圾堆的话,那你可能就像鲜花⼀样,让⼈们看到美好.所以你⼀⽣的如果是体验主题的话,那你就尽可能的让你⾃⼰在⼀个⾮常美好的频率.但是你容易受外界的影响,就是外界对你的影响不是属于你真正的频率.所以会让你有⼀种冲突或者是不喜欢、很难受,就是说你就觉得不应该这样⼦,那不是你.就是在你内在你就觉得你想去真的就是简简单单轻轻松松美好的⼀个状态.

JO: So let me put it this way, your life is like a flower existing among darkness. Imagine if the world was dark and you were like a candle, shining light on things that are different. If this place was a dump, then perhaps you're like flowers, showcasing beauty amidst ugliness. So, if the theme of your experiences in life is meant to be experienced as positive, strive for being in a very pleasant frequency. But you tend to be influenced by external factors, which are not part of your true frequency. This often leads to conflicts or feelings of discomfort, making you feel that this shouldn't be happening; it's not who you truly are. Internally, you yearn for the simplicity and ease of a beautiful state.

问: 是的,我今天要问的问题都已经回答了,天呐.是的,我很容易受到影响.

Q: Yes, all the questions I asked today have been answered, my goodness. Yes, I'm very impressionable.

JO:是的,你很容易受到⼀些外⾯的能量场的影响,然后就进⼊到⼀种恐惧啊、没安全感啊这种.就是跟它们的能量⼀样,因为你们周围的能量….但是如果你经常处在⼀种⾼频的状态,就是轻松友爱.你在这样的环境的话,你也会很快的进⼊到这种状态.你会很快的被他们影响,也是在这种状态.然后这就是你应该有的样⼦.所以在你选择⽣活或者是⼯作场所,尽量避开那种意识程度低,就是去靠近那些意识程度⽐较⾼的.

Yes, you are very susceptible to being affected by some external energy fields, then falling into fear and a lack of security, as if they were the same energies as yours because of the energies around you... but if you often stay in a high-frequency state, one of ease and love. In such an environment, you will quickly enter this state. You would be influenced very quickly by them, also being in that state. Then, that is how you should be. Therefore, when choosing your living or working place, try to avoid those with low consciousness levels and go near those with higher consciousness levels.

问: 那我想知道我的灵魂特质是什么呢?

Q: I wonder what are my soul characteristics?

JO:就是像⼀个⽔晶球⼀样,然后很透明很纯真很纯洁.但是你想⼀个很透明很纯洁的东西,你也会被⿊暗影响和笼罩.但是在你的内在你却想像光⼀样存在在⿊暗当中或者是像鲜花⼀样存在在垃圾当中.因为那个才是你.所以当你被⿊暗笼罩,你会感受到⾮常的不舒服.

JO: It's like a crystal ball, very transparent, pure, and pristine. But when you think of something very transparent and pure, it can also be influenced and enveloped by darkness. However, in your inner self, you imagine existing amidst darkness as if light or blossoming among garbage because that is who you are. So, when darkness surrounds you, you feel extremely uncomfortable.

问: 我⼀靠近⼈群我就⾮常难受,只要有⼈的地⽅我就⾮常的不舒服.

Question: I feel extremely uncomfortable whenever I approach a crowd, and I'm very uneasy wherever there are people.

JO: 对,刚才前⾯就说了,因为你是⼀个⾮常容易受影响的.那么你就要选择⽐较⾼能量的⼀些场所或者⼈,然后处在这样的环境下.那么你就会像⼀朵花⼀样给⼈的感觉是⾮常的美好.

JO: Yes, as mentioned earlier, because you are quite easily influenced, so you need to choose higher-energy environments or people, then being in such surroundings. This will make you feel like a beautiful flower, very pleasing to the eye.

问: 明⽩了.那我的天赋才华是什么呢?

Q: I understand. What are my talents and abilities?

JO:你的天赋才华就是你的能量很温和,没有攻击性.就是你完全没有攻击性.然后如果说你的天赋和才华的话,你会是⼀个⾮常好的频率的,就是疗愈师.就是让别⼈跟你对准频率,就是他们很急躁.但是这个需要你去真正的成为你⾃⼰过后,你这个能⼒才会显现出来.因为⽬前你还在受外在的影响,明⽩吗?

JO: Your natural gifts are that your energy is very gentle and non-aggressive. Essentially, you have no aggression at all. If we talk about your talents and abilities, you would be an excellent healer as someone who can help align others' frequencies with theirs when they are anxious. However, this ability will only manifest once you truly become yourself because currently, you're still influenced by external factors. Understand?

问: 明⽩了.那我要怎么样不受外界的影响呢?

Question: I understand. Then, how can I be不受 influenced by the external environment?

JO: 你现在⽬前就是做选择了,因为你能感受到让你不舒服的⼈、环境.那你就不断地去换换换.换到⼀个就是你特别舒服,然后你愿意在那边呆.然后你感受到你的⽣活很美好,整个都很美好的环境和⼈.你先不去看钱,就是⼯资,就是说我能拿多少钱.为什么呢? 因为就算你赚到钱了,它会把你整个污染掉.你就不能成为你,你还是会痛苦的.因为你内在的⼒量没有…就是你现在这个阶段没有办法去改变环境.然后呢,但是你却很容易被环境影响.所以你先抛开到底有多少钱,有没有钱.为什么呢?因为就算是没有钱,但是你是在⼀种美好的频率,你就会吸引很多美好的事件发⽣在你的⽣命当中.

JO: You are currently making the choice because you can sense people and environments that make you uncomfortable. So keep switching until you find a place where you feel exceptionally comfortable and want to stay there. Then you will experience a beautiful life in an environment filled with kind individuals. First, don't focus on money, specifically salary; why? Because even if you earn money, it will contaminate your entire existence. You won't be able to be yourself and remain in pain. Your internal strength is not strong enough for this stage; thus, you easily get influenced by the environment. Therefore, start with considering whether there's a certain amount of money or not. Why? Even if there isn't any money, if you are operating at a positive frequency, many美好的 events will manifest in your life.

⽐如说你的能量场很纯净,那你可能会遇到⼀个特别爱你欣赏你的另⼀半.他愿意不断不断地给你花钱,明⽩吗?你的⾦钱是从这种⽅式,⽽不是你要努⼒的赚钱,明⽩吗?所以说你就知道你的频率有多重要.那如果你因为要⾃⼰去赚点钱,把你变的⾯⽬全⾮,就你不是你过后.那其实给了你钱也会是灾难.为什么呢?因为你没有⼒量去控制它,明⽩吗?所以你只需要去保持你美好的频率,就是频率是你最重要的⼀个…. 就是你需要知道什么是你核⼼的.

For instance, if your energy field is very pure, you might encounter a special另一半who loves and admires you. He's willing to spend money on you endlessly, understand? Your wealth comes in this way, not by forcing yourself to earn money, right? So that's why you know how important your frequency is. But if because you're trying to make some money for yourself, you end up changing who you are after. That actually giving you money can be a disaster. Why? Because you don't have the power to control it, understand? So all you need to do is maintain your beautiful frequency; that's what's most important... You just need to know what your core is.

问: 明⽩了,谢谢.我今年19岁.但是我的爸爸妈妈⽀持不了我的学费.我现在没有学上,我该怎么实现我出国留学的愿望呢?

Q: Understood, thank you. I'm 19 years old. However, my parents can't afford my tuition fees. I am currently unable to attend school, how should I achieve my goal of studying abroad?

JO: 你⾸先就是说如果你对某⼀个国家特别向往的话,你需要锁定那⼀个国家.就是你需要锁定你的⽬标,你并不是说只要出国就好了.你需要锁定⼀个.你想要去英国还是美国或者是哪个国家,你需要先锁定它.然后再具体的锁定哪⼀个城市.反正就是说越具体化越好,明⽩吗? 然后你不断地去搜索这个城市的资料,就好像你已经对它了如指掌.就好像你已经活在那个城市⾥⾯,明⽩吗? 因为它就会成为你的⼀部分.如果你这样⼦坚持做下去,⽽且在兴奋和期待下,不断地不断地去进⼊它了解它.那⽣命的线索它会⾃⼰敞开的,就是把你拉到那边去.所以你不需要去考虑钱呀、路线啊或者是怎么样才能完成啊.你只需要就是说你锁定的⾮常的明确.

Jo: First of all, you need to focus on the country you are particularly yearning for. You have to lock your target; it's not enough just to think about going abroad. You need to narrow down which country it is – whether you want to go to England, America or any other country, and once you have decided on that, then find out which city within that country would be suitable for you. Essentially, the more specific you are, the better; understand?

Then, you should constantly search for information about that city, as if you already know it inside out. Imagine you're living in that city, do you see? Because it will become part of your life. If you persist with this approach and immerse yourself in anticipation and excitement, diving deeper into understanding the city, then the threads of fate will naturally unfold themselves to guide you there. You don't have to worry about money, routes, or how to achieve it; all you need is to be very clear about your specific goal.

那命运会给你展开你所谓的奇迹或者是惊喜,它会给你展开.你就只需要去期待看命运如何给你展开.因为命运它会以最便捷的⽅式,就是你⽣命中最便捷的路径,它就会以这种⽅式展开,明⽩吗?

That fate will unfold what you call miracles or surprises for you, and it will unfold them to you. You just need to wait and see how fate unfolds for you. Because fate will do so in the most efficient manner, through the easiest path of your life, in this way, understand?

问: 所以说我只需要去信任就好了是吧?

Question: So I just need to trust it, right?

JO: 你只需要有你坚定的⽬标,我就是喜欢剑桥.然后我天天都在看剑桥的资料,有什么店,有什么景⾊.然后完完全全的沉浸在那样⼦的… 因为你知道你迟早都会去到那⾥.然后那你有可能遇到⼀个来⾃剑桥的男孩⼦,他特别喜欢你.然后你们俩就⼀起去.我只是打个⽐⽅,因为它⾃⼰会⼀种⽅式把你们连接到⼀起.因为这就是频率.

JO: All you need is your firm goal, I like Cambridge. Then I spend every day looking into Cambridge resources, what shops are there, what scenery it has. And completely immerse myself in such a... because you know that sooner or later you'll be there. And then maybe you might encounter a boy from Cambridge who really likes you, and the two of you go together. I'm just making an analogy, as it would naturally connect you both in its own way, because this is frequency.

问: 好.您对我们零零后有什么建议?

Question: Alright. What advice do you have for our Generation Z?

JO: 就像刚才说你们在做选择的时候,就是在你们还没有完完全全的拥有⼒量... 你知道你什么时候还没有⼒量,就是你在受外界的影响的时候,先不去选择⾦钱,就是先不去看重我的⼯资有多⾼.⽽是去看重这个能量场.我开不开⼼,我舒不舒服,我喜不喜欢,我有没有激情,⽽不是赚多少钱.如果你把这个放到第⼀位的话,因为你的内在的激情就好像被启动了⼀样,你会越来越激情的,⽣命状态会越来越旺盛.你的能量会越来越强⼤.那到那个时候,你的⾦钱会⾃然⽽然的呈现出来,明⽩吗?因为你们不需要去考虑⾦钱或者⾦钱来到的

JO: Just like when you were making choices just now, you hadn't completely acquired power... You know that you lack power when you are influenced by external factors. Don't prioritize money first before making a decision; don't focus solely on how high your salary is. Instead, pay attention to the energy field. Are you happy? Do you feel comfortable? Do you like it? Is there excitement or passion? Not just about earning money. If you place importance on these aspects instead, because your inner enthusiasm will be ignited, you will become more passionate over time, and your vitality will increase. Your power will strengthen. By then, your financial situation will naturally unfold itself. Understand that you don't need to worry about money or whether money will come along with this process.

⽅式.为什么?因为这是你们⽼⼀辈的思想.这些观念是需要你们去突破的.这是他们旧有的思想.这是物质世界他们旧有的⼀套观念.这些观念是你们来突破的.⽽且你们内在它都有指引,因为你们内在都会知道什么才是新世界.为什么呢?因为就好像你们⽣下来,就是后⾯的⼈⽣下来都会知道⽅向在哪⾥.就好像都会知道那个⽅向在那⾥,知道是对的.就是你们内在都好像有⼀个指南正或者感应器⼀样,你能感应到这个道路是光还是⿊暗,明⽩吗? 你们内在都有.所以你们不需要去问外在.

The reason is that it's the old generation's thoughts. These ideas are something you need to break through. This represents their outdated beliefs. It's about the material world and the old school of thought they have. You're supposed to transcend these concepts. And within, there's guidance because you inherently know what constitutes a new world. Why is that so? Well, it's like being born into a world where people naturally understand their direction. Like a compass or an inner sense telling them that they are on the right path. You have this innate ability to feel if something leads towards light or darkness. This guidance exists within you. Therefore, there's no need to seek external advice.

问: 我感觉我做⾃⼰会受到很多长辈和⽼师的⼲扰.他们说我不是乖孩⼦不听话,太叛逆,就是说我太叛逆.

Question: I feel that my own actions are being disturbed by many seniors and teachers. They say I am not a good child, disobedient, or overly rebellious.

JO: 你只要记住⼀句话,你只要记住⼀句话,⼀定要让你听话的⼈⼀定不是你需要去听从的⼈.如果是让你去听从你⾃⼰内在的⼈话,你就可以去听他的话,明⽩吗?因为如果告诉你,你内在才知道你到底要去哪⾥,你内在知晓⼀切.如果告诉你这句话的⼈,你就可以去听他们要跟你说些什么.那如果你要去听他们的话,你就可以完完全全的不听.不听的意思是说你⾃⼰⼼⾥完完全全知道你⾃⼰要什么,你不⼀定需要去⽤抵抗的⽅式,明⽩吗?因为你越是抵抗,他越是想要那个什么你.你可以表⾯的去告诉他,你说的很对,然后我会按照你说的这⽅⾯去考虑.这样⼦他们就会放松那个警惕感.你需要去内在坚定,⽽表⾯去顺从.

JO: Just remember one sentence, just remember one sentence; you must listen to the person who is making you obey, they are definitely not the ones you should be following. If it's about listening to yourself, then you can follow what your inner self tells you. Understand? Because if someone tells you what your inner self knows about where you're supposed to go, that person's insights encompass everything. If the one telling you this sentence is trustworthy, you can listen to their advice. But if you have to listen to them, don't necessarily ignore their guidance completely. Not listening means that you understand exactly what you want for yourself; you don't necessarily need to use a confrontational approach. Understand? Because resisting only encourages them further. You can say yes on the surface and promise to consider their advice. This will alleviate their concerns. Deeply trust your inner self, but appear compliant externally.

因为这样他们的⼒量渐渐就消失了,但是你内在的坚定谁也影响不了你.

Because with that, their power gradually disappears, but no one can influence your inner steadfastness.

问: 🗎.我感觉我⾃⼰是不被这个世界所接纳的.我觉得⾃⼰是个怪物,我跟这个世界格格不⼊.

Question: I feel like I'm not accepted by this world. I think of myself as a monster, and I am out of place in this world.

JO:你本来就不是来⼊这个世界的,你是来展现出你⾃⼰对⽣命的理解和世界应该有的样⼦.你不是来加⼊他们,继续的把这个物质世界加固.你是来突破的,明⽩吗? 就好像刚才说你本⾝就是垃圾堆⾥的⼀朵鲜花,那你是要变成垃圾吗?

JO: You weren't here to join the world; you are here to demonstrate your understanding of life and what the world should be like. You're not here to fit in, reinforcing the material realm. You're here to break through, understand that? Like just now when I said you are a flower amidst garbage – are you going to become garbage yourself?

问: 不要,我不喜欢这⾥.我很不舒服呆在这⾥.

Question: No, I don't like it here. I'm very uncomfortable staying here.

JO: 是的,你的⽣命主题就是刚才前⾯已经说的很清楚.所以你只有不断地把⾃⼰放在⼀个适合你的频率和能量场,然后这样⼦你才会... 因为你要知道这⾥既然有垃圾场,它也有开满鲜花的花园,它都有.不是说只有⼀个垃圾场,明⽩吗?

JO: Yes, your life theme is as clear as what has already been discussed. So you need to constantly place yourself in a frequency and energy field that suits you, and only then will you... because you must understand that here not only exists the dump, but also a garden full of flowers, it's all there. It's not just one dump, do you see?

问: 就是我感觉我在⼈群中散发出来的光太耀眼了,他们都不喜欢我.他们觉得我太张扬了.

Question: It's as if I radiate a light that is too bright for people in crowds, and they don't like me; they think I am overly showy.

JO: 你⾸先要明⽩的⼀点是这⾥没有他们,只有你把他们当真了才有他们,明⽩吗? 这⾥是没有他们的,当你不把他们当成是真实的.只有你把他们当成是真实的,你觉得这⾥全是他们的话,你就能体验到真实的他们.但是你体验到真实的他们,是因为你⾃⼰把他们真实话了.那你是不是有选择把他们都当成路⼈⾓⾊.就是他们有他们的世界,你有你的世界.

JO: The first thing you need to understand is that they don't exist here; only when you consider them as real do they become relevant. Do you see? They don't exist in this space unless you perceive them as reality. You can only experience their true essence by acknowledging them as genuine entities. But the reason you can experience their genuineness lies in your own perception of their reality. So, could it be that you have the option to view them all as mere bystanders? That they have their own world, and you have yours.

问: 但是我总是被影响.

Question: But I'm always being influenced.

JO: 那是因为你把他们当真了呀.这么说吧,前⾯明明就是像⼀个稻草⼈.你是⼀只⼩鸟,你把它当场⼀个真的⼈的话,它⼿上拿着⼑要来杀你的话,你肯定就会害怕呀.那如果你看清楚它只是个稻草⼈,是因为风⼀吹,它⼀动.那你就不受它的影响了,你只知道它是⼀个稻草⼈.它的存在就是稻草⼈的⽅式,所以它会动,所以它会被风吹,明⽩吗?

That's because you took them seriously. Imagine it like this: in front of you is clearly just a scarecrow. If you think it's actually a person and it suddenly holds a knife to threaten you, you would naturally be scared. But if you realize it's merely a scarecrow—because the wind blows and makes it move—you wouldn't let its movements affect you; you'd know it's just a scarecrow. Its movement is indicative of how a scarecrow behaves—it moves with the wind, and thus exists in that manner. Does that make sense?

问: 我很多时候做⾃⼰,还有⼀些男孩⼦他们觉得⼥孩⼦展现美就是想要勾引他们.就导致我不敢去展现⾃⼰.

Question: I often do myself, and some boys think girls showing beauty is just trying to seduce them. This makes me afraid of showing myself.

JO: 因为你现在内在还缺少⼒量,还没有到那个时候.等你真正的去展现出⼒量和美的时候,⼈们能感受到你的⽓场,就能感受到你的⼒量,明⽩吗? 那如果你现在没有⼒量,只是那个什么的话,其实你已经不断地在受外界的影像啊,明⽩吗? 因为你现在别⼈的⼀些想法你就在受其影响,还别说别⼈要做些什么.

JO: Because you still lack the strength internally and have not reached that stage yet. When you truly show your power and beauty, people will be able to feel your presence and understand your strength. Do you get it? But if you don't have any power now, just being some other thing, actually, you are constantly being influenced by外界's influence. Understand? Because what others think of you is already affecting you, let alone what they might do.

问: 那这个⼒量该怎么来呢?

Question: How can this power come about?

JO:这个⼒量它会随着你不断地,刚才这么说因为你把⾃⼰处在这样的能量场,就是你不断不断地激活你⾃⼰.激活你⾃⼰,你的⽣命⼒量就会越来越坚定越来越强⼤.这是⼀个过程.就好像你看到⼀颗⼩树苗,你说它的⼒量怎么来呢?它不是随着时间⼀天⼀天的长⼤起来?然后还要⼀个,你看如果是爱、光、⽔,这些都是在滋养你,对吧?那你这棵树就长的好.那你如果没有受到滋养呢?你都是受到恶劣的环境呢?你的⼟地又没有养分又没有⽔又没有阳光,那你是不是长不⼤?那你是不是就越来越没⼒量?所以那你就知道当你把你⾃⼰放在⼀个阳光、⽔什么都充⾜的⼀个环境下,你就会长的很快,就⽐那种放在阴暗环境⾥⾯的⼩树苗长的快.

Jo: This power will grow stronger and more stable as you keep activating yourself. It's a process like watching a small tree grow day by day over time. If love, light, water, or any form of nourishment is given to it, it thrives. Without these elements nurturing the tree, without sunlight, water, and soil rich in nutrients, it struggles to grow, eventually losing its strength.

So, understanding this process means that when you place yourself in an environment filled with sunlight, resources, and all necessary conditions for growth, your development accelerates compared to being in a dark and deprived setting.

它们就好像青黄不接、发育不良的,对吧?所以那你就知道你的⼒量来源了?

They're like those in-between stages, undeveloped, right? So you know where your strength lies.

问: 我到底该怎么和这个世界... ?

Ask: How should I really interact with this world...?

JO: 这么说吧,你现在就还是⼀颗像种⼦还在⼟⾥⾯,还在孕育.就是还在慢慢慢慢的突破⼟地,你就想要去… 他们已经是长成⼀棵树,明⽩吗? 所以那你是不是也要去让⾃⼰慢慢慢慢成长的⼀个过程.所以在你还没有完完全全的绽放,就是展⽰出你⾃⼰的时候.你就静静的去孕育你⾃⼰,明⽩吗? ⽆声,就是没有声⾳才是最强⼤的⼒量.⼒量它展现出来它不是要⼤吼⼤叫,它不是要张⽛舞⽖的那种状态.

JO: In a nutshell, you're still like a seed in the ground, still nurturing. That means you are slowly breaking through the soil, and you want to... They have already grown into trees, right? So, you should also go through the process of gradually growing yourself. Therefore, until you fully bloom and display your true self, you should quietly nurture yourself, understand? Silence is the strongest power. Power doesn't need to roar or show off its teeth; it's not about being aggressive.

问: 明⽩了.我的胃⼀吃饭就会很痛.经常因为胃痛住院.可以看看这个是因为什么吗?

Question: I understand. My stomach gets very painful when I eat. I'm often hospitalized due to stomach pain. Can we find out why this is happening?

JO: 你稍等.你这个还是来⾃于你⽬前的⽣命阶段,就是你对外界的⼀切反应特别强烈,因为你特别敏感,就是弱⼩的那种.所以太硬的⾷物或者是太刺激的⾷物,你⾝体也会感受到这种好像是没有⼒量去消化它,就是它给你带来的刺激会很⼤.所以说你可以在你这个阶段选择⼀些对你刺激⼩的⾷物.

JO: Wait a moment. This is still from your current life stage where you react strongly to everything in the outside world because of your sensitivity and being weak. Therefore, tough or too stimulating foods can be hard for your body to digest as it feels their impact greatly. Hence, during this phase, you might choose foods that have less stimulation for you.

问: 好的,明⽩了.我⾝边有没有灵魂家族或者指导灵在守护我呢? 它们有没有什么信息带给我?

Q: Alright, I understand. Are there any soul families or guides watching over me? Do they have any messages for me?

JO: 现在的信息就是带给你的呀.

The current information is being brought to you.

问: 我经常感觉⾃⼰⾛在⼀团⿊雾当中,我看不清前⾯的路.我想知道我的⽅向在哪⾥?

Question: I often feel like I'm walking in a thick fog where I can't see clearly ahead. I want to know which direction I am going in.

JO:你现在已经知道⽅向了.已经很清楚很明确的,每⼀步很详细的告诉你你的⽅向在哪⾥.

JO: You now know the direction. It is very clear and precise, with each step providing detailed guidance on where your direction lies.

问: 好.就是活在美好的频率⾥.

Question: Alright. Just live in the beautiful frequencies.

JO: 你可以到时候在反复听.

JO: You can listen again and again when the time comes.

问: 好的.我还想知道关于⼒量⽅⾯.我的⼒量该怎么去合理的展⽰,因为我觉得我有时候会受到迫害.

Question: Alright. I also want to know about strength. How should I reasonably exhibit my strength, because I feel that sometimes I am being persecuted?

JO: 你需要静待花开.因为你知道花是迟早会开的,你只需要静静的等待它绽放,等天⽓到了,时间到了.每个季节不同的花开在不同的季节,明⽩吗?

JO: You need to wait patiently for the flowers to bloom. You know that they will eventually open, so you simply have to wait calmly for their blossoming, until the conditions are right and the time is ripe. Different flowers bloom in different seasons, do you understand?

问: 这个世界上有很多负⾯的现象让我很不理解.我想帮助他们让他们多⼀点爱.我有⼀种很强烈的愿望去改变这⾥.我该怎么做呢?

Q: There are many negative phenomena in this world that I don't understand. I want to help them and get them to love more. I have a strong desire to change things here. What should I do?

JO: 今天已经说的很清楚,然后你的灵魂主题,然后你后⾯应该怎么样去选择.选择环境,选择⼈,怎么样去达到你梦想的⽣活.这些都给了你⾮常清晰清楚明了的指引.明⽩吗? 所以你只需要去把这些信息真正的去理解,然后成为你的⼀部分.就是它不是外在的信息,⽽是你的⼀些信念.⽽是你很明确的⽅向,你坚定这个信息它是对的,我认可它.然后我把它成为就好像是我的⼀个软件⼀样,把它装到我的⾝体⾥⾯去.我不装其他⼈的软件,其他⼈给我的我不装,明⽩吗? 所以你的⽣命就会⾃然⽽然的按照你装的这个软件展开.它必须的,没有选择.除⾮你不断地替换.啊,我把这个,其他⼈说的对,我爸妈说的对,我把他的软件装到我的⽣命⾥.

JO: Everything has been made clear today; then your soul theme, and what you should do next after this in choosing environments, people, to achieve the life you dream of. These provide you with very clear guidance. Do you understand? So all you need to do is truly comprehend this information and make it a part of you. It's not external information but your beliefs; it's a clear direction that you firmly believe is correct and you accept it. Then, I incorporate it like software into my body. I don't install other people's software, nor do I accept what others give me; understand? So your life will naturally unfold according to the software you've installed. There's no choice but this unless you continuously replace it. If I follow what others say is right, or if my parents are correct, I would install their software into my life.

他说的那个恐惧是对的,这个世界就是⼀个恐惧的地⽅.他说这个世界每个⼈都该死,那我也应该离开这个世界.你把这个也装进你的⽣命⾥,明⽩吗? 你去装了那些.如果你坚持只是装我们现在给你的,⽽不去装其它的.那你就会⾃然⽽然的拥有⼀切,明⽩吗? 因为你梦想的⽣命,你又拥有⼒量.你就可以去,刚才说的去改变社会.

The fear he expressed is correct; this world is indeed a fearful place. If he says that everyone in this world deserves to die, then I should also be leaving this world. You need to incorporate these feelings into your life, understand? You're going to take on those sentiments. If you insist on only taking on what we are presenting you with now and not embracing other aspects, then naturally, you will acquire everything, understand? Because with the life you dream of and the power you possess, you can go and make changes, just like what was discussed earlier to transform society.

问: 我感觉我没有分辨能⼒,我感觉我会被别⼈带跑.

Question: I feel like I lack discernment abilities; I feel like others will lead me astray.

JO: 没有关系.你就算被带跑了⼏次,你还是会回到这⾥来的.因为你内在它知道什么才是符合它的适合它的.因为其它的信息它会导致你内在分裂和痛苦和不适合抵触.所以你不需要去那个什么.它只是会... 像刚才说的,你接受了别⼈的东西过后,你只是会产⽣相应的体验.产⽣相应的体验呢,但是你随时还可以选择那个体验才是我想要的,明⽩吗? 你可以进污⽔沟,但是你知道出路.因为你内在的频率它知晓⼀切,就是你内在的感受它知晓⼀切.它会知道这个才是你的.所以现在我们已经给你指了⼀条路.然后你⾛上这条路过后,你就不会迷路了.因为就算你是⾛错⽅向,那你也可以随时可以回头可以回来的.

JO: It's okay. Even if you were taken away a few times, you would still come back here because deep down inside, it knows what is suitable for it and in alignment with its nature. Other information might cause internal conflict, discomfort, and disharmony that doesn't resonate with you. You don't need to go through that stuff; instead, it's like accepting others' inputs – you just experience what comes naturally as a result. However, at any point, you can choose the experience that feels right for you, understand? You could enter a drain pipe, but you know there's an exit because your inner frequency is aware of everything, including how you feel internally. It understands this is your path. We've now pointed you in the direction of this path. Once you follow it, you won't get lost. Even if you take the wrong turn, you can always turn back and come back whenever needed.

问: 我经常没有安全感,容易被⼀些负⾯的信息吓到.

Question: I often lack a sense of security and easily get scared by negative information.

JO: 就是我们最开始的信息告诉你的.你需要怎么去做选择.需要选择⼈群、环境,然后跟什么⼈成为朋友、为舞,什么样的话听还是不听.

Jo: That's just the information we provided you at the beginning. It tells you what choices to make. You need to decide on your audience, environment, who to be friends with, for dance, which words to listen to or not.

#### 2023/07/31 — 知道⾃⼰到底想要什么才是最重要的Knowing exactly what you want is most crucial.

JO: 你说吧,什么问题?

Japanese Officer (JO): Say it, what's the question?

问: ⾸先能不能看⼀下我和XXX是不是有很深的连接呢? JO: XXX,你跟他是什么关系?

Q: Can you tell me if there's a strong connection between me and XXX first?

JO: What is your relationship with XXX, XXX?

问: 现在还没有太深的关系.

Q: There isn't a very deep relationship yet.

JO: 那你为什么想要知道你跟他的?

JO: Why do you want to know about you and him?

问: 他是我的领导,然后发⽣了⼀次关系.

Q: He was my superior, then there was a relationship.

JO: 然后你想通过我们的信息告诉你什么呢?

Then what do you want to convey to us through our information?

问: 发⽣也蛮意外的.但是我们也觉得应该做朋友⽽已.但是为个事有点苦恼吧.因为他已经….

Q: It was quite unexpected. But we also felt that it was just about being friends. But this thing is a bit troubling, because he...

JO: 那你直接问关于你⾃⼰的吧.

Directly ask about yourself, right?

问: ⾏.因为我之前还遇到过蛮多这种已婚或者有⼥朋友的男性.但是我还是想遇见正常的男性.我想问为什么总是会卷⼊这样的关系?

Q: I have encountered many married or boyfriends before. But I still want to meet normal men. I wonder why I always end up in such relationships?

JO:那应该是问你⾃⼰呀.是因为你⾃⼰选择进⼊这样的关系.因为你要知道你随时都可以选择不加⼊他们的游戏.因为我跟你讲,你这个世界⽆论你想要玩什么游戏,你哪怕想三四个⼈⼀起玩游戏,你都可以选择这样⼦,就是外⾯都有选择给你选择.然后你选择进去过后,你又问为什么会进⼊这样,明⽩吗?

JO: That's something you should be asking yourself because you voluntarily entered into this relationship. You need to know that at any point you can choose not to join their game. I'm telling you, no matter what kind of game you want to play in your world, even if you imagine playing with three or four people, there are options available for you to choose from outside. After you've made the choice to enter this, then ask yourself why you entered it. Do you understand?

问: 但是没有遇到合适的.

Question: But no suitable ones were found.

JO: 所以说没有遇到合适的,就算不合适的你也要加⼊他们,对吗?问: 也没有都加⼊啦,就是遇到好多喜欢我的⼈.

So even if you don't find the right ones, you still join them anyway, right? Ask: But I haven't joined them all, it's just that I've met many people who like me.

JO: 如果真的只是喜欢的话,你会不断地跟外界发出⼀个信号.信号是什么? 就是I’m available,就是我是可以加⼊你的,明⽩吗? 这么说吧,其实你们物质世界就是⼀场游戏.那这个游戏你们每个⼈都在不断地发射出⼀些信号.那你的信号就是说,我可以加⼊你们,明⽩吗? 所以这跟你就是说⾃⼰没有清楚⾃⼰到底想要什么.就跟你前⾯说,因为没有合适的,所以我就选择不合适的.那这就是你散发出去的⼀个频率.所以你必须要坚定的知道你到底想要什么.不是那⾥没有,⽽是说你⼀会⼉被牵到这边,⼀会⼉被牵到那边.有,你也遇不到呀.为什么呢? 因为你在做其它事呀.

JO: If you genuinely just like it, you would constantly signal to the outside world that "I'm available," meaning I can be part of your game, do you understand? To put it another way, your material world is essentially a game where everyone keeps sending out signals. Your signal is essentially saying, "I can join in," do you see? Therefore, this ties back to whether you are clear about what you actually want. Just like when you say because there's no suitable option, I choose the unsuitable ones. This is the frequency you're projecting. Hence, it's crucial that you firmly know exactly what you want. It's not that there isn't anything suitable; instead, you find yourself being pulled in different directions. Even if there is an opportunity available, you might miss out on it because you're otherwise occupied.

问: 但是⽐如说像去年,那我也有喜欢的男⽣.他也是离婚了,是ready的.但是就是没有在⼀起啊.就是哪怕遇到喜欢的,也没有在⼀起啊.

Q: But for example, like last year, I did have a liking for a man. He was also divorced and ready. But we just didn't end up together. Even when I encountered someone I liked, we never ended up together.

JO: 所以你在给⾃⼰的信息是什么? 你给⾃⼰的信号就是说只要我没有和合适的⼈在⼀起,那么我跟谁都可以在⼀起.

So, what message are you sending to yourself? The signal you're giving yourself is that as long as I'm not with the right person, I can be with anyone.

问: 不是不是JO: 如果不是的话,你就不可能来说因为我没有跟这个⼈在⼀起,所以我可以那个⼈在⼀起,明⽩吗?

Q: Isn't it?

J.O.: If that's not the case, then how can you say that I'm together with this person because we weren't together, so I can be with that person, right?

问: 不是不是,亲爱的.

Question: Isn't it, dear?

JO:这个不是亲不亲爱的.通过我们,我们只是⼀个镜⼦,我们只是来让你看清楚你⾃⼰没有坚定的⼀个信念或者⼀个坚定的想法或者就是没有原则,明⽩吗?那你没有原则,那你⼀会⼉被⼈拉到那边,⼀会⼉被⼈拉到这边.我们前⾯有ABCD,有这么多个房间.A来拉⼀下,你跑进去了.B来拉⼀下,你跑进去了.C拉你⼀下,你跑进去了.然后你说没有房间等着我呀,所以我就往这边跑呀.如果是因为你没有这边⼀个(房间),那你你就选择任何⼀个来拉你的⼈.那么这个就是你⾃⼰给⾃⼰创造的⼀些体验,明⽩吗?因为如果你很坚定的... 这么说吧,你如果很坚定的知道你是⼀个皇帝.那别⼈拉你去做乞丐,你去吗? 你知道皇帝才是我的⾝份呀.

JO: This has nothing to do with being loved or loved by someone. Through us, we are merely a mirror, allowing you to see clearly if you lack a firm belief, a steadfast idea, or simply principles. Understand that without principles, you can easily be pulled in different directions by others. Imagine there are rooms labeled A through D ahead of us. If A pulls you over here, you run inside. If B pulls you over there, you rush to the other room. You complain that no room waits for you, forcing you to decide which pull to follow. This creates experiences solely from your own creation because if you were very firm in your belief - say, you firmly believe yourself to be an emperor. Would you accept being pulled into the role of a beggar by others? You know that being an emperor is who you truly are.

那现在就是这样⼦,你不知道你的⾝份.所以乞丐拉⼀下你,你去体验乞丐.然后另外⼀个杀猪的拉你⼀下,你去体验杀猪的.就是你被他们去卷⼊了.因为什么?因为你⾃⼰没有坚定的⽴场.⽽是你被动的去卷⼊那些,明⽩吗?因为如果你很清楚的知道你是谁,你想要什么.⽆论什么… ⾸先你们俩的频率不会… 你们是相排斥的.你不会散发⼀些频率,他也不会散发出那个频率,明⽩吗?所以你发射出去的信号是⾮常重要的,就是你⼼⾥坚定的信念和你的原则是什么.没有任何⼈可以强迫你去做任何,加⼊任何游戏.没有.只有你⾃⼰去选择.你可能就抱着试⼀试的⼼态,我去试试,反正我现在闲着也是闲着,明⽩吗?

This is the current situation, you don't know your identity. So when a beggar pulls at you, you experience being a beggar. Then another butcher pulls on you, and you experience being a butcher. You get dragged into their world because why? Because you lack a firm stance of your own. Instead, you're passively pulled along by others, do you understand? If you clearly know who you are and what you want, regardless of anything… the frequencies of these two situations wouldn't match; they would repel each other. You wouldn't emit that frequency, nor would he, do you see? So the signals you send out are very important, it's about your steadfast belief in your heart and your principles. No one can force you to join any game or activity. Nobody can. Only you choose. You might just approach with a sense of experimentation, I'll give this a try, anyway, I'm idle right now, do you understand?

所以这些都是你⾃⼰选择加⼊的游戏,⽽不是说什么上天注定呀或者是什么什么的.没有的.为什么呢?因为你们都是⾃由的.所以通过这些游戏,你是不是可以看到就像你⾃⼰去百度去搜索⼀样,你不输⼊关键字,你只输⼊⼀个谁喜欢我?来.明⽩吗?那那⼀群⼈,啊,我喜欢你.那我只是喜欢你⽽已,明⽩吗? 所以你看你到底搜索的是什么? 输⼊的是什么关键字.你也不需要头脑,因为你们的头脑都会为⾃⼰辩护,就觉得⾃⼰好像是⽆辜的.但是你们必须要知道你们所体验的⼀切都是你们⾃⼰创造的.要么你就是⽆意识创造.⽆意识创造,你就是跟随⼤流.就是你们这个风浪把你卷到哪⾥你就是哪⾥,明⽩吗?

So all of these are games that you have voluntarily joined, not because something was predestined or anything else like that. There's nothing like that. Why? Because you're all free. So through these games, can you see how it's like when you go to Baidu and search for information yourself, without inputting any keywords; you just type in "Who likes me?" Okay? That group of people, oh, I like you. It's just that I like you, okay? Therefore, you're able to see what exactly you're searching for, what exactly you're putting into the keywords. You don't even need a mind because your minds would always defend themselves and feel as if they were innocent. But you must understand that everything you experience is created by yourselves, either consciously or unconsciously. Unconscious creation means following the crowd; it's like being swept along with the tide wherever it takes you, okay?

问: 关于⼯作上的事.因为我⼯作了差不多⼗⼀年,都是偏销售的领域.最近别⼈给我建议转投资⽅⾯.我⾃⼰觉得从长远的⾓度投资更合适,但是我不知道⾃⼰的喜好和能⼒所在.我想知道⾃⼰到底擅长什么?

Q: Regarding work matters. Having been in the field for almost eleven years, I've mostly been involved in sales-related areas. Lately, others have advised me to shift towards investment. From a long-term perspective, investing seems more suitable to me, but I'm unsure about my preferences and capabilities. I want to know what I am good at.

JO: 这么说吧,你们很多⼈总觉得⾃⼰有⼀个好的⼯作供你们选择,明⽩吗? 但是实际上你们唯⼀的⼯作就是活出来你们⾃⼰.为什么呢? 因为当你们活出来⾃⼰,你有⼒量去选择任何.⽽且你选择的任何你都可以把死的变成活的,把难的变成容易的,明⽩吗? 所以它不局限于任何⼯作.如果你只是从外界去选⼯作,⽽忽略了做你⾃⼰的话.你会⼀直被动,⼀直被外界影响的.要么你就是能⼒不⾜被刷下来,然后要么总是觉得⼼有余⽽⼒不⾜,就是达不到你想要的.你没有办法去施展你的⼒量,明⽩吗? 因为⼯作场所它不过是⼀个镜⼦⼀样,就是⼀个舞台.那个舞台呈现出到底你这个舞蹈演员是厉害还是不厉害.

JO: Let me put it this way; many of you believe that you have a good job to choose from, do you understand? But in reality, your only job is to live out yourselves. Why is that? Because when you live out yourself, you have the power to choose anything. And whatever you choose, you can turn the dead into alive, the difficult into easy, do you understand? So it's not confined to any single job. If you just choose a job based on external factors and neglect to be your own self, you will always be passive, constantly influenced by others. Either you lack capability and are dismissed, or you always feel like you're capable but unable to reach what you want. You have no way to fully utilize your power because the workplace is merely like a mirror, a stage that reflects whether you as a performer are good or not.

就是你的内功你的功⼒,你到底是⼀个⼗年磨⼀剑.就是你到底是有深厚的武功还是说你就是个新⼿.不过是呈现出你到底是⼀个什么样⼦的状态⽽已,明⽩吗?

It's about your internal strength and skill, whether you're a decade-old sword in the making or just a newbie. It merely shows whether you have deep skill or are simply inexperienced - do you understand?

问: 我⼀直觉得我想做什么事情,只要我想我都可以做好.但是我觉得在物质世界的框架下还是会受到很多规则啊…JO: 那你就选择⼀个让你爽的,让你喜欢在那⾥呆的.问: 那爽的不⼀定赚钱啊.

Q: I always feel that whatever I want to do, as long as I want to, I can do well. But I still feel there are many rules and regulations in the physical world framework...

A: So just choose one that makes you happy, where you like to stay.

Q: The 'happy' doesn't necessarily mean it's profitable...

JO: 那你就会进⼊到你⾃⼰创造的.你现在知道你在创造什么.你现在要选择⼀个不爽的,然后赚很多钱的.这就是你做出的选择.

JO: So you would be in what you've created. You now know what you're creating. You're choosing an annoying one, and then making a lot of money off of it. This is the choice you make.

问: 就也可以爽也可以赚钱啊.

Question: You can enjoy and make money at the same time, right?

JO: 因为你现在已经有⼀个观念,这么说吧,你⼿上已经拿了⼀个模型.那个模型投射到墙上就必然是你的.那你⼿上拿着什么模型你知道吗? 就是你刚才说的,爽的不会赚钱.这就是你选择的,你拿的模型.

JO: Because you already have a concept, let me put it this way, you are holding a model. When that model is projected onto the wall, it inevitably corresponds to you. Do you know what model you are holding? It's the one you just mentioned, 'Satisfied people don't make money'. That's the model you've chosen and that you're holding.

问: 我没有说爽的不赚钱,我就是说爽的不⼀定赚钱.

Question: I didn't say that being爽 (enjoyable) doesn't make money; I just mean that being爽 doesn't necessarily translate to making money.

JO: 那这就是你的观念呀,明⽩吗? 我们所有的信息都是来让你看到其实你是在跟你⾃⼰打交道.你是⾃⼰投射了这些.这⾥没有⼀个外在的世界.因为你现在就是⼀直来觉得外界世界是⼀个固定的在那,然后来供你选择.我选择⼀个什么是好的.不是的.它不过是你⾃⼰的频率投射出去你⾃⼰的样⼦⽽已,明⽩吗? 所以并没有哪⼀个男⼈就是那样⼦,也没有哪⼀个事业、⼯作... 是你们不同的能量场显化出来的.你就算同⼀个⼯作同⼀个事业同⼀个⾏业,你们不同的⼈是不是创造不⼀样的体验? 明⽩吗? 所以这⾥没有外在的真正的固定在那⾥.

JO: That's your understanding, right? We provide all our information to help you realize that you are dealing with yourself. It's just an projection of yourself. There is no external world here. You've always felt the outside world as a fixed entity, there for you to choose from. I choose what is good. No, it's simply your own frequency projecting your own essence outwardly, understand? So there isn't one man who behaves that way, nor any career, job... They are manifestations of different energy fields within you. Even if you're in the same job, industry or career, do different people create different experiences? Understand? Hence, there is no external fixed entity here.

问: 我换个问法吧.就是⽐如说你能看出来⽐如说我的能⼒和天赋在什么位置吗? JO: 你叫什么名字?

Question: Let me rephrase that. Say, can you tell where my abilities and talents are positioned? Answerer: What's your name?

问: XXXJO: 如果说你的⼯作能⼒,你是⼀个⽬标性很强,然后⾏动⼒很强.也就是说处理事情可以有⼀个⾮常明显的结果和效果.这么说吧,如果你是⼀条猎狗的话,那你就会猎很多动物回来,就是有很多成果.因为就刚才说你的⽬标性和⾏动⼒都很强.你锁定了... 这就是你的⼀个天赋.

Q: If we were to discuss your work capability, you could be described as someone with strong goals and a high level of motivation. In other words, when dealing with tasks, you can achieve very clear results and outcomes. To put it another way, if you were a hunting dog, you would bring back many animals, or in essence, have numerous achievements because just now we talked about your strong sense of purpose and motivation. You set your sights on... This is one of your natural talents.

问: 那有没有⽐如说在投资上,帮别⼈出谋划策上有没有天赋呢?

Q: Or is there a talent in terms of investment advice and helping others?

JO: 出谋划策? 你有就是可以引导别⼈怎么样可以拿到结果,就是⽅式⽅法或者是过程.这个你是厉害的.因为刚才不是说⽬标和⾏动嘛,这两个都是你的强项.那你就⾃然⽽然的能看到,OK,⽬标在这⾥.然后通过什么路线可以达到这⾥.那这算不算是帮别⼈出谋划策,像你说的那样,明⽩吗? 因为你头脑⾥⾯会有⼀个很清晰的画⾯怎么样可以达到⽬的地,就好像有⼀张地图⼀样.

JO: Strategizing and planning? You're good at guiding others on how to achieve results - whether it's in terms of methods, techniques, or processes. This is something you excel at. Just now, we were talking about goals and actions, both of which are your strengths. So naturally, you can see, "Okay, the goal is here." Then figure out which path leads to that destination. Would this be considered helping others strategize as you described - understandingly? Because in your mind, there's a clear picture of how to reach the destination, like having a map.

问: 就是可以帮别⼈实现这个⽬标.

Question: Can you help others achieve this goal?

JO: 就好像你可以看到这个路线.how to get there.

JO: It's like you can see this path. How to get there.

问: 这个就是看看⾃⼰天赋在哪⾥,然后看⼀下什么合适….

Q: This is about figuring out where your talent lies and then considering what might be suitable...

JO:你需要去跟随你⾃⼰内在的激情和热情.因为不管你的天赋才华在哪⾥,如果你没有热情没有激情的话,就好像你这台车再⾼档,它⾥⾯没有油.所以说你⼀台跑车和⼀台普通的车.那⼈家普通的车可以达到⽬的地,因为它⾥⾯有激情.那你虽然是昂贵跑车,你没有油,你还是达不到⽬的地的.

JO: You need to follow your own inner passion and enthusiasm. Because no matter where your talent lies, if you lack passion and enthusiasm, it's like a top-of-the-line car without fuel; its potential is untapped. So even though you might have an expensive sports car compared to a regular one, the regular car can still reach its destination because it has that spark inside. But as luxurious as your sports car may be, if there's no fuel (i.e., passion), you won't get to your destination either.

问: 那我的热情激情,我的灵魂到底想要什么呢?

Question: Well, what does my passion and soul truly desire?

JO: 这个你⾃⼰内在才知道呀.你内在才知道你的激情.问: 那我的⾼我会告诉我这个吗? 就是会看得到吗?

JO: This is something you know internally, only within yourself. You know your passion internally. Question: Then my higher self would tell me this, right? Would I see it?

JO: 这是你⾃⼰,就好像你⾃⼰去尝这个东西,你来问我们这个太冷还是太热.你⾃⼰在品尝呀.明⽩吗?

Japanese to English

JO: This is you, like when you taste something yourself and come to ask us if it's too cold or too hot. You're the one tasting it. Understand?

问: ⽐如说我的能⼒很强,我可以把事情处理好.这个就可以给我带来很⼤的成就感.

If my capabilities are strong and I can handle things well, that would give me a great sense of achievement.

JO: 这个没有问题呀.

JO: There's nothing wrong with that.

问: 那能看⼀下我未来会有⼏个⼩朋友吗?

Q: Could you tell me how many children I will have in the future?

JO: 如果你愿意的话,有三个.因为这个还要根据你⾃⼰的意愿,你愿不愿意.就好像这⾥可供你选择.

JO: If you're willing, there are three. Since this also depends on your own wish, whether or not you're willing, as if here you have options to choose from.

问: 那总是只要我愿意⽣,就能⽣出来三个,是吗?

Question: Does that mean I can give birth to three whenever I want if I'm willing?

JO: 是的问: 这个分男⼥吗?

Yes, does this differentiate between male and female?

JO: 你稍等.我们是看能量,两个阳性的能量,⼀个阴性的能量,明⽩吗?问: 有先后吗?

JO: Wait a moment. We are looking at energy, two positive energies, one negative energy, understand? Question: Is there any sequence or order?

JO: 两个阳性的能量是在前⾯,⼀个阴性的能量在后⾯.

JO: Two positive energies are in front, and one negative energy is behind.

问: 另外就是关于我房产的问题.我在上海买了⼀个⼩房⼦,我⼀直想要置换.但是现在经济实⼒不够.我想问⼀下后续什么时候可以置换?

Q: Another question is about my property issue. I bought a small house in Shanghai and have always wanted to upgrade it. However, my financial capability is insufficient now. I would like to know when I can proceed with the upgrade in the future?

JO: 你们很多⼈就是说有问题就是在哪⾥? 就是你们总觉得,你们把关注⼒都放在我的银⾏⾥⾯有多少钱,我的房⼦有多少套.然后我⽬前只有⼏套⼏套.其实这些想法它都在限制你,明⽩吗? ⾸先你要知道你可以拥有任何你想要的⾦钱的数字.我们以前通灵就有很多信息告诉你,那个⼀百岁的⽼头他就⼀个愿⼒,就多少个亿.那个是不是他显化出来的? 他只有⼀个念头,明⽩吗? 所以你们这种传统的观念和思想就觉得我只有这⼀个⼯作,我⼀个⽉只能赚这么多钱.这个限制了你们.⽽不是说事情的本⾝或者⾦钱的本⾝它限制了你们,就是赚钱难这个本⾝,明⽩吗?

JO: Many of you wonder where the problem lies? You always feel that your attention is focused on how much money I have in my bank, how many houses I own. Currently, I only have a few sets. These thoughts are actually restricting you. First, you need to understand that you can possess any financial figure you desire. We've had spiritual information shared with you before; there's an old man who has the power of intention, and he possesses billions. Is this manifestation? He only has one thought, do you see? Therefore, your traditional beliefs and thoughts lead you to believe that I have only one job, earning so much money per month. This restricts you. It's not that things themselves or money itself limit you; it's the very idea of making money being difficult that limits you, understand?

所以说如果你不去关注你的,就是 If you open yourself,因为你现在没有open yourself.因为你只是想着你眼前的这⼀点.就好像这么说吧,你蹲在地上看着你眼前的西⽠和⽟⽶,就想着,哎呀,我这个西⽠和⽟⽶.但是你的⾝后却是⼀⼤⽚⼀⼤⽚的西⽠和⽟⽶.那个⽟⽶你还能播种,再长出更多更多的⽟⽶,明⽩吗? 但是你眼⾥就你那个西⽠和⽟⽶.你只需要掉头看到⽆限的可能,明⽩吗? 如果我们给你任何答案都在限制你.就

So if you open yourself up, because you're not currently doing so, as you're only focusing on what's right in front of you. Imagine this: You're squatting down and looking at a single pumpkin and corn before you, thinking to yourself, oh my, just these few pumpkins and corns. But behind you stretches vast fields of more pumpkins and corns. You can sow the corn again, allowing for even more corn growth. Do you understand? Yet, all you're seeing is your one pumpkin and corn. All it takes is turning your head to perceive infinite possibilities. Understand that if we provide any answer, it could potentially limit you.

⽐如说你可以去换房⼦呀,等会你就有个更好的房⼦... 这些都是对你的限制.为什么? 因为你眼⾥只能看到另外⼀个房⼦.

For instance, you could go and change houses; in a while, you will have a better house... These are the limitations imposed on you. Why? Because all you can see is another house in your eyes.

问: 我最近我睡眠不是特别好.这个有什么说法吗?

Question: I've been having slightly poor sleep recently. What does that imply?

JO: 你现在就好像你⾃⼰在摸索,摸索⼀条让⾃⼰⼼安理得的的路.因为⽬前你没有在⼀种安⼼、安全,有归属感,就是在⼀种扎根的状态.你就好像是飘的.所以在这样⼦的能量状态下,不只是在你睡觉的时间,可能其它时间你也会有⼀点就好像忧⼼忡忡这种感觉.明⽩吗? 所以扎根.

JO: You are like feeling your way through to find a path that would make you feel justified. The reason is because at the moment there's no sense of calm, safety or belongingness in you - just a state where everything seems unsettled and ungrounded. It feels like you're floating around without a solid base. So even when you are not asleep, this state might bring about anxiety for you during other times too. Do you understand? This is why it's important to find your roots.

问: 我之前问你关于我爸妈的感情,他们年轻的时候互相打骂,现在⽼了好了⼀点.那他们能更好吗? 有没有什么可以做的吗?

Question: I previously asked you about my parents' relationship. They used to argue when they were young, but now that they are older, it has improved a bit. Can their relationship be even better? Is there anything that can be done?

JO: 所谓的更好或者是更坏或者是更什么,其实你们都是在动表⾯的⼀个相上⾯去看事情.那就算你从这个相上看到的什么相,那其实它都是⼀个幻像,它都是⼀个假象,它都是不稳定的,都是充满了变化的,明⽩吗? 所以不要去⽤好还是不好去评判他们.为什么? 因为他们⽣命来到这⾥的⽬地它并不是为了维持表⾯上⼀个相.就算他们不吵架,和和蔼蔼的.不代表他们⽣命真正的就是在⼀种喜悦或者是丰盛或者是圆满的状态,明⽩吗? 那是不是就...那你找寻的所有的⼀切是不是都是为了满⾜你头脑⾥的⼀个追求? 追求什么? 追求那个表⾯上的相看上去是怎么样的.这个才是你需要去放下的.

JO: The notion of better or worse, or anything else, is actually you looking at the superficial aspect of things. Whatever you see from that aspect, it's all an illusion, a false image, unstable, filled with change. Understand? Don't judge them by good or bad. Why? Because their purpose in life coming here isn't to maintain a superficial phase. Even if they don't fight and are kind doesn't mean their life is truly in a state of joy, abundance, or completeness. Understand? So are you seeking all this just to satisfy your mind's pursuit? What are you pursuing? Pursuing how the surface image appears. This is what you need to let go of.

就是放下你头脑⾥⾯追求的需要有⼀个什么样⼦的相摆在那,你才能⼼安理得或者是你才能安⼼,明⽩吗? 所以说⽣命不在于它呈现的是个什么样⼦,⽽是在于它有没有真正的去⾛在它⾃⼰的路上.如果它⾛在它⾃⼰的路上,那么⼀切都是好的.如果没有的话,就算表⾯上看上去再风平浪静,它都是没有真正的做它的功课吧.因为你们来到这个世界上你们不是为了满⾜你们这个物质⾁体的.这个物质⾁体只是你们的⼯具,你通过它...

The question is about letting go of the need in your mind to have a certain appearance or status set up so that you can feel at peace or content, do you understand? Therefore, life is not about what form it presents as, but rather whether it genuinely walks its own path. If it does, everything is well. If not, even if表面上it looks calm and peaceful, it hasn't truly done its work because you're not here on this earth to satisfy your physical body's desires. Your physical body is just a tool for you to use...

问: 好的.我还是想要知道我和XXX有没有深深的缘分?

Question: Alright. I still want to know if there's a deep connection between me and XXX?

JO: 你稍等.从能量层⾯来看的话,你对他,就是你⾃⼰陷⼊的⽐他更深.那对他来说就可能这边有⼀杯⽔,我正好⼜渴那我就拿起来喝.但是如果他不⼜渴的话,他是不会看见这⾥的⽔,不管它在不在那⾥,明⽩吗? 他看不见的.因为他眼⾥还有更重要的.所以这个⽔对他来说是可有可⽆的.那正好是那会⼉⼜渴了,正好有杯⽔在那⾥.那当他不⼜渴了,他就不会想起这个⽔.

JO: Wait a moment. If we consider it from the perspective of energy, you've sunk deeper into him than he has into you. This means that for him, there might be a glass of water nearby, and since I'm also thirsty at that moment, I would grab it to drink. However, if he isn't thirsty, he won't notice the water regardless of whether it's there or not. He simply can't see it because there are more important things occupying his focus. Thus, for him, the presence of water is merely optional. But when he happens to be thirsty and there's a glass of water available, then if he's no longer thirsty later on, he wouldn't remember about this water at all.

问: 就是没有什么缘分?

Q: There's just no chemistry?

JO: 这是从能量层⾯连接到的这两个的状态.因为他眼⾥有前⾯的路和前⾯的⽬标.⽽不是说眼⾥只有⽔.

JO: This refers to the state of these two entities that are connected on an energetic level, because he has a clear vision of the path ahead and his objectives, rather than just seeing water in his eyes.

问: 明⽩,好的.

Question: Understood, good.

#### 2023/08/03 — ⽣病的原因与求⽣欲Reasons for Illness and Survival Instincts

JO: 你说吧,什么问题? 问: 我的姓名是不是不好? JO: 你觉得它不好吗?

JO: Tell me, what's the question? Asked: Is my name bad?

JO: Do you think it's not good?

问: 我觉得它是不好的.

Question: I feel that it's bad.

JO: 那你觉得不好它就不好.

JO: Then if you think it's bad, it's bad.

问: 好吧.我⽣病的原因是? 我怎么样才能康复?

Question: Alright. What's the reason for my illness? How can I recover?

JO: 你稍等.我们感受到你的⽣命⼒⾮常⾮常,就好像⼀个苹果本⾝它是新鲜的,对吧? 但是它却⾮常的萎缩.因为你这颗苹果离开树太久了.如果你的苹果是在树上的话,它会持续的看着很新鲜,有⽣命⼒有活⼒,对吧? 但是你的⽣命⼒就好像是它跟这棵树已经离开很久了,就逐渐进⼊⼀种萎缩,就看上去不新鲜了,明⽩吗? 也就是说你的⽣命⼒⾮常的弱.你想问⼀下你⽣病的原因,对吧?

JO: Wait a moment. We feel your vitality extremely strongly, just like an apple that is fresh in itself, right? But it has shrunk very much because you have been away from the tree for too long. If your apple were still on the tree, it would continue to look fresh and vibrant, wouldn't it? However, your vitality seems as if it's been detached from this tree for a long time, gradually entering a state of atrophy, making it seem not fresh anymore, understand? In other words, your vitality is very weak. You want to ask about the reason for your illness, right?

问: XXJO: 你⽣病的原因就好像是你⾃⼰对你们家族… 就好像是你⾃⼰在反抗⼀样,⽤你⽣病的⽅式来报复他们来反抗他们.就好像说你没有给我爱,你看吧,我就没有⽣命⼒了,没有源头,我就活不了了.就好像你对外界的渴望,对家庭的爱的渴望是⾮常强烈的.那当你在那边没有感受到爱的时候,你就会觉得你好像是断开连接.然后就好像是他们已经没有东西往你这⾥注⼊爱或者是⽔分,所以你就逐渐的枯萎.所以导致你⽣病的原因是你感受不到爱,更多的好像是⼀种⽆声的反抗.就好像说,你看,我的这个苦果是你们这些⼈结出来的苦果.

Question: XXJO: Your illness seems to be a manifestation of your rebellion against your family, as if you are retaliating against them in the way you are ill. It's as if they didn't give you love, and you say, 'Well, I can't live without it; there is no source for my vitality.' The desire for affection from others, particularly from your family, seems to be very strong in you. When you don't feel this love on the outside, you feel like you're disconnected. It's as if they have stopped pouring love or water into you, so you gradually wither away. Therefore, the reason for your illness is that you can't feel love, more of a silent rebellion, akin to saying, 'This is the price you pay for what you did.'

问: 明⽩,我曾经在内⼼深处这么想过,就感觉没有爱了,像你说的这种.

Q: Understood, I've had thoughts like that in my innermost self, feeling as though there was no love, as you described.

JO:是的.你就好像是在⼀种⽆声的反抗.你不仅是对你们这个家族也是对你们这个社会.因为你觉得你在社会上也感受不到爱.然后就好像你们所有⼈种出来的果是苦涩的,枯萎的.那你们也没有办法去欣赏到⽣命的美好,就是⼀个苦果,明⽩吗? 你多⼤年龄?

Yes, you seem to be rebelling in silence. Not only against your family but also against society as a whole because you feel that you don't receive love from it. It's like all the fruits grown by everyone are bitter and withered. As a result, you can't appreciate the beauty of life; it's just a sour fruit. Do you understand? How old are you?

问: 我89的.

Question: I am 89 years old.

JO: 那你是期望谁那⾥得到爱?

JO: Are you hoping to receive love from there?

问: 我以前渴望,现在没那么渴望.

Question: I used to be very eager, but now it's not as intense.

JO: 但是你还是要把你以前... 因为这是你种下的⼀个果⼦.你可能现在⼼已经死了,就是我不期望了,我绝望了.你是从谁… ?

JO: But you still need to address your previous... because this is a fruit you planted. You might have already lost heart, thinking that I won't receive it and there's no hope anymore. Who did you...?

问: 我期望是我曾经喜欢的那个⼈.

Q: I hope it's the person I used to like.

JO: 但是他跟你却没有交往是吗?

But you have no connection with him, right?

问: 我现在还想问就是我曾经喜欢的⼈,现在因为⽣病也不想联系了,让他在我⽣命⾥消失.我该怎么去做?

Question: I also want to ask how I should proceed now that there are people I once liked whom I no longer wish to connect with due to illness. I want them to disappear from my life. What should I do?

JO: 你要知道如果你想康复的话,唯⼀⼀个你必须是你内在的强烈的求⽣欲,就是你想在这个世界上存活下去.除⾮你拥有这⼀个⾮常必要的条件,你才能有效果.就⽐如说你看病,看病才能起效果.然后别⼈给你的爱才会有加倍的效果.就好像你内在求⽣的欲望是药引⼦,其它的药引⼦没有效果.就要看你的药引⼦有没有使⽤了,明⽩吗?

JO: You need to understand that the only thing you must have is an extremely strong desire to live from within, a wish to survive in this world. Unless you possess this very necessary condition, there will be no effectiveness. Just like when you seek medical treatment; it works effectively. And then, other people's love towards you becomes more impactful. It's as if your inner desire to live is the ingredient that activates the medicine, whereas without this specific ingredient, other ingredients have no effect. The question boils down to whether or not you are utilizing this key element, do you see?

问: 我明⽩,我已经经历三次了…JO: 那怎么样能焕发出你的求⽣欲? 你需要从你的⽣命当中去找到你存在的价值,明⽩吗? 因为如果你看不到你的价值的话,你不会觉得我活着有什么意思.

Q: I understand, I've been through it three times... JO: So how do you ignite your will to live? You need to find the value in your life, get it? Because if you can't see the value in your life, you won't wonder why living is worth it.

问: 对,我就是觉得没有值得我留恋的东西.

A: Yes, I just feel that there's nothing worth lingering over.

JO: 你有孩⼦吗?

JO: Do you have children?

问: 有,但是我觉得他有⼀天长⼤了他不需要我了… JO: 孩⼦现在多⼤?

Q: Yes, but I feel like there comes a day when he won't need me anymore... J: How old is the child now?

问: 11岁 我觉得我活着没有太⼤的价值,还拖累了别⼈.

Question: At age 11, I feel that my life has little value and is a burden to others.

JO: 是,所以你必须要⾃⼰赋予你⾃⼰价值.为什么呢? 因为就算我们赋予你,我们告诉你.你会不相信的.你不相信的话,它就不会产⽣作⽤,明⽩吗?

JO: Yes, so you have to give yourself value. Why is that? Because even if we give it to you and tell you, you wouldn't believe it. If you don't believe it, it won't work, do you understand?

问: 但是你每次都能说到我内⼼深处的⼀些东西,就是别⼈看不到的⼀些东西.

You always touch upon something deep inside me, things that others can't see.

JO: 因为这些是你能量层⾯的,这些信息都储存在那⾥的.你要知道你不只是单独的⼀个⾁体的存在.你⾸先要知道我们在这⾥我们不会救任何⼀个⼈.为什么呢? 因为对于我们来说,⽣命就像你去这个游乐场.你要不去这个游乐场,那你也可以去其它游乐场体验啊.这是没有区别的,明⽩吗? 只有你们物质世界的⼈才会觉得,我⼀定要救他,我⼀定要救他.因为他们看不到⽣命的真相.但是我们必须要让你来看清楚,你既然选择了这个⾁体来到这个世界上.它的价值、它的可能性是⽆限的.你必须要知道⼒量来⾃于你⾃⼰.你可以把它打造成任何你想要去展现的,明⽩吗? 这就是你的权⼒,这不是说是你的能⼒,这是你的权⼒.你想,任何能⼒你都有.

JO: Because these are at your energetic level, this information is stored there. You need to understand that you're not just a single physical being. First of all, you should know that we do not save anyone here. Why? Because for us, life is like going to an amusement park. If you don't go to this one, you can experience others as well. There's no difference, right? Only those in your material world would feel that I have to save him, I must save him because they can't see the truth of life. But we need to make it clear for you that since you chose a physical body to come into this world, its value and potential are infinite. You must know that power comes from yourself. You can mold it into anything you want to display. Understand? This is your right, not your ability; this is your power. Anything you imagine, you already possess the ability for.

这是你的权⼒.你有权⼒在这个物质世界当中去展现任何你想要展现的模样,你必须要记住这⼀点.不然的话,你会觉得你是没有⼒量,你会有⽆⼒感.你会觉得外界的⼒量太⼤了.外界它不过是⼀个你觉得它的⼒量⼤,它才会给你创造⼀个它⼒量⼤的体验给你.所以你现在知道⼒量来⾃于哪⾥吗? 来⾃于你⾃⼰.是你去觉得,你去认为外在的⼒量太⼤了,这个社会太痛苦了,这个社会太绝望了.所以你就会由此体验,明⽩吗? 所以如果你真正的想要去脱离这个⽣病的⾝体,想要去创造完完全全健康充满活⼒、

This is your power. You have the power to manifest whatever you desire in this material world, and it's crucial that you remember this fact. Otherwise, you might feel powerless, experiencing a sense of helplessness, thinking that external forces are too strong. These outside forces only create experiences for you based on how much power you perceive them to possess. So, do you now understand where the source of power lies? It comes from within yourself. You let it seem like the external powers are overwhelming, and society is suffering and hopeless, leading to this experience you have. Therefore, if you truly wish to escape ailing bodies and create entirely healthy, vibrant lives,

价值、⼒量.那你就必须要⾃⼰内在去相信我们刚才说的那句话:你有权⼒在这个世界上呈现任何你想要呈现的样⼦,明⽩吗?因为当你相信了,你才会拥有⼒量.就好像我告诉你,前⾯有⼀个武器.你必须相信你才能拿到它.如果你不相信,你去抓,它是空的.明⽩吗?如果你不相信,你去抓它,呀,空的呀.你说我什么都没抓到,你骗⼈.为什么?因为来⾃于你本来就不相信.明⽩吗?

Value and power. That means you must believe internally what we just discussed: You have the right to present any form you wish in this world, do you understand? Because when you believe it, you will then possess the power. It's like me telling you there is a weapon ahead. You must believe it in order to take it. If you don't believe, if you go and grab, it's empty. Do you understand? If you don't believe, if you try to grasp it, oh, it's empty. You say I'm lying that I haven't caught anything. Why? Because it stems from your original disbelief. Do you understand?

问: 那我相信…JO: 你相信过后,你就会把⼒量拿出来.为什么呢? 因为你知道所有⼒量它是来⾃于你内在的.你内在的所有⼒量给⾃⼰显化了这个⽆⼒感.所以你既然能把⾃⼰显化成就好像是⼀个绝症⼀样,因为你的⽣命⼒是⾮常⾮常萎缩的.你看到那个苹果,已经萎缩的差不多了.那你既然可以⽤你的⼒量把你的苹果萎缩成这样⼦.你当然也可以⽤你的⼒量把你的苹果呈现出⼀个饱满新鲜的状态,明⽩吗? 谁看到都想咬⼀⼜的那种状态.所以说它的选择权来⾃于你⾃⼰,⼒量也来⾃于你⾃⼰.你还有问题吗?

Q: Then I believe...JO: Once you believe, you will bring forth your power. Why is that? Because you realize that all the power comes from within yourself. You've manifested a sense of helplessness with all your inner power. So if you can manifest yourself as though you have an incurable disease, because your vitality is extremely diminished. When you see that apple, it's almost shriveled up. And since you can use your power to shrink your apple like that, you can also use your power to bring forth a state of fullness and freshness that anyone would want to take a bite out of. The choice lies with you, as does the power. Do you have any more questions?

问: 我还想问和我这⼀世联系紧密的那⼀世是怎么样的? 对我这⼀世有什么影响?

Q: I also want to ask about how my previous life, closely connected with this one, was like and what impact it has on me in this lifetime?

JO: 我这么说吧,如果现在没有拿回你的⼒量,就是把我们前⾯的信息给消化掉,成为,就是做完这个转变的话.你后⾯没有什么信息进来了,明⽩吗? 你现在没有去转变,现在是你转变的时期.我们把路也给你指出来了.这必须是你内在燃起来的欲望和⽕和⽣命⼒.如果你这个没有产⽣的话,后⾯没有任何信息了,明⽩吗? 所以说等你突破这⼀关,你再来找我们.我们再会给你带出来更多的信息,好吗?

JO: Let me explain this way: If you haven't regained your strength by now and have digested the information we provided for you to undergo a transformation - making it so that no new information comes in after completing this process, do you understand? Currently, it's your time to transform. We've shown you the path. This must be the desire, passion, and vitality within you igniting itself. If this doesn't happen, there will be no more information coming in afterward, do you understand? Therefore, wait until you overcome this barrier, then come back to us. We'll provide you with additional information once you've done that, alright?

问: 我还想问为什么我总能梦到死去的亲⼈?

Q: I also want to know why I always dream about deceased relatives?

JO: 因为你想加⼊他们呀,明⽩吗? 我不管你头脑⾥⾯有没有想法,但是你内在的欲望却是想加⼊他们的.你会觉得那个是世界更美好.

JO: Because you want to be a part of them, understand? I don't care what ideas you have in your mind, but the desire within you is to join them. You would find that the world becomes better.

问: 不是他们来找我,是我主动去找他们的…. JO: 是你想加⼊他们,明⽩吗?

Q: It's not them coming to me; it's me actively seeking them out...

JO: You want to join them, understand?

#### 2023/08/03 — 灵魂主题之突破亲缘关系的束缚Breaking Through Kinship Bonds in the Theme of Soul

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 第⼀个问题想问⼀下我的灵魂主题? JO: 你叫什么名字?

Q: I have a question about my soul theme.

A: What is your name?

问: XXXJO: 我们连接到你这⼀⽣的灵魂主题跟你的亲情,就是跟你的关系,就好像这是你⾮常⼤的⼀个需要突破的⼀个点.也就是说就好像这是你的功课,你的亲密关系、你的亲情或者是你的婚姻,然后这会成为你的⼀个功课.因为它们这些功课会给你带来很⼤的压⼒或者是束缚或者是痛苦,反正就是需要你去突破的.然后这个突破的过程必须要让你去增长你的智慧.就好像你⼀直在找解脱之路⼀样.你这种就好像是黏在⼿上的东西,甩也甩不掉.就是不像是让你⼀下⼦就能甩掉的.它粘着你,粘在你⾝上.然后它导致你在没有甩掉它之前特别的沉重,快乐不起来.就体验不到⽣命的⼀种轻松和美好.

Q: XXXJO: The themes connected to your soul in this lifetime, when it comes to your family ties or relationships with them, are like a big obstacle you need to overcome, almost like homework for you. That means your relationships, your kinship or marriage have become the subject of your journey because they bring about stress, constraints, or pain that you need to break through. The process of overcoming this requires growth in wisdom, as if you're searching for an escape route. It's something you can't simply get rid of, stuck like glue on your hands. Unlike things that can be easily discarded, it adheres to you and sticks to your body. This makes you feel unusually heavy before you've been able to let go, unable to find happiness or joy in life because you're not experiencing the lightness and beauty of existence.

就是给你带来的那种沉重感让你郁郁不乐吧,你就觉得⽣命好像不精彩,也不快乐也不喜悦也不轻松.

It's that feeling of heaviness you bring upon yourself that makes you unhappy. You feel like life is neither interesting nor joyful nor relieving.

问: 是的.怎么去解脱呢? 甩开的意思是改善关系还是?

Q: Yes. How to be liberated? Does "let go" mean improving relationships or...?

JO: 你甩开不了.

JO: You can't get rid of it.

问: 那我要怎么办呢?

Q: What should I do then?

JO: 你必须要学会去转化它,就好像逼着你需要去让你去向内做功课.去认识⽣命它真正存在的⼀些意义,就是去认识这些… 就好像是去增长你的智慧.因为只有你达到⼀种豁然开朗,就觉得怎么什么事都没有啊.然后你就会彻底放下了,不受他们影响了,明⽩吗?

JO: You have to learn how to transform it, like forcing yourself to do inner work and understand the true meaning of life, which is akin to increasing your wisdom. Because once you reach a level of enlightenment where everything seems insignificant, you will completely let go and become unaffected by them, get it?

问: 不受他们影响对吗?

Question: Isn't it true that they aren't influenced by it?

JO: 那会⼉就不受他们影响了.因为你发现什么都没有,明⽩吗? 所以他们现在就好像⼀股⿊⿊的浓浓的能量⼀直围绕着你,阴魂不散⼀样.就是来让你很难去施展拳脚,因为实际上你是⼀个⾮常有梦想有追求,内在有很多想法想要去活出来的那种.但是却总是感觉被拉扯着,或者被束缚着被捆绑着.

Back then, you wouldn't be influenced by them anymore because you realized that there was nothing, understand? So now they're like a dark, thick energy swirling around you, lingering like ghosts, making it hard for you to move or act. It's as if they're always restraining you, pulling and binding you because deep down, you're someone who dreams big, has aspirations, and wants to live fully but constantly feels restricted or controlled.

问: 明⽩.那我的天赋才华是什么?

Question: I understand. What are my talents and abilities?

JO: 你的天赋才华,就是在你还没有解开这个,还没有去弄清楚,还没有把你眼前的这股能量⽤你的慧眼去看清楚什么都没有的话,你是很难展现的.因为有⼀股⼒量就不断地拉车你让你… 就⽐如有⼀份好的你喜欢的⼯作,但是那些所谓的破事就让你头脑不清,让你⼼不安.就是不能让你完完全全的安静下来去施展你的⼿脚.

JO: Your innate talents are hard to demonstrate when you haven't yet unraveled them, understood them, or fully observed the energy in front of you through your insightful eyes. There's a force that constantly pulls at you, compelling you... just like having a good job you enjoy, but all those so-called distractions cloud your mind and unsettle your peace of mind. It prevents you from completely settling down to utilize your abilities fully.

问: 对的.我觉得现阶段我的注意⼒很难集中或者说很难去做⾃⼰想做的事情.

Question: Right. I feel that my attention is hard to focus on anything, or difficult to do what I want to do at this stage.

JO: 是的,因为你还在被这股能量给包裹.所以你会发现如果你不去做这个功课,只是强迫的往前⾛的话,你会发现很难得.因为就像刚刚说,你是甩不掉的.

JO: Yes, because you're still enveloped by this energy. So you'll find it difficult if you don't do the work and just try to push forward; you'll find it hard to manage. As I just mentioned, you can't shake it off.

问: 那我怎么去做这个功课呢?

Question: How should I do this practice?

JO: 刚才不是说了吗? 增长你的智慧.那很明确的告诉你,你不断地去学习我们的信息,那每⼀次都会让你不断地解锁,不断地增长你的智慧,明⽩吗? 因为我们的信息包含了所有你所需要的.

JO: Didn't we just say that? Boost your wisdom. That's very clear; every time you learn our information, it will continuously unlock and enhance your wisdom, understand? Because our information contains everything you need.

问: 我明⽩,我觉得在⽣活当中我的不快乐是因为我要照顾我的家庭不能做⾃⼰,所以我不快乐? 还是说我把这些事情我定义为不快乐,所以我才不快乐?

Q: I understand; I feel that my unhappiness in life is due to having to care for my family and not being able to be myself, hence my unhappiness? Or is it that I define these things as unhappiness, which is why I am unhappy?

JO: 你所说的这些,它就好像是有短暂的⿇药的效果.但是⿇药会消失的,消失后还是呈现出你内在的频率,你内在的... 这么说吧,你的学历如果只有这么⼀点的话,你装也装不出来呀.你学了⼏句专业只是专业⽤于,然后你就想装成⼀个⾼学历的? 必须是你⾃⼰踏踏实实的去领悟去感悟去学习透了成为你了,你才能真正的去… 所以这些东西是作不了弊的.哪怕你逛个淘宝买个东西让⾃⼰开⼼⼀下或者是中个彩票.所有这些东西它都好像是⿇药⼀样,⿇药会退的.你真正的本来的样⼦还是会呈现出来的.⽽且你就算这⼀世逃过来,那你下⼀世还是会继续做这个功课的.

JO: What you're saying is akin to a brief effect of anesthesia. But anesthesia wears off, revealing your inner frequency, your inner self... To put it simply, if your education level is limited like this, you can't fake it; you've learned just a few professional skills for use in your profession and then you think you can pretend to be highly educated? You must genuinely understand, perceive, and study deeply until it becomes part of you, only then can you truly... These things cannot be manipulated. Even if you indulge yourself by shopping on Taobao or winning the lottery to cheer yourself up, all such actions are like anesthesia; they will eventually wear off. Your true self will still manifest. And even if you evade this lesson in this lifetime, you'll continue with it in your next life as well.

问: 我的功课是需要向内看对吧?

Question: My studies require that I look within, right?

JO: 增长智慧.

JO: Increase wisdom.

问: 今年我的⽣活更⽅⾯都有很⼤的变化,更看不清..

Question: This year, all aspects of my life have experienced significant changes and I can't see as well...

JO: 这么说吧,因为随着你的能量的变化,就是你们整个⼈类集体意识的变化.你们⾝上如果束缚多的⼈,他会感受到这个束缚越来越沉重.那如果你们内在都是光的话,它会吸引越来越多的光,明⽩吗? 如果你内在都是⼀些粪便的话,你会吸引更多的粪便.然后你内在是光的话,你会吸引更多的光.因为它都是在⼀种加速的,就是它能量的转变.就是以前本⾝你可能感受到的是⼀倍的,现在是好⼏倍.所以你们内在本来的样⼦,它会去创造double的给你.这么说吧,你的银⾏⾥⾯如果是有⼀百块钱,对吧? 那它会变成⼀千.那如果你的信⽤卡透⽀⼀百块钱,那它也会变成⼀千,明⽩吗?

JO: Let me put it this way, because as your energy changes, which is the change in your collective human consciousness. The more constraints there are on a person, they will feel that constraint becoming increasingly heavy. If you have light within yourself, it attracts increasing amounts of light, do you understand? If there are feces inside of you, then you attract more feces. But if you have light internally, you attract more light because everything is happening at an accelerated rate due to the transformation of your energy. It was perhaps once a matter of doubling or tripling before, now it's much more than that. So whatever your original state inside you creates for double effects. Let me explain further, if you had $100 in your bank account, right? Then it becomes $1,000. If you overdraw $100 on your credit card, then it also becomes $1,000, do you understand?

所以⽆论你是存款还是信⽤卡透⽀,它都会给它加重,都会去double.所以说你到底是存钱还是透⽀,那你就在这上⾯去做功课.⽽不是去把表⾯上的这些转换,从⼀个转换到另外⼀个.因为这些... ⽐如说我现在痛苦,我去喝两杯⼩酒就好了,我开⼼了.你开⼼就⼀会⼉,很快它会再不开⼼的.那你再喝点酒,那你把你⾝体变成⼀个酒⿁了,你彻底的失控了.你就陷在泥潭⾥⾯更深了,更难⾛出来了.

So whether you're depositing money or using your credit card to the limit, it will double the effect of both options. Thus, deciding between saving and overextending yourself financially is something you should focus on, rather than simply swapping superficial solutions from one scenario to another. These superficial fixes are like pouring a glass of wine when you're unhappy; it may bring temporary relief, but happiness won't last long. You'll find yourself drinking more, eventually turning your body into a vessel for alcohol and losing control completely. You'll sink deeper into the muck and struggle even harder to find your way out.

问: 我其实很想学习灵性知识,但是⽣活上事情太多了,没有时间.这些事情让我觉得很痛苦.怎么解决这个?

Question: I really want to study spiritual knowledge, but my life is too busy with so many things that I have no time. These matters cause me a lot of pain. How do I solve this?

JO: 没有时间? NO NO NO NO,这个⼥孩⼦她在做家务的时候她也会去听这些信息.她每⼀次听,她的内在都会发⽣转变,明⽩吗? 所以你可以不⽤去看,那你可以去听.⽿朵它是空的吧? 你⼿在忙.

JO: No time? Not at all! This girl listens to the information while doing chores. With each listen, her inner self undergoes a transformation. Do you understand? So you don't need to watch; just listen. Your ears are empty, right? Your hands are busy.

问: 明⽩.我以前我能记住我的梦,但是这段时间不知道为什么完全记不住了.

Q: I understand. I used to remember my dreams, but recently I can't recall them at all for some reason.

JO: 你可以完完全全不⽤去管这些.因为这些它不会给你带来本质的变化,就是它不会对你的⽣命有所影响.除⾮你觉得这个对你有很⼤的影响,那影响也是来⾃于你⾃⼰.但是呢,⽆论怎样,这些东西它不会给你带来本质的变化,明⽩吗? 你只有不断地去从我们的信息当中给你带来彻底的变化,明⽩吗?

JO: You can completely ignore these things because they wouldn't bring any fundamental changes to you; that is, they would not impact your life. Unless you feel that this has a huge effect on you, then the influence comes from yourself. But no matter what, these things will not bring about fundamental changes, do you understand? The only way for change is by continuously receiving the total transformation from our information, do you get it?

问: 我的灵魂特质是什么?

Question: What are my soul characteristics?

JO: 我们看⼀下你突破这个功课过后啊.如果你能突破这个功课,把你⽬前的束缚转变成智慧的话,那个你会是⼀个⾮常有魄⼒,做事情⾮常有⼿段有决策⼒有⼒量,跟现在的⽆⼒感完全不⼀样的.就是你很清楚你⾃⼰想要什么,然后你也很清楚的知道你⾃⼰怎么达到那⾥.然后就会成为⼀个事业⼥强⼈吧.做事情不拖泥带⽔,⼲脆利落.所以说你也会在物质世界显化出任何你想要的.⼲脆利落的显化出来,很明显的显化出来,⽽不会是迟钝呀、慢呀,就会很快速的.这个就是来⾃于你的⼀个⾏动⼒和决策⼒,所有这些⼒量它都归位了.所以你就可以显化任何你想要显化的.你现在好像使不上⼒⼀样.他们那股把你给拉扯住,让你使不上⼒.

JO: Let's see how you handle this lesson after you break through it. If you can transform your current limitations into wisdom by overcoming this task, you will become someone very assertive, capable of decisively and skillfully handling tasks with strength in decision-making. This would be completely different from your current sense of powerlessness; you'd have a clear understanding of what you want and how to achieve it. You would likely evolve into a career-driven woman who handles tasks efficiently without any hesitation or dawdling, making your intentions manifest quickly. Your energy and decisiveness stem from this action-packed and powerful essence that allows you to manifest anything you desire swiftly and distinctly rather than being sluggish or slow about it. This is because all the power and strength are redirected through your actions and decision-making processes. You would be able to bring forth any manifestation you desire, overcoming what feels like a lack of capability at present; there's this force that seems to hold you back, preventing you from exerting yourself effectively.

问: 对.只能做应该做的事情,不能做想做的事情这种感觉.

Q: Isn't it about doing only what one should do and not what one wants to do?

JO: 是的.所以这种烦躁感它还会持续的,直到你不断不断地把这些… 我们的信息好像是光,你允许这些光进来过后,那你就不会在⿊暗中迷茫或者是不安、烦躁,明⽩吗?

Yes, so this feeling of agitation will continue until you keep bringing in these... our messages are like light, after you allow this light to come in, then you won't be lost or anxious or agitated in the darkness, understand?

问: 明⽩.我前段时间跟我⽼公吵架,对我伤害很⼤.

Q: I understand. Lately, I had a big argument with my husband which deeply hurt me.

JO: 我们前⾯的信息是不是已经说过了.因为你的课题它不只是来⾃于婚姻,还有家庭,就是亲情啊…问: ⼯作包括吗?

JO: Have we already covered this information in front? Because your topic doesn't just come from marriage; it also comes from family, that is, filial piety... Question: Does work include?

JO: 反正是关系⾥⾯.⼯作的话,那你⽤不上⼒呀.你可能会得到很多责怪或者是打击,就是你怎么连这个事都⼲不好? 就是那种打压.就是让你觉得你⾃⼰很⽆能的感觉.

JO: Anyway, it's about relationships. If it comes to work, then you won't be able to exert your power. You might receive a lot of blame or criticism, wondering how you can't even do something right? It's that kind of suppression that makes you feel inadequate.

问: 对的,是的.我以前觉得还没这么明显,就是⽣了⼩孩之后觉得更加的明显.

Q: Yes, indeed. I used to think it wasn't as noticeable before, but after having kids, it's more apparent.

JO: 那是还没到你要做这个课题.这个课题会越来越明显.所以你要是没有去做这个课题的话,它的压⼒会越来越⼤,会强迫着你去突破.

JO: That's because you haven't started this project yet. The pressure from it will increase over time, making it inevitable for you to push your boundaries and overcome challenges.

问: 我跟我⼩⼥⼉的灵魂主题是什么? 我⼥⼉4岁.

Question: What are the soul themes between me and my little daughter? My daughter is 4 years old.

JO:你的⼩⼥⼉她会从灵魂层⾯给你⼒量,想让你去突破外在所有的这⼀切.但是这个打破不是让你真的⽤暴⼒去打破.⽽是说你真的就是有⼀双慧眼能看清楚所有的⼀切是⼀个幻像.那这个慧眼是来⾃于你智慧的增长,明⽩吗?所以说它就好像是你的⼀个推动⼒让你必须要⾛到这条路上.因为你的痛苦会导致你的⼥⼉很多痛苦.所以你会觉得我不为我⾃⼰改变,我也要为我得⼥⼉改变,就这种.

JO: Your little daughter will provide you with strength from a spiritual perspective, urging you to transcend all the external aspects. However, this 'breaking' is not about physically breaking anything. It's more about having a discerning eye that can see through all illusions. This wisdom comes from your growth in intelligence, right? So it serves as your driving force, compelling you to follow this path because your suffering will also cause much pain for your daughter. That's why you feel compelled not only to change for yourself but also for your daughter.

问:是的,我觉得我的痛苦基本上来⾃于我的内⼼.没有做⾃⼰想要做的事情.可以连接⼀下我的⾼我吗?

Q: Yes, I feel that my suffering is mainly due to my inner self. Not being able to do what I want to do. Can you connect me with my higher self?

JO: 你只要去选择跟随这些信息,然后这就是你的出路.然后任何时候当你感受到外界的压⼒,你就告诉你⾃⼰现在是你增长智慧的时候.就好像你就⽐如说你去拿重量,你觉得很重的时候,你就告诉你⾃⼰我现在要增肌了,明⽩吗? 当你肌⾁的⼒量变⼤的时候,这些就会变⼩了.所以说当你的智慧增长的时候,物质世界的这些事这些束缚都会变得对你的影响⼒越来越⼩.最后会变成没有.然后你就完完全全的去展现你⽣命的⼒量.就是不是让你去嫌弃,也不是让你去唾弃,也不是让你去抵抗,就是觉得怎么这样⼦.⽽是来让你把光带到那⾥.因为当你智慧到的时候,那⾥问题会⼀下⼦像⼀股浓烟全部消失了⼀样,明⽩吗?

JO: Just choose to follow this information, and that's your way out. Whenever you feel the pressure from the outside world, remind yourself that it is a time for you to grow in wisdom. Like when you're lifting weights and find them too heavy, tell yourself that now is the time for me to build muscle. Understand? As your muscles gain strength, these weights will become less of an obstacle. Thus, as your wisdom increases, the constraints of the material world have a diminishing impact on you. Eventually, they cease to affect you at all. Then you fully reveal the power of your life. It's not about rejection, nor disdain, nor resistance; it's just acknowledging how things are. It's about bringing light to those places because once you gain wisdom, issues become like thick smoke that disappears instantly.

所以说它之所以会有那股浓烟让你感受到沉重感或者压⼒感,是因为你现在还没有拥有智慧.因为拥有智慧这是⼀个过程.因为当你智慧增长了过后,它是⽣⽣世世伴随着你的.不是说你这次的智慧等你下次再来投胎转世就没了.不会的.它会在你的内在的.所以说你们唯⼀对你们重要的就是说,把外界所有的这些幻像,因为这些都是幻像,都是你⾃⼰投射出来的,当成是⼀个你不断地… 就把它当成是健⾝器材.那个健⾝器材的重量是增长你的肌⾁,那个⼒⽓会伴随着你,明⽩吗? 你的肌⾁的⼒度和饱满度所带来的⼀切,它都会伴随着你跟随着你,是更⼤的你⽽不是这个⾁体的你.因为⽆论是外在的物质还是你的⾁体,它迟早会消失的.因为这⾥本⾝就是⼀场梦.

So it's because you do not yet possess wisdom that you feel the heaviness or pressure from the thick smoke. Owning wisdom is a process; after all, it accompanies you through countless lifetimes once you have gained it. It doesn't mean that the wisdom you've acquired today will vanish when you're reborn in your next life—it stays with you internally. Therefore, what truly matters to you is this: treating all these illusions from the external world as they are—mere projections of your own mind—as if they were workout equipment. The weight of this equipment builds up your muscles and the strength that comes with it follows you around. It's not about increasing the size of your physical body, but enhancing a greater version of yourself, beyond just flesh and bones. For no matter how much external material possessions or your physical self might change over time—they will eventually fade away, as this reality we live in is nothing more than a dream.

那你梦迟早会醒的,所以我不管你在这个梦⾥存了多少钱存了多少房⼦,你存了多漂亮多强壮的⾝体,它迟早会消失的.就好像如果你觉得物质世界的这些东西不会消失,就好像你觉得你的梦不会醒来⼀样.你会永远做梦吗? ⽆论你的梦有多长,它总会醒来的.因为它是个梦.明⽩吗?

Your dreams will eventually come to an end, so I don't care how much money or houses you have stored in this dream, or how beautiful and strong your body is; it will inevitably fade away. Just like if you believe that the things in the material world won't disappear, just like if you think your dream won't wake up. Will you dream forever? Regardless of how long your dreams last, they will always come to an end because they are dreams. Can you understand this?

问: 我除了看信息还有什么办法增长智慧? 平常⽣活中还要注意⾃⼰的⼀⾔⼀⾏吗?

Question: Besides reading information, what other ways can I increase my wisdom? Do I need to pay attention to every word and action in my everyday life?

JO: 那你就是多观察,成为⼀个观察者的⾝份.⽽不是说你是⾥⾯演戏的,⽽是你是看戏的.你看着你在演戏.那你从中你不不断地不断地... 因为如果你不观察只是去演戏,那你只会被戏⾥⾯的情景所影响.你会完完全全的失去知觉.那如果你能观察所有东西,就是你的情绪、你的反应、外⼈其他⼈的恐惧,那你就会不断不断地收获,你就没有⽩活.不然这⽇⼦⽩过了,这⾁体⽩浪费了.

JO: So you should observe more and adopt the role of an observer rather than being a player in the drama. You watch yourself performing. From this process, you continuously gain insights because if you don't observe but just act out your roles, you will be solely influenced by the scenarios within the drama, losing all sense of awareness. However, if you can observe everything - your emotions, reactions, others' fears, and external circumstances - you constantly gather valuable lessons, ensuring that your life has not been wasted; otherwise, it would have been in vain.

问: 成为观察者会不会就没有情绪了?

Question: Would becoming an observer mean there would be no emotions?

JO: 不会.你会有情绪,但是你可以从情绪当中去学习去吸收去领悟去感悟.那个才是你的,明⽩吗?

JO: No, you will have feelings, but you can learn, absorb, and understand from those feelings. That is yours, do you understand?

问: 但是观察愤怒的时候,愤怒就会停⽌.那这个愤怒它是需要停⽌吗?

Q: But when you observe anger, it stops. Does this mean that anger needs to stop?

JO: 你如果在情绪⾥⾯的话,那你也没有办法.只有等情绪过了过后你观察到,OK,我刚才有⼀个愤怒的情绪.这个愤怒的情绪来⾃于什么呢? 来⾃于我总是把以前的这些事情记在脑海当中.我现在又觉得它在做同⼀件事情来伤害我.那你是不是就观察到你是活在你的记忆⾥⾯的? 那如果你知道,我们的信息会告诉你,你记忆⾥⾯的所有东西都是死的都是幻像,那你在加深这个幻像.那你是不是就明⽩,明⽩吗? 因为如果没有我们的信息的话,你不会觉得记忆⾥⾯的东西是假的,是个幻像呀.那你就没有办法⾛出来呀,你还继续的在⾥⾯.

JO: If you're in the emotion, then there's nothing you can do about it. You have to wait until the emotion passes and then observe, okay, I had an anger earlier. What triggered this anger? It came from always keeping past events stored in my mind. Now I feel that they are repeating and harming me again. Are you seeing that you live in your memory? If you know that our information tells you that everything in your memories is dead and a delusion, then you're deepening the delusion by dwelling on it. Do you understand this yet? Without our information, you wouldn't realize that what's in your memories is false and an illusion, so you can't escape it; you continue to be trapped within it.

所以说有了我们的信息,再根据你⾃⼰的体验,你就能⾛出来.不然的话,你⾛不出来的,你只会去加固加深.

So with our information and your own experience, you can find your way out. Otherwise, you won't be able to, you'll only reinforce and deepen it.

问: 这两年我⼯作变化很⼤,想问⼀下⼯作是否….

Q: Over the past two years, my job has changed a lot. I wonder if...

JO: ⾸先,你们总是觉得外界有⼀个合适的.外界没有合适的,外界任何⼀切都是你的⼀个真实的⾃⾝的频率投射出来的⼀个东西,明⽩吗? 所以这个才是最重要的.因为就算你换看⼀个⼯作,你可能最开始有⼀些兴奋有⼀些开⼼,有⼀个新环境.它就好像是⼀个⿇药⼀样.⿇药还是会退的,你本来的⾯⽬它还是会显现出来的,明⽩吗?就是你该有的⼀些挫折还是会有,明⽩吗?但是呢,你却可以去根据你⾃⼰内在的喜好,就是你内在特别喜欢去选择.⽽不是去根据⼯资的⾼低去选择,不然的话,你就好像是在卖⾝⼀样.你知道什么是卖⾝吗? 卖⾝就是你把⾃⼰给卖掉了.所以你要⼼⽢情愿的开⼼投⼊的去选择这个.为什么呢?

JO: First of all, you always think there's a perfect outside world. There is no perfect outside world; everything from the outside is just a projection of your own true self frequency. Understand? This is what matters most because even if you switch to a new job, at first you might feel excited and happy with a fresh environment. It's like taking a drug – eventually, the effects will wear off, and your original nature will reveal itself again. You'll still encounter failures and setbacks, understand? But instead of choosing based on salary, which could make it seem like selling yourself short, you should choose according to what genuinely appeals to you from within. Why is that so important?

因为当你在这样⼦的状态的话,你的能量机会不断地在提升.你的能量不断在提升频率不断在提升的时候,你⾃然⽽然就会显化出⾦钱.它有可能不是通过⼯作的⽅式来到你的⽣命当中.它有可能是⼀个⽼板看上你了,特别喜欢你⾝上的能量.然后他就把这个位置交给你,你真的什么都不⽤做.然后⼯资特别⾼.明⽩吗?

Because when you are in this state, your energy has the opportunity to constantly rise. As your energy keeps rising and your frequency keeps increasing, it's natural for you to manifest money. It might not come into your life through traditional work methods. Perhaps someone in a position of power notices you, appreciates your energy, and assigns you to a position where you really don't have to do anything except perhaps receive an exceptionally high salary. Can you understand?

问: 如果我信念改变的话,我的外在改变是⽴刻的吗? 还是它会有⼀个过程?

Q: If my belief changes, will the external changes occur immediately, or is there a process involved?

JO: 我跟你讲,如果你真的发⽣了改变的话,你不会去在乎需不需要这个过程,明⽩吗? 因为什么呢? 因为你也知道外在的⼀切它已经不能影响你了,那就是你真正的改变.也就是你不会去关注,你会知道⼀切都是你能从中得到,就是⼀切你都能转变.这么说吧,如果你知道外⾯的粪便全是⾦⼦,你会在乎粪便还会多会增加吗? 因为⽬前粪便对你来说就是恶⼼就是烦恼.那你就问,如果我改变了,我的粪便还会多吗? 如果你真的改变了,你会看到粪便⾥⾯全是⾦⼦,你会在乎它多吗? 不会吧? 所以你也不会有这个问题存在了.它只有在你⽆知的是时候,你才会去着重于外界的显化.就是外界它呈现出什么样⼦.

JO: I'll tell you this, if you really undergo a change, you won't care about whether or not the process needs to happen; do you understand? Why is that so? Because you know that everything external can no longer affect you – that's your real transformation. You wouldn't pay attention to it anymore and would realize that everything you need comes from within, meaning you can change everything. Think of this scenario: if you knew that all the poop outside was actually gold, would you worry about how much more poop there is? Because for you, right now, poop is just nausea and annoyance. So you might ask yourself, 'If I changed, would I still have poop?' If you really change, you'd see that the poop inside contains nothing but pure gold; would you care about its quantity then? No, so this issue wouldn't arise anymore. It only exists when you are ignorant of your inner self and focus on external manifestations. The outside world presents itself in a certain way due to these factors.

问: 关于快乐,⽣活是要追求快乐还是去追求体验感呢?

Question: Should life be pursued for happiness or for the experience of it?

JO: 你如果是没有智慧,就像我们刚刚说你没有毕业没有智慧的话,那你快乐就好像是傻⼦⼀样吧.为什么呢? 因为这种快乐都是⾁体上的快乐,你指的都是这些.明⽩吗? 因为你还没有去体验到⼀些灵性层⾯的快乐.你还没有体验到.你如果想要体验到,那你必须⾛上我们这条智慧的道路,明⽩吗?

JO: If you lack wisdom, like we just said that you have no graduation and lack wisdom, then your happiness would be like that of a fool, right? Why is that so? Because this kind of happiness is physical happiness; what you're referring to are these. Understand? You haven't experienced spiritual-level happiness yet. You haven't experienced it. If you want to experience it, you must embark on the path of wisdom with us, understand?

问: 我接触到你们的信息就已经说明我已经在这条路上了是吗?

Question: Does contacting your information mean I am already on the path?

JO: ⽽且你还跟我们对话了.这才是最重要的.那跟我们对话,你就跟我们的能量连接上了,就有⼀条线了.这条线会⼀直牵引着你,明⽩吗? 所以你不是孤独的,你不是⽆助的.你就好像你获得了神的助⼒⼀样.唯⼀你需要做的就是你有意愿有⾛上这条道,⽽且你相信它.就只有这两个.其它就交给我们.你相信不相信? 因为如果你不相信的话,门就关上了,那我们就跟你⽆关了,明⽩吗? 这是你⾃⼰关上的门.但是任意时候你想打开都能打开.还有就是说你愿不愿意去踏上这条道? 这也是你的意愿.然后其它就没有你做的事情了,明⽩吗?

And you spoke to us. That's the most important thing. By speaking with us, you've connected with our energy; there is a line now. This line will always guide you, understand? So you're not alone, you're not helpless. You have received divine assistance as if. The only things you need to do are to be willing to take this path and believe in it - just these two things. Everything else is up to us. Do you believe or not? Because if you don't, the door will close, and then we'll have nothing to do with you, understand? It's a door that you've closed yourself. But at any time you can open it again. And also, are you willing to take this path? That's your choice too. Then there is nothing else for you to do, understand?

问: 我跟我母亲的关系是什么?

Question: What is my relationship with my mother?

JO: 你稍等.这么说吧,其实你母亲她可能没有认出来你.就是她可能会对你有⼀些期望,就好像你是个⾦⼦会发光.她其实没有当成⼀个会发光的⾦⼦,没有看到.

Jo: Just wait a moment. Let me put it this way: Your mother might not have recognized you. She might hold some expectations for you, as if you were a shining gold that would glow on its own. In reality, she didn't see you as that shining gold; she didn't recognize your potential.

问: 那她就认为我⽐较⽆能对吗?

Question: So does she think I am less capable?

JO: 她就会对你有很多就好像是你怎么没有这样,怎么没有那样.就有⼀种失望或者是埋怨这种情绪在⾥⾯.她就好像是看不到你.然后这个也是需要你去突破的.

JO: She would express disappointment or resentment towards you, wondering how you didn't do this or that. This emotion stems from her feeling unseen by you. And this is something you need to overcome.

问: 我和我⼤⼥⼉呢? 她今年6岁.

Q: What about me and my eldest daughter? She is six years old this year.

JO: 你的⼤⼥⼉就好像她需要你更多的耐⼼和包容.为什么呢? 因为你会逐渐的发现她好像不是那么愿意去听你的.反正就是需要你多费⼼思了,可能需要你加倍的耐⼼或者是好脾⽓或者是关系.这么说吧,她就好像是⼀头叛逆的狮⼦,需要你去乖乖的驯服它.需要花费你的时间、精⼒、耐⼼去引导或者去安抚的那样的状态.所以她也会对你⾃⾝的⼀个包容度和耐⼒⽅⾯有⼀个挑战.

JO: Your elder daughter seems to require more patience and understanding from you, why is that? Because gradually you will find she's not as willing to listen to you anymore. Essentially, it demands your increased attention, possibly requiring you to double the amount of patience or temperament or relationship effort. To put it simply, she behaves like a rebellious lion that needs to be gently tamed by you. She requires spending time, energy, and patience guiding or comforting her. Thus, she also challenges your own capacity for tolerance and endurance.

问: 在我没转变之前对我是⼀种束缚,但是在我转变之后对我就是⼀种成长了,对吗? JO: 转变过后你这⾥没有问题,转变过后你看所有问题都不是问题.明⽩吗?

Q: It was a limitation for me before my transformation, but it has become a growth for me after the transformation, right?

A: After the transformation, there's no issue with you here; everything becomes non-issues after the transformation. Do you understand this?

#### 2023/08/04 — 上海线下通灵专场 Onsite Spirit Communication Event in Shanghai

第⼀个⼈JO: 可以提问了问: JO你好,我想问我爸检查出眼睛有问题,这个是要告诉我爸什么呢? JO: 检查出什么问题?

First Person JO: Questions can be asked now. Q: Hi JO, I want to ask about my father who was found to have a problem with his eyes. What should I tell him?

JO: What's the issue with his eyes?

问: 就是眼睛有⼀半会看不清楚.

Question: It's as if only half of my eyes can see clearly.

JO: 如果你要具体的看需要连接他的能量.问: 对,我想连接他的能量.

JO: If you want a specific connection, it's about linking to his energy. Q: Yes, I want to connect to his energy.

JO: 我们需要经过他的敞开,去连接他的能量.但是你要知道就算他今天没有这个事,明天也会有那个事,明⽩吗? 所以说有什么事其实不重要,重要的是你们不断不断地会有各种病痛、痛苦、⼼灵折磨.所有的东西都是好像你们路上必须会去经历的,明⽩吗? 然后我们给你们带出来的这些信息就是来协助你们、指引你们出路在哪⾥.为什么呢? 你们便不需要去显化疾病、痛苦、灾难在你们的这个世界上.为什么呢? 因为你们的意识⾥⾯没有那些,明⽩吗? 你继续问.

JO: We need to go through his openness to connect with his energy. But you must understand that even if he doesn't have this issue today, there will be something else tomorrow, right? So what actually matters isn't the specifics of any given situation, it's that you continually experience various illnesses, pains, and mental torment. Everything is as though they are necessary parts of your journey, do you get that? And the messages we bring to you serve to assist and guide you on where the way out lies. Why is this important? So you don't have to manifest diseases, pain, or disasters in your world. Why not? Because those things simply don't exist within you, understand? Keep asking.

问: 他很容易情绪化⽣⽓这样…JO: 这是很正常的呀.带给他的信息就像我们不断不断地带出来的那么多的信息都是可以给他的,明⽩吗? 因为这是唯⼀⼀条可以解脱的路.

Q: He gets easily upset and angry... JO: This is perfectly normal. The message you're giving him, like all the information we've been conveying to him, is understandable because this is the only path that leads to liberation.

问: 然后我妈前段时间⾻折摔了,也是因为…JO: ⾸先呢,就算你表⾯上看着他们没事,你也不知道他们内⼼有多痛苦,明⽩吗? 所以要么是有⼀个具体的相让你可以看到他们有多痛苦,要么就是内在的痛苦你又看不到.但是我可以跟你们说,基本上的⼈都是在痛苦当中,明⽩吗? 所以⽆论你怎么掩盖,就像⿇药⼀样.

Q: Then my mom broke her bone recently after falling, which was due to... JO: First of all, even if you see them from the outside and they seem fine, you don't know how much pain they're going through internally. Understand? So either there's a specific symptom that allows you to see their level of suffering, or it's internal suffering that you can't see. But what I can tell you is that on a basic level, people are in pain. Understand? So no matter how much you try to hide it, just like with morphine.

⿇药过了,痛苦依旧.这就是为什么你们必须需要去成长.因为如果你们不去成长的话,你们会持续的卡在这⾥反复的体验,明⽩吗? 但是我们的⼿已经伸给你们了.然后这个⼿会⼀直牵着你们⾛出来,明⽩吗? 就⽐如说这个通灵的⼥孩⼦她便不需要去体验这些痛苦了,明⽩吗? 因为她的意识程度跟你们已经有脱离了.

The medicine has passed, but the pain remains. This is why you must grow. Because if you don't grow, you will keep repeating this experience here, understand? But our hands are already reaching out to you. And then that hand will guide you out, understand? For example, the spirit girl doesn't need to experience these pains anymore, understand? Because her level of consciousness has already separated from yours.

问: 就是让他们也去看这些信息,让他们从中获得⼀些指引?

Question: Would it be about having them also access this information to gain some guidance?

JO: 看不看信息,他们是必须要他⾃⼰内在.因为你就算把⽂字摆在他眼前,他不⼀定看得懂,明⽩吗? 就算他看懂了,他不⼀定明⽩在说什么.

JO: Whether he reads the information or not, they need to understand it internally. Because even if you put the text in front of him, he might not be able to understand it, do you see? Even if he understands it, he might not necessarily know what it means.

问: 我不想让他么那么痛苦,这个我有什么可以做的?

Q: I don't want him to suffer like that, what can I do about it?

JO: 那就是转变你.因为当你在成长,当你不断不断地把⾃⼰变得像光⼀样是透的,像⼀个⽔晶的存在,那你就在照亮他们,明⽩吗? 因为你们都会传染的.那你的像光⼀样的也会传染给他们那些在⿊暗中的⼈,明⽩吗? 所以你不断不断地在让⾃⼰变得通透.不断不断地让你内在的光给亮起来,他们就可以被你照亮.

JO: That's how you transform yourself. Because as you grow and continuously become more transparent like light, like a crystalline being, you are illuminating them, right? Because we're all contagious. Your transparency will be contagious to those in the darkness, do you understand? So you're constantly making yourself more transparent. You're lighting up your inner light continuously, so they can be illuminated by you.

问: 明⽩.我和JOJO的灵魂协议是什么呢?

Question: I understand. What is the soul contract between me and JOJO?

JO: 她就好像是你们⼈间的导师⼀样,带领你们指引你们,把这些信息给带出来.就好像是⼀个取⽔的地⽅.你们就好像都是需要⽔,那这⾥好像是⼀⼜井.那那些⼜渴的⼈⾃然⽽然会来到这⾥,明⽩吗?

JO: She acts as a mentor in the human realm, guiding and leading you to bring out this information, like a place where water is drawn from. You are all like beings needing water, making it akin to a well. Those who are naturally thirsty will come here, understand?

问: 我现在有多少个指导灵?

Question: How many guides do I have now?

JO: 你觉得这些是像你这样有⾁体吗? 明⽩吗?

JO: Do you think these are like physical bodies for someone like you? Can you understand that?

问: 我有时候冥想感觉有存有进⼊到我的体内,脖⼦会开始 动.我这个算是通灵吗? 这说明我以后也会像JOJO这样去通灵吗?

Q: Sometimes when I meditate, I feel entities entering my body, and my neck starts moving. Does this mean I'm channeling spirits? Will this indicate that I will be like JOJO in terms of spiritual channeling in the future?

JO: 你会不会像她这样通灵要看你个⼈的灵魂主题,这是不是你的路.因为你们每⼀个⼈来到这个世界上都已经知道⾃⼰要去⾛什么路.你只有⾛在⾃⼰的路上,那个才是独⼀⽆⼆的你,⽽不是看着别⼈好了⽽去模仿谁,明⽩吗? 但是只有你⾃⼰⾛在你⾃⼰的路上,那个才是最珍贵最宝贵最有价值最有意义,没有任何⼈可以取代的,明⽩吗?

JO: Would you be able to connect with the spiritual way similar to her, depending on your personal soul's theme? This is whether it aligns with your path. Each of you already knows what path you are destined for when you enter this world. Only by walking your own path can you truly embody that unique essence of yourself, rather than trying to emulate others because they seem to be doing well. Understand? But only when you walk your own path will it hold the highest value, treasured uniqueness and profound significance, beyond anything else that could replace it. Do you understand?

问: 我的⼈⽣主题是什么?

Question: What is my life's theme?

JO: 你稍等.你再说⼀下你的名字?问: XXJO: 你就好像是想要玩转这个物质世界.就好像物质世界对你来说就好像游戏⼀样,所以你会体验到很多逼真的感觉来让你觉得是束缚.但是呢,你内在却又强烈的欲望想要把它变成没有束缚,就是去玩.就本来就是把⼀种特别严肃死板的东西,把它玩转,明⽩吗? 所以说你就会发现很多,就是⽬前物质世界上的很多东西它都不是来让你爽的,来让你适应或者是满⾜或者是开⼼的.为什么呢? 你本⾝就是来把它变得更加轻松、好玩,明⽩吗? 所以说就不要去加⼊这个现有的,他们创造的物质世界.⽽是说你去转变,把那些沉重的变得轻松,把那些严肃的变得不那么严肃.

JO: Wait a moment. Can you repeat your name again?

XX JO: You seem to want to master this material world, like the material world is just another game for you. So, you would experience many realistic feelings that make you feel restricted. But in your inner self, there's a strong desire to turn it into something without restrictions - essentially playing around with something that's inherently serious and rigid. Do you understand? That's why you realize that the current stuff in this material world isn't designed to make you happy or satisfied; they're meant for adaptation, fulfillment, or joy elsewhere. Why is this so? Because your purpose is to make it easier, more fun, right? So, don't participate in their created material world. Instead, transform what's heavy into something light, and what's serious into something less so.

当你在体验这样⼀个过程,你会特别有成就感.你会觉得你好像活出你⾃⼰了的那种感觉.

When you are going through such a process, you will particularly feel a sense of accomplishment. You will feel as if you are living up to yourself.

问: 我现阶段最需要突破的⼀个点是什么?

Question: What is the key point I need to breakthrough at this stage?

JO: 你现阶段最需要突破的就是你把这个物质世界看的太真了.所以你就会体验到好难突破啊,明⽩吗?

JO: At your current stage, what you need to overcome most is perceiving this material world too literally. Therefore, it will be difficult for you to break through, understand?

问: 如何看破,就是不把这个物质世界当真?

How do you perceive it without taking this material world too seriously?

JO: 那你需要内在的智慧.我们这些信息都在帮助你,就好像给了你⼀副眼镜能让你看的很清楚.

Innate wisdom is what you need. The information we provide is like giving you a pair of glasses to see clearly.

第⼆个⼈问: 我想做⼀个能量疗愈.

Second person asks: I want to do energy healing.

JO:靠近⼀点.我们感受到你的能量有⼀种好像⼼灰意冷的那种感觉.如果说你是要做疗愈的话,就是要把你燃烧起来,就好像要把你点燃,明⽩吗?这个就是对你的⼀个疗愈.然后什么才能点燃你?你⾸先要知道⽬前你体验的这种就好像⼼灰意冷,它是有意义的.所以你不要想要去跳过这⼀刻.为什么呢?因为你不断地不断地好像想要收集资料收集信息.就是你会看到很多外在的⼀些事情来让你觉得有⼀种⼼灰意冷的感觉,就好像有⼀种失落感.因为为什么?因为你觉得不应该这样⼦.但是你要记住的是⽬前你看到的所有的⼀切,它并不是来让你把它当成真的,不可更改的.为什么?因为如果你觉得它是真的、不可更改的,你就是在加固它.你就在加固它.

JO: Move closer. We sense that you feel somewhat disheartened by your energy. If you are to heal, it means to ignite you, like lighting a fire under you, do you understand? This is the healing for you. Then, what can ignite you? You first need to realize that this feeling of disheartenment you're experiencing right now is meaningful. So don't try to skip over this moment. Why not? Because you constantly want to gather information and collect data. You'll see many external things that make you feel disheartened, like a sense of loss, because it doesn't seem right. But what you need to remember is that everything you're seeing now isn't meant for you to accept as true or unchangeable. Why not? Because if you think it's true and unchangeable, you're reinforcing it.

你们物质世界就好像是⼀个监狱,对吧?那你就在给这个监狱添砖加⽡.你就在给它加固,你就在给它加上钢筋,明⽩吗?所以你必须要去通过我们的眼睛来看到,所有的⼀切它摆放在这⾥的原因是因为你们⽬前社会需要这个.就是需要这堂课.就⽐如说这么说吧,你们⼈是不需要有疾病的.那为什么这么多⼈都在⽣病呢?因为他需要⽣病的这个课题去成长.那如果你把他⽣病的这个课题拿⾛,他从何去成长?明⽩吗?所以说你⽬前体验的这个所谓的⼼灰意冷,可能是会让你感受到就好像不是那么的精⼒充沛或者是兴奋的⼀个状态.但是这种感觉它却可以变成⼀个动⼒来推动你去做出改变,明⽩吗?

Your material world is like a prison, right? So you are adding bricks and tiles to this prison, reinforcing it, and giving it reinforcement bars, do you understand? Therefore, you must see through our eyes that all things are placed here because your current society needs this. That is, they need this lesson. For example, humans don't actually need diseases. Why are so many people getting sick then? Because they need the topic of being sick to grow. If you remove this topic of him getting sick, from where would he derive growth? Do you understand? Therefore, your current experience of what is perceived as disinterest might make you feel like you're not as energetic or enthusiastic. But such feelings can turn into a force driving you to change, do you understand?

所以说这个是来让你去把你⽬前所有的⼀切把它转化成车⾥的汽油⼀样,让你去前进.因为如果没有这个汽油的话,你就好像是⼀台车没有油,你前进不了.因为你并没有觉得需要前进,明⽩吗?所以说你可以去感受它、体验它,但是同样要脱离它.明⽩吗?这么说吧,以前我们通灵信息有带出来迈克尔杰克逊的信息.他说的信息,就是他看上去好像是在帮助这个社会,就⽐如说他把很多战争或者是痛苦摆到桌⾯上来让所有⼈看到.他的⽤意是什么? 唤起来爱⼼,对吧? 但是呢,他加深了这些幻像.为什么呢? 本⾝这些痛苦只是幻像.当你眼睛看不到的时候,你会把它当成是真的.那当你眼睛能看清楚的时候,nothing,没有任何东西在那,明⽩吗?

So this is to translate everything you currently have into something like gasoline for your car, so that you can move forward. Because without the gasoline, it's as if you have a car with no fuel and cannot go anywhere. You haven't felt the need to advance; do you understand? Therefore, you can experience and feel this, but also need to detach from it. Do you understand? Let me explain: previously, we carried out spirit communications that included information about Michael Jackson. The message he conveyed was aimed at helping society by exposing conflicts or suffering to everyone so they could see them. His intention was to stir up compassion, right? But his actions exacerbated these illusions. Why would he do this? Essentially, the pain itself is an illusion. When you can't see it with your eyes, you treat it as real. However, when you can clearly see it, there's nothing there; you understand?

那你怎么样能看清呢?⽬前我们可以让你们借助我们的眼睛来让你们看清楚,就好像我现在在给你解释⼀样.那你就能稍稍明⽩⼀点.但是当你不断不断地把你眼前这些障碍拿开的时候,你就可以看的⾮常清楚.你就知道there is nothing,明⽩吗? 所以你知道你现在怎么疗愈你⾃⼰了吗? 它是不需要疗愈的.它会变成你的动⼒,OK?

How can you see clearly then? Currently, we can assist you by using our eyes to help you see clearly, just like I am explaining to you now. This way, you'll have a slight understanding. But when you continuously remove the obstacles in front of your eyes, you will be able to see very clearly. You'll realize there is nothing, right? So do you know how you heal yourself now? It doesn't need healing. It will become your motivation, okay?

问: 我想知道如何能连接特定的能量来帮组⾃⼰? ⽐⽅说我是学医的,我想连接古代的医师的能量来教我⾃⼰.

Question: I want to know how to connect to a specific energy to help myself. For example, as a medical student, I would like to connect to the energy of ancient doctors to teach me.

JO: 这么说吧,就算是古代的医师,他们其实也是连接的能量呀.那你为什么要连接他们呢? 明⽩吗? 这个可以在你去⾏动的时候发⽣.⽐如说你想要去帮助患者,当你全然的放下任何的⼀切,就是放下你头脑⾥的⼀切,把⾃⼰进⼊到⼀个空的状态,你就会知道该怎么做了,明⽩吗? 当你放空,你就会知道该怎么做了.因为你们头脑⾥⾯会跳出来很多,我书本上是这么说的,然后他这个症状应该是怎样怎样… 明⽩吗? 但是这⾥我们可以跟你们说⼀个最好的最有效的疗愈效果,就是它是可以治任何病.是什么? 是燃起他⾃⼰内在的⽣命⼒,就是他的⼀个想活在这个世界上⽣存的⼀个欲望.所以你可以帮他们去看到他们的价值.很多⼈他并不知道为什么⽣病.

JO: Let me put it this way; even ancient doctors were just channels of energy. So why do you connect with them? Can you understand that this can happen when you take action? For instance, if you want to help a patient, by completely letting go of everything - all your thoughts and entering into a state of emptiness, you will know what to do. Understand? When you are empty, you will know what to do because the mind throws out many ideas from his book saying this symptom should be like... But here is the best and most effective healing effect we can tell you; it cures any disease. What is it? It's igniting their inner vitality, their desire to survive in this world. So you can help them see their worth. Many people don't know why they are sick.

为什么? 他体验不到⾃⼰的⼒量,他体验不到⾃⼰的价值感.

Why? He doesn't experience his own strength, he doesn't experience a sense of self-value.

所以说当你们在通过你来让对⽅看到他存在的价值和意义,还有他有多强⼤.就是把他那股内在的⼒量唤醒.所有的病都会⾃动的消失,明⽩吗? 所以你们不需要去纠结这个症状,那个症状,只是在针对这个症状治病.针对这个症状治病,如果他内在没有⽣命的欲望的话,他可能出个车祸就死了.明⽩吗? 所以说你现在知道什么是真正的治疗了吧?

So when you are helping them see the value and significance of their existence and how powerful they are by doing so through you, it's like awakening that inner strength in them. All illnesses will automatically disappear, right? Therefore, there's no need to fuss over this symptom or that one; just treat the illness based on the symptoms alone. Treating based solely on symptoms assumes that if someone lacks a desire for life internally, they could die from a car accident, can you understand? So now do you know what true treatment is?

问: 最近的台风洪⽔让很多⼈失去家园.这个是想告诉我们什么?

Question: The recent typhoons and floods have caused many people to lose their homes. What is this trying to tell us?

JO: 这个物质世界⼀直在⽡解,它不断地在⽡解,通过各种⽅式,明⽩吗? 为什么这个地球上有这么多的灾难、疾病或者是痛苦? 那是因为你们的意识状态是在这个level.这是你们⾃⼰种的苦果,这是你们⾃⼰结的苦果.那个苦果是谁吃? 你们地球上的呀,明⽩吗? 为什么我们⼀直说只有我们这⾥才是出路呢? 你在物质世界就算今天没有病,你明天也会有病.你没有病,你也会有其它.为什么呢? 因为你们还沉浸在这个物质世界当中.你们不了解⽣命它真正的意义或者它真正是什么.你们只把你们⾃⼰当成是⼀团⾁在存活.

JO: This physical world is continuously falling apart, it's crumbling in various ways, do you understand? Why are there so many disasters, illnesses, or suffering on this Earth? That's because of your state of consciousness. This is the fruit you have sown for yourselves, this is the fruit you have reaped. Who eats that fruit? You, on Earth, do you understand? Why we always say that only here is the way out? Even if you don't get sick today in this material world, you will tomorrow. Even without sickness, there are others. Why is that so? Because you are still immersed in this physical world. You don't understand the true meaning or essence of life. You only see yourselves as mere beings surviving with a chunk of flesh.

问: 那如果我们意识程度提⾼了,学习这些信息的⼈他就不会经历这种灾难了? 他就能避免这些?

Q: But if our level of consciousness increases, won't the people who learn this information be spared such disasters? Can they avoid them?

JO: 那你对⾯就有⼀个例⼦啊.她不需要经历这些,明⽩吗? 因为她的意识程度跟你们不⼀样.然后她内在也没有恐惧也没有担⼼也没有担忧.所以她在给你们展现⽣命到底是什么,明⽩吗?

JO: You have a perfect example right there. She doesn't go through this because her level of consciousness is different from yours. Also, she has no fear or worry inside; she's not concerned about anything. So she shows you what life truly is.

问: 那如果真的发⽣在在⾃⼰⾝上,应该如何应对?

Q: If something like that were to happen to oneself, how should one respond?

JO: 你是说那些灾难真的发⽣在你⾝上,你应该怎么应对? 这么说吧,如果你不该死,也就是说你内在没有想死,是没有什么东西是能够杀死你的.所以说你有了⼀个坚定的⽬标和想要去做的事情,还有⼀个没有完成的梦想之类的.它才是你最好的保险.如果你内在没有⼀个… 你就会觉得这个世界真的是很痛苦,你看全是这些⼈,就是你排斥这个世界.然后你对⽣命没有那种就是觉得是好的.那你会吸引⼀些⽐如说事故发⽣在你的⽣命当中.所以说最好的保险不是说要怎么样防范和⾯对,⽽是说你真正的有你的⼀个激情的⽬标.就⽐如说我就是要去转变这个社会,我就是要去突破这个社会,明⽩吗?

JO: You're suggesting that these disasters really happened to you, and how should you respond? Put it this way, if death was not supposed to befall you - meaning that you do not internally desire to die - there is nothing in the world capable of taking your life. This implies that having a steadfast goal and something you want to accomplish, as well as an unfinished dream or such, becomes your best protection. If your inner self lacks...you would perceive the world as incredibly painful, observing everyone as someone you reject this world for. You wouldn't see life as inherently good. Consequently, you might attract incidents like accidents happening in your life. Thus, the best "insurance" is not about how to guard and confront it, but rather having a genuine passionate goal. For instance, aiming to transform society or break through societal barriers. Understand that?

这么说吧,你开车的时候你眼⾥看着前⾯的路,你会看着旁边吗?你不会被旁边的风景给吸引⾛.你会朝着你的⽅向去⾛.所以说当你真正的在朝着你的⽅向去⾛的时候,你就不会跳出这个我要如何去保护啊、如何去⾯对啊这些,不会有这些的,明⽩吗? 你只有当你在没有⽅向的时候,你才会东看⼀下西看⼀下.我⽅向在哪⾥?

In this way, when you're driving and looking ahead at the road, would you glance over to the side? You wouldn't be distracted by the scenery beside you; you'd stick to your path forward. So, when you're truly moving in the direction you're heading, you won't think about how to protect yourself or how to face challenges; it's clear that these thoughts don't come into play. Only when you have no sense of direction do you look around aimlessly, wondering where my destination is?

问: ⾼我还有什么话想要带给我吗?

Question: Does High Self have any other messages for me?

JO: 记住,你所有的⼀切,这些不是来让你去进⼊它有多痛苦的,明⽩吗? 如果你觉得它真的是很痛苦或者是很什么的话.那是因为你还缺少明亮的眼睛,你还看不清楚.你们在这个地球上,就算你不需要这个功课,其他孩⼦还需要这个功课.他们还需要从中去学习,明⽩吗?不是说直接把他们的功课拿⾛.拿⾛的话,他们如何去学习呢,明⽩吗?但是你们只需要记住的是,你们只是在梦⾥⾯.你们永远都是安全的,你们不会受任何伤害.你们看到的表⾯的会受伤的⾁体,所有的⼀切,这个房⼦,它都会消失的.我不管你这个⾁体有多么强壮.你看⼀下历史上哪个伟⼈他⾁体没有消失掉,对不对?

JO: Remember, everything you have experienced here is not meant to make your journey of suffering unbearable. Understand? If you feel it's really painful or difficult. That means you still lack clarity and bright vision. You are on this Earth even if you don't need this lesson; other children do. They need to learn from these experiences. It's not about taking away their lessons directly. How would they learn then, understand? But what you need to remember is that you're just in a dream. You are always safe and won't be hurt by anything. The physical appearances that seem to get hurt will eventually vanish. Regardless of how strong your body seems to be; have you seen any great historical figure whose body hasn't disappeared, right?

所以说真正真正的你们需要去保护或者是需要去做功课的是你们到底有没有活出来? 你到底有没有在清醒的活着? ⽽不是被这个⼤的洪流洪⽔⼀会⼉冲到这,⼀会⼉冲到那.这就是你们能实现你们最⼤的⼀个价值.不是被动的.⽽是主动的去点燃你们每⼀个⽣命,因为它对你们来说意义⾮凡.

So the real task that you need to undertake or work on is whether you are truly living your life, waking up every day and making conscious choices, rather than being swept along by the big tide of life's currents. This is where you can achieve your greatest value - not passively but actively lighting each aspect of your life because it holds great significance for you.

第三个⼈问: 你刚才说⼈是可以没有疾病的.那如果⼈可以没有疾病没有⽣⽼病死,最后离开世界会是什么样的?

Third person asks: You just said that humans can be disease-free. If people can be free of diseases, aging, sickness, and death, what would the final departure from this world look like?

JO: 你要知道你有个物质⾁体,所有的物质它都是会消失掉的.但是呢,不是在⼀个还没有到时间消失⽽消失掉了.就是它不会在⼀个被迫的消失,⽽是⼀个⾃然⽽然的.就好像这个⽔果,它成熟了,⾃然⽽然的落下去了,明⽩吗? ⽽不是⼀个还在它是⼩果⼦的时候,就摘掉了.

JO: You need to understand that you have a physical body, and all matter will eventually disappear. But it won't vanish prematurely before its time, nor will it be forced out of existence. It's more like when a fruit matures naturally and falls off on its own - you get the idea? Unlike plucking a small, immature fruit from the tree before it should.

问: 那就是说每⼀个⼈可以寿终正寝?

Q: That means everyone can die a natural death?

JO: 也不是说寿终正寝.因为每⼀个⼈他来到这个物质世界上,他所要体验的是不⼀样.那如果你需要这么长的时间来给你体验的话,你就会有这么长的时间.如果你只需要短暂的,你就需要这个短暂的,明⽩吗? 但是他都会去获得他本来... 就是我来到这个世界上我有正事要做,对吧? 那如果我把正事不做了,⼀会⼉别⼈拉我⼀下我往这边跑,⼀会⼉那个⼈拉我我往那边跑.我的正事都没做.那你不就是⽩来了吗? 不是浪费了你这个⾁体吗?

JO: It's not about dying in your bed. Each person comes to this material world to experience something different. If you need a long time for this experience, then you will have that duration. If you only require a brief period, you will need that brief period. Do you understand? But everyone will attain what they are inherently... I am here on Earth with business to attend to, right? If I neglect my duties and get pulled in one direction by someone here and another way by someone there, my business goes undone. Wouldn't that mean you just wasted your time here? Wouldn't you be wasting this physical form of yours?

问: 我们⾝边见到的⼈去世⼀般都是病死的.那假如⼈没有疾病要怎么死?

Q: We usually see people die of illness around us. If a person doesn't have an illness, how can they die?

JO:那你要看他这个⼈的意识程度.因为你现在问这个问题,你还在纠结于有病和没病.那你要知道这个灵魂它的意识程度在哪⾥?它是否需要什么样⼦的⼀个功课.这是跟这个有关的,⽽不是跟它是不是就不⽤死了或者是其它死亡⽅式啊.那是你的头脑纠结于只有这两个.为什么?因为你们只能看到这个表⾯的,要么是A要么是B.不是的.每⼀个个体都是独⼀⽆⼆的,它有它⾃⼰的⼀个课题.所以这⾥没有⼀个是⼀样的.但是你要知道你们来这⾥不是来suffering,就是你不是来受苦的,明⽩吗? 之所以你会受苦是因为你还不明⽩⽣命的真相,你会显化出痛苦给你.但是这些是来让你突破的,不是来让你把它当成真的.

JO: You need to assess the level of consciousness of this person. Because you are asking this question now, you're still caught up in whether they have a disease or not. But you must understand where the soul's consciousness lies? What kind of lesson does it require? This is relevant to that, rather than whether it doesn't have to die or other ways of dying. That's just what your mind is fixated on with only two options. Why? Because all you can see are these surface manifestations: either A or B. Not so. Each individual is unique, with their own specific task. So there isn't one thing that applies universally. But you must know that you're not coming here to suffer; it's not for suffering. You understand? You suffer because you don't understand the truth of life and you manifest pain for yourself. But these are meant to push you beyond this, not to make you see them as real.

你把它当真,那是因为你的眼睛是蒙住的.你看不清楚,你是⼀种⽆明的状态.

You take it seriously because your eyes are covered, you can't see clearly, you are in a state of ignorance.

问: 在中国感觉舆论环境越来越严苛了,⼀句话说不好就会被…JO: 这么说吧,你们还是在看相.你们还觉得我把这个投射出来的事情改变了,我把这个相改变了,然后就变了.并没有.所有外在的相都只是去投射出你⾃⼰的⼀个意识状态⽽已.你明⽩这个意思吗? 所以说它到底是呈现什么相,到底是可以允许你发声还是不允许你发声...因为如果你们的集体意识没有转变,你们的意识还是在这个level的话,就算允许你发⽣,你能发出什么声? 你脑⼦⾥⾯就那⼏个字,你能发出什么声? 你觉得你能蹦出什么? 更多的抱怨? 更多的攻击? 因为你们的level还在那⾥,你们的意识程度还在那⾥,你只能显化出这个东西.

Q: Does it feel like the舆论 environment in China is becoming increasingly harsh, where a single misstep could lead to... JO: Let me put it this way. You're essentially observing someone else's reflection and thinking that I'm altering their appearance when they reflect my projection back at me. The truth is, all external appearances are merely reflections of your own mental state. Do you understand this concept? Therefore, the nature of what these reflections present—whether they allow for expression or restrict it—is dependent on whether your collective consciousness has shifted. If not, even if you're allowed to speak, what can you actually say? Given that you're limited by a few words in your head, what kind of voice could you possibly summon? What do you think you'll manage—more complaints, more aggression? Your current level and awareness determine the extent to which you can manifest these aspects.

你不可能显化出超出你的意识范围的.所以说那你知道最根本的原因在哪⾥没有?最根本的原因就是你们意识程度的转变和提升.但是它不在外⼈,它在于你.你不要觉得这

You cannot manifest beyond the scope of your consciousness. So, do you know where the fundamental reason lies? The fundamental reason is the transformation and elevation of your level of consciousness. But it doesn't lie outside of you; it's within you. Don't feel that this

⾥有⼀个外⼈,明⽩吗? 因为当你在发⽣转变,都会发⽣转变.要么你就是加⼊他们的集体意识去了.你能坚定的在你这条光的路上⾛吗? 明⽩吗? 那就⾏了.你能,那么你就能⾛出⼀条光明⼤道.你们总是在说光明⼤道.你现在知道光明⼤道是什么意思了吧?

There is an outsider, understand? Because when transformation occurs, transformation happens. Either you are joining their collective consciousness or not. Can you steadfastly walk on your path of light? Understand? If so, then you can walk a bright path. You always talk about the bright path. Now do you know what the bright path means?

问: 那按照现在意识的状态,ZG会不会像朝鲜⼀样?

Question: Given the current state of consciousness, would ZG be like North Korea?

JO: 不会的.

JO: No way.

问: 国门不会关起来?

Q: Will the border be closed?

JO: 因为你们现在都在转变,明⽩吗? ⽽且不断不断地会有更多的⼀些物质世界的⼀些相来逼着你们转变.

JO: Because you are all in transition now, understand? And there will be more and more physical manifestations pushing you to transform.

问: 那⽐如说什么相呢?

Q: What kind of similarity are you referring to?

JO: 就是你会发现很多个体它都在崩溃当中.他想要去找到出路,那他⾃然⽽然就会找到这⾥来.这是必然的.明⽩吗?

JO: You will find that many individuals are in a state of collapse. They want to find a way out, so naturally they come here. It's inevitable. Do you understand?

问: 那像现在这样台风啊⾃然灾害多,就会促使⼈们去找出路,是吗?

Q: Would having many disasters like typhoons now prompt people to find ways out?

JO: 它有各个,还有... 这么说吧,它内在还会有各种想法.想让它产⽣⼀种要么⽣要么死,明⽩吗?

JO: It has various, and... Let me put it this way, there would be various thoughts within it as well. Do you understand that either it lives or dies?

问: 不要明⽩什么要么⽣要么死? 这是谁⽣谁死? 是灾难中的⼈吗?

Q: Don't you understand that it's either life or death? Who lives and who dies? Is it the people in the disaster?

JO:要么⽣要么死,是因为你们在这个节⾻眼上,你要么突破,你要么就死在那个蛋壳⾥⾯.你要么突破蜕变成⼀只蝴蝶,要么你就蜕变不成功.因为这是唯⼀的出路.

JO: Either you live or die because at this critical juncture, either you breakthrough or perish within the shell. Either you transform into a butterfly or fail to achieve metamorphosis. This is the sole way out.

问: 哦,就是我们这个群体.

Q: Oh, it's our group.

JO: 意识.是意识发展的必然的.

JO: Consciousness. It is the inevitable development of consciousness.

问: 我现在看到我⾝边的年轻⼈读完⼤学都在考研很⾟苦,但是各个⾏业都在缩减就业的岗位.你能给年轻⼈⼀些建议吗?

Question: I see young people around me who have finished university struggling with postgraduate studies, but various industries are reducing job positions. Can you offer any advice to the younger generation?

JO: 我能说你们这些所谓的⾏业都是… 它并不是⼀个真正的⾏业,明⽩吗? 你们真正的⼯作是来⽤你们⾃⼰独⼀⽆⼆的⽅式去呈现出你⾃⼰.就⽐如说你这颗种⼦是⼀朵玫瑰花,那你只需要去绽放.因为你这颗种⼦⾥⾯,它包含了所有.你们只需要去绽放你们⾃⼰就⾜够了.然后它就会形成⼀个所谓的事业.就这么说吧,这个⼥孩⼦她在⾛上她⾃⼰的⽣命的道路,对吧? 那在你们眼⾥是不是就变成了⼀个事业? 因为她在做这个事情,对吧? 那就变成了⼀个事业,是这样⼦的.就是通过你们在绽放你们⾃⼰,你⾃动的去服务或者是去做⼀些事情才是事业.⽽不是说先有事业,我们把这个⼈放到这⾥⾯,那个⼈放到那⾥⾯.那个只会很吃⼒的.

JO: I can say that all of you so-called industries are... they're not a real industry, understand? Your true work is to present yourselves in your own unique way. For example, if you're this seed and it's a rose flower, then you just need to bloom because within you, it contains everything. All you need to do is bloom yourself, and that's enough for you. Then it will form what we call an industry - let me put it like this: The girl was walking on her own life path, right? In your eyes, that became a career because she did this thing, right? So it became a career – that's how it works. It's through you blooming yourselves, serving or doing things automatically as your career, not the other way around where we put people into these industries and expect them to perform. That would be very taxing.

问: 那我们现在年轻⼈的困境就是他们可能都不知道⾃⼰的兴趣爱好是什么.这个怎么帮助他们?

Q: Now, the dilemma for young people is that they may not even know what their interests are. How can we help them?

JO:那你能看到就是说你们社会上它实际上这个相不是稳定的.那你⽬前看到的这个相它也不是稳定的.为什么?你们现在做的就是来突破它,就是来看清楚它,就是来把⼀条正确的路带到你们这个空间⾥⾯来,对不对?所以它⼀定会产⽣变化的呀.⼀定会变化的,这是必然的.所以说像我们刚刚说你不是深陷在这⾥.你深陷在这⾥的话,就好像是你在给你们这个牢房继续添砖加⽡,对吧?⽽是说你的⽬标在哪⾥?你⾃⼰给⾃⼰⾛⼀条光明⼤道,别⼈加⼊.让他们看到⽅向.你⾸先要知道你⽬前看到社会上的不公或者不应该的这些东西,它并不会⼀直在那⾥.如果它⼀直在那⾥,那是因为你们每⼀个⼈都在加固它去加深它.所以说你们到底想要创造什么才是最重要的.

JO: So what you see is that in society, the conditions aren't stable. The same goes for the current situation you're observing; it too isn't stable. Why? You are working to transcend these conditions and understand them clearly, bringing a path of righteousness into your space, correct? As such, they will inevitably change-they must change. This is inevitable. Hence, you're not deeply entangled in this issue as we just mentioned. If you were deeply entrenched, it would be like building more walls for your prison. Wouldn't that be the case?

The real question is: What's your goal? Imagine walking on a path of light yourself and inviting others to join; making them see where they're headed. First and foremost, realize that the injustices or things that shouldn't be happening in society you currently observe won't always persist. If they did continue indefinitely, it would mean each person is reinforcing and deepening these issues. So what exactly do you want to create really matters.

OK,我种的这个菜地我种的菜我不想要了.那你还在那盯着它,哎呀这才怎么不好,这个菜太苦了怎样怎样.重新种啊,你重新播下你要种什么.你种西红柿你就播下你种西红柿的种⼦呀,明⽩吗?那你的整个地就变了呀.所以说不要去关注或者是不要去继续说这个东西有什么不好.⽽是说种下其它东西,它⾃然⽽然就会长出来.你种下西红柿,长西红柿.你种下黄⽠,长黄⽠.这是必然的.那从哪⾥种呢?你⼼中,你的愿望,你的愿⼒.明⽩吗?这个物质世界不过就是你们每⼀个⼈播下的种⼦.

Alright, I have this vegetable garden that I've grown and I no longer want the vegetables I planted there. So you're still watching over it, saying things like, "What's wrong with this vegetable, how bitter it is," and so forth. You should replant; choose what you want to grow again. If you are growing tomatoes, sow tomato seeds instead. Get it? Your entire garden will change as a result. Therefore, don't focus on or continue to criticize what might not be good. Instead, plant something else, and it will naturally grow out of that. Whether you plant tomatoes, they'll grow tomatoes; if you plant pumpkins, they'll grow pumpkins. This is inevitable. So where do you plant these? In your heart, your desires, your wishful energy. Get it? The physical world is merely the seeds each and every one of you has sown.

⽽且你们每⼀个⼈都有权利.不是说他有⾝份或者他是当官的,他有地位他下可以.NO NO NO NO,每⼀个⼈.因为你们都是受到⽀持的,你们有权⼒这么做.只是看你愿不愿意,只是看你相不相信,只是看你愿意相信多久,明⽩吗?

And each and every one of you has the right - not because he holds a position or is an official with status, but simply as someone who is supported, has power to do so. No no no no, everyone. Because you are all being sustained, you have the authority to do this. It's just a matter of whether you choose to, whether you believe in it, and how long you're willing to believe, understand?

问: ⼈类为什么特别执着于美丑的判断?

Q: Why is human so obsessed with judgments of beauty and ugliness?

JO: 这么说吧,美是什么? 你们眼⾥所谓的美,它⼀定是有⽣命⼒的.你不会觉得奄奄⼀息,哪怕她五官长的再漂亮,她这个⾝体死掉了,你还会对她产⽣欲望还会觉得她美吗? 明⽩吗? 所以说美来⾃于哪⾥? 来⾃于⽣命⼒.就好像⼀朵花,它有⽣命在⾥⾯,它才如此吸引⼈.那没有⽣命的话,它会枯萎掉,它就失去了⼀种吸引,明⽩吗? 所以说真正的吸引⼒就是你的⽣命⼒,那就是你的能量的⼀个强弱了.那其实你们对能量的⼀种痴迷和吸引,明⽩吗?

JO: Let me put it this way, what is beauty? The beauty that you all value must be living. Would you still feel desire for her and think she's beautiful even if she looks gorgeous but dies? Can you understand? So where does beauty come from? It comes from life force. Just like a flower; it has life within it, which makes it so attractive. If it were not alive, it would wither away, losing its charm. Do you get it? Therefore, true appeal is your life force, which is the intensity of your energy. You actually have an obsession and attraction towards this energy, do you understand?

问: 所以本质上是对能量的痴迷?

Question: So fundamentally, it's about obsessing over energy?

JO: 是的.⽐如说美⼥,那你说她头发⼀定是那种⽣命⼒就是... 那如果是秃头或者头发只有稀稀拉拉⼏根,那是不是就没什么⽣命⼒,对不对? 那你就知道为什么饱满的就有⽣命⼒?枯萎的⽼⼈,他失去了那个什么... 所以那就是他的能量.能量的⼀个强和弱,这个带来的吸引⼒.

JO: Yes. For example, beauty; if you say she is beautiful, does that mean her hair must have a certain vitality… If it's bald or just a few sparse strands, then there would be no vitality, right? And that's why full-haired people are said to possess vitality? Withering old people have lost something... so that is their energy. The strength and weakness of energy lead to attraction.

问: 我在2015年9⽉21号或者是23号那⼀天发⽣了什么? 可以帮我看⼀看吗?

Question: What happened to me on September 21st or 23rd, 2015? Can you check for me?

JO: 你必须要说出来.

"You must say it," JO said.

问: 我⼀直抑郁症将近有⼗年,但是那⼀天突然就好了.我不知道发⽣了什么,因为我什么都没有做.

Q: I've suffered from depression for almost ten years, but one day it suddenly got better. I have no idea what happened because I didn't do anything.

JO: 你稍等.我们感受到你的⽣命就好像像⼀根⽵⼦⼀样,不断不断地更新,不断地长出新的⼀块,不断地长出新的⼀块,是这样⼦的⼀个过程,明⽩吗? 所以如果你想要去给你解释那⼀段经历的话,就好像你下⾯是根部,然后你上⾯突破了.你继续突破.⽽且你的这种突破是持续的.明⽩吗? 所以你会不断不断地感受到你的... 就完完全全是⼀个新的你了.新的体验,都是新的,不断地重⽣.⽽且你内在也会想要去重⽣.如果你没有突破你⾃⼰没有重⽣,你会抑郁,你会压抑,你会觉得活着没意思.所以当你重⽣的时候,你会觉得你热爱⽣命,你觉得⽣命有意义很美好.所以说不断地重⽣是你这⼀⽣来体验的主题.

JO: Wait a moment. We perceive your life as constantly renewing itself like bamboo, continuously sprouting new sections, and perpetually growing anew. It's a continuous process of breaking through from the base and persistently advancing upwards. Do you understand? If you were to recount that experience, it would be akin to having an underground foundation supporting you while you push upwards; your growth is unceasing. You are constantly experiencing...a brand new version of yourself, with constant new experiences, a cycle of continuous rebirth. There's also this innate desire within you for renewal. If you don't break through and renew yourself, you'll feel depressed, oppressed, or disinterested in living. When you do experience renewal, you appreciate life, seeing its value and beauty. Thus, continuous rebirth is the thematic experience of your lifetime.

你都不能忍受你脑⼦⾥⾯没有新的,就是重⽣.你都不能忍受持续的在⼀个能量状态.

You can't even tolerate not having anything new in your mind, which is rebirth. You can't even bear to sustain yourself in one energy state.

问: 那⼀天我忽然感觉⾮常轻松.是有JO在帮助我卸掉什么东西吗?

Question: That day, I suddenly felt extremely relieved. Is JO helping me get rid of something?

JO: ⽣命,你想就像刚才说就像⼀个⽵⼦⼀样,它不断不断地在突破,不断长出新的⼀节,不断长出新的⼀节.就这样的⼀个过程.

JO: Life is like you said just now, like a bamboo, constantly breaking through and growing new sections, continuously growing new sections. This is the process.

问: 我右脚的⽆名指常常很疼,没有知觉.快五年了.我想问问是为什么?

Question: My right pinky toe has been very painful and numb for almost five years. I wonder why this is happening?

JO: 你稍等.这么说吧,就好像你的⾝体它不断不断地在重⽣.但是你还残留了⼀些,你还保留了⼀些.这些能量就好像没有让你完完全全的看清楚.就好像你没有把它看清楚,所以它就变成了⼀个沉重的能量卡在那.你只有去借助你的智慧,借助我们这些光的信息来让你看清楚.你看清楚了,它会消失.然后你的⾝体也会... 你要知道你的⾝体它就是… 我们这边有能量,对吧? 能量投射到你的⾝体⾥⾯.你的⾝体会呈现出你的能量状态,明⽩吗? 那当你的能量层⾯有卡点的时候,你的⾝体它也⾃动会有卡点.

JO: Wait a moment. Imagine this as your body constantly regenerating itself. But you still have some remnants that persist. These energies are like shadows that don't fully illuminate the picture for you. It's as if they're not clear to you, so they become heavy energy stuck there. You need to rely on your wisdom and our light information to see clearly. Once you do, it will disappear. And then your body... You must understand that your body is… We have energies here, right? These energies are projected into your body, manifesting your energy state. Can you get that? When there are blockages in your energy levels, your body automatically reflects those blockages too.

问: 那我现在这个卡点能告诉我吗?

Question: Can you tell me where I'm stuck right now?

JO: 就像刚才说的,就是不断地允许这些光这些信息来带领你来看清楚.因为你看清楚了,它就不再对你有影响了.

Just as we discussed earlier, keep allowing these lights and pieces of information to guide you to see more clearly. Because once you see more clearly, they no longer have an impact on you.

问: 那我就是继续… JO: 对,继续.

Q: So I just keep going... JO: Yes, keep going.

第四个⼈问: JO您好,我⾃从上⼀次跟你连接后⽣命⾥发⽣了很多奇迹,我现在觉得特别有⼒量.所以想对您表达⼀下感谢.

The fourth person says: Hello JO, since our last connection, many miracles have happened in my life. I now feel very empowered, so I want to express my gratitude to you.

JO: 你要感谢你⾃⼰,明⽩吗? 你需要感谢你⾃⼰是⼀个⾮常勇敢的灵魂,明⽩吗? 所以把这份感谢给到你.我们也感谢你愿意敞开你,然后把你这⾥当成⼀个通道管道⼀样,让我们的爱和光通过你流向你⾝后的所有⼈,明⽩吗? 就好像你现在插了⼀个管⼦在我们这.你流出去的⽔是浇灌那些⼜渴的⼈,因为你愿意敞开你⾃⼰,让我们的⽔可以通过你流出去.所以我们要感谢你.

JO: You should thank yourself, okay? You need to thank yourself for being such a brave soul, okay? So give this gratitude to yourself. We also appreciate you being open and allowing us to channel our love and light through you to everyone behind you, okay? It's like you're now inserting a tube here. The water flowing out of you is nourishing those who are thirsty because you're willing to be open, allowing our water to flow out through you. So we thank you for that.

问: 好.第⼀个问题是我爱⼈的⽗亲在1984年的时候带了三万块出去做⽣意再也没有回来.我们觉得他应该是不在了.但是这个事⼀直像⼀根刺扎在家⼈的⼼⾥.

Q: Alright. The first question is about my beloved's father, who took three hundred thousand yuan out to do business in 1984 and never came back. We believe he might be no longer with us. However, this matter has always been like a thorn in the hearts of our family members.

JO: 他叫什么名字?

He: What's his name?

问: XXX,是我爱⼈的⽗亲.

Question: XXX is my partner's father.

JO: 他带进来的信息是说,我带着钱是想要去找到出路.我虽然没有亲⾃找到出路,但是你找到了.这是他带给你的信息.

The message he brought in was that I wanted to find a way out with the money, even though I didn't personally find a way out myself; you are the one who found it. This is the message he brought to you.

问: 我没有见过.

Question: I have never seen it.

JO: 你不需要见过.但是在能量层⾯你们都是… 明⽩吗? 只有你们的⾁体才会陌⽣.他说你已经找到出路了.

JO: You don't need to have seen them. But at the energy level, you are... do you understand? Only your physical bodies would be unfamiliar. He said that you have found a way out.

问: 家⾥⼈对这个事特别痛苦,都不敢提.

Question: The family members are particularly distressed by this matter and dare not bring it up.

JO: 你可以转变的.你可以去转变这个痛苦.为什么呢? 因为当你亮起来过后,他们都会亮起来,明⽩吗? 所以说就像我们前⾯的信息,这些东西它都好像是物质世界的⼀个相.你不需要去加固它,因为我们会带着你去看清楚.当你看清楚了,你便不会继续的去投射这个相在这⾥,就是继续把它加固,明⽩吗? 但是他刚才的信息已经很清楚的告诉你,他带着钱是试图找到⼀条出路.你们那会⼉可能会觉得出路是赚钱.但是我告诉你们,赚再多钱你们也没有出路,明⽩吗? 所以只有把你们眼前的障碍拿开,把你们的眼睛睁开.这才是出路.

JO: You can change it. You can go and transform this pain. Why? Because when you shine, they all will shine too, understand? So like the information we had previously, these are all likened to phases of the material world. There is no need for reinforcement because we will guide you in seeing clearly. When you see clearly, you won't continue projecting this phase here, keeping it reinforced, do you understand? But the information he just gave was very clear - he was trying to find an escape by using money. You might think that there's an escape route with making money. But I tell you, no matter how much money you make, you still won't have a way out. So the only way is to remove your immediate obstacles and open your eyes. That's where the real escape lies.

问: 那他现在呢?

Question: And where is he now?

JO: 在更⾼的层⾯你们都是连接在⼀起的.所以说随着你的眼睛越睁越开,你会明⽩.所以说盯着你要去的地⽅,明⽩吗? 因为物质世界的相不需要你们再继续去加固了.你们的⾁体也是个相.别说他的⾁体,你的⾁体也⼀样,明⽩吗?

In higher dimensions you are connected as one, so the more you open your eyes to this truth, the clearer it becomes. So, fixate on where you want to go and understand that because there is no need for you to continue to strengthen the forms of the physical world anymore. Your body is also a form. Don't just say his body but yours as well, understand?

问: 我下⼀步的职业⾛向?

Question: What's my next career move?

JO: 刚才我们的信息就说你们是会觉得有个职业才… 就是你去加⼊.刚刚都说了,你只需要绽放.就好像这个⼥孩⼦,她在做她⾃⼰激情的事情,她在⾛她⾃⼰的路.是不是就是你们眼⾥的职业了,对吧? 所以多当你⾃⼰全然的绽放,这些东西它都会⾃动的安排好.不是你头脑⾥⾯想出来的.所以你只需要去绽放.

JO: Our message just now was that you feel like having a profession... Like joining something. We've already discussed this, you only need to blossom. Just like this girl doing what she's passionate about and walking her own path. Isn't that what you perceive as a job? Right? So when you let yourself fully bloom, these things will automatically sort themselves out. Not from your thoughts. Therefore, all you need to do is to blossom.

问: 我感觉我的视⼒不太好.

Q: I feel my vision isn't very good.

JO: 这么说吧,你趁现在视⼒不太好,去真的把物质世界当成是⼀个幻像,明⽩吗? 所以这会是对你⼀个很好地推动⼒,就是很好地⼀个助⼒,助你成长帮助你成长.因为说实话外界你们看到的⼀切都是幻像.它顶多就是加深你内在的恐惧或者加深你的⽆⼒感或者加深你在这个物质世界⾥越陷越深.你看出去的所有⼀切,我不管它多真实,都只是个幻像⽽已.那你眼睛看外⾯模糊的,是不是在提醒你? 随时提醒你不需要去关注外在的相.你的任何关注都是在加深它,明⽩吗? 因为当你⾃⼰越来越轻逸,就你这个能量… 你就好像是⼀个球⼀样对吧? 外界的相,它会让你这个球变得沉重起来.所以你把相不断地拿开拿开,你变得飘起来了,对吧?

JO: Let me put it this way, if you take advantage of your current poor eyesight and truly perceive the material world as an illusion, do you understand? Therefore, this will be a great driving force for you, a good facilitator to help you grow. Because honestly, everything you see in the outside world is just an illusion. It might merely deepen your inner fear, enhance your sense of powerlessness, or make you sink deeper into reality. Everything you look out at is only an illusion, regardless of how real it appears. Your eyes seeing things outside blurry isn't a reminder to you? A constant reminder that you don't need to focus on external appearances. Any attention you give amplifies them, do you understand? Because as you become lighter and more effortless, your energy... You're like a ball, right? The appearance of the world outside will make this ball feel heavier. So by continuously removing these appearances, you rise up, aren't you?

它这是不是你们灵性的⼀个提升? 变得越来越轻逸,不是沉重的⼀个能量.当你越来越轻逸,就是这样⼦的⼀个状态.你这个能量振动的,投射出去的东西是跟这个是不⼀样的.所以你不是要去改变它这个相,改变外在的⼀些事情.你只需要去把这些相从你⾝体⾥⾯拿开,让你⾃⼰越来越轻逸,明⽩吗?

Is this not an elevation of your spirituality? Becoming increasingly weightless, rather than heavy energy. As you become more weightless, it is in this state. The things that your energy projects out into the world are different from this. So, you should not try to change its appearance or external matters. You just need to remove these appearances from within your body and allow yourself to become increasingly weightless. Do you understand?

问: 我母亲是忽然去世的,没有丝毫准备.我们对她的抚育之恩也没有回报,内⼼是有愧疚的.我想问我跟我母亲之间的灵魂协议?

Q: My mother passed away suddenly without any prior warning; we were unable to repay her kindness, and I feel guilty. I want to inquire about the soul agreement between me and my mother.

JO: 你稍等.你母亲她给了你很好的⼀个美德,就好像她有给你内在留下⼀个像⾦⼦般的礼物.所以说她在⽤这种⽅式存活在这个世界上,明⽩吗? 因为接下来你会越来越发现她跟你是在⼀起的.

JO: Wait a moment. Your mother gave you a great virtue, as if she had left an invaluable gift within you like gold. Therefore, she is surviving in this world through such means, understand? Because from now on, you will increasingly realize that you are not alone with her.

问: 没有问题了.

Q: There are no problems.

JO: 你继续去听今天的信息,你会收获⾮常⼤.因为这是你的另⼀次突破,另⼀次新⽣.

Continue to listen to today's message, JO; you will gain immensely because this is your breakthrough and rebirth once again.

第五个⼈问: 请问怎么样紧跟内⼼顺利的连接?

The fifth person asks: How can I smoothly connect with my inner self?

JO: 是什么导致你断开连接,你去了解这个? 是因为外界的相把你带到相⾥⾯去了? 头脑⾥⾯的声⾳把它当真了,明⽩吗? 所以说不是说让你怎么能顺利的连接,⽽是说是什么导致你感受不到连接.就是你把外在的物质世界的⼀切当真了,还有就是你把你头脑⾥叽叽喳喳的声⾳当真了,明⽩吗? 因为如果你只是此时此刻在当下,没有这些.那你就在连接的状态.

JO: What leads to your disconnection, and why do you investigate this? Is it because the perceptions of others bring you into their perceptions? The voice in your mind takes them seriously, understand? Therefore, it's not about how to smoothly connect, but rather, what prevents you from feeling connected. It is because you take everything in the external material world seriously, and also, because you take the chatter in your head seriously. Understand? Because if you were only present in this moment without these distractions, then you would be in a state of connection.

问: 我的灵魂特质是什么样⼦的?

Question: What are my soul's characteristics like?

JO: 你稍等.你的灵魂特质就好像是⼀个⾮常纯净的⽔晶球.然后没有什么杂质.但是虽然没有什么杂质,如果有⼀些污染,你会把它看的很清楚.就是你的能量很纯,但是如果有⼀些不好的或者是负⾯的经历或者体验的话,它也会给你放⼤,它也会让你的体验加剧或者是放⼤.

JO: Wait a moment. Your spiritual essence is like an extremely pure crystal ball with no impurities. However, even without impurities, if there's some contamination, you would see it clearly. Your energy is very pure, but if there are negative or negative experiences or encounters, they will amplify it, intensifying your experience or impact you more.

问: 那就是遇到这样的经历可以怎么做呢? 如果有不好的事情不好的影响?

Q: What can be done when facing such experiences? If there are negative things and effects?

JO: 那就像刚才说的,⾸先你不要把它当真.你把它当真了,它就是在影响你.那其实你知道所有的⼀切你都有去转化它的⼒量和能⼒.你都能让它正⾯的服务于你.因为你们来这⾥…. 物质世界就是⼀个道具,是个舞台或者是个练习场,让你来练习的,让你来体验你⾃⼰,你的⼒量,明⽩吗? 那如果你真的觉得外⾯的事情很⼤的话,那就说明你的⼒⽓很⼩啊.因为这个很重嘛,那就说明是你⼒量太⼩了,你就觉得它很重.那如果你拿着它不断地锻炼锻炼,⼒⽓变⼤了.它重量是不是就没有这么明显了? 所以你受到的影响也没有这么⼤了.你把它当成⼀个像健⾝器材⼀样.

JO: Well, like we just said, you first don't take it seriously. You take it seriously; then it affects you. In fact, you know all of this and have the power and ability to transform everything around you so that everything can serve you positively. Because why are you here…? The physical world is a tool, a stage or a training ground for you to practice with, to experience yourself, your strength, do you understand? If you really feel that external things are huge, then it means your strength is small because this is heavy; it means your power is too weak and you perceive it as heavy. But if you keep using it and exercising regularly, your strength increases. Isn't the weight less noticeable now? So your influence has also diminished significantly. You see it like a piece of fitness equipment.

问: 我可以和指导灵对话吗?

Q: Can I communicate with my guide spirit?

JO: 你现在就在.

JO: You're right here now.

问: 你们平常是怎么指引我影响我的?

Q: How do you usually guide me and influence me?

JO: ⾸先你⾃⼰是⼀个活的⽣命体.你是活的,明⽩吗? 那你是活的,你会⾃⼰去到处游到处去探索到处去体验.并不是说有⼀个外界的控制抓住你,让你去这⾥,让你去那⾥.没有的.明⽩吗?

First, you are a living being. You are alive, understand? That means you are alive and will go out to explore and experience everywhere. It's not like there's an external control grabbing you to make you go here or there; no such thing. Understand?

问: 那⼀个⼈有指导灵它们之间有什么影响呢?

Question: Which one has guiding spirits and what effect do they have between them?

JO: 那就看每⼀个⼈的课题了.但是你们都会有协助.我们现在就是在协助你.所以你们都会有协助.你们没有任何⼀个⼈他是没有协助的.

JO: That depends on each individual's task. But you will all receive assistance. We are assisting you now, so you will all receive assistance. None of you is without assistance.

问: 从你们的视⾓看,⿊暗是什么? 是怎么看待⿊暗?

Q: From your perspective, what is darkness? How do you perceive darkness?

JO: ⿊暗就是⽆知啊、⽆明啊.明⽩吗? 你眼前的障碍拿开就不⿊了.

JO: Darkness is ignorance, is obscurity. Can you understand? The obstacle in front of your eyes disappears when it's not black anymore.

问: 我在学校感觉体验⽆聊,觉得浪费时间.你们可以从更正⾯的视⾓来描述我这样的体验吗?

Q: I feel my experience at school is boring and that time is being wasted. Could you describe this kind of experience from a more positive perspective?

JO: 那你可以完完全全的成为⼀个观察者,观察你⾃⼰的⽆聊.我为什么会选择⽆聊? 我现在是不是必须要让我⾃⼰做点什么? 让我的头脑忙起来,让我的头脑充实起来.你可以去通过这⼀步去观察你的⼀切,明⽩吗? 那你去观察我要做什么我才不⽆聊呢? 我是不是必须要打打游戏啊或者是… 那为什么呢? 这个来⾃于哪⾥呢? 我是想要逃避什么吗? 我是在追求什么吗? 明⽩吗? 通过这⼀切你⾃⼰对你⾃⼰的观察,你⾃⼰就会获得智慧.

JO: You could become a complete observer of your own boredom. Why did I choose boredom? Am I now supposed to do something for myself so that my mind is occupied and filled with activities? Through this step, you can observe everything about yourself, understand it, right? Then you ask yourself what should I do in order not to feel bored anymore? Do I have to play video games or... Why is that? Where does this come from? Am I trying to escape something? Or am I pursuing something else? Understand? Through all of these self-observations, you will gain wisdom about yourself.

问: 我的指导灵还有没有信息要带给我?

Q: Does my guiding spirit have any messages for me?

JO: 你稍等.跟随我们的信息,你会完完全全的展现出真正的你.然后允许你现在还是在⼀个萌芽的状态,它需要时间.⽣命它不是⼀晚上就结束了,明⽩吗? 不是⼀下⼦你现在是颗种⼦,⼀晚上你就变成参天⼤树了.所以说你只需要去允许,然后朝着光的⽅向.

JO: Wait a moment. Follow our guidance, and you will fully reveal the true essence of your being. Then, allow yourself to remain in a budding stage, it requires time. Life doesn't end overnight; understand? It's not as if you are now just a seed and by nightfall you become a towering tree. Therefore, all you need to do is allow and move towards the direction of light.

问: 怎么样可以利⽤好每⼀次成长的机会?

Question: How can one effectively utilize every opportunity for growth?

JO: ⾸先你看到了,你就利⽤到了.如果你没有看到,你把它当成是⼀个事,那你就没有成长.因为这⾥没有事,明⽩吗?

JO: First of all, you see it and make use of it. If you don't see it, regard it as an issue, then you won't grow. Because there's nothing here, understand?

问: 没有事是什么意思?

What does "没有事" mean?

JO: 没有事是什么意思,你以后就知道了.这⾥没有事.

JO: What "nothing" means, you'll understand in time. There's nothing here.

第六个⼈问: 我的灵魂主题是什么?

The sixth person asks: What is my soul's theme?

JO: ⼿给我.我们感受到你内在有⼀股很强烈的⼒量,但是它没有完完全全的释放出来.它被好像,就是有⼀种⽆⼒感.因为你内在有⼀股你很像去展现,因为你知道那是你的⼒量,那是你真正的样⼦.你知道你是⼀只⽼虎,但是你现在却有⼀点像⽼⿏.但是你内在又知道你是⽼虎.所以说现在有⼀种需要完完全全绽放,完完全全的活出⾃⼰.因为你内在的这股欲望⾮常强烈,它在推动着你必须去突破、必须去活出来、必须去绽放、必须去嘶吼.你需要嘶吼.明⽩吗?

Joanne: Give me your hand. We sense within you a very strong force, but it is not fully released. It's like there's a sense of powerlessness because you have this desire to express that force as you know it’s your true essence, the strength you possess. You're aware of being a tiger, yet now you feel somewhat like a mouse. But deep inside, you still recognize your inner tiger. So, now there is a need for total expression, living fully as yourself because the desire within you is very strong; it drives you to break through, to live fully, to blossom, and to roar. You need to roar. Understand?

问: 那我的天赋和特长呢?

Question: And about my talents and strengths?

JO: 这么说吧,你现在还没有完完全全的去看到那个真正的你.因为⽬前的这个你好像是被压制了,被压住了,没有办法好好地绽放.如果说等你完完全全的绽放的话,你没有任何限制,明⽩吗? 就好像是⼀个战⼠⼀样勇往直前,他知道⽅向,他知道⾃⼰下⼀步做什么.所以他都是清楚明了的⼀个状态.这个算是你问的天赋才华,明⽩吗? 它没有限制.

JO: In other words, you haven't fully seen the real you yet. At present, it seems like you are being suppressed and constrained, unable to bloom properly. If you were to fully blossom, there would be no limitations on you. Do you understand? It's like a warrior moving forward bravely, knowing his direction and what he needs to do next. He is always clear and aware of his actions. This describes your innate talent or potential without any restrictions.

问: 那这个没有限制范围有点⼴.

Q: That means there's a somewhat broad scope without restriction.

JO: 没有限制也就是说当你真正的把⼒量给释放出来的时候,你⾃⼰可以去选择任何你想要绽放的地⽅.⽽不是说你只能做这个,只能做那个,明⽩吗?

JO: There are no restrictions; that means you can choose any place where you want to bloom when you truly unleash your power, instead of being limited to doing only this or only that. Understand?

问: 我如何能将宇宙能量更好的运⽤在⼯作和事业发展上?

Question: How can I better utilize cosmic energy in my work and career development?

JO: 那你不断地不断地让⾃⼰通透啊.问: 通透就是多接触灵性的这些…JO: 这么说吧,就好像我们刚刚说你就好像⼀个球⼀样.如果你⾥⾯有很多很多相装进去的话,你会变得沉重,对吧? 那你不断不断地把这些相拿开呢? 怎么样才能把这些相拿开或者是把它…? 其实它就像是⼀坨乌云⼀样,只有你的智慧到了,你能看清楚,它就消失了.它就不再对你有影响了.所以说当外在的污⽔在你这影响越来越少,那你就越来越... 就好像跟本源产⽣连接⼀样,明⽩吗? 所以说你还是需要借助你智慧的眼睛,把这些所谓的相给它消失掉.

JO: So you constantly make yourself transparent. Q: Transparency means having more contact with spiritual things... JO: Let me put it this way; imagine we just said that you're like a ball. If there are many attachments inside you, they will weigh you down, right? Then how do you keep removing those attachments? How can you remove them or let them...? Essentially, it's like a cloud; only when your wisdom allows you to see clearly does it dissipate. It no longer affects you. Therefore, as external distractions have less impact on you, you become more... akin to establishing a connection with the source. Do you understand? So, you still need to use your wise mind to let those so-called appearances disappear.

问: 就是说这种智慧的提升的话…JO: 我们现在不就是在带领着你吗,明⽩吗? 它是在everywhere,它⽆处不在的.你就好像是⼀个摄影机,你不断不断地捕捉,你每⼀个地⽅都有.但是你需要有⼀双睁着的眼睛.你蒙着的眼睛,那你就是⽐如说物质世界的这个相蒙着你的眼睛了.如果你把这个蒙着眼睛的东西拿开过后,你不断不断地everywhere.它没有限定在哪⼀个地⽅.跟我们学习的这些东西,它就好像把你的眼睛睁开.那你眼睛睁开过后,你就是everywhere,就没有任何需要那个什么.因为你眼睛睁开了呀.所以你就能捕捉到任何.

Question: This means the improvement of wisdom...JO: We are leading you now, right? It's everywhere; it's omnipresent. You're like a camera capturing continuously from every location, but you need to have eyes that are open rather than closed. The things that are blocking your vision in this material world are preventing you from seeing everything. Once these barriers are removed and you start seeing with open eyes, the concept is that we're opening your eyes to new possibilities. With opened eyes, there's no longer a need for anything because you can capture anything continuously without limitations.

问: ⽬前我需要突破的点?

Question: What points do I need to break through at present?

JO: 你稍等.你⽬前突破的⼀个点就是你还是把外界看的太重了.就是外⾯这个世界,你给它赋予很多你的能量在⾥⾯,明⽩吗? 就⽐如说你的能量是百分之⼀百,你可能百分之⼋⼗都给了外界.那外界就变得好牢固呀,你内在就有⼀种⽆⼒感.如果你把百分之百的⼒量都给了我内在,外界nothing there,什么都没有.你是不是就体验不到它了? 为什么呢? 你要给它能量,它才会显化出来给你体验对⼿戏.你要不给呢? 明⽩吗? 所以说切换.

JO: Wait a moment. The point you've broken through is that you still place too much emphasis on the external world. You're giving it a lot of your energy, right? Imagine if your total energy is 100%, and you give about 80% to the outside world. This makes the external world feel very solid. Internally, you might feel powerless. If you were to give 100% of your power to yourself internally, there would be nothing external - no experience at all. Wouldn't you then be unable to experience it? Why is that? You need to provide energy for it to manifest itself and let you experience the interaction. Wouldn't you feel this differently if you didn't provide the energy? Therefore, the switch is necessary.

问: 切换到内在是⼀个什么概念呢? 就相当于我们注重于精神世界⽽不是物质世界?

Question: Switching to internal refers to what concept? It's like focusing on the spiritual world rather than the material world.

JO: 你之所以体验到你的⽆⼒感,因为你觉得外界太真了.就⽐如说⽼板发脾⽓是因为他真的很凶啊,他真的要吃掉我,明⽩吗? 那如果你能看到它实际上是⽆⼒感,然后你给了它⼒量呢? 它马上就变了,对吧? 明⽩吗? 所以说你能不能看清楚这个幻像.因为他们都在给你制造幻像.你是被他们的幻像迷住了呢?

JO: You feel powerless because you perceive the external world as too real. For instance, your boss losing his temper is really because he's very aggressive and wants to eat you alive, right? But if you realize it's actually a sense of powerlessness that has been given strength by yourself, then just seeing through this illusion immediately changes it, doesn't it? Right? So can you see through this hallucination since they are all creating them for you. Are you being mesmerized by their illusions?

问: 那⽐如⽼板发脾⽓这种的.那我应该怎样让它消失呢? 我视⽽不见吗? 我怎么应对?

Q: Like when a boss has a temper tantrum, what should I do to make it disappear? Should I ignore it and pretend not to see anything? How should I respond?

JO: 你⾸先就是⽆论他展现什么⽅式,你只有允许他,明⽩吗? 允许他去展现出来.但是你要知道他就是那种能量,你可以去选择不去跟他对接.那你是不是就不会接收到他? 他有根管⼦,他现在在排污⽔.你跟他接上了,那污⽔就到你⾝上来了,你就会受到他很⼤的影响.那你不接呢?你不接,你的管⼦⼀直接着我们的源头呢?那就影响不到你了.你只有不受他的影响,你才能去影响他,明⽩吗?你如果被他影响,你怎么去影响他,明⽩吗?所以你内在的坚定,你内在的⼀个坦然,你内在没有受他的污染的话,他知道的.他知道你如如不动的,明⽩吗?那当你不再受他的能量场的影响,你就在影响他了.你就好像是镜⼦⼀样反射给他.

JO: First of all, you allow him to manifest however he chooses. Understand that, allowing him to show it. But know that he is a vessel, and you have the choice not to connect with him. If you don't connect, will you not receive from him? He has a pipe, which now discharges wastewater. You connect with him, and the wastewater comes to you, greatly affecting you. Now, if you don't connect? If you keep your pipe directly connected to our source? It won't affect you. You can only influence him by not being influenced by his energy field. Understand that? If you're influenced by him, how do you influence him? So, the inner resolve, the inner calm within you - if it is not tainted by him, he understands this. He knows you remain undisturbed, understand? When you no longer are affected by his energy field, you are influencing him. You mirror back to him, like a mirror.

⽽不是拿到你⾝上去或是转移到你⾝上去.你只是像反射体⼀样反射给他,让他看到.

And not to apply it to yourself or transfer it onto you. You just reflect it back at him as a mirror would, letting him see himself.

问: 那⽐如说领导(听不清),应该怎样⾯对?

Q: For instance, in terms of leadership (the speaker is unclear about the exact word used), how should one deal with it?

JO: ⾸先你要知道你是不是加⼊了他的游戏? 如果你加⼊了他的游戏,那你肯定会被动的按照他的⼀些游戏规则.但是呢,你却可以选择我不要加⼊任何⼈的游戏,我⾃⼰创造游戏规则.如果你不敢做个选择,你就问你⾃⼰为什么我不敢做这个选择?我觉得我的选择不被⽀持?所以你就可以通过这⼀层⼀层去⾃⼰发现你⾃⼰背后到底是相信什么.你到底是怎么认为你的⼈⽣? 为什么我没有权⼒?

JO: First, you need to understand whether you have joined his game or not. If you have joined his game, then you will inevitably be bound by some of his game rules. However, you can choose not to join anyone's game and create your own set of rules instead. If you're afraid to make this choice, ask yourself why are you afraid? Do you feel that my choices aren't supported? You can peel back these layers to discover what you really believe in. How do you perceive your life? Why don't I have power?

问: 在企业⾥它是有规则的.

Question: In a company, there are rules.

JO: 对,就像我们前⾯的信息说的⼀样,你们每个⼈创造⼀个事业,然后你们来加⼊我的事业.NO NO NO NO,活出你⾃⼰,你的事业⾃然⽽然就存在了,明⽩吗? 能真正的呈现出独⼀⽆⼆的你,没有任何⼈可以代替你.每⼀个⼈内在都有⼀颗独⼀⽆⼆的种⼦,那个是你们⽣命的状态,你只需要去绽放它.

JO: Yes, just like the information we've shared before, each of you creates your own business, and then you come to join my business. NO NO NO NO, live out yourselves, your business naturally exists, understand? Present yourself uniquely without anyone being able to replace you. Each person has an inherent unique seed within them, that is your state of life, all you need to do is to let it bloom.

问: 我跟我妹妹的关系? 她⽬前的处境和状态,我能做些什么?

Question: What's my relationship with my sister? Given her current situation and state, what can I do for her?

JO: 你稍等.你妹妹叫什么名字?问: XXJO: 这么说吧,你妹妹她像是个⼩孩⼦⼀样.她像是⼀个孩⼦,你又像她的奶妈,就像是⼀种这样⼦的关系⼀样.就是她会不断地想从这⾥,就是觉得我只有从这⾥不断地吸奶我才能存活下去.

JO: Wait a moment. What's your sister's name?

XX: Let me put it this way, you see, your sister is like a child. She is like a child, and you are her nanny, just like in that kind of relationship where she needs to constantly suckle from here, feeling that without this constant supply of milk she can't survive.

问: 那我应该怎么样做改变这种状态?

Q: What should I do to change this state?

JO: 这又回到就是刚才,就是你把这个相看的太… 你把你能量的百分之⼋⼗都注射到这个相上⾯,对吧? 那你妹妹她就像是⼀个孩⼦⼀样,实际上这个就是⼀个幻像.但是这个幻像的⼒量⾮常的⼤.来⾃于哪⾥? 来⾃于你⾃⼰的⼒量,你给它注射了百分之⼋⼗.如果你不给它注射任何呢? 你就在转变这个相了.明⽩吗?

JO: This brings us back to what we were discussing earlier - you're putting eighty percent of your energy into this image, right? Your younger sister is like a child; it's an illusion, but the power behind this illusion is very strong. Where does this power come from? It comes from your own strength that you've injected with eighty percent of your energy. If you don't inject anything into it, then you are changing this image. Do you understand?

问: 那不注射是? 是分开还是?

Question: If one does not get injected, is it separate or?

JO: NO NO NO NO,这么说吧,可能你们都共同的创造了⼀个相,就是你妹妹是⽆⼒的,她是需要看护的,她是⼩孩⼦,对吧? 那如果你不再去投射这个相出来呢? 那你去投射⼀个每⼀个⽣命它都拥有强⼤的⼒量,它都是⽆限的.因为你头脑⾥⾯还有那个相,就是你妹妹是⽆⼒的,她需要依靠,她需要依赖.这是你的⼀个相在那.明⽩吗? 所以你们会去体验到这样⼦的.

JO: No no no no, let me put it this way; perhaps you all created a collective image that your sister is helpless, she needs care, she's a child, right? So if you don't project this image anymore and instead project an image where every life has immense power, is infinite. Because in your mind there's still the image of your sister being helpless, needing support and relying on others. This is your image hanging there. Get it? So you will experience this kind of thing.

问: 改变⼀下我对她的认知就好了?

Question: All I need to do is adjust my perception of her.

JO: 你之所以去感受到是因为你就是这么认为的,那你就知道你可以在任何时刻改变你怎么认为她.你怎么认为她,你就好像是⼀个催眠师⼀样来给她暗⽰.来让她⽤你眼睛去看到她的⼒量,去看到她的发光点.因为这⾥只有假象,就是⽆⼒感或者是没有⽤,任何这些它都是假象.

JO: Because you feel it that way, you think she's that kind of person, then you know you can change how you perceive her at any moment. You perceive her as if you were a hypnotist giving her suggestions, making her see through your eyes the power and the shining points in herself. Remember, everything here is illusion - feelings of helplessness or uselessness are all illusions.

问: 我怎么做可以帮我母亲认清楚⽣命的⼒量?

Question: How can I help my mother understand the power of life?

JO: 你有⼒量吗? 你的这个⽕都没有完完全全的熊熊燃烧,明⽩吗? 所以你先让你⾃⼰燃烧起来.那你就会知道你怎么点⽕了,明⽩吗? 你们没有办法放弃你们⾃⼰去单独的帮助别⼈.你们必须是完完全全地展现出你们⾃⼰,然后你的⾹味⾃然⽽然地传到别⼈的⿐⼦⾥⾯.然后他闻到了,这个好⾹啊.让他们的⽣命产⽣愉悦,明⽩吗? 所以说如果你不盛开的话,你没有办法去单独的服务任何.你只是来加深幻像,就是加深⽆⼒感和⽣命的⼀个脆弱.

JO: Do you have power? Your fire is not burning completely fiercely and intensely, do you understand? So first ignite yourself. Then you will know how to light the fire, do you understand? You cannot give up on helping others alone; you must fully show who you are, then your fragrance naturally reaches people's noses. Once they smell it, oh, what a nice aroma! It brings joy into their lives, do you understand? So if you don't blossom, there's no way you can individually serve any other. You just come to reinforce illusions, that is, to deepen feelings of powerlessness and the fragility of life.

问: 那对于她的状况要等到我提升了以后才能有影响?

Q: That means her condition won't be affected until I advance?

JO: 你们会把它当成⼀个⽬标,我去绽放是因为我想要转变我母亲.就是说这个不需要你去在乎它,它不是个问题了.为什么呢? 因为当你真正的去燃烧起来过后,外⾯这些… 我们以前说的信息是什么? 当你的⽣命之⽕熊熊燃烧的时候,别⼈泼你⼀碗⽔对你没有任何影响的.只有你是个⼩⽕苗,⼀碗⽔就把你浇灭了,明⽩吗? 所以你不需要去处理这⼀碗⽔.你现在就觉得我要把这⼀碗⽔的影响⼒给它那个什么.NO NO NO NO,是你的能量强⼤,它的影响⼒就微乎其微,就感受不到了.

JO: You would treat it as a goal; I'm blooming because I want to change my mother. That means this doesn't require your concern, it's not an issue anymore. Why is that? Because once you truly ignite yourself, the outside... What information did we previously discuss? When your life fire is burning fiercely, others pouring water on you has no impact. Only when you're a small spark; a bowl of water can extinguish you. Understand? So there's no need to handle this bowl of water. Now you feel that I should manage the influence of this bowl of water. No, no, no, no, it is your power that matters; its impact is insignificant, and you cannot even perceive it.

问: 你的意思是说就感受不到对⽅的⾝体的不健康了或者是不好的状态了?

Question: Your point is that you no longer feel the other person's lack of health or ill state?

JO: ⾸先你不执著于外在,明⽩吗? 因为这⾥还牵扯到她个⼈的功课,她个⼈的体验.如果你把这些体验当成是不好的,需要拿开.那才是你需要拿开的东西.这才是需要你去处理和看明⽩的东西.

JO: Firstly, you don't cling to the external, right? Because there's still her personal work and her personal experiences involved here. If you see these experiences as bad and need to be removed, that is what you should remove. That is what you need to deal with and understand clearly.

问: 对于患病的亲属我们只能是…JO: 你别说她的⾝体,你的⾝体你都救不来了.你能保持你的⾁体不消失? 能吗? 那你都不能,你为什么想要保持她的⾁体不消失?物质世界的任何东西都会消失的,我不管他是伟⼈、名⼈、任何.

Q: When it comes to our sick relatives, we can only be...

JO: Don't even talk about her body; you can't save your own. Can you keep your flesh from disappearing? Can you? If not, why do you want to keep hers from vanishing? Anything in the physical world will eventually disappear, regardless of whether they are great people, celebrities, or anyone else.

问: 是的.但是刚刚说的那种⾃然衰⽼就很好.但是这种在正常年龄就…JO: 那你先把这条路给铺起来,呈现给他们看.这样他们就能跟随你的路了.问: 关于⼈际关系上,友情这些,JO有什么要对我说的吗?

Q: Yes. But the kind of natural aging you just described is perfect. But this one... JO: Then start building that road and show it to them. This way, they can follow your path. Q: Regarding interpersonal relationships, friendships etc., does JO have anything specific for me?

JO: 你们唯⼀需要就是做你们⾃⼰,绽放⾃⼰.其他都会各就其位.⽽不是说表⾯去维持这个关系那个关系.因为如果你没有做真是的你,那是个虚假的你,关系也是假的.所以你只需要去展现真实的你,去绽放.⽣命的⼀切,其他都会⾃动安排好.你不需要去担⼼和操⼼.为什么呢? 因为你完全的绽放你会散发⼀个频率,这个频率会把你这个频率之内的所有东西都带到你的⾯前来.你不需要特意的去做什么.

JO: All you need to do is be yourselves and blossom yourselves. Everything else will find its place. It's not about maintaining relationships on the surface; because if you're not being your true self, then it's a fake version of yourself, and thus the relationships are also fake. So all you need to do is show your true self, bloom, let life take care of everything else. You don't have to worry or fret about things. Why? Because when you fully blossom, you emit a frequency that attracts everything in harmony with that frequency towards you. There's no need for you to deliberately do anything special.

问: 那帮我做个疗愈吧.

Q: Can you do a healing for me?

JO: 就好像我们刚刚说,你需要让你的⽣命之⽕熊熊的燃烧起来.然后在这样的状态下,你的⾝体它⾃然⽽然回达到⼀个最完美最和谐的⼀个状态.然后我们现在连接⼀下如何才能把你点燃? 我们帮你看到了,然后你⾃⼰让你⾃⼰⽣活中不断不断地充满着情趣,就可以把你点燃,明⽩吗? 因为你不断不断地给你⽣命中只在情趣,它会让你这个⽕越来越旺,明⽩吗? 这是你的解药.

JO: Just like what we just mentioned, you need to ignite your life's flame so that it burns brightly. Once in this condition, your body naturally reaches a most perfect and harmonious state. Now, let's figure out how to ignite you? We've shown you how; now, by continuously infusing your life with novelty and zest, you can keep yourself ignited. Understand? Because as you continually infuse your life with novelty, it fuels the fire within, making it burn even brighter. This is your solution.

第七个⼈问: 能看到跟这⼀世连接紧密的前世吗?

The seventh person asks: Can one see past lives closely connected to this current life?

JO: 我们感受到你有⼀世就好像是有⼀股仇恨没有完完全全的放下,它还会影响到这⼀世.然后让你这⼀世有时候会因为⼀些事情,可能它没有多⼤的影响,但是它会加深你的那种恨的感觉.如果把那⼀世的恨拿⾛的话,那可能这⼀世的⼀个事情可能就不会影响⼒这么⼤.就好像你这⼀世的事情是个导⽕线,但是你前世的事情是个炸弹.这就是为什么它会爆炸.所以你还带着还怀揣着所谓的恨,来让你去化解.

JO: We sense that you have a lifetime where there is an unfinished hatred that still affects this lifetime. It can sometimes intensify your feelings of anger when faced with certain situations, even if those situations don't have much impact on you in the moment. If we could remove that past lifetime's hatred, then perhaps this current lifetime might not be as heavily influenced by such occurrences. Think of this current lifetime's issues as the spark, and the previous lifetime's grievances as the bomb. This is why it explodes - because you still carry these feelings of anger, which you need to resolve.

问: 可以看到跟谁有关吗?

Question: Can you see who it's about?

JO: 这是你你⾃⼰的.不是跟谁有关,这是你⾃⼰的,明⽩吗? 这是你⾃⼰好像是⼀股能量,它跟随着你.所以会让你对有些事情有过激的反应.就是⽐如说在别⼈眼⾥可能没多⼤的事,但是你却特别⽓愤,这种感觉.

JO: This is yours, not related to anyone else. It's your own thing, understand? It feels like a force that follows you around, causing extreme reactions in certain situations. Like when others might not see it as big of a deal, but you become extremely angry about it. That kind of feeling.

问: 怎样化解?

Question: How to resolve?

JO: 你稍等.那你体验这个体验够了吗? 就是体验这个感觉体验够了吗?问: 我就是很累,不想要这种很容易⽣⽓的感觉.

JO: Wait a moment. Have you experienced enough of this sensation yet? You know, have you experienced it enough to get used to it?

Question: I'm just really tired and don't want to feel easily angered anymore.

JO: 你化解它是接纳你⾃⼰,当你完完全全的接纳你⾃⼰,每⼀次接纳你都在把它的影响⼒慢慢慢慢地… 这好像是个⼤的能量球能量团.你每⼀次对⾃⼰⽆条件的爱和接纳的时候,都在把它给像⼀个冰块⼀样,让它⼀点⼀点的融掉.

JO: Resolving it is by accepting yourself. When you fully accept yourself, each time you do so, you are gradually and slowly reducing its influence - this feels like a large energy ball or cluster. Every time you unconditionally love and accept yourself, you are melting it down like an ice block, allowing it to melt bit by bit.

问: 可以举个⾃我接纳的例⼦吗?

Question: Can you give an example of self-acceptance?

JO: 就⽐如说你变得很⽣⽓很⽓愤或者变得很苦恼或者不爽的时候,其实是你不喜欢你这个样⼦,明⽩吗? 就我不喜欢我失控的样⼦,但是我又忍不住要失控.我不喜欢我歇斯底⾥的样⼦,但是我必须要歇斯底⾥.你必须要化成另外⼀个⾝份去拥抱她,去跟她说宝贝没事,这个愤怒是正常的.

JO: For instance, when you feel extremely angry or frustrated, it's because you don't like the way you're feeling, right? I don't like how I lose control, but I can't help it. I don't like being hysterical, but I have to be. You must transform into another identity to comfort her and reassure her that this anger is normal.

问: 所以我可以表现的歇斯底⾥.

Question: So I can act hysteria.

JO: 就好像你同样是两个⾝份.你在歇斯底⾥…. 你要知道所有的歇斯底⾥你不会影响到任何⼈.你在歇斯底⾥,但是你同样也在给另外⼀个: It’s ok.你要去评判你.因为你的评判,还有你获得的评判或者你觉得应该是什么样⼦,它也会把这个投射给外界.你就会觉得外界应该是这样⼦.它没有这样⼦,它就会让你变得歇斯底⾥.所以说给到她⽆条件的爱.因为当你越是去不接纳她的话,她越会持续的… 那每次你接纳⽆条件的爱的时候,不断地让这个冰块融掉⼀点融掉⼀点,明⽩吗?

JO: It's like you are two different personalities - you're in a hysterical fit... You need to understand that all your hysteria won't affect anyone. You're hysterical, but at the same time, you're projecting this onto another: it's okay, you judge yourself because of your judgments and the judgments others give you or what you believe should be like; they are also projected externally. You think the outside world should be like that. When it isn't, it makes you hysterical. So give her unconditional love. Because when you don't accept her more often, she keeps going... Each time you receive unconditional love, you're continuously melting this ice a little bit at a time, right?

问: 能看到我有多少前世吗?

Question: Can I see how many past lives I have?

JO: ⾸先你要知道所有⼀切不断不断地在扩展,不断不断地在变化,不断不断地在延伸.这⾥没有⼀个死的东西.除⾮它是死的,才有⼀个具体的.还有就是如果…它跟你这⼀世没有关系,明⽩吗? 你才是你这⼀世的主⼈.因为所有的前世都只是能量层⾯的影响,但是那个⼈跟你没关系.就是能量残留,能量⽅⾯的影响.所以说你⾃⼰拥有的就你现在,那个才是独⼀⽆⼆的你,那个才是你真正拥有的⼒量.所有的前世你都可以去连接它的能量,运⽤它的能量.你可以去借助于它.但是你借助于它是来⼲什么? 是来帮助你,你是借⼒.是来让你呈现的更加的旺盛.

JO: First of all, you need to understand that everything is constantly expanding, changing, and extending without any static element. There's nothing dead; unless it's dead, there's no specific thing. Additionally, if... it has nothing to do with this lifetime, do you get it? You are the master of your current life because all past lives only have an energetic influence, but that person doesn't relate to you. They're energy residues or aspects affecting energetically. Therefore, what you possess right now is uniquely yours, it's the true power you own. All past lives can be connected with their energies and used for application. You can utilize them. But why do you use them? It's to help you; you're borrowing force. It's to make your manifestation more vibrant.

问: 这⼀世⼀世的什么时候才是⼀个头?

Q: When will one lifetime be considered complete?

JO: 可以说这些跟这个你没有关系吗? 所以说你不需要去在乎,这些跟你没有关系.唯⼀跟你有关系的就是现在这个你,你这个⾁体的你.这个才是你真正拿到⼿上的东西.

JO: Could you say that these have nothing to do with you? So you don't need to care about them; they are irrelevant to you. The only thing that has anything to do with you is the present 'you', your physical self. This is what you truly possess.

问: 那好奇有没有我的某⼀世是不在地球上的? 是在其它星球上的?

Q: Could there have been a life of mine in another existence that was not on Earth, but on another planet?

Translated by:

Q: Is it possible that there was a time where I had a life on a different planet other than Earth?

JO: 这个都是⼀个连接,明⽩吗? 这个都是能量层⾯的⼀个影响和连接.你可以问你跟其它星球有没有连接? 你跟⾼维是有连接的,就是跟其它维度的,其它星球其它密度是有连接的.然后这种连接它没有完完全全在⼀个畅通或者是紧密的连接.因为⽬前你还需要去把你这个⽔管给它清理,就是堵塞的东西清理.那当你清理的越来越通透的时候,那这个连接感就会加强了,明⽩吗? 但是这个管⼦是在那的,就是堵塞嘛.

JO: This is all about connections, understand? It's an energy-level connection and impact. You can ask if you are connected to other planets? You are connected with higher dimensions and other dimensions, other planets of different densities. Then, this connection isn't fully畅通 or tightly bound. Currently, you need to clear your pipeline, removing the blockages. As it becomes clearer and more open, the sense of connection will strengthen. Understand? But the pipe is there; that's where the blockage lies.

问: 所以可以看⼀下我⾝体经常痛,每天都没什么⼒⽓是因为这个原因吗?

Q: So can it be that I often feel pain in my body and have no strength every day due to this reason?

JO: 你稍等.你⾝体的痛或者是没有⼒⽓,那种⽆⼒感,更多的是来⾃于你的眼⾥,你就好像是摄像机.你捕捉了、残留了很多社会上的不公.因为你的正义感⾮常强,明⽩吗? 然后这些东西全部都变成了⼀股怨⽓,就觉得就不应该这样⼦.就是你很想去把它改正.就好像你内在的正义感就觉得不应该是这样⼦.你吸收了很多不公平、不公正、不应该,这种东西在你⾥⾯.但是你现在⽬前你又没有办法去完完全全的把你内在的那种⼒量呈现出来,就是按照你想要的去做.就把它摆平吧,这么说吧.你没有办法摆平它.你没有摆平它,就好像它就变成了沉重的能量,像淤泥⼀样堵塞在你的⾝体⾥⾯.

JO: Wait a moment. The pain in your body or the lack of strength, the sense of powerlessness, is mostly coming from within you, like you're a camera capturing and retaining many injustices in society. Because your sense of justice is very strong, right? Then all these things have turned into resentment. You feel that it shouldn't be this way, that you should fix it. It feels as if your inner sense of justice believes it shouldn't be this way. You've absorbed a lot of unfairness and injustice, what shouldn't be, within you. But currently, you're unable to fully manifest that inner strength, that you want to do as you please and settle things. So, in essence, you can't settle it. Not being able to settle it turns the energy into a heavy burden, like mud clogging your body.

让你不能通透或者是不能轻盈,不能真正的活出⽣命的⼒量,⽣命的轻逸感欢乐感,明⽩吗? 所以说,你的正义感导致你残留了很多不公正的这些相在你的⾝体⾥⾯.这也跟刚才说的愤怒更有关系了,明⽩吗? 你连接⼀下想象⼀下,就是这个,明⽩吗? 因为你的那个,它会导致你看到⼀些事情.⽐如说别⼈看到这个可能没有多⼤感觉,但是你却马上觉得它不应该这样⼦,它不公平不公正.产⽣的这种愤怒,明⽩吗? 是不是?

Let it not allow you to be transparent or light, unable to truly live out the power and lightness of life's joys, understand? Therefore, your sense of justice results in you retaining many unjust residues within your body. This is even more related to the anger discussed earlier, understand? Imagine connecting this concept, do you get it? Because of your that, it leads you to perceive certain things differently than others might. For example, someone else may not feel much about something, but you immediately feel it shouldn't be like that; it's unjust and unfair, resulting in the anger you experience, understand? Isn't that right?

问: 所以我再遇到那样的情况怎么办呢?

So, what should I do if I encounter a situation like that again?

JO: 所以你现在就需要去,就像我们刚刚前⾯的信息说,你需要去… 外界的物质世界你必须要看清楚它是个幻像.那怎么才能看清楚? 那你就必须是拿掉你眼前的障碍或者增长你的智慧,明⽩吗? 所以在这样⼦的⼀个过程当中,你就会慢慢的看清楚,就是⼀种恍然⼤悟,⼀种越来越明⽩的感觉.这是逐渐的⼀个过程.

So you need to go there now, just like the information we provided earlier, you need to realize that the material world outside is an illusion. How do you see this clearly? You must either remove the obstacles in front of your eyes or increase your wisdom. Understand? Therefore, during this process, you will gradually become aware and have a sense of enlightenment, as well as increasingly clear understanding. This is a gradual process.

问: 你有没有办法让我体验⼀次能量?

Q: Can you give me a way to experience energy?

JO:那你闭着眼睛.你是⼀个⾮常正义善良的孩⼦,你需要放下对你⾃⼰所有的苛刻,放下对你⾃⼰所有的评判所有的挑刺所有的挑剔.从你⾃⼰对你⾃⼰的放下、允许、接纳,你就会更加接纳这个世界.你跟你⾃⼰内在的抵触,它都会反应在外界.⼀切都是对的,⼀切都是正确的.这⾥没有任何错误的,错误的只有你们眼睛⾥⾯的相.因为你们会给这个相定义,给它命名.不要给它命名,不要给它定义.你刚才应该感受到了内在的那个你它好像在被抚摸了⼀样,它是在被疗愈,它是在被拥抱.这个就是你想要感受的能量.

In English:

JO: So close your eyes. You are a very righteous and kind child; you need to let go of all the harshness towards yourself, all the judgment, criticism, and挑剔from yourself. By letting go of your self-criticism, permitting, and accepting yourself, you will accept the world more. The inner conflict you have with yourself manifests externally. Everything is right; everything is correct. There are no mistakes here, only errors in the perceptions within your eyes because you define and name these perceptions. Do not label them or give them definitions. You should have felt just now that inner part of you might be being caressed and healed, as it is being embraced. This is the energy you desire to experience.

问: 没有什么感受.

Q: There's nothing I can feel.

JO: 不是你⾁体的感受.你的能量层⾯,你的内在,你的那个内我感受到被接纳.所以你也会发现接下来你可能对外界的刺激,反应不会如此的激烈.然后你对⾃⼰的评判也不会如此的苛刻,明⽩吗? 你会发现你⾃⼰的转变.

JO: It's not about your physical sensations. Your energy level, your inner self, that inner you feels accepted. So you will also notice that your reactions to external stimuli might not be as intense going forward. And you won't judge yourself as harshly either. You'll find that there is a transformation in yourself.

问: (听不清)JO:你们总会去拿就好像是ABCD,因为你们个体是分开的.但是我们就好像是你这个(听不清)的空⽓,它所有都是连在⼀起的.那有可能有个⼈放屁,你能闻到这个臭的味道.你可能被做饭炒菜,你能闻到菜的味道.但是它还是(听不清).你就会觉得那个菜是⼀个⼈,那个放屁的是⼀个⼈.但是不是的.你虽然体验到了不同,不⼀样.不⼀样的味道,不⼀样的⽓味,但是实际上它都是(听不清).

Q: (Inaudible) JO: You always pick them up like ABCD because you're separate individuals. But we are like the air around you, everything is connected together. There might be someone farting, and you can smell that nasty odor. You might be cooked with food, and you can smell the flavor of it. But it's still (inaudible). You would think that the food is one person and the fart is another person. But no, although there are different experiences, not all the same. Different flavors, different smells, but in reality, they are all (inaudible).

问: (听不清)JO: 就好像刚才跟你说,就⽐如说你不同的能量,像⽔变成了冰块,你在跟这个冰块打交道.你就觉得冰块跟⽔没有关系.它在不同的能量状态下,它不⼀样,明⽩吗? 所以说你们不需要去修戒律或者恪守,因为这些东西都是你头脑⽤来满⾜你头脑的.你给它⼀个名字,给它命个名.啊,原来是这样.它只是在满⾜你的头脑.但是你的头脑不需要储存这样的信息,明⽩吗? 你们的头脑不需要被植⼊这样的信息.它顶多我们现在跟你说(听不清) .你们现在需要的是拿开,不要再把太多的幻像放在⾥⾯.它只会让你觉得越来越⽆⼒,所有的东西它都有重量都有分量.你们来这⾥不是学知识的,你们记住.你们不是来学知识的,你们是来看清楚.

Q: (Inaudible)

JO: It's like what I just told you; for example, your different energies are like water turning into ice. You're dealing with the ice. You feel that it has nothing to do with water because they exist in different energy states and thus behave differently. Understand? So there is no need to adhere to rules or regulations as these things are merely used by your mind to fulfill its own needs. You give them names, you label them. Ah-ha, the revelation comes: this only serves your mind. However, your mind doesn't need such information. Can you understand? Your mind shouldn't be implanted with such information. Instead, we're simply telling you (inaudible) right now. What you need to do is to remove unnecessary illusions from within. These will only make you feel increasingly powerless as they add weight and dimension to everything around you. You are here not for knowledge but to gain clarity.

问: 听不清JO: ⾸先你的⽣命之⽕是在熊熊燃烧的,明⽩吗? 它是在熊熊燃烧的.烧的很旺.只是说它这个能量有⼀点像是失控,明⽩吗?为什么呢?因为你是⼀个很有抱负很有理想,就是想要冲的那种冲劲、⼲劲.只是说有⼀些拉扯,有⼀些看不清楚在⾥⾯.这个需要你慢慢的沉淀,慢慢的允许,来让你的⽕不会烧到⾃⼰和别⼈.

Q: Can't hear clearly? JO: First of all, your life's fire is burning brightly, right? It's burning brightly. It's just that it has a bit of an out-of-control vibe, do you understand? Why is this the case? Because you are ambitious and full of idealism, wanting to push forward with energy and enthusiasm. But there are some pulls and elements that are unclear within you. This requires you to slowly settle down, allowing yourself to grow gradually, so your fire doesn't burn yourself or others.

问: 允许,⽐如说我允许⾃⼰⽣⽓,那我不就是会烧到别⼈吗?

Question: If I allow myself to be angry, wouldn't that lead to burning others?

JO: 如果你允许你⽣⽓的话,(有⼈说话,听不清) 你不会有如此的反感或者是任何那种,明⽩吗? 因为你在允许做你⾃⼰, (听不清).你在允许(听不清)… 所以说先给到你⾃⼰,外⾯的就⾃然⽽然就那个什么了.

JO: If you allowed yourself to be angry, you wouldn't have such strong aversion or any of that sort of thing. Because you are allowing yourself to do your own thing... you're allowing (something inaudible)...

So the first step is giving it to yourself, and then what happens outside will naturally take care of itself.

问: 之前别⼈说我被下了⿊魔法…JO: 你愿意相信他的话,还是愿意相信你⾃⼰? 你要知道如果你相信他的话的话,你就会体验.但是那个体验是因为你相信.你们唯⼀需要去相信的是你们⾃⼰,不是外⼈.所以你要特别的⼩⼼,你到底是(听不清).你要怎么样宣称你⾃⼰,你要特别注意.

Q: Someone told me I was under black magic... JO: Would you believe what they say, or trust yourself? Remember, if you believe them, it will happen. But that experience comes from your belief. The only thing you need to trust is yourselves, not others. So be very careful about how you claim for yourself and pay special attention.

问: 所以我⾝体痛的时候,我要跟⾃⼰说⾝体不痛吗?

Q: So when I'm in pain, do I need to tell myself that my body is not hurting?

JO: NO NO NO NO,⾝体的痛是来让你看清楚你的energy,你需要去平衡.(听不清) 它不是说表⾯的去处理⾝体疼痛的这个事情.因为为什么呢?因为你的⾝体,它就好像是能量投射到你这个⾝体⾥⾯.但如果你这个能量是失衡的,那你⾝体也会失衡.那如果你能量是平衡的,你投射出去在你⾝体,它呈现出的也是⼀个平衡的状态.

JO: Absolutely no, the physical pain is to show you your energy; you need to balance it out. (Inaudible) It's not about superficially dealing with bodily pain. Why? Because your body is like an energy projection into your body. But if your energy is imbalanced, then your body will be too. If your energy is balanced and you project it into your body, it presents a balanced state as well.

问: 接纳⾃⼰是我的灵魂主题吗?

Question: Accepting myself is my soul's theme, isn't it?

JO: 你稍等.就好像我们刚刚说那个对你的能量的影响,你需要把它remove掉,把它清理掉.清理它的过程,你就需要每⼀次给⾃⼰⽆条件的爱和接纳.你的灵魂主题就好像之前我们说你看到了很多不公平不公正.你想要去⾛出来⼀条公正的路,就是你想要把它摆平吧.就是⼀个英雄⼀样.就真的会是路见不平,你会去拔⼑相助的那种.只是你现在这个英雄他⽤剑⽤的还不是很好,⼒⽓还没有完完全全的展现出来.所以没有办法去呈现你英雄的那⼀⾯.

JO: Wait a moment. Just like the impact we talked about on your energy earlier, you need to remove it and clear it out. The process of clearing involves giving yourself unconditional love and acceptance every single time. Your soul's theme is similar to what we discussed, where you've seen a lot of injustice before. You wish to take the path of fairness, wanting to balance things up like a hero would do. It's as if you are ready to step in when something isn't right and offer help, just like stepping forward to aid someone with a knife. However, your current 'hero' isn't using his sword well yet; his strength hasn't fully manifested. This prevents him from showcasing the heroic aspect of himself.

问: 我前世是不是狗,有时候觉得⾃⼰很像狗.

Question: Did I have a past life as a dog? Sometimes I feel like I am very much like one.

JO: ⽐如呢?

JO: What about you?

问: 动作和长相.

Question: Actions and appearance.

JO: 那这算不算你刚才说你⾃⼰对你⾃⼰的⼀个评判吗?问: 所以⼈前世有可能是动物吗?

JO: Does that mean you were judging yourself just now when you mentioned your judgment of yourself?

Question: So, could a person have been an animal in their previous life?

JO: 这么说吧,你可以有⼀部分能量去体验,明⽩吗? 但是你⼈类的意识就是⼈类的意识.但是那⼀部分意识其实也没啥关联.那应该说是⼀切万有.

JO: So you can have a portion of energy to experience it, get that? But your human consciousness is still human consciousness. Yet that part of awareness doesn't really have any connection. That should be said to encompass everything.

问: 为什么选择JOJO作为传导?

Question: Why choose JOJO as a conductor?

JO: 这是她⽣命的⼀个主题. 她的灵魂主题,她来到这⾥就是来带领你们⾛出来的.你们每⼀个⼈来到这⾥都有你们⾃⼰的⼀个主题.但是只有你们⾃⼰⾛在你们⾃⼰的路上,那个才是最有意义,最⼤价值,最宝贵.所以说不是我们选择她,⽽是说她选择了她⽣命的之主题,会⽤这样的⽅式来解救你们吧.

JO: This is the theme of her life. It's the soul theme; she came here to guide you all out. Each and every one of you has your own theme when you come here. However, only by walking in your own path does that become the most meaningful, valuable, and precious. So it's not us choosing her; rather, it's her choosing the theme of her life - to use this manner to save you all.

问: 世界上真的有那种会害⼈的⿁吗?

Q: Are there really evil spirits in the world that can harm people?

JO: 那你们都是⿁呀.只是你们还有这个⾁体.有的是没有⾁体.那会害⼈,你们这个⾁体有害⼈的念头,我们只能说它是有这个念头.但是念头是随时在变化的,明⽩吗? 所以说没有⼀个他绝对是永远是害⼈的.

JO: Then you are all demons. Only that you still have this physical body. Some do not have a physical body. That which would harm others has the thought of harming people with their physical body. We can only say it harbors such thoughts, but these thoughts change at any moment; understand? Therefore, there is no one who is absolutely destined to cause harm constantly.

问: ⼩⿁附⾝是和传导类似的吗?

Question: Is possession by a spirit similar to transmission?

JO: 那是根据那个⼀⼈的⼀些,就是他个⼈想要体验的,他给⾃⼰创造的.但是呢,你们却可以连接不同的能量,明⽩吗? 那你平时在跟你朋友玩的时候,你也在连接对⽅的能量呀,对吧? 你也在受他的影响啊,他也在受你的影响啊.那你们其实也在连接啊.所以这⾥没有这么复杂的事.只是看你还是⼀直在被外界打扰呢? 还是你把你所有的注意⼒都在跟你的朋友发⽣连接,明⽩吗? 这就是⼀个深浅的问题了.

That's based on his personal desire to experience something he creates for himself. However, you can connect with different energies, right? When you play with your friends, you are connecting with their energy too, aren't you? You're being influenced by them and they're being influenced by you. So, actually, you are connected. It's not that complicated. The question is whether you are constantly being disturbed by the outside world or if all your attention is focused on connecting with your friends. That's a matter of depth.

问: 请问可以连接释迦摩尼吗? 我有问题.

Q: May I connect with the Buddha? I have questions.

JO: 你稍等.

JO: Wait a moment.

释迦摩尼: 你说吧,什么问题.

Buddha Maitreya: Go on, what's your question.

问: 我在拜佛的时候看到⼀个碑上写说会有⼀个未来佛诞⽣在很久很久以后.会是多久以后啊?

Question: When I was worshipping Buddha, I saw a stele saying that there would be a future Buddha born long, long in the future. How far in the future is this?

释迦摩尼: 未来的佛,你们⾃然⽽然会认出他.因为你们内在都有⼀个佛的样⼦.所以当他呈现的时候,你们会⾃然⽽然的认出他.

Gautama Buddha: The future Buddha, you naturally will recognize him because within you there is the form of a Buddha. So when he appears, you will naturally recognize him.

问: 会是在我活着的时候认出吗?

Question: Would it be recognized during my lifetime?

释迦摩尼: 这个你⾃⼰去体验.但是当你放下头脑⾥⾯的声⾳,当你放下头脑⾥⾯的记忆,它就会呈现出来.

Buddha: You have to experience this yourself. But when you let go of the voices in your mind and the memories within it, it will manifest.

问: 所以您说的时间并不是⼀个固定的时间?

Question: So, the time you mentioned isn't a fixed time?

释迦摩尼: 时间只是你们⾃⼰去体验,它才会有意义,它才会出现.就是创造它,去体验它.这⾥是没有时间的.

Buddha Maitreya: Time only becomes meaningful when you experience it yourselves; it only appears when you create and experience it. There is no time here.

问: 那你涅槃之后就不会再转世了吗?释迦摩尼: 你说的那个你是哪个你? 问: 就是佛祖那⼀世.

Question: So after your nirvana, you won't be reincarnated again? Buddha: Which "you" are you referring to when you say that? Question: That's about the Buddha from that one lifetime.

释迦摩尼: 我在每⼀个⽣命⾥⾯.它不局限于在哪⼀个.你们所看到的某⼀个或者是哪⼀个就只好像是⼀个电影⼀样,有这样⼦的⼀个情节安排.

Buddha Maitreya: I am within every life. It does not confine itself to just one particular. What you see of this or that is like a movie with such an arranged plot.

问: 去寺庙拜佛相您许愿.您真的会收到吗? 会帮忙吗?

Q: When you go to a temple to worship Buddha and make wishes, will your prayers really be answered? Will they help you?

释迦摩尼: 他们拜的是他们⾃⼰,明⽩吗? 他们只是在拜他们⾃⼰.⽐如说拜他们⾃⼰,让他们⾃⼰取得⼼安,让他们能够满⾜他们的头脑.所以说他们只是在拜他们⾃⼰⽽已.⽽且没有收不收到的.为什么呢? 因为这⾥没有任何是我们需要的.应该是说是你们⾃⼰创造了那个游戏.你们的思想,你们的集体意识,集体的游戏.所以这些只是你们物质世界的⼈创造出来的,和真正的佛是没有关系的.

Buddha: They worship themselves, understand? They are just worshipping themselves. For example, they worship themselves to bring peace of mind, to satisfy their minds. So in essence, it's only them that they're worshipping. And there is no giving or receiving. Why not? Because nothing here is what we need. It should be said that you yourselves created this game. Your thoughts, your collective consciousness, and the collective game. So these are just created by people in your material world, and have nothing to do with true Buddha.

问: 你对现在⼈在寺庙建佛像投钱,你会想做点什么吗?

Q: If people now donate money to build Buddha statues in temples, what would you consider doing?

释迦摩尼: 因为就算他没有去投在这⾥,他也会投在其它地⽅.这个本质上是没有任何区别的.因为如果你不在正道上,你⾛什么路,它都不是正道.所以并没有⾼低和好坏之分,因为你就没有在正道上.

Gautama Buddha: Because even if he hadn't chosen to be born here, he would have been born somewhere else. Essentially, there is no difference in this. Because if you are not on the right path, whatever road you take is not the right one. So there is no notion of superiority or inferiority because you are not on the right path.

#### 2023/08/04 — 灵魂主题之不断⾃我突破The Continuous Self-Breakthrough in the Theme of Soul

JO: 你说吧,什么问题? 问: 我的灵魂主题是什么? JO: 你叫什么名字?

JO: Tell me, what's your question?

Q: What is my soul topic?

JO: What is your name?

问: XXJO: 我们看到就是你选择这⼀世就想要去完完全全和尽情的去绽放⽣命的⼒量.所以在你⼼⽬中你也有很多远⼤的理想和抱负,就好像有⼀股动⼒会推动你不断地不断地想要进步.所以你的灵魂主题的话,你可能不会是安于现状,会是⼀直想要去突破⾃⼰,⼀直想要让⾃⼰变得更好.就是你不会满⾜于任何,我不管你今天取得了什么成绩或者你今天在⼀个什么样的状态.就⽐如说你已经很幸福了,又有家庭又有事业又有收⼊.但是你还是不会去安于现状,你还是想要不断地不断地去突破,来看到你⾃⼰每进⼀步…. 就是你只有在不断地进步当中不断地突破当中,你才会觉得那个才是你.所以你不会安于任何⼀种状态,明⽩吗?

Q: XXJO: We see that you choose this life to fully and wildly express the power of your existence. Therefore, in your mind, you have many lofty ideals and aspirations, as if there is a force driving you to constantly and relentlessly want to improve. So when it comes to your soul theme, you would not be content with the status quo; instead, you'd always strive for growth and improvement to make yourself better. You wouldn't settle for anything, regardless of any achievements or current state today. For example, even if you are very happy, have a family, a career, and income, you still wouldn't be satisfied with staying in place; you would want to constantly push yourself further to see how far you can go... You only feel that you truly exist when you're continuously progressing and overcoming challenges. You won't settle for any state of being, understand?

所以你此⽣就好像是来不断地来让⾃⼰去突破⾃⼰.所以你也会给⾃⼰压迫感或者是压⼒或者是督促⾃⼰让⾃⼰不断地⾛在⼀个不断地突破和进步的状态下.

So in essence, your life is like a continuous process of pushing yourself to surpass yourself. Therefore, you would also impose self-pressure or give yourself the motivation to constantly strive and improve, keeping yourself in a state of continuous breakthrough and progress.

问: 那我最终的⽬的是什么?

Question: So, what is my ultimate goal?

JO: 就不断地突破你⾃⼰呀.

JO: Keep breaking yourself.

问: 我只是来体验这个突破和进步吗?

Question: Am I just here to experience this breakthrough and progress?

JO: 因为你想要看看你的极限在哪⾥.你看很多运动员他们追求的是什么? 他们追求的就是不断地去突破⾃⼰,明⽩吗?

JO: Because you want to see where your limit is. You understand what athletes are striving for? They're pushing themselves to constantly break their own records, do you get that?

问: 运动员最终是为了拿⾦牌.那我是…JO: NO NO NO NO,并不是.那只是你觉得运动员是为了拿⾦牌.为什么你们头脑⾥⾯⼀定是要为了什么呢? 如果你们是为了钱的话,你们都不是为了钱.因为在你们来这⾥之前,你们都知道钱不是你们.钱只是你们⾃然⽽然追求你们⾃⼰所呈现的结果⽽已,但是那个却不是你们的⽬的,明⽩吗?

Q: Athletes are ultimately after the gold medal. So I am... JO: No NO NO NO, that's not it. That's just how you think athletes are after the gold medal. Why do your minds insist on thinking like this? If you're all chasing money, then none of you is chasing money. Because before you came here, you already knew that money wasn't for you. Money is simply what you naturally pursue as a result of presenting yourselves, but that's not your goal, understand?

问: 那我就是在这个路上⼀直突破⼀直前进,我也不知道⾛到哪⾥?

Question: But I'm just pushing forward and making progress on this road, I don't even know where I'm going.

JO: 因为这⾥没有⼀个终点.你觉得你这次⾁体的⽣命结束,然后你就结束了吗? NO.你还会继续体验.

JO: Because there is no end here. Do you think that when this physical life ends, and then you're done? No, you'll continue experiencing things.

问: 那我的灵魂使命感是什么啊? 我在体验过以后肯定有我的使命感啊.

Q: But what is my soul's mission in life? I must have a purpose after experiencing it.

JO: 那你⾃⼰给你⾃⼰咯.

JO: That's your own self you give yourself.

问: ⾃⼰给我⾃⼰?

Question: Am I asking myself a question?

JO: 是呀问: 咱们这个⽐较宽泛啊.我们现在这个思维还是想JO给我指导的更具体⼀些.

JO: Yes, it's broad. We're looking for more specific guidance from you, JO.

JO: 更具体⼀些? OK,那就⽐如说在你的事业上⾯,你开了⼀个店已经赚了很多钱了.但是你还是不会去满⾜,明⽩吗? 这个够具体吗?

JO: More specific, perhaps? Alright, for example, you have a successful business and are earning a lot of money from it. But you still aren't satisfied, understand? Is this specific enough?

问: 哦,这个就是说我是不安于现状,我是不断地往前⾛的.

Q: Oh, that means I'm dissatisfied with my current situation and constantly moving forward.

JO: 是的,但是在这个不断地⾛的过程当中你有很多需要去平衡的.就⽐如说你⾃⼰的⼀个⾝⼼状态,还有你的家庭关系,明⽩吗? 你不能只顾着你⾃⼰⾛,然后忽略⾝边的⼈.那你不是就会出现问题吗,明⽩吗? 所以说这些都是你需要去,就是你的⾁体需要平衡的关系还有你与你⾝边的关系需要平衡的东西.因为当你只顾着⾃⼰⼀个⼈往前⾛的话,那你是不是落下了你的队伍呢,明⽩吗? 所以说你觉得你不断地往前⾛你就没有其它顾虑了吗? 你⾸先你⾃⼰要平衡好,就是你的车要有⾜够的油,这些都是你需要去平衡的.不然的话,你的车⼦它达不到你⾃⼰想要去的⽬的地,那你就会产⽣⼀种崩溃感失控感,就是你不能如你的愿,明⽩吗?

Yes, but in this continuous process of walking, there are many things you need to balance. For example, your own physical and mental state, as well as your family relationships. Do you understand? You can't just focus on yourself while ignoring the people around you. Wouldn't that create problems for you? Do you see what I mean? So these are the things you need to address – the relationships with your body and the dynamics with those around you – because when you're only focused on moving forward, don't you risk leaving behind your team? Do you get it?

Moreover, as you keep pushing yourself ahead, do you think you won't have any other concerns? First and foremost, you need to ensure that everything is balanced within yourself. Your vehicle needs enough fuel; these are the things you need to balance. Otherwise, if your vehicle can't reach the destination you wish to go, you might experience a sense of collapse or loss of control – not being able to achieve what you desire. Do you understand?

所以这些东西都是你需要去平衡的.你内在的那种动⼒或者你内在的那种愿望,它会导致你去看到导致你内在失调、失去平衡的⼀些地⽅.所以这些就是不断地需要去好像是处理问题⼀样,然后才能让你⾛在这条路上,明⽩吗?

So these are the things you need to balance. The inner drive or desire within you can lead you to see where you're imbalanced and out of harmony within yourself. So it's a continuous process of sort of addressing issues in order to walk this path, do you understand?

问: 别⼈都是移开问题,我是解决问题.这和别⼈的路是不⼀样的.

Question: Others tend to sidestep issues, whereas I address them; this is a different path from others'.

JO: 那如果就是说你⾃⾝的能量是平稳的,那你不断不断地突破不断不断地前进,这个是没有任何问题出现的.但是你在⾛的这个路上,你⾃⼰就会看到你是哪⾥不平衡,明⽩吗? 所以说它都会呈现在这个过程当中.

JO: If your own energy is steady, then continuously pushing through and progressing has no issues. However, as you move along this path, you will naturally identify where there is imbalance in yourself, understand? Therefore, it all manifests during the process.

问: 我这⼀⽣就是说我⾃⼰往前⾛的话,我还要带领我的家⼈往前⾛往前突破?

Question: If I continue on my path in life, will I also lead my family forward and break through barriers?

JO: 不是说带领你的家⼈.那你的关系有平衡好吗? 明⽩吗? 那如果⽐如说你跟他们在⼀起,⽐如说你眼⾥也只是有你的⽬标⽽没有当下的对象.那他们是不是会….

JO: Isn't it about leading your family members? Does that mean your relationships are balanced? Do you understand? What if, for example, you're with them and in your eyes, there's only your goal without considering the present situation? Would they...

问: 是,你说的很对,确实.那既然说到关系了,我就想问问我的前世与今⽣的联系是什么?

Question: Yes, you're absolutely right; indeed they do. Well, since we've touched upon relationships, I was wondering about the connection between my past life and this current one?

JO: 我们看到对你这⼀世还有能量影响的是,在有⼀世你也是想不断地突破和绽放⾃⼰.但是却因为关系层⾯的⼀些问题没有处理好,导致你就好像是⼀朵没有盛开的花,然后也没有结出果⼦.所以你是很懊恼.所以你选择了同样的主题,你也选择了同样的对象.所以你这⼀世你还会去⾯对这样的问题.

In this lifetime, the energy affecting you is that in another lifetime, you also wanted to constantly transcend and bloom yourself. However, due to some issues not being resolved at the relational level, you ended up like an unopened flower without bearing fruit. Thus, you're very frustrated. Hence, you've chosen the same theme and the same subjects for this lifetime. Consequently, you'll still face similar problems in this lifetime.

问: 是不是我现在的⽼公啊?

Question: Is it my current husband?

JO: 那你看你现在的⽣命当中谁他还在继续的成为你在不断地想要去投⼊和绽放⾃⼰的过程当中给你带来影响?

Joel: Who in your life right now continues to impact you as you seek to invest and shine in the process of becoming?

问: 那就是我⽼公啊.那我与我⽼公的灵魂关系就是这种在前世我没有绽放,这⼀世我们又来做这个课题?

Q: That is my husband. So, the relationship between my soul and my husband is this; I didn't bloom in a previous life, so we are doing this task together again in this life?

JO: 是的.这是那⼀世带来的影响,所以它还在这⾥.然后就好像你还想去突破这个功课突破这个点吧.

JO: Yes. This is the impact of that lifetime, so it's still present here. And then it seems like you're trying to transcend this lesson, this point somehow.

问: 有⼈说我前世是⼀个将军,⽐较坚强勇敢.所以说我这个⼈⽐较硬,不柔软.

Question: Some people say that in my previous life I was a general, someone who is strong and bold. So they think I am quite hard, not soft-hearted.

JO:你要知道你不只⼀世.如果就是说你之前的能量是这样⼦的话,那别⼈就会看到你那⼀世这样的能量它还在束缚着你.但是如果你可以通过你这⼀世通过你现在把这个转变转化呢? 就是被你平衡掉呢?

JO: You need to know that you are not only one life. If your previous energy was like this, then others would see the energy of that lifetime still restraining you. But if you can transform through this life now and balance it, could it be possible for you to transcend those limitations?

问: 那这⼀世平衡我和我⽼公的关系,我怎么才能过这⼀关呢?

Question: How can I navigate and balance my relationship with my husband in this life?

JO:你稍等.那你必须要达到⼀种境界或者是知道其实没有任何⼈他是你的阻碍,他都是你的助⼒,他都是来帮助你的.那可能你会觉得⾝边的⼈他会对你有⼀定的阻⼒,就⽐如说他可能会需要你更多的陪伴和更多的时间.那如果在那个陪伴的过程当中,你可能越是想要去逃就是你越是想要去回到⼯作那边,那可能你就是越是需要被拉回来去⾯对这个⼯作.那如果当你能彻彻底底的知道实际上你没有⼀个⽬标,然后你只有在当下.就⽐如说你跟你⽼公在⼀起的时候,你就能安住于当下.就是在每⼀个地⽅开花结果,在每⼀个当下开花结果、扎根.⽽不是⼀直想要移到前⾯去,那你的根就没有地⽅可以扎.

JO: Wait a moment. Then you must achieve a state where everyone around you is not an obstacle but rather an aid, helping you. You might feel that the people close to you may impose certain obstacles on you, for example, they might require more of your company and time. If during this process of companionship, you find yourself wanting to escape or return to work, then you are actually needing to be pulled back towards your work to face it. If you can truly understand that there is no goal set in stone, and that everything is happening right now, such as being content with your husband at that moment, you're able to flourish and grow in the present. You should see opportunities for growth everywhere, right where you are, right now. Instead of constantly wanting to move forward, your roots would have a place to take hold.

那你的根没有扎根的地⽅的话,其实你再向外⽣长… 你这么想吧,你现在就好像是不断地想要向外⽣长,长的很茂密茂盛.但是如果你长得很茂密很茂盛,你的根扎的不够深不够紧的话,那你是不是会倒掉?所以这就是你不断地需要去平衡的地⽅.就是向上和向下,它是⼀个平衡的,明⽩吗?

If your roots haven't taken hold in the ground, then you're actually trying to grow outward… Imagine that you're constantly trying to expand outward and become densely packed. However, if you become densely packed without your roots being deeply and securely planted, wouldn't you be at risk of falling over? This is where you need continuous balance - between growing upwards and downwards, which needs to be in equilibrium, understand?

问: ⽼师你说的太对了,我在外⾯发展的真的很顺很顺.但是我的根不牢,⼀下⼦全军覆没.

Question: You're right, teacher; my development outside is really smooth and flowing well. But my roots are unstable; it feels like all of them will be wiped out in one go.

JO: 这是你需要去如何平衡,让你看到的⼀个点.所以说它不会对你是⼀个影响,反⽽是让你更加有归属感有安全感,反⽽让你有爱,就是⼀个能量的来源.就⽐如说你在外⾯不断地去⽣长和发展,在长的茂盛的过程当中你需要养分,对不对? 你可以把它转变成养分的⼀个来源.

JO: This is about how you need to balance what you see, so that it doesn't affect you negatively but rather enhances your sense of belonging and security. It fuels your love. Think of it like growing and developing outside; as you grow abundantly, you require nourishment, right? You can turn this into a source of nourishment.

问: 但是我在他⾝边得不到滋养.

Q: But I don't get nurtured when I'm around him.

JO: 那这就是你的功课了呀.你来是转变的.

That's your task then. You're here to transform.

问: 我越是得不到滋养,我越是好像这个劲就反着来的感觉.那⾏吧JO: 我刚刚说的那⼏个点,你⾸先需要去通过你⾃⼰的⼼念去把它转变.因为如果你不能看到⼀堆粪它是来给你养分⽽不是来恶⼼的你的.因为你只看到它是又臭又恶⼼,那你得到的就是又臭又恶⼼.那如果你能通过你的远见或者是智慧看到这堆粪实际上是养分呢? 它是肥料呢,对吧? 那你是不是就可以把它当成是肥料让你更快的开花结果,明⽩吗? 如果你看不到的话,你当然就⽤不到了.因为如果就算你没有去突破这个坎的话,其实你还是会有其它的牵绊.反正就是会有牵绊.

Q: The more I don't get nourishment, the more I feel like this energy is being reversed. So, let's go ahead with JO: The points I mentioned just now, you need to start transforming them through your own mind first. Because if you can't see a pile of dung as providing nutrients rather than making you sick, then that's what you'll receive. You only see it as smelly and disgusting. So what you get is something smelly and disgusting. But if you can see beyond this with wisdom or foresight, seeing the dung as actually being nourishing, as fertilizer, right? Can you then think of it as fertilizer that helps you bloom and bear fruit more quickly? Do you understand? If you can't see it, you obviously won't be able to use it. Even if you don't break through this obstacle, there will still be other hindrances holding you back. Essentially, there will always be hindrances.

问: 反正就是会遇到各种各样的牵绊,是吧?

Q: Anyway, there will be various kinds of hindrances, right?

JO: 那它可能会变成孩⼦对你的牵绊.你总是要担⼼孩⼦,就是他也会去拉扯你.问: 对,是.三个孩⼦,每个孩⼦都操⼼.

JO: Then it might become your child's attachment to you. You always have to worry about the child, and he will also tug at you. Q: Right, indeed. Three children, each one worries about.

JO: 对,是.所以你还是会觉得有⼀种你就不能全然的奔跑的感觉.所以当你在跟他们相处的时候你会更加的烦躁,因为你没有完全地去绽放你⾃⼰成为你⾃⼰.你就会觉得你被拉扯的感觉,就好像⾝在曹营,⼼在汉.

JO: Yes, that's right. So you still wouldn't feel like you could run fully. Therefore, when you're with them, you would be more irritable because you haven't fully blossomed into yourself. You would feel a pulling sensation, as if you were in someone else's territory but your heart was elsewhere.

问: 那我如何平衡这种关系呢?

Question: How do I balance such a relationship?

JO: 就前⾯的信息,你到时候反复听就⾏了.在每⼀个当下开花结果,每⼀个当下它都有礼物.那你不能安⼼的往下扎根,你就只想着往外⽑尖.你想象⼀下那棵植物它能存活吗? 明⽩吗?

JO: Just repeatedly listen to the information provided earlier. Each moment bears its own fruits and gifts are given in each instant. So you can't just settle into growing roots, all you think about is how to push up the tip of your hair. Can you imagine a plant surviving like that? Understand?

问: 我反复听.就是去修复关系平衡关系.

Question: I keep listening. That's about restoring and balancing relationships.

JO: 你的⼼没在这⾥呀.你的⼼⾸先要在这⾥.你才会在当下开花结果.

Japanese Origin: Your heart is not here yet. Your heart needs to be here first. You will then blossom and bear fruit in the present moment.

问: 确实,我确实去要验证⾃⼰的价值能⼒,只顾着⾃⼰奔跑⽽忽略了家庭关系的平衡.⽼师⼀语道中.

Q: Indeed, I went there to prove my capability to validate myself, only focused on running for self while neglecting the balance of family relationships. The teacher hit the nail on the head.

JO: 是的.

Yes.

问: 那你要这样说,我要做事业还能做的很⼤的.

Q: So you see, I can still achieve great things with my business.

JO: 当你把你的根越扎越深,然后内在更加的稳定.是的.

JO: When you dig your roots deeper and your inner stability increases. Yes.

问: 我现在在银⾏⼯作上班,那我以后会不会有⾃⼰的事业啊?

Question: I am currently working at a bank and going to work every day, will I have my own business in the future?

JO: 会的.你就尽情的奔跑.当你扎根、连接紧密、平衡,最好这些功课的时候.你就会尽情的去奔跑.

JO: You will. Just run wild. When you get grounded and deeply connected and balanced with these assignments, you'll be running wild.

问: 哎呀,活着好难呀,像过电影⼀样.

Q: Oh my, it's hard to live, like watching a movie.

JO: 🗎,因为你看到了你的可能性.那就是你⾃⼰来到这⾥…问: 那我的天赋才华是什么呢?

JO: Because you've seen your potential. That's why you're here... Question: What are my talents and abilities?

JO: 你的天赋才华就是你有⼀股狠劲,⽐如在你事业上⾯你就有⼀股不顾⼀切往前冲,就是有⼀股⼲劲吧.就是有⼀股很强的⼲劲在⾥⾯.就别⼈可能把⼯作就是应付⼀下,但是你却有很强的⼲劲.然后不断不断地想要去好像是拿到奖杯⼀样,拿到认可.让别⼈看到你的能⼒.

JO: Your talent and brilliance lie in your tenacity; for instance, in your career, you exhibit an indomitable drive to push forward at all costs, a strong determination that sets you apart from others who might merely go through the motions. There is a powerful zeal within you. While others may敷衍 their work, you are driven by intense ambition. You constantly strive to achieve recognition and awards, aiming to showcase your capabilities to everyone.

问: 是,我同事都说我太累了.

Question: Yes, all my colleagues say I'm too tired.

JO: 所以这是你跟常⼈的⼀个… 就是别⼈觉得我⼲这点就够了,你就觉得我就要做这个⾏业⾥的最好的.

So this is your distinction from others... they might think I'm satisfied with doing this much, but you understand that my goal is to be the best in this industry.

问: 我内⼼确实是这样想的.我也想平衡⼀下和家⾥的关系,但是我⼯作上我就停不下来.

Question: Deep down, I really feel that way. I do want to balance my relationship with my family, but I just can't stop working.

JO: 是的.所以你就会通过这些体验去看到你内在需要转变的⼀些信念.问: 那我的天赋才华就是⼲事业?

JO: Yes, so you see through these experiences what beliefs within you need to transform. Q: So my gifts and talents are for doing business?

JO: 就像刚才前⾯跟你讲的那些.这应该说是你的灵魂的⼀个特质吧.问: 那我不像别⼈那样可以轻松的享受天上掉馅饼的感觉吗?

JO: Like what I mentioned earlier. This could be considered a characteristic of your soul, right? Question: But can't I enjoy the feeling of something good falling into my lap as easily as others do?

JO: 就算掉了,你也不会满⾜啊.问: 哦,我还是会继续打拼是吧?

JO: Even if you got them, you wouldn't be satisfied anyway. Q: Oh, I would still keep striving, right?

JO: 你可能会满⾜⼏天,你又开始去倒腾了.问: 那我想买彩票中⼤奖.

You might be satisfied for a few days, and then you start fiddling around again. Question: I want to buy lottery tickets and win the big prize.

JO: 因为你追求的并不是⾦钱层⾯的⼀些东西,⽽是不断不断地看到⾃⼰价值的那个过程.问: 我现在需要很多钱平衡⼀下我周围的能量.

JO: Because what you're striving for isn't some monetary aspect, but rather the ongoing process of recognizing your own value. Q: I need a lot of money now to balance the energy around me.

JO: 那你会发现其实⾦钱它并不会平衡你的能量,⽽是你内在的⼀些观念和信念.就是你内在有主次之分吧,还有就是有⼀种… 但是这些东西你都可以通过我们的信息让你看到.所以当你不断地好像是去转变掉你⾃⼰现有的⼀些观念,它就可以让你知道你怎么样着⼿了.因为你现在就算你知道你需要平衡,其实你还是不太知道宏how,就是如何.因为你还会把这个平衡关系是为了⼀个⽬标.所以说当你想要去得到的时候,你⾸先要放下.就是放下你眼⾥的⽬标,放下你眼⾥的追求,放下你⾃⼰.因为当你的眼⾥或者⼼⾥装的是我平衡关系就是为了往前冲的话,你还是平衡不了.就好像在完成任务⼀样.

JO: You would find that actually money doesn't balance your energy; it's more about the concepts and beliefs within you. There's a hierarchy in there, as well as some things… but these are all things that we can show you through our information. So when you keep transforming your existing views, you will understand how to start. Because even if you know you need balance, you still might not know exactly how, because you're still aiming for a goal with this balance relationship. Therefore, before you want to achieve something, you should let go - let go of your goal, the pursuit in your eyes, and yourself. If your mind or heart is focused on balancing relationships just to move forward, then you won't be able to balance it properly. It's like completing a task.

问: 家庭的牵绊吧,现在主要就是家庭的关系.

Question: It's probably due to family ties; currently, it's mainly about family relationships.

JO:对,还有⼀个你⾃⾝的.因为很多⼈他往前冲的话,他不能平衡⾃⾝的关系的话,它也会变成焦虑呀.或者是压⼒太⼤ 或者是⾝体疾病,这些⾃⾝也是需要去平衡的.所以就应该就是说要⼀步⼀个脚印,脚踏实地,与当下连接.然后每个当下就是⼀朵莲花盛开的那种感觉.如果你不看当下,脚下的莲花没有盛开只是看着前⾯的话,那前⾯的花也不会盛开的.

JO: Yes, and there's also one concerning yourself. Because many people who rush ahead cannot balance their relationships; this can also turn into anxiety or too much pressure, or physical illnesses; all of which need to be balanced as well. Therefore, it should be proceeding step by step, grounding oneself in reality, being connected with the present moment. Each moment feels like a lotus blossom opening up. If one does not look at the present and only sees ahead where there are no blossoms, then the future will not bloom either.

问: 说的对,我就是只看着前⾯的⽬标,没有把⾃⼰放在当下.这个还得悟.

Q: You're right; I was just focusing on the goal ahead and not being present in the moment. This is something that requires insight.

JO: 所以你有⼀⽣的时间.

So you have all of your life's time.

问: 我想问有⼈⽋我很多钱都没有还,说要还,但是都没有还.这是什么样的能量状态呀?

Q: I want to ask about people who owe me a lot of money but haven't paid it back; they say they will, but they haven't. What kind of energy state is this?

JO: 那你可以这么想,就好像你对⽼公或者对你孩⼦的承诺,你⽋我的友情⽋我的陪伴⽋我的耐⼼,你总是在说但是你还是没有还,还是没有给我.明⽩吗?

JO: So you can think of it like this, as if you owe me the friendship and my company, and my patience; I'm waiting for you to pay back what you owe me, but you're still not giving it to me. Do you understand?

问: 就是我不要关注这⼀块,想啥时候给我就啥时候给我?

Q: It's just that I don't care about this part; whenever you want to give it to me, just give it to me.

JO: NO NO NO NO.我说你想象⼀下你的⽼公现在跟你说,你前世就说要陪伴我.然后把⽋我的爱⼼、⽋我的⽤⼼、⽋我的陪伴,就是跟我发⽣连接,还有你的孩⼦也这么说.但是你现在还没有给我.我现在还是来跟你讨债.那个债不是⾦钱,⽽是你的⽤⼼,明⽩吗?

JO: No no no no. I said imagine your husband telling you now that in your past life you promised to accompany me. Then repay the love you owe, the sincerity you owe, and the company you owe by connecting with me. Even your children say so too. But you haven't given it to me yet. I'm still here collecting my debt from you. This debt isn't financial; it's about your sincerity. Do you understand?

问: 我的⼼不在他们⾝上?

Question: My heart isn't with them?

JO: 是的.

Yes, JO: Yes.

问: 我放到他们⾝上,我兑现我的承诺?

Q: I put it on them, and I fulfill my promise?

JO: 是的.这也是你⽋他们的.

Yes. This is also what you owe them.

问: 那他们不还我钱,也是我⽋他们是吧?

Question: If they don't pay me back, is it my debt to them?

JO: NO.不是说⽋他们,⽽是说你想象⼀下,你现在也是⽋债的.就是说你觉得别⼈现在⽋你的钱,是吧? 你现在也是⽋别⼈的,⽋的就是你⾝边的⼈.⽋他们你的⽤⼼、你的爱⼼.

JO: NO. Not that you owe them, but imagine if you were in debt. It's like you feel that others are owing you money, right? Currently, you're also in debt to others, the kind of debt owed to those close to you. You owe them your intentions and your kindness.

问: 那我现在不管结果如何,我只付出我的爱⼼和⽤⼼就⾏了?

Q: So, as long as I give my love and sincerity regardless of the outcome, is that enough for me?

JO: 这个不是付出.这样你还会觉得你好像是在给,明⽩吗? ⽽是说你在当下去获得去收获.刚才不是说了是养分吗? 是给你养分.如果你还是觉得是你在付出,你如何去摄取养分? 你会在完完全全的把你的⼼安住于当下的那种,就是跟你的⽼公跟你的孩⼦发⽣连接,你会不断不断地去感受到幸福,收获到真正的养分、爱,明⽩吗? 所以这是在付出吗?

JO: This isn't about giving. You would still feel like you're the one giving, right? No, it's about receiving in the present moment and harvesting what is being given to you. Didn't I just say that it was nourishment? Nourishment is being given to you. If you still perceive yourself as the one giving, how can you receive this nourishment? By completely settling your heart into the present, connecting with your husband and children, you will continuously feel happiness and harvest true nourishment and love, right? So, is this considered an act of giving?

问: 不是,我在吸收他们的养分.

Q: No, I'm absorbing their nutrients.

JO: 是的.

Yes, JO: Yes.

问: 那上次7⽉26号说我给我⾃⼰设置看了很多障碍,那我如何清理这些障碍呢?

Q: That last time on July 26th when they said I set up many obstacles for myself, how do I clear these obstacles?

JO: 那就像刚才告诉你的,跟当下发⽣连接,⽤你的爱⽤你的耐⼼步步为营,就⼀步⼀个脚印,当下开花.

JO: That's like what I just told you - connect with the now, use your love and patience step by step, taking it one step at a time, blossoming in the present.

问: 那即使打开我的财富通道,让钱轻松的进来也是这个道理?

Question: Even if you ask: So opening my channel of wealth and letting money flow in easily is the same concept?

JO: 你先放下钱.为什么呢? 我刚才都说了,钱好像是副作⽤⼀样.它是副产品,附加值.它是当你现在不断不断地去呈现⾃⼰突破⾃⼰,就是不断地去在播种除草,它⾃然⽽然结果的⼀个状态,明⽩吗?

JO: Set the money aside first. Why? I just explained that money is like a secondary effect; it's a byproduct and added value. It naturally occurs when you continuously push yourself to exceed your limits, like sowing and weeding. Do you understand?

问: 把⼼灵的杂草都除掉.那等于说我现在所有的问题都出在我的家庭,我关系的平衡上?

Question: If we eliminate all mental weeds, doesn't that mean that all my problems are now due to issues in my family and the balance of my relationships?

JO: 所有的问题? 你⾃⼰的⽣活当中就像是⼀个镜⼦⼀样,那它也会在你⾃⾝的⼀个反应啊.你看你⾃⾝,你看你问这些问题,你就能看到,就是你觉得这些都是问题,你在处理这些问题.所以你才能得到钱啊,所以你才能去万万全全的去做你想做的事业,明⽩吗? 如果你觉得扎根是为了成长的话,那你还没有去突破这个功课.你还会失衡的.明⽩吗? 所以你真正的想要去获得或者得到,你必须要真正的放下这些. 不然你眼⾥全装的是这些.你装这些的话,你不可能装的下其它的.

JO: All questions? Your life is like a mirror reflecting back to you in your own reaction. When you look at yourself and ask these questions, you can see that you perceive them as issues that you are dealing with. That's how you earn money and fully pursue what you want to do. Do you understand? If you think grounding yourself is for growth, then you haven't completed this task yet. You're still imbalanced. Can you understand? So in order to genuinely achieve or receive something, you must truly let go of these concerns. Otherwise, your eyes are filled with them, and it's impossible to accommodate anything else.

问: 我把这些所有都放下?

Question: I put all of this down?

JO: 你⾃⼰会悟到的.为什么呢? 因为你⾃⼰在⾛或者在做的这个过程,你就会看到这个⽅法⾏不通啊,怎么没效果呢?

You will realize it yourself. Why is that? Because as you go through this process or do what you are doing, you will see that the method doesn't work and why it's ineffective.

问: 对,我也很郁闷.

Question: Yes, I'm also very depressed.

JO: 是,所以你就会知道你真正的去获得,是需要你先放下.

JO: Yes, so you would know that truly obtaining it requires you to let go first.

问: 先不考虑这些它来不来,不想这些.管它呢.我就在当下就⾏了,对吗?

Question: Forget about whether it will come or not, and don't worry about anything else. What's the matter? I can just do it right now, right?

JO: 你说呢? 你说我先不去考虑什么什么,你还不是因为有⼀个⽬标,⽬的地? 反正你现在找的各种⽅式⽅法,你都是为了去得.

JO: What do you think? You're saying I should not consider various things, but it's all because you have a goal, a destination. Anyway, the methods and approaches you are using now are all aimed at achieving that.

问: 就是我还是想得到.

Question: But I still want to get it.

JO: 是,你还在这⾥⾯.

JO: Yes, you're still here.

问: 这如何去... 就像你说的,把⼼沉下来,安⼼的去扎根.

Question: How do you go about... as you said, settling the heart and grounding oneself with peace.

JO: 是的,是的.

Yes, yes.

问: 包括我和孩⼦之间的关系也是这样,孩⼦现在都不想回家.⽐较焦虑焦躁.

Q: Including my relationship with my child, now the child doesn't want to go home at all. I'm quite anxious and restless.

JO: 那你看焦虑焦躁,它也是你需要⾃⾝平衡的⼀个...问: 我⾃⾝的能量关系.

JO: Then you see anxiety and restlessness; it's something that you need to balance within yourself. Q: What is my own energy relationship?

JO: 是的问: 我也想⼯作的很轻松,家⾥很和谐.我也不想那么累.

Yes, I also want to work without much stress and have a harmonious home environment. I don't want to be so tired either.

JO: 所以这会需要是⼀个逐渐逐渐的过程.就让你越来越明了.就好像不断地去尝试,然后,哦,原来是这样.这个才会真正的成为你的.所以你也不需要去着急或者去焦虑.你⽬前已经找到⽅向找到⽬标了.就是知道这个路该怎么⾛了.你会⾃⼰慢慢悟到的.因为这些信息就好像播种⼀样,给你那个什么.

JO: So it's a gradual process that will help you understand more and more. It's like continuously trying things out, then realizing, oh, this is how it works. This understanding will truly become yours. Therefore, there's no need to rush or worry. You've already found your direction and set your goal - you know the path ahead. Your understanding will come naturally as you progress. These pieces of information are like seeds being sown, planted in your mind.

问: 现在还是真的需要时间.我⽬前还是带有⽬标性的放下.我⽬前放下还是为了得到,所以还不是真正的放下.

Question: Still needing time now, I am letting go with a purpose. Currently, my letting go is for the sake of acquisition, hence it is not yet true letting go.

JO: 是的.

Yes, JO.

问: 啥是真正的放下呢?

Question: What is true letting go?

JO: 就是你在我这⾥没有问题了.就是说你不会去问JO我要怎么样怎么样.你就不会找⽅式⽅法了,你会停⽌.你会觉得我当下就是最完美的,最好的.我当下就拥有了⼀切.you have nowhere to go,就是你没有任何需要去到的地⽅.因为如果你到了那个终点的话,你现在⼈就⾛了.你就不需要在这个物质世界体验了,所以不要着急.

JO: You have nowhere to go because you don't need to seek anything from me or do anything specific. You'll just stop and realize that I am the ultimate perfection, the best right now, and that you already have everything. You find yourself without any destination in this material world; since if you reached a final point, you would no longer be here experiencing it. So don't rush.

问: ⾏,我也不想找到我的终点是啥了.

Question: Alright, I don't even want to find out where my end point is either.

JO: 当下就是你的终点.当下你就拥有⼀切.因为当你进⼊到那个频率的时候,你就已经拥有⼀切了.它只是需要时间去显现出来给你.

JO: Right here is your destination. You already have everything right now. Because when you enter that frequency, you already have everything, and it just needs time to manifest for you.

#### 2023/08/07 — 对负⾯信息敏感怎么办Sensitivity to Negative Information - How to Handle It

JO: 你问吧,什么问题?

You ask, what question?

问: 我最近刚开始接触灵性⽅⾯的问题,然后我觉得我对负⾯的事情特别敏感.特别是当我的家⼈谈论别⼈⽣病,我就觉得这个病会⽣在我⾝上.我的脑海⾥总是会反复的出现这类的想法.

Q: I have recently started exploring spiritual issues, and I feel very sensitive to negative things. Especially when my family discusses others' illnesses, I fear that it might happen to me. These thoughts about potential problems keep recurring in my mind.

JO: 先这么说吧,你想象⼀下你现在像⼀个⼩朋友⼀样,⼩朋友在两三岁的时候别⼈说警察叔叔要来了,那他是不是怕的要死,对不对? 因为⼤⼈给他植⼊信念说警察叔叔要把你抓⾛或者是天⿊他也怕,⼀个⼈睡觉他也怕,对不对? 那你现在也是在这个阶段.⾸先你要明⽩你的恐惧或者是害怕或者是这种事情,对外界的反应⼤的来源在你的能量层⾯你现在还是个⼩baby.那你如果能理解你现在还是⼀个⼩baby,你需要不断不断地长⼤,长⼤像⼤⼈⼀样.然后你也可以像⼤⼈⼀样不怕⿊,不怕外⾯的⼀切.所以你要给你这份允许,你给到他.因为你要知道你不能单独的从你的⾁体上去看你的年龄,因为你们就好像是个能量球.这个能量球它是有⼀个年龄.

JO: Let's start with this, imagine you're a child now, like when children are around two to three years old and someone tells them that the police officer is coming, they would be absolutely terrified, right? Because adults have implanted in their minds that the police officer might take them away or that darkness at night scares them, even the thought of sleeping alone can scare them. Isn't that correct? You're currently in a similar stage. Firstly, you need to understand that your fears, worries, or reactions to external factors are mainly rooted in your energy level, which is still quite young like a baby. If you can acknowledge that you're still a baby, you need to continuously grow and mature as an adult. Then, you can become just like adults who don't fear the darkness or the outside world anymore. Therefore, you must grant yourself permission for these feelings, giving them to yourself because you have to realize that you cannot solely judge your age based on your physical body; you are essentially an energy ball with its own age.

是年龄⾮常年长经验丰富的,还是个年轻的,还是个刚出⽣的能量球,明⽩吗?所以你现在还是在baby的阶段,所以你就允许你现在会产⽣反应.但是你还要有⼀点就是你明⽩你产⽣的反应就像⼀个⼩朋友怕⿊⼀样.那你说⿊真的能把⼩朋友怎么样吗? 能吗? 不能.那你记住,你害怕的东西它不能把你怎样,明⽩吗?

Is it an old soul with life experience, or a young one, or just a newborn energy ball, understand? So you're still in the baby phase right now, so that's why reactions are allowed. But you also need to realize that your reactions are like a child fearing darkness. Would darkness really do anything to a child? Could it? No. Remember, whatever you fear cannot hurt you, understand?

问: 还有⼀个恐惧就是我知道我关注什么就会去创作什么.就是当我⾯对这些恐惧的时候,我该怎样去给它减弱呢?

Q: There's also a fear that I'll only write about what I'm afraid of because I know what I'm interested in. How do I counteract this when facing these fears?

JO: 不是像刚才告诉你的吗? 你要理解你的恐惧来源于什么? 来源于你现在还是⼀个⼩朋友,⼩朋友怕⿊.所有⼩朋友都怕⿊啊,对不对? 所以要跟妈妈睡.那你也知道外⾯的⿊它并不能拿你怎样,那你是不是就能允许你⾃⼰慢慢去成长了? 允许你现在这个阶段还有⼩朋友的反应了? 妈妈⼀⾛,你还哭,对吧? 那你说等你三⼗岁的时候,妈妈⼀⾛你还哭吗? 晚上还要抱着妈妈睡觉吗? 明⽩吗?

JO: Isn't that what I just told you? You need to understand where your fear comes from. It comes from the fact that you're still a kid, and kids are afraid of the dark. All kids are afraid of the dark, right? So you should sleep with mom. And do you know that the darkness outside can't hurt you in any way? Then wouldn't it allow you to grow on your own? To accept your current stage and reactions as a child? You still cry when mom leaves, don't you? So, if you're thirty years old and mom leaves again, will you still cry at night, needing to sleep with her? Can you understand this?

问: 我⼩时候⼀直左⽿⽿鸣.⽽且这个是我⼩时候给⾃⼰创造的… JO: 你的⽿鸣的情况⼀直持续到现在吗?

Q: I've had tinnitus in my left ear since I was a child, which I created for myself...

A: Has your tinnitus been ongoing to this day?

问: 对,⽐如说我专注⼀些事情的时候,我会感觉不到它.但其实它是有的.

Q: Yes, when I focus on things, I don't feel it. But actually, it's there.

JO: 它现在有吗?问: 现在有啊JO: 你稍等.这些⽿鸣的情况,其实它也在帮助你.就好像你刚刚说你在专注什么的时候,它就会消失不见.那当你去太在乎外⾯的⼀些噪⾳的时候,你看你今天的它给你带来的⼀些困扰,就是你太在乎外在的⼀些噪⾳,你就会受它的影响.那你的⽿鸣也是.如果你太在乎这个外界的声⾳的话,你就会受到影响.那如果你只是专注在你⾃⼰热爱的事情,你想要去做的事情,它渐渐就会消失了.所以它会推着你保持在这样的频率⾥⾯.就好像给你⼀个提

JO: Does it have it now? Ask: Yes, it does now. JO: Wait a moment. This tinnitus situation is actually helping you. It disappears just like when you were focused on something earlier. But when you pay too much attention to external noises, see how today's tinnitus troubles you - because you're overly concerned with outside noise, which influences you. The same goes for your tinnitus; if you pay too much attention to the sounds from outside, you'll be affected by it. However, if you focus only on what you love and want to do, it will gradually fade away. So, it pushes you to stay in this frequency. It's like being given a reminder.

醒,你现在又是在关注外在的噪⾳了,明⽩吗? 因为实际上你们外界真没什么是需要你去关注的.它要么是别⼈的恐惧,要么是你⾃⼰的恐惧.明⽩吗?

Wake up, you are now paying attention to the external noise again, understand? Because practically there's nothing outside that requires your attention. It's either someone else's fear or your own fear. Understand?

问: 最近不知道为什么总感觉⾝体有点不舒服,前两天眼睛突然能看到很多的⼩⿊点.我去检查,说没什么问题,是因为压⼒.但是我觉得我没有压⼒.请问这个事情是要告诉我什么呢?

Q: For some reason, I've been feeling slightly unwell lately. Two days ago, I suddenly started seeing a lot of tiny black spots. When I went for a check-up, they said there was nothing wrong with me, just because of stress. But I don't feel stressed. What could this be telling me?

JO: 你稍等.这么说吧,你就好像外在现在出现了很多的指引,就好像是推动的⼒量来把你推向这条⾃我探索的路上.就是外在的这些把你推到我们这⾥来,明⽩吗? 就好像⼀股推动⼒,⼀股牵引,然后把你牵到这⾥有今天的交流,明⽩吗?所以这也是你成长的⼀个过程.但是这些它都只是像⼀个推动⼒,就是⼀个外⼒.就是别⼈把你推⼀下,你就往前倾了⼀下,失去平衡.你说这个推动是什么?明⽩吗?因为它会让你产⽣⼀些你想要去找到原因,想要去探索.但是你单独从物质层⾯你又找不到原因,明⽩吗? 那个不是你的出路.

JO: Wait a moment. Let me put it this way: It's as if you are now receiving many external cues, which act like forces pushing you towards the path of self-exploration. These external influences lead you to us today for this exchange. You're being guided and pulled here by an external force, right? Imagine there's a push or pull that guides you into this interaction with us. Therefore, this is part of your growth process. However, these are just forces acting upon you externally; they're not internal. They're like someone pushing you, causing you to lean forward but lose balance. Do you understand what I'm saying? The push is something that prompts you to seek explanations and explore further. Yet, if you were only looking at the physical aspects of reality, you wouldn't find answers, would you? That's not the solution.

问: 就是还是得修⼼,是这个意思吗?

The question means: Yes, it still involves cultivating the mind, right?

JO: ⾸先⽬前你只要知道它是把你带到这条道上来了,然后你就知道这⾥是有⼀条路的,对吧? 所以以后你要找路的时候你就不会单独的从物质层⾯,你又会来到我们这⾥来找,明⽩吗? 然后接下来或者是将来的⼀些,需要你⾃⼰结合你⾃⼰内在的愿⼒和你⾃⼰的灵魂主题,还有你⾃⼰当下的选择,这些层⾯.你才会有更多的信息给显现出来,明⽩吗? 因为你现在就好像还没有开始去做出你的选择.

JO: Firstly, you should know that it is leading you onto this path right now, and then you would realize that there's a road here, wouldn't you? Therefore, in the future when you're looking for guidance or paths, you will not solely rely on material means; instead, you'll come back to us here for advice. Can you understand that? Then, going forward, whether it be now or in the future, you need to consider your inner will, your soul's theme, and your current choices across various dimensions. You will receive more information based on these considerations, can you see that? It's as if you haven't started making decisions yet.

问: 我现在⽐较迷茫,我想问⼀下我的⼈⽣主题是什么? JO: 你叫什么名字?

Question: I'm feeling quite lost at the moment. I want to know what my life's theme is. JO: What is your name?

问: XXXJO: 你这⼀⽣就好像你⾃⼰把⾃⼰扔到⼀个沙漠⾥⾯,然后想要⾃⼰去⾛出⼀条路来.让你⾃⼰可以更加的去跟随你⾃⼰内在的指引.你会很少的让外界给你指引.也就是说⽐如说你的家庭或者是你出⽣的环境或者所有的⼀切,它们都是很物质层⾯.他们没有任何的灵性,就是在你⾝边你找不到⼀个可以引导你的或者他可以就是说在灵性层⾯帮助你的,就是正道上吧.就是⾝边没有任何可以去正确引导你的,就是你完完全全的切断了外界的⼀些指引和帮助,然后想要去跟随内在的声⾳和指引让⾃⼰⾛出⼀条道来.这样⼦你就可以去帮助更多像处在于你这种状态的⼈,因为有很多⼈都像你这样⼦的状态.

Q: Imagine you were thrown into a desert and had to find your own way out, allowing yourself to follow the inner guidance of your being. You would rarely seek external guidance. This means that things like family or birth environment or everything else are mostly on a material level; they have no spirituality. There's nothing around you that could guide you or help you spiritually, just by your side. You cut off all external guidance and assistance to follow the inner voice and guidance, allowing yourself to find your way. This enables you to assist more people who are in a similar state as yours because many others share this experience.

Q: Picture yourself being dropped into a desert with no map, relying solely on navigating your own path by trusting your inner self. You would seldom look outside for directions. The context here refers to situations where family or the environment you were born into are more grounded in material realities; they lack spiritual depth. There isn't anyone around offering spiritual guidance or support just beyond your reach. You've severed connections with external sources of advice and help, choosing instead to follow your inner voice and instincts for guidance. This approach allows you to empower others facing circumstances similar to yours because many share this experience.

所以就是帮他们看到⼀条路和⾛出来⼀条路,可以引他们上道,明⽩吗?

So it's about showing them a path and leading them to walk on that path, making it clear for them, okay?

问: 还不是特别的明⽩JO: 没关系,因为你当下肯定还理解不了.但是你逐渐逐渐的根据你后⾯的激情和和愿望还有所有的⼀切,你会慢慢的发现你的⼼愿就出来了.你的愿⼒就会出来了.

Q: You might not understand it completely.

A: That's alright because you won't be able to grasp it right away. But as you grow and pursue your passions and desires, along with everything else that follows, you'll gradually start to discover your intentions. Your willpower will also emerge.

问: 我的天赋才华是什么?

Question: What are my gifts and talents?

JO: 你的天赋才华就是你与⽣俱来就带有⼀些就好像是神⼒⼀样.⽐如说⼈类不具备的⼀些能⼒,就像你刚才说你⼩时候想要给⾃⼰创造这个体验,然后你就拥有了.你想要你变成什么,你就变成什么了.还有就是你受能量的影响... ⽐如说普通⼈的⿐⼦它可以闻到很表⾯的⼀些味道,但是你的⿐⼦像狗⼀样.我们说的是能量层⾯,不是说你的嗅觉.但是你却可以像狗⼀样闻到⼀些⼈类闻不到的.那你就像⼀个探测器⼀样,⼈类他可能探测不到眼睛看不到或者他捕捉不到,但是你却能很明显的感受到那个能量,明⽩吗? 但是呢,这些⼒量就好像是你与⽣俱来携带的.

JO: Your innate talents are like god-like powers you were born with - abilities humans don't possess, such as the ability to create experiences just by wanting them. You become whatever you want to be. There's also how you're influenced by energy... For example, a human nose can only detect very superficial scents, whereas yours functions like a dog's. We're talking about an energetic level, not your sense of smell per se. But you can detect things humans can't, like a detector. Humans might not be able to perceive with their eyes what they can't see or capture, but you can clearly feel that energy. These powers are innate and carried by you.

但是这些东西它需要等你以后完全绽放,也就是说等你真的成⼈过后,你现在不是⼀个⼩baby嘛.你现在还在⾛你的这条路嘛,对吧? 等你开始⾛到半路的时候,你开始就会去连接这些能量,然后就会越来越去运⽤这些能量,然后再去把它正⾯的运⽤去帮助你⾃⼰,去帮助⼀批⼈从完全迷失⽅向然后⾛出来的这种.不过这些信息你现在不需要去⽤你的脑⼦去弄明⽩,过⼏年你就知道了,好吗?

But these things it needs you to bloom fully at some point in the future, meaning when you are truly an adult, because you are not a little baby right now, are you? Are you still on this path, or have you deviated from it already? When you start walking halfway through your journey, you begin connecting with these energies and then increasingly apply them. You use their positive aspects to help yourself and assist others who were completely lost until they find their way out. However, you don't need to understand all of this with your mind for now; in a few years, it will make sense to you, won't it?

问: 好的.我想问问我最风光的⼀世和最落魄的⼀世?

Q: Alright. I want to ask about my most prosperous life and my most miserable life.

JO: 其实它再风光或者是再落魄都跟你没有关系.⽐如说你彻彻底底的让那⼀世消失,你并没有携带它,它对你这⼀世并没有影响的.只有你携带了它那⼀世的能量,那⼀世它才会对你有影响的.就⽐如说你有⼀世…问: 那我就想问问对我这⼀世有影响的…JO:对你这⼀世有影响的,就好像刚才提到的你的⼀个天赋才华,你携带的⼀个功能,就好像那个⽐⼈更灵敏的感知能⼒,还有就是你可以⽤意念控制你⾃⼰或者是显化⼀些从⽆到有,就是变出来的⼀些东西,明⽩吗?

JO: Actually, whether it's in its most glorious or most miserable state has nothing to do with you. For instance, if you were to completely wipe out a lifetime, you didn't carry that energy, and therefore, it wouldn't have any effect on your current lifetime. The influence only occurs when you carry the energy of that specific lifetime, which means it will affect you. Like for example, in one lifetime...

Question: And I would like to ask about the impact on my current lifetime...

JO: For those lifetimes where there is an impact on you, think of talents or abilities that you carried from previous lives, such as being more perceptive than others. There are also instances where you can use your mind to control yourself or create something out of nothing, meaning to manifest things that do not exist yet. Do you understand?

问: ⾼我还有什么信息是想传递给我,但是我现在没有收到的呢?

Question: What information does self-high have that it wants to convey to me but I am currently not receiving?

JO: 你稍等,你已经知道你的路和体验是什么.所以你也不会迷失⽅向.因为你已经知道出⼜在哪⾥,就是你可以借鉴可以供你参考的⽅向到底是在哪⾥.因为就算⽐如说外界给你⼀些参考,你内在其实你都知道那不是的,所以你不会迷茫,明⽩吗?因为你内在,就像前⾯的信息说的⼀样,因为你就想依靠你内在的指引.所以你会听从它,⽽不是说外界,明⽩吗?所以说没有什么好去提醒你的,因为你内在⼼如明镜.虽然你会创造这些的体验给你,但是你本⾝就是为了他们⽽来的.

JO: Wait a minute, you already know your path and experience. So you won't lose your way either because you know where the exit is, which means you have access to the directions that can guide you or are available for reference. Even if external sources give you some guidance, your inner self knows it's not the right one, so you won't be confused. You understand? Because deep within you, as previously stated, you rely on your internal guidance. Thus, you follow it rather than external influences, do you see? That means there's no need to remind you because your inner mind is like a mirror of clarity. Even though you create these experiences for yourself, you're essentially seeking them out.

问: 能帮我疗愈⼀下吗?

Question: Can you help me heal a bit?

JO: 你为什么觉得你需要疗愈呢?

JO: Why do you feel like you need healing?

问: 因为我最近我感觉挺焦虑的…好多事就是...

Question: Because I've been feeling quite anxious recently... there are so many things that...

JO: 那这么说吧,刚才前⾯不是都告诉你了吗? 就好像别⼈再推你,把你推到我们这来.那你现在明⽩了吗? 那你已经把你推到这来了,那后⾯就不需要再推你了呀.因为你会⾃⼰主动知道出⼜在哪⾥.所以你不需要疗愈,明⽩吗? ⽽且你之前所说的什么受外界的负⾯影响还是什么,这些都是你现在这个阶段应该体验的.如果你不去体验... 这么说吧,你来到这个世界上的⽬的你就是想要去帮这样⼦的⼈都出⼀条道来.如果你不去体验他们的话,你如何引领他们? 你没有办法引领他们,对不对? 因为他们的⽣命状态,是什么感受什么体验,你完全都不知道,你怎么带领他们? 如果我拿⾛的话,你以后就不会有这个愿⼒了.所以你只顾去过你的⼈⽣.

JO: Alright, let me put it this way - didn't I just explain that to you before? Just like someone else pushing you and getting you here. Do you understand now? You've already been pushed here by yourself, so there's no need to push you further as you will naturally know the exit from your own accord. Therefore, there is no need for healing, do you see? And the things you mentioned earlier about being influenced by negative external factors or whatever - these are experiences that are suitable for your current stage. If you don't experience them... let me put it this way, if your purpose in coming to this world was to help people like this find a path out, how would you guide them if you didn't experience their situations? You wouldn't be able to guide them, right? Because you have no idea about their life states, feelings, and experiences; how could you lead them? If I were to take it away from you, in the future, you might lose this motivation. So, just focus on living your own life.

#### 2023/08/07 — 放⼿ Let Go

JO: 你问吧,什么问题?

You ask, what questions do you have?

问: 请问这个通灵的⼥孩⼦凌晨的时候做了⼀个梦,梦见她和⼀个⼈接吻,然后把能量都给了那个⼈.然后她跟那个⼈说了⼀句话: I am God,you are my partner.请问这个梦是要告诉她什么呢?

The dream was to convey a message that she is the ultimate source and the other person is her counterpart or partner in this cosmic relationship.

JO: 那个梦就好像是预告⽚⼀样.⾸先你们知道你们会有⼀个头脑,对不对? 然后你们的头脑它们会抗拒⼀些对它来说没有任何意义,就是让它摸不着头脑的事.那如果类似的情况如果有⼀个预告,如果有⼀个预演,就是先演⽰过⼀遍.那是不是对你们的头脑来说,如果它真的发⽣在你的⽣活当中,你的接受度就更加⾼⼀点? 所以说在这个梦⾥⾯就好像是来给她⼀个预告吧.这样⼦当⽣命中的时机到了,然后她需要去帮助她去接收⼀些信息或者⼀些事件或者⼀些⼈物的时候.那接受度就会⾼⼀点,⽽不是说头脑就会抗拒或者不明⽩不理解,明⽩吗? 就像给你打⼀个预防针⼀样.但是她还想知道为什么会传出来这些信息?那信息就是说很直接的.

JO: That dream was like a preview, right? First of all, do you know that you will have your mind, don't you? And then your minds would resist things that are meaningless to them. So if there were a similar situation where there's a preview, a rehearsal where it's been shown once. Would this increase the acceptability for your minds if something like that actually happened in your lives? Therefore, this dream is like giving her a preview. When the time comes in life and she needs to help receive information or events or people, the acceptance level would be higher. She wouldn't just resist or misunderstand it; she'd understand it better, much like receiving a vaccine. But she also wants to know why these messages are being delivered directly?

因为你们会⽤⼀个⼈,你们这个物质世界的观点去看待所有的事情.你们会觉得我是这个⼈,那我的这个⾝份已经归属于某⼀个⼈,明⽩吗? 你们物质世界,OK,那我⼼有所属或者我归属什么⼈.然后你们就会关闭⾃⼰,然后让⾃⼰断开了连接,明⽩吗? 那这样⼦你是不是就好像你把路给封死了? 但是你要记住你的⾝份,你不是⼈,你不是普通的⼈.因为你会把你当成⼀个普通的⼈.普通的⼈是什么? 我是这个名字,我是这个⾝份,明⽩吗? 因为当你把你⾃⼰把你⾃⼰当成普通的⼈,你有这个⾝份,你就会⽤你这个⾝份来限制很多事情.那如果你放开这个⾝份,你是什么? 你是⽆限,对吧? 那就像她那个梦说的,神,对吧?

Because you see everything through one person, the perspective of this physical world. You would think that I am that person and thus my identity is attached to someone else, right? You being in this material world means that if there's a connection with someone or an attachment to someone, then you'll close off yourself and disconnect from your true self, right? Isn't it like sealing off the path by yourself? But you have to remember that your identity isn't just a human one; you're not an ordinary being. When you consider yourself as an ordinary person, you're this name, this identity, right? When you perceive yourself as an ordinary person, attaching significance to your identity limits many things in life. If you let go of that identity, who are you then? You exist beyond limitations and boundaries; you are infinite, isn't that right? Like the dream she shared about God, isn't it so?

那如果你是神,你是⽆处不在的.那你想如果神断开连接,把⾃⼰封闭起来,它还是神吗? 它就不是了,对不对? 所以说这个梦就好像在提醒她⾃⼰不要⽤⼈类的⾝份⽽封闭了⾃⼰.让⾃⼰断开连接.然后还有⼀句话就是 you are my partner,你们都是神的⼩伙伴,神的分⾝,明⽩吗? 所以说在梦⾥⾯就好像是在给她⼀个提醒,她不要忘了她的⾝份,⽽把⾃⼰去定义为或者锁定或者就是指定,就是⽤⼈的⼀个⾝份去活着,明⽩吗? 因为她并不是以⼈的⾝份⽽活着,她就忘记她真正的⾝份.然后在她梦⾥⾯她还感受到了她的能量给了对

If you were a god, omnipresent everywhere, then if the god disconnects and closes itself off, would it still be considered a god? No, because once it stops being accessible or open, it loses its essence as a god. This dream serves as a reminder to her not to isolate herself by defining herself through human identity, to remain connected instead of disconnecting. There's also the phrase 'you are my partner,' implying that you're parts of God, its manifestations. So in this context, the dream acts like a reminder for her to remember who she truly is and not define or limit herself solely based on human identity when she's more than just that. She has forgotten her true self by living as a human, which contrasts with her divine nature. In her dream, she also felt that her energy was directed towards another entity in need of support.

⽅,也就是说有在等着她去,就好像是被救赎的⼈在等着这个能量去传输给对⽅.那如果她封闭⾃⼰,不把⾃⼰的能量传输给对⽅,那对⽅是不是死翘翘了?明⽩吗?所以也就是说不要⽤你这个⾁体的⾝份去封住去锁住⼀切.因为这只是你们头脑⾥⾯的⼀些观念.你继续问.

Alright, meaning there's something waiting for her to connect with, like a redemption seeking the transmission of this energy from one to another. So if she were to close herself off, refusing to transmit her energy to the other party, would that mean the other party wouldn't survive? Do you understand? Hence, don't use your physical self to block or restrict everything. Because these are just notions in your mind. Keep asking.

问: 请问能不能给我⼀些指引,道理我都明⽩,我也知道我现在经历的都是幻像,不要去把它们当真.但是我内⼼总是会有⼀些不安,害怕.能不能给我⼀些指引?

Question: Could you please give me some guidance? I understand the principles, and I know that what I'm experiencing is an illusion, not to take it seriously. However, there's always a sense of unease or fear within me. Could you provide some guidance?

JO: 这么说吧,你们的不安都是因为头脑参与的太多.为什么呢? 你们的头脑它不能处于⼀种不知情或者是不知所措,就是它不能处于到那种状态,明⽩吗? 但是我想告诉你们的是,就算你们找到⼀点安⼼或者安定,其实那都只是假象,是幻像,明⽩吗? 所以说你也可以给你⾃⼰创造⼀些假象和幻像呀.明⽩吗? 那如果你想真正的脱离这种幻像,就是不需要这种幻像去⽀撑.那不是⼀个很好的机会给你,明⽩吗? 还有就是说,就算从你⾃⼰⾝上看出去,那那些他们能安⼼的⼈,实际上也只是暂时的⼀个状态.也只是⼀个假象⽽已,也只是头脑创造的⼀个假象⽽已.因为你你可能是因为⼀些这个层⾯的导致你不安⼼.但是其他⼈呢?

JO: Let's put it this way, your unease stems from overthinking. Why is that? Your mind can't afford to be uninformed or overwhelmed; it can't remain in such a state, do you understand? However, I want to inform you that even if you find some peace or stability, it's just an illusion, a mirage, do you get me? So you could also create your own illusions and hallucinations. Do you see? That being said, is this not a good opportunity for you to truly break free from these illusions, without needing them to prop you up? Understand? Furthermore, even if you look at those who seem content from their perspective, in reality, that sense of peace is only temporary, an illusion, created by the mind. It could be due to certain levels causing your unease, but what about others?

他可能是因为其他层⾯导致他坐⽴不安,不能⼊睡,不能安⼼,明⽩吗?那就算他今天安⼼,不代表他明天能安⼼.他明天能安⼼,不代表他后天能安⼼.所以既然不安⼼是你们的⼀个常态,你们想要去制造⼀个幻像让你们安⼼或者是脱离这个幻像⽽进⼊到⽣命的⼀种,就是去拥抱⽣命的不确定性,就是不安⼼.因为当你去拥抱不安⼼,你就能安⼼了,明⽩吗?你真的以为你把眼前的问题解决了,你就没问题了?所以说你就断把这个问题解决了,那你还有其它问题.那你就算因为这个事情不安⼼,你还会因为其它事情感受到不安⼼.明⽩吗? 你可以通过这个事情看到什么导致你不安⼼? 你也可以通过这个事情看到为什么头脑需要这么多的幻像来让⾃⼰达到安⼼?

He might be restless due to other layers causing insomnia, inability to settle, and unease. Do you understand that even if he feels at peace today does not guarantee his peace tomorrow? If he can feel peaceful tomorrow, it does not mean he will feel so the next day either. Hence, since uneasiness is a常态 for you all, you want to create an illusion to make yourselves feel at ease or escape from this illusion and step into life's embrace of uncertainty – embracing the very essence of life that is inherently unsettling. Because when you embrace the unsettling nature of things, it brings about peace within yourself, do you understand? Do you really think that by solving the problem in front of you, all your issues are solved? Thus, you believe that this problem has been resolved, but there are still more problems to come. Even if he feels restless due to this issue, there will still be other things causing unease for him. Can you see what leads to one's restlessness through this situation? You can also observe why the mind needs so many illusions to achieve peace within itself.

到底什么是安⼼? 我跟你讲,就算你现在追求到了⼀点安⼼,你那个安⼼都是假象都是幻像.为什么你想要去追求那些幻像呢? 很简单的告诉你,⽐如说你现在担⼼的是你没有地⽅住.那我跟你们说你们地球都快没了.你就算有个房

What exactly is peace of mind? Let me explain to you that even if you have attained a bit of peace of mind right now, the peace you are experiencing is an illusion and a mere figment of your imagination. Why would you want to chase after such illusions? It's quite simple. For instance, if what you're worrying about at the moment is not having a place to live in, let me tell you that Earth is almost gone. Even if you have a house,

⼦,那你地球都快没了.那你还能觉得你能安⼼? 明⽩吗?

Child, if the Earth is nearly gone, how can you still feel at ease? Understand?

问: 那我的头脑想说地球没了还有好久,那我没有地⽅住是现在的问题.事情的轻重缓急不⼀样.

Q: But my mind thinks there's still a long way to go before Earth disappears, and the immediate issue is that I have nowhere to live. The urgency of matters varies.

JO: NO NO NO NO, 你通过这⼀件事情你其实就能看到你们在这个物质世界上你就没有办法真正的安⼼.因为你永远都不知道明天会发⽣什么.你永远不知道明天会不会地震? 明天会不会海啸? 明天会不会世界末? 明⽩吗? 所以就算你眼前没有这个问题,你其实还有很多其它的问题.所以你要去拥抱⽣命的不确定性.⽣命它不是像你头脑⾥⾯真的有个⼏⼗年.并没有.明⽩吗? 所以说当你能拥抱⽣命的不确定性,你就能痛快畅快的去拥抱⽣命的每⼀个⽚刻.你不会去把时间花在担⼼担忧上⾯.如果让你担忧的话,那很多事情可以让你担忧.因为你就算有个地⽅住,你觉得你不会⽣病? 你不会有疾病?

JO: NO NO NO NO, Through this matter, you can actually see that in the material world, you cannot truly be at peace of mind because you never know what will happen tomorrow. You don't know if there will be an earthquake? A tsunami? Will the world end tomorrow? Do you understand? So even if this specific issue isn't currently a problem for you, you still have many other issues. Therefore, you should embrace the uncertainty of life. Life is not like having decades planned out in your mind; it's not so straightforward. Do you understand? Hence, when you can embrace the uncertainty of life, you can freely and joyfully embrace every moment of life. You won't waste time worrying about things. If there are things that worry you, many things could cause worry for you. Even if you have a place to live in, do you think you won't get sick? Could you not fall ill with diseases?

那你突然查出来你有个什么什么疾病,要花好多好多钱.那你有个房⼦住那有什么⽤呢,明⽩吗? 你就算把房⼦卖了也不⼀定可以把疾病给治好呀,明⽩吗? 那你们只是没有去医院查呀,但并不代表没这种可能呀.你⾸先要知道从我说的这些信息当中你要看到你没有办法让你的⽣命得到完完全全的安⼼.就算有,它只是暂时的.所以那你为什么要去追求那个暂时的假象呢?

If you suddenly find out you have some illness that requires a huge amount of money to treat, then what use is having a house? Understand? Even if you sold your house, it doesn't guarantee that the disease would be cured, understand? You just didn't go to the hospital for a check-up; this does not mean such a possibility doesn't exist. First and foremost, you should realize that with all the information I'm providing, there's no way to fully secure your life without worry. Even if there is security, it's only temporary. So why are you pursuing this temporary illusion?

问: 我就是想要突破这个幻像,我不想再被眼前的幻像束缚在这⾥.就感觉好像在周⽽复始,⼀⽽再再⽽三.然后卡在这⾥.那我能不能最后再问问我的指导灵它有没有什么信息是想要带给我的?

Q: I just want to break through this illusion and be free from being trapped here by what's in front of me, feeling like it's just repeating over and over again, stuck at this point. Can I ask my guide spirit one last time if it has any information it wants to share with me?

JO:⾸先你要知道的是你的头脑它没有办法弄清楚⽼天的安排.然后因为你的头脑真的没有办法去弄清楚⽼天是如何安排的,明⽩吗?所以那你就可以去放下在头脑⾥试图想要去弄清楚弄明⽩或者是找到⼀种⽅式⽅法.因为头脑真的是太有限了.头脑它唯⼀的功能就是可以让你体验物质世界.你就不会是飘的,就体验不到.还有⼀种就是说你真的是越去关注什么,然后你的⾝体就会给你创造⼀些相应的体验.那⽐如说你现在关注的是你的问题,那它肯定会体验到这个问题给你带来的不安⼼的感觉.所以你可以试图去看⼀些,⽐如说你三年后五年后,就是你跳出来.就⽐如说你现在就好像你的眼光只能看到⼗⽶远,因为你⼿上的电筒只能让你看到⼗⽶远.

JO: What you need to know first is that your mind cannot figure out the arrangements of heaven. Then, because your mind truly cannot figure out how heaven arranges things, understand? Therefore, you can let go of trying to understand or find a way in your mind. Your mind's function is limited; it only allows you to experience the material world and not float above it. There is also this idea that if you focus too much on something, your body will create corresponding experiences for you. For example, if you're now focusing on your problems, you'll definitely feel the anxiety they bring. So you can try looking ahead, perhaps three or five years into the future when you step out of it. Imagine your eyesight is only capable of seeing ten meters because that's as far as the light in your hand can reach.

然后你就进⼊到这种状态.那你让你⾃⼰像⼀个helicopter⼀样,把它不断不断不断的上升,你就能看到,哦,我前⾯这个障碍,我这样⼀拐弯就⾛过去了.后⾯都没有障碍了,后⾯的景⾊好美呀.路上有那么多惊喜等待着我.因为当你的头脑在锁定你后⾯的那些惊喜的时候,它给你的⾝体创造的就是兴奋的感觉,明⽩吗?因为你⾝体的感受它不是根据事情的真和假⽽创造的.不然的话,你看⼀下催眠师的暗⽰.他可以暗⽰⼀些假的东西,但是你的⾝体有真实的体验,明⽩吗? 所以说你的⾝体它会根据你关注的⼀些点,因为头脑它分不出真假的.它会根据你关注的⼀些点来⽽给你产⽣相应的感受.那么你就可以让你的头脑去关注你五年过后是什么样⼦.

Then you enter into this state. You make yourself like a helicopter, constantly rising up, and you can see that the obstacle in front of me, I just take a turn and go past it. There's no more obstacles behind; the scenery is so beautiful. The road has so many surprises waiting for me. Because when your mind focuses on those surprises behind, it creates excitement for your body, understand? Your body doesn't create feelings based on truth or falsity. Otherwise, you see a hypnotist's suggestion; he can suggest something false, but your body experiences the reality of it, understand? Therefore, your body responds to the points you focus on since your mind cannot distinguish between truth and falsehood. You can make your mind focus on what you will be like five years from now.

因为你有看到过⼀个⼈他没有变化吗? 他永远都会有变化的,明⽩吗? 所以既然那你也⼀直是在变化当中,那你就不可能只永远卡在这⾥.

Because you've seen someone who never changes? He will always change, understand? So since you're constantly changing, there's no way you can just stay stuck here forever.

问: 请问我当下最⼤的卡点是什么呢?

Question: What is my biggest obstacle right now?

JO: 就是你试图⽤头脑去解决⼀切.就是试图去⽤头脑去解决问题,⽽没有信任造物主.就是不敢把⾃⼰交出去.你说你会失去什么? 你现在还有什么好失去的?

JO: You try to solve everything with your head; that is, you try to solve problems with your intellect without trusting in the Creator. It's being afraid to surrender yourself. What do you have to lose now?

问: 可是你说的那种交出去到底是⼀种怎么样的交出去?

Q: But what kind of surrendering are you referring to when you say "hand it over"?

JO: 就是让你的头脑不去思考我接下来怎么⾛? 接下来怎么办? 这个问题怎么处理? 明⽩吗?

JO: It's about making your mind not think about how I'm going to move next, what to do next, and how to handle this problem. Do you understand?

#### 2023/08/09 — 梦境的启⽰与⾦蝉脱壳Revelations in Dreams and the Transformation of Golden Cicadas

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 这个通灵的⼥孩⼦请您解读⼀下她的能量,帮她看⼀下为什么她最近总是失眠?

Question: Can you interpret her energy and help her understand why she has been experiencing insomnia lately?

J O : 你稍等.我们⽬前看到好像她现在需要学习转变⼀些观念或者学习新的⼀些 informations.这么说吧,有⼀些东西本来就是让头脑去放下,让它去... 就好像旧的⼀些观念或者是思想,她需要去把它脱离掉.就是需要把旧的⼀些东西,我们需要把它给清除掉,明⽩吗? 那就好像这些顽固的东西⼀直是在这⾥的.这么说吧,像蛇蜕⽪⼀样.那你在褪去你的那⼀层⽪和接下来长出新的⽪的过程当中,肯定会需要新的⼀个… 就是带来⼀些不适感.还有就是你重新去适应的感觉,对吧? 所以说这更多的是在她的⼀些⽅⾯,就好像是她有⼀些陈旧的东西或者是陈旧的能量或者是旧的⼀些… 要把它清除掉.

JO: Wait a moment. Currently, it seems like she needs to learn to shift her perspective or gain new information. Essentially, there are things that need to be let go by the mind, allowing it to... rid itself of old ideas or thoughts; she needs to detach from them. We have to clear out the old stuff, understand? It's akin to having stubborn elements lingering around. Let me explain this further: like shedding a snake's skin. As you shed your layer and grow new ones, there will inevitably be a sense of discomfort and readjustment. So, this mainly pertains to her in terms of needing to rid herself of outdated elements or energy,旧 ideas... that need to be eliminated.

那就会产⽣⼀些不安或者是不习惯或者是不知所措,明⽩吗?

That would create some unease or discomfort or disorientation, understand?

问: 这个通灵的⼥孩⼦想问她现在有什么害怕或者是担⼼的东西吗?

Question: Does this spirit girl want to know if there is anything she's afraid of or worried about now?

JO: 害怕? 更多是她的头脑试图去把⼀些东西合理化或者是它想把⼀些东西搞明⽩.但是呢,这是做不到的,明⽩吗? 因为你们头脑没有办法... 你想,你们头脑⾥⾯它没有…. 这些全是崭新的,没有发⽣过的.那你头脑⾥⾯⽆论你怎么去思考怎么去想,它只有⼀些old picture,明⽩吗? 那你如何从你的old picture⾥⾯去找出来画⾯呢? 明⽩吗? 所以说她会有⼀些梦境.那梦境⾥⾯有⼀些new picture.那对她来说又好像是头脑很难接受,明⽩吗? 所以唯⼀就是说去接受你还不去理解的这个过程.就是去接受你头脑⽬前是茫然的那种状态,⽽不是试图去把它弄的清清楚楚明明⽩⽩.因为你没有办法.

JO: Afraid? More like her mind is trying to rationalize something or make sense of it, but it can't do that, understand? Because your mind doesn't have the capability... You think, there's no information in your mind... These are all new experiences, never happened before. So, whatever you think or imagine inside your mind, it only has some old pictures, right? So, how would you be able to find those images within your old picture? Understand? Therefore, she might have some dreams. In these dreams, there are new images. To her, this is difficult for the mind to accept, understand? So, the only option is to accept that process of not fully understanding something yet. It's about accepting the current state of confusion in your mind, rather than trying to clarify and understand everything clearly. Because you simply can't.

如果你有办法弄清楚的话,你想象⼀下你五年前能想到今天的事情吗? 你想象不到的,明⽩吗?

If you could figure out a way to do it, can you imagine what you would have thought of today five years ago? You couldn't have imagined it, right?

问: 请问除了您刚刚说的这些,⽬前还有没有什么信息是要指引她的?

Question: Apart from what you just mentioned, are there any other pieces of information that should guide her?

JO: 你稍等.即使⽬前任何感受,都去允许它.然后这是她能量的转变,这是能量的提升.所以这是往好的⽅向⾛.所以不需要去,就好像我们直升飞机现在在带着你升⾼.在升⾼的时候,你⼼⾥会产⽣⼀点点害怕和担⼼的感觉,明⽩吗? 你就觉得好像离地⾯越来越远了,然后失去控制的那种感觉.

JO: Wait a moment. Allow whatever feelings you're experiencing right now. Then it is her energy transforming and elevating. So this is moving in the right direction. There's no need to feel scared or worried like we are flying with our helicopter and you are rising up. As you rise, you'll feel some fear and anxiety. Do you understand? You might feel as though you're getting farther away from the ground and losing control.

问: 我前两天做梦,梦⾥有⼀个像⽼师⼀样的⼈告诉我说我是来⾃天龙星的.她说天龙星是地球⼤⼩的三分之⼀,是地球质量的七分之⼀.请问这个梦是想告诉我说我跟其它星球有连接? 或者是有什么别的信息是要带给我的吗?

Question: Two days ago, I had a dream where someone like a teacher told me I was from the Dragon Constellation Star. She said that the Dragon Constellation Star is one-third the size of Earth and has one-seventh of its mass. Could this dream be trying to tell me that I have connections with other planets? Or is there some other information meant for me?

JO: 你稍等.⾸先就是说你本⾝就好像是像⼀个通灵者⼀样,你就像是⼀个管道,你能接通信息.所以那也是你接通信息的⼀个⽅式⽅法,明⽩吗? 那就是有这样⼦的⼀个能量,它试图跟你产⽣⼀些,就好像跟你打交道,明⽩吗? 因为⾸先你并不局限于任何.这么说吧,你可以是这颗星,可以是那颗星.因为不是说你像⼀个⾁体,你来⾃于四川.that’s it. 不是这样⼦的.你来⾃于everywhere,不是局限于⼀个的.那之所以为什么有这些信息给你? 是因为⽐如说它是来⾃于那⾥的.它试图去把你某⼀些跟它有连接的能量去唤醒,明⽩吗? 你想⼀下你是⽆处不在的,如果把你的某⼀些地⽅给唤醒,然后就变成了你是那⾥的.为什么呢?

JO: Wait a moment. Firstly, you are like a medium who can channel information. You act as a conduit for receiving messages. This is one way you connect to the information, understand? There's an energy that tries to interact with you in a manner of conducting business because you're not confined to any specific origin. To put it simply, you could be from this star or that star. It's not like you're just a physical being from Sichuan. You can come from anywhere. That is why these messages are given to you - because they originate from there. They try to awaken some energy that has a connection with them, understand? Imagine if part of your essence was awakened and became 'you' at that location. Why would this happen?

你既是这⾥,也是那⾥.就看你的哪⼀部分被激活.这么说吧,你既是好⼈也是坏⼈.那就看你的哪⼀部分被激活.如果你恶的那⼀⾯被激活,你就是个恶⼈坏⼈,对吧? 那如果你善的那⼀⾯被激活,那你就是⼀个善良的⼈.你就是圣⼈.明⽩吗?那你能说你完全是个恶⼈,你没有圣⼈的⾯吗? 你能说你完全是个圣⼈,你没有恶⼈的⾯吗? 所以说就看你⾃⼰哪⼀部分被激活.

You are here and there, depending on which part of you is activated. Let me put it this way: You are both a good person and a bad one; it just depends which part of you gets ignited. If the evil side of you sparks up, then you are simply an evil and wicked person, right? But if your kinder self ignites, you become a good soul, or in other words, a saint. Get it? You can't say you're completely evil with no spark of goodness within you; nor can you claim to be entirely a saint without any hint of the devil within. So, which part of you that is activated determines who you are.

问: 那我能问⼀下这个想要跟我连接的能量它还有什么别的信息是想要带给我的吗?

Q: Could you tell me if there is any other information that this energy wants to convey to me besides connecting with me?

JO: 你稍等.他们会以他们⾃⼰的⽅式来跟你产⽣连接.问: 我能问⼀下是什么⽅式吗?

JO: Wait a moment. They will establish a connection with you in their own way. Q: May I ask what kind of way it is?

JO: 他们⾃⼰的⽅式.

They do it their own way.

问: 能不能请您看⼀下我的能量状态看⼀下有没有什么信息是可以指引到我的?

Question: Could you please review my energy state to see if there's any information that could guide me?

JO: 你稍等.有⼀句话⼀个信息是给你的,就好像是 ‘⾦蝉脱壳’,有没有这句话? 就好像是这样⼦.就是那层束缚已经被你脱离掉了.

JO: Wait a moment. There's a phrase and an information for you, something like ' shedding a golden cocoon'. Have you heard this phrase? It's kind of like that - the layer of constraint has been freed by you.

问: 哇,我今天就是感觉到这个.(提问者狂喜中,哈哈哈哈哈) JO: 然后这个⼥孩⼦她想要连接22号.你稍等.

Q: Wow, I just felt this today. (The speaker is overjoyed, hahaha) JO: Then this girl wants to connect with line 22. Please wait a moment.

22号: ⾸先⾮常开⼼,你们再⼀次的跟我联系.然后我有⼀些信息想要带给这个⼥孩⼦.她不需要去担⼼任何.因为她在害怕好像某⼀些事情的发⽣不会符合你们传统的那种模式,明⽩吗? 因为本⾝你们的出现就是来去展现什么是⽆限,什么是更⾼的意识.所以你们的意识程度已经不是物质社会上那种需要被你们突破和脱离的状态.就是你们已经没有困在⼀个虚假的层⾯或者是彼此伤害的层⾯.你们已经不再那个层⾯.所以说⽆论将来如何去⾛,如何去发展,如何去呈现.也不会有任何⼈受到伤害或者是负⾯影响.所以她完全不需要去担⼼某⼀些事情的发⽣会导致伤害的产⽣和发⽣.因为你们不是为了这个⽽来.

On Number 22: Firstly, I am very happy that you have contacted me again. Then, there are some information that I want to convey to this girl. She doesn't need to worry about anything. Because she is afraid that something happening might not fit the traditional pattern of your culture, right? As your presence here is meant to demonstrate what infinity and higher consciousness are. Therefore, her level of awareness is no longer in a state of needing to be broken free from within this physical society. That means you guys are no longer stuck at a false layer or engaging in mutually harmful actions. You have already moved past that stage. So, no matter how things unfold in the future, there won't be any harm or negative impact on anyone. Therefore, she doesn't need to worry about anything happening causing damage to occur or happen because you are not here for this purpose.

问: 请问⽐如说这个⼥孩⼦在没有发出意念要连接22号,你们会尝试跟我们连接吗? 如果会的话,请问您会以什么样的⽅式来尝试跟我们连接呢?

Q: Suppose this girl doesn't intend to connect with line 22, would you still try to connect with us? If so, how would you attempt to connect with us in such a case?

22号: 我们不会.但是有时候可能会给你发⼀个信号,就会让你想到我们,这样⼦.你们会觉得是你们想到我们,但是是我们给了⼀个信号,明⽩吗? 就好像你突然想到了玫瑰花.但是实际上是玫瑰花的味道让你想到了玫瑰花.

Number 22: We won't, but sometimes we might send you a signal that would make you think of us - kind of thing. You'd feel like it was you who thought about us, yet it's really because we sent a signal, understand? Like suddenly thinking of a rose flower. But actually, it's the scent of the rose flower that makes you recall the rose flower.

问: 那请问我有时候会想22号,然后这个通灵⼥孩⼦会来找我通灵22号.那是也是因为你发出的信号吗?

Question: But when I sometimes think of number 22, then the spirit child comes to me for a spiritual connection related to number 22. Is that because you are sending out signals?

22号: 这个并不能说每次都是⼀样的.有时候是… 你要想你们也可以发出这个邀请,那我们也可以发出这个邀请.所以并不是说总是⼀个解释⼀个原因.

Number 22: This cannot be said to be the same every time. Sometimes it's... if you want that you can extend this invitation, then we could also extend this invitation. So it's not always one explanation for one reason.

问: 灵魂为什么会允头脑有如此深的介⼊,让灵魂没有办法完全的去展现它⾃⼰? 为什么明明它就是⼀团⾁⼀只狗⼀个⽪影.为什么这个⽪影还会对灵魂有如此⼤的影响呢?

Q: Why would the soul allow the mind such profound intrusion, making it impossible for the soul to fully express itself? Why is this piece of meat, a dog, a shadow puppet, capable of exerting such significant influence on the soul?

22号: 你的问题再说⼀遍.为什么灵魂允许….

Number 22: Repeat your question. Why does the soul allow...

问: 因为每次都说是头脑介⼊的太深,头脑没有允许.那头脑它既然只是灵魂的⼀个⼯具,那灵魂为什么会被⼯具束缚和限制呢?

Q: Because it always says that the mind intervenes too deeply, and the mind doesn't allow. If the mind is just a tool for the soul, then why would the soul be bound and limited by a tool?

22号: 你⾸先你要明⽩的是你⾸先你在这个物质世界,明⽩吗? 你在这个物质世界是你的这个⾁体它在运⾏.然后它去体验.所以这⾥没有,就是你的那个问题根本就不成⽴.就是为什么灵魂允许?

Number 22: The first thing you need to understand is that you're here in this material world, do you see? Your physical body is running and experiencing things in this world. Therefore, there's no question of why the soul allows it; your issue simply doesn't apply. Why does the soul allow?

问: 我也把⾃⼰问蒙了,我没太明⽩你要跟我说啥.

Question: I've confused myself too; I didn't quite understand what you're trying to tell me.

22号: 你这样⼦的问题的话,就会觉得像是…. 这么说吧,灵魂它像是⼀个能量,然后你这个⾁体有没有跟这个能量产⽣紧密的连接? 是有还是没有,明⽩吗? 这就是⽣命的意义.你是有⽣命的.那如果你进⼊到这个⽣命体⾥⾯.那这个⽣命它就是主⼈,明⽩吗? 你可以继续问,就这个问题继续问.因为你解释的更清楚,我们才知道你⾃⼰的⼀个想法.

Number 22: If you ask questions like this, it would feel like... Let me put it this way, a soul is akin to energy. Have there been instances where your physical form has formed a close connection with this energy? Yes or no? This is what life means. You do have life. When you enter into this living body, the life becomes the owner, correct? You may continue asking questions on this topic. Your clearer explanation will help us understand your thoughts better.

问: 我的⼀个想法就是⽐如说我有⼀个灵魂主题.我的灵魂主题⽐如说是要去传播信息.然后这个是我⽣前给⾃⼰设计好的.但是当我的头脑太过于强⼤,就是我就没有⾛在我⾃⼰⽣命的道路上,我这辈⼦可能去⼲了别的事情.那头脑就没有允许灵魂去展现它本来想要去体验的主题.那既然头脑和⾁体只是灵魂的⼀个⼯具.那为什么灵魂不能很好的去操控这个⼯具,反⽽要被这个⼯具去拖累去束缚.就是没有去体验到它⾃⼰真正想要体验的? 为什么要给头脑这么⼤的权⼒?

Question: One of my ideas is that I have a soul theme, say spreading information, which I designed for myself in life. However, when my mind was too powerful, it didn't align with walking the path of my own life; this lifetime I might have done other things. The mind then doesn't allow the soul to manifest its intended theme. Since the mind and body are just tools for the soul, why can't the soul control these tools well instead of being restricted by them? Why give so much power to the mind when it's not even experiencing what it truly desires?

22号 : 为什么要给头脑这么⼤的权⼒? ⾸先头脑它并没有这么⼤的⼀个权⼒.就算体验那种就好像你前⾯说的那种,它也是你⽣命中去理解和去体验⽣命的⼀个过程.它并不是多余的.因为从你提的这个问题当中,就好像你来否定了体验⽣命的⼀个⽬的和意义.你之所以会觉得它多此⼀举或者是它不应该,那是因为你的⽬的性很强,头脑⾥⾯还在分辨.头脑⾥⾯还在分辨这个是值得体验,那个不值得体验,这个是好的,那个是坏的.你进⼊了这样⼦.因为⾸先每⼀个⼈来到这⾥他想要去体验的主题是不⼀样的,每⼀个个体它都是不⼀样的.但是你⾸先来到这⾥要体验的就是你必须要去遗忘掉所有.因为如果没有遗忘的话,你的体验就不会发⽣.

Number 22: Why does the mind have such power? Firstly, the mind doesn't possess that much power. Even if you experience something like what you mentioned earlier, it's part of your process to understand and live through life. It's not superfluous. Because from the question you've raised, it seems like you're denying the purpose and significance of experiencing life. The reason you might think it's unnecessary or that it shouldn't be done is because your goal-oriented mindset is strong, creating distinctions within the mind. Distinctions are being made about what's worth experiencing and what isn't, what's good and what's bad. You've entered into this way of thinking. Because firstly, every person comes here with different themes they want to experience, each individual is unique. But when you first come here to experience it, you must forget everything. If not, your experience wouldn't happen.

就是它会知道是虚假的.就⽐如说你如果想去体验做乞丐到底是什么样⼦,做乞丐那种⽆助的感觉或者是做乞丐没有饭吃,哪怕吃⼜馒头都很⾹的感觉,是吧? 那如果你还记得⾃⼰是个皇帝,每天⼭珍海味.你体验不到那个感觉的,对不对? 所以说为了创在这个真实的体验,那你⾸先就是要进⼊到⼀个遗忘的状态.

It would know it's fake. For example, if you want to experience what it's like to be a beggar, the feeling of being helpless or not having food to eat, even something as simple as eating a steamed bun being delicious, right? But if you still remember that you're a king with mountain delicacies every day, you wouldn't be able to feel that, would you? So in order to create this genuine experience, you first need to enter into a state of forgetting.

问: 请问我以后能不能看到其它维度的存有? 22号: 你不是以前经常说你看到吗?

Question: Can I see beings from other dimensions in the future? Number 22: Didn't you often say that you saw them before?

问: 那个看到是我⾁体不能动,但是意识是清醒的.我现在说的看到就⽐如说我睁开眼睛我想看到就能看到,就⽐如说现在.

Question: That means I can't move my physical body, but my consciousness is still alert. Now, when I say 'seeing', it's like if I open my eyes and want to see something, I can see it; for example, now.

22号: 如果你有这个契机和有这个主题,就是这个是你灵魂主题的⼀部分.那你就会体验到.你们需要去体验的都不会错过.

If you have this opportunity and this topic, that is part of your soul's theme, then you will experience it. You won't miss the experiences that you need to go through.

问: 那我能不能再问⼀次我的灵魂主题是什么呢?

Question: Can I ask again what my soul theme is?

JO: 22号说它需要退下才能让你去看你的灵魂主题.你的灵魂主题就好像是来温习功课.问: 温习什么功课?

JO: It refers to needing to step back on the 22nd for you to view your soul theme. Your soul theme is like reviewing homework. Question: Reviewing what homework?

JO: 温习什么功课? 你⽬前最感兴趣的是什么? 就是这些信息.这些像真理像是智慧.然后这些... 因为它是你曾经学习过的功课.但是你又选择来把它忘记,就是把它打乱把它模糊掉.你就好像这些题你以前做过,你以前考试考过.但是呢,你又把它重新编排,弄的乱七⼋糟,就好像玩拼图⼀样.这个拼图你已经拼好了,你又把它打乱来重新拼.因为你enjoy这个过程,明⽩吗?

JO: What subject are you reviewing? What is currently most interesting to you? These are the details. They're like truths and wisdom. Then these... because they're lessons you've learned before. But you chose to forget them, to mix them up and make them unclear. It's as if you've done this homework before, taken an exam on it in the past. But then you rearrange it all, making a mess of it, like playing with puzzle pieces. You already solved the puzzle, but now you're scrambling the pieces again because you enjoy the process, right?

问: 那我想问⼀下灵魂主题是会改变的吗? 因为上次说我的灵魂主题是来传播信息,今天说我是来温习功课.我知道每次带出来的信息它都是不⼀样的.那这两个灵魂主题它是相通的吗?

Question: I wonder if the theme of soul can change? Because last time you said my soul's theme is to spread information, and today you say I'm here to review lessons. I know that the information brought out each time is different. Are these two themes of soul connected in some way?

JO: 你说是不是相通的? 那你就好像玩puzzle⼀样.你本⾝已经知道这个puzzle怎么玩,对不对? 然后你又再⼀次的把它打乱,然后再⼀次重新来体验它.所以对你来说你记忆中你还记得或者是它不是陌⽣的.对你来说就很快上⼿.别⼈可能花⼀天⼀夜,你可能花⼀两个⼩时就搞定了.那如果你成为玩puzzle⾼⼿,那你是不是就可以去很好的去引导别⼈了? 明⽩吗?

JO: Are they interconnected? Then you are essentially playing a puzzle. You already know how to play this puzzle, right? Then you are just messing it up again and starting over with the experience all over again. So for you, since you remember it in your memory or it's not unfamiliar, it quickly becomes second nature. Others might spend a whole day trying, but you can do it in an hour or two. If you become really good at playing puzzles, wouldn't you then be able to guide others well? Do you get that?

问: 请问这个通灵的⼥孩⼦的脑袋⾥还有什么想要提问的问题吗?

Ask: Could you tell me if there are any other questions this spirit-medium girl would like to ask?

JO:你稍等.她想要问⼀下那个困扰她的梦境.因为那个梦太真实了,让她⾮常⼤的⼀个 shock.因为在她的脑海⾥⾯她难以想象与其他的存有有连接.但是这是因为你们物质世界会把所有的东西给它框死.就是给它⼀个定义,给它⼀个命名,给它⼀个⾝份.明⽩吗?但是这些东西本⾝就是⽤来打破的,明⽩吗? 因为你单独的从她的... 因为她会给⾃⼰⼀个⾝份⼀个定义,对吧? ⽐如说我已婚,我是孩⼦妈妈,我⽼公是... 就是⾝份的⼀个定义,对吧?那你们物质世界都会有这个幻像给⾃⼰定义.我的⾝份是什么?我是⼀个官员.我是英国⼈.我是中国⼈.他是⿊⼈.明⽩吗?我是王⼦,你是流浪汉.这些都是物质世界对这个相的定义.

JO: Wait a moment. She wants to inquire about the disturbing dream that's been bothering her. The dream was so vivid that it caused her great shock. She finds it hard to imagine connecting with other entities in her mind, but this is due to your material world imposing definitions upon everything and giving it labels and identities. Do you understand? However, these things are meant to be broken down, do you get it? Because she would assign herself an identity and a definition, for example: I am married, I'm a mother, my husband is... This is the definition of her identity, right? In your material world, there's this illusion that defines who you are. What is my identity? I am an official. I am British. I am Chinese. He is black. Do you understand? I am a prince, and you are a homeless person. These are definitions given by the material world to define reality.

但是你有没有看到,就算从这个⼥孩⼦⾝上你都能看到这个相已经变了多少次了?那如果你的相⼀直在变⼀直在变,你⼲嘛又会执着于那个相呢? 你这不是笑话吗? 明⽩吗? 那就因为她执着于她这个相,所以才会产⽣冲突.就是好像不太能接受这个处境,明⽩吗?那这个也是你们需要去展现出来的,对⾝份的⼀个定义如何去破除?如何去转变?这也是你们的⼀个功课,是你们⾃⾝的⼀个功课也是你们社会上的⼀个功课.因为只有你们⾃⾝去突破,这个社会才会突破它,明⽩吗?所以说这个是她⽬前去学习和领悟和体会,因为她⾃⼰需要⼀些事件把它给琢磨透,明⽩吗?这⾥没有任何⼀个固定的相的.它总是在变化当中.但是唯⼀不变的是什么?

But have you noticed how much this person's appearance has changed just from this girl? If your appearance keeps changing all the time, why would you still be fixated on that particular form? Isn't this absurd? Do you understand? Because she is fixated on her own form, that's why conflicts arise. It seems like she isn't able to accept her current situation, do you see that? This is something that you also need to demonstrate: how can one define their identity and overcome it? How can they change? This is part of your work as individuals and as a society because only by overcoming yourself will the society progress. You see, this is what she needs to learn, understand, and experience at this moment because she requires certain events to fully grasp it. There isn't any single, fixed form here; things are always in flux. But the one thing that remains constant is...

唯⼀不变的是你需要相信你⾃⼰,你不会去做任何伤害他⼈的事情.因为如果你相信你不会去任何伤害他⼈的事情,那这⾥只有正⾯创造.如果只有正⾯创造的话,你还需要担⼼什么呢?你也不需要去保留任何相.为什么呢?因为你保留的任何相,它只是⼀个,就是你活在幻像当中.你把它给当真了.

The only constant is that you need to believe in yourself and not do anything that harms others. For if you believe you won't harm anyone, there is only positive creation here. If it's just positive creation, what else do you have to worry about? You don't even need to hold onto any forms or appearances. Why is that? Because any form or appearance you hold onto is just a manifestation of you living in illusion and taking them too seriously.

#### 2023/08/10 — ⼀切都是镜像Everything is a mirror

JO: 你说吧,什么问题?

JO: Speak up, what's your question?

问: 第⼀个我想问有轮回吗? 我上⼀世是什么?

Question: The first thing I want to ask is, does reincarnation exist? What was I in my previous life?

JO: 你⾸先要知道你所谓的轮回,你知道的那个轮回不⼀定是真正的所谓的轮回,明⽩吗? 那如果你是想问它的意识是不是永存的? 是永存的.它是不会消失的,它是不断地不断地变化着体验.明⽩吗? 但并不是说⽐如说你现在这个⼈死掉,然后又跑到另外⼀个地⽅去.它不是属于这种,⽽是说你是不断不断地在扩展.就这么说吧,你现在灵魂在这⾥,但是你还有在其他地⽅.

JO: You must understand that the rebirth you refer to, which is the one you know, may not necessarily be the real rebirth. Do you get it? If you're asking whether its consciousness lasts forever, yes, it does. It doesn't disappear; instead, it continually changes and experiences new things. Do you see? But this isn't like saying that if you die now, you'll suddenly end up somewhere else. It's not about moving from one place to another after death. Instead, you're continuously expanding. Imagine: your soul is here, but there are other places where you have presence as well.

问: 不太理解.那其他地⽅灵魂的我是平⾏宇宙吗? 还是对我这个主题的影响有好处吗?

Q: I don't quite understand. Does that mean I'm in parallel universes elsewhere, or does it benefit me specifically for this topic?

JO: 如果只是说你现在⾝处在这个物质世界,那你就是你.只有当你愿意把你从这个物质世界脱离出来,就像这个⼥孩⼦现在通灵的状态.那你就可以去连接⼀些能量或者获取⼀些信息.这个对你来说才是有意义的.不然的话,它跟你⼋杆⼦打不到⼀头,就是对你没有什么意义的,明⽩吗?

If you simply say that you are in this material world right now, then it's you. But only when you're willing to step out of this material world, like the girl is in a state of mediumship now, can you connect with some energy or receive information. This would be meaningful for you. Otherwise, it has nothing to do with you and holds no significance, understand?

问: 必须是我⾃⼰通过修⾏或者怎么也好,接收⾼维的信息是吧?

Question: Must I receive high-dimensional information through cultivation or some other means?

JO: 这个只是属于能量层⾯,就是你看不到的⼀些层⾯,明⽩吗? 但是你平时就好像这个门是被你关上的,你没有打开.它跟你没有关系,你就在你的房间⾥⾯.你没有推开这扇门.

JO: This is just about the energy level, aspects you can't see, understand? But usually, it feels like this door is closed by you and not opened; it's not related to you; you're just in your room. You haven't pushed open this door.

问: 那我能推开这扇门吗?

Question: Can I push this door open?

JO: 它也要看你当下的课程,就是你这⼀⽣来到这个世界上要突破的主题.就是你当下要突破的课程,它需要去推开这个门吗? 这么说吧,如果你太多⼲扰的话,就⽐如说其他世其他⽣对你有太多⼲扰的话,你就不能很好的去扎根在你现在的物质世界,你就不能创造⼀个稳定的体验.那你可能就会疯掉.因为你不知道到底哪个是真相.

JO: It also considers the lessons you are undergoing at this moment, which are the themes you need to transcend in your lifetime, i.e., the challenges you face right now that you have to overcome. Does it require pushing open the door for you? To put it simply, if there are too many distractions, say from other lives in other worlds, it hinders your grounding in your current physical world and prevents you from creating a stable experience. Consequently, you might go insane because you would not be able to discern the truth amidst all the chaos.

问: 你所说的很多⼲扰可以理解为佛法⾥⾯的业障吗?

Question: The many disturbances you mentioned can be understood as karmic hindrances in Buddhism, right?

JO: ⾸先⽐如说你有⼀些这⼀⽣需要你⾃⼰突破的⼀些功课,那可能在你们眼⾥就把它当成是业了.但是这个业是作业的业,就是是功课.它并不是⽤来惩罚你的,它只是⽤来体验.

JO: For example, you might have certain lessons in this lifetime that you need to overcome, which you might view as karma in your eyes. However, this karma is not about punishment; it's simply an experience designed for learning and growth.

问: 或者是说是让我⾃⼰升级是吧? ⽐如说曾经在某个地⽅⽐较弱的,因为这个事让⾃⼰变得更强,是这个意思吧?

Q: Is it about upgrading myself, like becoming stronger because something previously weak has been improved upon?

JO: 这并没有更强更弱.这个更多是⼀种体验.你有可能是⾮常强⼤的灵魂,但是你有可能把⾃⼰变得⾮常⾮常弱.因为你也需要去体验弱的⼀⾯,明⽩吗?

Joel: This doesn't make you stronger or weaker; it's more of an experience. You could be a very powerful spirit, but you might also find yourself becoming extremely weak because you need to experience the weakness too, do you understand?

问: 哦,就是说主题还是在于体验?

Question: Ah, so the theme is really about experience?

JO: 在于体验.因为你想⼀下⽐如说你⼀直⾮常强⼤.那你从来不知道它们那种弱是什么感觉.那你是不是很想去体验⼀下对⽴⾯?

Japanese Origin: JO: It's about experiencing it. You see, if you've always been very strong, you would never know what it feels like to be weak. Wouldn't you want to experience the opposite side?

问: 那这个课题是来到这个世间就已经设定好的故事情节吗?

Question: Does this subject come with a predetermined storyline when it arrives in this world?

JO: 有⼀个就好像你来这⾥是为什么? 当然故事情节是你们⾃⼰所那个什么.那如果你不知情,你可能会觉得完成这个课题对你是⼀个灾难.但实际上对你是⼀个磨练,是⼀个练习.

JO: There's like, why are you here? Of course, the plot is something that you guys create. If you were unaware of this, you might think completing this assignment would be a disaster for you. But in reality, it's a training and a practice for you.

问: 那⼈死亡以后,意识还是…JO: 你说的⼈的死亡是什么? 是这个⾁体? 那个⾁体死亡就是死亡.问: 那⾃⾝的意识还会存在吗? 还是就啥也没了?

Q: What happens to consciousness after the body dies?

A: You're referring to physical death, right? When the body dies, it's considered death.

Q: Does the self-awareness continue to exist or is that it for everything?

JO: 但是你的意识它本⾝就不是完全依靠⾁体存在的呀,明⽩吗? 它本⾝就是存在.问: 哦,那会有下⼀个⾓⾊或者故事吗? 就是这个⾁体死亡后.

JO: But your consciousness itself does not wholly depend on the physical body, understand? It exists inherently. Q: Oh, would there be another character or story after this one when the肉体 dies?

JO: 这么说吧,那就好像这个电视剧结束了,但是你还在其他的⾓⾊⾥⾯体验呢,你还在演其它剧呢.其他的还在继续播放呢.

Joel: So to put it this way, it's like the series has ended, but you're still experiencing other roles, you're still acting in other shows that are still being broadcast.

问: 还有很多分⾝是吧?

Question: There are still many clones, right?

JO: 你说你把⼀台关闭了,这个主⾓死了.但是⼆台的主⾓还活的好好的,他还在继续演戏,明⽩吗? 还有情节还在继续.

JO: You said you turned off one device where the hero was dead, but in another channel's main character is still alive and actively acting, right? And the plot keeps going.

问: 那所有⼈的意识就其实都是回归为⼀个⼤意识是这个意思吗? 所有⼈的⽬的最终是回归本源吗? 还是有啥意义吗?

Q: Does this mean that all consciousness returns to a single, overarching consciousness? Is the ultimate purpose of everyone to return to their origin? Or is there some deeper meaning to this?

JO: 什么是什么意义?

What does "what is what" mean?

问: 就是我们每⼀个⼈到这个世间体验….

Question: It's about each and every one of us experiencing...

JO: 这么说吧,你的意识它通过这个⾁体它才可以更加的深刻和⽣动的体验,更加逼真.就好像你们现在在物质世界,你们创造各种游戏,是不是? 游戏的版本不断地升级不断地升级.又是戴着VR眼镜⾝临其境的感觉,又是制造各种感官… 那这个是为了什么? 不就是为了让你的体验更加的逼真吗? 更加的惊⼼动魄吗? 更加的提⼼吊胆吗? 明⽩吗? 所以那你这个⾁体它也是来帮助你,这个物质世界它本⾝就是来加深你的体验的.

JO: Let me put it this way: your consciousness can only experience things more profoundly and vividly through this body. It's like you're in the material world now, creating all kinds of games, right? The versions of these games are constantly being upgraded, offering a virtual reality experience that makes you feel immersed. You also create various sensory inputs... And why is this happening? All for the purpose of making your experiences more realistic, more thrilling, and more tense, do you understand? So, this body aids you, and the material world itself serves to deepen your experience.

问: 我这⼀世的天赋和使命是什么? JO: 你叫什么名字?

Q: What are my talents and mission in this lifetime?

A: What is your name?

问: XXJO: 你可以问⼀下你的灵魂主题.你⽣命围绕的主题就好像是⼀个破幻.因为会发⽣很多事情,最开始你会觉得⾮常的困扰⾮常的束缚,就是对你影响⾮常⼤.然后但是你又通过不断地去寻找出路,你就好像知道有⼀个眼镜,你戴上它后这些东西都没了.所以你知道它是从你的根源和你的内部去解决问题,⽽不是说⼀直停留在外在去解决问题.因为你知道外在就好像是像相⼀样,那是需要来破的.所以呢,就好像你是⾥外间合,就是让外⾯的事情来推着你,然后来不断不断地让你的眼睛看的越来越清楚,就不再被这个幻像所蒙蔽.所以就好像是这样⼀个过程.所以你会有很长的路⼀直在内寻,就是不断地增长智慧,这些.

Q: XXJO: You can ask about your soul theme. The subject that revolves around your life is like a broken illusion. Initially, you might feel very overwhelmed and restricted, significantly impacting you. However, by constantly seeking solutions, you discover there's a lens-like tool that clears away these issues once you apply it. This means understanding that problems are addressed from within, not just focusing on external solutions. As the external world, like mirrors, needs to be broken. Essentially, you're integrating inside-out dynamics, allowing external events to push and continuously enhance your clarity of vision, making you less susceptible to illusions. It's a process of extensive inner exploration for long periods, constantly cultivating wisdom.

问: 那我的使命,就⽐如说我事业、⼯作、感情、家庭是⼀个怎么样的⾛向啊? 到现在我感觉我⾃⼰都没有特别确定,⽐如说喜欢做什么事啊? 就是使命感不是太强的那种.

Q: Well, what's the direction for my mission, such as my career, work, feelings, and family? I'm currently unsure about it. For example, do I know what I like to do? The sense of mission isn't very strong.

JO: 因为你现在刚⾛上这条路啊.才刚⾛上破幻的这条路.就是你内在好像有个驱动⼒.你知道外在的⼀切都只是⼀个幻像,都只是投射出来的⼀个相.所以你就很想去把它给弄明⽩吧.

JO: Because you're just starting on this path now. You've just started walking the path of dispelling illusions. It seems like there's a drive within you. You know that everything outside is merely an illusion, a projection of a form. Hence, you want to understand it clearly.

问: 那我想问怎么样在这个空间怎么样提升⾃⼰让⾃⼰更有才华魅⼒,适合我⾃⼰的呢?

Q: How can I enhance myself to become more talented and charming in this space, tailored for my own needs?

JO: 适合你⾃⼰? 那就是成为你⾃⼰,成为你⾃⼰那就是独⼀⽆⼆的.你的任何都会全然的绽放.就⽐如说你与⽣携带的⼀些天赋啊才华啊都会全然的绽放的.所以你就是完完全全的成为你⾃⼰,⽽不去遮遮掩掩或者是不敢释放不敢绽放.全然的成为你⾃⼰.

JO: Suited for yourself? That is to be yourself, and being yourself means being unique. Your every aspect will bloom completely. For example, any talents or abilities that you bring into this world will also bloom fully. Therefore, you are completely being yourself without hiding or being afraid to express yourself. You are completely being yourself.

问: 对,因为有时候⾃⼰的性格跟世间有些规则就有点格格不⼊的感觉.

Q: Yes, because sometimes my personality doesn't quite fit with some of the world's rules.

JO: 那当你在觉得格格不⼊,实际上你就是在观察外在.但是呢,你观察外在它的确是以后供你去突破的.突破的就是以后你不会去在乎外在了,明⽩吗? 所以说只是你暂时的⼀个状态⽽已,就是你成长前突破前的⼀个状态.

JO: When you feel out of place, you're actually observing the external world. However, what you observe is indeed something that will aid your future progression. The breakthrough here means that in the future, you won't be concerned about externals anymore. Understand? This is merely a temporary state for you - a phase before you grow and overcome it.

问: 我感觉你说的破幻也好,我感觉这⼀个回答能解决我的很多问题了已经.

Q: I feel that your explanation about dispelling illusions is also working for me; this answer seems to have resolved many of my issues.

JO: 没事,你可以继续问,因为你不知道会带出来什么信息.因为你的头脑会觉得你好像明⽩了,但是不⼀定.因为信息带出来才是最宝贵的.

JO: It's okay, you can continue asking questions because you never know what kind of information you might get. Your mind might think it understands, but that doesn't necessarily mean it does. The value comes from the information itself being revealed.

问: 我曾经的经历⾥⾯有我很喜欢的⼈,但恰恰就是伤我的⼈.最信任的⼈恰恰背叛我.那就让⼈想问为什么越想得到的东西它就越难得到? 或者越珍惜的东西就越得不到? 或者说明明很善良最后受伤的反⽽是⾃⼰.或者很坏的⼈反⽽过的好.这些还是有⼀些疑惑的.

Q: In my past experiences, there were people I really liked, but they were precisely the ones who hurt me. The most trusted individuals ended up betraying me. This makes one wonder why the more you want something, it becomes harder to attain? Or why the things you cherish are the ones that cannot be had? Or why it's ironic that the seemingly kind end up getting hurt instead of themselves, while the wicked somehow have it easier. There are some confusions about these phenomena.

JO: ⾸先你最喜欢的⼈却是伤害你的⼈.这就是你需要去破的⼀个幻.为什么呢? 因为你要知道没有任何⼈可以伤害你.他们只是在做他们⾃⼰,当然你是要允许任何⼈去展现他们⾃⼰,明⽩吗? ⽽且所有的⼀切它都是在⼀个正确的道路上.就⽐如说他可能就是要扮演这样的⼀个⾓⾊来逼着你⾛向智慧的道路,就是逼着你醒来,明⽩吗? 那所以你是不是也要感谢他? 他实际上也是你的⽼师.你们⽼师不就是帮助你去增长智慧吗,对吧? 所以他也会是像⽼师⼀样的存在.因为只有在你⾃⼰从很狭⼩的⼀个⾓度去看问题,才会看到你所谓的... 但是当你的意识不断地,就好像你的意识提升就好像你不断地往上⾯飞飞飞.最开始你是从树林⾥⾯,丛林⾥⾯看.

JO: Firstly, the person you love most hurts you. This is a illusion that you need to break. Why? Because you need to know that nobody can hurt you. They are just being themselves, of course, you must allow anyone to show themselves, understand? And everything is on the right path. For example, he might be playing this role to push you towards the path of wisdom, to force you to wake up, understand? So should you thank him? He actually is your teacher. Aren't your teachers helping you grow in wisdom, right? Therefore, he would also be like a teacher. Because only when you look at problems from a very narrow perspective will you see what you consider... But as your awareness constantly rises, like your consciousness flies up, initially you are observing from the forest or jungle.

你只能看到这么⼀点点.那你不断地往上⾯飞飞飞,飞到像天上的⽼

You can only see so little. If you keep flying up, flying, flying like to the old man in the sky.

鹰⼀样.你看到的局⾯就是完全不⼀样的.所以说是你的意识程度让你产⽣了那样⼦的⼀个幻觉.但是随着你的意识不断地不断地提升扩展的话,你就会从多⽅⾯的去看.这⾥不会有什么是错误的,不会有错误的.这么说吧,当你的能量级别,你的振动频率,你的⼀些思想⼀些感受啊,你的频率振动在⼀百的时候.那其实你进⼊的圈⼦,你接触的⼈他们都是在⼀百两百,不超过那个了,明⽩吗? 那⼀百两百,它只能做出这点事.就好像⼀个圆规⼀样,它只能画出这么⼤的⼀个圆.有⼀句话叫狗嘴⾥⾯吐不出象⽛,明⽩吗? 所以说那你在那个圈⼦⾥⾯,你⽆论怎么样去接触,其实你都接触到的是这样⼦的⼀个限制啊或者是很多束缚啊,都是在这样⼦的⼀个状态下.

You see a situation like an eagle. What you perceive is entirely different. Thus, it's your level of consciousness that creates such an illusion for you. But as your awareness continually grows and expands, you begin to view things from multiple perspectives. There would be nothing wrong with this approach; there are no mistakes here. Imagine this: when your energy level, vibration frequency, certain thoughts, or feelings reach a hundred, the circle you enter and interact with consists of people at around one hundred or two hundred levels, never exceeding that range, right? At one hundred to two hundred, their capabilities are limited to these aspects. It's like using a compass; it can only draw circles within this size. There's an expression: "A dog cannot have an elephant's tooth," do you understand? Hence, when you're in such a circle, no matter how you interact, you are essentially encountering these limitations or many constraints under this condition.

当你经过智慧的这条道,你不断不断地,你的振动频率变成了五百七百⼋百.那你能去看到的又是完全不⼀样的风景了.就好像这么说,你的那个频率就好像是⾼度.你最开始是在地表⾯,然后地上,各种泥巴啊洪⽔啊都让你很难受.那你慢慢慢慢的往天空升,你就会觉得⾃由度好⾼啊.你就不再被那个污泥给陷住了.你不需要去体验那种湿哒哒的东西了,对吧? 所以⼀切都是你的能量和频率,它决定了你进⼊到⼀个什么样⼦的⼀个状态去体验,明⽩吗?

When you walk on the path of wisdom, your vibration frequency keeps increasing to 5700 and beyond. This allows you to experience completely different landscapes. It's like saying, your frequency is akin to altitude. You start at ground level, struggling with all sorts of mud and floods that are uncomfortable. Gradually, as you ascend into the sky, you feel a sense of freedom so high up that you're no longer stuck in the muck. You don't need to experience the wetness anymore. Understand?

问: 那我适合专⼼的去学习吗? 就⽐如说深⼊的去学佛法.

Q: But am I suitable for focused learning, like diving deeply into Buddhism?

JO:就好像刚才说了你的灵魂主题,你是要⽤外在的推动⼒来助你⾛上向内的道.就是你不能完完全全的脱外⾯的那个.因为你本⾝就是脱外⾯的那个相的.那你脱开它,你怎么去破? ⽆处下⼿啊.那是你的⼀个舞台呀.

JO: It's like the external forces we just discussed to help you on your inward path. You can't completely shed that external layer because you are inherently its manifestation. How do you then break through it, leaving no starting point? That is your stage.

问: 明⽩.就是在红尘中修⼼?

Q: Is it about cultivating one's mind amidst the mundane world?

JO: 是的.

Yes, I understand.

问: 以世界的格局来说,⼈类会战争吗?

Q: Given the world's situation, will humans go to war?

JO: 不断地不断地是战争,明⽩吗? 你看你们的⾃我,你们⾝体的疾病⾸先就是战争.你们创造了那么的疾病攻击你⾃⼰,那不是战争是什么?

JO: It's constant warfare, do you understand? You see your self, the diseases in your body are warfare first of all. You create so many diseases that attack yourselves; what else is it if not war?

问: 那请问我们怎么能保护我⾃⼰呢?

Question: Well, how can we protect ourselves?

JO: 你没有办法保护好你⾃⼰,明⽩吗? 因为你所说的保护好你⾃⼰,你指的是这个⾁体.那只要是这个⾁体,这个物质世界的所有东西它都是⽡解的.因为它本⾝就是不存在的,明⽩吗? 所以说你没有办法去保护你⾃⼰.你说世界上哪⼀个伟⼈他能保护他的⾁体不灭亡不消失.他没有办法的.明⽩吗?

JO: You can't protect yourself properly, understand? Because by protecting yourself, you mean your physical body. But whatever it is about this physical body, and all the things in this material world, they are transient because they don't actually exist. Understand that you cannot protect yourself. There's no great person on earth who could save his physical body from destruction or disappearance. It's simply not possible. Understand?

问: 佛法说的积德⾏善,这些是保护我们在能量层⾯⽽不是我们的⾁体.是这个意思吗?

Question: Buddhism speaks of accumulating virtue and doing good deeds, which protect us on an energetic level rather than our physical bodies. Is this the meaning?

JO: 这么说吧,就好像佛法只是告诉你这条道这条路是你们终将会⾛向的,就好像这是个模板.但是这个模板,你怎么成为,那需要你⾃⼰独⼀⽆⼆的路⾛出来.这个没有办法你跟着他⼀样去修⾏或是怎样.因为你⾃⼰有你⾃⼰来到这个世界上的功课,明⽩吗? 就是他们是来给你看了⼀个模样.这应该是你将来达到的⼀个样⼦.你应该达到⼀个什么道德标准啊,就是不伤害他⼈呀.那如果你只是表⾯的去跟随这些,你还是会导致你内在的⼀个冲突⽽分裂的.这么说吧,你还是个⼩baby,你还是个⼩宝宝,你才两岁.那你看到那些⼤⼈每个⼈都能挑⼏担⽶挑⼏桶⽔,对吧? 那你想着,哎呀,我也要去这样.那就是我,然后你⼀去,⼀下⼦⾻头断了,明⽩吗?

JO: Let's put it this way, Buddhism teaches you that the path it outlines is where you are headed as a collective, much like looking at a blueprint. However, becoming what this blueprint represents requires your unique journey; there's no copying someone else's formula here. You have your own specific tasks for being on this earth, do you understand? They're just showing you how to navigate the path that should be yours in the future - how to live ethically without harming others. But merely following these instructions superficially won't prevent inner conflict and division; it's akin to a toddler trying to match adults' feats of carrying rice or water barrels, causing them pain instantly.

你只要看到就是说当你… 所以有⼀个时机.当下你就做好你当下的功课就好了.当下是你这颗种⼦不断地发芽扎根的时候,你就扎根.⽽不是说我要像旁边

You just have to see that when... So there's a moment. Just do your homework right now. It's the time for your seed to constantly germinate and take root, so you should just root yourself. Rather than saying I want to be like the one next to me.

⼀样,你看它都长那么⾼了.我也要长长长长.明⽩吗? 那你不就四分五裂了吗? 因为每⼀颗种⼦它发芽开花结果⼦的阶段不⼀样.⼈家现在结果了,你就很⼼急.你根也不要往下扎根了.你就使劲想要不断地往上长长长,最后风⼀吹,你倒了.那你说隔壁怎么风再怎么吹它都不倒啊? 那你不知道它的根花了多少钱扎下来的,明⽩吗? 扎根.

Similarly, you see how tall it has grown. I also need to grow and grow and grow. Do you understand? Then wouldn't you split into four or five parts? Because each seed's stage of germination, flowering, and fruiting is different. Others have already borne fruit, so you're very impatient. You don't even bother digging your roots deep anymore. Instead, you forcefully try to keep growing taller and taller, until one day the wind blows, and you fall over. Now, why doesn't the neighbor's plant fall down no matter how much it gets blown by the wind? You don't realize that its roots were developed for so long before it got there, do you? It's all about rooting deeply first.

问: 在各⽅⾯⼯作、⽣活、学习…JO: 这些都只是好像映射出来你⽬前的⼀个状态⽽已.它只是像⼀个镜⼦⼀样.那通过⼯作这个平台是个镜⼦,你就看到说你哪些是很吃⼒的地⽅,明⽩吗? 通过家庭你也可以看到你内在的⼀个状态.

Question: Engaging in various aspects of work, life, and study... JO: All of these merely reflect your current state. It's like a mirror showing you where you're struggling, understanding? You can also see your inner state through family dynamics.

问: 明⽩,就通过这些来修我⾃⼰的各⽅⾯吧.就是以外境来破⾃⼰的幻,是这个意思吧?

Q: Understood, by refining myself through these means. Is it meant to break my illusions through external circumstances?

JO: 你不需要去探索它是什么意思.为什么呢? 因为你其实内在你都懂.因为你内在你已经知道是这⾥的,所以我要不断地不断地… 为什么呢? 因为你现在才刚⾛上这条道.你还要不断地去寻找.你还会不断地去探索.所以就算我告诉你了,你也会去按照⾃⼰的意愿和⽅式不断地去探索.这个过程才是真正的属于你的.

JO: You don't need to explore what it means. Why not? Because you already understand within yourself. Because you know this is the case here, so I must keep repeating... Why? Because you are just beginning this path. You still have to keep searching and exploring. This process will truly belong to you as you continue to navigate according to your own意愿and way, even after I inform you.

问: 有没有什么指引?

Question: Is there any guidance?

JO: 指引的? OK,我们最给你直⽩的指引就是你去读我们的信息.我们的这些信息完完全全的有你在找的信息.有⼏本书.所以说这些信息它就可以完完全全的去满⾜你的探索.⽽且你也知道这些信息就是你在找寻的.你前⾯还问了⼀个问题什么⼈类灭绝.你想象⼀下刚才还在说战争什么的.你们整个⼈就是分裂的,就是不断地在⾃我攻击⾃⼰.那你就能看到实际上你们⼈,我们就先别说外在的战争.外界的就是说国家与国家或者是种族与种族.你先看你⾃⼰,你先从你⾃⾝看到.然后你们⽐如说有癌症或者有绝症或者有慢性疼痛,这些都是你们的⾃我攻击.你⾃⼰就在跟⾃⼰作战.你内在没有和谐,它没有平衡.然后再到家庭与家庭.

Jo: Guidance? Okay, the most straightforward guidance we can give you is to read our information. Our information is entirely what you are looking for. There are a few books and other resources, so these informations can fully satisfy your exploration needs. And you know that these informations are exactly what you're searching for. You also asked earlier about human extinction. Imagine the context of war we were discussing before. Your whole species is divided against itself, constantly attacking each other. This shows that you as individuals actually need to look at yourselves first rather than focusing on external conflicts between nations or races. For instance, having cancer, facing terminal diseases, or dealing with chronic pain are all forms of self-inflicted harm where you're fighting yourself internally. There is no harmony within you, lacking balance. Then extend this introspection to the dynamics within families and family relationships.

你跟你的⽼公、跟你的伴侣或者是跟你的⽗母、跟你的孩⼦,这又是战争,明⽩吗?你需要孩⼦来跟着我,学这个学那个.⽗母要求你们必须要过程这样的⽣活.那这是什么? 战争不就是强迫吗? 不就是压制吗? 你不允许你去有你的想法做你⾃⼰,我要压制.你要服从我的意愿,我们来看谁的⼒量更强⼤,对吧?那就算你在⽣活中⽗亲之间的各种冷战啊、各种吵啊,不都是战争吗?你们虽然⽤这种⽆声的声⾳,没有⽤⼑啊枪啊炮⽕啊.但是你们就是战争.所以你跟你孩⼦之间的战争,孩⼦不理你,跟你叛逆.孩⼦也在跟你作战啊.那你要让孩⼦做这个学这个,你也是强制性的.也是战争.所以并不是说你们眼⽪⼦看得见的真的是要拿⼑拿枪拿⽕,就是导弹才是战争.

You're in conflict with your husband, partner, or parents and children - it's a war, understand? You need your child to follow me and learn all sorts of things. Parents demand that you must undergo this kind of life. Is this not warfare? Isn't it about coercion and suppression? You're not allowed to think for yourself, to be who you are; I'm trying to suppress you. You have to obey my wishes - let's see whose strength is greater, right? Even in the various cold wars and arguments between fathers in your life, isn't that still warfare? Although you may use silent voices without swords, guns, or炮fires, it's still a war. So, even when your child ignores you and rebels against you, they're also fighting back. You're forcing them to do this and learn those things; that's also war. So, it doesn't necessarily mean you need actual weapons like knives, guns, or fire - missiles are warfare too.

你们内在就不断不断地... 还有你们的家庭.还有你再回到公司,公司内部又是上级和下级,对吧?员⼯与员⼯.再来你们公司与公司,企业与企业,部门与部门,同⾏与同⾏.你去看哪⼀个地⽅不是在发⽣着战争.你去医院⾥⾯看所有的病⼈,他们内在全是在战争,明⽩吗?

You are constantly fighting internally... and also within your families. And when you return to the company, there is still the hierarchy in the organization between superiors and subordinates, right? Employees with employees. Then you look at the companies themselves, enterprises interacting with each other, departments collaborating with their counterparts, professionals engaging with their peers. You see conflict everywhere. Look at all the patients in the hospital; they are all battling within themselves, understand?

问: 如果内⼼和谐了,是不是可以代表⾁体就可以变好?

Question: If inner harmony is achieved, does that mean the physical body can also improve?

JO: 如果你们的意识程度真的达到了那样的程度,你们就不会再有战争.⾸先你们就不会再有疾病,因为你们不需要再通过这个成长.就不需要这门课了.

JO: If your consciousness really reached such a level, there would be no more wars among you. Primarily, there wouldn't be any more diseases because you wouldn't need this process of growing anymore; you wouldn't require this course.

问: 那意识是要达到让⾃⼰成为爱成为光,是这个意思吗?

Q: Does it mean that consciousness is about becoming love and light?

JO: 那你到时候就看这个⼥孩⼦,她就在给你们做⼀个案例.就是真正的全然的存活在这个世界上的样⼦.没有疾病.

JO: So at that time, you will watch this girl. She will present a case for you. A true representation of existing in the world without sickness.

问: 那我怎么能看到呢?

Q: How can I see that?

JO: 你现在跟她发⽣连接,你就可以看到她在这个世界上,明⽩吗?问: 那我怎么向这个通灵的⼥孩学习呢?

JO: You are connected to her now, so you can see her in this world, understand? Q: How do I learn from this medium girl?

JO: 她传播的那些信息都在⾥⾯.⽽且她⾃⼰就活在那样⼦的⼀个版本⾥⾯,然后都是正⾯创造.

JO: The information she disseminates is contained within her. And she lives in a version of that, constantly engaging in positive creation.

问: 她是属于JO吗?

Question: Does she belong to JO?

JO: ⾸先你要知道你体验这个世界上所有的⼀切,它实际上都是你⾃⼰的⼀个振动频率给创造出来的,明⽩吗? 那她在这个世界上也创造了她在这个世界上的振动频率⽽体验的世界.

JO: First you need to understand that everything you experience in this world is actually created by your own vibration frequency, right? And she also creates her own vibration frequency in the world and experiences it.

问: 那我现在可以跟她通灵,就证明我的能量频率已经达到了⽐较好的,才有缘能碰见是吧?

Q: So can I now communicate with her spiritually, which means my energy frequency has reached a relatively high level, thus enabling me to connect and meet her?

JO: 那是你内在的⼀个渴望,你想去找到真相,你想要去找到光.所以你就找到了.然后刚才你说会不会战争?那你就看到你们其实不需要外在的战争,你们都害怕担⼼有什么外星⼈.你们⾃⼰就会把⾃⼰给灭绝.你们⾃⼰就在杀死⾃⼰.但是这个⼥孩⼦做的⼀切就是来帮助你们去转变你们的意识.就是她能⾛到的,她能达到的,就是你们每⼀个⼈也能做到,你们也能达到,你们也能成为的⼀个状态.所以你要看到⽆论是疾病或者是瘟疫或者是灾难,它都不是外在客观存在的.不是必须发⽣的.因为它就像⼀个镜像,它只是⼀个镜⼦来展现出你们现在⼈类的⼀个能量场,你们的⼀个集体意识是在⼀个什么样⼦,明⽩吗?所以说,你们要转变镜⼦⾥⾯的镜像.

In your innermost being, there is a desire to uncover the truth and seek light. So you have found it. And earlier you mentioned about war? You saw that you don't actually need external wars, as you fear the possibility of alien invasion. Instead, you are self-destructing, killing yourselves from within. But everything this girl does is aimed at helping you shift your consciousness. Whatever she can achieve, you too can achieve, and become in a state where each one of you can also attain. Thus, you must see that illnesses, plagues, disasters, they do not exist externally or are not destined to occur. They are merely reflections, like mirrors, showing the collective energy field and consciousness of humanity as it stands now. You need to transform these reflections within your own mirror.

那必须转变的是你的内在,你的能量状态.当它发⽣了转变,外⾯没有任何需要你去处理的问题,明⽩吗?所以说如果你们单独的只是从外在去处理问题的话,那就是像⽬前你们看到的这个世界是在怎么样⼦的运⾏.你再多的法律法规,再多的纷争,再多的武器,再多的医院也没有办法就你们,再多的监狱也没有办法把坏⼈全部都关住.因为坏⼈是每⼀个⼈,明⽩吗?它不是说只是他们是坏⼈,做了⼀些坏的⾏为.那你其实你⾃⼰就把你⾃⼰关在监狱⾥⾯,明⽩吗?

What must change is your inner self, your energy state. When that happens, there are no external issues to deal with, do you understand? Therefore, if all you're doing is addressing problems externally, then it's like the world you see, how it operates at this moment. No matter how many laws and regulations you have, how many conflicts arise, or how many weapons or hospitals you possess, they can't fix everything for you, nor can an abundance of prisons lock up all the bad people. Because every person is capable of being a 'bad guy', understand? It's not just that they're bad people who commit bad actions; essentially, you're locking yourself in prison with your own actions.

问: 那就是做好⾃⼰?

Question: Isn't that just about doing your own thing?

JO: 那就是说其实这⾥没有问题存在,只有你⾃⼰内在.⽽且当你⾃⼰从你⾃⼰的这个个体发⽣转变了,你就会辐射出去.你就会带来⼀系列的转变.就好像你们的新冠⼀样,它最开始是不是只有⼀个⼈? 最后是不是全世界都感染了? 那你思想上的改变也会是这样⼦,明⽩吗? 没有在外在,外在什么都没有.如果你觉得外在真的有的话,你就看⼀下镜⼦⾥⾯的东西.你可以看到,但是它只是⼀个镜像⽽已.

JO: That means there's actually no problem here; it's only your inner self. And when you undergo a transformation within yourself, you radiate outwards and bring about a series of transformations, just like the COVID-19 pandemic. Wasn't it just one person at the beginning? And in the end, didn't everyone get infected worldwide? The same goes for changes in your thoughts; they operate similarly. Understand? There's nothing external; there's nothing out there. If you believe that something exists externally, then look into the mirror and see what you find. You can see it, but it's just a reflection after all.

#### 2023/08/11 — 灵魂主题之体验⽆⼒感Experience Powerlessness in the Theme of Soul

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我经常找不到激情,我想问⼀下我的天赋才华是什么? JO: 你经常找不到激情? 你怎么觉得对你来说什么是激情?问: 就是⾃⼰感兴趣的事情.

Question: I often fail to find excitement; I want to know what my talent and abilities are. JO: You often can't find excitement? How do you feel about what excites you? Question: It's just the things that interest me.

JO: 那你现在对我们现在的交流感兴趣吗?问: 这个有JO: 那这就是啊.那为什么会找不到呢?问: 在我⼯作⽣活其他⽅⾯.

JO: Now, are you interested in our current communication? Question: This is it. Why can't I find it? Question: In my work and life elsewhere.

JO: 你不是找不到,⽽是说你可能是害怕去放下些什么.害怕做出选择,害怕改变,明⽩吗?就⽐如说本⾝这个⼯作你很不喜欢,但是你又害怕找到⼀个或者是还没有这个好,或者是你不敢担这个风险,或者是你不敢尝试,或者是你不敢迈出去,明⽩吗?

JO: You're not looking for something; you might just be afraid to let go of something. Afraid to make a choice, afraid of change, right? Like if the job itself is something you don't like, but you're afraid to find another one that's better or even equal, or you're too scared of taking risks, trying new things, or stepping out of your comfort zone, do you understand?

问: 是的,是有这⼀⽅⾯的顾虑.

Question: Yes, there are concerns in that regard.

JO: 所以说这个才是你背后的… 并不是说你找不到激情,⽽是说你害怕做出⼀些选择或者改变或者是什么.就是害怕⾯对⼀些未知.你说.

So this is what's behind you... Not that you lack enthusiasm, but rather that you're afraid of making choices or changing things. You're scared of facing the unknown. You said.

问: 确实是.我在⾃⼰过往的⼀些事情的选择上会恐惧和不⾃信.我想问⼀下我的恐惧和不⾃信的来源是什么?

Q: Indeed, I do feel fear and lack of confidence in my choices from my past experiences. I would like to know what the root causes of my fears and lack of confidence are?

JO: 所以你就先不要去做出选择,就先把你⾃⼰内在的问题去清理或者是被你看到或者是慢慢慢慢的去允许你释放你⾃⼰的⼒量出来.然后你不⽤去做选择,你都会去拥有不⼀样的⼈⽣状态.

So just don't rush to make a choice, instead, address your inner issues by either uncovering them or gradually allowing yourself to release and manifest your own power. You won't need to choose; you'll naturally embody different life states.

问: 可是不⾏呀,就⽐如说我明天…JO: 你现在都还没有开始做你怎么知道不⾏呢? 你都还没有开始真的是从你的内在着⼿,明⽩吗? 去清理你的恐惧,去看到你的恐惧.

Q: But how can that be, for example, if I were to say tomorrow... JO: How do you know it won't work when you haven't even started yet? You haven't really started by addressing your inner self, understand? Go and cleanse your fears, see your fears.

问: 我看到了,但是我还是不知道怎么去清理它.我接受它,但是还是要⾯对事情. JO: 你并没有看到,明⽩吗? 你可以接下来继续提问,然后等⼀下你就可以看到,好吗?问: 就是还是这个恐惧的问题.我就想问这个问题是哪⼀世带来的吗?

Q: I saw it, but I still don't know how to clean it. I accept it, but I still have to face the issue. JO: You didn't see it clearly, understand? You can ask your next question and then you will see, alright?

Q: It's still about this fear problem. I want to know if this issue was brought about in a past life?

JO: 你稍等.你叫什么名字?

JO: Wait a moment. What's your name?

问: XXJO: 你的这个恐惧更多是来⾃于家庭.因为在你们的⽗辈,就是你们的⼀些家族当中他们存在严重的内在的匮乏和对⽣命的⼀种匮乏,就是不丰盛.就是在这样⼦的⼀个状态下.他们就是有根深蒂固的这样⼦的⼀个影响,然后你也被潜移默化了就在你的⾻⼦⾥⾯.所以说在你的家族或者是你的亲⼈⾎脉,反正就是跟你有关系的.

Question: XXJO: This fear of yours originates more from the family environment because in your grandparents' generation, in some of your families, there was severe internal lack and a lack of life richness, meaning not enough prosperity. In this state, they had deeply-rooted impacts that influenced you subconsciously, so it's implanted in your bones. Therefore, in your family or among your relatives, anyone related to you.

问: 那我要怎么破呢?

Question: How do I break it?

JO: 因为你从⼩是在这样⼦的⼀个能量振动频率下给养⼤的,对不对? 所以说你就⾃然⽽然的就形成了某⼀些观念,就是要稳,求稳.然后不敢去冒风险,哪怕⾃⼰再憋屈,⾸先就是⾃⼰要稳的这种状态.

JO: Because you were nurtured in an environment with this specific vibrational frequency from a young age, right? Therefore, it's natural that certain beliefs form within you - the need for stability and security. As a result, you don't take risks even when it feels unjustifiable to do so, prioritizing your own stability above all else.

问: 对JO: 所以说你也可以看到他们都是在⼀种没有完全舒展⾃⼰的状态下⽣活.就是他的⽣命没有完全的释放、舒展和爆发⼒.那从物世界上展现出来的就是他们⽣活的很匮乏.

Question: JO, so what you can see is that they are living in a state where they haven't fully blossomed. Their life lacks full release, expansion, and explosive power. The manifestation of this in the material world is that their lives are lacking.

问: 所以造成我现在也是很沉重吗?

So am I also heavily burdened now?

JO: 因为你是在这样⼦的⼀个能量… 这么说吧,你是在花园⾥⾯闻着花⾹长⼤,还是你是在茅房⾥⾯闻着屎味长⼤,明⽩吗? 那个味道实际上对你都会有影响的.因为你就会觉得那个味道就是⽣命的状态,明⽩吗? 因为你在茅房⾥⾯你从来没有闻到过花⾹,所以你就会觉得好像茅房就是⽣命本来的味道.

JO: You are speaking in such an energy... Imagine, did you grow up smelling flowers in a garden or did you grow up smelling feces in a toilet? Understand that these smells actually affect you. Because you would think that smell is how life is supposed to be, understand? Since in the toilet you've never smelled flowers, you'd believe it's just the natural scent of life.

问: 那我应该怎么去突破它呢?

Q: And how should I break through it?

JO: 你这个是需要做⼀个能量层⾯的⼀个清理,就是把残留在你⾝上的能量把它清理掉.问: 那怎么清理? 现在可以清理吗?

JO: This involves doing a clearing on an energetic level, which means removing the residual energy that is stuck in you.

Question: How do I go about clearing it? Can this be done now?

JO: 你⾸先就是说你如果是⾃⼰不断不断地去成长的话,你可以不断地去看我们的信息.因为当你在看这些信息,你的⼼灵就好像你的能量在不断地被洗刷洗刷.这是⼀个过程.但是如果你有强烈的意愿的话,你也可以吸引到这个⼥孩⼦她给你做现场的,就是⾯对⾯的,明⽩吗? 这个根据你⾃⼰的⼀个意愿.你继续提问.

JO: First of all, you can continuously access our information if you keep growing and improving yourself. Your mind acts as a constant cleansing process for your energy when you engage with this information. It's an ongoing process. However, if you have a strong intention, you could also attract the girl to provide you with a live session, face-to-face, understand? This is based on your own desire. Keep asking questions.

问: 最近我跟我妈妈吵了⼀架.她很崩溃我也很崩溃.我想知道我妈妈在灵魂层⾯有什么信息想要带给我?

Question: Recently, I had a big argument with my mother. We were both in great distress. I wonder what spiritual information my mother wants to convey to me?

JO:你稍等.⾸先我们要让你知道如果从灵魂层⾯看的话,这⾥没有任何⽐如说要求,明⽩吗?没有任何强迫或者是⼲涉.只有你们进⼊物质头脑⾥⾯,你们在物质头脑⾥⾯会有各种恐惧,你们⾃⼰会有各种恐惧或者是有⽐较有定义.当你⽐较和评判,恐惧产⽣的时候,你就会想要去迫使事情朝某⼀个⽅向发展.这样会缓解你的恐惧或者缓解你的焦虑,明⽩吗?所以说从更⾼的层⾯,因为你是永远不会去⼲涉任何⼈.只有你进⼊到物质头脑,你的物质头脑受到了这个物质层⾯⼀个能量的影响,你才会去做这些事情,才会去发⽣所谓的争吵,明⽩吗? 因为从灵魂更⾼的层⾯,所有的东西都是双⽅⾃愿的.这⾥没有强迫的.

JO: Wait a moment. Firstly, we want you to understand that on the soul level, there are no demands or interference, do you see? No coercion or manipulation. Only when you enter into your physical mind do you experience various fears within yourself, which can be defined in different ways. When comparison and judgment result in fear, it triggers a desire to force things in a particular direction. This alleviates the fear or reduces anxiety. Do you understand that from a higher perspective? Therefore, because you will never interfere with anyone; only when you enter into your physical mind are you influenced by an energy of this material realm, causing you to act and engage in arguments like these. You see, on a soul level where everything is voluntary for both parties involved, there's no coercion here.

问: 感觉⽆论发⽣什么就接受就好了?

Question: Does it mean that one should accept whatever happens?

JO: 你这个怎么说呢? ⽆论发⽣什么你接受就好了.因为⽆论接受不接受,你⾃⼰的振动频率不会变.也就是如果你⼼⾥不明⽩,就是你看不清楚这个幻像的话.那你接受,你⼼⾥也是憋屈的,压抑的,你是不爽的,明⽩吗? 你的能量还是那种不爽的感觉,你的振动频率还是低的,明⽩吗? 所以这个不在于表⾯上接受还是不接受,⽽是对你来说这个东西你看着是什么? 看着是真实的,还是看着它只是⼀个投射? 你能看清楚它真正的本质吗? 明⽩吗? 因为当你看不清它的本质,它这个事件它就是真实的,它就是有影响⼒的.当你能看清楚这个事情的本质,它这个事情⾥⾯就是空⽓.nothing there,什么都有没有.

JO: How would you phrase this? Regardless of what happens, just accept it. Because whether you accept or not, your vibration frequency won't change. That means if you don't understand from the inside, if you can't see through this illusion clearly, then even if you accept, you're still feeling憋屈 (repressed), under pressure, and unhappy internally. Do you get it? Your energy is still that sense of displeasure, your vibration frequency remains low. Do you understand? This isn't about whether you superficially accept or not; it's about how this thing appears to you personally. You perceive it as real versus seeing it as just a projection. Can you see through its true nature? Do you get it? Because if you can't see through its essence, then the event itself is seen as real and has an impact. When you understand its essence, what's inside this situation becomes like empty air—nothing there, nothing at all.

就像是乌云散去了,明⽩吗?

Like the clouds have dispersed, understand?

问: 我想问⼀下我爸爸,我对我爸爸经常没有耐⼼,总是忍不住去怼他,但是过后就会后悔.我想问⼀下我跟我爸爸的灵魂关系到底是怎样的?

Question: I want to ask my father about his lack of patience with him; I often can't help but argue with him, but afterward I always regret it. I want to know what the spiritual relationship between me and my father is like.

JO:你稍等.这么说吧,因为你在你爸爸⾝上感受到了⽆⼒感,就是他的⽣命没有完全的绽放、释放,就是⽆⼒吧.就是你有⼀种就好像埋怨.埋怨就是说你本⾝可以做的更好,或者是你本⾝可以活出来,就是有⼀种好像王⼦成才.就好像有⼀种你为什么就不能做的这样呢?就是对他是有期望的成分在⾥⾯.因为你觉得他⼀个⽗亲的形象在你⼼⽬中还是有⼀定分量的,所以你还是对他有⼀定的形象.然后当那个形象不符合你⼼⾥的形象的时候,你⼼⾥就会有⼀点懊恼.

JO: Wait a moment. Let me put it this way, because you felt powerlessness in your father, meaning that his life didn't fully bloom or unleash its potential, which is essentially powerlessness. There's an element of blaming him as if you think he could have done better or lived more authentically. It's like expecting a prince to fulfill certain standards. You might ask yourself why can't they be like this? There's an aspect of expectation involved because in your mind, the image of a father carries some weight, so you still hold that image for him. When that image doesn't align with what you expect it to be in your heart, it causes disappointment inside you.

问: 对,是这样⼦的,确实是.然后我对他的态度⾃⼰知道不对,但是我⽼是调整不过来.就会影响到我⾃⼰.

Question: Right, it's like that, indeed. Then I know my attitude towards him is wrong, but I can't adjust myself. It affects me personally.

JO: 你多⼤?问: 我40了.

You are 40 years old, right?

JO: 你稍等.你就好像你现在在背负着你们⾃⼰家族的⼀个命运.就好像他们这样⼦,你也在这条路上.就⽐如说他们⾛出来⼀条路.⾛出来的是什么路呢? 就是⽣命不能完全绽放的路,匮乏的路.然后你也被拽进这条路⾥⾯去了.好像他们有⼀股能量在拉扯着你,让你也要这样⼦.但是你⼼⾥又⾮常的不情愿.就好像这个是属于家族的魔咒.

JO: Wait a moment. You seem to be shouldering the fate of your own family, just like how they are now. It's as if you're on this path too. They've paved their way; what kind of path have they taken? A path where life cannot fully bloom, a path of scarcity. And you're being pulled into it as well. As if there's an energy pulling at you, making you follow their footsteps. Yet, in your heart, you're very reluctant. It feels like this is a curse bestowed upon the family.

问: 那像这种的话,就像刚才说的需要做⼀个⾯对⾯的清理,是吧?

Q: Like in that case, when you need to do a face-to-face clearing, right?

JO: 你需要完全的脱离出来.你需要斩断这种对你的⼀个... 这么说吧,⽐如说这个⼥孩⼦她创造的⼀个能量场,然后你母亲你们家族他们创造的⼀个能量场.那你深深地被他们吸进去的话,你就会感受到那种很吃⼒很痛苦又很不情愿的这种感觉.那如果这个⼥孩⼦创造的能量场,那她⾥⾯充满的是什么? 是充满了⼒量,充满了⽆限,你可以成为你想要成为的.那你可以去连接这股能量啊.这么说吧,就好像你是⼀个插头.你可以选择插到这边还是插到那边,明⽩吗?

JO: You need to detach completely. You need to sever this energy field that surrounds you... Let me put it this way - for example, if a girl creates an energy field around herself, and your mother or your family create their own energy fields as well. If you get sucked into them deeply, you will feel the struggle, the pain, and the unwillingness very clearly.

If the energy field that the girl creates is full of power, unlimited potential, where you can be whoever you want to be - then wouldn't it make sense for you to connect with this energy? I'll explain it like this: imagine you're a plug. You have the choice to plug into one side or the other, do you understand?

问: 我⼀直尝试在连接更⾼的能量,但是感觉很容易就被拽回去,就不稳定.

Question: I've been trying to connect with higher energies, but it feels like I'm easily pulled back down and become unstable.

JO: 是的.那边就好像有⼀个旋涡⼀样,⼀直把你往那边拉扯.所以你受他们的能量影响还挺⼤的.就是⽬前你有⼀种就好像使不上劲.

JO: Yes. It's like there's a vortex over there, pulling you in that direction all the time. So, their energy has quite an impact on you. Currently, you feel as though you can't exert yourself.

问: 对,⽽且过往也是这样⼦过来的.

Question: Yes, and it was like this in the past as well.

JO: 所以说你现在你必须要脱离这个旋涡吧.因为当你不脱离这个旋涡,你的孩⼦你的下⼀代也会被拽进去.

So you must get out of this whirlpool now. Because if you don't, your children and the next generation will be dragged in as well.

问: 是的,我到现在我的个⼈问题也都没有解决.

Question: Yes, my personal issues are still unresolved up until now.

JO: 你就想象⼀下是个苦海,你都在苦海⾥⾯,你怎么去创造? 所以说就好像你需要去斩断这个.斩断这个又需要⼀个很强⼤的能量.这么说吧,你现在是⽆⼒的对吧? 你有⼀股⼒量在使劲的把你往旋涡⾥⾯吸.然后呢,你也需要同样的⼀股⼒量把你往外⾯拽,明⽩吗? 所以那你就看你选择连接哪个多⼀点.

JO: Imagine it's a sea of suffering, you're drowning in that sea. How do you create amidst such suffering? So, it's like you need to break free from this. Breaking free requires a very powerful energy. Let me put it this way, are you powerless right now? There's a force pushing you into the vortex, trying to pull you down. And you also need an equal force pulling you out, right? So it comes down to your choice on which path to lean towards more.

问: 我这么多年都是努⼒的在向外去连接.但是活着怎么这么难? 别⼈那么容易,我这⾥怎么这么难?

Question: For so many years, I've been trying to connect outward. But why is life so hard? Others seem to find it easy, but why is it so difficult for me here?

JO: 那你就看到这好像是你的⼀个课题.当你有⾜够的能量去创造⼀个强⼤的能量场,那你便不会受到他们的影响.

JO: Then you see this as your task. When you have enough energy to create a powerful energy field, then you will not be affected by them.

问: 可是我⼀⽅⾯又是想要顾家的,就是不⾃然的会回到那个能量场⾥⾯.⽐如说跟家⼈相聚.我想问我和我⼀个同学,跟他之间的灵魂关系是什么?

Q: But on the other hand, I do want to prioritize my family and naturally find myself within that energy field, such as when spending time with family members. I would like to ask about the soul connection between me and a classmate of mine; what is the nature of our relationship?

JO: 男的⼥的?问: 男的JO: 然后你是喜欢他吗?问: 有JO: 那你需要报名字.问: 他叫XXX.

Male or female?

Question: Male

Then are you fond of him?

Question: Then do you need to provide names?

Answer: He's called XXX.

JO: 你们从灵魂层⾯是没有很深的关系,明⽩吗? 但是在⽬前,他好像就是你另外⼀个⼼病⼀样.就是你另外⼀个⿇烦或者是你另外⼀个剪不断理还乱,就是好像⽐如说三分甜的,但是七分苦.但是你为了这三分甜的,但是你却要去忍受那七分苦,明⽩吗? 所以说从⽬前的⼀个能量状态来看,就好像刚才说的三分甜七分苦的状态在⾥⾯,明⽩吗?

JO: You don't have a deep connection at the soul level, understand? But currently, it seems like he is just another source of anxiety or irritation for you. It's as if you're dealing with something that ties your emotions in knots, like having three parts sweetness and seven parts bitterness. Yet, you endure this seven parts bitterness solely for the sake of that three parts sweetness. Understand?

So, from the current energetic state perspective, it feels like being caught up in a situation where there's three parts sweetness and seven parts bitterness, do you understand?

问: 我想问我跟他上⼀世是什么关系?

Question: I wonder what relationship we had in our previous life?

JO: 你们上⼀世没有明显的⼀个连接.你们这⼀世呢,他就好像继续是给你⼀个添堵.就是继续好像是你本⾝已经是没有⼒了,还有⼀个⽯头压着你让你不能轻松.就像是这样⼦.明⽩吗?

JO: In your previous life, there was no clear connection. In this life, it's like continuing to bother you, making it seem as if you already lack strength and have a stone weighing you down, preventing you from being at ease. Do you understand?

问: 对.就是这样的关系是吧?

Q: Yes, that's the relationship, right?

JO: 能量状态.关系只是你们定的.我们只是从能量上⾯来看.

JO: Energy state. The relationship is just what you define. We only look at it from an energetic perspective.

问: 我的情绪有很多很多的积压,⾝体很重.我想疗愈⼀下可以吗?

Q: I have a lot of accumulated emotions, and my body feels heavy. Can I heal myself?

JO: ⾸先你要知道当你在跟我们发⽣连接的时候,我们在跟你连接的时候,它的疗愈是⽆论怎样都会产⽣的.就好像你头脑⾥的东西都是死的,然后我们就好像⼀阵旋风或者是源头的清⽔把你的沉重的能量给洗刷掉,明⽩吗? 如果你想要更深层次的疗愈的话,你需要跟她的⾁体⾯对⾯,明⽩吗? 然后我们所有的⽂字,所有的信息它都是具有同样的效果.就好像是⼀阵旋风把你那些沉重的能量或者是污垢给它洗刷掉.所以你可以⾃⼰去多看这些信息,允许这些信息全然的洗刷你,冲刷你.

JO: Firstly, you need to understand that the healing will occur regardless of whether we are connecting with you or you are connecting with us. It's like your mind is filled with stagnant water; then, we are like a whirlwind or clear spring water washing away the heaviness in your energy. Get it? If you want deeper healing, you need to connect face-to-face with her physical form, get it? All our written content and information have the same effect, like a whirlwind washing away the heavy energies or dirt from you. So, you can take in these pieces of information and let them fully cleanse and rinse you.

问: 我也看了蛮多,确实也是有⼀定的收获.但是⼀回到现实,⾏动起来还是很沉重.

Question: I have indeed read quite a bit and have indeed gained something from it. But when it comes to reality, it's still very heavy to act on it.

JO: 因为刚才说了,就像有⼀个旋涡⼀样⼀直拽着你.问: 那我的天赋是什么?

JO: Because just now we talked about it, like being pulled by a whirlpool. Q: So, what is my talent?

JO: 你问⼀下你的灵魂主题吧? 因为当你完全不能做你⾃⼰,你怎么去展现你的天赋和才华呢,对不对?

JO: Ask about your soul's theme, because how can you express your gifts and talents if you cannot be yourself, right?

问: 对对对.那我的灵魂主题是什么呢?

Q: Yes, yes, yes. What's my soul theme?

JO: 你稍等.这么说吧,你这⼀⽣选择来深刻的去体验那种⽆⼒感.所以说⽆论是从你的家庭还是你⾃⾝还是你将来的关系,就是各种,你都会觉得你好像很⽆⼒的感觉⼀样.就觉得你好像是⼀个被迫的或者是⼀个受害者,就好像你完全没有办法去 转这个局⾯.就好像你完全没有⼒⽓的那种感觉.所以这⼀世会有很多事情它会加深你的⽆⼒感.那为什么你会选择这⼀世来体验如此的⼀个⽆⼒感呢? 是因为当你体验够了,就是你真正的体验够了,你说我受够了这样⼦的⽣活.然后你就会开始⾛向⼀个拥有强⼤的⼒量和能量的⼀个存有,明⽩吗?

JO: Wait a moment. Let me put it this way: you have chosen in your lifetime to deeply experience a sense of powerlessness. Therefore, regardless of whether it's from your family, yourself, or future relationships, you will feel as if you are powerless. You feel like you're being forced into a position or acting as a victim, believing that there is no way for you to change the situation. It feels like you lack any strength at all. This lifetime will have many experiences that deepen your sense of powerlessness. Why would you choose this lifetime to experience such profound powerlessness? Because when you've had enough, truly experienced it, and said, "I'm fed up with this kind of life," then you'll start moving towards a being with strong power and energy, understand?

问: 我现在觉得我已经受够了,还是出不来.

Question: I feel like I've had enough and can't get out.

JO: 这么说吧,如果当你有⼀天你真的受够了.就⽐如说我们现在可以很明确的告诉你,这个⼥孩⼦可以带你⾛出这个泥潭.当你真正的愿意全⼼全意的跟随她,然后去允许这股能量把你给拉出来,就是全⼼全意的信任,明⽩吗? 那种虔诚必须是你内在的.因为如果你感受到没有发出这种虔诚,还是没有⼒量的.就是这个⼒⽓还是使不上劲.你还会继续在被拉扯回去,你还会觉得她这边没效果,你会继续加深你的⼀个⽆⼒感,明⽩吗? ⾸先这⾥并没有任何宗教.但是你可以去借鉴,在你们的有⼀些宗教,当你要去归属这个宗教的时候,你必须要做到什么?这⾥不是来给你建⽴任何宗教,只是来让你看清楚你跟随的不是这个⼥孩⼦.

JO: So let me put it this way: If one day you've had enough, for example, we can clearly tell you that this girl can guide you out of this quagmire. When you are truly willing to fully follow her and allow the energy to pull you out, which means having complete trust, do you understand? The sincerity must come from within you because if you feel it hasn't been sincere, there is still no power in that action. You're not being able to exert your strength as intended. You will continue to be pulled back down, feeling like she's not making a difference, leading to an exacerbation of the sense of helplessness, do you understand? This point doesn't refer to any religion; however, you can borrow this concept from some religions where adherence involves certain conditions. We're not setting up a religious framework here; we're merely trying to make you see that what you're following isn't this girl.

⽽是通过她带出来的这个能量,你归属的是这个能量,明⽩吗? 她也只是⼀个就好像⼀个管道⼀样.就好像⼀个⽔管.那你是跟着这个⽔来解你的渴,⽽不是⽔管,明⽩吗? 只是从她这个渠道,因为她这边是个渠道.就好像你们去拜佛,那是不是有个庙,是不是? 那就好像你进这个庙⾥⾯,你拜的是佛,不是拜的这个庙,明⽩吗? 是住在庙⾥⾯的佛.我只是⽤你们头脑能理解的东西来说.

And it's through this energy that she brings out, you are of this energy, understand? She is just like a conduit, like a pipe. Like a water pipe. You quench your thirst with the water, not the pipe, understand? It's only through her channel because that's her channel. Like when you worship Buddha, isn't there a temple, right? So it's like entering the temple and worshipping the Buddha, not the temple itself, understand? The Buddha resides in the temple. I'm just using concepts that your mind can comprehend.

问: 我对宗教没有什么很深的…JO: 你不需要去跟随任何宗教.只是通过这⼀层来让你的头脑能明⽩是怎么⼀回事,明⽩吗?问: 现在有点难理解.

Q: I don't really have a deep understanding of religion... JO: You don't need to follow any religion. Just go through this layer so that your mind can understand how it works, okay? Q: It's a bit hard to understand now.

JO: 没有关系,你可以听信息.

JO: It doesn't matter, you can listen to the message.

问: 是⼀个渠道流出来的能量,但是我不是归属于什么,是吧?

Question: Is it energy from one channel, but I am not affiliated with anything, right?

JO: 是的.

Yes, JO.

问: 对,包括在过往我对很多事情要去验证.

Question: Yes, including validating many things in the past that I've done.

JO: 是的,你会.因为你会觉得这⾥不可信或者这⾥是什么什么的.放弃,它会更加深你⾃⼰的⼀个⽆⼒感,明⽩吗?

Yes, you will. Because you'll feel it's unbelievable or something here. Giving up will deepen your sense of powerlessness, right?

问: 过去会,但是现在到了这⾥,现在就停在这⾥了.

Question: Used to, but now it's here, and it stops here now.

JO: 所以你就看你⾃⼰的⼀个意愿程度.因为是你们⾃⼰的意愿程度决定了你是否需要更多的体验,明⽩吗?

So it depends on your own level of willingness, because it's the degree of your willingness that determines whether you need more experiences, understand?

#### 2023/08/15 — 灵魂主题之忆苦思甜Reflections on Sweet and Bitter Memories

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: ⾸先我想了解⼀下我的灵魂主题是什么? JO: 你叫什么名字?

Q: First, I want to know what my soul theme is? A: What's your name?

问: XXJO: 你这⼀⽣的⼈⽣主题有⼀点叫忆苦思甜,就是把苦的变成甜的.也就是说你在变成甜之前,你会经历很多的苦,就好像是⼈⽣之苦、命运之苦、⽣活之苦.你就会体验到很多苦.然后这些苦它会迫使你找到转变它的⽅式.你就想要去把它转变,想要从这个苦⾥⾯脱离出来.所以你的⼈⽣主题就会围绕着如何蜕变如何转化这样⼀个过程.然后当你达到⼀种完完全全喜悦的状态,你才会停⽌,明⽩吗? 所以你会不断地去寻找类似的信息,因为你想要去找到出路.你会不断地去寻找,寻找智慧.然后每被解锁⼀个,你就会很欢喜很满⾜.然后不断地去做这种⼯作.明⽩吗?

Q: XXJO: Your life's theme for this lifetime is something called "remembering the bitterness to appreciate sweetness." This means transforming the bitter into sweet. In other words, before you become sweet, you will experience a lot of bitterness, which could be the suffering of life, fate, and existence. You will experience many sorrows. Then, these sorrows will compel you to find ways to change them. You want to transform them, wanting to escape from this bitterness. Therefore, your life's theme revolves around how to undergo metamorphosis or transformation through such a process. Once you reach a state of complete joyfulness, you will stop; do you understand? So, you constantly seek similar information because you are looking for an exit. You constantly search, seeking wisdom. Every time you unlock one, you feel joyful and contented. And then you keep doing this work. Do you get it?

问: 像在这样的情况下,我会不会⼀直循环⼀些所谓的苦?

Q: Will I be cycling through what are essentially sufferings in situations like these?

JO: 不会呀.⽐如说你现在这⼀个苦给它转变了,你就是甜的了呀.你就不需要再去给它…但是你还会有很多功课呀.但是这些功课它都像你的功课你的挑战,然后来增长你的智慧,明⽩吗? 因为你并不是在物质世界和狐朋狗友吃点喝点拿点钱你就满⾜了.就是你不会沉浸在只是单纯的物质世界⾥⾯,因为你从中已经得不到满⾜感.因为你追求更深层次的.

JO: No worries. For example, if you've turned your suffering into sweetness, then you become sweet. You don't need to go back and... but there will still be homework for you. But this homework is like your lessons and challenges, which help grow your wisdom, right? Because just satisfying yourself with material things in the physical world or hanging out with shady company isn't enough for you. You won't get lost in simple materialism because from it, you already can't find satisfaction. You're seeking something deeper than that.

问: 那我的天赋才华是什么呢?

Question: Then, what are my innate talents?

JO: 你跟别⼈的连接感特别… 就⽐如说你跟很痛苦的⼈共情能⼒和连接感,就好像你能深深的感受到对⽅,好像有⼀种能站在别⼈的⾓度能体验到别⼈的苦.所以如果说你的天赋才华就是当你转变过后你可以带领很多⼈脱离苦海.就是让他们达到像你这样⼦的⼀个转变,明⽩吗?

JO: Your connection to others is particularly... say your empathy and connection with someone who is in great pain, as if you can deeply feel the other person, like you can experience their suffering from another's perspective. So, if your gift was that after transformation, you could lead many people out of suffering, guiding them to achieve a similar transformation, do you understand?

问: 因为我⾃⼰的职业是整理师.

Q: Because my profession is a professional organizer.

JO: 整理师是什么?

JO: What is a professional organizer?

问: 就是把脏乱的家通过我们的整理让它变得井然有序.我今年是第六年做这样⼀份⼯作.我在做这个过程当中有时候会很有热情,但是到了夏天又觉得没有激情.我就会想说我的激情去了哪⾥?

Question: It's about transforming a chaotic home into one that is well-organized through our efforts. I've been doing this work for six years now. Sometimes during the process, I'm very passionate, but in the summer, I lose my enthusiasm. I wonder where my passion has gone?

JO: 你⾸先你在⾃⼰要跟随你⾃⼰的每⼀个阶段.为什么呢? 当你在变成另外⼀个你的时候,那是完全新的⼀个你.那新的⼀个你她就不可能是旧的那个你.那旧的那个你她已经死了,那所有关于她的喜好她的认知都已经掉了,明⽩吗? 所以你就不要去拿着以前我怎么样怎么样.那如果你真的是拿着我以前怎么样怎么样的话,那你⼩时候很喜欢吃你妈的NeiNei.那你说我说为什么我⼗⼏岁我就不喜欢吃NeiNei了呢? 所以你就不需要去纠结,就是pushyourself,就是把你逼着去适合这个,这个才是你.不是的.你是在每⼀个阶段,就像刚才说你没解锁⼀次,你就重⽣⼀次.

JO: First of all, you should follow each stage of your own development. Why is that? When you become a different version of yourself, it's entirely new. That new version cannot be the old one. The old you has died; all her preferences and knowledge are gone. Understand? So don't bring up how I used to do things in the past. If you're truly bringing up my old ways, then when you were a kid, you really enjoyed eating your mom's NeiNei (a type of dessert). You ask why didn't I like NeiNei anymore at age ten? So there's no need to worry about it; just push yourself to adapt and be who you are. It's not the case that you're stuck in a previous phase. With each new stage, it's like unlocking something—every time you unlock, you're reborn.

所以说你要把你⾃⼰的⼈⽣当成是你的功课,⽽不是把你的事业当成是你的功课.为什么呢? 事业它只是体现出你当前的⼀个状态.就是好像有⼀个平台去展现你的⼈格、你的内在、你的所有的⼀切.

So you should regard your own life as your lesson rather than your career as your lesson. Why is that? Because a career only reflects the current state of yourself, like having a platform to display your personality, inner self, and everything else.

问: 因为我职业⾝份的原因,我去过很多家庭.我进⼊⼀个家,就会知道他们⼤概的状况.我现在不想通过整理的⼯作,⽽是通过沟通就可以让⼈豁然开朗.类似于这样的,我有没有什么其它可以做的?

Q: Due to my professional capacity, I have visited many households. When entering a home, I can generally understand their situation. Currently, instead of using cleaning services, I want to bring clarity through communication alone. Are there any other things I could do in this manner?

JO: 有没有其它可以做的是什么意思? 你⾸先要知道如果你现在⾃⼰没有把你⾃⼰的⼈⽣功课做好的话,你做不了别⼈的功课,明⽩吗? 当然你可以有这个⼼愿,但是你让这个⼼愿推着不断地让你⾃⼰解锁.就像你们想要去帮助他⼈,你⾃⼰的⼿脚都是被捆绑起来的,你如何去帮助别⼈啊? 所以你先要把⾃⼰的⼿脚给解开.你现在是跟他的家庭打交道,实际上你也是在跟他的能量场打交道.就是他投射出的⼀个能量场.那你现在是从表象上去影响.我跟你这么说吧,如果他没有能量层⾯的改变的话.你这个表象层⾯的影响它可能就会持续⼀个⽉、三个⽉、半年,它就又会恢复原来的样⼦.

JO: What does "whether there are other things you can do"? You first need to understand that if you have not done your own life tasks well for yourself, you cannot do someone else's task. Do you see? Of course, you may have the intention, but you push yourself continuously to unlock this intention like you want to help others; yet, how can you help others when your hands and feet are tied up? So, you need to free yourself first. You're dealing with his family now, but in fact, you're also dealing with his energy field - the energy field he projects. You're influencing him from the superficial level. I'll put it this way: If there's no change on a deeper energetic level for him, then your influence at the superficial level might last for one month, three months, or half a year, and it will revert to its original state.

你必选是要去绽放你⾃⼰,活出你⾃⼰,你对他⼈的服务⾃然⽽然的就呈现了.⽽不是说你要如何的去服务他⼈.明⽩吗? 服务他⼈是⾃然⽽然发⽣的.就像你是⼀棵果树,你是⼩树苗的时候你就想我要怎么样帮助对⽅呀? 你又没开花又没结果,你就⼏⽚叶⼦.你把⼏⽚叶⼦给他吃,吃了你⾃⼰就光秃秃的? 明⽩吗? 那当你⾃⼰能够不断不断地成长,然后结了很多果实.你的果实是不是就可以分给他们了? 明⽩吗? ⽽且你的果实是源源不断地,明⽩吗?

You must choose to bloom yourself and live your own self; your service to others will naturally manifest itself rather than forcing you to do so. You understand that serving others happens naturally, not because of any effort on your part. Imagine you are a fruit tree; when you're just a seedling, you wonder how you can help the other without having even blossomed or produced fruits—just a few leaves for now. Would you give those leaves to someone and be left bare yourself? You get it? As you continuously grow yourself and bear many fruits, can't your fruits then be shared with others? You see? And these fruits are continually replenished; that's how it works.

问: 那从⼩树到长到给别⼈分享果实,在这⾥JO你有什么样的指引吗?

Q: From a young tree to growing and sharing its fruits with others, what guidance does JO offer in this process?

JO: 你们很多⼈都有强烈的⼀个愿望想要去帮助他⼈.但是你们⾸先要明⽩,实际上这⾥没有需要任何帮助.如果真的说是需要帮助的话,你只需要去帮助你⾃⼰,让它全然的绽放.为什么呢? 因为当你⾃⼰在全然的绽放,你就完成了你⾃⼰所有的功能.就⽐如说你的功能就是把苦的变成甜的,是吧? 那你完完全全不断地去突破了你的课题,然后真的就是把你的⼈⽣完完全全的从苦的变成甜的.你单纯的让别⼈看到这个案例,就是分享你⾃⼰就是在帮助别⼈了,明⽩吗?就分享出去,你看我曾经是怎么样怎么样现在是怎么样怎么样.就让⼈家看到这个蜕变,看到⽣命的可能,看到⽣命转变的⼀个⼒量.然后只是让他们看到.

JO: Many of you have a strong desire to help others. However, the first thing you need to understand is that there's actually no need for any help here. If true help was needed, you would just need to assist yourself and allow your full blossoming. Why? Because when you fully blossom yourself, you complete all of your functions. For example, your function might be to turn the bitter into sweet, right? So, you continuously break through your own challenges, truly transforming your life from bitter to sweet. You simply share this case with others as an example of how you are helping others, do you understand? Share it outwardly, look at how I was once this and am now this. Show them the transformation, the possibility of life, the power of life change, and just let them see.

但是如果你在⾏动上帮助他们的话,还是会加深他们的⽆⼒感.就这么说吧,你现在是个整理师,就是在⾏动上去帮助他们,对不对?那其实你⾃⼰也能看到就算你现在从外表去达到了⼀个状态,然后能保持多久? 你过⼏⽉过去看,他们又恢复到原来的样⼦了.对不对? 所以说你就知道如果是单独的从表⾯帮助⼀个⼈,就⽐如说你知道他深陷泥潭你把他拉出来了过后.他还会再回到原点的.他⽆⼒他就是⽆⼒.他⽆⼒的话,他还是会陷进去的.所以让他们看到⽣命的可能,让他们看到⽣命的⼒量,让他们看到他们⾃⼰就是战⼠,都是来让他们⾃⼰变得强⼤的.然后你给他们展现⽣命的⼒量.这个才是真正给他们的⼀个帮助.

But if you assist them in action, it will deepen their sense of powerlessness. Let me put it this way: suppose you are now a professional organizer, assisting them through action; is that correct? You can see for yourself that even though you may have helped them reach a certain state and maintain it temporarily – after a few months, they revert back to their original condition. Isn't that so? Therefore, you understand that simply providing superficial assistance, such as pulling someone out of quicksand and expecting them to stay out once they're rescued, isn't enough. They are powerless; they remain powerless. Their powerlessness will cause them to fall back into the same situation again. The real help is to show them the possibility of life, the strength within their lives, making them see that they themselves are warriors – capable of empowering themselves by witnessing the power of life and being presented with the strength they possess. This genuine empowerment is what truly aids them.

那如果你展现出来的都是⽣命的痛苦啊、⽣命的⽆⼒感啊.你是不是加深了他们的⽆⼒感?

If you're portraying only the suffering and helplessness of life, aren't you deepening their sense of helplessness?

问: 就是我分享的时候我会更喜欢⾃⼰那个状态.

Question: When I share, I prefer being in that state myself.

JO: 是的,所以其实你看到没有,没有什么事业是你必须要去做的.因为你只不过是在每⼀个阶段去呈现出你的样⼦⽽已.也没有什么⼈真的是必须要你去帮忙的.你唯⼀能帮助的就是你⾃⼰活出⽣命真正的状态是什么,明⽩吗?

Yes, so actually you see that there's nothing you have to do in terms of career, as you're just presenting yourself at each stage. There's also no one who really needs your help; the only person you can help is figuring out what it means for your life to truly live its essence, understand?

问: 我今年36岁.我能很明确的感受到对⾦钱和死亡的恐惧.JO能不能帮我疗愈⼀下?

Q: I am 36 years old this year. I can clearly feel the fear of money and death. Can JO help me heal a bit?

JO: 你稍等.⾸先就是说你对⾦钱的恐惧在只是说你进⼊了你们的集体意识,因为你⽬前还在受你们⼤的潮流、⼤的波浪、⼤的趋势,去跟它们⼀起.就是在集体意识⾥⾯,在旋涡⾥⾯.所以你也会感受到这个,明⽩吗? 那当你越来越清楚你⾃⼰是谁,越来越真的能绽放你⾃⼰.你知道: 啊,原来我是⼀棵苹果树.明⽩吗? 所以说当你真正的完完全全的成为你⾃⼰,在越来越认识你⾃⼰成为你⾃⼰的过程中.你就能逐渐的脱离这种影响.所以说不是你刻意的需要去做⼀个功课.为什么呢? 因为如果说你没有去成为你⾃⼰,你就算刻意的把这个恐惧给消失了.那其实还是会有其它的恐惧,你还是在那个集体意识⾥⾯.你还是随着这股流和能量给拉扯着,明⽩吗?

JO: Wait a moment. The fear of money you're experiencing indicates that you've entered the collective consciousness because you are currently influenced by mainstream currents, waves, and trends in your society. You're caught up within this collective awareness whirlpool. Therefore, you'll also feel this impact; do you understand? As you become clearer about who you truly are and can more genuinely express yourself, you realize: Oh, I'm an apple tree. Do you get it? So when you fully become yourself, in the process of increasing self-awareness and embodying your true self, you gradually overcome these influences. You don't need to actively do a specific task for this. Why is that? Because if you haven't fully become who you are, even if you deliberately eliminate this fear, there will still be other fears because you're still within the collective consciousness, being pulled along by the current and energy of the group; do you understand?

还有就是关于死亡的恐惧也是来⾃于你对⽣命缺少认识,也就是说缺少智慧吧.因为你这⼀⽣的功课不就是要去拿到智慧吗? 因为当你有了智慧过后,这些就被这些影响.当你没有智慧的时候,你就会觉得什么对你都是个影响.你就会觉得⽣命是苦的,你看着别⼈很苦看着所有东西都是苦的这种.只有当你拥有智慧的时候,你看到所有⼀切都是⽣命对你的礼物.是⽣命对你的礼物,⽣命对他⼈的礼物.但是别⼈能不能把它当成礼物,还是当成苦难.那就是需要智慧.明⽩吗?

And the fear of death comes from your lack of understanding of life, that is, a lack of wisdom. Because isn't this lifetime's task to acquire wisdom? Once you have wisdom, these things will be influenced by it. When you don't have wisdom, everything feels like an impact on you. You see life as suffering and perceive everything else as suffering too. Only when you possess wisdom do you view all aspects of life as gifts from life. Gifts not only to yourself but also to others. But whether others can see these gifts or perceive them as hardships depends on their wisdom. Do you understand?

问: 智慧是佛法吗? 还是说更⽣活话的,更适合我的⼀些…JO: 智慧就是智慧,就是真相.因为⽬前物质世界所有困住你们的东西都是假象.那你看到真相,你看到智慧,就不会这个假象给(蒙蔽).就不会进⼊到⼀种⽆明⽆知,在⽆明⽆知你就会做出错误的判断,你就会体验苦.

Q: Is wisdom Buddhism? Or is it more life-related and tailored to my certain... J0: Wisdom is just wisdom, the truth. Because all that confines you in the material world is illusion. When you see the truth and understand wisdom, you won't be misled by this illusion. You won't fall into a state of ignorance and darkness. In such a state of ignorance and darkness, you would make wrong judgments and experience suffering.

问: 我的视⼒到了傍晚就会弱很多,这⼀部分有什么可以提⽰到我呢?

Question: My vision weakens significantly in the evening, what might this suggest to me?

JO: 有呀.⽐如说为什么你们晚上需要休息,晚上需要睡觉? 那就是闭上眼睛从物质世界这个幻像当中脱离出来.跟你的本源,跟你的本体发⽣连接,明⽩吗? 这就是为什么如果你们长期不睡觉,你们会受不了.因为你们必须要从这个相当中…. 就像是个游戏⼀样,你⼀直在这个游戏⾥⾯,那你看⼀下很多⼈打游戏打死了,对不对? 那你也需要从这个游戏当中脱离出来啊.跟你真正的⾝份连接啊,明⽩吗? 那你的眼睛是不是正好给你个提醒? 停⽌去关注外在物质这个相,是时候闭⽬养神,关注内在,跟内在发⽣连接.你可以趁那个时候去听⾳乐啊,跟⾃⼰的内在发⽣连接,去创造这样⼦的⼀个给你.⽽不是….

JO: Yes. For example, why do you need rest at night? Why do you need to sleep at night? It's because you're trying to detach from the illusion of this material world and connect with your source, your essence. Do you understand? That's why if you don't get enough sleep for a long time, you can't bear it. You have to detach from that state... like in a game; if you stay in the game too long, you might see many people playing games until they die, right? So you also need to detach from this 'game' and connect with your true self. Do you understand? Is your eyes just giving you a hint? To stop paying attention to that external material illusion, it's time to close your eyes and focus inward, connecting with the inner self. You can use that moment to listen to music or connect with your inner self, creating something for yourself. Not...

你们⾸先要认清楚的⼀点就是,你不断地让⾃⼰在物质世界busy busy,就是忙碌的⼀个状态.那实际上是在消耗你,那实际上是在让你在⼀个错误的状态,错误的⽅向,明⽩吗? 所以说真正的真正的⽅向,就是你不断地跟你的本源跟你的内在发⽣连接.让它们⼀直处在保持连接的状态,⽽不是分离的状态.分离的状态,那你就是受物质世界这个能量的影响了,你就受外界的影响,你受幻像的影响.你受这个幻像的影响的话,你会产⽣多少恐惧、焦虑、着急、担忧.就物质世界是什么样⼦,你就会进⼊到⼀个什么状态.明⽩吗?

The first key point you need to understand is that constantly occupying yourself in the material world, being busy, is actually consuming you and placing you in a mistaken state, moving in the wrong direction. Therefore, the true direction lies in continuously connecting with your essence and inner self. It's about keeping those connections alive instead of allowing them to become severed. When they are severed, you are influenced by the energy of the material world, by external influences, and by the illusions that surround us. If you allow these illusions to influence you, it will generate fear, anxiety, impatience, and worry. You essentially enter into a state based on what the material world is like. Do you understand?

⽽且你要清楚的⼀点就是,物质世界⽬前的这个幻像它是你们的,是你们⼈类集体意识的状态、思想投射出来的⼀个果,投射出来的⼀个结果⽽已.那如果你只是被这些果给影响,⽽忽略或者不知道你需要去播新的

And what you need to understand is that this illusion of the material world that you are experiencing currently is yours, a consequence and projection of your collective human consciousness state and thoughts. If you allow these consequences to influence you while ignoring or being unaware of the need to sow new seeds,

种⼦,那你是不是就⼀直是⽆⼒的? 明⽩吗? 你没有办法去根本的解决问题.就好像你⾃⼰是⼀个整理师你就能知道,我只是在相上⾯做功夫,明⽩吗? 所以说物质世界的⼀切它只是来让你做个参考,让你知道你现在是在哪⾥,你现在是怎样的,怎样的⼀个内在的状态.那你是不是⼦每⼀个当下你都可以去选择你要播什么种? 因为我的种⼦决定了我将要获得什么相,明⽩吗?

Seed, does that mean you are always powerless? Do you understand? You cannot solve the problem at its root. It's like being a professional organizer; you would know that I'm just working on appearances. Do you get it? So, all the phenomena of the material world are merely there to serve as references for you, to let you know where you stand and what condition you're in. Does that mean with every moment, you can choose what seed to sow? Because my seed determines what appearance I will receive, do you understand?

问: 我想问⼀下关于关系.我想问⼀下我跟XXX有什么样的灵魂关系? JO: 你们⽬前是什么关系?

Q: I want to ask about relationships. I want to know what kind of soul connection do I have with XXX? JX: What is your current relationship status?

问: 男⼥朋友JO: 你们在⼀起多久了?问: 6年JO: 我从能量层⾯看到这段关系就好像有很多阻碍,然后也有很多就是在⼀起的愿望不够强烈.

Q: How long have you been together with your girlfriend/boyfriend JO?

A: We've been together for six years.

Q: From an energy perspective, I see this relationship as having many obstacles, and there's also a sense that the desire to stay together isn't strong enough.

问: 双⽅吗?

Question: Both sides?

JO: 你会稍微强烈⼀点.所以说那股能量它其实好像有⼀种不够⽤⼒.所以说它会是让你觉得是没有那么滋养你的关系.就是没有让你觉得好滋养什么什么的.只会给你⼀种就好像放⼿也不舍得,不放⼿也好像没有多⼤的意义那种,明⽩吗? 就好像你现在就在等你⾃⼰死⼼了.

JO: You would feel it a bit stronger. So that energy seems not to be exerting enough effort. Therefore, it makes you feel that the relationship is not nourishing you as much. It doesn't make you feel well-nourished in any way. It's just like letting go but being unwilling to do so, or holding on without really making a significant difference. Do you understand? As if you're waiting for yourself to give up now.

问: 关于⾝体的.我从2018年我的右腋下就长了⼀个瘤⼦.它想提醒我什么?

Q: Concerning my body, I've had a lump under my right armpit since 2018. What is it trying to tell me?

JO: 我们感应到这个瘤就好像你有很多被隐藏起来未解决的问题,明⽩吗? 就是你还没有去⾯对,还没有去处理,好像是过往的⼀些东西.就好像是以前有⼀些伤⼜,你也不去管它去处理它把它掩盖起来了.它就化脓了这样⼦.

JO: We sense this tumor as if you have many unresolved issues that are hidden, understand? Issues that you haven't confronted or dealt with, like some past things. It's like there was a wound that wasn't tended to and covered up, causing it to fester in this way.

问: 能指引⼀下是关于什么吗?

Question: Could you tell me what it's about?

JO:你稍等.这是关于亲密关系.就好像曾经跟你⽐较亲近的关系,然后那边还有⼀些没有化解的⼀些,就好像你没有完完全全的从那段关系⾥去学习和领悟到的⼀些东西.这么说吧,这是⼀个苦果,你没有把它变成甜的.

JO: Wait a moment. This is about intimate relationships. It's akin to relationships you were once close to, and there are unresolved aspects that haven't been fully learned from or understood after those relationships ended. In essence, it's a bitter fruit that hasn't been transformed into something sweet.

问: 会是关于XXX吗?

Question: Would it be about XXX?

JO: 我们只是从能量层⾯看,所以我们不看名字.我们只是知道它是你⽐较亲近亲密的关系,然后在那⾥还有没有被你处理掉的情绪⼀些恩恩怨怨吧,⼀些能量在那边.就好像它本⾝实际上是来给你带来成长的.但是你这个成长还没有发⽣,明⽩吗? 所以还有待你去处理.

In this Chinese text, the speaker is explaining that when looking at the situation from an energetic perspective, names are not considered; only that it involves a close relationship with some unresolved emotions or conflicts. Essentially, it's seen as energy that comes to facilitate growth for the individual, but the actual growth has yet to occur. The speaker concludes by saying there's more work to be done on this aspect.

问: 这⼀点不太清楚.

Question: This point is not quite clear.

JO: 就是还在那等待着你去看到去转化,然后从中受益从中发⽣转变.就是把苦的变成甜的.那当你的能量真的是变成通透和甜的那种的话,那你投射出来的⾝体它又会慢慢变成甜的那种状态.

JO: It's all about waiting for you to see and transform, deriving benefits from it, experiencing a shift. It's about turning the bitter into sweetness. When your energy truly becomes transparent and sweet, then the physical body you project will gradually transform into that same sweet state.

问: 我能不能邀请⼀位指导灵进⼊我的⽣命当中吗?

Question: Can I invite a guiding spirit into my life?

JO: ⾸先它这个根据你的状态,跟你⾃⾝的能量状态是有关系的,明⽩吗? ⽐如说你想要成为⼀个特别好的疗愈师,你有强烈的愿望想要去疗愈别⼈.当你发出这个⼼愿,你又不断地往这个⽅⾯去那个什么的话.你可能会吸引⼀个有疗愈能⼒的指导灵来到你⾝边跟你去共同的做这个事情.这么说吧,你说的这些东西就好像是你物质世界的⼩伙伴.那你如果都没有确定你要做什么,你想请什么⼩伙伴来呢? 那你说我想要去⼭上打猎,可能就会有也想要打蜡的⼩伙伴.那你们可能就会去共同打猎,对不对? 那你说: 啊,我想天天打⿇将.那是不是就会有喜欢打⿇将的⼩伙伴来陪着你了? 所以你到底想要什么? 你清楚吗? 你有发出这个意念吗?

JO: First of all, it's related to your state and your own energy state, understand? For example, if you want to become a particularly good healer, you have a strong desire to heal others. When you emit this wish and continuously work towards that direction, you might attract a guiding spirit with healing abilities to be by your side and help you do this thing together. To put it simply, the things you're talking about are like your little partners in the physical world. But if you haven't determined what you want to do or whom you want to invite as a partner? If you say you want to go hunting in the mountains, there might be other little partners who also want to hunt wax (metaphorically referring to something desirable). You would then go hunting together, right? If you say: "I want to play mahjong every day," wouldn't little partners who enjoy playing mahjong come and join you? So, what exactly do you want? Are you clear on this? Have you expressed your intention clearly?

问: 就关于这⼀点你有什么样的指引吗?

Question: Do you have any guidance on this point?

JO: 刚才已经很清楚的告诉你了呀.你是谁? 你想成为什么样的⼈? 你想做什么? 这些东西才是你真正围绕着你⽣命主题的.所以去认识你⾃⼰,成为你⾃⼰,绽放你⾃⼰.这就是你所有的功课.

JO: You've already been clearly told just now. Who are you? What kind of person do you want to be? What do you want to do? These are the things that truly define your life's theme. So go and know yourself, become yourself, and express yourself. That is all your lessons.

问: 我今⽣会结婚吗?

Question: Will I get married in this life?

JO:这么说吧,你们物质世界,结婚对你们来说就是⼀个签合同的事情.那如果你真的有这么强烈的愿望只是奔着结婚去.那你当然可以结婚了.你随便找⼀个也有这个意愿的,像你刚才说的⼩伙伴.你在物质世界找⼀个这样的⼩伙伴,你们俩把婚结了.这就是所谓的结婚,明⽩吗? 因为你不就是奔着这个去的吗?

JO: Alright, let me put it this way, in your physical world, marriage is essentially a contractual agreement. If you really have such a strong desire solely for the purpose of marriage, then yes, you can certainly get married. You could just find someone else who shares this same intention, like the little buddy you mentioned earlier. In your physical world, you would find such a little buddy and tie the knot with them. That's what we commonly refer to as marriage, right? Because that's exactly why you're aiming for it, isn't it?

问: 我感觉是没有那些渴望的.

Q: I feel there's no such craving.

JO: 对.所以说这个是取决于你⾃⼰的⼀个愿⼒,你⾃⼰的⼀个意愿程度,明⽩吗?问: 我跟我的侄⼉XXX是什么样的灵魂关系?

JO: Yes. So it's really up to your own willpower, the level of your willingness, do you understand? Q: What kind of soul relationship do I have with my nephew XXX?

JO: 你为什么会有这样的问题呢?

JO: Why do you have this problem?

问: 他会让我变得温柔,也会让我感受到离别的痛.

He will make me gentle and allow me to feel the pain of separation.

JO: 他多⼤年龄?问: 不到三岁JO: 这个就好像他的出现让你会⼀种想要⼀个⽣命加⼊你,就是想要⼀个孩⼦⼀样.想要⼀个新的⽣命⼀个新的灵魂加⼊你⾃⼰.他就把你这个内在的愿望给牵引出来了⼀样.他也是⼀个让你认识你⾃⼰的⼀个过程.因为你⽣命的过程就像刚刚说的,认识你⾃⼰、成为你⾃

JO: How old is he? Q: Not even three years old JO: This makes you feel like there's a desire to have a life added to yours, wanting a child - needing a new life, a soul added to yourself. It draws out this inner wish in you. He is also a process that helps you recognize yourself as you are right now, becoming the person you already are. Your journey through life involves recognizing and embracing who you truly are.

⼰、绽放你⾃⼰.

Flaunt your own self.

#### 2023/08/26 — 灵魂主题之得到亲密关系的滋养Nourished by Intimate Relationships: Exploring the Theme of Soul

JO: 你问吧,什么问题?

JO: Ask away, what question do you have?

问: 我最近⽐较迷茫,都快四⼗岁了,做了很多⾏业都不是很精.我想看⼀下我的天赋才华是什么?

Question: I've been feeling quite uncertain recently, nearing my forties, having excelled in many industries but not particularly skilled in any. I'm wondering what my innate talents and abilities might be.

JO: 你可以看⼀下你这⼀⽣的灵魂主题.问: 对,就是灵魂主题.

JO: You can look at your life's soul theme. Q: Yes, the soul theme.

JO: 你叫什么名字?问: 我叫XXX.

Japanese (JO): What's your name? Asked by: I'm XXX.

JO: 我们连接到你这⼀⽣的灵魂主题最最主要的是你在处理亲密关系这些⽅⾯,就是跟你连接很深的这些关系.然后你必须要把所有的关系理顺,让他们能滋养你.因为我们看到你的能量线是断开的.就是说你得到的⽀持很少.就好像你这边需要不断地有⼀个东西给你注⼊养分,对吧? 就这么说吧,你是⼀棵树,但是你现在能从⼟地⾥⾯吸取的养分特别少.所以你的树就好像是长不⼤,有⼀点营养不良的那种感觉.

JO: The most crucial connection to your lifetime's soul theme is in how you handle intimate relationships - those deep connections with others. You need to get all the relationships sorted out so they can nourish you because our observation shows that your energy lines are broken. This means the support you receive is minimal, like needing constant replenishment of nutrients from somewhere. Imagine it as being a tree; currently, you're getting very little sustenance from the ground compared to what's required for healthy growth. As a result, it feels like your tree isn't able to grow fully, experiencing signs of malnutrition.

问: 🗎,是的.这个营养是来⾃于亲密关系,包括婚姻关系啊?

Question: 💕Yes, the nourishment comes from intimate relationships, including marriage?

JO: 对,来⾃你⾝边的所有关系.就是你没有养分,你没有⽔分.它是断开的.

JO: Yes, all the relationships around you. It's like you don't have nourishment, you don't have moisture. They are disconnected.

问: 是的,我确实现在就是在婚姻关系上还有就是与家庭⽗母的关系上是我⼈⽣的卡点.所以迷茫的就是我以前确实结婚又离婚,但是现在复婚又没有领证,就这样在⼀起…JO: 你们所说的离婚呀、复婚呀,这些东西都是表⾯的.但是你们真正的灵魂的滋养,它不限于你到底是什么⾝份,明⽩吗? 因为就算你们没结婚,但是你能得到滋养.是没有关系的.

Q: Yes, I am indeed facing issues in my current marriage and also with family dynamics that are challenging points in my life. That's why I'm feeling lost; I did get married before but then divorced, and now I have reconciled, though we haven't gotten legally remarried, just living together...

A: Your divorces and reunions are merely superficial matters. What truly nourishes your soul doesn't depend on whether you're in a formal relationship or not. You can still receive nurturing even if you aren't married.

问: 那如果我觉得现在的这段关系我没有得到滋养.那是我⾃⼰需要去调整呢? 还是说现在这个伴侣不是特别适合呢?

Q: But if I feel that this current relationship is not nourishing me, do I need to adjust myself or is the partner just not a good fit right now?

JO: ⾸先是你⾃⼰.为什么呢? 因为当你的频率转变过后,如果伴侣他不适合,他不会发⽣转变的话.那你就会有⼀个新的伴侣,明⽩吗? 所以说外在的它⼀定是来⽀持你的.如果他这个⼈他不符合,那么就会有⼀个符合的来⽀持你.但是这份⽀持你是会得到的.这份爱和滋养,这份和谐的关系美满的关系你是必须会有的.是这样⼦的.明⽩吗? 因为外在没有任何能够影响你,我跟你讲.如果你是⼀个成功的⼈⼠,如果你旁边的助⼿不给⼒.那那个助⼿就会被淘汰掉.给⼒的助⼿会来⽀持你成为⼀个成功的⼈⼠,明⽩吗? 因为你注定会成为⼀个成功的⼈⼠.所以不在于说,哎呀,我的助⼿不给⼒.那我是不是就不能成为⼀个成功的⼈⼠了?

JO: First of all, it's yourself. Why is that so? Because when your frequency changes and if the partner isn't suitable or doesn't change, then you'll have a new partner, right? So, the external must support you in this scenario. If the person isn't fitting, then a fitting one will come to support you. But you will receive this support. This love, nurturing, and harmonious relationship is something you absolutely need to have. Is that clear? Because there's nothing external that can affect you as I tell you. If you're successful, if your assistant doesn't perform well, then that assistant gets replaced. A capable assistant comes to support you in becoming a successful person, right? Because you were destined to become a successful person. So it's not about saying, oh my assistant isn't doing well; does that mean I can't be a successful person?

我要成为⼀个什么都做不成的⼈了? 那他还算是⼀个成功的⼈⼠吗? 明⽩吗?

Am I going to be someone who accomplishes nothing? Then, is he still considered a successful person? Can you understand this?

问: 那我财富上的卡点也是因为我的关系…JO: 你想象⼀下,你的财富就是你这棵树结的果⼦,对吧? 就是结了很多果⼦.那如果你连养分都没有,发育都不良.怎么结果,你告诉我?

Q: That means my obstacles in terms of wealth are related to me... JO: Imagine your wealth as the fruit from a tree you have grown, okay? There are many fruits on that tree. If you don't even have nutrients for it to grow properly, how can it bear any fruit? Tell me this.

问: 哦,对,是的是的.因为如果根上⾯没有营养,你再怎么努⼒浇⽔它都没办法结果.是这个意思啊?

Q: Ah, yes, indeed. Because if there's no nourishment at the root level, no amount of watering will bear fruit. It means that...

JO: 是的.你就想象⼀下你是⼀棵果树.如果你没有养分的话,你怎么去结果?

JO: Yes. Imagine you are a fruit tree. How can you bear fruit without nutrients?

问: 也就是说我现在要修我的功课.我⾃⼰帮助⾃⼰,然后我⾃⼰变的很好的时候,然后我的伴侣如果还不好…JO: NO NO NO NO,⽬前的伴侣和关系,就是你的⽗母还是什么,他们只是镜⼦⼀样.他们只是镜⼦来让你看清楚,OK,你⽬前还存在什么什么.你的这个抵触的情绪来⾃于哪⾥.来⾃于我有这个信念,我有这个恐惧,我有这个控制欲…. 明⽩吗? 所以说你通过你们呈现关系的⼀个模样来看清楚.不是说去找对⽅.你要看你内在的产⽣的这种抵触感、不耐烦的感觉、排斥的感觉或者是你想要去转变对⽅,就是控制对⽅⼀定要按照我的意愿… 任何显现出来的,你都可以看到.所以你必须要有另外⼀个⾝份.

Question: In other words, I am now working on my spiritual practices. I help myself and then become better, but if my partner is still not... JO: No, no, no, no. The current partner and relationship are like mirrors reflecting your parents or whoever they might be. They simply serve as mirrors to show you clearly what's currently existing in yourself. Where does the resistance, impatience, or rejection come from? It stems from having certain beliefs, fears, or a desire for control... Do you understand? So, you look at how this relationship manifests to see it clearly, not necessarily looking for someone else. You need to observe the resistance, impatience, or reluctance you feel towards yourself or the urge to change your partner so that they must follow your wishes... Whatever is present can be seen as a reflection of these internal emotions. Therefore, there needs to be another identity involved in this process.

就是你必须要觉察到你⾃⼰在关系当中所有的反应.然后你就能从中看到,原来我⼀定要以我⾃⼰… 就⽐如说我⼀直要以我⾃⼰的想法才是对的,别⼈的想法都不是对的.别⼈跟我有冲突,我就会怎样.

You have to be aware of all your reactions in the relationship. Then you can see that I must validate myself... like insisting that my own thoughts are right and others' aren't. When someone disagrees with me, it would result in such behavior.

问: 🗎,是的.⼀路以来,这个关系没处理好.其实⼀部分原因也是因为⾃⼰太固执了.现在我最⼤的功课就是把⾃⼰的关系处理好?

Question: 🗎 Yes, throughout this relationship, it hasn't been handled well. Actually, part of the reason is also due to my own stubbornness. Now, the biggest lesson I need to learn is to handle my relationships properly?

JO: 你听前⾯的信息就知道了.前⾯跟你说的很清楚了.问: 那我想问⼀下我和我男朋友的灵魂关系是什么呢?

JO: You've heard the information in front, which was explained to you clearly. Question: I want to know what is the soul relationship between me and my boyfriend?

JO: 你稍等.你们交往多久?

JO: Wait a moment. How long have you been together?

问: 我们从17年认识,18年闪婚.20年又离婚,21年又在⼀起⼀直到现在.

Q: We met in 2017, got married impulsively in 2018. We divorced in 2020 and were together again since 2021 until now.

JO: 他的名字?问: XXXJO: ⾸先就是说如果你们俩如果不在⼀起的话,你们彼此都是⼀个很好地朋友⼀样.就是你会是别⼈很好的朋友,他也会是别⼈很好地朋友.就是说在外⼈眼⾥看到,你们俩都是挺好的⼈.但是你们在⼀起的时候就会有⼀种硬碰硬的感觉.就是说你们如果⾛的很近,你们就会有⼀点... 但是如果你们又保持⼀点距离,你们就又好像是相敬如宾.就是感觉又是很好相处的⼈.

JO: His name? Q: XXX JO: Firstly, it's like saying if the two of you weren't together, you would both be good friends to each other just as strangers might perceive you. You'd all consider each other good company for others. However, when you're together, there's a sense of confrontation or opposition between you. If you get close, there could be some... But if you maintain a bit of distance, it feels like you are being respectful and formal towards each other, as if you were equals. There's an impression that you can easily get along with each other despite this tension.

问:对,⽬前就是这个情况.就是他妈妈想我跟他⽣个孩⼦.但是我内⼼很抵触再⽣个孩⼦.就是我跟他没有孩⼦.

Q: Yes, that's the situation. His mother wants me to have a child with him. But I am against having another child. We just aren't together for a child.

JO:⾸先就是说你们的这段关系如果你们彼此都能处理好,那么你们都会给对⽅的⽣命中带来礼物.都是就好像是锦上添花的那种.所以这会是你们共同的功课.但是今天是你来找我们,⽽不是他,明⽩吗?所以你只能从你这边去做好你⾃⼰本⾝的⼀个功课.然后他那边就只有去随缘.就好像刚才说的,如果他能因为你的转变⽽带来转变的话.那你们就会很好的相处.那如果他还需要更多的,就是从这样⼦的课程⾥去学习.就是他不想,就是他觉得从这个课程⾥他还没有学到或者是他还需要更多的去学习的话.那你们外⾯的对象就会变化了,明⽩吗?

JO: First of all, if both of you can handle this relationship well, it means that you will bring gifts to each other's lives. They are like adding beauty on top of what already exists. Therefore, this is a joint task for both of you. However, today you came to us, not him. Understand? So you can only focus on your part as the personal work. As for him, he has to go with the flow. Just like what I mentioned earlier, if his behavior changes because of your transformation, then it means that you will get along well. If he needs more from this process or course, meaning he doesn't want to change yet and feels that he hasn't learned enough from this experience or still needs more lessons, then the external dynamics between you two might shift, understand?

问: 因为他之前有…JO: 你不需要说太多他的信息,因为我们只是从能量层⾯看.因为你说太多,你只是在你的认知和记忆和你的相上⾯.然后这个相都只是属于之前的那个你.因为⽬前我们在和你连接的时候你就在发⽣变化了,你就不再是以前的那个你了,明⽩吗? 以前的那个你就好像是那个⼟是没有松动的.就好像是⼀个坚硬的⼟,没有⼈来松动它,对吧? 但是现在我们就好像是拿了⼀个铲⼦再不断地松动你的⼟.所以⼀个没有松动的⼟和⼀个松动的⼟是不⼀样的.它发⽣了变化,对吧? ⼀个是你的种⼦扔到那个没有松动的⼟,它可能不会长出来什么东西.因为它是硬的.那当我们松动这个⼟再播种的话,它是不是就长的很好了? 对不对?

Question: Because he has...

JO: You don't need to say too much about his information because we're just looking at it from the energy level. You are mentioning this based on your cognition and memory of him which are only associated with your previous self, right? The thing is that currently when we connect with you, you are changing, meaning you're not anymore the same person you were before. Understand?

Previously, you could think of him as soil that wasn't disturbed. Imagine it's like hard dirt that no one has disturbed yet. It's compacted and solid. Now we're like using a shovel to continuously break up this dirt. The undisturbed dirt is different from the disturbed one. Something changes, doesn't it?

It's like planting seeds into unfarmed soil - they might not grow anything because of its hardness. However, when you cultivate this soil by breaking it apart and then sow your seeds, wouldn't these plants grow well? Wouldn't that be true?

所以你就不是同⼀块⼟地了.所以我们就不需要从那个坚硬的⼟⾥⾯再去提取任何信息,明⽩吗? 就是我们不能再去同样的看那个坚硬的⼟,这个⼟它是不结种⼦的… 明⽩吗? 所以说我们便不需要再从你那边再去获得任何信息.你再继续提问.

So you are not the same piece of land anymore. Therefore, we don't need to extract any further information from that hard ground, do you understand? It means we cannot look at that hard ground again in the same way... Do you understand? So, there's no need for us to obtain any more information from you. You may continue asking questions.

问: 好的.我想问⼀下我和我⼉⼦的关系.

Question: Alright. I would like to inquire about my relationship with my son.

JO: 你⼉⼦多⼤?问: 11岁.

You: How old is your son? Answer: He is 11 years old.

JO: 你稍等.你的⼉⼦最开始也会成为,就好像是在你没有松动⼟的时候,就好像之前说你的关系它都是你需要去处理需要去修的.所以你的⼉⼦也会成为你需要去修的功课⼀样,你们的关系.明⽩吗?

JO: Wait a moment. Your son will also start by being something you need to fix just like the soil that needs tending before it softens. This means managing and repairing your relationship with him is like homework for both of you. Understand?

问: 对.我现在就是有这个感觉,我觉得他就是来让我去修功课的.

Q: Yes, I have this feeling; I feel like he is here to get me to do my practice.

JO: 你现在感觉不会很⼤.等他年龄越⼤,你的感觉越会强烈,如果你不产⽣变化的话.他会给你带来很多烦⼼的事情,就是让你拉扯感.就是消耗你吧,这么说吧.他不断地在消耗你.你内在好像是汽油⼀样,⼀直在哄哄哄被消耗着.然后当你从不管是感情还是亲⼦还是⽗母都在消耗你的话,你只剩⼀点点油.你能⾛的路就很短了,对不对?

JO: You might not feel it much now. But as he grows older, your feelings will intensify if you don't change. He will bring you a lot of stress and concern, draining you emotionally. It's like being constantly sapped of energy. He keeps taking from you. Your inner self feels like gasoline being used up continuously. When both emotional connections and parental roles are exhausting you, you're left with very little fuel. The path ahead becomes much shorter, don't you think?

问: 对,确实是这样⼦.那我除了把关系处理好之外,那我在⼯作上…JO: 你⾸先要知道你要处理好这些关系你需要不断不断地内省.就是不断不断地从⾥⾯去做功课.明⽩吗? 这个不是说你现在明⽩了: 哦,我要处理好关系.你就能做到的.它必须要增长你的智慧,你的包容度,转变你的信念.所以这⾥⾯有很多你的功课需要做.

Q: Yes, that's correct. Then, besides handling these relationships well, how should I approach my work...JO: First, you need to understand that improving these relationships requires constant self-reflection. You must continuously engage in this process from within. Do you see? It's not enough just to acknowledge now that you need to handle your relationships better. You must enhance your wisdom, your capacity for tolerance, and shift your beliefs. So there's a lot of work you need to do here.

问: 那这些功课有什么⽅法呢?

Q: What are the methods for these practices?

JO: 我们的信息⾥⾯就有你所需要的任何.我们有好多年的信息.它⾥⾯都会有关于如何…你都可以看到.为什么呢? 它这些就好像是⽔⼀样,你不断不断地被这个⽔滋养.这么说吧,你现在这个⼟地很坚硬,从来没有喝过⽔,对吧? 是坚硬的状态.那我们的信息就好像是⽔⼀样.那这个⽔不断不断不断地浸⼊这⽚⼟地,这⼀块那⼀块.你就会感觉: 啊,这边松软了⼀点,那边松软了⼀点.你会逐渐是这种感觉,明⽩吗? 所以说这会是⼀个过程.那这就选择于你今天要喝多少⽔? 那你今天选择持续不断地去喝⽔,或者是我今天喝⼀次过⼀段时间再喝⼀次.这是不⼀样的,就是给你这块⼟地带来的变化.

We have the information you need; we've got years of it. It contains everything about...you can see why? It's like water—it keeps nourishing you continuously. Imagine your land is very hard and has never drunk water, correct? It's in a state of hardness. Our information works like water. Like water constantly seeping into the soil here and there, this will make you feel that one area feels softer than before, another area too. You'll gradually get used to it, understand? This is simply a process. The pace depends on how much water you drink today. If you choose to keep drinking continuously or decide to have one drink now and another after some time—it's different in the impact it has on this land.

因为如果你还沉浸在外在的⼀个相,你还在忙碌的我要去赚钱或者怎么样怎么样.就是你会把很多你的时间消耗在外⾯的这个相上⾯.但是你不知道…. 这么说吧,就好像你这棵树不结果⼦.你使劲在果树上⾯,你说这边有个⾍⼦影响你了,那边风太⼤,那边⾬又太⼤.你都在表⾯上.但是你不知道它根部完全没有养分.所以你忽略了它的根部.根部才是最重要的.这是你们⼤多数⼈都在做的⼀个事情.你们不知道它有根部,明⽩吗? 那个才是⽣命的来源,那个才是⼀切的动⼒和来源.但是这些都是被你们忽视掉忽略掉的.你们也不重视,也不知情.有很多⼈也不知情.所以现在就是⽅向给你指的很明确.如果你真的想要发⽣转变,⽽不再是徒劳.

Because if you're still lost in an external form, you're still busy trying to make money or whatever. You're spending a lot of your time on this external manifestation. But you don't know... Let me put it this way: it's like your tree doesn't bear fruit. You're working hard on the fruit-bearing tree, saying there's something wrong with bugs affecting you here, and the wind is too strong over there, or the rain is too heavy elsewhere. You're all focused on the surface. But you don't realize that its root has no nourishment. So you ignore its roots. The roots are what truly matter. This is what most of you do. You don't know it has roots, right? That's where life originates from, and that's where everything's power comes from. But these aspects are often overlooked by you. You don't value them or understand them. Many people also lack this understanding. So the direction given to you now is very clear. If you truly want a transformation and not to be in vain.

基本上的⼈都是在徒劳,明⽩吗? 但是⽆论他们徒劳多久,他们迟早必须是⾛上这条道的.你就好像那棵果树你永远都不去看它的地基它的根部它的养分的问题,你只是在它的叶⼦上去研究.有⽤吗?

Basically, they're all just spinning their wheels, right? But no matter how long they do this, they eventually have to take this path. It's like the tree you never check its foundation, roots, or nutrient issues; you only study it from the leaves. Does that make sense?

问: 对.我⼀直都是在学技术啊任何啊,看能不能让关系好⼀点.

Question: Yes, I've always been learning about technology, anything really, to see if we could get along better.

JO: 所以说取决于你⾃⼰.但是外在你体验到越多的刺激,它越会推着你去从内找原因.就好像你来找我们的信息,明⽩吗.所以说外在的刺激也不是不好的,它也是好的.它也是动⼒来推着你⾛上正确的道上.因为你们的意识转变和成长,这才是你们最重要和最有价值的.明⽩吗?

JO: So it depends on you. But the more external stimuli you experience, the more it will push you to look within for answers. Understand? Therefore, external stimulation is not necessarily bad; it is good. It acts as a动力to guide you towards the right path. Because of your consciousness transformation and growth, this is what truly matters most and holds the greatest value for you. Understand?

#### 2023/08/27 — 牢狱之灾Misery Behind Bars

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我和⽼公的关系可能涉及到⼀些刑事案件.我们这次会有牢狱之灾吗? 或者说会损失很多钱吗?

Question: My relationship with my husband might involve some criminal cases. Will we be in prison or lose a lot of money this time?

JO: ⾸先如果你之前种下了⼀个,就⽐如说种下了⼀个苹果.然后就好像你来问我们这次会不会结苹果,明⽩吗? 那如果你已经种下了这个种⼦.那你结果是肯定的.明⽩吗? 但是这个果⼦你是让它烂掉,就是没有很好的把它利⽤掉.还是说你好好的去把这个果⼦不断地分享分享或者是不断地去交换,就是你给别⼈这个果⼦别⼈给你那个果⼦.它可以让你变得更丰盛,明⽩吗? 它既可以让别⼈也尝到你的美味… 也就是说如果你前⾯种下了果,⽆论你种的是什么果.但是我们都可以引导你如何从中去把它转化,就是可以正⾯的服务你和你们整个的集体.因为这⾥不是单纯的你们所谓的算命先⽣直接告诉你有还是没有.为什么呢?

JO: Firstly, if you have planted something, say an apple for instance. Then it's like asking us whether we'll get the fruit this time. Do you understand? If you've already planted that seed, then the result is guaranteed. Understand? But the question is whether you let the fruit go to waste, not effectively utilizing it, or if you share and distribute the fruit or exchange it with others, thereby enriching yourself. Can you see how that works? It allows others to taste your deliciousness... In other words, regardless of what kind of fruit you planted in the past, be it any type of fruit, we can guide you on how to transform this, serving you and your collective positively, as opposed to simply telling you yes or no like a fortune-teller would. Why is that?

因为⽆论有还是没有,它其实只会给你⼀种侥幸的⼼⾥,哎呀我这次躲过了.但是你这次躲过了,如果你还是同样的模式,你下次能躲过吗? 明⽩吗? 所以说重要的不是在这个,⽽是说让你可以有觉知.就是你⾃⼰能选择我要播什么种⼦,⽽不是说胡乱的撒下⼀些东西长很多恶果给你,明⽩吗? 让你知道你这个庄家你这块地你想要播种什么.

Because whether you have it or not, it actually only gives you a sense of侥幸, like "Phew, I got away with this time." But if you've gotten away with it this time, will you be able to get away with it again if you're still in the same pattern? Do you understand? So what really matters isn't just that, but allowing you to have awareness. It's about being able to choose yourself what seeds you want to plant, rather than having them randomly result in many negative outcomes for you, do you understand? And letting you know that as the farmer of this land, you can decide what you want to cultivate here.

问: 但是我们做那个销售可能会⽤到⼀些号码,我觉得这个果会很⼤.但是这个都是国家都是法律都是⼈定的.我觉得就是要遵守这边的规则.

Q: But when we do that sale, we might use some numbers. I think the potential is huge here. However, all these are laws made by people in each country. We should follow the rules here.

JO:因为你现在说的是你曾经的⼀套程序,就是你旧有的⼀套程序来给你产⽣给你投射的⼀些事件,就给你产⽣的⼀些果给你.但是⽆论你现在在哪⾥,就是⽆论你现在在哪⼀个步骤.当你邀请我们的加⼊,我们都可以共同和你创造,就是和你共同的去创作.明⽩吗?

JO: Because you're talking about your old system that generates and projects events for you, producing fruits for you. But no matter where you are now, regardless of which step you're in, when you invite us to join, we can create together with you, creating alongside you. Do you understand?

问: 我明⽩.我现在⽼公还在⾥⾯.我能出来也是上半年的重⼤病史才能出来.我也觉得是上天在帮助我.我也觉得是你们是能让我出来是让我更加好的去解决⼀些问题.

Q: I understand. My husband is still in there. I can come out only if I have a serious illness that occurred within the last six months. I also feel that this is a blessing from heaven and that you are helping me to get better so I can address some issues more effectively.

JO: 如果你涉及到你们的⼀些物质的⼀些规定规则的话,那你是必须要按照这些⼀定的规则,明⽩吗? 但是当你的⾃由选择很⼤的时候,你就可以去不⽤去碰触这个电线了.就好像你那边有⼀个⾼压线,你觉得你没有选择.所以你⼀直要在⾼压线旁边去⾏⾛.那当你知道外⾯有⽆数条路给你选择都不靠近⾼压线的那条路.你肯定不会去选择那条危险的路,明⽩吗?

JO: If you are bound by certain rules regarding some of your substances, then you must adhere to these specific regulations, right? However, when your freedom of choice is large, you can choose not to touch the wire. It's like having a high-tension line nearby; you feel you have no option but to walk close to it. Thus, you always have to walk next to the high-voltage line. When you know that there are countless paths outside offering you options other than the one near the high-voltage line, you definitely wouldn't choose the risky path, right?

问: 我最近找了⼀个先⽣,是朋友的爸爸.他认识很多⾼官.我想⽤⼩钱来保打钱.我想知道他是可靠的还是骗⼈的?

Question: I recently consulted a teacher, who is my friend's father. He knows many high-ranking officials. I want to use small funds to safeguard large sums of money. I wonder if he can be trusted or if he is cheating me?

JO: ⾸先你们物质世界想的所有的这些办法都只是还沉浸在你的果上⾯.⽽我们这⾥的信息是引导你,就好像刚才那句话说的.所以说⽆论你究竟是… 就算你所谓的被限制⼀些⾃由,你也可以很好地去利⽤这段时间去真正的让你的⽣命发⽣质的变化.

JO: Firstly, all the ideas you have in your physical world are still stuck in your fruit. And here, our information is guiding you, just like that sentence I mentioned earlier. So no matter what... even if you feel restricted to some freedom, you can still use this time well to truly transform your life and bring about a qualitative change.

问: 我是觉得我这段时间的能⼒提升的⽐较多.但是我还是想让这个问题⽐较好的解决.

Q: I feel that my capabilities have improved a lot recently, but I still want this issue to be solved as well as possible.

JO: 这⾥没有好的.因为你们⽬前现在的认知在你们⽬前你跟你⽼公的认知⾥⾯,你们所有的好的就是说避免你们的⾁体避免你们的物质,就是这些看的见的东西,来让它们不受到影响.但是你觉得你保存了这个物质⾁体或者这个钱,这个只是个幻像.你们在保护的只是个幻像,明⽩吗? 但是可以告诉你们的是你们还会再次把⾃⼰陷⼊到这种⾮常被动和⽆⼒的情境⾥⾯.为什么呢? 因为你们的程序没有变.你们播的种⼦没有变.

JO: There's nothing good here because your current understanding is within your husband's and your own understanding, where all the supposed 'goods' involve avoiding your physical selves and material possessions – things that you can see – to prevent them from being affected. But what you're preserving as 'material bodies or money' is just an illusion. You're protecting an illusion, right? But I can tell you this: you'll still end up in situations where you feel very passive and helpless. Why? Because your programs haven't changed; the seeds you've sown have remained the same.

问: 我打算转做律师⾏业.这个决定是好的吗?

Question: I am planning to switch to a legal career. Is this decision good?

JO: 如果你的意识程度没有变化的话,就你这个程序没有升级的话.⽆论你换多少个⾏业,你都会有阻碍.明⽩吗?

JO: If your level of consciousness doesn't change and if there's no upgrade to this program, you will face obstacles regardless of how many industries you switch into. Understand?

问: 对.我们以前的风险规避的很低,就是⽐较粗⼼那种.

Question: Indeed, we used to be quite risk-averse, just a bit careless.

JO: 你其实还是在物质的相上⾯,就是在果上⾯来评判⼀个事情.来评判这个好,那个不好,我躲过了这个劫… 你们有⼀句话,你躲过了初⼀躲不过⼗五.你还是在苦海⾥⾯.就像你们在⼀个苦海⾥⾯,你游到左边去发现这边不⾏,然后你又往右边游.⽆论你是在左右前后,你还是在⾥⾯,明⽩吗? 你没有跳脱出来,你没有跳脱出来这个苦海.所以你所谓的没有经历苦或者是痛苦什么什么的.那只是暂时的⼀个幻像.

JO: You're actually judging things based on the fruit of their actions, assessing what's good and what's bad. I've avoided this particular situation... There's a saying among you that 'You can evade the first but not the fifteenth.' You're still trapped in suffering. It's like being in a sea of suffering where you keep swimming left only to find it doesn't work, then trying right instead. No matter which direction you move in, you're still within it. Understand? You haven't escaped this sea of suffering. So claiming you've avoided suffering or pain is just a temporary illusion.

问: 但是我们在这个物质世界就很多东西,你说⾦钱去决定你的⽣活的.那除⾮不是⾦钱不决定你的⽣活,那我可以舍弃.因为物质决定很多东西,我还是需要的.JO你没有下来经历过,你会说这⼀番话.当时你在经历的时候,你还是会希望不要太坏.我进去的时候我觉得很不舒服.但是我出来这⼏天我就觉得舒服.现在赚钱不容易,这些也是我⾟⾟苦苦的打拼下来的.我现在看清了律师⾏业是怎么赚钱的.我从来都不是⼀个重物质的,但是我还是有我的家庭.我的家庭都需要这些.这是我想说的.

Q: But there are many things in this material world that you mentioned, such as money decides your life. Unless it's not the case where money doesn't decide your life, I can let it go because material things determine many aspects and I still need them. You wouldn't have said those words if you hadn't experienced it firsthand. When you were going through it, you would still hope for it to be not too bad. I felt uncomfortable when I first entered. But these past few days after coming out, I feel more at ease. It's not easy to make money nowadays; these are the results of my hard work. Now I understand how the legal profession makes money. Although I've never been someone who places much value on material things, I still have a family that needs them. This is what I want to convey.

JO: 你们有⼀个很⼤的误会,就是当我们说你们把⼀些,就是把你的关注点放在物质世界的时候.我们让你去转移⼀个视⾓,去从更⼤的画⾯去看问题的时候.你们就会觉得是要让你们变穷或者是变的没有了.并不是的,明⽩吗? 只是来让你,就好像你现在沉浸在⼀个⼩的地⽅,你的眼睛只能看到这⾥导致了你会觉得很恐怖、没有办法,就很受限.但是我们把你抱出来,然后把你拉的更⾼拉的更远来让你看到⼀个更⼤的⼀个、那当你能从更⼤的⼀个画⾯看到的时候,你就不会完完全全的把你⾝体的恐惧加⼤.因为你⾝体产⽣的所有的感受,它是根据你焦距的东西.

JO: There is a big misunderstanding when we say that you focus on the material world. When we ask you to change your perspective and look at things from a bigger picture, it feels like we are trying to make you poor or take away everything. That's not our intention; understand? We just want you to see that you're currently stuck in a small place where your vision is limited, causing fear and feeling restricted because of the narrow scope of what you can perceive. But by lifting you up and showing you from a higher and farther perspective, we expose you to a bigger picture. When you view things from this larger perspective, you won't amplify your physical fears as much. Your body's responses are based on how you focus your attention.

你如果是焦距在这个恐怖的地⽅,我们⽤⼀个很简单的例⼦经常说:你看到前⾯的⿊影不停地在动,然后你觉得是⿁,吓的你满⾝⼤汗.我们把灯⼀打开,是⼀件⾐服,是风在吹那件⾐服.就像是这样⼦,明⽩吗?因为你⽬前还在被物质世界的所有幻像还有你们集体的业⼒给深深的陷在⾥⾯.然后你⾝体就给你创造了很多很多的⽆⼒或者是各种痛苦或者是什么.我们没有去否定这些感受,我们只是来让你去看到你的这些感受是源⾃于你找不到出路.如果你知道出路在这⾥的话,你的⾝体不会有这种感受到.明⽩吗? 你的⾝体会给你创造另外⼀种感受的.

If you were in this terrifying place, we often use a simple example to explain: you see the black shadow moving continuously in front of you, and then you think it's haunted, which frightens you with sweat all over your body. We turn on the light and it turns out to be just a piece of clothing being blown by the wind. It's like this; do you understand? Because right now, you're still deeply trapped in the illusions of the material world and under the collective karma of humanity. Then, your body creates many feelings of powerlessness or various pains for you. We don't deny these sensations; we just want to show you that they stem from not being able to find an exit. If you knew where the exit was, your body wouldn't experience such feelings. Do you understand? Your body would create another kind of feeling for you.

问: 我知道怎么样去处理这件事情.就不知道找个⼈可不可靠.但是以我的判断来说,他还是可靠的.

Q: I know how to handle this matter, but I'm unsure if I can trust someone. However, based on my judgment, he is trustworthy.

JO: 你可以去尝试任何你觉得你想要去尝试的路,明⽩吗?

JO: You can try any road you feel like trying, understand?

问: 但是你不会告诉我这条路是正确还是不正确?

Question: But you won't tell me if this path is right or wrong?

JO: 这⾥哪有正确还是不正确! 就好像我们前⾯信息告诉你,当你在这个苦海⾥⾯,你⽆论往哪边游你都是在海⾥,你没有在岸上.你在⽔⾥⾯.

JO: There is no right or wrong here! Just like the information we've given you before, when you're in this sea of suffering, no matter which direction you swim, you are still in the sea and not on land. You are underwater.

问: 我只是说怎么样更好的去处理这个问题.

Q: I'm just saying how we should better handle this issue.

JO: 所谓的更好只是给你们意识的幻觉⽽已.当然你能去按照你⾃⼰的意愿去尝试所有的⼀切,明⽩吗? 但是你要知道在每⼀个当下每⼀个脚步你都会有礼物.你都可以从中去把它转化成你⽣命中的礼物,⽽不是说任由命运把你扔到哪⾥你就只是去感受这个疼痛⽽忽略了你当时的风景,就周围的风景.

JO: What you consider as better is just an illusion of your consciousness. Of course, you can try everything according to your own will, understand? But you should know that with every single step in the present moment, there's a gift for you. You can convert it into a gift in your life rather than letting fate throw you wherever and just feel the pain while ignoring the scenery around you, both near and far.

问: 我在上⼀年的时候我很喜欢灵性.我做了各种尝试去学灵性,但是觉得不适合.

Q: Last year I was very interested in spirituality. I tried various ways to learn about it, but found it not suitable for me.

JO: 你不需要把你⾃⼰逼上任何⼀条道.你只需要就是说你内在特别想要,你就去做.你不需要别⼈说好或者是怎么说好,你就去.因为这个路是你⾃⼰⾛出来的.不是说别⼈.

JO: You don't need to put yourself in any corner. Just do it based on your inner desire. You don't need others' approval or validation; just go for it because this path you're walking is yours, not someone else's.

问:我觉得很好,但是我觉得不适合.就好像我的能⼒没有达到,就好像是拔苗助长这样⼦.我是这样理解灵性⽅⾯的.

Q: I feel it's great, but I don't think it suits me. It's like my capability hasn't been reached yet, just like trying to grow the rice stalk too fast. That's how I understand spiritual matters.

JO: 你才是主⼈.然后你记住你永远都是可以转变⼀切.把坏的变成好的.真正真正有⼒量有能⼒的⼈,不是他们⼀帆风顺,⽽是他们把⼀个劫变成助⼒.就⽐如说他可能会遇到⼀些不可理喻或者是很难缠的⼀些,就是认识很低的所谓的⼀些⼩⼈.但是他们却可以利⽤这些⼩⼈来扩扩扩扩,扩⾃⼰的⼀个包容⼼,明⽩吗? ⽽不是说怎么样避开这些⼩⼈.明⽩吗?

JO: You are the master. Then remember that you can transform everything forever. Turn bad into good. Truly powerful and capable people don't have everything go smoothly; instead, they turn a challenge into an aid. For example, he might encounter some unreasonable or very tricky individuals with low intelligence, but these can be used to expand their ability to tolerate and understand others. It's not about avoiding those nasty characters; do you understand?

问: 前段时间我遇到⼀个算命的,他说他⾃⼰是⼋⼤仙.我想问⼀下是真的吗?

Question: Recently, I met a fortune teller who said he was one of the Eight Immortals. I wonder if this is true?

JO: 是真的和假的,只有你去认为是真的就是真的.问: 那我想问⼀下神佛⿁这些是真的吗?

JO: The truth and falsehood are only what you consider to be true; whatever you perceive as true is indeed true. Question: I would like to ask if gods, buddhas, and spirits exist in reality?

JO: 如果你能记住你的⾝份,你就是神.如果你忘记你的⾝份,你就是⼈.明⽩吗? 所以你看你是在记得你⾝份的状态还是忘记你⾝份的状态.当你记得你⾝份的时候,你不会产⽣任何恐惧.因为你知道你是谁,明⽩吗?

JO: If you can remember who you are, you are a god. If you forget who you are, you become human. Do you understand? So observe whether you are in the state of remembering your identity or forgetting it. When you remember who you are, there will be no fear because you know who you are, do you understand?

问: 那像关公那些是真实的还是怎样的?

Question: Are figures like Guan Gong based on reality or are they in a certain way?

JO: ⾸先你们的集体意识,就是你们的意念可以投射⼀个东西⼀个形象出来.那你们所有⼈都去关注它去加深那个相的话,那那个相就存在了,明⽩吗? 所以它就是存在的,因为你们共同的去显现这个.那你们物质世界也是你们共同显现的这个相,那你们所有⼈都能看到这个⼤厦、那条路、这个街道、那个动物. 你们都能看到,明⽩吗?

Firstly, your collective consciousness allows you to project an image or idea into existence. When all of you focus on it and intensify that image, then the image becomes real. Do you understand? So, it exists because you collectively manifest it. Your physical world is also a manifestation of this shared reality. Everyone can see this building, road, street, animal - you can all see them, do you understand?

问: 对,就好像你之前说的没有真和假.

Question: Indeed, just as you said before, there's no true or false.

JO: 当你们所有的注意⼒和关注都消失了呢? 它们还存在吗? 它们不存在了.

JO: When all your attention and concern disappear, do they still exist? They no longer exist.

问: 所以前⼈遇到⿁神的多⼀些,现在就会少⼀点.⽼师你说的很有道理.但是我还是想说怎么样我这边这次可以...

Q: So, with more encounters between predecessors and spirits, there would be less now. Teacher, you're absolutely right. But I still want to say that... how can this time work for me?

JO: OK,在这个⽣命的节⾻眼你可以得到什么礼物,好吗?

JO: Alright, what gift can you get at this turning point of life, okay?

问: 我觉得我很会搭建,就好像我看了⼏天我就知道整个律师⾏业整个公检法是怎么赚钱的.但是我这个⼈又不喜欢骗⼈钱.如果说我先⽣也有意愿的话,我就会考虑说搭建⼀个律师公司这样⼦.

Q: I feel like I'm very good at setting up things; it's as if after a few days, I know how the legal industry makes money overall. But personally, I don't enjoy scamming people out of their money. If my husband were willing to, I would consider starting a law company in this manner.

JO: 你还有问题吗?

JO: Do you have any other questions?

问: 我觉得最终还是要回归到我⾃⼰怎么样去选择这件事情,然后在种下什么因,是吗?

Question: I feel that ultimately it still comes down to how I choose this matter for myself, and then what kind of cause I sow, right?

JO: 我们可以让你看到如果你现在已经把这个果显现在你的物质世界上了,因为你之前是⽆意识种下的结果,对吧? 那在每⼀个当下如果你去意识到,你都可以去把每⼀个果去把它转化.这么说吧,你已经结了⼀个苹果,这个苹果是你种下的果,是吧? 那你不喜欢苹果怎么办? 那你可以把苹果做成苹果汁,是吧? 因为你喜欢饮料.那你是不是可以喝掉它.或者是你把它做成苹果酱或者是苹果派或者是苹果⼲,明⽩吗? 或者是任何你可以去把它转化成⼀个能让你接受或者是能服务于你.这就是你们⽣命的意义,你们的创造⼒,你们的想象⼒,你们的去不断像魔术师⼀样不断地去把它变变变.因为你们整个世界就是这么演变出来的.明⽩吗?

JO: We can show you if you have already manifested this fruit in your physical world because the result was unconscious seeding on your part, right? So for every moment when you are aware of it, you can convert each fruit. To explain further, you've already grown an apple - that's a fruit which you have manifested, okay? But what do you do if you don't like apples? You can make juice from the apple because you prefer drinks. Can you drink it or turn it into apple sauce, apple pie, or dried apples, understand? Or anything else you can convert it into something you accept or serves you well. This is the meaning of your life, your creativity, imagination - constantly changing like a magician and transforming continuously. Your entire world has evolved this way. Do you get it?

所以说你们当下的这个果,你也可以去把它变成正⾯服务于你和这个集体意识的.

So the fruit of your current situation, you can also turn it into a positive service to yourself and this collective consciousness.

问: 其实我找⽼师,问JO是想得到⼀些⽅法的.

Question: Actually, I sought advice from my teacher about how to handle JO.

JO: 这些⽅法已经告诉你.你在每⼀个当下你都可以去… 当然你把这个果转化过后,你会通过这个不断地去清楚去认识你的⼀些⾏为会导致⼀些果,那么你就可以更加有觉知的去做⼀些⾏为,明⽩吗? 就不会再是稀⾥糊涂的.就好像你之前是闭着眼睛⾛路,那你现在是睁开眼睛⾛路.那你便不会去撞着那些⾼压线了.

JO: These methods have already been told to you. You can do this at every moment… Of course, once you've transformed the result after that, you will be able to continuously understand how your actions lead to certain outcomes through this process, allowing you to be more mindful of what you're doing and realize it better, right? It's like going from walking blindly to opening your eyes while walking. You won't bump into high-voltage cables anymore.

问: 因为这个事件有很多规则,各种…JO: 这么说吧,就算没有你们法律规则,你们物质世界定的这些规则.你还有⼀个什么? 还有⼀个宇宙的规则.这个也是,你躲不过它们的.所以在你这些猛撞,就是⽆意识的撞的状态下.你也可以把你⾃⼰撞醒,然后来让你更加有觉知的去体验.⽽不是⽆意识稀⾥糊涂的去体验.这就是所谓的⼀帆风顺成功⼈⼠和所谓的(失败)⼈⼠的区别.

Q: There are many rules for this event; various... JO: Let me put it this way, even if there were no of your legal rules, the physical world's set of rules. You still have something like this. And then there are cosmic rules; these also apply to you and you can't escape them either. So in those sudden collisions, that state where they're subconscious or unconscious collisions, you could wake yourself up through this method, allowing you to experience more with awareness instead of experiencing it mindlessly. This is the difference between successful individuals who sail smoothly through life and others described as failures.

问: 成功⼈⼠就是规避风险.

Question: Successful people are those who avoid risks.

JO: 成功⼈⼠就是知道如何在这个世界上创造他们想要的相,⽽不是⼀个乱七⼋糟的.问: ⾮常感谢⽼师和JO,虽然没有⼀条路,还是要我⾃⼰选择.

Success is about knowing how to create what you want in this world, instead of chaos. Q: Very thankful to the teacher and JO, even though there's no clear path, it still comes down to me making the choice.

JO: NO,你拥有强⼤的转变它的能量.你也拥有去重新创造,不是去胡乱的去... 就像我们刚刚前⾯信息说的这条路你可能⾛的是靠近⾼压线的路.那是因为你没有找到其它的路,没有更好的.那如果我们让你看到前⾯有⽆数条美好的路,轻松的路.那你为什么要去选择⾼压线的路呢? 没有⼈会去选择的.所以我们只是来让你看到…问: 那我这次是不是长⼤了很多?

JO: NO, you possess the energy to transform it. You also have the ability to recreate, not to recklessly... like the path we mentioned earlier that you might have taken near high voltage cables because you didn't find any other paths or better alternatives. If we were to show you countless beautiful and easy paths ahead, why would you choose the path near the high voltage cables? Nobody would choose that. So we're just here to make you see... Question: Have I grown a lot this time?

JO: 你们⽆论怎样都在不断不断地所谓的长⼤,明⽩吗? ⽆论怎样,你们经历什么,它们都是最终把你推向你⾃⼰的道路上去的.

JO: You are growing up no matter what constantly and understandingly, right? No matter what you experience, they eventually push you towards your own path.

问: 我了解灵性之后,发现⾃⼰什么都不懂.我想知道我的JO是⼀个什么样⼦的存在.

Q: After I understood spirituality, I realized that I know nothing. I would like to know what kind of being my JO is.

JO: 你的JO是⼀个什么样⼦的存在? 什么意思?

"What kind of existence is your JO?" What does this mean?

问: 就是不知道是怎么样的⼀个存在.就是知道它,但是不知道它是怎么样的⼀个存在.

Question: It's just that I don't know what kind of existence it is. I know about it, but I don't know what kind of existence it is.

JO: 那你可以去跟它连接.越来越是跟⾼我的⼀个,就是进⼊到你的体内.⽽不是说你这个物质⾁体,⽽是那个⼤的你.那你就会知道是个怎么样的存在了.那它的存在是什么? 那⼀定是没有 ‘我’,就是没有 ‘我’ 的恐惧,没有 ‘我’ 的欲望.明⽩吗? 你就会逐渐逐渐的知道,它没有 ‘我’.它只是像爱⼀般的存在,只是爱.

JO: You can connect to it. As you become more aligned with me, entering into your body, rather than being bound by your physical existence, but the greater essence of you. Then you will understand what kind of being it is. What is its existence? It must be without 'I', without the fear or desires of 'I'. Understand? You will gradually come to know that there is no 'I' in it. It simply exists as love.

问: JO还有没有什么信息?

Question: Does JO have any other information?

JO: 你会顺利的渡过这⼀劫,就好像⼀个波浪把你推上岸.所以这会是⼀个好的转变.问: 真的吗? 谢谢⽼师.那会损失很多钱吗? 因为我听说会需要交很多.

JO: You will safely navigate through this situation, like being pushed ashore by a wave. So, it's going to be a positive shift. Q: Really? Thank you, teacher. Will I lose a lot of money? Because I heard there would be significant costs involved.

JO: 就算你现在损失了⼀百块钱.但是这⼀百块钱会变成⼀千块钱⼀万块钱⼗万块钱⼀个亿返回到你这边来.

Even if you lose one hundred yuan now, it will return to you as one thousand, ten thousand, a hundred thousand, or even a billion yuan.

问: 我以后会这么有钱吗?

Question: Will I be this wealthy in the future?

JO: 是的.问: 真的吗?

Yes. Question: Really?

JO: 是的问: 我构想的⽅案是⾼我你给我的吗?

Yes, I ask: Is the plan you created mine?

JO: 你的⽅案? 你现在⽬前你的所有⽅案都来⾃于你的物质世界,就是你看到的这个相,明⽩吗? 还是在这个相上⾯.

JO: Your plan? All your current plans come from the material world, the form you see, do you understand, still on this form?

问: 好,谢谢.那我就更加相信我⾃⼰的⼀些决定.

Q: Alright, thank you. That makes me even more confident in my own decisions.

#### 2023/08/27 — 灵魂主题之突破⽆⼒感Overcoming Helplessness in the Theme of Soul

JO: 你说吧,什么问题? 问: 我的灵魂主题是什么?

JO: Speak up, what's your question? Asked: What is my soul theme?

JO: 你稍等.你叫什么名字?问: XXJO: 你这⼀世你给⾃⼰设置的挑战就是有很多事情你会觉得没有办法解决,就是⽐较消极或者觉得外在的⼒量很⼤,然后⾃⼰产⽣的⼀种⽆⼒感.就是消极还有⽆⼒感.然后从这样⼦的⼀个状态转变成积极乐观、战⽆不胜、强⼤.这样⼦的⼀个灵魂.所以你的这⼀世你很容易被你想要成为想要转变成的那种⼈格特质所吸引.就是他们内在有⼀种积极、洒脱、看什么事情都不是个事.然后他们做什么事情都拥有强⼤的能量,没有畏惧,有很多办法.你会被这样的灵魂特质的⼈吸引.

JO: Wait a moment. What's your name? Question: XX JO: In this lifetime, the challenge you set for yourself is that there are many things you feel unable to resolve. This leads to a sense of passivity or feeling that external forces are too strong, resulting in a sense of powerlessness. It's about passivity and a feeling of powerlessness. Then transforming from such a state into one of positivity, optimism, invincibility, and strength. That's the soul you embody in this lifetime. Thus, it's easy for you to be attracted by traits that align with who you want to become or transform into. They have an inherent positivity, carefree attitude, seeing everything as insignificant. Whatever they do is fueled by strong energy, without fear, and having many solutions. You are drawn to souls with such characteristics.

问: 我感觉⾃⼰很想成为这样的⼈,但是我感觉⾃⼰没有遇到这样的⼈.

Question: I feel like I want to be such a person, but I feel like I haven't met such a person.

JO: 没有说你遇到,但是就是说你会被拥有这样特征的⼈,拥有这样能量的⼈吸引.因为你知道这是你⾃⼰想成为的样⼦.就是那才是真正的你,就是蜕变的.就是蜕变前和蜕变后的样⼦.所以这会是⼀个很⼤的⼀个转化的⼯程、过程.那在这个转化的过程中就会让你产⽣很多⽆⼒感或者是让你觉得没有办法,就是让你感受到⼀些压⼒感,吃⼒.就是会遇到很多这样⼦的事情来不断去激发你内在的⼒量.所以说如果你还想问其他⽅⾯的话,⽐如说事业啊这些.那在你转变之前你可能拥有很多梦想,就是⼼⾥想的很好也有很多想法.但是在⾏动上你就觉得很难达到你想要成为的样⼦.那这样⼦的话你的事业也不会呈现出…. 因为你是个有抱负的⼈.

JO: I didn't say you've encountered this, but I'm saying that you will be attracted to people who possess these characteristics and energy because you know that's what you want to become. That's the real you - the one undergoing transformation, both before and after it happens. This would be a huge transformative process. As part of this process, you'll experience a sense of helplessness or feel overwhelmed, facing pressure and feeling drained. You will encounter many such situations that challenge and stimulate your inner strength. If there's anything else you're curious about, for example, aspects related to your career, before the transformation begins, you might have had many dreams and ideas swirling in your mind. However, during these times of action, it becomes difficult for you to manifest what you desire because you are ambitious.

然后也不会成为你想象的样⼦.这还是关于⼀种内在的⼒量的激发和释放和成为的⼀个过程.

Then it won't become what you imagine. It's still about stimulating and releasing an inner power, and becoming a process.

问: 就是我是来激发内在的⼒量?

Q: I come here to tap into inner strength?

JO: 对问: 所以我⼩从⼩到⼤⼀直到现在我就感觉对外在⼀切的事的⽆⼒感.

So I've always felt a sense of powerlessness towards everything in the outside world, right through my childhood and even now.

JO: 是的.所以它会导致你性格有⼀点点像是忧郁、郁郁不乐.就好像有劲使不出.就是你知道你的⼈⽣不应该是这样,就在你的⼼灵深处你好像知道.就好像有⼀种憋屈感.

JO: Yes, so it leads to a somewhat depressive personality, feeling down and unable to exert oneself. It's like you know your life shouldn't be this way, deep in your heart you feel like something is stifling or constricting you.

问: 就我⼀直感觉我的⼒量没有⽤出来,我也不知道怎么样⽤.

Question: I feel like my strength isn't being utilized, and I don't know how to use it.

JO: 对问: 这个是这⼀⽣整个的转化过程,对吗?

JO: Q: This is the entire transformation process for one lifetime, right?

JO: 你如果这⼀⽣能够完完全全的绽放能够那个什么的话,你已经是创造奇迹了,明⽩吗? 因为这不是⼀个easy job.因为当你真正的去展现出那样⼦的⼒量,你就会在这个物质世界创造⼀个奇迹出来.那你就会成为你们见得到的⼀个⼥强⼈,事业强⼈.反正就是个强⼈.问: 那我通过那些途径可以让我的内在⼒量可以很顺利的转化出来呢?

JO: If you were able to fully bloom and manifest everything in this lifetime, you would be creating a miracle, understand? Because it's not an easy task. For when you truly display that kind of power, you create a wonder within the physical world. You would become a force to be reckoned with, both professionally and personally. In other words, a strong person. Q: How can I facilitate the smooth transformation of my inner strength?

JO: 你怎么去看待顺利两个字? 顺利两个字就像我们给你带出来的信息,你知道这是你的⽣命主题,你知道前⾯都是挑战⽽不是来置你于死地.你看到⼀些没有办法它不是真的没有办法,只是你的⼀些认知你的意识状态你的能量级别觉得没有办法.就好像你现在是个⼩朋友,就好像你现在肌⾁很weak.你的肌⾁从来没有锻炼过,所以你拿这个⼀百公⽄你觉得很吃⼒.那经过你不断不断每天艰苦的训练,那⼀百公⽄⼀只⼿就拿起来了.明⽩吗?所以你会把在你没有训练之前拿不起⼀百公⽄的事当成是⼀个事实,当成是⼀个the end of the story,结局,明⽩吗? 这就是.

JO: How do you perceive the words "smooth sailing"? These two words are akin to the messages we've brought forward for you. You understand that this is your life theme; you know there will be challenges ahead, not threats aimed at ending your existence. You see situations that appear insurmountable, but it's not that they genuinely are impossible; rather, it's due to your cognitive biases, consciousness state, and energy level perceiving them as such. Imagine yourself as a child, with very weak muscles that have never been exercised before. Lifting 100 kilograms seems excessively strenuous because your muscles are untrained. However, after relentless daily training, you can easily lift the same weight with one hand. Do you see? So, in the absence of training, seeing an inability to lift 100 kilograms as a fact, concluding it's 'the end of the story,' is understandable. This illustrates...

问: 我跟我的爱⼈之间的灵魂主题是什么? JO: 你们在⼀起多久?

Question: What is the soul theme between me and my partner? JO: How long have you been together?

问: 17年左右吧.

Question: Around 17 years, right?

JO: 你稍等.我们感应到你对你的爱⼈你会有⼀种就是你觉得他的⼒也没有使出来.就是有⼀种叫望⼦成龙或者是恨铁不成钢的这种感觉.所以说他就好像也是你的⼀⾯镜⼦.因为他也不能完完全全的去展现他的⼒量.所以他的版本会更加加深你的这种⽆⼒感.但是你又知道你不是这个样⼦,这不是你本来的样⼦,明⽩吗? 所以就会有内在的这种很复杂的感觉.

JO: Wait a moment. We've sensed that when you're in relation with your beloved one, you might experience a feeling as if his strength is not being fully utilized. This is akin to the sentiment of hoping for your child's success or feeling disappointment at their lack of achievement. Hence, he serves as a mirror reflecting aspects of yourself, because he too can't completely manifest his power. His actions amplify your sense of powerlessness. However, you're aware that this isn't how you truly are; you understand it's not the essence of who you are. This leads to an intricate inner sensation.

问: 那他也是来体验这个的吗?

Question: Does he also come to experience this?

JO: 他的呈现是来加强你的⽆⼒感.因为如果你的另外⼀半,就像我刚刚说的你会欣赏的那种⼈,他会给你带来⼒量的.他会让你觉得你想要去fight,他会让你觉得你内在有⼒量.明⽩吗?你会被他们点燃.那本很你还有⼀点点⽕,就好像你现在(的另⼀半)是⽔,就把你熄灭了.但是熄灭又不是你的状态,又不是你本来的样⼦,是来让你转变和突破它的.所以你内在的这股想要去奋发图强想要去转变想要去活出来,它⼀直会在的.它不会因为你遭受⼀些什么或者⽬前你经历⼀些什么⽽磨灭的.不然的话,你会⼀直怨恨⾃⼰的⼈⽣,就是憋屈.

JO: His presence is to strengthen your helplessness because if your other half, like I just mentioned the kind of person you would appreciate, would give you power and make you feel that you want to fight. He makes you feel powerful from within. Do you understand? You are ignited by them. But when you have a little bit left of fire, like now, your other half being water extinguishes it. However, the extinction is not your state; it's not who you truly are. It's meant to make you transform and break through it. Therefore, that inner desire to strive, change, and live fully continues to exist within you. This desire will not be extinguished by what you've suffered or what you're currently experiencing in life. Otherwise, you would always hate your own life, feeling trapped.

问: 明⽩.我有哪些没有开发出来的天赋之类的?

Q: Alright, what other talents do I have that are yet undeveloped?

JO: 那太多了.那整个⼈你蜕变,你就是完全不⼀样的⼈呀.明⽩吗? 你现在是A,那你另外⼀个是Z.就是完全是两个极端的.

JO: That's too much. You transform completely into a different person; do you understand? Now you are A, but your other self is Z - it's at the complete opposite end of the spectrum.

问: 那我最近这⼀年经常会做⼀些内在的功课.那这个是不是说明我⾛在对的道路上呢?

Question: Well, lately I've been doing a lot of inner work. Does this mean I'm on the right path?

JO: 你有没有⾛在对的道路上你需要去跟随你⾃⼰的内在的感觉.如果你感觉舒服,那么你就在.如果你感觉不喜欢、不舒服、抗拒,那么你就不在.所以你需要... 因为那个感觉是在你的内在.你做什么事情是需要你⾃⼰…. 你才是那个⽤⾆头去品尝这个温度合不合适的那个⼈.太烫、太冷、太苦、太咸… 明⽩吗? 因为你的味觉才是独⼀⽆⼆的.

JO: Have you chosen the right path that you need to follow your inner feelings. If you feel comfortable, then you are on it. If you feel unwell, uncomfortable, or resistant, then you are not. Therefore, you need... because the sensation is within you. Whatever you do needs to be by yourself... You are the one who uses your tongue to taste if it's suitable or not. Too hot, too cold, too bitter, too salty... Do you understand? Because your sense of taste is unique.

问: 那我还想问⼀下我和我的孩⼦,我有两个孩⼦的灵魂主题是什么? JO: 问哪⼀个 ?

Q: I also want to ask about myself and my child, what is the theme of my soul for me and my children? JO: Which one are you asking about?

问: 先问⼤⼉⼦吧,11岁.

Question: Start with the older child, who is 11 years old.

JO: 你稍等.我们感受到这个男孩⼦他会有顽强的⽣命⼒,他会⾮常有勇⽓.就是他就有那种越挫越勇,就是不怕事,然后内在没有什么恐惧.就是他胆⼤敢闯.他就是你可以去看到的⼒量的⼀个存在,明⽩吗? 就是你可以从他⾝上看到你想成为的样⼦.所以那个⼤孩⼦他会给你带来你需要的那股能量.所以你不应该去打压他让他应该成为⼀个什么样⼦,就是传统中的好孩⼦乖孩⼦、听话、要收敛或者是怎么样.⽽是⽀持他去完完全全的展现他⾃⼰.因为你还会有⼀些世俗的观念要怎么样怎么样,要遵守记录要遵守规矩,不莽撞.就⽐如说你有很多这种观念,不能太鲁莽.你头脑⾥⾯的这些全部要放下.不然你就在打压他这股⼒量.

JO: Wait a moment. We feel that this boy possesses great vitality and courage; he's someone who learns from adversity, fearless of challenges, with no inner fear holding him back. He's bold, daring to take risks. He embodies the force you can see in yourself, understand? You can see what you aspire to be through him. This big kid will bring you the energy you need. You shouldn't suppress or limit him; instead, support him to fully express himself. While you may have societal expectations about being a good boy, obedient, and restrained, focus on nurturing this force within him rather than imposing those constraints. Release your preconceived notions of how things should be done, for they only hinder the natural flow of his energy.

你打压他,你更加没有可以让你看得见的光了.就好像你现在⾝边唯⼀有的光就是你这个⼉⼦.如果你把他给灭了,你就彻底在⿊暗当中.

You are suffocating him; you will have nothing to see in light. As if the only light you currently have around you is this son of yours. If you were to extinguish him, you would be completely in darkness.

问: 那我的⼥⼉呢? 她8岁.

Question: But about my daughter? She's eight years old.

JO: 你的⼥⼉,如果你很难去展现你⾃⼰的⼒量或者是蜕变成功的话.那她会继承你延续你的那种压抑感、愤怒感和那种憋屈感.明⽩吗?

JO: If you find it hard to show your strength or achieve transformation, your daughter will inherit your feelings of suppression, anger, and frustration, do you understand?

问: 会延续?

Question: Will it be continued?

JO: 对.就好像你⾃⼰没有活出来,那么你⼥⼉也会有这种她想要活出来但是又活不出来,就很难活出来.她就好像是在延续你⾃⼰的⼀个状态.因为你的那股枷锁会在她⾝上去… 明⽩吗? 就觉得她好像⼀定要活出来,但是⾝上又有很多枷锁.因为母亲的枷锁没解开,又套在了她⾝上.

JO: Exactly. It's like you're not living your own life; thus, your daughter would have the same desire to live but be unable to do so, making it hard for her to live fully. She seems to be continuing your state of being because the chains that bind you will somehow find their way onto her. Understand? She feels she must live out her life, yet there are numerous constraints on her. This is due to her mother's unfulfilled restrictions which have been transferred onto her body.

问: 那我如何能活出来内在的这种⼒量?

Q: How can I manifest this inner power within myself?

JO: 就像我们前⾯信息说的,第⼀你现在已经知道你⽣命的蓝图和⾛向.前⾯你拿不起来的⼀百公⽄,不是来让你认定它是⼀个事实和⼀个结果.⽽是说经过你不断不断地去挑战⾃⼰、锻炼⾃⼰,让你能轻易的把⼀百公⽄给抓起来,明⽩吗? 那⼀百公⽄之所以动都不动是因为你的肌⾁没有得到锻炼,⽽不是因为它就是个事实.⽽你来到这⾥的⽬的就是不断去锻炼,去刺激你的肌⾁的.⽽不是让你weak,让你keep on,就是持续下去,明⽩吗? 因为不然你的⼉⼦你的⼥⼉他们也会成为⼀个不会锻炼⼀个肌⾁萎缩的⼈.为什么呢? 因为他们会觉得这个是常态.

JO: Just as we've discussed before, the first thing you now understand about your life's blueprint and direction. The hundred kilograms that you couldn't lift previously was not meant to be recognized as a fact or a result. Instead, it signifies the process of continually challenging yourself and exercising yourself until you can easily pick up a hundred kilograms, do you get it? That hundred kilograms remains immobile because your muscles haven't been trained, not because it's a fact. The purpose of your being here is to continuously train and stimulate your muscles, rather than letting you weaken or persistently maintain the status quo, understand? Because otherwise, your children and daughters would also become people who don't exercise or have muscle atrophy. Why? Because they would perceive this as normal.

问: 我跟我⽗母的灵魂主题是什么?

The soul theme between me and my parents is...

JO: 你稍等.你⾝上的枷锁就来⾃于你⽗母.有很多观念上的,有很多能量层⾯上的.但是他们的确是给了你⼀个沉重的枷锁.

JO: Wait a moment. The shackles on your body come from your parents. They are based in many conceptual ideas and energy levels. However, they did indeed give you a heavy burden.

问: 能感觉到.我想问⼀下我的祖先有没有什么话想对我说的?

Question: Can you sense it? I'd like to ask if my ancestors have anything they want to tell me.

JO: 它让你跟随这个⼥孩⼦.问: 每天都看她的信息吗?

JO: Does it make you follow this girl? Ask: Do you check her messages every day?

JO: 就只有这⼀句话.你⾃⼰选择你⾃⼰的⽅式.

JO: Just that sentence. You choose your own way yourself.

问: 我现在有的时候会感到有⼀种恐惧感.是不是因为我的灵魂是⽕苗⽐较⼩的原因?

Question: I sometimes feel a sense of fear. Is it because my soul flame is relatively small?

JO: 你⽬前是因为... 刚才不是说过你的⽣命主题是这样⼦的突破和蜕变,是吧? 你感受到的恐惧感更多的是因为你内在的⼒量它没有被激发出来.明⽩吗? 这么说,你前⾯有很多敌⼈.但是你是⼀个⼿⽆⼨铁,什么都不会的⼀个⼈.那你当然会恐惧了,对不对? 那你如果是⾝经百战、上过⽆数战场或者消灭过⽆数敌⼈,然后也⾮常有经验,⼿上还有强⼤的武器.你会怕吗?

JO: You're currently because... wasn't it mentioned that your life theme involves breakthroughs and transformations? Correct? The fear you experience is more due to the lack of activation of your inner strength. Understand? This means you had many enemies ahead. However, you were a person with no skills or power. Naturally, you would be afraid, right? If you've been through numerous battles, fought countless enemies, and have extensive experience, not to mention having powerful weapons in hand, would you still be afraid?

问: 不怕.

Q: Are you afraid?

JO: 是的.因为你知道如何去消灭它们,所以不会给你造成恐惧的.问: 所以要去主动⾯对这些恐惧吗?

Yes, because you know how to eliminate them, so they won't cause fear for you. Question: So, one should actively face these fears?

JO: 你知道这个恐惧它只是你暂时这个能量.它是⽬前还没有经过训练,就是还没有受训的⼀个状态⽽已.就还是⼀个新兵.那当你去加⼊这个训练的队伍,成为⼀个⽼兵,不断地上战场过后.你的状态会不⼀样的,明⽩吗? 所以允许它的存在,然后⾛上你⾃⼰的道路.它会⾃然⽽然的去蜕变的.所提你不需要单独的去处理它.

JO: You understand this fear is just a temporary state of your energy. It hasn't been trained yet; it's simply an untrained, new recruit status. You'll be different once you join the training and become a veteran, after repeatedly going to war. Understand? Allow its existence, then follow your own path. It will naturally transform itself. There's no need for you to deal with it separately.

问: 我做事的唯⼀标准就是⾃⼰舒服吗?

Question: Is my only criterion for doing things just my own comfort?

JO: 没有.你现在还有⼀个障碍是过于谨慎,过于的去犹豫不决.就好像是⼀定要让它不出⼀点差错.明⽩吗? 那这样⼦的话对你会有⼀个限制,就让你不太敢迈出你的脚步.但是你要记住的⼀句话是: 可以出任何差错.因为你像是⼀个艺术家⼀样.我不管我的这⼀盆墨⽔倒在哪⾥,我都可以去根据它现有的特征去把它呈现出我想要的样⼦,明⽩吗? 你们在物质世界中看到过他们表演沙画.它可以成为任何图象.但是随着⼀笔⼀笔的转变又变成另外⼀个.所以你这样⼦便可以不怕任何差错.因为它说没有关系,你可以在任意⼀个状态你都可以把它转化成你想要的样⼦.这就是你有多强⼤,创造能⼒是多么的⽆限.

JO: No. The obstacle you face now is being too cautious and hesitant. It's like insisting on perfection without allowing any mistakes. Understand? This constraint will limit you from taking risks and stepping out of your comfort zone. But remember, it's okay to make any mistake because you're akin to an artist. Whether my ink spills wherever, I can adapt its existing features to create what I desire. Do you get it? You've seen them perform sand art in the physical world. They can transform into any image but then become another as each stroke changes. So, there's no fear of making mistakes because there's no issue; you can turn it into whatever you want at any state. This is how powerful your creativity truly is - boundless and limitless.

还有⼀句话记住就是说事情不是你们脑⼦⾥⾯想出来的.因为你们会觉得你们脑⼦很好⽤,然后去把步骤想好,⼀步⼀步的要怎么样.但是你们想不到的.明⽩吗?

There's one thing to remember - that things aren't created in your minds. You might think your mind is very capable and plan the steps carefully, step by step, on how it should be done. But there are things you can't imagine. Understand?

问: 我更多的去⽤⾃⼰的直觉吗?

Question: Am I relying more on my intuition?

JO: NO NO NO.你更多的是去通过你每次遇到的事情或者是你的⼀个状态,或者是你的⼀个情绪你的⼀个反应,就把它当成是像镜⼦⼀样来⾃省.就是⾃⼰观察⾃⼰.原来我是这样⼦,原来我是在担⼼害怕,原来我是在⼀步⼀步的担⼼害怕还觉得这个是个好事.明⽩吗?这样⼦你就能去知道你⾃⼰还有哪些你⽗母的枷锁,你们集体意识的枷锁,明⽩吗?不然你

JO: NO NO NO. You should reflect on yourself more often through the things you encounter each time or your state or emotion, just like looking in a mirror. It's about self-observation; realizing that this is how I am, that I'm worried and scared, that I'm gradually becoming worried and scared, and seeing it as something good. Understand? By doing this, you'll be able to identify what personal and collective burdens you are carrying from your parents. Understand? Otherwise,

看不到,你会把它当成你的⼀部分.你看不到它只是在你⾝上的⼀根绳⼦束缚着你⽽已.所以为什么说让你去跟随这个⼥孩⼦? 因为她的信息就会让你看清楚这个只是个绳索,⽽不是我的命运,⽽不是我.你们会把它当成是你.明⽩吗?

You wouldn't be able to see it and you would take it as part of you. You wouldn't realize that this is just a piece of string binding you up and nothing more. So why are you being asked to follow this girl? Because her message will show you clearly that what you're dealing with is simply a string, not my destiny, or me. You will see yourself in it. Understand?

#### 2023/08/27 — 连接九天⽞⼥Connecting the Nine Immortals

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我最近体验到了越来越多的同步性,请问您能不能看⼀下我的能量状态.看看灵界有没有什么信息是要带给我的?

Q: I've been experiencing more synchronicities lately, could you please take a look at my energy state and see if there's any message from the spirit realm for me?

JO: 你稍等.你现在是在好像是突破⼀样,突破你⾃⼰的枷锁,突破这个物质幻像.就好像你现在是在⼀个蛋壳⾥⾯,你不停的要磕破这层壳.因为让你⾮常的不适,因为你也知道这不是你的状态.

JO: Wait a moment. You seem to be pushing through something like breaking free from your own constraints, overcoming this material illusion. It's as if you're inside an eggshell right now, constantly trying to break through its layer. This discomfort is causing you great unease, as you are well aware that it's not your natural state.

问: 那请问什么时候可以真正的突破或者说我现在还有什么卡点?

Q: When can we truly make a breakthrough? Or, what obstacles am I currently facing?

JO: 你⾃⼰去判断的话那就是当你不会觉得有障碍,也不会去在乎突破这个问题的时候.明⽩吗? 就是你不会觉得你的⼈⽣有什么问题.

JO: When you judge it yourself, that means when you don't feel any obstacles and don't care about overcoming this issue. Understand? It's like you don't perceive any problems in your life.

问: 我明⽩你的意思了.那我还能问我当下最⼤的卡点是什么吗?

Q: I understand your point. Can I ask what my biggest limiting factor is right now?

JO: 你当下最⼤的卡点就是你在找寻卡点吗? 就是你在找寻你的卡点.这就是你的卡点.没有什么卡点,这只是⼀个步骤.

JO: Your biggest block right now is that you're looking for the block? That you're looking for your block. That's your block. There's no block, it's just a step.

问: 那我还能请问⼀下我的指导灵有没有什么信息是要带给我的吗? JO: 你稍等.以你最⼤的能⼒去幻像你的未来有多么的精彩和美好.问: 请问能不能连接⼀下九天⽞⼥?

Q: Can I also ask if my guide spirit has any messages for me?

A: Wait a moment. Imagine how wonderful and beautiful your future is, using your greatest abilities.

Q: Could you please connect me to the Numinous Woman of Nine Heavens?

JO: 你稍等.

JO: Wait a moment.

九天⽞⼥: 你们邀请我出来有什么问题?

Nine Heavens Sealed Maiden: What's wrong with inviting me out?

问: 请问您是怎样的⼀个存在? 我们觉得您像是神话中的⼈物…九天⽞⼥: 我是什么样的存在? 我⾃⼰觉得我⾃⼰就好像是正义的化⾝,光的使者,击破⿊暗的能量的存在.正义之光.

Question: May I ask what kind of existence you are? We feel as if you're a figure from mythology... Ninth Heaven Siren: What kind of existence am I? I perceive myself as the embodiment of righteousness, the messenger of light, an entity that dispels darkness. The essence of justice and light.

问: 那请问您有什么样的性格特征?

Question: Could you tell me what kind of personality traits you have?

九天⽞⼥: 我的性格特征? 我的性格特征就是我⽆惧任何⿊暗,⽽且我还喜欢去⾯对⿊暗.越是⿊暗,越是能呈现出光的特征.就是没有任何⿊暗可以阻挡光.所以如果你们⼈惧怕、恐怖或者是惧怕困难,那我就是喜欢.因为只有在它们的衬托下才能更加的显现出光的特征.如果没有它们,就显现不了光的特征.

Nine Profound Women: What are my character traits? My character traits consist of not fearing any darkness and actually enjoying confronting it. The darker it gets, the more characteristics of light I am able to exhibit. There is nothing that can block or prevent light in the presence of darkness. Therefore, if you fear, are terrified, or fear challenges, then I like those feelings because only under these circumstances can the characteristics of light be more pronounced. Without them, the characteristics of light cannot be shown.

问: 那请问您是如何帮助我们⼈类的?

Question: And how do you assist us humans?

九天⽞⼥: 我是如何帮助你们⼈类? 应该是协助.因为⾸先你们只有⾃⼰能帮助⾃⼰,也就是说你们⾃⼰必须有⼀个⽅向,我才能从后⾯这个⽅向推着你往前进,明⽩吗? 所以只有你们⾃⼰才对⾃⼰有帮助,⽽且我们给的只有是协助.

Nine Heavens Secret Lady: How do I help you humans? It should be assistance. Because first of all, you can only help yourselves, which means you must have a direction. Only then can I push you forward from behind this direction, understand? Therefore, only you yourself can help yourself, and what we provide is only assistance.

问: 当您在看到有冲突的时候,您是如何判断要去帮助哪⼀⽅的?

Question: When you observe a conflict, how do you determine which side to assist?

九天⽞⼥: 如何判断? 很明显.你们可能很难判断,但是我们可以看到你们⾝上是光还是⿊.你是亮的还是⿊的,明⽩吗? 就好像是⿊的和⽩的这两个颜⾊你⼀下能看清楚,这个能量是⿊暗的能量,这个是光的能量.所以它不需要去判断,它是⼀⽬了然,明⽩吗? 就⽐说这个⼥孩⼦她⾝上都是光.所以在灵界,在JO眼⾥它⼀眼就能看到这个是光的化⾝.那当被像是恐惧或者是⿊暗、 恶魔产⽣的,它⾝上是⿊暗的.所以在灵界它⼀下⼦能看到它⾝上是⿊暗的,所以不需要去辨别.只有你们物质世界会被这个相所… ⽽我们看到的只是这个能量团.

Nine Heavens Mysterious Woman: How to determine? Clearly, you might find it difficult to determine, but we can see whether there is light or darkness on you. Are you bright or dark, understand? It's like being able to clearly distinguish between black and white; this energy is dark energy, while this is light energy. So there is no need for judgment, as it is self-evident, do you get it? For example, if a girl has all light within her. In the spiritual realm, in JO's eyes, she can immediately recognize that she embodies light. When faced with fear or darkness, demons, they have dark energy on them. So in the spiritual realm, she instantly identifies this as dark energy, hence there is no need to differentiate. Only your material world would be affected by appearances… whereas what we see is just an energy cluster.

问: 那请问在您眼⾥我是⼀个什么样的能量团? 有没有什么信息是可以带给我的?

Q: If I may ask, what kind of energy group do you see me as in your perspective? Are there any messages that can be brought to me?

九天⽞⼥: 你现在是什么样⼦? 你现在就好像是还会有⿊暗的,会有阴影.但是在⾛向光的⼀个过程,明⽩吗? 但是这个也取决于你的⾃由意志.你到底是要⼀直靠近光还是被⿊暗的能量拉扯.

Nine Profound Women: What state are you in now? You still have darkness and shadows, but you're moving towards light, right? But this also depends on your free will. Do you want to get closer to the light or be pulled by dark energy?

问: 请问关于能够更好的突破⿊暗去靠近光,有没有什么信息是要带给我的?

Question: Could you share any information about how to better penetrate the darkness and get closer to light?

九天⽞⼥: 即使你完完全全的进⼊⿊暗,你始终还是会⾛向光的⽅向.因为这个才是终点,这个才是⽬的地,明⽩吗? 所以就算那些被⿊暗笼罩的,他们也只是暂时的⼀个相.它不是⼀个固定的.明⽩吗? 因为这个⼥孩⼦也是从⿊暗当中⾛出来的光.

The Nine-tailed Vixen: Even if you fully immerse yourself in darkness, you will inevitably be drawn towards the light. That's because that is the destination, that is where it leads to, do you understand? So even those who are enveloped by darkness, they are merely temporary manifestations. It is not a permanent state. Do you understand? Because this girl also emerged from the darkness as a source of light.

问: 在您看来什么是正义?

Question: In your view, what is justice?

九天⽞⼥: 正义就是光,就好像我们刚才说的.问: 请问您和这个通灵的⼥孩有什么连接吗?

Nine Heavens Vixen: Justice is like light, just as we have discussed. Q: Could you please explain the connection between you and this spirit medium girl?

九天⽞⼥: 有连接.因为她也是光,她也是正义.所以你说有没有连接?问: 请问您有没有什么信息是要带给这个⼥孩⼦的吗?

Nine Heavens Enigma: There is a connection because she is also light, she is righteousness. So, do you say there is a connection? Q: Could you please share any information that you have for this girl?

九天⽞⼥: 你稍等.她现在已经连接了,就是把我的特质,像我前⾯说的我⽆惧任何⿊暗,我欢迎⿊暗,我想要进⼊更多的⿊暗,这样更加的能呈现我的光.所以她已经把这个特质融⼊到她的灵魂⾥⾯.所以她将来也不会有任何恐惧,越是⿊暗越是所谓的这种沉重的⿊暗的负⾯的,更加能够显现出她的光.

Nine Profound Wives: Please wait a moment. She has already connected with it; that is, she's integrating my characteristic - I'm fearless of darkness, I embrace the darkness, and I wish to immerse myself in more darkness. This will enable me to radiate my light more effectively. So, she has incorporated this quality into her soul. Consequently, she will not experience any fear in the future; the deeper the darkness, the more capable it is of highlighting her brilliance.

问: 请问您和道教是什么样的关系?

Question: Could you please tell me about your relationship with Daoism?

九天⽞⼥: ⽆论你们说的哪⼀个宗教,其实它其实你们⼈类⾃⼰给它的⼀个定义,明⽩吗? 就是你给它规范了.OK,你有你的说法,我有我的说法.只是不同的说法在说同⼀个事情.

Nine Heavens Sealed Maiden: Whatever religion you speak of, in fact, it is actually a definition that your human beings gave to it, do you understand? That's right, you have your interpretation, I have mine. It's just different interpretations speaking about the same thing.

明⽩吗? 所以所谓的道教也好、佛教也好、基督教也好,这些教只是你们不同的⼈类、不同的区域给它的⼀个定义,⼀个不同的名字.但是你们说的是同⼀个事情.就这么说,⼟⾖你们有⼈叫它⼟⾖,有⼈叫马铃薯,有⼈叫洋芋,有⼈叫potato,明⽩吗? 那你是不是还有其他不同的语⾔去称呼它?

Understand this concept? Therefore, whether it's Taoism, Buddhism, or Christianity, these doctrines are just different definitions given by humans from various regions to the same phenomenon. They are merely different names for talking about the same thing. It's like how you might call a potato a soy bean, a mashed potato, an onion, or a potato in English. Does that mean you should use other languages to refer to it?

问: 请问我前⼏天做梦梦见这个⼥孩⼦和Abraham hicks帮我通灵回答问题.我的问题是我要多久才能进⼊我想要的现实.回答是straight forward.请问这个梦还有什么别的信息是要带给我的吗?

Q: I had a dream the other day about a girl who communicated with me through Abraham Hicks to answer my questions. My question is, how long will it take for me to enter into the reality I want? The response was straightforward. Can you explain what else this dream might convey to me besides the answer provided?

九天⽞⼥: 告诉你它不在前⾯,⽽在你当下.所以你现在就是了.

Nine Heavens Secret Woman: Tell you that it is not ahead, but within your present moment. So, you are already there.

#### 2023/08/30 — 灵魂主题之平衡欲望与⾃⾝的能量Balancing Desires and One's Own Energy in the Theme of Souls

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 最近很恐慌恐惧.我想知道我这个关卡来源于哪⾥? JO: 多久了?

Q: I've been feeling very anxious recently. I want to know where this stage comes from? JO: How long has it been?

问: ⼤半年了吧.这两个⽉就是困难啊、⼼⾥慌,主要就是离开⼈… JO: 你叫什么名字?

Q: It's been over six months, right? These past two months have been tough, I feel very anxious inside, mainly because of being away from people... J.O.: What's your name?

问: XXJO: 我们感受到你现在到了⼀个节⾻眼上.然后这个节⾻眼上让你必须全然地去突破⾃⼰去成长去转变.就好像你必须要把你扩展,就⽐如说你现在是⼀根⽵⼦,然后你现在有多少的节.你现在必须要突破到⼗⼀⼗⼆个节.因为你的⼒⽓已经承受不了在你⾝上的那些东西.就是你需要去处理的事情、你肩膀上的责任肩膀上的重担或者是你周围的⼀切,然后你⽬前的⼒⽓已经承担不了了.所以那你现在是不是需要去更加… 就好像增长你的肌⾁⼀样.你要么是卸下担⼦.卸下担⼦你知道什么意思吗? 就⽐如说你⽬前承担的⼀些⼯作或者是你⾝上的担⼦.你⾝上有什么担⼦你不知道吗? 你的负担.

Q: XXJO: We sense that you are at a turning point now. This turning point requires you to fully break through yourself, grow and transform. It's like you need to expand, for example, if you're currently a bamboo stick with so many nodes, you must breakthrough to the 11th or 12th node because your strength can no longer bear the weight on you. This includes what you need to handle, responsibilities, burdens on your shoulders, or everything around you that you are currently unable to manage due to your current strength. So, do you now need to grow more... just like increasing your muscles? Or could it be that you should take off the load? Do you understand what I mean by "taking off the load"? For instance, the responsibilities and burdens of work or things on you that you currently carry. Don't you know what kind of burden is on you?

问: 负债吧.但其实很多问题其实是关联的.我⾃⼰觉得我是在经历⼀个⼤劫.我不知道怎么突破.我想知道我的灵魂使命是什么?

Q: Debt, right? But actually, many of the issues are interconnected. I feel like I'm going through a great tribulation. I don't know how to break through. I want to know what my soul mission is?

JO: 这么说吧,你这⼀⽣选择的灵魂主题就好像最开始你是⼀个⾮常有野⼼的⼈,就是欲望很⼤,需求很⼤.就是你想要不停的去拿拿拿拿.就这么说吧,你不停的想要去赚很多钱,就你们物质上能看到的东西.然后不管它是权⼒或者是名利或者是其他东西,你就不断地想要去,就是胃⼜很⼤吧.然后通过你不断地去拿了很多过后,你才发现你⾃⼰handle不了,就是拿了很多东西过来候你运转不了.这么说吧,就好像去要要要要了很多孩⼦回家,但是这些孩⼦你养不活他,你也不知道怎么教他,明⽩吗? 就⽐如从⽣意的层⾯来说,你扩扩扩扩展了很多⽣意.但是你却不知道如何把⽣意很好的运作.明⽩吗? 然后就会出现失衡的⼀个状态,明⽩吗?

JO: Let me put it this way, the subject of your soul's choices throughout your life is akin to starting out as someone with tremendous ambition, where desires and needs were vast. You constantly sought to take, to accumulate endlessly. So let's say you were perpetually striving to amass wealth, material possessions being what we can see physically. Whether it be power, fame, or other things, you continuously pursued them, your appetite being insatiable. After accumulating a lot, you realized that you couldn't handle it; you found yourself unable to manage all the things you had taken on. Picture bringing in many children into your home but realizing you can't sustain their lives and don't know how to teach them. Understand? Like expanding businesses from a business perspective, you took on numerous ventures. But you were unaware of how to operate these businesses efficiently. Get it? This would result in an imbalance, wouldn't it?

问: 我想知道我将来的⼀个使命…JO: 我们先跟你说你的灵魂主题.灵魂主题就是关于如何去平衡你内在的欲望和你⾃⾝的能量,明⽩吗? 因为你会感受到你有强烈的不断地去想要拿,不断地想要去占有拥有.然后等你拥有了过后,你却没有能量去把它平衡好.所以说就会出现失衡的⼀个状态.那这个失衡的状态就是需要你去平衡的了.你平衡你内在的欲望.你平衡你⾃⼰的能⼒,明⽩吗? 因为你需要去很好的去学习平衡,然后你才能很好的去掌握这两种能量.

Q: I want to know about my future mission...

A: We will first tell you about your soul theme. Your soul theme is about how to balance your inner desires and your own energy, understand? Because you'll feel that you have strong urges to acquire constantly, always wanting to possess and own things. Then, when you do get them, you lack the ability to balance them well. This leads to an imbalance state. The task for you then is to correct this imbalance by balancing your inner desires and your own abilities, understand? You need to learn how to balance effectively in order to master these two energies properly.

问: 我现在状态很紧张,很困难… JO: 卸下你的担⼦.担⼦是什么?

Question: I'm feeling very tense and difficult now... JO: Take off your burden. What is a burden?

问: 我不知道我的担⼦是什么? JO: 是什么让你压⼒⼤?

Q: I don't know what my burden is?

JO: What's causing you so much stress?

问: ⽗母啊、环境上.我不知道是什么让我... 我已经不知道已经怎么办了.我想求助…JO: 你肩膀上的东西你需要把它拿⾛,明⽩吗? ⽐如说你有很强烈的欲望,你想要把⼀个公司做的多⼤.这个也是.明⽩吗? 那个担⼦是来⾃于你的⼀个胃⼜,你的⼀个野⼼,你的⼀个欲望.明⽩吗? 所以说你⾃⼰要去看你的⽣命当中它对你来说很重要的⼀些事情,但是你又不舍得放下的⼀些.⽐如说你现在你在做什么⼯作?

Question: Mother, in terms of environment... I don't know what's making me feel like this... I'm at a loss on how to handle it. I want help...

JO: You need to remove the burden you have on your shoulders, understand? Like if you have a strong desire, wanting to expand a company so much. This is similar. Understand? That responsibility comes from your stomach, your ambition, and your desires. Understand? So you need to look at what in your life are important things that you can't let go of, but you're struggling with. Like what work you're currently doing?

问: 做设计的.但是我的压⼒不是来⾃我的⼯作,已经很多没⼯作了.也不敢出门.⾝体很乏⼒,不敢出门,⼀出门就⼼慌.

Question: I do design work. But my stress isn't from my job; there's been no work for me for a long time. I'm also too afraid to go outside. My body feels very exhausted and I'm afraid to leave the house, as soon as I step out I get anxious.

JO: 那你的关系呢? 你⾝边的⼈是谁?问: 我的母亲.

JO: What about your relationships? Who are the people around you?

Asked: My mother.

JO: 然后你的梦想呢?

Then what about your dreams?

问: 把⽀离破碎的家在重新建起来.

Question: How about rebuilding a fragmented family?

JO: ok,那就是了.⽀离破碎的家,这个就是你的担⼦.把这个⽀离破碎的担⼦拿⾛,你就会好,明⽩吗? 因为在你的⼼⽬中你会觉得家应该是什么样⼦.就是你会觉得应该所有⼈没有⽭盾,明⽩吗? 因为你们⼈类会觉得在关系当中不能有⽭盾或者是不能有争吵或者是不能有冲突.但是正好是通过这些争吵和冲突和⽭盾才是让你们更近⼀步的.你要知道关系⾥的⽭盾和冲突它不是来让你们分开的,明⽩吗? 它是来让你们更近的.为什么? 因为关系⾥的⽭盾它显现出来让你们看到,你们才知道你们原来是这个隔阂.那当你们清楚你们原来有这个隔阂,你们是不是就可以把这个隔阂给拿开了? 让你们彼此的⼼更近了,对不对?

JO: Alright, that's it. A fragmented home, this is your responsibility. Take away the fragmented burden, and you will be fine, understand? Because in your mind, you would think about what a home should look like. That means you would believe that everyone shouldn't have conflicts or arguments or disputes, right? But actually, it's through these disagreements, conflicts, and contradictions that you grow closer to each other. You need to know that the conflicts and disagreements within relationships are not meant to separate you; they're meant to bring you closer together. Why is that? Because when conflicts in a relationship surface and reveal themselves, you realize your actual barriers or differences. When you acknowledge these barriers, can't you then remove them and allow for a greater closeness between each other's hearts?

问: 其实也不是隔阂.我想问我跟我母亲的灵魂关系是什么? JO: 你母亲叫什么名字?

Q: Actually, it's not about estrangement. I want to know what my spiritual relationship is with my mother. A: What's your mother's name?

问: XXXJO: 我们感受到你母亲对你有很强烈的压迫感.她太强硬了,就是太硬了.所以她对你造成的能量层⾯的影响还是挺⼤的.然后你的刚才所描述的这些感觉都会有她的影响.你们是住⼀起的吗?

Q: XXXJO: We sense a strong imposition from your mother on you. She is too tough, just too hard. Therefore, the impact she has on you at an energetic level is quite significant. And all of those feelings you described earlier would be influenced by her. Do you live together?

问: 住⼀起的.我觉得⼀直就有压迫感.

Q: Living together, I always feel oppressed.

JO: 那你需要从物理层⾯跟她保持… ⽐如说你搬出去住.那这样⼦会让你慢慢慢慢的不⽤再受到这股能量对你的挤压、压迫,明⽩吗?

Japanese to English

JO: So you need to maintain a distance from her on the physical level... like moving out. This would allow you to gradually stop feeling the pressure and oppression that this energy exerts on you, understand?

问: 未来可解吗? 还是⼀直需要?

Q: Is the future resolvable? Or will it always remain uncertain?

JO: 因为你现在都好像呼吸不过来了,被压得喘不过⽓.你还不先让⾃⼰调节⼀下呼吸,可以正常呼吸.你再说未来?

Because you can hardly breathe now, suffocated by the pressure. You haven't regulated your breathing to be able to breathe normally yet. Let's talk about the future again?

问: 我已经出来了,已经不再⼀起了.我已经离开那个家了.

Question: I have already come out and am no longer together. I have left that home.

JO: 那⾯对你现在的情况你还有什么问题吗? ⾸先就是说如果你想要去平缓你刚刚说的那些,你⾸先就是要放下所有的对你⾃⼰的期待或者对你将来的期待或者是对整个家庭有什么期待,明⽩吗?你需要放下所有的⼀切.因为当你们头脑⾥⾯有⼀个固定的形象,它应该是什么样⼦.⽽物质世界没有呈现那个样⼦,你们就会产⽣这种压迫感.就有⼀种很着急,就觉得不应该是这个样⼦.就想要去把那个物理现实推动成你头脑中定义的样⼦.但是这不是你们⽣命它本来的样⼦.明⽩吗?那不然的话,你只是在满⾜你头脑⾥⾯的⼀些念头,头脑⾥⾯的⼀些想法,⽽没有真正的去进⼊⽣命.

JO: Have you any questions about your current situation? First of all, if you want to smooth out what you just said, the first thing you need to do is let go of all expectations for yourself or for your future or for the entire family. Do you understand? You need to let go of everything. Because when there's a fixed image in your mind of how it should be and the material world doesn't present that way, you'll feel this sense of pressure. There will be a feeling of urgency, thinking that it shouldn't be like this. You want to push the physical reality into being as defined by your mind. But that's not the real nature of your life. Do you understand? Otherwise, you're just satisfying thoughts and ideas in your mind without truly engaging with life.

问: 我就想问⼀下我的恐惧…JO: 对对,你主要问题就是恐惧.但是我们需要把这个问题让你看到,让你看到是什么导致的恐惧,明⽩吗? 那就像刚才说的,⽐如说你头脑⾥⾯对你⾃我的形象或者是你将来的梦想、愿望或者对你家庭应该是什么样⼦.这些都会给你带来压⼒的.因为你会觉得事情或者关系没有成为你想象的样⼦,然后你就会有⼀种挫败感.

Question: I just want to ask about my fears... JO: Yes, your main issue is fear. But we need to show you this problem and let you see what causes it. Understand? Just like what was mentioned earlier, for example, the image of yourself in your mind or your future dreams, wishes, or how your family should be. These things can bring stress to you because you might feel that things or relationships haven't turned out as you imagined, leading to a sense of frustration.

问: 我感觉我跟我妈妈在⼀起她的磁场就压的我喘不过⽓.我想问我的⾝体问题?

Question: I feel suffocated when I'm with my mom, like there's a force preventing me from breathing. I want to ask about a physical issue?

JO: 你的⾝体问题就像前⾯的信息,你⾸先要放下你头脑⾥⾯对任何的期待、任何形象.就不如说我应该是什么样⼦、我的关系应该是什么样⼦或者是我跟我母亲的关系应该是什么样⼦、家庭不应该是⽀离破碎或者是不应该产⽣⽭盾.你⾸先应该要放下这些.这些它会给你带来压⼒感,它会让你⽆⼒.

JO: Your body issues are similar to the information in front of you; first, you need to let go of any expectations or images in your mind. It's like saying I should be a certain way, my relationships should be a certain way, or how my relationship with my mother should be, and whether family should not be broken or shouldn't create contradictions. You should start by letting these things go. They will bring you pressure and make you feel powerless.

问: 我的僵直性脊柱炎已经很多年了.我⽗亲也是有这个病.我需要看医⽣还是需要?

Question: I have been suffering from ankylosing spondylitis for many years. My father also has this disease. Do I need to see a doctor or not?

JO: 你稍等.这么说吧,你虽然表⾯上可能没有你妈妈那么强悍.但是在你内⼼你跟你爸爸⼀样,都是特⽐固执.就是你们观念或者你们的观点实际上不会变得.就是虽然表⾯上我可能跟你不会有特别⼤的冲突或者是什么,但是你的内⼼是死死地,明⽩吗? 可能不像是直接跟别⼈发⽣冲突或者是顶撞或者是维护你的… 但是你内⼼却是死死地.就是你认定的,就是这样⼦的.那就有⼀种好像是⼀股能量很硬很硬,好像是执念⼀样.然后让你的整个能量不是那种柔软,不是像⽔⼀样,⽽是像冰块⼀样.所以说你⼼⽬中还是需要学习放下的功课.放下它并不是让你失去⾃我或者是失去你个⼈的⼀些特质或者是想法,明⽩吗?

JO: Wait a minute. To put it this way, you might not appear as strong as your mother on the surface. However, deep down, just like your father, you are unusually stubborn. It's that you don't actually change your beliefs or viewpoints despite my possible non-conflict with you. Your inner core is firmly set in its ways, understand? Maybe it doesn't manifest directly through conflicts or defiance or defending your own... but it's deeply ingrained within you. You believe something to be true and stick to it steadfastly. This creates a forceful energy that feels like a strong执念, making your overall energy not soft like water, but cold and rigid like ice. Therefore, in your mind, there is still the need for learning how to let go of such attachments. Letting go doesn't mean losing yourself or your personal traits or ideas; understand?

问: 我需要放下什么才能让我从呼吸胸闷、抑郁⾛出来.最⼤的问题是这个.其实我有⼀个愿望,我如果能好起来,我会帮助很多⼈.⽽不是来掠夺什么东西.我过了这个劫以后,我发个愿就是帮助更多⼈.我害怕⾃⼰就这么去了.到底是⼀种什么样的能量? 我怎么样才能⾛出来.

Question: What do I need to let go of so that I can overcome the chest constriction and depression? The biggest question is this. Actually, I have a wish; if I recover, I will help many people, not coming to seize anything. After going through this ordeal, I make a vow to help even more people. I'm afraid of just leaving like this. What kind of energy is it? How do I overcome it?

JO: 你刚才说你们家⽀离破碎的.是怎么样的⽀离破碎?问: 就是我爸妈不在⼀起.我从⼩最⼤的⼼结就是…JO: 你们家就三⼜⼈吗?问: 还有我的⼉⼦. JO: 那你跟你⽼婆呢?

Chinese: JO: You said your family was in ruins just now. What kind of ruin are we talking about?

Question: I mean, my parents aren't together. The biggest problem I've had since I was little is...JO: Your family consists of three people, right? Question: And my son as well. JO: And you and your wife?

问: 离婚⼗⼏年了.⼀直都是我跟我妈还有我⼉⼦.但是我觉得我的压迫⼀直都是我母亲.

Q: I've been divorced for about ten years, always with just my mother and my son. But I feel the pressure has always been from my mother.

JO: 你刚才说你有负债是吗?问: 对,我还有负债.

JO: You just said you have debt, right? Q: Yes, I still have debt.

JO: 你负债是因为什么导致的负债?

JO: Why did you incur debt?

问: 这个房⼦抵押.这个房⼦也是我妈妈的.

Question: This house is mortgaged. This house is also my mother's.

JO: 为什么需要去抵押呢?

JO: Why would you need collateral?

问: 贷款.⽤这个钱也是⽤来盖这个房⼦.我住这个房⼦我也觉得是压迫.

Question: Loan. Using this money is also to build this house. I feel oppressed living in this house too.

JO: 那你跟你孩⼦妈妈为什么离婚呢?问: 已经很久了.

JO: Why did you divorce your child's mother? Asked: It has been a long time.

JO: 这个跟时间没有关系.为什么?

JO: This has nothing to do with time. Why?

问: 就不和吧.也说不上具体有什么原因.

Q: It's complicated. I can't really pinpoint a specific reason.

JO: 因为如果你不愿意坦诚的⾯对你的过去,坦诚的去⾯对⼀切的话.你那个梗它⼀直在那⾥,没有办法清理.

JO: Because if you are not willing to face your past honestly and be honest about everything, that hang-up will always be there, and it cannot be cleared.

问: 但是我觉得在我的意识⾥⾯跟她早就没有什么关系了.她早都已经结婚⽣孩⼦.

Question: But I feel that there is no connection between us in my consciousness; she has long been married and had children.

JO: 这不是你头脑⾥⾯认为,⽽是能量层⾯.

JO: This isn't what you think in your mind; it's on an energetic level.

问: 可能我实在想不起来.到底是因为什么? 因为也没有争吵.可能是她⽗母⼲预吧,孩⼦也不争,也没有家产的问题.

Q: Maybe I can't remember for sure. What was the reason? There was no argument; perhaps it was due to her parents' interference, as the child did not contest and there were no issues involving inheritance.

JO: 你稍等.就像我们前⾯给你说的信息,就是你虽然好像是接受了这⼀切,但是实际上你并没有接受这⼀切.因为你会觉得所有事情它都没有按照你头脑⾥⾯想象的样⼦或者你⼼⽬中觉得它本来应该是这样⼦的.所有的事情就好像让你进⼊⼀种抓狂的状态,明⽩吗? 你会觉得为什么我的孩⼦也没有⼀个家? ⽗母也没有⼀个家? 为什么成⽴⼀个家这么难? 然后为什么会有这么⼤的压⼒或者⽋债什么的? 这是你⼼底的声⾳.你会觉得为什么为什么.就觉得⽇⼦不应该过程这样⼦.然后你有这种不应该过程这样⼦的声⾳过后,但是你却没有办法把它拼凑成你想要的样⼦.就好像你觉得这⼀堆拼图乱七⼋糟的,不应该是这个样⼦.

JO: Wait a moment. Just like the information we gave you before, even though it seems like you've accepted everything, in reality, you haven't truly accepted it all. You feel that every situation doesn't unfold as you imagined or how you perceive it should be. It's as if you're entering into a state of frustration, understanding? You wonder why your child doesn't have a home? Why don't parents have homes? Why is setting up a family so hard? And then why are there such large pressures or debts involved? This is the voice deep inside you questioning everything. You ask yourself, "Why, why?" and feel that life shouldn't be going through this process. After having these feelings of not wanting it to go like this, but you can't seem to piece together how it should be according to your desires. It's like you're dealing with a pile of jumbled puzzle pieces that don't fit together the way they should.

但是你又没有办法去把它拼凑成你想要的样⼦.然后你就开始抓狂.你看过⼩朋友没有? ⼩朋友他想拼⼀个东西拼不出来,他就开始发脾⽓抓狂,对不对? 然后你也有⼀种lose control,就好像你失去控制了.就好像你的⼈⽣失控了.你看⼀下⼩朋友,他玩玩具想要拼,但是他又拼不出来.然后在那抓狂在那失控的感觉,明⽩吗?所以说是你没有允许⽣命呈现它本来的样

But there's no way you can assemble it into what you want. Then you start going crazy. Have you seen children? Children try to put together something they can't, and then they throw tantrums, right? You also feel a loss of control, as if your life has gone off the rails. Watch a child trying to play with toys but can't, feeling that sense of losing control, do you understand? That's because you haven't allowed life to manifest in its true form

⼦.本来的样⼦是打碎了是为了让你好好的把它拼到⼀起的.它这个拼图乱七⼋糟的原因是因为你在拼它的过程你可以让你⾃⼰calm down,让你⾃⼰冷静下来.明⽩吗?

Child. The original idea was to break it so that you could put it back together nicely. The reason the puzzle is in a mess is because as you're putting it together, it allows you to calm down and get yourself composed. Do you understand?

问: 那我在问你⼀个问题,我怕时间…JO:你不需要着急.因为我们这⾥的信息都会完完全全的呈现给你.就是你⽬前这个阶段,好吗?因为⾸先你会有⼀种就是焦虑.你会有⼀种我要赶快要呈现出我⼼⽬中理想的样⼦.你有⼀种那样的感觉.但是你们来到这个物质世界上你们就是体验那种失联或者是失控.你本⾝就是来体验这种破碎感,你本⾝就是来体验这个拼图乱七⼋糟的.明⽩吗?如果真的⼀下⼦恢复到你⾃⼰想要的那个样⼦过后,你的⼈⽣也结束了,明⽩吗?所以说你⾸先要接受事情的本⾝.因为其实你看到你的⼈⽣,你会觉得是乱七⼋糟.如果是看别⼈的⼈⽣,它看上去是那么和睦或者是和谐.你是看不到背后⽽已.这么说吧,你们去世的明星李玟.

Q: Let me ask you a question; I'm afraid of time... JO: You don't need to rush. The information we provide here will be completely presented to you. This is your current stage, right? Because first, you'll feel anxious. You'll want to quickly present your ideal self. You'll have that feeling. But when you come into this physical world, you experience disconnection or loss of control. You are here to experience the sense of fragmentation; you're here to experience how the puzzle is all over the place. Understand? If everything suddenly returned to how you desired it after that, your life would end there. Understand? Therefore, you need to accept things as they are. Because when you look at your own life, you might feel chaotic. But if you see someone else's life, it appears peaceful or harmonious - but you're not seeing behind the scenes. Let me put it this way: the deceased celebrity, Li Yuchun.

她如果不⾃杀的话,你能看到她背后到底有多破碎的东西吗?你看到的都是光鲜亮丽的,对吧?那你看到你们世界上那么多明星去⾃杀,他们都是⾃杀过后才把那么多破碎带出来,对吧?明⽩吗? 所以你必须要接受你⽣命本来的样⼦.

If she hadn't committed suicide, could you see how shattered the things behind her are? What you see is all shiny and beautiful, right? And when you see so many celebrities in your world committing suicide, they only reveal those shards after their acts, right? Understand that you must accept what your life truly looks like.

问: 有没有⾼维的⼀种指引帮我⾛出来?

Question: Is there a guide for navigating in high dimensions?

JO: 指引现在就在告诉你,你现在特别着急.你着急的就好像⼀下⼦要把你的⼀⽣都要理顺.

Jo: The instructions are telling you now that you're extremely anxious. You feel like you need to straighten out your entire life all at once.

问: 没有没有.我现在就是想活着.最⼤的就是我的⾝体和⼼理能恢复正常.其它都就可以慢慢来.

Q: Is there anything else? I just want to live now. The biggest thing is that my body and mind can return to normal. Everything else can come later.

JO: 那就是说爱上你现在在的位置.你能爱上这个⾝体吗? 它之所以如此的焦虑着急是因为它⾮常的有责任⼼,想要把事情⼲好.明⽩吗?所以说你去接受你现在所有的⼀切,包括你觉得这个⾝体.你觉得⼀切都合理,你着急这个着急那个.着急什么不重要.但是⽆论怎样你是在⼀种着急的频率⾥⾯.你是在这个状态⾥⾯.所以就算你现在在此刻⽆论它是什么状态,你都能发现它的美,你都能爱上它,你都能去跟它谈⼀场热恋,你都去感恩⽣命给了你这⼀切,不管他是什么.你便不会想要去其它地⽅.这⾥没有其它地⽅想要去.你看就因为你特别想要去其它地⽅,所以你才会产⽣失衡的状态.明⽩吗?你们真的没有任何地⽅可以去,那个都是你们⽼⼦⾥⾯的幻像.

JO: That means loving where you are right now. Can you love this body? It's so anxious because it is very responsible and wants to do things well. Do you understand? So, by accepting everything about yourself right now, including how you feel about your body, you realize that everything seems reasonable. You're just anxious about everything. What you're anxious about doesn't matter; the important thing is that you are in a state of being anxious. Therefore, even if at this moment it's in any condition, you can still find its beauty, love it, engage in passionate affairs with it, and be grateful for life giving you all this, regardless of what it is. You won't want to go elsewhere because there's nowhere else you could possibly go. You see, it's because you so badly want to go somewhere else that you create a state of imbalance. Do you understand? There are really no other places you can go; those are just illusions in your mind.

你觉得你可以去到哪⾥,哪⾥有个美好的地⽅.没有.美好的地⽅就在当下.就算是地上有⼀堆垃圾,你都能看着地上的垃圾.这全是你⽣活的痕迹.你知道你还在⽣活当中.然后你要知道⽣命它没有⼀个完美的点.你们不是来体验完美的.你们是来从⽣命⼀切的不完美当中去看到完美才是你们存在的价值和意义.

You wonder where you can go, to a beautiful place. Yet, there's no such place; the beauty lies in the present moment. Even if there's a pile of trash on the ground, you can still observe it—the dirt and debris are all remnants of your life. You realize that you're still living. And you must understand that life doesn't have a single perfect point; you didn't come to experience perfection. Instead, you came to appreciate the beauty within every aspect of imperfection as what truly defines your existence and purpose.

问: 我能不能再问⼀下我这辈⼦选择这个剧本我的使命或者带着什么⼼愿来的?

Q: Could I ask again what mission or intention I brought when choosing this script in my lifetime?

JO: 这么说吧,我们最开始说你想要拿很多,但是却平衡不了,对吧? 那也就是说你头脑⾯实际上有很多完美的,就是对⽣活完美的⼀种憧憬或者是向往或者是梦想吧.但是你的能量却平衡不了.那么你现在就开始学习如何去平衡.如果你能在当下去平衡好,就是即使所有的⼀切它都不如你意.你都能去爱上⽣命.那你就会进⼊到你所谓的想要的完美的状态,外在就会慢慢就会呈现出你⼼⽬中完美的状态.所以不是等外在先完美,然后你再那个什么.

JO: So let me put it this way: we initially discussed that you desired to have many things, but couldn't maintain the balance, right? That means your mind actually has a lot of perfect aspirations or desires for a perfect life. However, you're unable to keep them in balance. Now, you are beginning to learn how to achieve balance. If you can manage this in the present moment, even if everything doesn't go as planned, you will still be able to love life. This will lead you into the state of perfection you desire, and your external circumstances will gradually reflect that perfect internal vision. It's not about waiting for the outside world to become perfect first, only then engaging with it.

⽽是说你⾃⼰能从这个不完美中看到完美,然后外在才变得完美,明⽩吗? 你到时候可以慢慢去听.因为这个语⾳你不是⼀下⼦就能明⽩的.所以当你能爱上现在的你,爱上周围的⼀切,爱上你的状态,爱上你的⽣命,爱上所有的⼀切.不再去逃避,不再去闭着眼睛,不再去对⾃⼰撒谎欺骗⾃⼰.

And it means that you can see the perfection in this imperfection, and then externality becomes perfect, understand? You can listen to this audio gradually because it's not something you'll immediately understand. So when you learn to love yourself now, love everything around you, love your state, love your life, love all of it, and no longer run away from it, no longer close your eyes, and no longer deceive yourself.

问: 我还是想知道我未来是从事什么样的? 我的⼈⽣剧本,我的最⼤使命是往哪个⽅向? 有没有⼀个指引的⽅向?

Question: I still want to know what kind of career I will pursue in the future. What is the main purpose or mission of my life's script? Is there a guiding direction for me?

JO: 这么说吧,如果你现在就能在当下平衡好这⼀切,平衡好你个⼈的能量的话.你就已经是达到那种⽴地成佛的感觉了.明⽩吗? 所以它并不在别处,它并不在将来,它并不在⼀种你不断不断地要积累.它就在当下,当你松开双⼿.但是你们有⼏个⼈能做到松开你们的双⼿? 不去再维护你头脑⾥⾯的那个相.你们很多⼈甚⾄愿意放弃⽣命,也不愿意放弃头脑⾥⾯的⼀些... 你需要反反复复的去听,然后真正的真正的能理解这背后的能量是要传达什么.

JO: In other words, if you can achieve equilibrium right now and balance your personal energy, then you are already experiencing the sensation of enlightenment. Do you understand? So it's not elsewhere; it's not in the future; it's not something that requires constant accumulation over time. It is present in the moment, when you let go of your hands. But how many of you can truly let go and stop maintaining a certain image in your mind? Many of you would rather sacrifice their lives than abandon those preconceived notions within your minds. You need to listen repeatedly and deeply understand that there's an energy behind it which needs to be communicated.

⽽不是说从字⾯去理解.

And not taking it literally.

#### 2023/09/02 — 财富是⾃然⽽然的事 Wealth is a natural matter

JO: 你说吧,什么问题?

JO: Speak up, what's your question?

问: 我想请你帮我看⼀下我是⼀个什么样的灵魂? 我此⽣来到地球的灵魂使命是什么? JO: 你稍等.你叫什么名字?

Q: I want you to help me understand what kind of soul I am. What is my life mission on this Earth? A: Wait a moment, may I know your name?

问: XXJO: 你这⼀⽣的灵魂主题就好像你选择了⼀个主题是给与、付出,就是不断地去给不断地去付出,从这⼀个过程中感受到爱感受到你的本质,明⽩吗? 所以说你会感受到在给与别⼈帮助或者是付出或者是贡献或者是奉献这样⼦的⼀个过程当中,你会觉得你会特别舒服.因为⼀般⼈的话,在给的时候他可能会有点不舍,就是有些⼈.他就很害怕给出去,对吧? 但是你正好是相反的.你会越来越从这个过程当中体验到你⾃⼰,就是你本⾝.那如果你是说你的灵魂主题的话,那就是不断地去体验给的这个过程,明⽩吗?

Q: XXJO: Your life's theme seems to be that you've chosen a subject of giving, offering continuously and endlessly, experiencing love and understanding your essence in this process. Can you relate to that? So you will feel particularly comfortable when helping others, making contributions, or dedicating yourself, because generally, people might be hesitant about giving, especially if they're scared of losing something in the process. However, you are an exception. You derive more from these experiences than loss; you find yourself experiencing your own self within this giving process. If we were to consider this as a soul theme, it would mean continuously experiencing the act of giving and connecting with your true nature, right?

问: 我觉得我⾃⼰也是在这样做.那我的天赋才华是哪⼀⽅⾯的呢?

Question: I feel like I'm doing this too. What are my inherent talents and abilities?

JO: 你稍等.你会特别有同情⼼,你特别能对别⼈感同⾝受.⽐如说别⼈经历什么、发⽣什么或者他正在经历什么,你就会有⼀种好像感觉你也是⾝在其中⼀样.那对⽅感受到你的这种共情,你的这种看到他,就是他被看到了,明⽩吗? 他的痛苦被⼈看到了,然后其实你就在疗愈他,你也在给出去,你也在给出你的爱⼼和你的爱⼀样,明⽩吗? 这个是属于你与⽣俱来的,明⽩吗? 所以说这个也是在给,这个也是你⾃带的⼀个不断地去给给给给.

JO: Wait a moment. You will show exceptional empathy, being able to relate deeply to others. When someone experiences something, happens to them, or is going through what they're facing, you feel like you're experiencing it too. The other person feels your empathy, seeing that they are seen - understand? Their pain is acknowledged. In essence, you are healing them, giving, offering love and kindness - got it? This is an innate quality you possess. So, this gift of empathy, which you inherently have, keeps on being given constantly.

问: 就是说我在给与的过程中也会让我⾃⼰觉得⾮常的开⼼.那财富能量好吗?

Q: In other words, I feel very happy while giving. Is wealth energy good?

JO: 你稍等.你在这⽅⾯还是没有完全的敞开,还是堵塞的.它并没有在⼀个很理想的⼀个状态.⽐如说你在给和进来的这个循环的通道⾥⾯不是很畅通的,明⽩吗?

You wait a moment. You're not completely open in this area; there's still some blockage. It's not in an ideal state. For example, the flow through your passage for incoming energy isn't very smooth, do you understand?

问: 我要怎么做才能让它通畅?

Question: What should I do to make it smooth?

JO: 你稍等.你接下来继续问问题,因为答案会出现在你后续的问题⾥⾯.问: 我现在做的事业是适合我的吗?

JO: Wait a moment. You should continue asking questions because the answers will be included in your subsequent questions. Ask: Is my current career suitable for me?

JO: 你⾃⼰去感受.如果它真的是让你处在⼀种就是你所有余⽣想要做的事情,那就是,明⽩吗?

Japanese Olympian (JO): Just go and experience it for yourself. If it truly is something you want to do with all your life from now on, that's clear, isn't it?

问: 现在的⼯作有时候也有卡点,但有的时候也觉得⽐较轻易.

The work sometimes has bottlenecks now, but other times feels relatively easy.

JO: 因为你说的是⼯作,但是真正的是要你⾃⼰去创⽴你⾃⼰去做事业,明⽩吗? 如果你只是去打⼀份⼯或者是⼀个⼯作的话,这就是⼀个阻碍.

JO: Because you're talking about work, but what's really important is for you to start creating your own business and doing it yourself. Understand? If you just go into a job or a regular job, this is an obstacle.

问: 🗎,对,我现在是⾃⼰去做事业.

Question: Yes, I am now doing business on my own.

JO: 对,你需要⾃⼰去做⾃⼰的事业.

JO: Yes, you need to do your own business yourself.

问: 我现在是⾃⼰去做事业,有时候觉得很轻易,有时候又觉得有点卡.

Q: I am currently pursuing my own business venture, sometimes feeling it's quite easy, and at other times, a bit difficult.

JO: 你们⾸先在物质世界上所有觉得卡所有觉得有问题,它们都是⼀个契机来让你去增长你的意识.所以你通过每⼀个卡点然后去把它弄到不卡了,那你就成长了.所以每⼀个卡都是帮你成长的,明⽩吗? 但是你必须要知道就是我现在有⼀个卡点并不是外⾯的⼈的原因,⽽是我⾃⼰内在.从中就可以看到我的那个什么的.因为这样⼦你就会把眼睛往内看.当你在往内看的时候,你就能去从中学习和成长和出来.你们所有⼈他都不断地去把它归责到外⾯的对象或者是⼈和事上⾯去,那就错失了他去⾃我成长和转变的机会了.这么说吧,你外⾯会遇到什么事情,会遇到什么卡点是根据你的意识状态也是你的⼀个频率.

JO: You see, in the material world, every point that you feel stuck or that feels wrong serves as an opportunity for you to grow your consciousness. So by going through each of these roadblocks and resolving them, you grow. Therefore, every block is meant to help you grow. Do you understand? But you must know that if you have a block now, it's not because of someone else outside; rather, it's within yourself. This allows you to see into your own being. When you look inside, you learn and grow from there. All of you are constantly blaming external objects or people and things for these issues instead of seizing the opportunity to self-growth and transformation. To put it this way: whatever happens outside and what roadblocks you encounter depend on your state of consciousness and frequency.

因为如果你的频率在⼀个每天都乱七⼋糟的,每天都那么多烦事,就是在这样⼦的⼀个状态下,你就会吸引很多你嘴巴⾥说的那些事情,⼀点都不假.那如果你每天的状态是另外⼀种,就是所有的⼀切都是完美的安排,所有的⼀切都是来帮助我的契机.那你达到另外⼀种状态,事情又不⼀样,明⽩吗? 所以外⾯的⼈和事的显现是根据你⾃⼰内在的状态⽽产⽣的,⽽不是外在.因为很多⼈他只是从外在去解决问题的话就会导致他⼀直卡在那⾥.因为他的内在没有发⽣变化.他就进⼊到⼀种恶性循环⼀样.越多的事他就越烦躁,越烦躁他就越多事.

Because if your frequency is chaotic every day, with so many troubles every day, in such a state, you will attract a lot of the things you say, it's not false at all. But if your daily state is another kind, where everything is perfectly arranged, and everything is an opportunity to help me. Then when you reach another state, things are different. Do you understand? So, the people and events that appear outside are generated by your own inner state, not externally. Because many people just try to solve problems from the outside will only lead them to be stuck there because their inside hasn't changed. They enter into a vicious cycle. The more things they have, the more frustrated they become, the more frustrated they become, the more things they have.

问: 我追求⾦钱是需要它来表达我对⾝边⼈的爱.我还有没有其他的财富管道?

Question: Seeking money is to express my love towards those close to me with it; are there other avenues for wealth besides this?

JO: 你唯⼀要做的并不是去追求⾦钱,明⽩吗? ⽽是说你是展现你⾃⼰的灵魂.展现⽣命.当你在展现⽣命,⾦钱它会被你吸过来.就好像你只是去展现你这棵果树本来开花结果的⼀个过程.你不断地去成长.那结果是⾃然⽽然,就像⾦钱是⾃然⽽然⽽到来的,明⽩吗? 就像这个⼥孩⼦,她在做她⾃⼰激情的事情.她并没有去只追求⾦钱,明⽩吗? 她没有对她做的事情做任何规划策划宣传,就是变成⼀个商业的包装,明⽩吗? 她只是在做她激情的事情,但是⾦钱会⾃然⽽然扑向她.所以说你也是,你尽情的去绽放你⾃⼰.因为像我们前⾯说,你会有⾮常⾮常⼤的吸引⼒.

JO: The only thing you need to do is not chase after money; understand? Instead, it's about expressing your soul, the essence of life. When you express life, money will naturally be attracted to you. It's like showing the natural process of blossoming and fruiting of a tree; as you continuously grow, the outcome is inevitable just like how wealth comes naturally. Understand? Like this girl who does what she loves passionately. She doesn't chase after money alone. She doesn't plan or market her endeavors into a commercial package. You just do what you're passionate about, and yet money will naturally be drawn to her. So it's the same for you; express your full self without restraint because as we've discussed before, you'll have tremendous magnetism.

吸引⼒就是说外在的⼀切都会被你吸引过来,但是你还没有完完全全的展现你⾃⼰,明⽩吗? 所以展现你的本质和活出你⽣命本来的样⼦⼤过任何你去追求⾦钱.因为如果你单独去追求⾦钱,你的频率是什么? 没钱,我需要钱,我有钱我才能做这件事.并没有.刚刚说你与⽣俱来带来的东西它不需要花钱,明⽩吗? 它需要花钱你才能对对⽅产⽣那种感同⾝受的感觉吗? 有的⼈你即使给了他钱,你也感受不到他在体验什么,明⽩吗? 所以这个是你与⽣俱来的,它不需要你有钱才能去做,⽽且这个是⽤⾦钱买不来的.所以说当你放下这个,完完全全的去成为你⾃⼰,⾦钱是⾃然⽽然的.这个就回答了你前⾯的问题,你说你的卡点.

Attraction means that everything external will be attracted to you, but you haven't fully revealed yourself yet, right? So, showing your essence and living out who you are in your true form outweighs any pursuit of wealth. Because if you were solely pursuing wealth, what is your frequency then? No money, I need money; I have money, I can do this thing. It's not about that. What was just said - the things brought to you by nature don't require money, right? Do you understand? Does giving someone money make you feel their experience as well? There are people for whom even if you give them money, you still can't sense what they're experiencing. So this is innate to you; it doesn't require you to have money to do it, and this cannot be bought with money. Therefore, when you let go of this and fully become yourself, wealth comes naturally and answers the question you posed earlier about your blockages.

因为你们在物质世界觉得你看他们都需要赚钱,不赚钱就没有钱.不赚钱就没有钱,这是⼀个错误的观念.明⽩吗? 你需要的⼀切,它都会毫⽆差错,就是不会有任何缺少的来到你⾯前.所以你需要的是什么? 你需要的是成为你⾃⼰,⽽且你有清楚的⽬标和愿⼒,你知道⾃⼰想要什么.那就⽐如说你就是想帮助这个⼈,但是帮助这个⼈需要钱才能解决问题.那你只需要去发出想要去帮助他的念头,钱它就会⾃动到位.那个钱是不是你赚来的? 不是你⼯作去赚来的呀,明⽩吗? 所以说你需要发出这个念头这个念想才是最重要的.⽽不是⼀门⼼思的扑在如何去赚钱上⾯.因为有这样的⼈啊,他们就是⼀门⼼思的想赚钱,最后呢?

Because you feel in the material world that you need to make money to see them, if there is no money, then there is nothing. If there's no money, then there's nothing, this is a mistaken idea. Do you understand? Everything you need will come without any error, and there will be no shortage of anything coming your way. So, what do you need? You need to be yourself, with clear goals and motivation, knowing exactly what you want. For instance, if you want to help someone, but helping requires money to solve the problem, all you have to do is think about wanting to help them, and the money will automatically appear. Does that money come from your earnings? Not like earning it through work; do you understand? Therefore, sending out this thought or intention is what matters most. Rather than concentrating solely on how to make money. Because there are people who only focus on making money, and eventually...

钱会突然⼀下⼦没了,或者被拿去赌掉了,或者⽣个⼤病没了,或者他的孩⼦败家败没了.为什么呢? 因为它外在再怎么变,它⼀定会回到你⾃⼰内在散发出

The money will suddenly disappear, or be lost in gambling, or vanish due to a major illness, or because his child squanders it all away. Why is that so? Because no matter how much it changes externally, it will inevitably return to the essence within you that it originally emanated from.

来的频率的状态,明⽩吗? 所以说当你内在如果是匮乏的,⽆论怎样你都会在⼀个匮乏的状态.

The frequency of coming, do you understand? So when you are internally deficient, no matter what, you will remain in a state of deficiency.

问: 我与我家先⽣的灵魂主题是什么? JO: 你们在⼀起多少年?

Question: What is the theme of my soul with my husband? Answer: How many years have you been together?

问: 有三⼗年JO: 你稍等.他叫什么名字?问: XXXJO:我们看到感受到他其实也是那种⽐较慷慨讲义⽓,就是愿意付出和给的.但是他⾃⼰的能量也是被卡住的,就是他本⾝的⼀个状态其实是跟你差不多的.但是因为他有⾃⾝的课题,他也没有完全的成为他⾃⼰,就有⼀种不能完完全全的做⾃⼰.然后如果你们的灵魂主题没有被卡住的话,你们其实就好像都是来做这个事情,就是共同的来做给的这个… 就是夫唱妇随的去做慈善、奉献.因为这会让他也处在⾮常开⼼的⼀个状态.所以你们俩就好像都有⼀个共同的爱好或者共同的⽬标或者共同的⼀个愿景.所以是⾛到⼀起.

Q: What's his name?

A (JO): Wait, what is his name?

Q: XXX JO: We can see and feel that he is someone who is quite generous and has a sense of justice, willing to give and pay forward. However, his own energy is also stuck, meaning his current state is somewhat similar to yours. But because he has his own issues to deal with, he hasn't fully become the person he wants to be, hence there's this inability to completely be himself. If neither of your soul themes are obstructed, then you both seem to be here to do something together, like giving and contributing as a couple… that is, you both engage in charity and self-devotion because it brings him great joy. Therefore, the two of you share common interests, goals, or visions. This is why you're together.

问: 那我⼉⼦的灵魂使命是什么?

Question: What is my son's soul mission?

JO: 你⼉⼦的灵魂使命需要他⾃⼰问.但是你可以问⼀下你跟你⼉⼦之间的⼀个关系是如何去⽀持对⽅的?

JO: Your son's soul mission requires him to ask for it himself. But you can inquire about how the relationship between you and your son supports each other?

问: 好的JO: 你⼉⼦多⼤?问: ⼆⼗JO: 他叫什么名字?问: XXXJO: 我们感觉的你⼉⼦的能量跟你们实际上是差不多的.所以你们⼀家⼈都好像是有共同的

Q: Alright, JO: How old is your son?

Q: Twenty, JO: What's his name?

Q: XXX-JO: We feel that the energy of your son is quite similar to yours. So all of you seem to share a common...

⼀个,就是都是同类的吧,就是不是异类.所以你们都是同类.其实他也是⼀个很温暖有爱⼼的孩⼦.所以你们三个有爱⼼的程度和奉献的程度…. 都是很有爱的.

"One, they are all of the same kind, not outliers. So you are all similar. Actually, he is also a very warm and loving child. So the level of love and dedication among the three of you... is quite affectionate."

问: 他有爱的能量是只有对⾝边的⼈吗?

Question: Does he only have loving energy for people close to him?

JO: 不是,是对社会奉献的那种.所以你可以通过你⾃⼰,因为当你的频率变的话会影响到你们家的,影响到你先⽣影响到你孩⼦.所以你们都能送出去你们给这个世界的礼物.因为这个礼物没有完完全全的送出去,明⽩吗? 这么跟你说吧,就⽐如说是你看到外⾯有很多流浪汉,你就煮了⼀锅粥.你想要去帮助他们,你⽼公他会很乐意的帮,他帮的很开⼼.然后你孩⼦他也会很乐意的帮,帮的很开⼼,明⽩吗? ⽽不会说: ⼲什么? 我们家都没饭吃了,你还送给别⼈.明⽩吗? 就是都是这样⼦的⼀个状态.

JO: No, it's about making contributions to society. So you can contribute through yourself because when your vibration changes, it affects your family, your husband, and your children. Therefore, everyone in the family can send out their gifts to this world. Because if these gifts haven't been sent out completely, understand? Let me explain it like this: suppose you see many homeless people outside and you make a big pot of porridge. You want to help them, and your husband would be very happy to assist because he enjoys helping. Your child would also be willing to help, and they enjoy doing so. But it wouldn't be something like, "What's the point? We ourselves don't even have food for our family, yet you're giving away to others." Understand? It's just like that kind of state where everyone is contributing and helping each other without any reluctance.

问: 我的祖先对我有什么指引没有啊?

Question: Do my ancestors have any guidance for me?

JO: 你稍等.让你多去开⼼和快乐,然后说这也是⼀个礼物给别⼈.问: 我⽐较关注我⾃⼰的⾝体.我总觉得⾃⼰不是全然的健康.

JO: Wait a moment. By enabling you to experience joy and happiness, and then saying that this is also a gift for others, I ask: I am more concerned about my own body. I always feel like I'm not completely healthy.

JO: 这么说吧,你们关注都只是⼀个物质⾁体.但是你们不知道是什么导致这个物质⾁体在⼀种不畅通的状态,在⼀种⽣病的状态.是它背后的能量,是你这股能量,明⽩吗? 所以说是能量让你的物质⾁体呈现什么状态,⽽不是说你的物质⾁体它本来的状态,明⽩吗?

JO: In other words, you are focused on the physical body, but not aware of what causes this physical body to be in an obstructed state, a sick state. It's because of the energy behind it, your own energy, do you understand? So, it's the energy that determines the state of your physical body, rather than the inherent state of your physical body, do you understand?

问: 那我要把能量调到怎样的状态它才会全然的健康? 就是给⾃⼰讲我很健康?

Q: What should I adjust my energy to for it to be fully healthy, like saying to myself that I am very healthy?

JO: 那就是你⾃⼰内在⽣命⼒了.你的⽣命⼒越旺盛,就是你的频率越⾼的话.那你的物质⾁体什么问题它都不会有,就算是有它也会很快的修复.你看⼩朋友他们的⽣命⼒就特别的旺盛,对不对? 那他们就算是有什么问题… 这是能量啊,你最开始的能量也是这样⼦啊.那是什么导致了呈现出你这样⼦? 那就是你的记忆了,你头脑⾥⾯的记忆,你对你这个物质世界所有的相你把它放在了你的头脑⾥⾯.你觉得这个世界是悲惨的,⽣命是痛苦的.所有这些相都在让你的⽣命变的沉重起来,明⽩吗?

That is your inner生命力. The more vigorous your生命力is, the higher your frequency would be. This means that any issues with your physical body wouldn't exist, or if they do, they would heal quickly. Isn't it true that children have such旺盛的生命力? That they might encounter problems… This is energy; your initial energy was like this too. What causes you to exhibit in this manner? It's your memory, the memory inside your mind. You place all the aspects of this physical world into your mind. You perceive this world as miserable and life as painful. All these aspects weigh down on your life, understand?

问: 那我就是要把这些记忆消除掉,然后只关注当下开⼼的事?

Question: So, does that mean I need to erase these memories and only focus on pleasant things happening now?

JO: 那就是说你需要去认识⽣命的本质.因为如果你认识到了… 就好像前⾯有⼀个⿁影,你看着好害怕哦,你⾝体产⽣了恐惧,对不对? 那你⾝体是会产⽣恐惧的能量,对不对? 那你把灯⼀打开,哦,是⼀件⾐服啊.是风吹着⾐服,⾐服⼀直在动,哪是⿁呀.那你恐惧的能量⾃然⽽然就没了,对不对? 所以说你不是在那⾃我催眠⾃我暗⽰.没办法的.因为在你真正的频率,真正的内在看到的还是⼀只⿁的.你只有在⿊暗中把等打开过后,也就是说智慧到了过后,你就能看清楚.就是你能看到事情的真相和本质,⽽不是这个幻像,明⽩吗? 因为你们所有⼈都是⽣活在幻像当中,把那个幻像当成是事实.然后它储存在你的记忆⾥⾯.你听懂了吗?

JO: That means you need to understand the essence of life. Because if you realize... as if there's a ghost in front, you're really scared, right? Your body generates fear energy, don't you agree? So when you turn on the light, oh, it's just a piece of clothing being blown by the wind. It keeps moving; that isn't a ghost. Then your fear energy naturally disappears, right? Therefore, you are not self-hypnotizing or giving yourself implicit suggestions. There is no choice in this matter. Because what you see in reality, at your true frequency and within you, is still a ghost. You only see the truth when you turn on the light, that is, after enlightenment. That means you can see things clearly and their essence, not just the illusion. Do you understand? All of you are living in illusions, taking those as reality, storing them in your memory. Can you follow me?

问: 还是没有完全听懂JO: 没有关系,你可以听录⾳.这个不是⼀步到位的,但是如果这些信息你⾃⼰有兴趣,你可以跟随这些信息.因为它这个是⼀个逐渐逐渐的过程.不是说⼀下⼦你就能完完全全的,就好像你现在还是个⼩孩⼦,⼤⼈给你讲的很多道理你⼀下⼦能懂吗? 你明后天就不⽤学习了? 明⽩吗? 你就不需要去体验了? 你就不需要去⼀步⼀步的⾛路了? 不可能的.难道你在两岁的时候,你妈妈花了⼀天的时间给你讲了⼀天的道理,你后天就成了⼤⼈了? 你什么都懂了? 明⽩吗?

Q: Didn't you fully understand it?

JO: It's okay if you didn't get it completely. You can listen to the recording. This isn't an immediate process; however, if these pieces of information interest you personally, you can follow along with them because it is a gradual process. You won't be able to master everything instantly. Imagine that you're still a child; would it make sense for someone to explain complex concepts to you and expect you to understand everything right away? Would you not need to learn anything for the next few days or weeks?

Wouldn't you need to experience things on your own before understanding them thoroughly? Wouldn't it be unrealistic to think that just because a parent took time to explain things, suddenly after two days, you would become an adult with all knowledge and comprehension? Do you understand this?

#### 2023/09/02 — 线上通灵集会Online Spirit Gathering

第⼀个⼈JO: 你说吧,什么问题?

First person JO: Speak up, what's your question?

问: 能不能请您看⼀下我的能量状态,看看有没有什么信息带给我?

Q: Could you please look at my energy state and see if there's any information for me?

JO: 你稍等.你现在的能量状态就是还需要信⼼和确定.就是你需要⼀个好像物质层⾯的保证⼀样.就好像你很需要⼀个保险⼀样.就好像你现在坐过⼭车,然后我们说你只要把⼿抓紧,你不会摔跤的.但是你觉得你还需要⼀个安全带.只有这个安全带才能让你彻底不担⼼.因为你没有坐过这个过⼭车,对你来说是第⼀次.如果你经常做的话,你就知道你不需要保险带,因为你从来都不需要保险带,对吧? 也就是说因为你是第⼀次体验这个,你还没有… 这么说吧,你跟JO还没有建⽴那种特别稳定的强烈的连接.这么说,本⾝如果让你去放⼿⾂服信任命运的话,就好像是⾃动化驾驶.

JO: Wait a moment. You need confidence and certainty in your current state of energy, which means you need something akin to an assurance at the physical level, like needing insurance. It feels as though you require reassurance because you're on a roller coaster, and we tell you that if you just hold on tight, you won't fall off. However, it seems you still feel the need for seat belts. Only with these seat belts can you completely eliminate your worries. You might not have experienced this before since it's your first time. If you did this regularly, you'd know that you don't necessarily need a seat belt because you've never needed one, right? In essence, due to being in your initial experience phase and not having established that special stable connection with JO, it feels like driving under automation for fate.

因为你⼀直是⼿动驾驶的,然后因为你没有⽤过这个⾼科技,你不敢放下那个⽅向盘.明⽩吗?所以你还需要更多的去慢慢松开⼀点点松开⼀点点,就是这个过程.或者是看到更多,看到旁边他们这么开⼼,都是在使⽤⾃动驾驶.还需要更多这样⼦的⼀个证据或者是更需要让⾃⼰慢慢⼀步⼀步的去体验.所以说你不需要去担⼼什么,允许你⾃⼰.因为就好像你们⾃⼰使⽤⼀个⾼科技产品,你们也需要⼀个适应它的过程,对不对?那宇宙就是⼀个⾼科技的产品,对你来说.因为为什么?你要把⽤头脑或者⽤⼿抓的东西去交给宇宙,让宇宙来运⾏,明⽩吗?所以这也是你⾃⼰路上的⼀个过程⽽已,你不需要去push yourself.你不需要去赶快去达到他们那个状态.

Because you have always been manually driving, and since you haven't used this high-tech before, you are afraid to let go of the steering wheel. Understand? So you still need more time to gradually loosen it just a little bit, that's the process. Or by seeing others around you happily using autonomous driving, they are already experiencing its benefits. You need more evidence or require more time to slowly experience this yourself step by step. So there is no need for you to worry; allow yourself this freedom. Just like when you use a high-tech product, you also need an adaptation period, right? The universe itself is a high-tech product for you because why would you trust the universe with your thoughts or actions and let it operate instead of controlling them yourselves? This is just part of your journey, there's no need to push yourself too hard. You don't have to rush to reach their level immediately.

你也不知道他们是放⼿多少次才能达到这个效果,对吧? 所以说不需要着急.

You don't know how many times they let go before achieving this result, right? So there's no need to rush.

问: 请问我的⾝体有什么信息是要带给我的吗?

Question: Could you tell me what messages my body has for me?

JO: 当你越来越做⾃⼰激情的事情做⾃⼰开⼼的事情,就是在⼀种激情的能量状态,你的⾝体不会有任何问题.然后如果你觉得你现在⾝体有问题,它更多的是处于⼀种有⼀点焦虑,就是没有安全感.就像刚刚说的你坐过⼭车,因为你没有保险带还有⼀点恐慌.那你⾝体产⽣的这种也是恐慌给你导致的感觉.就是⼼不能安下来,不能relax,就是这样⼦的.但是它本⾝是没有问题的.只是你的这种还不适应还担忧导致的这种好像⼼脏跳得快,就是不能 relax不能安⼼的状态.

Japanese to English

When you engage in activities that fuel your passion and bring joy, you are in a state of passionate energy where your body has no issues. However, if you feel that your current body is experiencing problems, it's more about being slightly anxious with a lack of security - akin to the feeling when riding a roller coaster without a seatbelt or experiencing fear, leading to sensations like panic. The body generates feelings similar to panic due to this state of unease and inability to relax and settle.

But fundamentally, there is no issue with your body; it's simply because you're not yet accustomed to or are worried about the situation that makes your heart feel as if it's racing, unable to relax and find peace.

问: 我的JO和指导灵还有什么信息要带给我吗?

Question: Does my JO and guiding spirit have any further messages for me?

JO: 那你接下来听后⾯的信息.

Next, you will hear the following message.

问: 请问⽇本核废⽔给海洋和⼈类的影响是什么?

Q: What are the impacts of Japanese nuclear wastewater on the ocean and humans?

JO: 这么说吧,如果你们因为这个事情产⽣的内在的恐慌还有你们的影响,它带来的影响会⼤过于核废⽔.为什么呢? 因为地球是活的.它活的就像你这个⼈是活的有新城代谢,把它代谢掉,对不对? 那地球也会的.所以说它也是在循环的,它是活的,它会把它代谢掉.但是如果你们因为这件事产⽣了很多恐慌或者是恐惧或者是产⽣了很多指责这种的话.这个影响⽐核废⽔本⾝带来的影响更⼤.你们⼈类却从来不关⼼这个,就是关⼼你们⾃⼰内在产⽣

JO: Let me put it this way: If the inner fear and impact you generate from this matter surpass the impact of the nuclear wastewater itself, why is that? Because the Earth is alive. Just like your human body has metabolism, it will metabolize it, right? The Earth does too. So it's in a cycle; it's alive, and it will metabolize it. But if you generate a lot of panic or fear or criticisms because of this issue, the impact would be greater than the actual impact of the nuclear wastewater. Humans rarely concern themselves with such matters; they only focus on their own internal responses.

的这个.你们不知道你们到底how powerful you are.就是你们不知道你们⾃⼰到底拥有多⼤的能量.你们都⼩瞧了你们⾃⼰了,明⽩吗? 所以说当你们越来越是散发出爱的能量.然后整个地球的新陈代谢会更快.因为你们没有在给它堵塞,就是在给它加剧.明⽩吗? 所以没有什么好担⼼的.如果要担⼼的话,你们担⼼你们⾃⼰头脑⾥⾯的东西.这个才是最重要的.

This is how powerful you are. You don't know the true power of yourselves. You underestimate yourselves, do you understand? So when you keep radiating love energy, then the metabolism of our entire planet will speed up because you're not blocking it or worsening it. Do you see? There's nothing to worry about; only worry about what's going on in your own minds, which is most important.

第⼆个⼈问: 我接下来想要考研和考编,然后能够找到⼀个稳定的⼯作.接着⾃⼰可以买房.我现在遇到很多障碍…JO: 这么说吧,你们最⼤的障碍是你们头脑本⾝,⽽并不是说你计划的东西出现了障碍.⽽是说你计划的东西它本⾝就是个障碍,明⽩吗? 不是说你现在计划的东西出现了障碍,⽽是说你现在计划的东西它本⾝就是个障碍.

Second person: I'm planning to pursue postgraduate studies and a civil service examination, hoping to secure a stable job afterwards. Eventually, I want to buy a house. Currently, I face numerous challenges...JO: In essence, the biggest obstacle you're encountering is within your own mind, not that your plans are failing or facing obstacles. The very things you plan for are posing as barriers themselves, understand? It's not that there are issues with your current plans, but rather that those plans are inherently obstacles.

问: 但是就是现在⽬前也是… JO: ‘但是’ 也是障碍.

Q: But even now... JO: 'But' is still a barrier.

问: 我挺恐惧我今年考研考不上.

Q: I'm quite afraid that I won't pass the postgraduate entrance exam this year.

JO: 因为如果你恐惧的话,就算你考研考上了,你后⾯还有恐惧的.我有恐惧我结了婚我⽼公会不会出轨? 我恐惧我孩⼦会不会⽣病? 有太多的事情给你恐惧了,明⽩吗? 所以你真的觉得你考完研你就没恐惧了? 就算你考完研有个⼯作,你还担⼼会不会把你炒掉呢? 升职会不会成功呢? 太多东西给你恐惧了.

JO: Because if you're afraid, then even if you succeed in your postgraduate exams, there's still going to be fear after that. I'm afraid my husband might cheat on me when we get married. I'm afraid my child might fall ill. There are just too many things to be afraid of, do you understand? So you really believe that once you finish your postgraduate studies, you won't have any fears anymore? Even if you secure a job after the exams, you're still worried about getting fired or whether you'll succeed in promotions? There's so much fear waiting for you.

问: 就是实现我后⾯的⽬标,考研的计划是我第⼀个… JO: 你的所有⽬标你的计划,这些是你的障碍.

Q: It's about achieving my goals after this; my postgraduate entrance exam plan is the first... J.O.: All your goals and plans are obstacles to you.

问: 那我应该怎么做才能让我更投⼊进去考研和…JO: ⾸先你要知道所有的这些东西,你们要去追求考研是为了什么? 为了⼯资拿的⾼⼀点? 那⼯资拿的⾼⼀点背后是什么? 钱是需要我努⼒的去赚才有? 明⽩吗? 那你们有很多例⼦, Facebook、⽐尔盖茨、还有很多⼈.就说李嘉诚吧,那他就是⼀个⼩学⽣.那你们那种考研考博成功的呢? 他有李嘉诚赚的钱多吗? 他有李嘉诚影响⼒⼤吗? 明⽩吗? 所以说你不能去拿这个来去决定什么.外界的学历和外界的任何,它决定不了任何.它决定不了你这个灵魂.那只是你们这个社会上的⼀些游戏规则罢了.你们只是去遵循这些规则罢了,OK? 你只是想要去遵循这些规则.

Q: So what should I do to fully commit myself to studying for the postgraduate exams and... JO: First, you need to understand why you are pursuing higher education through these exams. Is it for the potential increase in salary? And if so, what lies behind that increased salary? Do you have to work hard to earn this money? Get it? You can provide many examples like Facebook, Bill Gates, and others. Take Li Ka-shing as an example; he is a high school dropout. What about those who successfully complete these exams? Are they earning as much as Li Ka-shing? Or do they have his influence? Get it? So you cannot use this to decide anything. External degrees and external factors can't determine your fate. They don't determine the essence of your soul; they are just some rules in society that you follow, okay? You just want to follow these rules.

所以你中了他们的圈套.

So you fell for their trap.

问: 但是⽬前我就是很想要考研上岸.

Q: But right now, I really want to pass the postgraduate entrance exam.

JO: 那你可以去考呀.这个没有什么问题呀.问: 但是我很恐惧今年考不上.

JO: You can still go and take it. There's nothing wrong with that.

Question: But I'm very afraid of not passing this year.

JO: 你说你进⼊他们的游戏规则,去玩他们这⼀套.那你产⽣恐惧产⽣恐慌,那不是你⾃⼰选择的吗? 就好像我要去玩这个⿁屋,我又这么害怕.你⾃⼰选择了要进去那个⿁屋⾥⾯体验.明⽩吗?

JO: You say you enter their game by playing their game. So when you feel fear and panic, isn't that a choice you made? It's like I have to play the haunted house and am so scared. You chose to go inside the haunted house for the experience. Got it?

问: 我离异有俩个孩⼦.这个情况我怕再婚被⼈嫌弃,找不到好的对象.因为现在有⼀个⼩我五岁的追求者,条件还不错.我还没有告诉他我现在的情况,我怕被⼈嫌弃.我不知道再婚是否合适?

Q: I am divorced with two children. I'm worried that my past situation will be a turn-off for potential partners, making it hard to find someone good. There's currently a younger man (five years) who is pursuing me and he seems decent. I haven't told him about my circumstances because I fear being rejected. I wonder if remarrying might not be the best option for me.

JO: 你⾸先不需要去把你这个怕的、你这个担⼼都拿出来.为什么呢? 它都是化⾝.它化⾝来⾃于你最根源的⼀个问题,明⽩吗? 就是你拥有很多恐惧.你的很多恐惧它会转化成各种各样体现在你的⽣命当中来,明⽩吗? 因为就像你刚才说的考研怕考不上的恐惧,然后又恐惧这个.就算这俩件事我给你拿⾛,你还有其它恐惧.

Joel: You don't need to start by bringing out your fears and concerns. Why is that? Because they are manifestations of a deep-rooted problem within you, do you understand? You have many fears, and these fears manifest themselves in various ways throughout your life, do you get it? Just like when you mentioned the fear of failing the postgraduate entrance exam and then fearing something else, even if I were to take those two things away from you, there would still be other fears for you.

问: 我知道这个恐惧会带来显化,但是我还是控制不了这些问题.不知道什么时候跟对⽅说…JO:那你就知道,你就算解决了⼀个又会有⼀个.这么说吧,你地底下有⼀个⽕它不断地在熊熊燃烧.但是你从上⾯看到它这⾥有⼀个⽕煋那⾥有⼀个⽕煋.你把这个扑灭了,那边又着了.你不断地在扑⽕的这个过程.所以你现在就好像来找JO,我这个⽕要怎么扑灭.我跟你说了,然后你你扑灭了.然后你那边又着了.你这⼀辈⼦都在扑⽕煋,就扑⽕.明⽩吗?因为你没有看到最更本的东西.那边有⼀个开关,你直接把⽕关掉.明⽩吗?

Q: I know this fear brings manifestation, but I still can't control these issues. I don't know when to tell the other person...

JO: That means you'll always have another one after you solve the first one. Imagine there's a fire underground that keeps burning constantly. When you look down from above, you see flames here and there. You extinguish one flame, but it reignites elsewhere. This is like continuously trying to put out fires. So now, you're asking JO, how do I put out this fire? I tell you, once you've done that, another flame starts burning somewhere else. You spend your entire life putting out flames. Do you understand? Because you haven't seen the root of the problem - there's a switch somewhere; if you just turn it off, it stops.

问: 那是怎么做啊?

Question: How do you do that?

JO:所以你知道问题它根本就不是问题,就是不是你单纯的去解决我的对象的问题,我考研的问题.问题的根本就是说我存在很多恐惧.那你就知道这些外在的事情都是从你的恐惧当中投射出去的.它化成了幻影来跟你打交道.那你是不是就不再去想办法去解决考研或者是想办法怎么去跟你的对象解释,⽽是说从你⾃⾝.那从你⾃⾝,你去看是什么导致你的恐惧? 你的信念是什么? 你相信什么? 那相信什么,你把这些信念看到.看到过后它就不会再影响你了.所以这是你⾃我认知的⼀个过程.

JO: So you understand that the root of the issue is not just about solving my object's problem or my issues with studying for a postgraduate exam. The core of the problem lies in the fact that I'm experiencing many fears. That means these external matters are projections from your fears, turning into illusions to interact with you. Instead of trying to find solutions for the postgraduate exam or figuring out how to explain things to your partner, focus on yourself and examine what causes your fears? What beliefs do you hold? What do you believe in? Once you recognize those beliefs, they won't affect you anymore. This is a process of self-awareness for you.

问:其实我的信念可以找到,就是⼀直没办法解决.我的信念就是觉得我配不上美好的东西.觉得⾃⼰这不好那不好.虽然知道也发现了,但是还是会循环.⽐如考研和怕别⼈嫌弃…JO: 就像前⾯的信息告诉你,不是这些问题.⽽是说这个本⾝,就是头脑⾥⾯产⽣的这些东西,它是你的阻碍.明⽩吗? 如果你能明⽩你所产⽣的这些念头它只是⼀个念头,它不具有影响⼒.明⽩吗? 因为你会觉得你的想法是真的,你相信它了,你便跟随它了.你就被它带过去带过来.

Q: Actually, my belief can be found, it's just that I can't resolve it. My belief is that I don't deserve good things and that I see myself as not good enough in various ways. Although I am aware of this and have recognized it, the cycle still repeats. For example, concerns about graduate school and fear of others' disapproval... JO: It's like the information provided earlier; it's not these issues themselves but rather the fact that they are things generated within your mind, which are obstacles to you. Do you understand? If you can understand that the thoughts you produce are just thoughts and do not have any real power, do you see that? Because when you perceive your ideas as true and believe in them, you follow them blindly. You get carried away by them back and forth.

问: 我发现我⼀直跟同事相处不好,导致我每次进⼊⼀个新单位就怕得罪别⼈.我也希望我付出这么多,也可以回报这么多.那要怎么做?

Question: I find it difficult to get along with my colleagues and this has led me to worry about offending others whenever I join a new unit. I also hope that the effort I put in can be reciprocated. How should I proceed?

JO: 这么说吧,恐惧它是⼀个⿊影,它⼀直在你⾝上.你⾛到哪⾥都会看到这个⿊影的.所以你变换了场地,换了地⽅,还是⼀样的.

JO: So think of it like this, fear is a shadow that follows you everywhere. You'll see it wherever you go. Thus, no matter how much you change the setting or location, the fear remains the same.

问: 是我⾃⼰的问题我知道,就不知道怎么解决这个问题.我看过⼀些信息说不要活在过去的经验⾥.但是我总是觉得⾃⼰有问题…JO: 没有关系,你到时候慢慢去听录⾳,去听前⾯的.因为前⾯⼀开始就把这些问题已经告诉你了.

Q: It's my own problem that I know, but I'm unsure how to solve it. I've seen some information suggesting not living in the past experiences. But I always feel like there is something wrong with me... JO: Don't worry, you can slowly listen to the recordings and pay attention to what was discussed earlier because those issues were already addressed at the beginning of our session.

问: 我想知道我的灵魂主题是什么? JO: 你稍等.你叫什么名字?

Question: I want to know what my soul theme is? JO: Wait a minute. What's your name?

问: 我叫XXX.

Question: I am called XXX.

JO: 你这⼀⽣的灵魂主题会体验就好像你从⼀个没有⼒⽓的⼈变成⼀个⼒⽓很⼤的⼈.所以会是你的⼒量的增加,就是⼀个很没有⼒量变成⼀个有⼒量的.所以在你的前半⾝如果这个主题没有被突破的话,你会⼀直感受到你在⽣命当中其实很没有⼒量很⽆⼒,就是什么都没有办法什么都做不好.不会很好的体现出你的底⽓.就算你去拿到了你的学历,你还是会体现出没有底⽓,就是没有⼒量,没有⼒量的感觉.所以说很多⽅⾯你都会去感受到那种好⽆⼒哦,没有办法.就好像这个太重了拿不起来,那个也太重了拿不起来.怎么⽣命都是这种沉重的… 所以如果后⾯没有通过感受到⽆⼒去释放⼒量的话,那么你还会继续体验,体验越来越⽆⼒.

JO: Your life theme is to experience a transformation from feeling weak to becoming very strong, so it's the increase in your power turning someone who feels weak into someone who feels powerful. If this theme isn't overcome in the first half of your life, you'll constantly feel throughout your life that you lack strength and capability, unable to do anything well or live up to your potential. This weakness wouldn't be effectively demonstrated despite having achieved academic qualifications. Even with those achievements, you'd still exhibit a lack of confidence, a sense of not having power. You would feel this lack in many aspects—feeling powerless everywhere, unable to handle things effectively. It's like everything feels too heavy to lift; there's no escape from the heaviness of life. If this theme isn't released by experiencing weakness and strength, you'll continue to experience a growing sense of inadequacy over time.

问: 那我要怎么做呢?

Q: What should I do then?

JO: 那我们今天的信息进来过后你就知道你之所以体验到这么多事情都你都拿它没办法,都感到⽆⼒,那是因为你⽣命的主题.你⽣命的主题是什么呢? 是从⽆⼒到有⼒量的过程,就是我这⼀⽣就是来拿⼒量的,来要底⽓的.

Or after today's message comes in, you'll understand why you're unable to handle so many things and feel powerless, which is due to the theme of your life. What is the theme of your life? It's the process from powerlessness to gaining strength. My whole life has been about acquiring strength and confidence.

问: 那我怎么做才能让⾃⼰感受到…JO: 那你⾸先要知道你的⽆⼒它只是你还没有去锻炼它的⼀个… 就是我去突破它,⽽不是⼀个事实.因为你会把它当成你的命运,就觉得命运就是这样,我的命就是这样.就是这样,没有办法.明⽩吗?

Q: How can I experience... JO: First of all, you need to understand that your helplessness is just something you haven't practiced breaking through yet; it's more about overcoming it rather than accepting it as a fact. Because you perceive it as fate, thinking that this is the way life is for you and there's no other option. Can you see?

问: 通过什么⽅式来锻炼呢? 就⽐如说我现在学习和考研算不算⼀种锻炼?

Q: How do you exercise? For example, is studying and preparing for a postgraduate exam considered exercise?

JO: 你要去考研,实际上你还是有⼀种⽆⼒感.为什么呢? 因为你会觉得我拿到了⽂凭我才有⼒量.它只是体现出你没有⼒量的表现,明⽩吗? 因为如果你真正的是强⼤的有⼒的,任何这些你都不需要.你说⼀个世界上的皇帝他会在乎我有没有什么头衔? 他已经是最⾼了,明⽩吗? 他已经我是整个世界的国王,整个⼈类的皇帝了.他会在乎我有没有什么的? 我是不是⼀个什么官呀,明⽩吗? 所以如果你真正的是拥有⽣命的⼒量,你考不考研没关系呀.它不会影响我成为世界⾸富啊,明⽩吗? 那些考研考博的都是给我打⼯的给我服务的.

JO: You're going to take the postgraduate entrance exam, but you actually feel powerless. Why is that? Because you think I will only gain power once I have a diploma. This just shows that you lack the sense of strength, do you understand? If you were truly powerful and strong, none of this would be necessary for you. Would a king in the world care about his title or position? He's already at the top, do you get it? He is the ruler of all humanity, the emperor of my entire world. Would he care about titles or roles? So if you truly possess the power of life, whether you take the postgraduate exam or not doesn't matter for becoming a world leader. It won't affect me becoming the richest person in the world, do you see? Those who take postgraduate and doctoral exams are just working for me, serving my needs.

问: 我已经三个多⽉没有跟孩⼦联系了.我本来是想趁着这个时间好好学习.但是现在又出现了⼀个亲密关系.我又被前夫打了…JO: 这些所有的⼀切都是源⾃于… 你看你的灵魂主题,没有⼒量没有底⽓.你没有⼒量去 handle anything,就是什么你都做不好什么你都没有办法解决.这就是你体验的状态,包括你被你⽼公打,明⽩吗? 这些都是体现出你的... 你反复听前⾯的信息就⾏了.你今天的信息结束了.

Question: I haven't contacted my child for over three months. I intended to use this time to study well, but now a close relationship has emerged again. My ex-husband also hit me... JO: All of these are rooted in... Look at your soul theme; you lack power and confidence. You don't have the strength to handle anything; it's like you can't do anything or solve any problem. This is how you experience things, including being hit by your husband. Understand that all this is reflecting... Just listen to the previous information repeatedly. Today's message ends here.

第三个⼈问: 头脑为什么会⽆聊? 来源于什么?

The third person asks: Why is the mind bored? What does it stem from?

JO: 来源于你⾃⼰相信你的头脑啊.你⾃⼰觉得你就是你的头脑啊,明⽩吗? 因为你们都依靠着你的头脑⽽活,你就觉得你的头脑产⽣的东西是真的,我头脑⾥产⽣的声⾳是真的,我头脑⾥产⽣的想法是真的.那你看那些跟随他们头脑的.都是⼀种失控的状态,冲突的状态.他们听到头脑⾥: 要把这个⼈杀掉.他就杀了.明⽩吗? 所以头脑你可以把它当成是你的合作伙伴.你可以有时候完全就是⽆视它,就把它当成是⼀个乌鸦或者是鹦鹉.不⽤去管它说什么.它有可能在旁边像鹦鹉学⾆⼀样,旁边说了⼀句话然后你马上也跟着了.你看你们头脑是多么容易被控制的?! 有⼈被杀了,然后你就担⼼害怕的.有⼈⾛夜路被杀了,你就不敢⾛夜路.

JO: It originates from your own belief in your mind. You think you are your mind, understand? Because you all live relying on your mind, you feel that what your mind produces is true - the sounds I produce in my mind, the thoughts I have, they're true. Can you see how those who follow their minds end up in a state of losing control and conflict? They hear the mind say: 'Kill this person.' And they do it, understand? So, think of your mind as your partner - sometimes disregard it completely, treat it like an owl or parrot. Don't pay attention to what it says. It might just echo things next to it like a parrot would, repeating something you heard and then you're right there with it. Can you see how easily controlled your mind is? If someone is killed, you worry and fear. If someone gets murdered while walking at night, you don't dare walk at night either.

你就把那个拿过来了.你会觉得你会跟他⼀样,你就觉得发⽣在他⾝上就会发⽣在你⾝上.明⽩吗? 这就是你们头脑在做的事情.因为它没有看到⼀个big picture,它没有办法.它的功能不是… 这么说吧,就好像这匹马你给它眼睛周围全部遮住了,它只能看前⾯.它看不到上下左右前后,它只能看到⼀个⽅向,明⽩吗? 它看到⼀个⽅向,它只能从它有限的提取的信息⾥⾯去分类分析.你想象⼀下如果你们是侦探破案的,你看不到⼤的(picture),你就从⼀点点的信息⾥就去给它判定… 所以你们要知道你们不是依靠你头脑运作的.⽆论它多强⼤的头脑,它都是⾮常的有限.它提取的信息全都是死的,在死的⾥⾯找.都是⼀坨屎,被拉出来的屎.

You just bring that over. You would feel like you're the same as him, and you'd think what happens to him will happen to you. Get it? This is what your mind does. Because it can't see the big picture, it has no choice. Its function isn't... Let me explain it this way: Imagine if you blindfolded a horse, only allowing it to see forward. It couldn't see up, down, left, right, or behind; it could only see in one direction. Get it? The horse would categorize and analyze based on its limited information. If you were detectives solving cases, without seeing the bigger picture, you'd judge from a tiny amount of data... So you need to understand that you're not relying on how your mind works. No matter how powerful your mind is, it's extremely limited. The information it extracts is dead and finds meaning within death. It's just shit being pulled out of someone.

吃掉的⾷物已经被消化了,都是⼀堆粪.那个粪已经变质了,你还从⾥⾯去找⾷物.你说什么? 苹果怎么是甜的呀? 不信你看,又恶⼼又脏又臭.这个苹果已经变成屎了.经过消化已经沉了⼏个⽉了.你还在吃它,你还在说这是苹果的味道.你根本就没有吃过新鲜的苹果,明⽩吗?

The food you ate has been digested and turned into a pile of feces. That feces is spoiled, yet you're still searching for food within it. What are you saying? How can an apple be sweet like that? Don't believe me? It's disgusting, dirty, and stinky. This apple has turned into poop. After digestion, it's been in there for several months. You're still eating it, claiming it tastes like an apple. You've never actually tasted a fresh apple, do you understand?

问: 那如果出于⽆聊去打游戏…JO: 你如果要去跟随你的头脑你就是死路⼀条.⼀会⼉我⽆聊,我要怎么解决我要这么去找乐⼦.那你们那些运⽤头脑的⼈,不是都是这样⼦的吗? 他们能创造出什么? 最终你就上了头脑的当.

Q: What if you just play games out of boredom... JO: If you follow your mind, you're doomed. I get bored sometimes, how do I cope with this need for entertainment. Don't all of you smart people think like that? What do they create? In the end, you've been deceived by your own intellect.

问: 那怎么可以…JO: 你把你头脑⾥⾯的东西当成是真实的了.你觉得这是它的需求,它发出的声⾳是真的.但你没看到你的头脑也⼀直在变吗? 明⽩吗? 你的头脑不是⼀直变吗? 它的想法、它的念头、它的观念不是⼀直在变吗? 社会的观念变了,你的观念也变了.那就是说你完全可以ignore it.你完全可以不⽤去理会它.

Question: How can that be... JO: You've started seeing things through the lens of your own mind as if they were real. You think this is what it needs and its voice is genuine. But haven't you noticed how much your own mind changes too? Get it? Your mind keeps changing, right? Its thoughts, its ideas, its concepts are always evolving. Society's opinions change, yours do too. That means you can completely ignore it. You don't have to pay attention to it at all.

问: 对,但是你是说配合吗? 就是头脑它也有它的功能…JO: 头脑它的功能,它只是让你focus在当下,让你跟物质世界可以发⽣连接的⼀个功能.因为你要是离开它,你在这个物质世界发⽣不了连接.

Q: Right, but you said coordination? The brain has its own function...JO: The function of the brain is to allow you to focus on the present moment and connect with the physical world because if you leave it, you can't establish a connection in this material world.

问: 那其它的交给谁呢?

Question: And who will be responsible for the rest?

JO: 当你的头脑不再⼲涉、关闭或者是你不是去依靠它,另外⼀个 ‘我’ 就会去接管了,你给了它机会了.因为你没有给它机会.那个就是真正的你,就是选择这个⾁体和头脑的你.

JO: When your mind no longer interferes, shuts down, or when you are not relying on it, another 'I' would take over, and you have given it a chance because you didn't give it a chance. That is the real you, the one who chose this body and this mind.

问: 那怎样可以做到这样⼦呢?

"How can one achieve that?"

JO: 那你⾸先要认清楚呀.如果你认不清楚,你还在你的头脑,把头脑当做是你的话… 你⾸先要认清楚.认识你⾃⼰,认识你⾃⼰不是单独的这个⾁体和头脑.这是⼀个认识的过程.

JO: So you need to get clear about this first. If you don't understand clearly, then your mind is stuck in your mind, as if you're identifying with the mind… You need to get clear about this. Recognize yourself, not just as an isolated body and mind. This is a process of recognition.

问: 那你们说的觉醒是不是就是这个….

Q: So, by enlightenment, you mean...

JO: 就是真正的你苏醒了,⽽不是物质⾁体这个道具.问: 那这个认清的过程是怎么发⽣的?

JO: That's when the real you awakens, and not just the physical body as a mere tool. Q: How does this realization process occur?

JO: 那你现在不就在吗? 你现在产⽣的这些问题不就是在带领你来认清吗?问: 为什么我现在对好多事情没有很⼤的兴趣?

JO: Aren't you here now? Aren't these issues that have emerged in you bringing you to recognize the truth? Question: Why am I not very interested in many things right now?

JO: 你还是在⽤你的头脑去判断或者是去分析.你还是活在你的头脑⾥⾯,然后去给事情⼀个定义.因为当你放下这个事情有没有兴趣的时候,就是不去定义这个事情⽆不⽆聊.然后只是跟当下连接,就是让内在的那个你活过来.你会发现所有的⼀切都是完全的⼀个新的世界.当你去⽤头脑看这个世界,⼀切都是那么⽆聊的.不就是⼀棵树嘛.那当你内在苏醒过来,它跟这棵树可以对话的,明⽩吗? 那棵树会跟他讲话的.那你坐在那,那棵树在跟你讲话,你们在聊天,你们在分享,你们在彼此好像是能量的互换.你还会觉得⽆聊吗?

JO: You are still using your mind to judge or analyze. You are still living in your mind, trying to define things. The moment you let go of whether you're interested in something, you stop defining if it's boring or not. Then, you just connect with the present moment and let your inner self come alive. You'll realize that everything is completely a new world. When you look at this world through your mind, everything seems so boring. It's just a tree, right? But when your inner self awakens, it can converse with that tree, understand? The tree would talk to it. While sitting there, the tree talks to you, they chat, share energy between each other. Won't you still find it boring?

问: 那怎么从头脑⾥跳出来转变成你说的这种状态?

Question: How do you transition out of that state in your mind to achieve what you're describing?

JO: 那就像刚才说,就好像你⼀直在⽤这块肌⾁,那这块肌⾁很发达.另外⼀块肌⾁你都没有⽤过,那是不是要逐渐逐渐的去把那块肌⾁孤⽴掉,不去⽤它.慢慢慢慢的去使⽤这块肌⾁,对吧? 那你能把它孤⽴起来吗? 你每次还是习惯性的使⽤这块肌⾁.因为为什么? 省事呀,习惯了.

JO: It's like you've been using this muscle constantly, making it very strong. With another muscle, you haven't used it at all. So, wouldn't the solution be to gradually isolate that unused muscle and not utilize it? Over time, consistently use this particular muscle, right? Can you actually isolate it? You still tend to revert to using this muscle each time due to convenience; it's simply easier and familiar.

问: 那能举⼀个形象⼀点的例⼦吗? 就⽐如说下次遇见什么事情..

Q: Could you give an illustrative example, like something that might happen next time...?

JO: 下次遇见什么事情,头脑说这个事情好⽆聊啊.关闭它这个声⾳,不去管它这个⽆聊,你还是在当下.⽆论它怎么说,好烦躁啊,它怎么这么⽆聊啊,你这个⼈就是个傻逼.你把所有的声⾳全部关掉.它在旁边叽叽喳喳的,它不会引起你的情绪.你如果去跟随了,找个有意思的去做.那你就⾛了,那你就跟随它了.明⽩吗? 你能安安静静坐在这边坐⼏个⼩时吗? 明⽩吗?

JO: Next time you encounter something, when your mind says it's so boring, just shut that voice down and ignore the boredom. Stay present in the moment regardless of what it says. No matter how annoying it gets, or how boring it claims to be, think of yourself as an idiot. Just turn off all the voices. Let it chatter on the side without affecting your emotions. If you follow its lead and look for something interesting instead, then you will leave and follow its guidance. Do you understand? Can you sit quietly for a few hours here? Do you get it?

问: 觉醒的⼈是不是就是像你说的这样⼦跳出头脑,完全没有头脑⾥的….

Question: Are awakened individuals like you described, jumping out of their minds with absolutely no mental content...?

JO: 不是说他头脑⾥有没有东西,⽽是他明明知道它⾥⾯的东西不是真实的,都是幻像.他也知道物质世界所有的⼀切,⼈们的⾔⾏举⽌都是别⼈头脑⾥的东西,他也不会当回事.他也不会因为别⼈说他是个傻逼⽽⽣⽓,明⽩吗?

JO: It's not about whether there is something in his head, but that he clearly knows what's inside isn't real - it's all illusions. He also understands that every aspect of the material world, including people's actions and behaviors, are things from other people's heads, and he doesn't take it seriously. He wouldn't get upset over someone calling him a fool either, got it?

问: 关于我接下来⼀年的学校体验,指导灵有没有什么话想说的? JO: 你稍等.你多⼤年龄?

Q: Regarding my school experience for the coming year, does Spirit have any advice to share?

JO: Wait a moment. How old are you?

问: 18,刚19.

Question: 18, just turned 19.

JO: 外在的⼀切它只是⼀个相.然后你只需要去观察⽽不把⾃⼰给带⼊和不受影响,明⽩吗?然后这层相就像⼀层膜.这层膜是等待你们的能量去把它突破的,⽽不是说你们在受这层膜给包裹着影响着束缚着你,让你觉得动弹不了或者让你觉得憋⽓觉得压⼒或者是厌恶,明⽩吗?

JO: Everything external is merely a manifestation. Then you just need to observe without involving yourself or getting affected by it, do you understand? This layer of manifestation is like a membrane. It's waiting for your energy to penetrate it, rather than feeling enclosed by this membrane and being restrained, causing you to feel immobile, suffocated, stressed, or disgusted, do you understand?

第四个⼈问: 可以帮我看⼀下能量状态吗? 我现在需要注意什么? 或者最⼤的卡点是什么? JO: 你叫什么名字?

The fourth person asks: Can you check my energy status? What should I pay attention to now? Or what is the biggest bottleneck? JO: What's your name?

问: XXJO: 你多⼤年龄?问: 三⼗JO: 我们感受到的是你的这个能量它的⼀个灵活度和变通度,就是⼀板⼀眼的.它缺少⼀种圆,就是那种变通.就⽐如说别⼈交代你做⼀件事情,你可能只是会⽤这⼀个⽅法去做.然后可能会缺少⼀些,⽐如说这个⽅法不⾏,你换另外⼀个⽅法把这个事情解决了.就是会⽐较遵守纪律,遵守规则、原则.那可能在⼤⼈眼⾥你还是⽐较听话的,就是⼀个不破规矩的⼀个… 但是实际上因为受了太多的影响,就⽐如说家庭啊、观念啊、社会的⼀些影响,让你不是如此的…. 就好像你是⼀个⽐较⼲的泥.为什么? 因为你的形状已经被固定好了,它不是那种像橡⽪泥⼀样可以揉捏成各种形状.

Question: XXJO: How old are you?

Answer: JO30: We sense the flexibility and adaptability of your energy - it's very rule-bound. There lacks a roundness to it, that quality of being adaptable. For example, when someone assigns you to do something, you might stick to one method. You may then lack an alternative approach if the first method fails; instead, you would adhere strictly to rules and regulations. This might make you seem obedient in adults' eyes, as someone who doesn't break the rules... But in reality, due to being influenced by various factors like family, beliefs, and societal norms, this prevents you from being more flexible.

Why are you like a rather dry piece of clay? Because your shape has already been fixed. Unlike rubber clay that can be molded into various shapes, yours is rigid and unchangeable.

你的形状就有点固定了,它就是这个形状,明⽩吗? 那这样⼦的话,它就会影响你⽣命能量本⾝去呈现出,就是呈现出你真正的样⼦.

Your form is somewhat set, it stays this way, do you understand? If that's the case, then it will influence your essence of life energy to manifest, which means it will show who you truly are.

问: 对,我始终觉得真正的⾃⼰就是压抑着,就是活不出来的感觉.

Question: Yes, I always feel that my true self is being suppressed and can't live up to it.

JO: 所以就好像真正的你的样⼦很难通过这个橡⽪泥活出来.因为为什么? 因为你太硬了.

So it's like you're saying that the real you is hard to emerge through this clay. Why? Because you are too rigid.

问: 那我要怎么样做能突破这种⽐较刻板僵硬的状态?

Q: How can I break out of this somewhat rigid and stagnant state?

JO: 那你要知道这个刻板僵硬的状态不是你喽,明⽩吗? 它只是你受外界的能量积压,积压成这个样⼦了.

JO: You need to understand that this rigid state is not you; do you see? It's just that you are under the pressure of external energy, which has compressed you into this form.

问: 那我要想活出我⾃⼰真正的样⼦需要做的是修⾏是吗?

Question: Does practicing meditation help me to live up to my true self?

JO: 需要你放下很多枷锁,很多观念.你就好像⼀直有⼀个模⼦在那,把你固定压成这种形状.那你是不是要把这个模具给拿开呀? 拿开然后在慢慢慢慢的加⼀点⽔进来呀? 你才慢慢慢慢的能活起来呀.

JO: You need to let go of many constraints and ideas. It's as if you've been stuck in a mold that has shaped you into this form, so are you going to remove this mold? Once it's removed, you can gradually add a little water inside to allow yourself to start living more fully over time.

问: 就是不断地去转变信念是吗?

Q: Is it about constantly changing one's beliefs?

JO: 你不断地看到那是个模具,这⾥有个模具,那⾥有个模具.问: 那JO能帮我清理⼀下我这种有⼀点堵塞的状态?

JO: You keep seeing it as a mold; there's a mold here, and there's a mold there. Q: Can JO help me clear up this slightly clogged state?

JO: 现在我们在跟你交流的过程当中,你就在开始慢慢的就好像变软了,明⽩吗? 所以它已经在发⽣变化了.

JO: Now, as we're communicating with you, you are beginning to soften, understand? So it's already changing.

问: 我可以到任何⼀个时间空间去体验吗? 时空旅⾏.

Q: Can I experience any time and space travel? Time and space travel.

JO: 你是说的那个更⼤的你它本⾝就在.问: 就是在各个时空是吗?

JO: You're saying the bigger self that exists on its own. Q: Is it across different time and space, right?

JO: 你说的那个更⼤的你它本⾝就在.

JO: The greater you that you mentioned already exists.

问: 那我现在单纯的想要回到⼗六七⼋岁的话… JO: 你可以去创造这个体验.

Q: If I were to simply want to return to being sixteen, seventeen, or eighteen years old... J.O.: You could create this experience.

问: 当我的思想解放到⼀定程度,我的观念清理到⼀定程度,我就可以…JO: NO NO NO NO,你这个⽤你的意识,就⽐如说这个通灵的⼥孩⼦他们催眠的技术就可以帮助你引导你让你再回到那样⼦的⼀个状态当中,明⽩吗?

Q: When my thoughts are liberated to a certain extent and my concepts are purified to a certain level, I can...

JO: NO NO NO NO, you're using your consciousness. For example, the technique of hypnotizing a spirit medium can help guide you back to that state, understand?

问: 那我的⾁体也可以回到年轻的状态吗?

Question: Can my physical body also return to a younger state?

JO: 你的⾁体当然可以回到年轻的状态.当你的能量处在这样⼦的⼀个状态,你就可以.问: 那我周围的⼈呢? 就⽐如说我现在想要回到⾼中的时候,所有同学还是在⼀起.

JO: Your body can certainly return to a youthful state. When your energy is in such a state, you can. Question: What about the people around me? For example, if I want to go back to high school when all my classmates are still together.

JO: 你可以创造那样⼦的⼀个梦境给你⾃⼰.就好像做梦⼀样.

JO: You can create such a dream for yourself. Like dreaming.

问: 物质现实的话是⽆法达到的是吗?

Question: Is it impossible to achieve in the material reality?

JO: 物质现实不都是你们⾃⼰设置的⼀些道具吗? 明⽩吗?问: 所以我们主要体验的是那种感觉是吗?

JO: Isn't the material reality just a bunch of props that you have set up yourselves? Do you understand?

Question: So, is it primarily about experiencing those feelings, right?

JO: 就像是意识.你的意识可以在,就好像是做梦的感觉.没有⽐这个更能准确的描述了.问: 现在问问题的这个我不是最⾼版本的我,是这个样⼦吗?

JO: It's like consciousness. Your consciousness can be, it feels like a dream. There is nothing more accurate to describe it. Q: Is the version of me asking the question not the highest version, like this?

JO: 这么说吧,你想象⼀下你是⼀棵⼤树的⼀⽚很嫩的叶⼦.然后你就说我可以去体验⼟地⾥⾯的感觉吗? 然后我们说你本⾝就是在⼟地⾥⾯,明⽩吗? 你的根已经深深的扎在⼟地⾥⾯.

JO: Let's put it this way, imagine you are a tender leaf on a big tree. Then I ask if you can experience the feeling of being in the ground. And then we clarify that actually, you are already within the ground, understand? Your roots have deeply penetrated into the soil.

问: 还是不是很理解.

Question: Still quite understanding?

JO: 因为你试图⽤你的头脑去理解.你的头脑没有办法去理解.因为你只能在你的头脑⾥⾯去找到旧有的认知和观念.但是如果它这个是你的⼈⽣主题的⼀部分,你就会⽆找到它.明⽩吗? 因为它对你来说是很重要的事情.所以你也不需要着急.

JO: Because you try to understand with your mind. Your mind cannot understand because all it can find in there are old cognitions and concepts. But if this is a part of your life's theme, then you won't find it. Do you see? Because it's something important for you, so there's no need to rush.

问: 可以连接⼀下我的奶奶吗? 她有什么话想要对我说? JO: 你奶奶叫什么名字?

Q: Can you connect me to my grandmother? She has something she wants to tell me.

JO: What's your grandmother's name?

问: XXXJO: 她去世多久?

Question: XXXJO: How long had she been dead?

问: 有三四个⽉了吧.

Question: Has it been three or four months?

JO: 她让你乖乖的听这个姐姐的话.这是她带给你的.

JO told you to listen obediently to this older sister. This is what she brought you.

问: 她已经知道了这个宇宙的真相吗? 她已经回到⾼我状态了吗?

Question: Has she already known the truth of this universe? Has she returned to her higher self?

JO: 你们的问题,你的头脑对这个的理解本⾝就有⼀个误解,明⽩吗? 如果你是说你奶奶的⼈格去世的话,她存在还是这样⼦的⼀个⼈格.她的认知还是在这样⼦的⼀个认知,明⽩吗?那如果你是说她的⾼我、另外的源头的话,它那边是不动的,明⽩吗?那边是你在世还是去世都没有什么影响的.

JO: Your question and your understanding of this concept are inherently misconceived. Understood? If you mean that the personality of your grandmother has passed away, she still exists as such a person with her cognition remaining in the same state. Understood? But if you refer to her higher self, another source, it is stationary. Understood? Its existence doesn't change whether you are alive or deceased.

问: 所以你连接的这个就是不动的这个吗? JO: 我们的信息来源,你是说吗?

Q: So this one you're connecting is the immobile one?

JO: Our information source, are you asking about that?

问: 对,就刚才她想对我说的话,这个话是她不动的⾼我说的吗?

Q: Yes, was it her inanimate high self who was about to tell me what she wanted to say just now?

JO: 就好像是⼀个信息进来,就好像有⼀股味道过来.然后这个味道散发出⼀种味道,然后我们解释给你,明⽩吗? 但是因为你刚才的信息你还是有⼀种… 因为你们头脑的概念是这个⾁体去了哪⾥,就⽐如说我现在在英国,我的⾁体去了中国.那我就是从这⾥到那⾥.明⽩

JO: It's like an information comes in, and it's like a smell coming over. Then this smell gives off its own smell, then we explain to you, okay? But because your previous information is still... As for your mind's concept, the body has gone somewhere - for example, I am in the UK now, my body has gone to China. So it's from here to there. Understand?

吗? 你们还会有⼀种怎样⼦的概念.但是并没有.我的⾁体⼀直在英国,我的⾁体去到中国.你们头脑理解不了,因为你们⼀直是在⽤这样⼦的⽅式,有⼀个来和去.有⼀个只能在这⾥,我从这⾥⾛了,就不在这⾥了.

Well? You still have a concept like that. But it's not the case. My body has been in England, my body went to China. Your mind can't comprehend because you're always using this way of having something here and going there. There is only one place where I could be, if I left from here, then I would not be here anymore.

问: 指导灵有什么话要对我说?

Question: What message does the guiding spirit have for me?

JO: 你稍等.多让⾃⼰像个孩⼦⼀样去玩耍去开⼼,这样会让你的能量变得越来越柔软吧.

JO: Wait a moment. Try to play and be happy like a child, which will make your energy become increasingly soft.

第五个⼈问: 我叫XX,今年37岁.我这辈⼦的灵魂使命是什么? 或者天赋是什么?

The fifth person asks: My name is XX, I am 37 years old this year. What is my soul mission in this life, or what are my innate abilities?

JO: 你稍等.我们感受到你这⼀⽣的灵魂主题就好像你⼀开始很容易受到外界的影响.就是你很容易受到外界的⼀些惊吓,就⽐如说风⽔草动或者是⼤事⼩事就给你带来很⼤的⼀个影响或者情绪波动.然后就去成为到⼀种像是脱幻吧,就是不被外界影响.就是你可以如如不动,不管外⾯怎么样有多⼤的天翻地覆的变化,就是减少外界对你的⼲扰吧.也就是说那你这⼀辈⼦就是来修你的定⼒.

JO: Wait a moment. We sense your life's spiritual theme as being easily influenced by external factors from the beginning. You are susceptible to shocks or disturbances coming from the environment, like changes in weather, plant movements, or big and small events that significantly affect you emotionally. This leads to a form of detachment from externals - you remain calm and composed, unaffected by whatever is happening outside, no matter how tumultuous it may be. Essentially, this lifetime's purpose is to cultivate your ability to maintain composure in the face of external disturbances.

问: 确实有很多恐惧.以前⽣过病,现在就什么都不敢做,就担⼼又要⽣病住院.

Q: There is indeed a lot of fear. Having been sick before, now one dare not do anything for fear of getting sick and having to be hospitalized again.

JO: 你⽣病的原因还是受到外界的影响.就⽐如说你吸收到很多别⼈⽣病啊、别⼈发⽣不幸啊,外界的这些负能量你都能把它吸收掉,你都能让它来影响你.明⽩吗?

JO: The reason for your illness is due to external influences. For example, if you absorb the illnesses of others or unfortunate events happening to others, you can take in all these negative energies and let them affect you. Understand?

问: 好的好的,就是要屏蔽这些?

Question: Alright, alright, just block these people.

JO: NO NO NO NO, 你们不是有⼀些观念,⽐如说不要去拜访病⼈,不要去医院这些,明⽩吗? 因为这些东西它是⼀个相,它呈现的就是⼀个⽆⼒的相,就是⽣命⼒弱的⼀个相,明⽩吗? 那这些相它会留在你的⾝体⾥⾯.它留在你的⾝体⾥⾯它会导致你觉得⽣命是⽆⼒的.

JO: NO NO NO NO, you have some ideas, like not visiting patients, not going to hospitals, right? You understand that these things are a manifestation of a powerless image, an indication of weak vitality, do you get it? These images stay in your body. When they stay in your body, you feel that life is powerless.

问: 是这样⼦.那它已经在我的⽣命⾥了.我要怎么把它清除掉?

Question: Is it like that? Then it's already in my life. How do I get rid of it?

JO:那这就是你修的那个过程了.你慢慢就是去减少,知道它只是⼀个相,知道这个相对你的影响.那你是不是就可以去暂时的先去减少负⾯影响,多去得到⼀些正⾯影响,明⽩吗?你们看那些成功的⼈⼠… 我跟你讲,你要是不成功,你把你⾃⼰放在⼀堆成功的⼈⼠当中.你跟他们⼀起,你都会变成成功认识.为什么呢? 因为你不断地在吸收他们: 哇,又成功了.哇,又成功了.你不断地在吸收他们的相,然后在给你内在⼀种成功很简单呀.这就是为什么你看那些⽣活在不同的家庭环境的孩⼦.为什么他们⽗母成功,他们的孩⼦也那么容易的取得成功啊?因为对他们来说这是⾃然⽽然的事啊,没有什么难的啊.然后那些失败的、痛苦的、没钱的穷困潦倒的.

JO: This is the process you've been cultivating. You gradually reduce your involvement with it, realizing that it's merely a manifestation, and understanding its impact on you. So by reducing negative effects while increasing positive ones, do you see how you can temporarily minimize the negatives and maximize the positives? Understand?

Let's look at successful individuals... I'll explain this to you: if you aren't successful, place yourself among those who are. Surround yourself with them, and you will inevitably become one of them too. Why is that? Because continuously, you absorb their successes: Wow, another success! Wow, another success! You keep absorbing their manifestations, leading your inner self to perceive success as straightforward—this is why. It explains how children from different family environments can be easily successful when their parents are successful. It's natural for them; it doesn't seem difficult. On the other hand, those who have failed, suffered, or are impoverished...

他们的下⼀代也是这样⼦.因为你们⼤脑不断地在吸收这样⼀个相,然后就把这个相认为是事实.你们就会⽤这套模式去运转.

Their offspring would be as well, for your mind continuously absorbs this image and treats it as reality. You would then operate based on this pattern.

问: 我和我的现男友⼀直分分合合的,我想知道我们前世有什么业⼒纠缠.他叫XX.

Question: I've been on and off with my current boyfriend, and I want to know if we had any karmic entanglements in our previous lives. His name is XX.

JO: 如果是说你们之间的⼀个能量状态的话,更多的是你好像需要抓⼀个什么东西才有安全感.如果没有这个抓的,你又好像孤单害怕⽆助,就好像觉得没有东西可抓了.所以就算这个⼈换成另外⼀个⼈,你可能还是会去⽤这种抓的,就好像是你的救命稻草⼀样.你需要抓⼀个东西,你才会觉得.. 所以说其实跟他这个⼈没有多⼤关系,⽽是你就好像要抓⼀个救命稻草⼀样,跟你的状态有关.明⽩吗? 因为如果你的状态是不需要抓⼀个救命稻草的话,你们是不会在⼀起的.不会有这样⼦像你说的好像分不掉的感觉,明⽩吗?

In this relationship dynamic, it seems like you feel the need to grasp onto something for security. Without that sense of possession, you might feel lonely and helpless, as if you're grasping at thin air because you perceive there's nothing tangible to hold on to. This means that even if we were to replace one person with another, you'd still use this method of 'grasping,' much like holding onto a life preserver in uncertain waters. You need something to grasp, and only then do you feel... So the actual person involved doesn't matter too much; it's more about needing that 'life preserver', which is tied to your state of mind. Can you see what I'm getting at? Because if your state was such that you didn't feel you needed a life preserver, we wouldn't be together like this. There would be no sense of being inseparable as you described, can you understand that?

问: 因为他也⽐较粘我吧.因为我之前⼿术⽣病不能⽣孩⼦,但是他家⾥接受不了.我也可能因为不能⽣孩⼦对婚姻没信息吧.

Question: Is it because he's also a bit clingy towards me? I had surgery and was sick, unable to have children, but his family couldn't accept that. It might also be that my lack of ability to bear children has no information on marriage for me as well.

JO: 只能说他的存在是你⽬前就好像需要抓个东西⼀样.那如果你本⾝没有在⽔⾥,你不需要抓这个救命稻草的话.你的能量状态不⼀样了,那你映射出来的关系状态也不⼀样了,明⽩吗? 因为这不是你的头脑去理解,我们是从能量层⾯来看.因为你的能量如果是脚踏实地的话,你们是不会在⼀起的,OK? 就这么简单.

JO: It's only that his presence is like something you need to grasp in your current state. If you weren't already drowning, you wouldn't need this lifeline. Your energy state would be different, and thus the manifestation of your relationships would also change. Do you understand? This isn't about your mind understanding; we're looking at it from an energetic perspective. Because if your energy were grounded, you wouldn't be entangled with them in such a way, okay? That's as simple as it gets.

问: 没明⽩.是说我要是有安全感⼀点就不会这样吗?

Question: I don't understand. Are you saying that if I were more secure, I wouldn't act like this?

JO: 因为他只是你⽬前能量投射的⼀个状态⽽已,但是他并不是你们所谓的命中注定的那个⼈,明⽩吗?

JO: Because he is just a state of your current energy projection, but he is not the person you believe in destiny with, understand?

问: 我这辈⼦还有没有命中注定的那个⼈啊?

Question: Will I meet my destined person in this lifetime?

JO: ⾸先如果是你命中注定的那个⼈,他在你命中注定的那个道上⾯.你有没有⾛在那条道上⾯呀? 你没有⾛在那条道上⾯,你怎么去遇见他呢? 所以你也需要去⾛到你⾃⼰的道上⾯,明⽩吗? 这就是为什么有什么⽣命往往给你重重⼀击把你推到那个道上去.虽然你们的头脑还不明⽩,但是在那条道上你就能遇到对的⼈.

JO: First, if the person you were destined for is on your predetermined path, are you currently on that path? If not, how would you encounter him? So, in order to meet the right person, you must also walk on your own path. This is why life often pushes you onto that path when you're still trying to figure things out. Although your mind may not understand yet, meeting the right person occurs once you are on your path.

问: 我妈妈跟我姐姐是什么业⼒关系? 因为我姐姐精神失常,我妈妈⼀直不离⾝的照顾着.

Q: What is the karmic relationship between my mother and my sister? Because my sister has mental instability, my mother has been taking care of her nonstop.

JO: 这个需要你妈妈和你姐姐连接,才能看到他们之间的灵魂主题,需要他们允许,明⽩吗?但是你可以问⼀下你跟你姐姐之间,就是你为什么会选择⼀个精神时常的姐姐在你⾝边? 她对你的影响是什么? 明⽩吗?

JO: This requires your mother and your sister to be connected in order to see their soul themes between them. They would need permission for that, understand? But you can ask yourself why you chose a spiritually-minded older sister to be by your side, what her impact on you is. Understand?

问: 哦哦,好的好的.那我问这个问题.

Question: Oh oh, alright alright. Then I'll ask this question.

JO: 你姐姐叫什么名字?问: XXJO: 这么说吧,你不是这⼀⽣的主题是要修你的定⼒的吗? 那修你的定⼒,你要知道你姐姐她就好像是⾮常⼤的⼀个助⼿来帮助你来修这个功课⼀样,明⽩吗? 因为她这个课题,你要是把它给修好了,就没有任何⼈可以影响你了.因为你想你不是说你姐姐是精神失常是吗?

JO: What's your sister's name?

XX: Let me put it this way, isn't it true that throughout your life, the task for you is to cultivate your concentration? Well, if you're cultivating your concentration, then you need to understand that your sister serves as a very large assistant to help you with this practice. Do you get it? Because if you resolve her issue properly, no one can affect you anymore. You said earlier that your sister was mentally unstable, right?

问: 对,她都不能正常交流,⽣活也不能⾃理.跟她说任何话,她都理解不了.

Q: Yes, she can't communicate properly and can't take care of herself in daily life. No matter what you say to her, she doesn't understand.

JO: 那如果她的任何⼀切都不会影响到你,⽐如说你不会去评判她: 你怎么这样⼦? 我好⽣⽓.你想象⼀下,会是⼀个什么样⼦,就好像对⼿⼀样?她是⼀个功夫多么⾼深的⼈,她来提⾼你的功夫.因为⾸先如果你能爱上你的姐姐,你能感恩她出现在你的⽣命⾥⾯,就是做为⼀个⼤师⼀般来提升你.如果你能产⽣这样⼦的⼀个⼼态,那从她这的礼物你就接收到了.所以你⾃⼰去接受礼物吧.

JO: And if none of her is affecting you, like you're not judging her as in why she acts this way and I'm so angry. Imagine being on the other side, as if she's competing with you? She's such a high-level person who comes to boost your skills. Because first, if you can love your sister and be grateful for her presence in your life, like she is your master improving you. If you develop this mindset, then you receive the gift from her. So just accept the gift yourself.

第六个⼈问: 我的灵魂主题是什么? JO: 你叫什么名字?

The sixth person asks: What is my soul theme? JO: What's your name?

问: XXJO: 这么说吧,你的灵魂主题就好像是能量的平衡.因为你会有两种极端的能量在你的⾝体⾥⾯.就⽐如说性格表现出来,你可以有⾮常冷静平稳,就是好像遇事不会有任何影响的那⼀⾯,但是你也有彻彻底底失控的那⼀⾯.然后好像这两种能量要被你⾃⼰拿捏,然后糅合平衡.就是你⾃⼰要在你⾃⼰内在做⼀个平衡的⼯作.所以你也会感受到有时候你觉得你⾃

Q: XXJO: So, your soul theme is like a balance of energy because you embody two extremes within your body. For example, in terms of personality expression, you might show one side that appears very calm and composed, unaffected by anything that happens, whereas there's also a side where you're completely out of control. It seems like these two energies need to be managed and combined by yourself, finding equilibrium within you. Essentially, you have to do an inner balancing act on your own. You might feel this balance sometimes as you perceive your self.

⼰⼒量很强⼤,什么都可以拿捏的了.但是有时候感觉好⽆⼒,就好像⼀点⼒量都没有.两种极端,你想象⼀下.就好像坐过⼭车⼀样,⼀会⼉好低⼀会⼉好⾼.然后就在这两种飘的感觉.然后就需你在内在把这两股能量拿捏好.拿捏好,你就会变得在⼀种强⼤的⼀⾯.因为那是你⾃⼰向往的.

The power is very strong, capable of handling anything. But sometimes you feel powerless as if you have no strength at all. These are two extremes, imagine them both. It's like riding a roller coaster; it goes up high then quickly drops down. Then you're experiencing this sense of floating between the two extremes. To master these dual energies within you is essential. Mastering them will enable you to embrace a powerful side because that is what you aspire to be.

问: ⾮常感谢.那有什么⽅法可以快速的拿捏?

Question: Very grateful. What methods can be used to quickly get a feel for it?

JO: 你⾸先要放下快速.没有快速.为什么呢? 因为你越是要快速你越是要失衡.你想,你失衡是不是要很快速⼀下⼦飞的很⾼,⼀下⼦跌的很低.那是不是快速? 那你是不是需要头脑⾥⾯放下那个快速?

JO: You first need to let go of speed. There is no speed. Why not? Because the more you try to be fast, the more you will be off balance. Imagine if you were unbalanced and you had to fly very high and then fall very low all at once. Would that be considered fast? And would you need to let go of any sense of speed in your mind?

问: 好像有时候我对有些事情就是太执着,我⾃⼰也能感觉到.

Q: It seems that sometimes I'm too fixated on certain things, and I can sense this in myself.

JO: 因为你有时候就是要求快速的要呈现出… 因为就好像头脑知道它不应该呈现出这个样⼦.这样让你有⼀点抓狂.在⼀种失控… 不知道你跟你的对象的能量有什么连接,但是如果对⽅的能量很平和,像⼀个⽼乌⻳⼀样,就对你有帮助.然后这样的能量对你就好像是定海神针⼀样,⼀下可以定住你.

Jo: Because sometimes you're just demanding to show up quickly... because your mind knows it shouldn't be like this, which makes you frustrated in a sense of being out of control. Not knowing what kind of energetic connection you have with your partner, but if the other person's energy is calm and stable, like an old owl, it helps you. Then, that kind of energy acts as a stabilizing force for you, calming you down immediately.

问: 刚才您指的对⽅是谁?

Question: You mentioned just now who the other party was?

JO: 因为我们现在还没有连接你的对象.如果你有这样⼦的另⼀半跟你在⼀起,那这样⼦就好像有⼀个定海神针的功能.就可以让你不要飘的太远了,不要低的太低了.

JO: Because we haven't connected your object yet. If you have such a half that stays with you, then this would be like having a定海神针function, allowing you not to drift too far away or sink too low.

问: 我现在正好没有对象,我需要这样的⼀个⼈.

Question: I'm currently single and I need someone like this.

JO: 这样的⼈有,就是你会被他们吸引.那股能量.

JO: There are such people, where you get attracted by their energy.

问: 我从⼩时候到现在⼀直可以感觉⼀些梦过⼏天就会发⽣在现实⽣活中.这是为什么?

Question: I have always been able to sense that some dreams occur in reality a few days later. Why is this happening?

JO: 因为你们有⼀些⼈他天⽣就有⼀种可以去偷窥到,就好像作弊吧.就这么说,物质世界是你们的考场,对吧? 那就好像你拥有⼀点点偷窥的功能,就是作弊的功能.你就能偷窥到⼀些东西.

Joan: Because some of you have a natural ability to peek, like cheating. So, the physical world is your exam room, right? Like you have a bit of a peeking function, a cheating function, and you can peek at things.

问: 那我这个能⼒可以运⽤到我⽣活当中的哪些⽅⾯?

Question: Well, what aspects of my life can I apply this ability to?

JO: 你说呢? 因为你⾃⼰在运⽤它,你⾃⼰就知道了,对吧?

JO: What do you think about it? Because you are using it yourself, you know it yourself, right?

问: 我没有在运⽤.我只是看到它在⽣活中发⽣的时候,我就很惊讶,原来是这样⼦.

Question: I'm not applying it. It's just that when I see it happening in life, I'm amazed to find out how it works.

JO: 那你⾃⼰就知道怎么去运⽤它呀.这是你⾃⼰的⼀个功能.就好像你说你是⼀只螃蟹,你这个夹⼦夹⼈会把别⼈痛死.那我要怎么运⽤它呢? 明⽩吗? 你⾃⼰天天拿在⼿上你才知道怎么样去运⽤它来帮助你.

JO: Alright, then you should know how to use it yourself. This is your own feature. Imagine if you say you're a crab, and using your pincers to pinch people will hurt them to death. How would I know how to use it? Can you understand? You need to practice using it every day in your hands to see how you can apply it for your benefit.

问: 对于过去伤害过⾃⼰的⼈,有⼀个⽅法是放下所有的过去,然后重⽣.不是有⼀个这样的⽅法吗?

Question: Is there a method for dealing with those who have wronged oneself in the past that involves letting go of all the past and rebirth? Isn't there such a method?

JO: 当然了问: 那我应该怎么做呢?

JO: Of course, ask: Then what should I do?

JO: ⾸先给你通灵的这个⼥孩⼦她就是⼀个模板.因为她不断地在失去,因为她不把那个当成是她,明⽩吗?所以说你只有在物质世界不断不断地让⾃⼰死去,你就能不断不断地重⽣.那就是不断死去不断重⽣的状态.那这些对你来说,那个你已经死掉了.那还有什么伤害吗? 那就好像你在谈论⼀个死⼈⼀样.他已经不存在了,明⽩吗? 那是新的你,新的观念,新的⼀切.

JO: First of all, the spirit girl you're tapping into is a template. She's losing over and over because she doesn't see that as herself, do you understand? So what you have to do is continuously die in this material world, so that you can continuously be reborn. That state of dying repeatedly and being reborn again and again applies to you. And if you've already experienced that death, then why are you still being hurt? It's like you're talking about a dead person. They no longer exist, do you understand? This is the new you, with new ideas and everything else.

问: 每天早上我会很早很⾃然的醒过来.但是如果我再睡⼀会⼉的话,我就会做很乱的梦.我是不是应该在那个时间点起床?

Q: I wake up very early and naturally in the morning every day. However, if I sleep a bit longer, I have very chaotic dreams. Should I get up at that time?

JO: 不是,你只是在体验你不同的能量状态⽽已.因为我们前⾯说你的⽣命主题就是在拉扯当中,你又体验这个极端又体验那个极端,明⽩吗? 所以说你既有⾮常,就是天下没有我做不了的事,这⼀⾯.但是你又有另外⼀⾯,明⽩吗? 但是你的梦想就是要成为⼀个就像刚刚说天下没有我做不了的事这样⼦的状态.所以这就是你⾃⼰去平衡的⼀个过程.因为当你平衡好了过后,你就能达到你想要的那种状态.因为你是为它⽽来的.

JO: No, you are just experiencing your different energy states. Because we previously discussed that your life theme is in the pull, where you experience both extremes and understand this? So you have one side where you believe there's nothing you can't do, like "the sky is the limit." And then you have another side, understanding this? But your dream is to become someone who embodies such a state - exactly as we just mentioned. This is the process you are going through to balance yourself. Because once you achieve balance, you will be able to reach that desired state because it's what you came for.

问: 去年我⽣病,当时单位问我要不要请⼀个长期病假.我很想请,然后去做⾃⼰喜欢的事情.但是我家⼈不愿意.我到底要怎么做才好?

Q: Last year I was ill, and my workplace asked me if I wanted a long-term sick leave. I really wanted to take it in order to do what I like. However, my family didn't agree with me. What should I do?

JO: 就算你再多⼏次体验,它其实也只是来加深你更加要去完完全全做⾃⼰的状态⽽已.但是完完全全的做⾃⼰的状态才是你最终的⼀个结果,只是看你要在这条路上磨蹭多久,明⽩吗? 因为你迟早会到那个地⽅的.因为这不是你.

JO: Even if you have more experiences, it actually just serves to deepen the state of being fully yourself. However, being fully yourself is your ultimate outcome. It's just a matter of how long you take on this path before understanding that, because you will eventually get there anyway, as it's not about you.

问: 对对对.我就感觉这不是我.…. 我可以根据这个感觉⾛吗?

Question: Yes, yes, yes. I just don't feel like it... Can I go based on this feeling?

JO: 这⾥没有可以不可以的,只有选择.你不需要问任何⼈,因为 you are the boss,明⽩吗?

JO: There is no right or wrong here; only options. You don't need to ask anyone because you're the boss, got it?

问: 很长时间⼀直没有谈男朋友.我每次冥想都会看到我的前男友.我想看我们还能在⼀起吗?

Question: For a long time, I haven't been in a relationship with anyone. Every time I meditate, I see my ex-boyfriend. I wonder if we could still be together?

JO:你稍等.我们可以告诉你⼀些信息,在前⾯有⼀个在你眼⾥是⾮常完美的⼈在等你.然后他可以让你觉得⼀切都是值得的,就是不去随便交往是值得的.然后他就是那种真的能让你calm down,就是能让你维持在⼀个你是有⼒的状态.他可以平衡你的能量,就好像是你的定海神针⼀样.我们可以感受到他是⼀个很儒雅很绅⼠也是个很稳定的⼈.就好像脾⽓很好,你怎么去弄他,他都跟你笑笑.你可能跳来挑去的,他可能看着你满眼都是爱,他对你不会有很⼤的,就是跟你⼀起跳的那种.就是他不会你暴跳如雷,他也暴跳如雷.

JO: Wait a moment. We can tell you some information. There is someone ahead who appears to be absolutely perfect for you in your eyes. Then he can make you feel that it's worth not engaging in casual relationships, that staying away from random interactions is worth it. He is the kind of person who truly calms you down and helps maintain a state where you feel powerful. He balances your energy, acting like your grounding force. We sense that he possesses an elegant and gentlemanly demeanor, along with stability. It's as if his temperament is very forgiving; no matter how you provoke him, he remains calm and smiles at you. You might jump around trying things out, but he looks at you with all eyes filled with love, and he won't match your energy in a negative way. He doesn't lose his temper violently like you would expect.

问: 那这个⼈还需要多久才会出现?

Question: How long will it be before this person appears?

JO: 因为没有时间,然后我们更多的是你⾃⼰的能量.就好像你唱⾼⾳.就⽐如说你唱分贝⼀百,⽐如说你现在⼀直是在⼆三⼗,那你reach不到⼀百.那你达不到⼀百的话,你不在⼀百的频率,你就遇不到那个⼈,明⽩吗? 那就需要你⾃⼰⼀直在,⽐如说他在六七⼗等你的话,那就需要你⾃⼰在六七⼗,明⽩吗? 还是需要你⾃⼰把你⾃⼰选择进⼊到什么频率.然后我们这⾥在给你开⼀个⼩灶,就好像给你作弊⼀样.我们的信息可以给到你男朋友给到你的这个效果.那当你保持在这个效果上,你就能很快的遇到他了.这就是快的⽅法.因为我们的信息就好像是定海神针⼀样.这是⼀个频率,这个频率是稳定的是来让你们对齐的,来把你们调到这个⾳上⾯来.

JO: Because of the lack of time, then it's more about your own energy. It's like you're singing high notes. For example, if you sing at a decibel level of 100, and currently you've been around 20 to 30, then you can't reach 100. If you don't reach 100, you won't be on the same frequency, which means you won't meet that person. Do you understand? Similarly, if they are waiting for you at a level of 60-70, it's about your being there too, also at 60-70, do you see? It still requires you to choose and align yourself with the specific frequency. We're giving you an advantage here, like cheating. Our information can have the same impact on your boyfriend as what we're sharing now. When you stay within this effect, you'll quickly find him. This is how you speed things up because our information acts like a stabilizing force or 'dharma protector'. It's about frequency - maintaining stability to align and tune you into harmony.

所以你持续的没有被你个⼈的能量影响、被集体意识影响拉扯到另外⼀个状态当中.那你是不是就能稳定了? 你稳定了是不是就能在你的道上? 你在道上,所有正确的⼈正确的事业所有外在的⼀切都会出现在你的⽣命当中.这是必然的.因为你这个频率就会投射出这样的⼀个果给你.

So if you persist without being pulled to another state by your individual energy or collective consciousness, then can you stabilize? If you stabilize, can you be on the path of your own way? When you are on this path, everything correct and righteous, all external things will appear in your life. This is inevitable because your frequency will project such a result to you.

问: 那调频的⼀些⽅法?

Question: What are some methods of tuning?

JO: 刚才我们不是告诉你了吗? 还有⼀个就是说你⾸先做你⾃⼰激情的事情这个很重要.你不做半点让你不开⼼的事情.为什么?做不开⼼的事情就会把你⾃⼰降低在不耐烦的频率⾥⾯.当你⼀直保持在做⾃⼰开⼼的事情,那你是…. 对吧? 还有就是说我们的信息可以让你更加的去明⽩这个物质世界运作的⽅式⽅法.因为你就会更加明⽩这是怎么运作的.你就对你的物质头脑、物质⾝体还有你的情绪反应、所有的⼀切… 就好像你的⾝体是⼀个道具,那这个道具你都不了解怎么去⽤它.这个东西你怎么⽤它你都不知道,就好像⼀台车你连怎么开它都不知道.你怎么开到你的⽬的地?

JO: Haven't we just told you that? And the other one is to do what you're passionate about first, which is very important. Don't do anything that doesn't make you happy. Why? Because doing unhappy things will put you in the frequency of impatience. When you keep doing what makes you happy, you... right? And it also means that our messages can help you understand how this physical world works and functions because you'll have a better understanding of how it operates. You'll comprehend your material mind, your physical body, as well as your emotional responses, everything... like your body is a tool, but you don't know how to use it properly. You don't know how to operate it, just like not knowing how to drive a car. How do you get to your destination with the car?

我们的这个好像⼿册⼀样,它是教你怎么开、怎么驾驶、怎么转弯、怎么急刹车、怎么不让你撞翻,明⽩吗? 那你如果知道了这些过后,那你是不是就能很好的驾驶它开到⾃⼰的⽬的地了?

Our manual teaches you how to drive, how to navigate, how to turn, how to brake abruptly, and how to prevent being tipped over, got it? Once you understand these instructions, will you then be able to skillfully operate the vehicle to reach your destination effectively?

问: 快速调频的⽅法具体指的是什么? 做⼀些⾃⼰喜欢的事情,然后呢?

Question: What does "fast tuning" specifically refer to? Then, what about doing things you like afterwards?

JO: 你的⽣命当中你不需要做你不喜欢的事情.你觉得你必须要做你不喜欢的事情,那是你相信的东西,它在影响着你,明⽩吗?你不需要去牵强勉强.如果你觉得你需要去加⼊别⼈,那是因为你觉得你要加⼊别⼈,所以你才会创造这个体验给你.就好像前⾯那个考研的,物质世界创造了这个,⾃⼰也要加⼊啊.所以就导致了又分裂又崩溃又恐惧.你加⼊这个游戏,那你肯定就会体验这些.你不需要加⼊任何⼈的,明⽩吗?你只有加⼊他们,你才有相应的体验.⽽不是说你必须要加⼊他们,不然你会怎样怎样.没有.

JO: You don't need to do things that you dislike in your life. You think you have to do the things that you dislike, which are the beliefs that influence you, right? You don't need to force yourself. If you feel like you need to join others, it's because you believe you should join others, and hence you create this experience for yourself. Just like that guy trying to get into postgraduate studies; the material world creates this, making you want to be part of it too. So, there comes a sense of division, collapse, and fear. You choose to participate in the game, thus experiencing these things. You don't need to join anyone else's activities; understand? If you only join them, you'll have corresponding experiences. Not because you must join them or face consequences.

问: 我们怎样可以不受任何环境和⼈的影响?

Question: How can we be不受 any environmental or human influence?

JO: 那就是你眼睛是睁开的咯.因为你要知道你们物质世界它就是⼀个梦.你在梦境⾥⾯没有醒来的话,肯定是把你吓的⼀⾝冷汗,明⽩吗? 因为你有了这个物质⾁体、头脑、⼿脚、四肢,它才让你感受到更真实.它才让你能吃到味道,能感受到温度,明⽩吗? 那如果你的物质⾁体死掉了呢? 死了你还会被这堵墙挡住吗? 它之所以能挡住你,是因为你还有这个物质⾁体.但是这个物质⾁体就是⼀个道具,来加深你的体验的.让你的体验不会觉得是个幻境,明⽩吗? 因为你想你们花那么多钱,电视3D、 4D,这样那样.你做什么不是为了加深你的体验? 我跟你讲,哪怕你去找对象你去跟你对象发⽣关系不是也是为了加深体验吗? 明⽩吗?

That's why your eyes are open. Because you have to know that your material world is just a dream. If you don't wake up from the dream and end up sweating cold, it will surely scare you, right? Because you have this physical body, mind, hands, feet, and limbs which allow you to feel more realistically. It lets you taste flavors and experience temperatures, right? But what if your physical body dies? Even if you're dead, will this wall still block you? The reason it can block you is because you still have this physical body. However, this physical body is just a tool to deepen your experience. To ensure that your experience doesn't feel like being in a hallucination, right? Because even when you spend so much money on TV 3D, 4D effects and other things, don't you do these for the purpose of deepening your experience as well? Right? Even if you're searching for a partner and engaging with them isn't it also to deepen your experience?

所以你看那些⼈冒着⽣命的危险,要名要钱要权⼒.他为了什么? 还是体验.他还是为了加深体验.所以你们的物质⾁体它是为了加深你们的体验,所以你们要好好地利⽤它运⽤它.但是却不被它束缚.就像前⾯⼀个⼈的问题,为什么我⽆聊怎样怎样? 那你就是被它束缚了,被它牵着⿐⼦⾛了.所以你去使⽤它去达到你⾃⼰要去的地⽅,⽽不是让它来控制着你.不然的话你会很痛苦,你会觉得⽣命很吃⼒.

So you see those people risking their lives for fame, money, and power. Why are they doing this? They're still seeking more experiences to deepen their understanding of life. Your physical bodies exist precisely to enhance your experiences, so make the most of them and utilize them wisely. However, don't let them restrict you. Like the previous person's issue, why do I feel bored like that? You're being controlled by it, letting it lead you around by the nose. Instead, use them to reach where you want in life rather than having them control you. Otherwise, you'll suffer greatly and find life tough to bear.

第七个⼈问: 我想您帮我连接⼀下阿弥陀佛? JO: 佛陀是吗?

The seventh person asks: I want you to connect me with Amitabha Buddha? JO: Is it Buddha?

问: 佛陀在阿弥陀经⾥讲的那个阿弥陀佛.

Question: The Amitabha Buddha spoken of by Buddha in the Amitabha Sutra.

JO: 那不知道你说的是哪⼀个阿弥陀佛.但是你可以提问.问: 我想了解⼀下西⽅极乐净⼟到底是怎么样的⼀种存在?

JO: I'm not sure which Amitabha you're referring to, but feel free to ask: Could you explain what the Western Pure Land is like?

JO: ⾸先在你们当下你就可以去达到你所谓的极乐,明⽩吗? 它是怎么样的存在? 它是根据你的意识⽽存在的.如果你的意识达不到…. 它不是⼀个客观存在的,我把你这个⾁体放在那,你就成了你就在极乐了.不是的.⽽是说你的意识程度,你能修到那⾥.就好像你刚刚说,你们有这么多⾁体,你⽣⽣世世去修.你能修到那⾥,你就体验到那⾥.这个没有办法可以就是说…问: 理上我是明⽩的,到那个振频上就可以有那种体验…

JO: First of all, you can reach your Nirvana right now, understand? How does it exist? It exists based on your consciousness. If your consciousness cannot reach... it is not an objective existence; I put this body of yours there, and you would consider yourself in Nirvana. That's not the case. Rather, it depends on the level of your consciousness; wherever you can cultivate to, that's where you will experience. This cannot be expressed as... Q: Theoretically, I understand that reaching a certain vibration frequency allows for such an experience...

JO: 它不是说在哪⾥.因为当你的意识程度达到了之后,哪怕在你们眼⾥所谓的地狱,它都是极乐的,明⽩吗?

JO: It's not about where. Because once your level of consciousness is achieved, even what you perceive as hell in your eyes becomes blissful, understand?

问: 我明⽩啊,但是我不⼀定能做到呀.我就念阿弥陀经,它有接引的功能.

Q: I understand, but I may not be able to do it. I recite Amitabha Sutra, which has the function of leading people.

JO: 你刚才说你做不到啊.难道你真的因为明⽩了就能做到吗? 这样反反复复的投⽣,然后物质世界的这些体验,这些都不需要了吗? 明⽩吗?

You just said you can't do it. Does that mean you think being able to understand would allow you to do it? Would you really abandon all these experiences in the material world through repeated rebirths just because you understand? Get it?

问: 我就是不想体验了啊,想去西⽅极乐世界,然后回归⾃性.

Question: I just don't want to experience it anymore; I wish to go to the Western Paradise of Bliss and return to my true nature.

JO: 那你的这个抗拒会⼀直拽着你.

Your resistance will always pull you back.

问: 那佛陀为什么要讲这个经呢? 它的意义是什么呢?

Question: Why did Buddha teach this scripture? What is its significance?

JO: 你觉得意义是什么就是什么.

JO: You think what it means is what it means.

问: 信念创造实相,我也知道.但是我怕短短⼏⼗年解决不了.我想换⼀个条件好的幻像去解决这些问题.

Q: Belief creates reality, I know that too. But I'm afraid it won't be solved in such a short span of decades. I want to switch to a better illusion to address these issues.

JO: 这些东西你不需要去请⽰任何⼈,你⾃⼰想怎样就怎样.

JO: These things you don't need to consult anyone about; do as you please.

问: 那阿弥陀佛你连接它,它就存在,你不连接它就不存在.那为什么JO可以连接观世⾳菩萨,为什么阿弥陀佛就连接不到呢?

Question: If Amitabha connects to it, then it exists; if you don't connect to it, it doesn't exist. Why can JO connect to Avalokiteśvara but not Amitabha?

JO: 没有连接不到,只是不想进⼊你的⼀个圈套,明⽩吗? 你直接问你想要问什么问题.因为你⾃⼰可以有你的⼀个执念.但是我们却可以选择要不要陪你去演这个戏,明⽩吗?

JO: There's no issue with not being connected; it's just that I don't want to fall into your trap, understand? You should directly ask the question you want to know. Because you can have your own preoccupation. But we have the choice of whether or not to join in this act with you, understand?

问: 我想要回到真的我.起⼼动念都是头脑的我,它是假的.你们就是我,从那个⾓度….

Question: I want to return to my true self—the me that is not just the result of thoughts and ideas in my mind, which is fake. You are all me, from that perspective...

JO: 我们跟你说四个字吧,你现在只是在你⾃⼰的幻像当中.你还有问题吗? 因为你的问题带不出有效的信息.没有问题让给其他⼈.问问题,不需要去描述你认为的这个世界是怎样的.那只是你,⽆论你怎么认为都是…问: 我想让我的指导灵告诉我⼀下我后⾯的路怎么⾛?

JO: Let me tell you four words - you are currently only in your own illusion. Do you have any questions? Because your question doesn't bring out effective information. There's no need for others to answer; just ask. You don't need to describe how you think the world is, that's just you...anyway. Ask: I want my guiding spirit to tell me how to proceed on my path.

JO: 就算告诉你了,你也不会听.为什么呢? 因为你⾃⼰有你⾃⼰的⽅式⽅法,⽽且你还很信那⼀套.

JO: Even if I told you, you wouldn't listen. Why is that? Because you have your own way and methods, and you also believe in that whole thing.

问: 我不太明⽩,但是我⼀直在学习.

Q: I'm not quite understanding, but I've been learning.

JO: 你是在学习,但是你拿着这些东西它已经形成了你⾃⼰的⼀套,就是你对这个世界和任何⼀切的理解.所以外界的信息,就是我们的信息还进不了你的⾥⾯.

JO: You're studying, but the things you have are forming your own system, which is how you understand the world and everything else. So external information, our information, can't get into your realm.

问: 我阻碍了能量进⼊,是吗?

Question: Does that mean I am blocking the entry of energy, right?

JO: 是因为你⾃⼰拿着那⼀套,就好像是我知道是这样这样.就是有⼀种我知道,明⽩吗?

JO: It's because you have that, as if I know it like this. There's a sense of understanding, right?

问: 我就是放不下这个思维,所以我才按照阿弥陀经去做.

Q: I just can't let go of this thought, so that's why I follow the Amitabha Sutra.

JO: 你也知道你放不下?

JO: You know you can't let go?

问: 物质的东西我放下很多了.但是思维这块我是要坚定的信⼼要往⽣西⽅极乐净⼟.难道佛经是不存在的吗?

Q: I have let go of many material things. However, in terms of my thoughts and beliefs, I firmly adhere to the necessity of rebirth in the Western Paradise of Ultimate Bliss. Does this mean that Buddhist scriptures do not exist?

JO: ⽆论我在的⼀切它存在和不存在,它在于你如何去使⽤它? 如何去运⽤它? 你⽤它来做什么? 你让它怎么来服务于你,就是你如何体验? 所以外在的⼀切它到底什么样…问: 您指的这个我是哪⼀个我?

JO: Whatever exists or does not exist around me, it depends on how you use it and how you apply it. What do you do with it? How does it serve you, which is essentially your experience of it? So, the nature of everything external... Question: Which 'me' are you referring to?

JO: 你觉得是哪⼀个你,就是哪⼀个你.你还有问题吗?问: 我的指导灵有什么信息给我?

JO: You think it's you, it's you. Do you have any questions? Ask: What information does my guide spirit have for me?

JO: 今年多⼤?问: 五⼗JO: 放空⾃⼰,就是不要让脑袋⾥⾯有任何声⾳、思绪.然后有声⾳也不去听它,让脑袋放空.然后多去体验这样⼦的,这是带给你的信息.

JO: How old are you this year? Ask: Fifty JO: Empty your mind, which means not allowing any voices or thoughts inside your head. Then, don't listen to those sounds; let your head be empty. And try to experience more of this kind of thing, as it is the information that's being sent to you.

第⼋个⼈问: 我此⽣的灵魂主题是什么? JO: 你叫什么名字?

Question 8: What is my soul's theme in this lifetime?

JO: What is your name?

问: XX,34岁.

Question: XX, age 34.

JO: 我们感受到你体验到很多好像混乱不堪.就是你的灵魂主题选择体验很多很多混乱不堪的场⾯.然后之所以选择体验这些混乱不堪的场⾯,然后更多的是感受物质世界的限制和⽆⼒.然后你的灵魂主题就是把这些,就好像是脱胎换⾻.你需要经历⼀次脱胎换⾻,明⽩吗?所以就是把全部你体验的这些混乱不堪脱胎换⾻,重整你的⼈⽣,就好像要从垃圾堆⾥来把它整理成有⽤的东西,就是变废为宝.就是这样的⼀个主题,明⽩吗?所以如果你现在还没有转变它的能⼒的话,那你还会是在体验这种好像是混乱不堪,就好像都是垃圾堆的感觉,然后还没有把它变废为宝,明⽩吗?

JO: We sense that you have experienced a lot of disarray, as if your soul's theme has chosen to experience numerous chaotic scenarios. The reason for choosing these chaotic experiences is primarily about feeling the constraints and powerlessness in the physical world. Your soul theme involves a metamorphosis - you need to undergo a rebirth, understand? This means transforming all the chaos you've experienced into something new, reshaping your life, like turning trash into treasure. It's about transforming waste into value. That's the essence of this theme. Do you get it?

If you haven't gained the ability to transform it yet, then you're still experiencing that sense of disarray, as if everything feels like a pile of trash, and you haven't been able to turn it into something useful, understand?

因为如果说你的这个灵魂得到很好的引导的话,你会成为⼀个⾮常励志⾮常有代表性,就好像是⼀个作品让别⼈效仿的,明⽩吗?那就会是⼀个励志的⼈物.因为其实你体验的垃圾堆,它本⾝就是物质世界本⾝的⼀个状态,明⽩吗?就是它本⾝就像前⾯说的,这⾥不是极乐世界.所以你体验的就是⽣命的⼀个常态⽽已.所以在你变废为宝之前,你⾃⼰对⽣命的那种愉悦度的体验是很少的,就是觉得⽣命是快乐的轻松友爱会⾮常少.所以你内在会有强烈的对爱的⼀个渴望.但是我们想要你知道的就是说

Because if your soul is well guided, you will become a highly inspirational and representative figure, like an example for others to emulate - someone who inspires others. You would be a role model of inspiration. Remember, what you experience as a pile of trash is inherently the state of this material world. It's akin to saying it's not paradise we're talking about; hence, what you experience is simply life in its ordinary state. Before transforming waste into value, your personal enjoyment or appreciation of life would be minimal. You might feel that life is filled with joy and ease quite rarely. Thus, there would be a strong inner yearning for love within you. However, what we want you to understand is...

你真正爱的来源,它不来源于外在.为什么呢? 因为就好像你现在⾯对的所有⼈都好像是饿死⿁⼀样,他们都是到处去找爱.那你怎么可能跟他们要到呀? 但是在你内在它却有⼀个,就好像你去挖井.你越挖慢慢就会有⽔上来了.然后那个就是源源不断地,别⼈都会来你这边去找⽔.因为你这边⾃⼰挖出来⼀⼜井.所以我们让你看到⽅向,这样你就会变得越来越有吸引⼒.你的吸引⼒是因为他们知道这边有⽔解渴.所以说你们就可以不再去给⾃⼰寻找这个幻像.因为如果你们单独从外去寻找的话,你们还是创造⼀个假象给⾃⼰.那个假象就好像你在梦⾥⼜渴了,然后有好多⽔,你喝⽔喝了半天,怎么⼜还是渴的?

The source of your true love comes from within and not externally. Why is that so? Because it's as if everyone you're currently facing are starving ghosts looking for love everywhere. How could you possibly get any from them? But within you lies a well, like when you're digging a well. The deeper you dig, the more water naturally rises to the surface. And this source becomes endless; others will come to you seeking water because they find your well of water. This makes it easier for you to attract people towards you as if there's a natural flow and abundance. Your charm comes from knowing that there's water available here to quench their thirst. Therefore, you no longer need to seek false images externally; trying to create illusions just leads you back into the cycle of creating false expectations in your dreams about being thirsty with plenty of water but still feeling parched after drinking.

因为这只是⼀个幻像⽽已,没有真正的解决⼜渴的问题,明⽩吗?

Because it's just an illusion, and doesn't actually solve the problem of thirst, right?

第九个⼈问: 我叫XXX,我35岁.我想知道我的灵魂主题?

The ninth person asks: I'm XXX, 35 years old. I want to know about my soul theme?

JO: 你的灵魂主题最主要这⼀辈⼦是来修你的⼼态.因为你特别情绪波动吧,就好像⼀点就着,就是脾⽓吧.就是很容易受到外界的影响.所以你选择很多事件,就是不顺⼼的事吧,或者是特别⿇烦或者是压⼒⼤或者是琐事来让你很难处于⼀种⼼平⽓和的状态.所以说如果你去⼯作或者是在家庭,你还会遇到⼀些很难缠的同事啊或者⽼板啊或者是⽐如说你的亲密关系或者是孩⼦给你造成⼀种不顺⼼的感觉.

JO: Your main soul theme for this lifetime is to cultivate your mindset. You have particularly strong emotional fluctuations - you're like a flame that just needs a tiny spark, which is akin to your temperament. It's easy for you to be influenced by external factors. Therefore, you choose many events, such as things that don't go well or are exceptionally bothersome, stressful, or involve trivial matters, making it difficult for you to maintain calmness.

So if you're at work or in a family setting, you might encounter tricky colleagues or bosses, or perhaps difficulties arise from your close relationships or children causing you feelings of dissatisfaction.

问: 我的⼯作会让我产⽣这样的⼼态.说的没错.我也在克制我⾃⼰不要⼀碰就炸,尽量⼼平⽓和去解决事情.

Question: My job causes me to have this attitude. That's right, I'm also holding myself back from exploding at the slightest touch, trying to be calm and composed when dealing with issues.

JO: 因为你没有修到那样⼦的话,外在怎么克制它其实都是在加剧你的⼀种情绪,就是它在储存能量,它迟早会爆发的.就好像不断地在打⽓打⽓,它⼀定会爆发的,明⽩吗?

JO: Because if you don't attain that level, no matter how you try to suppress it externally, it's actually intensifying your emotions; it's storing energy, and sooner or later, it will explode. It's like continuously inflating a balloon; it has to burst eventually, do you understand?

问: 那有没有什么⽅法可以通过外界来克制这种⼼态?

Question: Is there a way to overcome such an attitude through external means?

JO: 通过外在是没有办法克制的.它只能是通过内在把⼼态修的更加的平和.平和就⽐如说你的包容⼼啊,你对事情的定义啊,我们给它换⼀个定义呀.然后增加你的智慧啊,增加你的爱呀,这些都是美好的品德.当这些增加了过后,当然事情在你⾯前就不会是个⼤事了,对吧?

JO: There is no way to control it externally; you can only cultivate a more peaceful mindset internally. Peacefulness could refer to your tolerance, how you define situations, redefining them if you wish, or increasing your wisdom and love, all of which are good qualities. Once these qualities increase, of course, the matter will not seem like such a big deal to you, right?

问: 我的天赋是什么?

Question: What is my talent?

JO: ⾸先你所谓的天赋你现在还能难展现出来.为什么呢? 因为就好像这个物质⾁体你都很难驾驭它.刚才说这个物质⾁体是个道具,对不对? 那如果你很难驾驭它,那你怎么去使⽤这个道具来展现你的天赋才华哎呀? 你需要这个道具配合你,你才能展现出来你的天赋才华呀.那道具不配合你,你要往东它要往西,你怎么去展现? 所以说你的天赋才华要在你的功课修好了过后才展现出来.那是另外的⼀个你.如果⽬前来看的话,就是⽐较⾏动派,就是⽐较积极,做事⽐较有效率吧.

JO: First of all, you can't showcase your so-called talent now because it's hard to do that. Why? Because you find it difficult to handle this physical body just like a material object. Earlier on, we mentioned the material body as an instrument; right? If you're finding it hard to use this instrument, how are you supposed to display your talents and abilities through it? You need the instrument to assist you in order to showcase your talents properly. If the instrument doesn't cooperate with you, trying to go east when you want west, how can you show off your skills? Therefore, your talents will only be able to manifest once your duties are completed or your tasks are finished. That's a different 'you'. Currently, you seem to be more of an action-oriented person, quite proactive and efficient in your actions, based on my understanding.

问: 是的,没错.前阵⼦刚分⼿,我在这个⼈⾝上纠结了蛮长的时间.

Q: Yes, that's right. I was just going through a breakup and was conflicted about this person for quite some time.

JO: ⾸先⽬前你怎么样换对象,它其实都是在⼀个不会是如此的顺和如此的滋养你的⼀个状态,明⽩吗?

JO: First of all, how are you changing partners right now? It's actually in a state that is not so smooth and nurturing for you, understand?

问: 你是说⼼态没有修好,换任何⼈感情都不顺?

Q: Are you saying that心态 is not cultivated properly, and that no matter who you're with, your feelings won't flow smoothly?

JO: 因为他其实也是来帮你修的呀.所以是你⾃⼰感受不到那种顺,并不是说它真不顺,明⽩吗? 你⾃⼰觉得⼀堆破事,明⽩吗? 你会⾃找⿇烦,这个也⽣⽓那个也⽣⽓,这个不满意那个也不满意.

JO: Because he's actually here to help you fix things. So it's not that everything is really going wrong; you just can't feel the smoothness. Do you understand? You think there are so many problems, do you understand? You create your own troubles, getting angry about this and that, being dissatisfied with one thing and another.

问: 这个分⼿的⼈是不是我命中注定的⼈? 我⼼⾥也没有放下,彼此也都没有找另⼀半.

Q: Is this person who ended the relationship destined for me? Neither of us has let go in our hearts, nor have we found a new partner.

JO: 你们的关系它都是来帮助你修⾏的,修你⾃⼰.就是来让你看到你⽬前是什么状态,就像是镜⼦⼀样.

JO: Their relationship is to help you cultivate yourself, focusing on your own improvement. It's like a mirror reflecting your current state.

问: 这个我理解.我也在通过这些事情修⾃⼰.我想问有没有可能再在⼀起? JO: 你们在⼀起多久?

Q: I understand that. I'm also working on myself through these things. I want to ask, is it possible for us to get back together?

JO: How long have you been together?

问: ⼀年吧.

Q: A year, right?

JO: 为什么在说关系的时候都会问到你们时间有多久? 因为只有时间有⾜够久,你们之间的能量线它才会越明显,就是带来的呢种影响才会更明显.⾸先在这种情况下我们不太会给出⼀些具体的答案.为什么呢? 因为这个都是你在影响着,你的能量状态在影响和控制着.因为外在的⼀切它都是你决定了事情如何发展和这个⼈怎么呈现.但是我们可以来让你明⽩的是你可以在每⼀个⽅⾯都很完美.就是说有完美的对象、完美的爱情、完美的事业、完美的⼯作,明⽩吗? 因为就算是告诉你这个爱情挺完美的,但是你可能是说我的事业不完美、我的⾝体健康我的⼀切…. 明⽩吗? 所以需要你⾃⼰内在达到⼀种⼀切都是美好的⼀个状态.

JO: Why is the duration of relationships always brought up in discussions? Because only when there has been enough time, will the energy lines between you become more obvious, resulting in a more pronounced impact. First, under these circumstances, we wouldn't provide specific answers for this reason. Why is that? It's because it's you who influences and controls this. The state of your energy determines how things unfold and how the person presents themselves externally. However, what we can help you understand is that you can excel in every aspect. That means having perfect partners, perfect love, perfect careers, and perfect jobs. Do you get it? Even if I were to tell you that this relationship is quite perfect, but you might say my career isn't perfect, or my physical health and everything else… Do you understand? Therefore, the key lies in achieving a state of overall perfection within yourself.

外在的⼀切不管是你的事业也好感情也好,它都会归位.为什么呢? 因为你的频率不是乱的.那个是你本来的振动频率.⼀朵花它就是本来盛开的⼀朵花,它就是每⼀⽚叶⼦都在本来的位置上,它不是乱七⼋糟的,明⽩吗?

Everything external, whether it's your career or relationships, will find its place. Why is that? Because your frequency isn't chaotic; it's the natural resonance you possess. A flower blooms naturally as a flower should, with each leaf in its rightful position, not scattered and out of order, do you understand?

问: 也就是说我现在…JO: 也就是说你现在问这个都是你的⼀个执念⽽已.为什么呢? 因为你⾃⼰的功课没做好,⽣命的主题没做好.就算我把这个⼈捆在你⾝边,你也不会幸福的.⽽且你还会厌恶他的,你还会想赶快把他给弄⾛,明⽩吗?

Q: In other words, I'm asking this...JO: In other words, you're just fixated on this idea because your own homework hasn't been done and the theme of your life isn't being handled well. Why is that? Because you haven't properly taken care of yourself. Even if I tie this person to your side, you won't be happy. And you'll still despise him, wanting to get rid of him as soon as possible, do you understand?

问: 就是我要培养我的⼼态,有更多的耐⼼和包容⼼等等.

Question: It's about cultivating my mindset, having more patience and a greater tolerance, etc.

JO: 对,因为当你⾃⼰达到那样⼦,外在的⼀切都是完美的.你不会去说这个⼈要留住他呀,能不能选择呀,这些问题.没有这些破事.你们所谓的这些问题,它只解决⼀个,它不解决其它.那⼀个它都解决不了.为什么? 就算你们在⼀起了,你觉得你们就会幸福吗?不会的.就算你们结婚了,你觉得你们就会幸福吗? 不会的.你们会天天吵架.所以说不要执着于单⼀的⼀个去解决它的问题,⽽是说你的根本,你的本质.那个才是最核⼼的东西.那⼀个问题可以解决所有的问题.⽽且就算你们求个学历,就像前⾯的信息⼀样,你觉得你考上硕⼠你就没事啦? 你还有其它,你还会恐惧这个恐惧那个.所以说这个⼈,你觉得你跟他在⼀起你们就没事了?

Yes, because when you reach that stage, everything external is perfect. You wouldn't say things like "should we keep him?" or "can we choose?", there are no such issues. Your so-called problems only address one thing and do not solve others. There's nothing they can fix. Why? Even if you're together, do you think you'll be happy? No, you won't. Even if you get married, do you think you'll be happy? You won't. You will argue every day. Therefore, don't cling to the idea that one person can solve all your issues; instead, focus on your core and essence - that is the most fundamental thing. One issue can solve all problems. Moreover, even if you pursue a degree, just like with the previous information, do you think getting a master's degree will be enough? You'll still have fears about other things. This person, do you think being together will make everything okay for you?

如果你真的是要⼀个具体的答案,你跟这个⼈还会不会在⼀起的话.你们就算在⼀起还会分开的,明⽩吗? 你们问的这些东西都是你们头脑⾥⾯,就是执念.

If you were really looking for a specific answer on whether you would still be together with this person if they were to do that, it's clear that you would eventually end up apart even if you are together. Understand that the questions you're asking all come down to your mindsets and attachments.

问: ⽬前也没有其它选择…JO: 你们头脑就觉得我⼀定要有个选择.我⼀定要怎么样怎么样.我⼀定要有个对象.问: 我内⼼的想法还是不想和这个⼈分开.

Q: There's no other option right now... JO: You all seem to think that I have to choose something, some way or another; that I must do this and not that; that there is someone I am supposed to be with. Q: Deep down inside, I still don't want to part from this person.

JO: 你们不需要,就像前⾯的信息说,你们不需要去听从任何⼈的意见.你是决定了你去做任何你想要做的事情.⽽并不是说JO说我跟他有可能才在⼀起,没可能就不在⼀起了.你做你任何你想要做的就好了.

JO: You don't need to, as the previous message stated, you don't need to follow anyone's opinion. It's up to you to decide what you want to do. And it doesn't mean that if I am possibly with him, then we are together and not together just because of that. Just do whatever you want to do.

问: 我想知道他想对我说什么?

Q: I wonder what he wants to tell me?

JO: 你直接去问他就好了.

JO: Just go and ask him directly.

问: 那可以像上⼀个⼥孩⼦⼀样,我想知道命中注定的⼈什么时候会出现? 就是⼼⾥有⼀个盼头吧.

Q: Can it be like with the previous girl, where I'm wondering when my destined person will appear? It's just a hope in my heart.

JO: 你稍等.你是想要知道你的另⼀半会是什么样⼦是吧? 如果你的⽣命的主题,就是说你真的能修到⼀种⼼平⽓和的状态,就是⼼态很平和很稳定.然后对⽅完完全全就是你想要去修的那个样⼦,就是他是⼀个⼼态特别好的.你们之间就好像是相敬如宾的.他尊重你,你尊重他.他喜欢你,你喜欢他.你们就好像是两个好朋友⼀样,就是像特别知⼼的朋友⼀样.然后都会去彼此的包容对⽅.就是跟你是⼀个同频的⼈,他的意识程度也会很⾼.就是⼀看就是修⾏的⼈,明⽩吗?

JO: Wait a moment. You want to know what your counterpart will be like, right? If the theme of your life, that is, if you can achieve a state of peace and serenity, meaning your心态 remains calm and stable, then they would completely embody what you're aiming to cultivate – someone with an exceptional mindset. Your relationship would resemble that of partners who respect each other; he respects you, and you respect him. He likes you, and you like him. You two would be akin to close friends, like soulmates who understand each other deeply. Both parties would show mutual tolerance towards one another. It's as if both are on the same wavelength with high consciousness – people who seem well-versed in spiritual practices, do you see?

问: 就是所谓的觉醒的⼈?

Question: Are we talking about awakened people?

JO: 不⼀定是觉醒的⼈,但是他⼀定是修过的⼈.因为你们⽣命当中有⼀些⼈他天⽣就是也别平和,他的情绪很稳定,有爱⼼.他们并不是像你这⼀⽣来拿这个功课来拿那个功课,就是修过的,明⽩吗? 就是他们拿到过这些美好的品质,那这⼀世继续携带这些美好的品质.所以你们这⼀⽣其实最珍贵的,你们物质世界是带不⾛的,最珍贵的就是你们灵魂⾥⾯携带的那些品质.它会跟随着你,这个才是真正跟随着你的.

JO: It's not necessarily someone who is awakened, but he must have been practicing because in your lives there are some people who were born with a naturally peaceful disposition; their emotions are stable and they're loving. They didn't come into this life to take classes or assignments like you did; they've already practiced, understand? That means that these beautiful qualities that they possess carried over from previous lifetimes and continue to do so in this lifetime. So what's truly most valuable in your lives, something that the material world can't carry away, is the precious essence of the qualities that you bring with you from your soul. These follow you around like a shadow, which is the true companion following you wherever you go.

问: 那能看到时间吗?

Question: Can one see time?

JO: 如果你从来不去花任何时间去做这个内在的功课,也不去做这些内在功课.那你是不是要消耗更长的时间? 就好像我们说到这台车你从来不去花时间去学它的使⽤守则,这⼀样的.这个物质⾁体你不去学它,这个宇宙的规则你不去学它,明⽩吗? 你这⼀⽣哪怕到死,还是⼀样的.你不明⽩的东西还是不明⽩.那你增长的智慧,死了你还是明⽩.

JO: If you never invest any time in this inner work or these inner lessons, then don't you have to spend more time on it? Like when we talk about learning the user manual for this car; if you never take the time to do that. The same applies to not learning your physical body, not understanding the laws of the universe. Do you understand? Whatever knowledge you lack will still be lacking even until death. Your acquired wisdom may increase, but what you don't know won't be known.

问: 就是永远都是我的灵魂主题为先,把它修好了就能达到想要的?

Q: Is it always my soul's theme to prioritize and fix it in order to achieve what I desire?

JO: 你就是为它⽽来的呀.

JO: You came for it, didn't you?

问: JO想要对我指点⼀些什么?

Question: Does JO want to give me some advice?

JO: ⾸先就是说我们说到⼼态,你要知道你有时候失控,不能很好的去平衡你的能量实际上是因为你内在有⼀种完美主义还有 你的⼀责任⼼和不喜欢敷衍的⼼态.所以说它是你的⼀个美好的品质,所以你不要排斥你的情绪.⽽是去包容它,不是把它给锯掉,⽽是把它给融进去.因为当你把它融进去过后它会让你变得更加有包容⼼.那你能包容你⾃⼰的话,你也能包容别⼈.那你对事情就不会有如此过激的反应了.所以说这是你的⼀个特质和你的⼀些优点导致你... 所以去把它融进去,⽽不是去把它排斥掉.

JO: Firstly, when we talk about mindset, you need to understand that sometimes you lose control and are unable to balance your energy effectively because there's a perfectionism within you along with your sense of responsibility and dislike for shirking. It is actually one of your good qualities, so don't reject your emotions; instead, embrace them. Don't cut them off but integrate them into yourself. Because when you integrate them, it makes you more tolerant. If you can tolerate yourself, you can also tolerate others. Then, you won't have such an extreme reaction to things. Therefore, this is due to your traits and some of your strengths that cause you... so go ahead and integrate it instead of rejecting it.

问: 我可以理解成在修⾃⼰⼼平⽓和的同时,我的责任感这些要恰到好处的运⽤?

Q: Can I understand that while cultivating my own calmness and tranquility, I need to properly apply my sense of responsibility?

JO: 那些并不会消失的,明⽩吗? 没有所有东西会消失掉,它只是来让你⾃⼰去明⽩之所以出现这样⼦的⼀个,OK,我之所以发这么⼤脾⽓是因为我想把事情做好,是出于好⼼.那我包容我发脾⽓,对吧?那如果你看到别⼈也是在⼤发脾⽓的时候,你知道那是因为他想把事情做好但没做好,他对⾃⼰发脾⽓对别⼈发脾⽓.他也是出于⼀番好⼼.那你是不是可以包容他的发脾⽓了?那这样⼦你是不是变成⼀个特别有包容⼼的⼈了?那你是不是就不会因为他的⼀些过激反应让你更加过激了? 他不会把你点燃点爆炸了,因为你看到本质了.

JO: Those that won't disappear, understand? Not everything will vanish; it merely serves to make you realize why things have unfolded in this manner, okay? I'm exploding because I want to do the right thing and come from a good place. If I forgive myself for my outburst, does that sound about right? When you see someone else losing their temper as well, don't they too are just trying to do the right thing but failing, lashing out at themselves or others from a good heart? Wouldn't this allow you to forgive them more easily? Does this turn you into someone exceptionally forgiving? Would you then no longer be triggered into overreaction by their actions? You won't ignite into explosion because you've seen through it.

#### 2023/09/03 — 连接22号Connecting Number 22

JO: 你可以提问了.

JO: You may ask now.

问: JO你好,然后这个通灵的⼥孩⼦想问⼀下能不能给她透漏⼀点关于她的未来?

Q: Hello JO, then this medium girl wants to know if she can be told something about her future?

JO: 这么说吧,她的未来就好像你们有⼀句话叫⼼想事成,就是她想怎样就怎样.所以说更多的是⼀种她到底想怎样,明⽩吗? 所以说她到底想怎样才是最重要的.那你可以让她给我们勾画她的未来,你未来到底想怎样? 明⽩吗? 因为这个世界是你们的,你们到底要怎样?

JO: In other words, her future is like your saying "wish granted", meaning she can do whatever she wants. So the crucial part is really about what exactly she wants to do. Understand? Therefore, it's important to know how she intends to proceed. Can you have her describe her vision for the future - what do you want to achieve in the future? Get it? Since this world belongs to you, how do you plan on using it?

问: 凌晨的梦是想要告诉她什么信息?

Question: What information was the dream trying to convey at dawn?

JO: 就好像让她⾃⼰去体验到… 她和更⾼的源头是⼀体的.因为你们在体验这个物质世界你们就好像觉得是物质世界安排的⼀切,就是你们在做计划,明⽩吗? 但是并不是的.你们只是个体验者,明⽩吗? 她的梦就是让她感受到背后的能量才是真正的决定着你们的⾛向,⽽不是你们这个物质⾁体在决定着事情的⾛向.不然的话为什么你们⽣活中会有意外呢? 如果真的是你们决定的话,就不会有意外了呀.

JO: It's as if she needs to experience that... she is one with the higher source. You think you're experiencing everything due to this material world being planned by it all, implying that you are in control, right? But that's not how it works. You are just observers. Understand? Her dreams are meant to make her feel that the underlying energy truly decides your path, rather than yourselves as physical beings deciding matters. Otherwise, why do you have unexpected events in life? If indeed you were deciding everything, there wouldn't be any surprises, would there?

问: 能不能请您帮我们连接⼀下外星⼈朋友22号? JO: 好的22号: 我在了,你们好.

Q: Can you help us connect with Alien Friend No.22?

A (Alien Friend No.22): Sure, I'm here. Hello, everyone.

问: 你好22号,请问你最近有没有什么信息是想分享给我们的?

Question: Hello 22nd, do you have any information you want to share with us recently?

22号:我们会⼀直⾮常乐于分享和共享⼀切的信息.如果说是最近,我们⼀直是在很乐意的去互相交流交换和分享的⼀个状态.然后你讲说我们这次的连接有什么想要分享给你们?那就是说我们现在正式的展开我们的交流,然后所有的信息就会是我们这次想要跟你们分享的,明⽩吗?

On the Number 22: We have been more than willing to share and share all information. Recently, we've been in a state of freely exchanging and sharing between each other. You ask about what we want to share with you this time? It means that we are formally initiating our communication now, and all the information will be what we wish to share with you, understand?

问: 请问你对这个通灵的⼥孩⼦都了解些什么?

Question: What do you know about this medium girl?

22号: ⾸先我了解她在越来越脱离你们物质世界的影响.也就是说更多的是像光体⼀样的能量的存在,就是说物质世界的幻像,就是梦⾥⾯的⼀些场景对她的影响在减弱减少.这就是跟你们⼀般普通⼈,就是常⼈的不同.常⼈他们把物质世界当成⼀切.她只是把物质世界当成像是⼀个参考,更多的是抽离出来的⼀个状态.所以这就是她在跟⼤多数⼈在不同的⼀个状态.

Number 22: I understand that she is distancing herself from the influence of your material world. In other words, she exists more as an energy being akin to a light body, meaning that the illusions of the material world, such as scenes in dreams, are having less impact on her. This sets her apart from ordinary people. Ordinary people perceive the material world as everything. To her, the material world is merely a reference point, one that she distances herself from more often than not. Thus, she exists in a different state compared to most others.

问: 她在你们眼⾥是怎么样的⼀个存在?

Question: How do you perceive her existence in your eyes?

22号: 她在我们眼⾥的存在像是⾃由,⾃由的⼀个存在,⽽不是说被束缚被限制的⼀个存在.她拥有⾮常强⼤的⼀个⾃由度可以去创造可以去体验可以去转变可以去改变这个物质世界.

On the 22nd, her presence among us is like freedom - a free existence, not one bound or limited. She possesses an exceptionally strong degree of freedom to create, experience, transform and alter the material world.

问: 请问你把她当朋友吗?

Question: Do you consider her as a friend?

22号: ⾸先我们不能说是朋友这个词.如果说我把她当成什么? ⽤你们能理解的语⾔来说,我把她当成好像是⽐较崇拜⽐较尊敬的对象,⽽不是说把她当成是⼀个普通朋友⼀样的⾝份平等的⾝份.⽽是说她在我⼼⽬中更加崇⾼的⼀个⾝份和地位,是因为她本⾝这个存在让我对她产⽣了⾮常⼤的⼀个崇敬尊敬的⼀个⾝份.所以并不是以普通朋友的⾝份.

Number 22: First of all, we cannot simply call her a friend. When I think about her, am I seeing her as someone on the same level? Using language you can understand, I see her more like an object to be admired and respected rather than considering her in terms of equal status, as one would with an ordinary friend. Instead, she holds a higher status and position in my mind because simply existing as she does has generated great admiration and respect for me. It's not about seeing her as a regular friend.

问: 请问你对她有能量层⾯的影响吗?

Question: Do you have an energetic impact on her at a dimensional level?

22号: ⽐如说我们在交流的时候就会对她有影响.但是这种影响只是她在找乐⼦的呢种影响.因为就像我们之前说,她有⾃由度,她可以去创造任何改变任何.然后如果说是对她的协助帮助层⾯的影响,应该是说她并不需要的.因为她拥有强⼤的⾃由度和创造⼒和能量.所以她并不需要好像是帮助层⾯的影响,因为她不需要.因为她很清楚⾃⼰的⼀切,⽽且也有⼒量.她本⾝就是⼀个⼤⼒⼠,她有⼒量去pick up anything的这种状态.那你说我们需要有什么影响吗? 明⽩吗? 所以说只有⼀个,⽐如说她很弱⼩,需要这样⼦的⼀个… 可能我们会⽤另外⼀种,给她这样⼦的帮助.但是她并不需要.

Number 22: For example, when we communicate with her, it might influence her in some way. However, this kind of impact is just her finding joy. As mentioned before, she has freedom and can create any change at will. If the influence were on a level of assistance or support, it would mean that she doesn't need it because she possesses great freedom, creativity, and energy. Therefore, help from others in such aspects wouldn't be necessary for her as she already knows everything about herself and has the power to handle things. She is essentially very strong and capable of picking up anything on her own.

So the question could be, what kind of influence would we need? I understand this now. There's only one situation possible: if she were weak and needed that sort of support... We might use a different approach to help her in such circumstances, but it seems unnecessary for her current state as she already possesses strength and power.

因为她拥有的⼒量就好像是整个宇宙的⼒量,都是在可以任意去运⽤的状态.

Because the power she possesses is like the power of the entire universe, ready to be used at her discretion.

问: 请问地球什么最吸引你们?

Q: What about Earth appeals most to you?

22号: ⾸先就是说我们对地球的⼀个理解,我们不能说⾮常的全⾯或者是彻底.但是从我们⼀些⽚⾯的理解和信息,那就是我们⾃⼰读取的这⽅⾯的信息就是地球是⼀个有很多⿊暗能量的沉重的球体,就好像是有⼀堆泥包裹的这样⼦的状态.它有很多泥需要被清理被清洗被洗刷,这样⼦的⼀个状态.那如果是在这样⼦的⼀个状态,也就是说什么是最吸引我们的?应该说看到它的⼀个蜕变,就是看到它从⼀个不能动弹的状态,把它转变成⼀个充满了变化莫测充满了弹性充满了⼀切可能性的过程.对我们来说是充满了意义的.

22nd: First of all, our understanding of the Earth cannot be considered comprehensive or thorough. However, based on fragments of understanding and information we've gathered, we've discerned that the Earth is a heavy sphere filled with dark energy, like a state wrapped in layers of mud. There is a lot of mud that needs to be cleared, cleaned, and washed away. In this state, what attracts us the most? It's seeing its transformation: witnessing it change from an immovable state to one filled with unpredictability, elasticity, and endless possibilities. This process is extremely meaningful to us.

问: 请问在你们看来暴⼒是什么? 你们如何看待暴⼒?

Question: Could you explain what violence means to you? How do you view violence?

22号: 你说的暴⼒只是你们⼈类在⽬前的这个阶段,就好像原始的⼯具.就这么说吧,你们以前像是钻⽊取⽕,对吧? 那你们现在需要钻⽊取⽕吗? 你们不需要,你们有打⽕机,明⽩吗? 所以暴⼒也就好像只是你们的⼀个⼿段⼀个⼯具,就是在你们这个阶段,历史的这个阶段.它暂时需要⽤这样⼀种⽅式⽅法.因为并不是所有⼈都会去使⽤暴⼒的.就好像钻⽊取⽕吧,那其实有些⼈他们已经在⽤⽕柴,他们不需要钻⽊取⽕.那有些地⽅很落后,他们没有⽕柴,所以他还需要钻⽊取⽕.那这个暴⼒也是,明⽩吗? 就⽐如说这个⼥孩⼦她就不会使⽤暴⼒.为什么呢? 因为她有⽕柴.她不需要去钻⽊取⽕了.也就是说她有⽅式⽅法.

Number 22: The violence you speak of is just like an ancient tool for humans at this stage in your development, isn't it? Like striking flint to make fire, right? Do you still need to strike flint now that you have matches? No, you don't need it anymore; you have lighters, understand? So violence is merely a means—a tool—just like it is for humans at this stage in history. It's needed this way because not everyone uses violence. Just as with striking flint where some already use matches and no longer need the fire-starter, there are still places that are lagging behind without matches needing to continue using it. The same goes for violence; understand? For instance, this girl doesn't use violence because she has matches. She doesn't need to strike flint anymore. In other words, she has methods at her disposal.

只有就是说你的⼯具箱⾥⾯你只有⼀个选择,就是那个是你唯⼀知道的⼀个选择.你就会去使⽤那个.明⽩吗? 如果你知道你有⽕柴你有打⽕机,你⽤⼿⼀按,它⽕就来了.你还需要花⼏个⼩时花很长的时间很⼤的⼒⽓去做这种事情吗?

Only, you know, in your toolbox, you have only one option, which is the one you know. You will use that. Understand? If you know you have matches and a lighter, you press it with your hand and fire comes out. Do you still need to spend hours or long times or great efforts on doing such things?

问: 请问你们是如何获得智慧的?

Question: How do you obtain wisdom?

22号: 我们获得智慧就是体验.那我们的体验是什么呢? 有直接的体验和间接的体验.间接的体验就好像意识的交换.好像我们这样⼦的⼀个交流.就⽐如说你获得了我的体验,我获得了你的体验.但是前提是需要我们之间发⽣连接.然后通过不断不断地体验,就好像你之前只能从⼀个⾓度去看待东西.当你不断地不断地从⾥⾯外⾯上下左右⾥⾥外外三百六⼗度的去看待⼀个事情,和只能从⼀个⾓度去看待事情.那你说,从三百六⼗度看过去的⼈,他是不是就有更⾼的智慧了? 他对⼀件事情的见解和对待⼀件事情的态度和处理事情的⽅式⽅法,是不是? 那那个只看到⼀丁点的,他可能就会出错.因为他看不到事情的全貌,他判断就会有误.那是不是就没有智慧?

Number 22: Acquiring wisdom is through experience. What kind of experiences are we talking about? There are direct and indirect experiences. Indirect experiences resemble a sort of exchange in consciousness; like ourselves engaging in such an exchange. For example, you gain my experience, I gain your experience. But there needs to be some form of connection between us first. Through continuous and repeated experience, you could previously only view things from one perspective. If you constantly look at something from every angle – inside out, top bottom, left right - versus just looking at it from a single angle, wouldn't someone who views an issue from all angles have a higher level of wisdom? Does their perspective on an issue and approach to dealing with it differ significantly compared to someone who only sees it from one side? The latter might make mistakes because they fail to see the full picture. Isn't that indicative of a lack of wisdom?

问: 你们也有负⾯情绪吗?

Question: Do you also have negative feelings?

22号: ⾸先你们物质世界的⼈体验的负⾯情绪它更多的是⼀种不知情.就⽐如说你的负⾯情绪来⾃于你的男朋友跟你吵架,对吧? 那可能是来⾃于你认为某些事情和你们之间观念的⼀些冲突,或者⽐如说你觉得你没有被他尊重.因为⼀些东西没有达到你的预期或者是观念上的冲突导致你产⽣负⾯情绪,然后吵架,明⽩吗? 那如果你知道是什么会导致这些,那你就知道我们跟你们是处于⼀种不⼀样的状态.就是你们是不知情的,我们是知晓⼀切的.如果你知晓⼀切,你就不会产⽣⼀些恐惧或者迷茫或者是失控.所以这些情绪它也没有办法去产⽣.所以你们所谓的⼀些负⾯情绪它更多的来⾃于在⼀种不清楚的状态,是⼀种迷茫或者是不知情,就是错误的⼀些认知.

Number 22: The negative emotions experienced by you in your material world are more of an unawareness. For example, if your negative emotion comes from quarreling with your boyfriend, right? It could be due to some conflicts about certain things and your differing opinions between the two of you, or perhaps because you feel unrespected by him - maybe because something didn't meet your expectations or there was a conflict in your ideas leading to negative emotions. Then you argue. Do you understand that if you know what causes these feelings, you would be aware of our state being different from yours? You are unaware, whereas we are fully aware of everything. If you were aware of everything, you wouldn't experience fear or confusion or a sense of losing control. Thus, such emotions can't arise. Therefore, your so-called negative emotions come more from an unclear state, leading to feelings of confusion and unawareness, which is erroneous cognition.

所以这⾥⾯是误会,明⽩吗? 就是⼀些你误以为是的东西产⽣的⼀些情绪.

So there's a misunderstanding here, do you understand? It's about some emotions that arise from things you mistakenly believe in.

问: 你们有什么建议可以帮助地球⼈处理他们的负⾯情绪吗?

Q: Do you have any suggestions on how humans can deal with their negative emotions?

22号: 那刚才说误以为是,就是误会它(让)你产⽣负⾯情绪,对不对? 因为你的头脑会误以为事情应该是这样,但是你的头脑它并不知情.那如果你不去相信你头脑⾥⾯的? 那如果你知道你的头脑会产⽣误会,你不去相信它,不去依靠它,不去依赖它,不去跟随它? 那你也不会有相应的所谓的⼀些负⾯情绪产⽣了,明⽩吗? 因为⽆论外在发⽣什么时期,它都可以正⾯服务于你.你都可以去正⾯的利⽤它运⽤它.如果每⼀件事情它都是来服务于你,它都有礼物.你都可以去正⾯利⽤它,转化它.那你又有什么好… 你应该不断地是在⼀种接受礼物的状态,你不断地哇塞哇塞哇塞.

Number 22: Just now saying misunderstanding is meaning your mind misjudges the situation as it should be, correct? But your mind doesn't have any knowledge about this. If you don't believe in what your mind thinks? If you know your mind will misunderstand and you won't trust it, not rely on it, or follow it? Then you wouldn't generate corresponding negative emotions, right? Because regardless of external circumstances, it can positively serve you. You can use it to your advantage and apply it. If every situation serves you with a gift, you can use them positively and transform them. So what is there for you... You should continuously be in an acceptance-of-gifts state, just keep saying 'wow' continuously.

问: 对于抚养孩⼦,你有什么建议吗?

Question: What do you have to offer in terms of advice for raising children?

22号: 你稍等.⾸先我们并没有⽤抚养这个意思,就是你们所谓的抚养的意思.⽽是说我们更多的是去欣赏⼀个⽣命的过程.就好像是给了我们⼀次机会去欣赏去鉴证⼀个⽣命不断不断地变化的⼀个过程和成为的⼀个过程.这个过程是神圣的,然后我们有幸去参与去、去体验.因为当你在不断地去观摩或者是观看⼀个新⽣命蜕变的⼀个过程,它也会激活你内在的⼀些,就是你内在⼀些已经死掉的东西你会把它给激活唤醒.所以说它并不是抚养,⽽是⼀个新的⽣命把你给唤醒.对你是⼀个唤醒的过程.然后之所以你们会觉得抚养孩⼦是⼀个⾟苦的事情,是因为你们缺少⼀个去… 就这么说吧,⼩孩⼦看着什么都是兴⾼采烈⾮常开⼼,因为他不断地想要探索,对不对?

Number 22: Please wait a moment. Firstly, we don't mean the concept of '抚养' as you understand it. Instead, we refer to it more as an appreciation of life's process. It's like being given an opportunity to observe and bear witness to a life undergoing continuous transformation and growth. This process is sacred, and we are fortunate enough to be part of it, experiencing it firsthand. When you continually watch or observe the metamorphosis of a new life, it also awakens dormant aspects within you, reigniting your inner self. Therefore, it's not about '抚养', but rather a new life awakening you for yourself. It's a process of awakening for you. That's why you might find raising children to be laborious because you lack… Let me put it this way: children are always elated and joyful as they continuously seek to explore their surroundings, don't they?

但是你们成⼈却没有兴趣.为什么? 因为你们头脑觉得这个很⽆聊.你们对所有的⼀切就觉得它已经不能再让你产⽣兴趣了.因为你头脑会⾃动的屏蔽⼀些没有兴趣的东西.所以是你头脑的印象.你头脑⾥⾯的印象会导致你觉得抚养孩⼦是⼀件⾟苦的事情.所以当你去抛开你所有的记忆,然后在每⼀个当下和这个新⽣命发⽣连接,就会不断不断地激活你.

But adults have no interest in that. Why? Because your mind finds it very boring. You feel like everything has lost its ability to capture your interest because your mind automatically filters out things that don't interest you. So it's your mind's perception that leads you to believe raising children is a tough job. Thus, when you let go of all your memories and connect with this new life in each moment, you continuously activate yourself.

问: 你们会觉得⼈类很弱智吗?

Question: Would you think humans are quite stupid?

22号: ⾸先并不是所有的⼈类都是⼀样的.也就是说他有所谓的像你们说的很弱智的⼀个阶段,他也有很睿智的⼀个阶段.然后所谓的弱智,它只是⼀时的相⽽已.就好像⼀棵参天⼤树,它也有幼⼩的树苗的时候,只有两⽚叶⼦的时候,对吧? 那就好像你来问,你说你们会觉得这个树苗很弱⼩吗? 它只是在这个阶段⽽已,它只是暂时的⼀个相⽽已.这个相也不断地不断地在变化.

On Number 22: First of all, not all humans are the same. In other words, there is a so-called stage that you would call very stupid, and he also has a wise stage. The so-called stupidity is merely temporary. Just like a towering tree, it also had its sapling phase when it only had two leaves, right? That's similar to your asking whether you would consider this sapling as weak. It's just in that phase temporarily; it's merely a momentary appearance. This appearance continuously changes.

问: 请问能不能稍微给我透漏⼀下我的未来是什么样的?

Question: Could you give me a glimpse of what my future might look like?

22号: 你稍等.我们看到你的未来你会是⾮常激情澎湃展现你的能量和⼒量,就好像是⼀个⼯作狂的那种状态,就好像是⼀个战⼠,就好像是⽤不完的精⼒⽤不完的energy那种状态.

Number 22: Just hold on. We see your future as being very passionate and energetic, showcasing your energy and power, like a workaholic state, like that of a warrior, like having an endless supply of energy and vigor.

⽣活是⼀种⾮常饱满、丰盛、精彩的⼀个状态.

Life is a very full, abundant, and wonderful state.

问: 那我能不能请问我离进⼊到你刚才说的这种状态还有很久吗? 虽然我知道没有时间… 22号: 3-5年问: 那就是说我还要在我现在这个状态⾥⾯要持续这么久吗?

Q: But how long do I have to stay in the state you mentioned just now? Even though I know there's no time... Number 22: 3-5 years Q: Does that mean I have to continue being in this current state for such a long duration?

22号: 并不是你说的你这个状态这么久.你现在的状态就好像是在不断不断地去积累,还有就是扎根.就好像这么说吧,我们说你会拥有强⼤的能量不断不断地往前奔跑.那你说你这台车你现在是不是需要加油? 那如果你都没有耐⼼把这箱油给加满的话,你如何去奔跑? 你如何去展现你内在是充满了能量的这种状态,明⽩吗? 所以如果你着急现在就想要达到那种状态的话,你还会停下来加油.因为你的fuel你的油不够,明⽩吗?

Number 22: It's not that your situation has been like this for so long as you say. Your current state is akin to continuously accumulating and rooting yourself in the ground, much like when we say you will have strong energy propelling you forward without stopping. You're asking if my car needs fuel now, right? If you can't be bothered to fill up your gas tank, how could you possibly run? How would you demonstrate that you are filled with energetic vitality if you don't even take the time to ensure your vehicle is adequately fueled? Understand? So, if you're eager to reach that state immediately, you'll still stop to refuel because your fuel supply isn't enough, do you see?

问: 我能问⼀下我什么时候可以回到中国吗?

Can I ask when I can return to China?

22号: 你稍等.我们是看到数字是7、8.然后所以说会是7、8个⽉或者是7、8⽉份.是在这样⼦的⼀个状态.

Number 22: Please wait a moment. We see the numbers as 7 or 8, so we say it will be around 7 or 8 months or July and August. It's in this state of mind.

问: 明⽩了.能看⼀下我下半年我的⼈⽣⾛向吗?

Q: I understand. Could you give me a glimpse of where my life is heading in the second half of the year?

22号: 你稍等.今年下半年你会连接⼀些新的能量.然后这些能量它有可能是来⾃于灵界,它有可能也是来⾃于物质世界.但是⽆论是来⾃于灵界还是来⾃于物质世界的,它都会是⼀个新的能量.它都会是有⼀些新的能量进⼊.然后它会让你不再是这样⼦的状态.因为你⽬前的状态会想要有⼀点逃离当下,就是有点耐不住性⼦.但是当这个能量进来过后,会让你更加会enjoy your life,就是会更加的安住于当下.

Number 22: Please wait a moment. This year in the second half, you will connect to some new energies. Then these energies could come from the spiritual realm or they could also originate from the material world. Regardless of whether it's coming from the spiritual realm or the material world, it would be a new energy. There would be some fresh energy entering into your life, and then this would help you move away from your current state. Your current condition might feel like wanting to escape the present moment due to impatience. However, after these energies enter, they will enable you to enjoy your life more, allowing you to be more grounded in the present moment.

问: 那我理解成它会在我物质世界的层⾯带来转变?

Q: Does that mean it will bring changes to my physical world?

22号: 它⼀定… 因为⽆论是灵界的影响,还是物质层⾯的影响,它都⼀定是会带来改变的.问: 我现在肋⾻的两侧⽼是会感觉到胀和刺痛,这个是没有问题的是吗?

Chinese: 22号: 它一定... 因为无论是灵界的影响，还是物质层面的影响，它都一定是会带来改变的。问：我现在肋骨的两侧总是会感到胀和刺痛，这是没有问题的是吗？

English Number 22: It must... because whether it's the impact of the spirit world or the influence on a physical level, it definitely will bring about changes. Question: I am always feeling bloated and sharp pain in both sides of my ribs. Is this normal?

22号: 你稍等.你的这种刺痛它更多来⾃于你的能量,你的神经,你的精神、情绪它在⼀种⽐较奔溃⽐较紧张⽐较有压⼒,就是压迫.有⼀股⽆形的能量它在压着你的那种感觉.所以你越是放松⾃⼰,它就会得到缓解.所以你可以通过去听⼀些舒缓的⾳乐或者像是泡澡,就是从⾝体从精神层⾯去放松的⼀个状态缓解这样⼦的⼀个症状.

Number 22: Just hold on for a moment. The sensation of being hurt more often comes from your energy, your nerves, your spirit and emotions when you're in a state of breakdown, high tension, or stress. There's an invisible force pressing down on you, making you feel suffocated. The more relaxed you are with yourself, the better it will be for alleviating this sensation. Therefore, you can help alleviate this symptom by listening to soothing music or taking a bath, which allows you to relax physically and mentally.

问: 我现在越来越体验到我的念头的同步性,就是念头显化的速度越来越快,可是⾦钱这⼀块好像不是这样.请问我⾦钱的能量很卡吗? 能帮我疏通⼀下⾦钱的能量吗?

Q: I am increasingly experiencing the synchronicity of my thoughts; they are manifesting faster now. However, it doesn't seem to be the case with money. Is there something blocking the energy of money for me? Could you help me unlock the energy of money?

22号: 你稍等,我们看⼀下你的⾦钱.⾸先我们感受到你的⾦钱能量它跟你的⾏动能量是⼀样的.因为在⾏动⽅⾯你还⽋缺那种去… 就这么说吧,你脑⼦⾥⾯想的⽐你做的多.可能⼀件事情你会考虑再三,⾏动.⽐如说有些事情你就去做,先不去考虑那么多.所以是因为过多的⼀些考虑导致你迈不开步⼦,不能去⾏动.所以这也是好像你⾃⼰缠住了你⾃⼰的脚.然后缠住它的就是你过多的⼀些念头、想法.你们有⼀句⼴告词是just do it.因为你需要不断地不断地只是去做这个动作,明⽩吗?

Number 22: Please wait a moment while we review your financial energy. First of all, we can see that your financial energy is similar to your action energy. This is because in terms of actions, you're lacking something... To put it simply, you think more than you do. Perhaps for some things, you might consider them multiple times before taking action. For instance, there are situations where you should just act without overthinking. It's the excess consideration that prevents you from moving forward and taking action. This makes you feel like you're tying your own feet. The thing tying them up is all those extra thoughts and ideas in your head. You have a catchphrase that goes "Just do it." This means you need to keep doing this action repeatedly, understand?

问: 我好像脑袋⾥⾯都没有这样的想法…22号: 那是不是你就知道这也是你⾃⼰的选择? 选择权永远在你的⼿上,明⽩吗? 但是你需要just do it.

Q: I don't seem to have such thoughts in my head... On the Number 22: Does that mean you already know this is your own choice? The power of choice always lies in your hands, understand? But you need to just do it.

问: 请问我的JO和指导灵它们还有什么信息是想要带给我的吗?

Question: Could you ask my guides and JO if they have any further messages they wish to convey to me?

22号: 敞开⾃⼰去做⼀些你⾃⼰没有做过的事情,它会给你带来新的能量、新的体验.就像我们前⾯说的,我们的智慧是来⾃于体验.所以这也是你增长智慧的⼀个过程.就⽐如说哪怕你是去餐厅⾥⾯做服务员,咖啡厅⾥⾯去卖咖啡.那不同的⼈有不同的能量,你可以通过这些形形⾊⾊的⼈去感应他们的能量,增加你的感应能⼒连接能⼒,明⽩吗? 那你也可以通过这个过程增长你的智慧,也解决了你物质世界的⾦钱的问题.

Day 22: Open yourself to do some things you haven't done before; it will give you new energy and new experiences. As we've discussed earlier, our wisdom comes from experience, so this is also a process for increasing your wisdom. For example, even if you're working as a waiter in a restaurant or selling coffee at a cafe - different people have different energies. You can connect with their energies through these diverse individuals, enhancing your ability to sense and connect with them. Do you understand? Through this process, you can also grow your wisdom, resolving issues related to the material world's finances as well.

2023/09/03 — 忽略头脑的声⾳,但不要忽略你真实的感受Ignore the voice in your head, but don't ignore your genuine feelings.

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我想问我和我先⽣的关系.

Q: I'd like to ask about my relationship with my husband.

JO: 你们认识多久?

JO: How long have you known each other?

问: 认识是从16年到现在.

Q: Recognition has been from 2016 up until now.

JO: 确定关系是…问: 确定关系是18年底.我想问我们之间的功课是什么? JO: 你稍等.你叫什么名字?

JO: Confirming relationships is... Question: Confirming relationships was by the end of December 2018. I want to ask what our homework is between us? JO: Wait a minute. What's your name?

问: XXJO: 他的名字呢?问: XXXJO: ⾸先就是说你们的这段关系就好像本来就是有⼀股外在的⼒把你们推到⼀起的,就是有⼀些牵强.就可能你⾃⼰也不是如此的被这个⼈被这个灵魂所吸引,⽽是可能你正好在呢会

Q: XXJO: What's his name? Q: XXXJO: First of all, it seems like there's an external force that brings you together, as if something is forcing you to be in this relationship. It might not be that you're truly drawn to this person or soul; instead, it could just be that everything aligns perfectly for you right now.

⼉⼜渴了,然后这⾥有⼀杯饮料.但是你喜欢的却是⽔,明⽩吗? 但是你觉得又没有⽔,那就把饮料喝了呗.就这种.

The child is thirsty, and here's a drink. But you prefer water, right? But if there's no water, just drink the beverage. That's it.

问: 确实是这样.我可以说是因为什么吗?

Question: Indeed, that's the case. Can I say what caused it?

JO:没有关系,这些你不⽤分享.但是我们可以从能量层⾯看到他不是那种相互的灵魂层⾯的吸引,明⽩吗?就好像就是刚刚说的正好你⼜渴了,虽然你喜欢的是⽔,但是这边有⼀杯饮料你就喝了呗,就这样⼦.⽆⼼之举吧.但是呢,你们之间又牵扯太多.所以说其实你们本⾝就不是彼此有强烈的想要在⼀起的愿望,就好像是这种⽆⼼之举.那正好他饿了,你这边有⼀块蛋糕,那他把你吃下去.但是平时他可能不吃蛋糕,他可能喜欢吃馒头.因为蛋糕对他来说太甜了.那导致后⾯又牵扯太多,然后进⼊到这样⼦.也就是说实际上⼀开始你们之间的真正的那种连接,从内在的呢种⾃愿的连接就很少.都好像是有⼀种凑活着过那种,然后是这样⼦的⼀种状态.

JO: It's okay, you don't need to share these. However, we can observe from an energetic perspective that there isn't a mutual soul-level attraction between them. Understand? Like when you're thirsty and just have water, but here comes a drink and you take it even though you prefer water. That sort of accidental action. But they are too deeply involved with each other. So in reality, their strong desire to be together is not there, it's akin to this accidental action. He happens to be hungry, and you offer him a cake, so he eats it up. But normally, he might not eat cakes; he might prefer steamed buns because cakes are too sweet for him. This then leads to complications later on, resulting in such a dynamic. Essentially, the genuine inner connection between them was quite scarce from the beginning – more like just getting by, living day-to-day.

所以说需要去真实的去⾯对你们⾃⼰,真实的去做⾃⼰.为什么?因为这样对你和对他都是⼀件好事.就是各归其位吧.不然的话就好像⼀直是在勉强.因为这个勉强的过程你们都是⼀直不舒服的.那你们都很不舒服的话,那你们散发的能量对你们周围的⼈,就⽐如说如果你们还有其他⼈的话,就⽐如说牵扯到以后有孩⼦,就⽐如啊.那你想你们的孩⼦都是在这样的⼀个能量场下成长的,他感受不到爱的,因为这⾥没有.所以说它对⼤的外在的还是对你个体⾃⾝… 为什么呢?这么说吧,你现在需要养分需要⽔,对不对? 那你长期喝饮料,没有喝⽔,明⽩吗? 那饮料喝饱了导致你没有空间再去喝⽔了,你也不会去寻找⽔了.所以就导致你⼀直是在⼀种缺⽔的状态.

So it's necessary to truly confront yourselves and authentically be yourselves. Why is that? Because it benefits you both personally and on a larger scale. It's about each person occupying their rightful place. Otherwise, it would feel like a constant struggle, which is uncomfortable for everyone involved. When both parties are constantly in discomfort, the energy they emit to those around them, whether other individuals or future children, can't help but be affected. For example, if your child grows up in such an environment where love isn't felt because there's none present, it wouldn't just affect the immediate surroundings; it would impact you individually as well. Why is that? Well, think of it this way: right now, you need nourishment and water, correct? If you're drinking only sugary drinks long-term without having access to actual water, do you see how your body might not have room for more water anymore? You wouldn't seek out water because the sugary drinks filled that void. Hence, you remain perpetually in a state of dehydration.

因为饮料它不管怎样,它代替不了⽔.

Because drinks, no matter what, they can't replace water.

问: 是的.我就莫名的很多怨.我不断地去调整去迎合他,上⼀秒开⼼下⼀秒就进⼊地狱的感觉.

Question: Yes, I have so much resentment for no reason. I keep adjusting and accommodating him, experiencing the sensation of moving from heaven to hell in a single second.

JO: 是的.你会缺⽔的.在你⼼⽬中你知道你需要什么.因为为什么呢? 因为你们头脑太过于参与了.头脑来告诉你凑活着过了.头脑在告诉你⼈家条件挺好的.虽然你内在灵魂深处感受到了不舒服,但是你们却忽略它的感受.但是你们却(想着)忍忍吧.明⽩吗?

JO: Yes, you will be thirsty. You know what you need in your mind. Why is that? Because your mind is too much involved. The mind tells you to make do with it. The mind tells you the conditions are quite good. Although you feel uncomfortable deep inside yourself, you ignore its feelings. But you think just bear with it. Do you understand?

问: 我倒没有忍,我就是去调整⾃⼰尽量⽤爱的⽅式去表达.但是我越这样怨的⼒量就更深.

Question: I didn't resist it; I just adjusted myself to express with love. But the more I did this, the stronger the force of resentment became.

JO: 是的.

Yes, JO: is correct.

问: 头脑的想法和⾝体的感受是完全不⼀样的.

Question: Thoughts of the mind and sensations of the body are completely different.

JO: 所以你们不要去忽略你们真实的感受.你们可以忽略头脑⾥⾯的声⾳,明⽩吗? 因为头脑它是不知情的.你们总觉得头脑是理智的或者是知情的,它是知道好坏的.它并不知道.头脑它对你来说只是⼀个⼯具,就是它协助你来展现出你⽣命的⼀个状态,⽽不是你成为它.你成为它的话,你想象⼀下多恐怖.为什么? 因为你们⽣活在⼀个混乱的世界⾥⾯呀.你们⽣活的这个世界都是头脑去主宰去创造的.这是⼀个充满了⽃争、充满了分裂、充满了仇恨、充满了恐惧,就是在这样⼦的⼀个状态下.你看⼀下你们的新闻,你看⼀下你们世界⽬前的状态.你去医院看⼀下,医院那些⽣病的⼈他们全是受头脑控制的.为什么呢?

JO: So don't ignore your genuine feelings. You can ignore the voice in your head, right? Because the mind is uninformed. You always think that the mind is rational or knowledgeable; it knows what's good and bad. It doesn't know. The mind is just a tool for you, assisting you to manifest the state of your life, not the other way around. If you were to become it, imagine how terrifying that would be. Why? Because you live in a chaotic world where everything is controlled by the mind. This world is full of conflict, division, hatred, and fear - just like this state. Look at your news, look at the current state of the world around you. Go to the hospital and see; all those sick people are under the control of their minds. Why?

因为如果你没有受头脑控制,如果你是跟随⾃⼰的内在和⼼的话,你是不会⽣病的.明⽩吗?

Because if you are not under the control of your mind, if you follow your inner self and heart, you won't get sick. Do you understand?

问: 我的近期哪⼀世做什么事情是最成功的? JO: 你为什么想要去问这个?

Question: What was I most successful in in my recent past life? JO: Why do you want to ask this?

问: 我有很多怨的能量,但是我想朝着好的⽅向去创造.

Question: I have a lot of angry energy, but I want to create in a positive direction.

JO: 以前通灵信息说你的灵魂主题…问: 复仇者的能量.

Spiritual: In previous spirit communications, your soul theme was... Inquiry: The energy of the avenger.

JO: 那我们来看⼀下你⽬前的能量状态.我们看到你有⼀种想要反弹,就是⼀直⾛在这条路上,然后你积攒了够多的不情愿或者是怨.然后你想要回头掉头,想要去改变,想要去转变⽅向,明⽩吗? 我们想要告诉你的是坚定地⾛在这条路上,就是你想要去转变⽅向的这条路上.然后不需要去担⼼任何物质世界的任何事情.为什么呢? 因为你整个⼈的能量就好像会反弹,就好像会发⽣很⼤的变化.当你的能量发⽣很⼤的变化,⽣活中很多的问题和不好的事情它都会消失的.然后你就会迎接美好的事情.这是你唯⼀⼀个能迎接美好的事情… ⾸先之前我们说的复仇者的能量,这个是⾮常强⼤⾮常powerful的.这是⼀个好的事情.

JO: Let's examine your current state of energy. We see that you have a desire to bounce back, wanting to continue on this path and accumulating enough resistance or resentment. You wish to turn around, want to change, want to shift directions. Do you understand? What we want to tell you is to steadfastly follow this path, the one where you wish to change directions. There's no need to worry about anything in the material world. Why? Because your whole being's energy will rebound and undergo significant changes. When your energy changes greatly, many issues and bad things in life disappear. Then, you'll welcome美好的事情. This is your only way of welcoming美好的事情... First, we talked about the energy of avengers, which is very powerful. This is a good thing.

你想哪⼀个伟⼈哪⼀个厉害的⼈他不是拥有强⼤的能量的,对吧? 那这是你的⼀个优势.那这个强⼤的能量怎么让它正⾯的创造⽽不是破坏式的创造呢? 我告诉你,你如果把你⾃⼰理顺去发展事业,你会成为⼀个⼥强⼈的,明⽩吗?

You wonder which great person or impressive individual doesn't possess powerful energy, right? That's one of your advantages. How do you make that powerful energy create positively instead of destructively? I'll tell you, if you get yourself in order and develop your career, you will become a strong woman, understand?

问: 我有这种感觉,但是现在就是我还平衡不到我的能量.

Question: I have this feeling, but now my energy is just too much for me to balance.

JO: 那就是你还没有把⾃⼰理顺.我们刚才说如果你把在⾃⼰理顺的话.这么说吧,就好像你这个弹簧是歪的.它弹东西它不能释放它最⼤的⼒量,它弹不远.那如果你阿尼放在正中的位置,你本来的位置,明⽩吗? 你这个弹簧会弹的⾮常的远.所以说我们只是来告诉你,你需要把你放到正确的位置,明⽩吗? 因为你的⼒量它是与⽣俱来的,强⼤的能量和⼒量.

JO: That's because you haven't sorted yourself out yet. As we just discussed, if you were to sort yourself out. Let me put it this way, imagine your spring is askew. It won't be able to exert its maximum force when it bounces things off; it won't go far either. But if you place Ani in the correct position, at your original spot, do you understand? Your spring would bounce very far. So what we're telling you is that you need to get yourself into the right position, do you see? Because your strength, the powerful energy and power it embodies, are inherent.

问: 我想问的这个正的位置是不是就是我当下最想做的那件事情?

Q: The position you are asking about is the very thing I want to do most right now, isn't it?

JO: 你⾸先需要去脱离任何外在对你的影响.那就⽐如说你把⾃⼰放在⼀个已经死掉的关系⾥⾯,就是被迫的.就⽐如说我还和这个⼈在⼀起.为什么? 因为我离开他我就活不了,我就没钱了,就⽐如哈.我离开他我就没有家庭了.这是你们物质头脑⾥⾯会觉得我需要跟着他才能有钱,我需要跟着他我才能有家.这都是幻像.这都是假象.这都是你们⾃⼰错误的观念和信念,明⽩吗? 因为你们的家和你们的钱不是依靠任何⼈给你们的,明⽩吗? 所以这样会让你不去依靠外在的任何⼈.很多⼈他们不能从⼀段已经破裂的婚姻或者关系当中⾛出来,就是因为他们觉得在他的物质世界,就是从他的头脑⾥⾯来看,他需要⼀个家,他需要稳定,他需要⼀个资⾦来源.

JO: You first need to detach yourself from any external influences on you. For example, say you're trapped in a relationship that's already dead, forced into it. Like I'm still with this person because if I leave him, I won't live; I'll have no money, something like that. If I leave him, I'll lose my family. This is how your material mind perceives that you need to follow him for financial stability and a home. These are illusions. They're false realities. They're based on your own mistaken beliefs and perceptions, understand? Because your home and your finances don't rely on anyone else giving them to you. Understand? So this helps you not depend on any external person. Many people can't move past a broken marriage or relationship because in their material world, from the perspective of their mind, they need a stable home source, financial stability, and support.

这些是让他们彻彻底底被困的.他们宁愿被困⼀辈⼦,他们是很痛苦的.他们也不能真正的展现⾃⼰,明⽩吗? 所以你需要去给这些⼈做⼀个案例,做⼀个版本出来,如何绚丽的去绽放你⾃⼰.我跟你讲哪怕对⽅,就是你的另⼀半是⼀个世界⾸富.你都不需要去依靠他,明⽩吗? 哪怕他是个皇帝是个国王,你都不需要去依靠他.为什么呢? 因为你⾃⼰与⽣俱来就是完整的,就是⼀颗种⼦.你的种⼦⾥⾯就包含了所有你发芽开花结果所需要的东西.你能说苹果的种⼦必须要依赖另外⼀颗桃⼦种⼦吗? 你不需要.为什么呢? 你⾃⼰就是⼀颗完整的种⼦.它⾥⾯已经包含了你需要开花结果所需要的⼀切.你不需要依靠其它种⼦你才能开花结果.

These are the people who are completely trapped. They would rather be trapped for their entire lives, they are very suffering. They cannot truly express themselves either, do you understand? So you need to make a case study for these individuals, create a version of how brilliantly you can bloom yourself. I'm telling you, even if the other person, your other half, is the world's richest person, you don't need to rely on him, do you understand? Even if he is a king or an emperor, you don't need to rely on him. Why not? Because you are born complete, you're a seed in itself. The seed within you already contains everything you need for it to sprout, flower and bear fruit. Can you say that the seed of an apple needs to depend on another peach seed? You don't need to. Why not? You yourself are a complete seed. It already contains everything you need for blooming and bearing fruit. You don't need to rely on other seeds to bloom and bear fruit.

但是你不把⾃⼰埋到⼟⾥去,没有阳光、⽔,没有这些东西你才不能开花.那如果你去依赖其它种⼦你才能开花结果的话,你就好像是不把⾃⼰埋到⼟⾥⾯,不给⾃⼰⽔和阳光.然后⼀直开不了.你⼀直觉得它开的这么艳,我要寄托在它⾝上.那你⼀辈⼦不可能开花结果的.为什么呢? 因为对⽅是埋在⼟⾥⾯的,对⽅是有⽔有阳光,它有外在的⼀切让它开花.你却没有把⾃⼰放在正确的位置上,明⽩吗? 因为你拥有⾮常强⼤的能量,你只是需要把⾃⼰放在正确的位置上.所需要的⼀切在你内在都已经有了.

But you can't just bury yourself in the ground without sunlight, water; without those things, you won't be able to bloom. If you need other seeds for blooming and fruiting, it's like not burying yourself in the ground, not giving yourself water and sunlight. And then you never open up. You keep thinking that it blooms so beautifully, I have to rely on this. But you'll never be able to flower and bear fruit your entire life. Why? Because the other one is buried in the ground; they have water and sunshine, everything external for them to bloom. But you're not putting yourself in the right position. You have such powerful energy; you just need to put yourself in the right position. Everything you need is already within you.

问: 我的第三眼开了.我闭上眼睛能看到能量.我想问这是我的天赋吗? JO: 你怎么知道这是你的第三眼开了呢?

Q: My third eye has opened. I can see energy when I close my eyes. I want to know if this is a gift for me? A: How do you know that your third eye has opened?

问: 已经开了有⼀两年了.我能看到能量,我能看到⾃⼰的以太体.我也不知道是不是,但是我感觉它就是.

Q: I've been doing this for one to two years. I can see energy, and I can see my etheric body. I'm not sure if it's real, but I feel like it is.

JO: ⾸先那就是说我们不遵循你们所谓的,因为这是你们个⼈(认为)这是第三眼的功能,它的功能是怎样怎样的,明⽩吗? 但是你可以去提问.你刚才问这是什么功能是吧? 这么说吧,⽐如说有的⼈他天⽣能看到⿁.那他这个功能既可以把他变成⼀个精神病折磨他,让他活在恐惧当中.那他也可以成为⼀个很好地媒介,就是你们所谓的灵媒.

JO: First of all, that means we don't follow what you call it, because this is your personal idea of the third eye's function, how it works and so on. You see? But you can ask questions. You asked earlier about what this function is, right? So let me explain this way - for example, some people are born with the ability to see spirits. This function could either torment them as a mental illness, making them live in fear. Or it could be a good channel, like what you would call spirit medium.

问: 我想问我有灵媒这个功能吗? 因为我也可以看到⿁.

Q: I wonder if I have the spirit medium function, because I can also see ghosts.

JO: 那如果你⾃⼰能看到,那你本⾝就是了.

If you can see it yourself, then you are it.

问: 我看到的和别⼈看到的不⼀样.我感受到的是爱,不是恐惧.

Q: What I see is different from what others see. I feel love, not fear.

JO: 你为什么要去跟别⼈⼀样呢?

Why do you want to be like everyone else?

问: 这个功能它不是持续性的,在我能量很⾼的情况下.或者说我问我在⼋⽉初的时候是不是真的看到了三架外星飞船? 因为之后我的梦境当中出现了外星⼈.

Question: This feature is not continuous; for instance, when my energy was very high, or when I asked if I really saw three alien spacecraft in early August because extraterrestrial beings appeared in my dreams afterward.

JO: 如果你已经觉得你看到的是飞船,那我们可以跟你说: 是的.因为这个信号已经给你了,明⽩吗? 你们所⽤你们眼睛看到的所有东西其实都是信号⽽已.那你觉得你收到这个信号了,那么它就是⼀个信号,明⽩吗? 所以说它是的,因为这个信号已经被你收到了.

JO: If you already believe that what you see is a spaceship, we can tell you yes because this signal has been given to you. Understand? All of the things you perceive with your eyes are signals, right? So if you think you've received this signal, then it's indeed a signal, correct? Therefore, the answer is yes, as this signal has already reached you.

问: 那我想问我看到的外星⼈是不是就是外星⼈呢? 它是以梦境的⽅式.

Q: But I want to ask if the extraterrestrial beings I see are indeed extraterrestrial? They exist in a dream-like form.

JO: OK,这边有信息告诉你,它们想要让你持续和我,就是⽬前在你⾃⼰没有完完全全的去,就是在你觉得⾃⼰不需要任何协助之前,然后持续的从我这边去获取指引.然后我们来共同协助你去展现你的⼒量和强⼤的能量.因为你要知道最强⼤的能量就是那种复仇者的能量.所以你是拥有强⼤的能量的.但是我们协助你去正⾯的展现它.⽬前是通过我,但是你也会有你的指导灵和其它更⾼层⾯的协助.明⽩吗? 当你们建⽴稳定的连接过后,就不需要通过我,明⽩吗?

JO: Alright, there's information for you here. They want you to keep connecting with me until you feel completely confident and don't need any assistance. You should continue receiving guidance from me. We will work together to help you manifest your power and strong energy. The strongest energy is that of a warrior. Therefore, you possess strong energy. However, we are assisting you in positively expressing it. Currently, this is done through me, but you will also have guides and other higher level assistance. Understand? Once you establish a stable connection, there won't be any need for my involvement anymore, understand?

问: 你的意思是我看到的是飞船,我也连接上了飞船上的外星⼈.但是我跟他还不能直接的对接,⽬前要通过你来跟它对接.是这个意思吗?

Question: Does it mean that what I see is the spacecraft and I have connected with the aliens on board? But I can't connect directly to him; currently, I need you to facilitate this connection. Is that correct?

JO: 是的.因为我们协助任何拥有… 我们把强⼤的能量,就⽐如说它是负⾯的能量,我们把它转化成爱,转化成正⾯的.所以你也好像拥有⼀个⾮常有威⼒的炸弹,我们把它放到正确的位置.让它能得到… 就⽐如说有的炸弹你如果放到⼈群中你就伤害⼈,对不对?

Yes, because we assist anyone who has... We have powerful energy, like negative energy, and we transform it into love, transforming it into positive energy. So you also seem to possess a very powerful bomb, which we place in the right position so that it can do... For example, if you put a bomb among people, you harm them, right?

问: 我还想问⼀下这个正确的位置有没有具体的事项?

Question: I also want to ask if there are specific matters that define the correct position?

JO: 就好像我们刚才说关闭头脑⾥对你的⼀些策划呀、指引呀,你要这样做你要那样做.你只需要跟随你内在的激情,你内在的指引,⽽不去依赖任何.如果刚刚的信息你已经听进去了的话,那你内在的⼒量它已经知道正确的位置在哪⾥了.它已经不会放在错的地⽅了.还有就是任何你觉得需要指引的时候,你可以回到这⾥.

JO: It's like we just talked about closing your mind to some of the plans and guidance that you're supposed to do this way or that way. You only need to follow your inner passion and inner guidance without relying on anything else. If the information from earlier has sunk in, then your internal power already knows where the right place is. It won't be misplaced anymore. And when you feel like you need guidance at any time, you can come back here.

#### 2023/09/03 — 激活你⾃⼰就激活了你的事业Activate Yourself, Activate Your Career

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我想问⼀下我现在在学零极限的⼀些见习,有⼀些感觉.有时候觉得⾃⼰悟到了⼀些东西,但是过⼏天又觉得⾃⼰没有悟到.我不知道是怎么⼀回事?

Question: I'm asking about some experiences I'm having while learning The Four Agreements. Sometimes I feel like I've understood something, but a few days later I feel like I haven't. I don't understand what's going on.

JO: 因为你在进⼊你的头脑⾥⾯去分析,但是你们的⽣命的⼀切它不是你分析的出来的,明⽩吗? 你⽣命的⼀切它不是你头脑⾥⾯的,就好像你在打分⼀样.你们在考试⼀样,然后你来说你学到悟到什么.这个是没有任何意义的.为什么? 因为当你在评判你⾃⼰说: 我没有悟到.那个 ‘我’ 已经死了.那个⼈已经死了.为什么? 下⼀秒的那个你又重⽣了.所以你到底在评判哪个你呢? 也就是说你没有去做这种: 我悟到了,我没悟到.我悟到了,我没悟到.你只是在进⼊你的头脑⾥的游戏⽽已,明⽩吗? 因为你不是堆积的.因为你觉得你是在⼀个积累的过程.你在积累你的知识,你在积攒,你是经过时间堆积起来的.但是你们并不是.

JO: Because you're analyzing within your mind, but everything of your life isn't something that you can analyze; do you understand? Your entire life isn't inside your mind, just like when you're giving yourself a score or taking an exam and then stating what you've learned. This has no meaning at all. Why is that? Because when you're judging yourself saying: I haven't learned anything. The 'I' has already died; the person has already died. Why is that? Then, in the next second, another you is reborn. So which 'you' are you actually judging? This means you aren't doing this kind of thing: I have learned, I haven't learned; I have learned, I haven't learned. You're just entering into the game within your mind, do you understand? Because you're not a stack; because you feel like you're in an accumulation process - you're accumulating knowledge and building up over time. But you are not that.

这是你们的⼀个误区,这是你们⾃⼰的⼀个误知.因为你们并不是堆积起来的.为什么你们有⼀句话叫⽴地成佛? 那个⽴地成佛是在那个时候,那个当下,那个⽚刻,你盛开了你开花了,明⽩吗? 所以并不是说我长期积累积累积累.

This is a misunderstanding you have, this is your own misconception. Because you are not piled up. Why do you have the phrase 'stand and become a Buddha'? That 'stand and become a Buddha' was at that time, in that moment, when you blossomed and bloomed, understand? So it's not about long-term accumulation.

问: 它是你在⼀瞬间就明⽩了,不需要去积累,对吧?

Question: Is it something you instantly understand without needing to accumulate knowledge?

JO: 因为你觉得你们的⽣命好像是⼀个积累的过程.因为你们说我多少岁了多少岁了.实际上那个只是你们头脑去⽤来理解的⼀个事实.但是你们⽣命却是每⼀个⽚刻都是新的.

JO: Because you feel that your life is a process of accumulation, as if I'm telling you how old you are or how many years have passed. That's just a fact that your mind uses to understand, but in reality, each moment of your life is new.

问: 我们现在有⼀个项⽬在做.做了有⼀两年了,只有最近才觉得有点顺.我也知道要先放下,回归到⾃⼰⾝上.但是始终还是对⾦钱和负债和公司经营⽅⾯产⽣⼀些焦虑和匮乏.请问我最核⼼的我要注意⼀些什么?

Question: We are currently working on a project that has been ongoing for one to two years. Only recently have we started feeling more in control. I understand the importance of letting go and focusing on personal development, but I still experience anxiety and feelings of inadequacy related to finances, debt, and company management. Could you advise me on what is most crucial for me to focus on?

JO: ⾸先在你们物质世界上,你们做事业你们本⾝就有⼀个误区.你们有⼀个最⼤的误区就是说你们会去根据市场的环境,就⽐如说根据市场的需求去满⾜市场.你们是在这样⼦去创造的.⼤多数的⼈都是这样⼦去创造.⽐如说有⼀些做⽣意的⼈看到⽬前这个卖的好就去做这个,⽬前餐饮好去做餐饮.你们都是在去卷⼊这个潮流,就是进⼊这个潮流.你想⼀下如果你是进⼊这个潮流的话,那你是不是就会像你说的产⽣迷茫、焦虑啊或者是失控啊.⽽不是真正的去创造.这么说吧,你真正的去创造,其实你只需要去成为你⾃⼰.真正的创造是什么? 就是你这颗种⼦它已经包含了所有的⼀切.⽐如说你这颗种⼦是⼀棵苹果树,对吧?

JO: First in your material world, there is a misconception you have about doing business. The biggest misconception is that you create based on the market environment and its needs; essentially, you're creating to meet market demands. You are immersed in this trend, entering it. Imagine if you were to enter such a trend; wouldn't you feel confused, anxious, or out of control rather than truly creating? To put it simply, true creation comes from being yourself. What does real creation mean? It means that the seed already contains everything. For instance, if your seed is an apple tree, right?

那你这棵苹果树它怎么开花怎么结果,它是⾃然⽽然的,它是已经包含了.那你只需要尽可能的把⾃⼰埋在⼟⾥的时候安⼼的在⼟⾥去吸收⼤地的养分,去吸收⽔阳光所有⼀切,明⽩吗? 就是和谐的跟外在的⼀切共处.去吸收所有的养分.你就在不断地让⾃⼰的树结很多果⼦.因为它就是⽣命⼒旺盛的状态.那你结的果⼦就是你们物质世界看到的丰盛和创造的成功的相.

How does your apple tree flower and bear fruit naturally, already containing all the necessary processes? When burying yourself in the soil, you should peacefully absorb nutrients from the earth, water, sunlight, and everything else. Understand that it's about harmoniously coexisting with everything external, absorbing all nourishment. You are constantly allowing your tree to produce many fruits because of its vibrant life force state. The fruits you bear then represent the abundance and successful creation seen in your material world.

问: 我想问⼀下我的灵魂主题? JO: 你叫什么名字?

Q: I'd like to know about my soul topic. A: What is your name?

问: XXJO: 你选择了这⼀世的灵魂主题是… 这么说吧,如果你是⼀个⼈.然后你想要通过这⼀世把你这个⼈变的更加的活,就是活灵活现,就是活起来,不受限制,不受束缚,不受约束.你就是来突破你⾃⼰灵魂层⾯的⼀些枷锁.所以说呢,你就能感受到就好像你这个⼈从⼩他都会有⼀点点严肃,就好像放不开⼀样.这么说吧,你是放不开,但是你是要达到喝完酒的状态.就是喝完酒你就好像变成另外⼀个⼈.就好像是把死板僵硬的东西变得活.所以在整个⽣命的状态当中你就会感受到,如果是从事业⽅⾯你就能感受到不太能变通.⽐如说有⼀个⼈的⽣意它可以从⼀个联想到⼗个.但是你却很难从⼀个进⼊到⾮常多变,就是多元化.

Q: XXJO: You chose the soul theme for this lifetime as... In other words, if you were a person and wanted to transform that person into someone who is more alive, lively, unrestricted, unfettered, unconfined. You came to break free from certain shackles of your own soul level. This means that you would feel like this person has always been somewhat serious since they were young, as if unable to let go. To put it another way, you are not able to let go but aim for the state after drinking alcohol. That is when you become someone else; everything becomes more lively and dynamic. Throughout your life's experience, you would notice that on a professional level, things don't change too much. For example, one person can think of ten things from just one idea whereas it might be hard for you to make many changes or diversify in response.

问: 有⼀点执着是吧?

Question: Is there a bit of stubbornness?

JO: 就是有⼀点太局限⾃⼰了.问: 要怎么样才能放的开呢?

JO: It's just a bit too limiting for oneself. Q: How can one be more open-minded?

JO: 更多是⼀种… ⾸先它这是你⼀⽣的功课.因为你都会体验到⼀种就好像你整个在被约束起来.然后如果是直接从能量层⾯的话,那可能你⾃⼰就会被⼀些朝⽓蓬勃或者是像个⼩孩⼦的那样的性格,⽐较跳跃,被这样⼦的能量吸引.那从能量层⾯来说,你⽐如说和动物⼀起呀,和⼩朋友⼀起呀.因为他们的能量是不受这些限制的.你可以跟他们多接触.你就可以慢慢的把你⾝体某⼀些细胞慢慢慢慢激活⼀样.

JO: It's more like... Firstly, it's a lesson you'll have to live through your entire life because you're bound by something as if all of you is constrained. Then, on the level of energy, perhaps you might be attracted to characters that are full of vigor or resemble children - lively and somewhat impulsive. From an energetic perspective, for example, when you interact with animals or young children, their energies aren't confined like yours. You can engage with them more frequently, allowing your body's cells to gradually activate similarly over time.

问: 你说的很对,我不想被约束.我原来是⼀个国企的中层领导,然后出来创业.但是其实出来创业更多的是不想被约束.我很需要⾃由的这种感觉.但是我又很喜欢命理风⽔这些.我现在也在做⼀些灵性⽅⾯的修炼,但是在这当中会遇到⼀些问题.有些东西放下后又觉得放不下,就是这种能量拉扯的情况.

Q: You're right; I don't want to be restricted. I was an intermediate-level manager in a state-owned enterprise before starting my own business. However, the reason for leaving my job and venturing out on my own was largely because of not wanting to be constrained. I very much need that sense of freedom. Yet, at the same time, I'm quite fond of things like astrology and feng shui. Currently, I am also engaging in spiritual cultivation practices, but within this, there are issues arising. There are times when I feel the urge to let go of something, only to find it hard to do so, experiencing a kind of tug-of-war with energy.

JO: 就像刚才我们前⾯的信息跟你说,你觉得不⾏是因为什么呢? 因为你还有⼀个固定的相,就是我这个⼈我这个相.头脑⾥还有⼀个定义还有⼀个死的相在那⾥.但是你们需要放下头脑⾥的任何相,去理解⽣命⾥的每⼀个⽚刻都是新的.就是上⼀个⽚刻可能抑郁的要死,下⼀个⽚刻就充满了⼗⾜的⽣命⼒,明⽩吗?

JO: Just as we mentioned in our previous information to you, what makes you think it's not possible? Because there is still a fixed image of yourself, the concept of 'me', and a dead image in your mind. But you need to let go of any such images in your mind, to understand that every moment in life is new. The last moment could be completely drained or depressed, while the next one is bursting with full vitality, do you see?

问: 我昨天突然有这种领悟,就是我们其实只有当下.

Q: I suddenly had this insight yesterday that we actually only have now.

JO: 是的.所以你就可以放下头脑⾥⾯对你⾃⼰的⼀些定义.我怎么这个好像领悟了,那个好像又没领悟.就是去评判⾃⼰到底有没有学到东西.因为这个不是来让你们填满头脑的东西,这个是来让你们的⽣命越来越鲜活.这么说吧,之前我们不是说你的⽣命主题吗? 这就是让你的⽣命越来越鲜活.

Yes. So you can let go of the definitions of yourself in your mind. I feel like I understand this, but maybe not completely. It's about judging whether or not you've learned something by comparing it to a supposed understanding. This isn't meant to fill your head with information; it's designed to make your life more vibrant. Let me explain further: previously, we talked about your life theme, right? This is all about making your life increasingly lively.

问: 其实我是活出我⾃⼰,没有带着使命或者其它什么的,是吗?

Q: Actually, I am living my own life without carrying a mission or anything else, right?

JO: 这么说吧,如果你真的能让你⽣命鲜活起来,那你就是盛开的花了.因为你们物质世界很少有盛开的.盛开的就是你们所谓的世界上的⼀些独⼀⽆⼆的⼈,他们都是没有办法替代的.但是你们世界上基本上的⼈都是可替代的.为什么? 因为他们都是⼀些观念啊.

JO: Let me put it this way, if you can truly make your life flourish, then you are the blooming flower. Because in your physical world, there are very few who bloom. Those who bloom are the unique individuals in this world that cannot be replaced. But basically everyone in your world is replaceable. Why? Because they are just concepts.

问: 我要怎么连接我的灵或者我的⾃性? JO: 什么⾃性?

Question: How do I connect with my spirit or my essence? Answer: What essence?

问: 就是我的⾼我或者是四维空间的那个或者是更⾼版本的那个?

Question: Am I referring to my higher self, or a version in four-dimensional space, or something even higher?

JO: ⾸先你们没有断开连接,只是你们进⼊头脑的时候你就感受不到.因为你们⼀直是在头脑⾥⾯.

JO: Firstly, you are not disconnected; you just don't feel it when you go into your mind because you've always been in your minds.

问: 那需要把头脑的分析评判六根六识全部都放下才能感受的到,对吧?

Question: That means one needs to let go of the mind's analysis and evaluation of the six sense organs and six consciousnesses in order to perceive it, right?

JO: 这么说吧,这个⼥孩⼦她通灵她就关闭了这个物质世界的相,她才能进⼊到这种状态.她关闭了她的头脑.明⽩吗? 那如果你能进⼊到⼀种关闭外在的相,关闭你的头脑,那你就是在连接的状态.

JO: In other words, this girl has tapped into something spiritual by shutting down the appearances of the material world; she can only access that state when she shuts down her mind. Can you see? If you can shut off the external appearances and close your mind, then you are in a connected state.

问: 那你是⼀个什么样的状态? 或者是有没有⼀个什么名称呢? JO: 你是说现在给你传达信息的这个能量吗?

Q: Or what kind of state are you in? Or is there a name for this entity communicating with you right now?

JO: Are you referring to the energy that's conveying messages to you at this moment?

问: 对对,就是想问你们是什么样的存在状态?

Question: Alright, I just want to ask what kind of existence you are?

JO: 我们是没有物质⾁体的,跟你们不⼀样.你们是有物质⾁体,我们是没有物质⾁体的.

JO: We are spirit beings without physical bodies, unlike you. You have physical bodies, and we do not.

⽽且我们也不是你们所谓的有名称.为什么呢?因为即使你的这个名称也是你的物质家⼈他们给你的.在你之前那你也是nobody,你也不是XX.所以名称只是属于你们⾃⼰需要去辨认.

And we are not the so-called named entities. Why is that? Because even your name was given to you by your physical family members before you existed. Before you were born, you were also nobody, and you weren't XX either. So names are just something that belong to yourselves that you need to identify with.

问: 我们其实都是同⼀个个体分⽀出来的,是不是这个概念呢?

Question: Aren't we all actually branches of the same individual, is this concept correct?

JO: 对于你来说,你就是你.明⽩吗? 只是还有⼀个更⼤的你,它就没有断开.只是从你们的物质头脑⾥⾯去理解还会觉得我这个⼈在四川就不会在东北,就不会在上海.你们还会这么想.那我们告诉你,你⼀直在四川,但是你也出现在上海,但是只是那⼀⼩部分的你,明⽩吗?

JO: For you, you are yourself. Get it? But there's a bigger you that isn't disconnected. It's just that from your physical mind perspective, you would still think that if I were in Sichuan, I couldn't be in Northeastern China or Shanghai at the same time. You would think like that. Now we're telling you, even though you've been in Sichuan constantly, a part of you also appears in Shanghai, but just a small fraction of you, got it?

问: 所以说我们其实⼀直在连接最⾼的呢个…JO: 那就是说你这个⼈在上海,是吧? 那你更⼤的你就⼀直是在四川的,就没⾛.它⼀直在那⾥.

Q: So we're actually connecting the highest... JO: That means you are in Shanghai, right? Then when you were bigger, you stayed in Sichuan and didn't move. It was always there.

问: 能不能告诉我我创业也好项⽬也好,有⼀些担忧或者是动不了的⼀些情况从灵魂层⾯到底出现什么样的⼀些情况呢?

Question: Can you tell me what kind of concerns or barriers at a soul level might prevent my startup or project from progressing?

JO: ⾸先你要记住的是你们物质世界所有产⽣的相,就是动不了或者是受困或者是阻碍,它其实都来⾃于你⾃⼰的⼀个意识状态,就是你的能量级别.你的意识状态只能看到这⾥.也就是说你的⼒⽓就这么⼤,你只能拿动这么⼀点.那你们可以加⼊什么? 那我的⼒⽓只能拿到五⼗公⽄,那我再加⼀个⼈进来不是就可以拿到⼀百公⽄了,明⽩吗? 你动不了,你邀请别的⼒量进来,那你是不是就可以动了? 这是⼀个⽅法.这就是为什么你们需要团队,明⽩吗?

Firstly, you need to remember that all phenomena in your material world that are immovable or confined or obstructed come from your own state of consciousness, which is essentially your energy level. Your state of consciousness can only perceive up to this point, meaning that the strength you have is limited and can only handle so much. That's why you can join other forces, right? If my strength can lift 50 kilograms, then adding another person would allow us to lift 100 kilograms together, do you see? You're unable to move things on your own; by inviting other powers in, doesn't that mean you could make a difference? This is one approach. That's why teamwork is necessary for you, right?

问: 因为零极限就是帮我消除潜意识⾥的障碍,也感觉到在物质层⾯在变好.但是是不是需要继续提⾼⾃⼰的意识能量吸引同频的,对不对?

Q: Zero Limiting helps me remove barriers in my subconsciousness and feels an improvement at the physical level as well. But do I need to continue enhancing my consciousness energy to attract like-minded people, right?

JO:你们都好像是在学别⼈,⽽不是在做⾃⼰.因为你只有你真正的绽放你⾃⼰成为你⾃⼰,你所有的⼀切…. 你就成为⼀个道了,你就在教别⼈了.所以你⽆论怎么样你需要最终完完全全的去绽放你⾃⼰,⽽不是说去看物质世界这个⼈这个⽅法好我来学,那个⼈那个⽅法好我来学.因为你们学的只是表⾯的⽚⾯的,但是它解决不了最根本的.

JO: It seems like you're all learning from others instead of being yourself. You can only become a path when you truly blossom into your own self, embracing all that you are... then you're teaching others. So no matter how you approach it, you need to fully and completely bloom yourself in the end, rather than trying to copy methods based on material worlds or people's approaches. Because what you're learning is superficial and only addressing symptoms, not the root cause.

问: 那我们在三维空间待久了,有没有什么好的⽅法可以放下?

Q: Well, what are some good methods we can use to release ourselves in three-dimensional space after spending a long time there?

JO: 那就是增加你的智慧呀.智慧就好像是光,当你的光照到⿊暗当中,⾃然⽽然就能看清楚了.没有什么放不放下的,你看清楚了就能知道.就不如说我们经常⽤的例⼦,就⽐如说你看到前⾯有个⿁影,你就很害怕.然后你把灯打开,看到是⼀件⾐服被风在吹动,你是不是就不害怕了? 你还需要放下你的恐惧吗? 你只需要去看到.增长你的智慧,你去发现⽣命的本质.

That's about boosting your intelligence. Intelligence is akin to light; when your light shines into the darkness, naturally, you can see clearly. There's nothing about putting things down or letting go; once you see clearly, you'll know. It's like our frequently used example - say you spot a ghost in front of you and are very scared. Then, when you turn on the light and realize it was just a flowing piece of clothing, aren't you no longer afraid? Do you still need to let go of your fear? You simply need to see. By increasing your wisdom, you discover the essence of life.

问: ⾸先我需要做的不是创什么业…JO: 成为你⾃⼰.因为你的内在它实际上有所有你需要的.就像⼀个⽂件夹压缩包⼀样,它来到这个世界上它已经就包含了所有的⼀切,包含它给这个世界送的礼物,你⾃⼰的⼈⽣功课,你到底是⼀朵芬芳的鲜花还是⼀棵⾹甜的果树,这些都已经包含在⾥⾯了.那你唯⼀就是需要去认识你⾃⼰、允许你⾃⼰、成为你⾃⼰、绽放你⾃⼰.

Q: First of all, what I need to do is not create a business...J0: Be yourself. Because within you, it actually has everything you need. Like a compressed file folder, when it comes into this world, it already contains everything - including the gift it brings to this world, your life lessons, whether you are a fragrant flower or a sweet fruit tree; all of these are already included. All you need to do is recognize yourself, allow yourself, be yourself, and bloom yourself.

问: 当我看明⽩⼀些事情以后,我需不需要去影响更多的⼈?

Question: When I understand things clearly, do I need to influence more people?

JO: 因为当你在活出⾃⼰,你已经⾃动的服务了所有.问: 我不⽤去做其它事情?

JO: Because when you live your own self, you are automatically serving all. Q: I don't have to do anything else?

JO: 你就算去做,它也是会在你的⽂件夹⾥⾯.你的⽂件包⾥⾯已经有做的这个动作了. OK,这个⼥孩⼦她就在活她⾃⼰,她就在做她⾃⼰.但是她是不是在做事情? 但是她也在帮助你,她也在做她⾃⼰呀,明⽩吗? 因为这就是她.所以说你不需要说你要做什么.因为当你真的在活出你⾃⼰,这些都是⾃动展开的.它是⼀个已经包含了你会做什么,不是需要外界信息告诉你.

JO: Whatever you do, it's already in your folder. You've already done this action in your package. Alright, this girl is living for herself, she's just doing what she wants. But is she actually accomplishing something? But she's also helping you; she's also doing her own thing, right? Because that's who she is. Therefore, you don't need to tell me what you want to do because when you're truly living your life, these things naturally unfold. It's already included in what you will do, not requiring external information to guide you.

问: 我想问⼀下我和我现在恋爱的⼥朋友的灵魂关系是什么?

I want to know what kind of soul relationship I have with my current girlfriend?

JO: 如果你们现在关系是还没有确定,还在进⾏当中…问: 确定了,我们谈恋爱⼤概有⼀年多了.我们在⼀个⾮常机缘巧合的情况下遇到.

JO: If your relationship status is still uncertain and ongoing... Q: Once it's confirmed, we've been dating for over a year now. We happened to meet under very fortunate circumstances.

JO: 她叫什么名字?

She called what name?

问: XXX.我想看⼀下她是⼀个什么样的状态? 前世也好.因为我始终感觉我们之间有个约定.

Question: For XXX. I want to see what kind of state she is in, whether it's from a past life or not. Because I always feel there's an agreement between us.

JO: ⾸先就是说任何⾛⼊你⽣命当中的,她都会,就像你们所谓的灵魂伴侣⼀样.哪怕就是⽣意上的⼀个竞争对⼿,从灵魂层⾯它也是来各种那个什么的.都是这样的⼀个成分.如果你们刚刚进⼊这段关系的话,你只是去允许关系它⾃⼰去展开.因为这些信息进来是会影响你.就是说如果你让我们去看你们会怎样怎么样是会影响你的.就⽐如说我们⾼维的信息告诉你,OK,你们不会在⼀起,你们迟早会分.那会不会你们下次吵个架,你就想到⾼维说我们迟早会分,还是分了吧.明⽩吗?因为你们才刚开始,如果这段关系是你们已经在⼀起很久了⽽且你很迷茫.你需要下⼀步的引导.那可以.

JO: First of all, everything that enters your life is like a soul mate to you, even in terms of business competitors; they come into your life for various reasons on a spiritual level. It's this component throughout. If it's the beginning of a relationship, just allow the relationship itself to unfold because this information coming in affects you. So if we were to look at how you would react to certain things, it would influence you. For example, if high-dimensional information tells us that, okay, you won't be together, you'll eventually split up, would you think about splitting up next time you argue and just accept it because you're starting out? Do you understand? Because if this relationship is one where you've been together for a long time and are very confused, then you need guidance for the next step. That's possible.

问: 不迷茫.我⽐较喜欢和她在⼀起.

Question: I'm not lost. I prefer being with her.

JO: 所以说你内在就知晓⼀切.你不需要别⼈或者其它的信息来给你⼀个定义.为什么呢? 就像我们前⾯说的,你定义什么呢? 当你在定义,你下⼀秒又是完全新的⼀个⼈.你说我刚刚在定义的这个东西它已经死掉了.下⼀秒它又重⽣了,完全不⼀样的.我怎么样去定义它?

So you already know everything within yourself and don't need definitions from others or other information to give you a definition. Why is that? Just like we mentioned earlier, what are you defining? When you define something, you're immediately someone else the next second. You say that this thing I just defined has died. The very next moment it's reborn, completely different. How do I define it?

问: 三维世界束缚我的,包括我创业,也是让我看清这个世界的本质的⼀个⽅法,对不对?

Q: The three-dimensional world constrains me, including my entrepreneurship, which is a method for me to understand the essence of this world, right?

JO: 看清你⾃⼰.

Understand yourself clearly.

问: 其实做公司也不是我们去⽤头脑分析,⽽是我⾃⼰先去绽放.从某种意义上来说我现在想要的东西其实需要我放下,对不对?

Q: Actually, running a company isn't about using our brains to analyze things; it's about me blooming first. In a sense, what I want now actually requires me to let go, right?

JO: ⾸先就是说先不要去考虑事,你考虑的是这个⼈,你能不能绽放? 当你绽放了,你能不能带动其他⼈让他们也绽放.你就好像是⼟壤是⽔,然后给了他们这些⼈… 你的企业就好像是⼟壤是⽔,让他们这些种⼦能绽放,让他们能得以绽放.

JO: First and foremost, it's not about considering the thing; you're thinking of this person, can they bloom? When you bloom, can you inspire others to also bloom. You are like the soil or water, then giving these people... Your business is like the soil or water, allowing their seeds to bloom, enabling them to flourish.

问: 这边能不能给我⼀些指导? 我需要怎么做可以提升智慧⽅⾯的东西?

Question: Can you give me some guidance here? I need to know how to improve my intelligence.

JO: 这么说吧,智慧是在你们内在都有的.就好像我们刚刚说你是在四川,在上海的只是你的⼀个分⾝⽽已,明⽩吗? 你并没有只在四川.那那个在四川的你是有智慧的.所以说如果是提升的话,那就是说去跟那个四川的你源头的你去多连接,⽽少去被这个物质世界这个相还有你头脑⾥的相还有少被知识影响.它们只能成为你的参考,但是你真正的内在的智慧它 know everything.

JO: In other words, wisdom is inherent within you all. Just like we said earlier that you are in Sichuan but the one in Shanghai is just your manifestation, do you understand? You're not confined to being only in Sichuan. The one in Sichuan has wisdom. Hence, if there's elevation involved, it means connecting more with your original self in Sichuan rather than being overly influenced by this physical world and its appearances, as well as the representations in your mind. Knowledge can only serve as a reference for you; however, your true inner wisdom comprehends everything.

问: 所以如果要跟更⾼的智慧连接的话,就要把三维的相给看明⽩? JO: 它只是你的参考.只能成为你的参考,明⽩吗?

Q: So, to connect with higher wisdom, one needs to understand the three-dimensional perspective clearly?

A: It's just your reference point. It can only serve as your reference, do you see that?

问: 我⼀直在寻找有没有⽅法.因为现在⼀直都是在⿊暗当中⾛,但是我知道我要到哪⾥去,但是我找不到路.

Question: I've been trying to find a way because I've always been walking in the dark, but I know where I'm going, it's just that I can't seem to find the path.

JO: 你们每⼀个⼈活出来⾃⼰的⽅法就是你内在会有指引.那个指引就是你根据你⾃⼰最想要去做的事情,因为它就是好像你不吃不喝不睡你都想去做的事情.那个就是⼀个,因为它能启动你所有的⼀切.它能把你带到⼀个最兴奋、最激情、最⾼的能量状态当中去.

JO: Each one of you lives your own way by having an inner guidance. That guidance is based on what you most want to do, because it's like something you would do even if you didn't eat, drink, or sleep – you just can't stop yourself from wanting to do it. This is because it activates everything within you; it takes you to the highest state of excitement, passion, and energy.

问: 我到现在都没有找到我不吃不喝都愿意去做的事情.

Q: I haven't found anything I'm willing to do without eating or drinking.

JO: 因为你是⼀点⼀点找到的.那⽐如说你现在对我们的信息特别感兴趣,你在做这件事情.那这就是了.这就是慢慢慢慢把你带上不吃不喝的路上,明⽩吗? 就不如说这个⼥孩⼦最开始她完全不懂什么通灵,她只是对通灵的节⽬感兴趣.她⼀直看⼀直看.那是不是她在了解了有通灵这回事,然后再进⼊到这个世界.然后她又去跟随,又去了通灵的学校,这也是她的激情.她就在⼀步⼀步的去跟随她内在的冲动和激情和想要去做的事情,然后⾛上这⼀步.所以她也不是⼀开始就出现了⼀个可以让她不吃不喝不睡的东西.所以你也⼀步⼀步的跟随你⾃⼰内在想要去做的事情.

JO: Because you found it little by little. So, for example, if you're now very interested in our information and are doing this thing, that's it. This gradually guides you towards the path of no eating, drinking, or sleeping. Understand? Like, at first, this girl didn't know anything about spiritism; she was just interested in the TV shows about it. She kept watching them all the time. That means she learned what spiritism is before she entered that world and then followed her passion by attending a spiritism school. It's also part of her drive to do things she wants to do. So, she didn't have something immediately that made her stop eating, drinking, or sleeping. Similarly, you're gradually following your own inner desires and passions step by step.

问: 每个⼈都有⾃⼰的灵魂主题…JO: ⾸先你们物质世界就好像是⼀个训练场,就好像是⼀个学校.然后他们灵魂选择来到这个学校.我要穿上这个⾐服我才有这个体验,不穿上这个道具我就没有办法有这个体验.所以它就必须要有⼀个物质⾁体.

Q: Everyone has their own soul theme...

JO: First of all, your physical world is like a training ground, like a school. Then they choose to come to this school with their souls. I have to wear this outfit to have the experience; without it, I wouldn't be able to have that experience. So there must be a material body for this.

问: 我的灵魂主题就是绽放⾃⼰活出⾃⼰,不想被约束.就是这种状态是我现在想要达到的.

Q: My soul's theme is to bloom and live authentically, not being restricted. This is the state I want to achieve right now.

JO: 这⾥没有什么就好像达到.更多的是⼀种就好像是激活.就是慢慢慢慢的把这些细胞给激活.不是⼀种像做功课⼀样我要成为这个状态,它只是⼀种结果.

JO: There's nothing like reaching a certain point here. It's more about activation - gradually activating these cells. It's not something where I'm forcing myself into a state; it's just the result of that process.

问: 我现在要做的就是放下思考放下⼩我,活出⾃⼰就OK了,是吗?

The question is: All I need to do now is let go of my thoughts and my little self, just living as myself, right?

JO: 你要做的就是开⼼,去玩耍去享受⽣命.你没有那么多教条理念去跟随去学,明⽩吗? 因为⽣命就是玩耍,你只是需要⼀点⼀点的把你玩耍的这点激活.可能⼀条狗就能把你激活.你天天跟这是狗在⼀起,它跑你也跑,它跳你也跳.就这么简单.⽽不是我要坐在这弄清楚是什么⽅式什么⽅法.你是能量,你不是那个头脑.你学的知识都是在充实你的头脑,但是真正的存在,你是能量.

JO: All you need to do is be happy, go play and enjoy life. You don't have so many rigid beliefs to follow or learn from, understand? Because life is about playing, it's just a matter of gradually activating that playful aspect within you. Perhaps even a dog can activate you. You're with this dog every day, running when it runs, jumping when it jumps. That's all there is to it. Instead of sitting here figuring out methods and approaches. You are energy, not the mind. The knowledge you acquire fills your mind, but in reality, you are energy.

问: 是不是就是不需要学那么多知识,只要按照这个道理⾛就⾏了?

Question: Does it mean that we don't need to learn so much knowledge, just follow this principle?

JO: 你只需要激情的去享受你的⽣命,然后知道那个不是你.曾经的那个你早死掉⼏百次了,明⽩吗? 你只是能量.你的⾁体是你的能量的投射.所以当你越来越,就像前⾯信息说的⼀样,像⼀只动物⼀样完完全全尽情的草地上奔跑…问: 这种⽣命状态是我灵魂主题最需要的?

JO: All you need to do is indulge in the passion of your life and understand that it's not you. The old you has died hundreds of times over, got it? You are just energy. Your body is a projection of your energy. So when you let yourself run wild on the grass like an animal... As per the previous information, ask: Is this state of existence what my soul theme most requires?

JO: 这就是你把你⾃⼰激活了,你所有的⼀切道路它都⾃然⽽然的展开了.没有什么迷茫.问: 包括事业所有的这些相都会完完全全的呈现在我⾯前.

JO: This is because you have activated yourself; all your paths naturally unfold without any confusion. There will be no uncertainty. Question: All aspects of my career and relationships will be fully presented to me.

JO: 都是活的.⽽且就这样⼦的⼀个状态当你再去⾯对问题的时候,它没有问题了.因为⽐如说你需要⼀个助⼿,他会被你这种能量给吸引过来的,明⽩吗? 那本来那个客户没成交,但是那个客户看到你这种能量马上跟你成交.他被你吸引了.他已经忘记了.所以就没有问题了.

JO: They are all alive. And in this state when you face problems again, there are no issues because for example, if you need an assistant, they will be attracted to you by your energy, understand? That client who didn't make a sale is now making a sale with you immediately as soon as they see your energy - they are attracted to you. They've forgotten about the previous issue so there's no problem anymore.

问: 是不是⽣活上其它都不⽤考虑了,本来就本⾃具⾜.只是需要把它拿回来?

Question: Does it mean that we don't have to worry about anything else in life, as everything is inherently self-sufficient? We just need to bring it back?

JO: 你不需要去理解它的意思,只是去感受这个能量.还有就是说当你在还没有激活你之前,你只是⼀板⼀眼的跟别⼈谈⽣意谈条款.那别⼈也会⼀板⼀眼的跟你谈⽣意谈条款.你们都进⼊脑⼦⾥⾯的游戏了,明⽩吗? 那当你是⼀个能量的时候,什么条款都没有.他已经全然的被你这股能量给影响了,就像被催眠⼀样你说什么就是什么.明⽩吗? 所以这⾥没有问题.越是激活你⾃⼰,你的问题就会变得越少.

JO: You don't need to understand its meaning; just feel the energy. Also, when you haven't activated yourself yet, you just discuss business terms with others in a straightforward manner. Others will do the same with you, both of you getting into each other's heads, right? But when you are an energy, there are no business terms at all. Everything has been influenced by this energy of yours, like being under hypnosis where what you say goes. Do you understand? So there is no issue here. The more you activate yourself, the fewer problems you will encounter.

问: 本来我这次想要去旅游就把企业交给他们去做,但是由于担⼼…JO: 当你的能量是死的,我不管你哪怕分⾝出⼗个你,你的东西还是死的,只会更死.当你是活的,是不⼀样的,明⽩吗? 你们总觉得你们⼈在那⾥有⽤.你们⼈根本就没⽤.

Q: I wanted to go traveling this time and leave my business in their hands, but due to concerns...

JO: When your energy is dead, it doesn't matter how many copies of yourself you have; everything remains lifeless, only getting more so. It's different when you're alive. Understand? You always think that humans are useful where they are. Humans are simply not useful.

问: 我只需要活出我⾃⼰,拿回我⾃⼰本来的⼈⽣,是不是这么来理解?

Question: Do I just need to live my own life and reclaim my original existence, is that how it works?

JO: 你不需要去拿回来,你只是展现.你没有失去什么,你也不是空的,明⽩吗? 因为这些东西它都是随着你的,就好像你⾝体的影⼦⼀样.

JO: You don't need to retrieve them; you simply show them off. You haven't lost anything, nor are you empty. Understand that these things accompany you, just like the shadow of your body.

问: 那能看到我现在是处于⼀个什么样的状态吗?

Question: Can you see what kind of state I am in right now?

JO: 就还像前⾯在说你,你又在定义.当你在定义这⼀刻的时候… 你应该放下的是你⾃⼰对你⾃⼰的评判和定义,就拿着尺⼦去量它,跟要考试⼀样,明⽩吗?如果你真的是想要去看你的状态的话,那你过⼀段时间你再来找我们,明⽩吗?因为什么呢?我们现在刚把种⼦播下,然后你马上说你给我看看我现在是什么样⼦.你刚刚播下,那如果我们过个⼀个⽉来看,啊,发芽了.前⾯⼀个通灵的信息那个⼥孩⼦之前的信息是她的灵魂要复仇⼀样,就是很⼤的仇恨.那这次来还是很⼤的仇恨,但是她又变了.为什么呢?因为有⾼维的加⼊来协助她,把像复仇者⼀样的这种强⼤的能量给转化成正⾯的.所以完全变了.

JO: It's just like when we were talking about you earlier; you're defining yourself again. When you define this moment... what you should let go of is your self-judgment and self-definition, as if you were measuring yourself with a ruler, like taking an exam, do you understand? If you really want to see how you are doing, then come back to us after some time, do you get it? Because we just planted the seed, and you immediately ask us to show you what you're like now. You just planted it, so if we check a month later, oh, it's sprouting. The previous spiritual message from that girl was about her soul seeking revenge; she harbored immense hatred. This time around, there is still intense hatred, but she has changed. Why? Because high-dimensional beings are assisting her to transform the powerful energy of avengers into positivity. So completely transformed.

在我们通灵接触她之前她的能量就好像是个炸弹,她真的会炸死很多⼈.那这次我们利⽤这个炸弹去开天辟地.你们开路不是也会⽤炸弹炸⼭,然后去开路,对吧?那它对⼈没有影响,所以她就已经变了.所以等你过⼀段时间,如果你对这个还想继续去探索的话,你就会看到变化.为什么呢? 就好像我们这边是⽔,你是泥.你已经把这个⽔引进来了,它怎么样都会… 就⽐如说你这个管道,然后我们的⽔进来了.它怎么样都会洗刷你把你弄⼲净.所以你怎么样都会发⽣变化的.

Her energy was like a bomb before we had our spiritual connection with her; she could really kill many people. This time, we are using this bomb to create the world. When you clear paths, don't you also use bombs to blow up mountains, right? It doesn't affect humans, so it's already transformed. So if you wait some time and continue exploring this, you'll see changes. Why is that? It's like water on our side and mud for you; once the water has been introduced, it will always clean you regardless of how it happens...like when a pipe brings our water in. Regardless of how it occurs, it will cleanse and make you clean. Therefore, you are bound to experience changes no matter what.

问: 我知道了我知道了,其实就是不需要去想太多…JO: 你玩的越开⼼,你的⽣意会越好,你的团队会越来越好.因为他们会被你吸引过来.你们那种⼀板⼀眼的严肃的这种团体都在慢慢的解散,它们都是虚假的.它们不能创造什么,

Q: I know, I know, it's just that you don't need to overthink...JO: The more fun you have, the better your business will be, and the stronger your team will become. Because they'll be drawn to you. Those rigid and serious groups are slowly breaking apart, they're fake. They can't create anything,

⽽真正的能创造出什么的,它们⼀定是活的,不受限制的,明⽩吗? 都是活的能量.那些才是真正创造奇迹的.所以它必须要从你开始.为什么呢? 因为你是那个领导⼈.

And what can truly create, they must be alive, unrestricted, right? All are living energy. These are the ones that truly perform miracles. So it has to start with you. Why? Because you are the leader.

问: 🗎🗎,其实我的能量是决定了…JO: ⼀切.你⾃⼰先活过来,你的企业你的其他才会活过来.你活的越开⼼越快乐越精彩,它们的状态也会呈现出这样⼦.没有办法,它必须.

Q: Well, in fact, my energy determines... JO: Everything. You have to live first, your business and everything else will follow. The happier, more joyful, and more spectacular you are, the better their state will be. There's no choice; it must be so.

问: 我之前担⼼作为企业领导⼈如果我去活出我⾃⼰绽放我⾃⼰会不会影响其它东西,我现在觉得这些担⼼完全没必要.

Question: I was worried before that as a business leader, if I were to live my own life and blossom myself, it might affect other things. Now, I feel that these worries are completely unnecessary.

JO: 会不会影响其它东西? 会,会正⾯的影响,会让他们也绽放.问: 还有需要给我的信息吗?

Jo: Would it affect anything else? Yes, yes positively; it would allow them to bloom as well. Question: Any more information for me?

JO: 如果你需要我们随时在这⾥协助你,这是给你的信息.任何时候你需要我们都在这⾥协助你进⾏⽣命的转变.因为当你⽣命发⽣了转变,你会转变其他更多的⽣命.

JO: If you need us to assist you at any time here, this is the message for you. We are always here to help you undergo a transformation in your life. Because when your life changes, you will change more lives.

#### 2023/09/06 — 和男友分分合合拉扯不断的原因Reasons for Constant On-Off Relationships with My Boyfriend

JO: 你说吧,什么问题?

JO: Say it, what's the question?

问: 我想知道我跟我的男朋友从2016年认识经历了分分合合.现在分开差不多半年了.我想知道他对这份感情到底是⼀个什么态度?

Question: I want to know what my boyfriend's attitude towards our relationship was from when we met in 2016 and went through on-and-off periods, and now that we've been apart for about half a year, I wonder what his true stance on this relationship is.

JO: 这么说吧,它只能投射出你⾃⼰现在是⼀个这样⼦混乱的状态.也不是说混乱,也就是说你⾃⼰现在也没有⼀个明确的⽬标,也不知道你⾃⼰是谁,你也没有成为你⾃⼰.你也是⼀个⾃⼰在摸索,没有主题.你的⽣活就好像是在随波逐流,被外界的其他⼈影响,明⽩吗?因为如果你知道你是谁,你就是在影响其他⼈,没有谁能够影响你,明⽩吗?你不会被别⼈给拉扯进去.你们每个⼈他都有⾃⼰的⼀个能量场.你跟这个⼈不断地被他拉扯进去拉扯进去.就好像你是不断地在被外界⼲扰.所以说这段感情和关系就映射出你现在是⼀个毫⽆头绪的⽣活状态,明⽩吗?

JO: In other words, it can only project your current state of being confused. Not necessarily confusion, but you don't have a clear goal for yourself and you're unsure of who you are. You haven't become yourself yet. You're摸索ing like someone lost at sea; influenced by others around you. Do you understand? Because if you know who you are, then it's the opposite - no one else can influence you. You wouldn't be pulled into their currents. Each of you has your own energy field. You keep getting dragged in by this person over and over. It feels like continuous interference from outside forces. Therefore, this relationship reflects a life without direction for you right now, don't you see?

所以说最主要的就是这是你们⼈类最⼤的⼀个束缚,就是你们在遇到事的时候你们都善于去: 我要把这个事处理了、解决了.我要知道它为什么会这样.你就会不断不断地在这个泥坑⾥⾯… 你掉到这个泥坑⾥⾯了,你把这个泥拿出来看⼀下是什么导致我陷进去的? 然后我在这⾥天天抱怨,你看⽣命多痛苦啊.你们不断地加深你们陷⼊泥坑⾥⾯的这个相.但是呢,你们却没有明确的⽬标,你不要在泥坑⾥⾯,你要去哪⾥? 为什么呢? 因为当你看到前⾯有⼀个⾦⼭,闪闪发亮的⾦⼦或者是你们⼈类最喜欢的钱.然后你眼⾥看着那个钱,你就不断地想要从泥潭⾥⾯爬出来,朝向钱的那个⽬标,明⽩吗?

So the main thing is that this is your human biggest constraint, when you encounter things you are good at: I will handle this issue and resolve it. I need to know why it happened like this. You would constantly stay stuck in the mud pit... If you fall into the mud pit, you take out the mud to see what led me into it? Then you complain every day about how painful life is. You deepen your connection with being trapped in the mud continuously without a clear objective. However, you don't have a specific destination, why not go somewhere else? Why would you do that? Because when you see a金山 (heap of gold), shining with golden treasures or what humans most like: money. Then, looking at that money with your eyes, you constantly want to climb out of the swamp towards that goal of money, understand?

也就是说你呆在泥潭⾥⾯不停的去探究我怎么了或者是他怎么了,就不断地去拉扯不断地把你陷⼊泥潭⾥的事情再给它加固.让它更加的去… 就是你创造更多的体验给你⾃⼰.但是你却没有明确的⽬标你到底想要去哪⾥? 你到底是谁? 你跟这个世界宣称你是谁.明⽩吗? 这就是你们所谓的为情所困.但是你们之所以为情所困,是在你们还不明⽩⾃⼰的⾝份.就是你还不知道你的⽬标你的⾝份,所以你就很难从这段感情当中⾛出来.因为当你⾛出来过后你就不知道你是谁了.因为可能在这段感情⾥⾯,你还会觉得你是有存在感的.当你离开了这个过后,你就觉得你没有存在感.⽐如说你是⼀个⾮常有名⽓的某个领域的专家,每天都很忙,每天都忙着你的事业.

So you're just digging deeper and deeper into trying to figure out what's wrong with me or him, constantly pulling yourself down further into the muck by reinforcing those issues over and over again. You create more experiences for yourself, but you lack a clear goal - where do you want to go? Who are you? How do you present yourself in this world? That's what they call being trapped in love. But you're trapped because you don't understand your own identity - you don't know your goal or who you really are. As such, it's hard for you to move on from this relationship. Because once you leave, you lose your sense of self; maybe you felt important within that relationship, but after leaving, you feel insignificant. For example, if you're a highly acclaimed expert in some field, always busy with your career every day.

这⾥有meeting,那⾥有演讲,要帮很多⼈去解决他们的问题.你觉得你还会深陷于这段感情当中吗? 你不会的.为什么? 因为不断地有⼈想要约你.他们⼀个⽐

Here are meetings, there are speeches, helping many people solve their problems. Do you think you'll be deeply involved in this relationship? You won't. Why not? Because constantly someone wants to date you. They're one better than the other.

⼀个条件好,⼀个⽐⼀个对你体贴,明⽩吗? 因为你的注意⼒不会在这⾥.因为你觉得你不在乎我或者是你这样不尊重我,我还有很多更好的选择.我⼲嘛还要赖在你这⾥继续跟你拉扯? 不是浪费我时间吗? 明⽩吗? 所以说没有任何⼈你会错过,如果你们是注定在⼀起,OK?那就是说你不需要去担⼼你会错过,如果你们之间有真正的感情.所以你不会错过他.明⽩吗? 那如果能错过的,那就是你再怎么牵强,你就算勉强你们又在⼀起了.过段时间你们还是会分开的.你只是把你的⽣活,你的这个痛苦再拉长了.就是更加的去浪费你的时间没有⾛在你⾃⼰的路上.

One is better than the other, each more considerate towards you, right? Because your attention is not here. You feel that you don't care about me or that you don't respect me this way. I have many better options. Why should I stay with you and argue with you further? Wouldn't it be a waste of my time? Right? So there's no one you'd miss if they were destined to be together, okay? That means you don't need to worry about missing them if there's true affection between you both. So you won't miss him. Right? But if you can miss someone, even if you force things and get back together again with them eventually, after a while you'll still separate. You're just prolonging your life and your pain, walking aimlessly off your own path instead of making the most out of it.

问: 我的确不太知道⾃⼰想要什么….

Q: I'm not really sure what I want...

JO:这么说吧,你们不可能⼀下⼦就明确的知道我想要什么.但是你们却会有微⼩的指引或者是提醒.就⽐如说现在你对这个⼥孩的信息特别感兴趣,你⽼是想找她.这就是你的兴趣.你只要跟随它,明⽩吗?就这么简单.不是说你现在⼀下⼦要知道你是什么样的⾝份,你要做什么... 没有办法.你没有办法.就好像你这条路你是⼀步⼀步的往前⾛你能看到这边有个⾓,那边往左拐,那边有条路.那是⼀步⼀步的看到脚下的路⾛出来的,⽽不是说⼀下⼦你就能知道前⾯的路是什么.所以你只需要去跟随你⽬前像这种类似的激情,OK,现在我最激情的是跟她交流.就这样⼦去做你的事情.⽽且你头脑⾥⾯想要去弄清楚为什么,其实你不需要去弄清楚为什么.

JO: Let me put it this way; you can't possibly figure out exactly what I want immediately. But there will be subtle hints or nudges. For instance, if you're particularly interested in a girl and constantly trying to find her - that's your interest. Just follow it, understand? That's all it takes. You don't need to know right now who you are or what you're supposed to do... You can't. It's like walking down this path step by step; you see a corner here, take a left there, see another road ahead - that's how you figure out the way under your feet, not instantly knowing where the next path leads. So just follow whatever passion excites you now, okay? Currently, my most passionate pursuit is communicating with her. Just do what you need to do and stop trying to understand why everything has to make sense in your mind.

你只要知道你外在的⼀切全是你⽬前的这个能量阶段投射出来的果⽽已.那如果你的能量、意识转变的话,那你的果也会转变,明⽩吗?

You just need to know that everything you see externally is a manifestation of your current energy level. So if your energy and consciousness change, then the results will also change. Understand?

问: 我了解过所谓的显化法则,我有点迷茫.我不停的在转变我的想法,也看不到现实在转变.

Question: I have knowledge of the so-called Law of Attraction, and I'm somewhat confused. I keep changing my thoughts, but I can't see any real transformation happening.

JO: ⾸先你们拉住别⼈的⼀个概念,就觉得你什么都懂了.但是你们⼈⽣是不断不断,就算这个⼥孩⼦今天把宇宙所有的秘密都告诉你,你全部都知道了.但是它还是要配合你去这个物质世界你⾃⼰去体验,明⽩吗? 但是你的体验⾮常的有价值,不是说你听⼀堂课你就好了.那不然的话,就不需要创造⼀个物质体验给你了,你听听就好了.你们最⼤的意义就在于你们的体验.它是⾮常宝贵的,它是⽆可替代的.它才是真正的增长你们的智慧的.但是你也要结合我们来让你看到的这些信息.因为如果你只是去体验,⽽没有这些信息引导.⽐如说你体验了很多痛苦的事情,你就觉得那些痛苦是真实的.

JO: Firstly, you grab onto someone else's concept and think you understand everything. But in life, it never ends; even if this girl tells you all the secrets of the universe today and you know them all, you still need to experience this material world yourself to understand things. However, your experiences are extremely valuable. It's not just about listening to a lecture and being done with it. If that were the case, there would be no need to create a material experience for you; you could just listen. The most significant aspect of your lives is your own experiences. They are invaluable and irreplaceable, and they are what truly expand your wisdom. But you must also integrate our information into these experiences because if you only have the experiences without guidance from this data, like experiencing a lot of painful things and believing that pain is real.

那些痛苦不过就是你内在的状态⽽已,它的结果,你的频率,你的信念投射出来的.所以你知道了,你再去体验,然后你再来看这些话.这就是你成长的过程.

Those pains are merely your internal states, the outcomes of which are projected by your frequency and beliefs. So you understand this, then experience it again, and finally look at these words anew. This is how you grow.

问: 我想知道我的前男友对我这么多年对我到底是⼀个什么样的感情?

Question: I want to know what kind of feelings my ex-boyfriend had for me over all these years?

JO: ⾸先你说的那个物质世界的他和能连接到的他,完全就不是⼀个⼈,完全就是两码事,明⽩吗? 因为物质世界的那个他就是⼀个像机器⼈⼀样,⾥⾯就是⼀堆程序⼀堆反应⼀堆记忆⼀堆死的东西.你说他就是⼀个沉浸在⼀个物质世界的相⽽已,他都不清楚他到底是怎样的,明⽩吗? 就好像他是⼀个梦游的⼈.如果⼀个梦游的⼈他说的什么话对你来说有意义吗? 你明明知道他说的就是梦话.就像⼀个傻⼦⼀个疯⼦⼀个神经病在那胡⾔乱语.对你来说有意义吗? 但是呢,你从中可以看到你到底为什么如此的去想要他的⼀个说法? 如果你明明知道他就是精神错乱的.

JO: First, the him you mentioned from the material world and the one who can be connected to are not the same person at all; they are completely two different things. Do you understand this? Because the him from the material world is just like a robot with a bunch of programs, reactions, memories, and dead things inside. You say he is immersed in a physical world appearance only, but doesn't even know what kind of being he actually is. Can you see that he's like someone walking around while asleep. If a person who is walking in their sleep says something to you, would it make sense for you? Clearly you know that they are just speaking nonsense. Like a fool, a madman, or a sick person babbling randomly. Would this have any meaning for you? But from this perspective, you can see why you're so insistent on his explanation. If you clearly understand he is mentally disordered.

问: 可能是我的执念吧.我觉得每⼀次都有⼀种被抛弃的感觉.

Question: Maybe it's just my obsession. I feel like there's a sense of abandonment every time.

JO:对,这才是你需要去看到的.你会觉得你的价值或者你的存在是在别⼈⼿上的.就好像对你的否定.你需要他承认他爱你、他在在乎你或者你很重要,然后你才很重要.明⽩吗?但是你需要认清楚的是….如果你不认清楚这个点就是你的存在价值是没有任何⼈可以否定的,我不管它是谁,哪怕它是个神.⾸先神不会来否定你,明⽩吗?任何会否定你的⼈,他只能是⼀个受限制的⼈.那如果他是⼀个受限制的,他就像⼀个神经病⼀样.就你完全可以不⽤去在乎他的话.那真正能够看到你的价值的,他们是神,他们知道.那是神的话,他们永远不会去否定任何,任何存在状态都不会被否定.所以说你还在乎谁去否定你吗?

JO: Yes, that's what you need to see. You feel like your worth or existence is in someone else's hands, as if it's a rejection of you. You need him to acknowledge that he loves you, cares about you, or thinks you're important for you to feel important. Do you understand? But what you need to realize is...if you don't recognize this point, your existence and worth are not something anyone can否定. No matter who it is, even if they were a god. First of all, gods wouldn't come to否定you, do you understand? Anybody who can否定you is someone with limitations. If they're limited, then they're like people with mental issues; you don't need to care about them. The ones who truly see your value are gods, and they know. If they're gods, they will never否定any existence state; they will never否定anything. So, do you still care about who might否定you?

哪怕他是你们物质世界上最⾼的存在,像个皇帝⼀样.他如果否定你说你⼀⽆是处的话,你就知道他是个神经病是错乱的.因为只有在错乱的认知,他才会有这样⼦的⼀个认为.如果是真正值得你去听的信息,他们不会否定你任何.他们知道你是⽆限的存在,他们知道只要你想要,你就可以创造任何,明⽩吗?只要你想要,你就可以成为任何你想成为的.你只是⽬前还不想要⽽已.that’s it.就这么简单.但是你随时随地当你决定你想要成为的那⼀刻,你就能成为任何你想要成为的.你说.

Even if he's the highest existence in your material world, like a king, if he denies you and says you're worthless, you'll know that he's wrong, delusional. Because only in distorted cognition would he have such an idea. If it's truly worth listening to, they wouldn't deny you anything. They know you're an infinite being, they know you can create anything you want, right? You just haven't wanted it yet. That's all there is to it. It's that simple. But whenever you decide you want to be something, you can become whatever you want at any moment. You said...

问: 我所谓的命中注定什么时候出现?

Q: When does what I call destiny manifest?

JO: 这么说吧,其实它所有东西都在那⾥.最混乱或者是束缚最⼤的也在那⾥.那你要不要把⾃⼰放的那么低去reach它,就是去体验它.还有那个最⾼的、毫⽆限制的、充满⾃由的,最⾼存在的也在那⾥.那你能不能把⾃⼰提升到那么⾼去reach它去够得着? 也就是说那个根也在⼟地⾥⾯,树上最⾼的果⼦也在树顶上.你到底是要和地下⾯去把根挖出来呢? 还是你要去最顶上去拿最甜的果⼦? 它们都在那⾥,你要做哪个? 明⽩吗? 你就想象它是⼀棵⼤树.这棵⼤树既在地下⾯也在地上⾯.它既有很甜很甜的果⼦,它也有很烂很烂的叶⼦.它什么都有.你想要爬到哪个部位去体验什么? 明⽩吗? 没有关系,你可以听录⾳.

JO: So let me put it this way: everything you need is there. Whether the situation appears most chaotic or restrictive, that's where it all happens. Do you have to lower yourself to reach these conditions and experience them firsthand? Or could you elevate yourself to a higher plane to reach for those unrestricted freedoms and the ultimate existence? It's like asking whether you should dig deep into the ground to uncover roots, or reach up high to pick the sweetest fruits - they're all available. You have to decide which path to follow. Can you understand this? Imagine it as a giant tree growing both underground and aboveground; it bears the most delicious fruit along with the stinkiest leaves; everything exists within its branches. Which part of the tree do you want to explore, and what experiences do you seek? Remember, there's no wrong choice, feel free to listen to the recording if needed.

问: 这样说我更加不太明⽩,我只想找寻⼀个答案…JO: 这样说是让你…. 因为这⾥没有⼀个固定的答案.它来⾃于什么? 来⾃于你⾃⼰的意识状态.我这么跟你说吧,如果你总是来找这个⼥孩⼦,不断地跟她交流,不断不断地扩展你的意识.我跟你讲,你很快很快就会变很多次.那如果你对这些信息嗤之以⿐,你觉得都是⼀些bullshit,你觉得就是⼀些rubbish,你没有兴趣.那你继续再回到你的物质世界体验.可能你终⾝就是活在现在的限制当中,就这么简单.

Q: So, I'm even more confused, I just want to find the answer... JO: This way of phrasing it is to lead you towards... because there isn't a fixed answer here. It comes from what? From your own state of consciousness. Let me explain this to you like this: if you always look for and communicate with this girl, constantly expanding your awareness. I'll tell you that you will change very quickly. But if you dismiss all these pieces of information as nonsense, thinking they're just rubbish, and have no interest in them, then you should continue experiencing the material world. You might live your entire life within these limitations, that's it.

问: 我在更新我的意识去创造眼前的现实.

Asking: I am updating my awareness to create the reality before me.

JO: 你的意识它决定了reach到什么.就是你可以... 这么说吧,你的意识状态就好像你的⼿臂.你不断的扩展你的⼿臂,不断地增长增长增长.你就能拿到树顶上最甜最⼤的那颗果⼦,对吧?如果你不扩展你的⼿臂,它就这么短.你只能够到你眼前能够到的.太远的太⾼的,你够不着,明⽩吗?因为你没有⼀个⽆限延伸的⼿臂.你们这个世界什么都在那⾥,它不是新的.它不是你们去创造的.⽽是说你们的意识状态决定了你们去看到什么体验什么.就同⼀件事情,它是完全不⼀样的结果的.那个结果取决于你到底是什么样的状态,明⽩吗?

JO: Your consciousness determines the reach to which you can go. That is to say, you... put it this way, your state of consciousness is like your arm. You continually extend your arm, growing and growing and growing. You can reach the sweetest biggest fruit at the top of the tree, right? If you do not extend your arm, it's short like this. You only can reach what's in front of you. Too far, too high, you can't touch them, understand? Because you don't have an infinitely extending arm. Everything is here in your world, it's not new. It wasn't created by you. Rather, it's your state of consciousness that determines what you see and experience. The same thing could be completely different results. That result depends on what kind of state you are in, understand?

问: 我不知道怎么做JO:你⽬前就只需要去跟随你内在的指引.就好像你现在就在做你想做的事情,你想要跟这个⼥孩⼦交流,你想要找到答案.那你就继续⾛这条路就好了.但是你要记住要明⽩的是,你不是纠结于外界的那个相.因为外界的相是根据你内在的变化⽽变化的.⽽是说你应该是不断地向内看,看到你⾃⼰的⼀些,你到底是⽤什么系统.这个才是最重要的.我不管你经历⼀天还是⼗天还是⼀百天还是⼀辈⼦,这个是不会变的.就是外在的相都是你们⾃⼰内在状态的投射,仅此⽽已.这就是为什么痛苦的⼈他们会有很多痛苦.为什么呢?因为他会经历很多痛苦来给他体验.体验很多痛苦过后,他会更加相信他相信的东西.他就不断地深化.

Q: I don't know how to do it?

JO: What you need to do right now is just follow your inner guidance. It's as if you're currently doing what you want to do, trying to communicate with the girl and seeking answers. Keep going down this path. However, remember that you should not be fixated on the external appearances because they change according to your internal transformations. Instead, you should constantly look inward to understand which system you are using. That's what matters most. It doesn't matter if it takes one day, ten days, a hundred days, or an entire lifetime; this won't change. The outer appearances are projections of your own inner state, nothing more. This is why those who suffer experience so much pain - because they undergo many painful experiences that provide them with understanding and allow them to deepen their belief in what they trust, thus becoming more convinced over time.

那为什么你们成功的⼈各⽅⾯都很成功呢? 他就不断地选择什么就成功什么呢? 明⽩吗?他也是体验了成功过后,他相信他⾃⼰做什么都能成功.他必然就创造成功、体验成功,明⽩吗?

That's why when you guys succeed in one area, you're successful in every other area as well? You always choose what you want and success follows suit, do you understand? After experiencing success, he believes that no matter what he does, it will be successful. Therefore, he inevitably creates and experiences success, do you get it?

问: 没有办法告诉我⼀个具体的命中注定的⼈,那时间呢? 就是可不可以看到我⼤概要多少时间要遇到那个⼈然后结婚?

Q: How can I be told about a specific destined person, and when will that happen? In other words, how long do I need to meet that person and then get married?

JO: 这么说吧,如果你的意识状态不变的话,就算你结了婚你还是会体验离婚的呀.问: 那我现在的意识状态是个什么状态,我⾃⼰也不太清楚.

JO: So if your mental state doesn't change, you would still experience a divorce even if you were married. Question: What is my current mental state, and I'm not quite sure myself.

JO: 你现在的意识状态的话,你还是觉得外在是最重要的,是真是的,是固定的.并不是这样⼦.你不信的话,你可以去看其他⼈.你觉得你⾝边的⼈他们真的是结了婚就幸福啦? ⽣了孩⼦就解决问题啦? 他们的问题只会越来越多.所以说你们物质世界的观念,通过结婚你们能找到幸福.那你看⼀下你们结婚的⼈多少⼈把恋爱对象杀死的?

JO: In your current state of consciousness, you still believe that the external world is most important, that it's real and fixed. That's not the case. If you don't believe me, just look at others. Do you think that everyone who gets married finds happiness? That having children solves all their problems? Their issues only accumulate over time. So your belief in the material world – thinking that marriage can bring happiness – let me show you how many people who got married ended up killing their romantic partners?

问: 我个⼈的独⽴性也好⽣活状态也好其实也可以不需要婚姻.

Q: My personal independence and lifestyle can actually do without marriage.

JO: 这不是需要不需要的问题.⽽是说你们物质世界的⼈需要看到的⼀个问题是结婚⽣⼦、有钱并不能解决你们的问题.只有⼀个可以解决你们的问题,那就是扩展你们的意识.除了这个,没有其他任何⽅法.我不管你是中了彩票,还是升了职,还是存了多少钱,还是结了婚,有多少爱⼈,⽣了多少孩⼦.这些梦想全部给你满⾜了,你还是痛苦的.它只能像⿇药⼀下,哎呀,开⼼⼀下.过段时间你看看,看看那个结婚好⼏年的⼈,明⽩吗? 那如果真的是结婚了好多年还是很幸福的,那他的意识是不断不断地在扩展不断地在变化的.他的内在不断地在成长.所以他内在的愉悦度和内在的和谐度⼀定是很⾼的,他外在才能呈现出这个相.不然的话,是不可能的.

JO: This is not a matter of whether or not you need it. It's about the problem that your material-world individuals face - that having money and being married doesn't solve your issues. The only thing that can solve your problem is expanding your consciousness. There are no other methods except for this. Whether you've hit the lottery, been promoted, saved a lot of money, gotten married, or have many lovers and children; all those dreams will be fulfilled for you, but you'll still suffer. It's like using morphine - it brings temporary happiness, then you'll see that after some time, even someone who has been happily married for years might not fully understand this.

If someone is truly very happy after being married for many years, their consciousness constantly expands and changes over time. Their inner self continuously grows. Therefore, their level of inner joy and harmony must be quite high. They can then manifest these qualities externally. Otherwise, it's impossible.

也就是说你们只希望升值、结婚或者是⽣孩⼦或者是我要有什么梦想,然后就能幸福.那是不可能的.明⽩吗? 只是从⼀个⽕坑跳到另外⼀个⽕坑.这些问题变成另外的问题.不断地有问题,不断地有事情.那只会让你们越来越⽆⼒,越来越觉得⽣命没有意思,越来越痛苦.

That means you just want to get rich, marry, have children, or that I should have dreams and then be happy. That's impossible. Do you understand? It's just like jumping from one pit of fire into another. These issues turn into other problems. There are always issues and problems continuously. This will only make you feel more helpless, find life meaningless, and increasingly suffer.

问: 但是⾝边百分之九⼗⼋的⼈都是这样⼦…JO: 这就是当你转变,你去看清楚这个事情.那你就可以带领更多⼈⾛出来,明⽩吗? 因为你也在加⼊你们这个集体观念的⼀些… 觉得⼥孩⼦长⼤了,⼀定要结婚要稳定.稳定不了的.没有什么稳定.外在的物质世界本⾝就是迟早崩溃迟早⽡解的.如果是真的稳定的话,秦始皇不会消失吗? 他多想稳定呀,他有多强的能⼒,对吧? 那他有多⾼的地位.那他为什么稳定不了呢? 他为什么不能长⽣不⽼呢? 他有那么多钱.⼀国之君.所有⼈都听他的.然后能稳定吗? 全世界的⼈都听你的,你都稳定不了.全世界的钱都给你,你也稳定不了.全世界的权⼒都给你,你也稳定不了.明⽩吗?

Q: But 98% of the people around you are like this… JO: This is when you transform and see clearly the situation. Then you can lead more people out of it, right? Because you're also part of that collective mindset - believing girls grow up to get married and have stability. Stability doesn't exist. The external material world itself will inevitably collapse and disintegrate sooner or later. If there was real stability, wouldn't Qin Shi Huang not disappear? He would've wanted stability more than anything, with all his power, wouldn't he? That means he had a high status. But why couldn't he be stable? Why can't he live forever? With so much money as the ruler of a country and everyone listening to him, how could he remain stable? Even if people worldwide were listening to you, you still wouldn't be able to maintain stability. If all the wealth in the world was given to you, you still couldn't keep it stable. And even with unlimited power, you wouldn't be able to stabilize things. Do you understand this?

所以你还指望结个婚,找个好对象就能让你稳定?

So you still expect getting married and finding a good partner will stabilize your life?

问: 这是我的执念吧JO: 这不是执念,这是你们物质世界创造的,就以为是这样⼦.因为你们还沉浸在物质世界这个相当中.你们并没有看到物质世界所有的相它实际上都是你们振动频率显化出来的⼀个果.那当你们的频率,你们的意识状态发⽣变化,这个果也在变化,明⽩吗? 你们的所有冲突,你们的所有限制,所有欢乐,所有美好都显现在这⾥.

Q: This is my obsession?

A: It's not an obsession; this is something created by your material world. You perceive it to be like this because you are still immersed in the aspects of your material world. You haven't seen that all the facets of the material world actually manifest as a result of your vibrational frequencies. When your frequency and state of consciousness change, so does this manifestation, do you understand? All of your conflicts, limitations, joys, and beauty are shown here.

问: 能不能连接⼀下我奶奶,她去世三年了.看她有没有什么话跟我说?

Q: Can you connect me to my grandmother? She passed away three years ago. Maybe she has something to tell me.

JO:你稍等.你奶奶她想带给你的信息还是说让你⼀定要去跟随我们的信息,然后⼼⾥不要担⼼不要害怕.因为你现在已经找到光了.然后这个光会把你带到幸福、快乐的路上.她让你不要担⼼不要害怕,就好像你之前⼀直是迷茫的,不知道怎么办.你现在已经找到⽅向了.然后这个⽅向就好像是⼀直有个⼈牵着你的⼿,然后会把你带到幸福的路上.

JO: Wait a moment. The message from your grandma is either to convey that you should definitely follow our guidance or to reassure you not to worry and not to be afraid because you've already found the light. This light will lead you down the path of happiness and joy. She asks you not to worry and not to fear, as if you were once lost, unsure of what to do. You have now found your direction. This direction is like someone holding your hand, guiding you towards a happy path.

问: 还有其他的信息吗?

Question: Is there any other information?

JO: 没有了问: ⼋字对⼀个⼈的命运真的那么重要和准确吗?

JO: Without question, is the eight character really that significant and precise in determining one's fate?

JO: 重不重要,你⾸先要看当事⼈他⾃⼰觉得重不重要.然后准不准确呢? 这么说吧,如果你在没有我们的⼲涉,我们就好像源头的⽔,然后你这个⽔是池⼦⾥⾯的⽔.如果我们的⽔没有流进来的话,那你这个⽔他们就能看到,明⽩吗? 他就能看到你这个浓度,他就来测你这⾥⾯含什么什么有多少多少,对吧? 那当我们源头的活⽔不断地流⼊不断地流⼊,你想你这个⽔,最开始是⼀杯盐⽔.你最开始的浓度,他来测⼀下是三⼗.那你想我的源头的⽔你接通了过后,你不断地加⼊.你今天接⼀点,变成了七⼗.再接⼀次,九⼗.就是它不断不断地在产⽣变化.明⽩吗? 所以如果他的命是固定的话,那就好像他这杯⽔就没有被源头碰过.他没有连接过源头.

JO: Does it matter, you first need to see if the person in question feels it matters. And is it accurate? Let me explain this way, suppose there was no interference from us - we are like water from a source, and you're the water in a pond. If our water didn't flow into your pond, they could see the water clearly, understand? They would be able to measure what's inside, how much of what etc., right? When the water from our source continuously flows in, imagine it starts as salty water in your cup. Initially, when you test its concentration, it might be 30%. Now imagine connecting to the source of living water continuously and adding more of it. Today you add a little bit making the concentration 70%, then again another addition bringing it up to 90%. It keeps changing constantly. Understand? So if their life is fixed, that means they are not connected to its source, as though their cup of water wasn't touched by the source.

那他这杯⽔是固定不变的,它的浓度也不会变.那甚⾄他们还通过浓度它以后会凝固成什么样⼦,明⽩吗? 那如果⼀旦你跟我们跟源头发⽣连接,那他们没有办法能测到.为什么呢? 就好像说我的⽔龙头⼀直在打开,⽔不断不断呼拉哗啦的进来.你早就没有那个咸味了,明⽩吗? 所以就已经测不到了.

That means his cup of water remains constant and its concentration doesn't change. Even they understand how it will solidify in the future, right? If you were to connect with our source, there's no way they could measure it. Why is that? Imagine my faucet always open, water continuously flowing in. You've long lost your salty taste, right? So, they can't measure it anymore.

问: 能不能透漏⼀下我未来⼏年是个什么样的转态吧?

Question: Can you give me a glimpse of what my future years might look like?

JO:⾸先你们这⾥真的是没有⼀个你们所谓的明年后年⼤后年这样⼦的⼀个状态.它更多的是你们⾃⼰的⼀个能量.就这么说吧,你现在播种了⼀个东西.那我们知道,OK,三五年它能长成⼀棵苹果树,开始结果了,对吧?所以这个还是取决于你的选择.因为你是⾃由的.你可以选择,OK,我今天选择跟源头连接.那如果我以后再也不连接了,我也不去相信它们的话.这是⼀个结果,对不对?那如果你今天不断地去听这个信息,⽽且你知道这个信息在说什么,⽽且你相信它,你愿意去实践,就是在⽣活中这么去看去跟随这些信息.那你就是完全不⼀样了,明⽩吗?那这个选择来⾃于谁呀?来⾃于你呀.因为我们⾼维不可能⼀直在那强迫你,你要这样你要那样.

JO: First of all, there really isn't a state here like the one you call next year, the year after that, or the year after that. It's more about your own energy. To put it simply, you've sown something. We know that, okay, three to five years later, it can grow into an apple tree and start producing fruit, right? So this is still dependent on your choice because you are free. You can choose, okay, I decide to connect with the source today. But if I never connect again after that, and don't believe in them either, that's a result, isn't it? If you constantly listen to this information and understand what it means, and trust it, and are willing to apply it, looking at life as a way of following these messages. Then you're completely different, do you see? Who makes this choice? It comes from you because our higher dimensions cannot force you to do something or the other continuously.

如果是强迫你的话,你就不是⽆限的了,你不是⾃由的.像我们告诉你,你是⽆限的,你是⾃由的,你可以体验任何你想要体验的.这⾥并没有⼀个唯⼀的路,就是你必须要⾛这条路你才能怎么样.为什么?我就算给你个三五年,你再去体验.体验到最后你又离婚又家庭痛苦,然后又回到我们这.你⼀下⼦你就能放下了.不执念于物质世界的什么结婚啊、家庭啊、另⼀半这些,明⽩吗?那那个体验也是有意义的呀.为什么?你三年过后,⼀下⼦就放下你的执念了.那就算你现在好像是听了我们的,但是你⼼⾥还是⼀直⼀直有这个念想.然后你五年⼗年后,还是有这个念想.五年⼗年过后,你还是没有放下你的执念.

If it were forced upon you, then you wouldn't be infinite, you wouldn't be free. As we tell you, you are infinite, you are free, and you can experience anything that you wish to experience. There is no single path here that says you must walk this road in order to achieve something. Why? Even if I give you three or five years for you to experience it again, even after experiencing everything, you still go through divorce and family pain, then return to us. Suddenly, you can let it all go. You don't cling to material world notions like marriage, families, or another half. Do you understand? That kind of experience is meaningful as well. Why? Three years later, you suddenly let go of your attachments. Even if now you seem to have listened to us, there's still a persistent thought in your heart that hasn't been resolved. Then, even after five or ten years, this thought remains with you. Five or ten years later, you still haven't released your attachment.

所以它跟你的选择,还有这⾥任何体验你都可以去正⾯的运⽤它.就是好的可以变成坏的,坏的可以变成好的.如果你真的只是想找⼀个肯定的话,那我们肯定你如果牵着我们的⼿,那你就可以拥有幸福、快乐、富⾜、强⼤、⾃由的⼀个⽣活.这个我们可以给你肯定.那你就是跟源头保持连接的状态.

So it relates to your choices and any experience you can apply positively here. What is good can turn into bad, and what is bad can become good. If you're simply looking for affirmation, we assure you that if you take our hand, you will have a life filled with happiness, joy, abundance, strength, and freedom. We can give you this assurance. You'll be in a state of connection with the source.

问: 可以通过冥想打通脉轮开三眼连接⾼我? 我想让周围的⼈不要受骗.

Q: Can chakra alignment, third eye opening, and connection to the Higher Self be achieved through meditation? I want people around me not to fall for deception.

JO: 如果这是你的兴趣的话,你就可以去做.可不可以由你来告诉⼤家? 因为你们每⼀个⼈都是独⼀⽆⼆的,⽅式⽅法是不⼀样的.所以你不能去跟随别⼈的,你只能是跟随你内在的兴趣.它才能把你带到你⾃⼰的路上,⽽不是别⼈.不管别⼈多有效.再说你只需要去成为你⾃⼰,你就在服务整个世界和帮助别⼈.你不需要刻意的去为什么去做什么.你看这个⼈他⾛错路,我要帮他.你这样更多的是限制他.为什么呢?如果你真正的明⽩⽣命存在的状态的话,你知道其实所有的体验都可以正⾯的去服务他们.他们都可以把它转化成对他们有利的.所以你避免不了什么.但是你却能去不断地转化.但是真正能转化的⼒量是来⾃于他们,他们到底有多想.

JO: If this is your interest, then you can do it. Can you tell everyone about it? Because each of you is unique, with different approaches and methods. So you cannot follow others; you must only follow your inner interest. It will lead you to your own path, not someone else's. Regardless of how effective others are. Besides, all you need to do is to be yourself, serving the world and helping others. You don't have to intentionally do anything for a specific purpose. Consider this person who went astray; I want to help them. Doing so more often limits them. Why? If you truly understand the state of life's existence, you would realize that all experiences can serve positively, transforming into something beneficial for them. So there is nothing you cannot avoid, but rather, continuously transform. However, the true power to transform comes from within them, depending on how much they want it.

因为如果他不想的话,你知道再多再能怎样都没有办法.因为真正的是⼒量是来⾃于他们⾃⼰内在.

Because if he doesn't want to, you know, no matter how much more there is, it won't make a difference. Because the real power comes from within themselves.

问: JO还有什么想对我说的或者是建议?

Question: Does JO have anything else they want to say to me or any advice?

JO: 稍等.你必须要相信你⾃⼰存在的价值和意义,⽽且你现在已经⾛在解脱和⾛向⾃由的路上.然后你只需要继续的⾛下去.这是今天给你的信息.

JO: Wait. You must believe in the value and meaning of your existence, and you are already on the path to liberation and freedom. Then all you need to do is continue walking forward. This is today's message for you.

#### 2023/09/06 — 集体意识的反射体Reflection of Collective Consciousness

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我感觉烟瘾⼤酒瘾⼤不知道咋回事. JO: 你可以问⼀下你这⼀世的⼈⽣主题.问: 我的⼈⽣主题是什么?

Q: I feel my nicotine and alcohol cravings are too strong, I don't know what's happening.

A: You might consider asking about the theme of your current life.

Q: What is the theme of my life?

JO: 你叫什么名字?问: XXJO:你这⼀⽣选择这⼀世就好像是⼀个特别快速的选择,⽽不是⼀个经过整顿就是静下⼼来的思考⽽去做出来的⼀个抉择.也就是好像是你稀⾥糊涂的⼀下⼦就被拉到这个世界上来了.所以说你的⼈⽣主题就是说如果把你丢在哪⾥,你就会去加深那个地⽅的能量呈现.就⽐如说如果把你丢在垃圾堆的话,你可能就是⼀堆很恶臭的粪来展现出这是个垃圾堆.但是呢,如果把你放到⼀堆鲜花当中,你也会很⾹,就是你的花也会很艳丽来让这⾥呈现的花更漂亮.所以你的出现更多是来加深你周围能量场的⼀个显现.也就是说你见⼈说⼈话,见⿁说⿁话.你跟⼈在⼀起你就是⼈模⼈样的,你跟⿁在⼀起你也是⿁的样⼦,明⽩吗?

JO: What's your name? Ask: XX JO: Your choice of this life is like a particularly quick decision rather than a deliberate and calm one. It's as if you were suddenly dragged into the world without much thought. Therefore, your life theme would be that if you were thrown somewhere, you'd deepen the energy presence there. For example, if you were in a garbage heap, you might show off its stench, making it seem like a dump. But if placed among flowers, even though you're not one, your scent and beauty would enhance the flowers' appearance, making them more beautiful. Your presence is primarily to deepen the energy field around you. In other words, you speak as people expect you to and interact with spirits in their mannerisms. You present yourself as human when among humans and as a spirit when among spirits, understand?

所以你的这⼀⽣,你的环境、你周围的能量场对你很重要.因为你很容易被它们拉扯进去,受外在的⼀个能量影响.所以其实到⽬前为⽌其实你⾃⼰到底… 就是你感觉这也不是你想要的⽣活呀.我也不想天天喝酒过上这种⽇⼦.我怎么就过上这种⽇⼦了? 但是呢,⾃⼰又好像没有办法跳出来,就好像有那种⾝不由⼰的感觉,明⽩吗?

So your whole life, the environment you're in and the energy field around you matter a lot because it's very easy for them to pull you in and affect you by external energies. So actually up until now, you really... You feel like this isn't the kind of life I want either. I don't want to live like this every day drinking alcohol. How did I end up living like this? But somehow, I can't seem to step out, there's a sense of being controlled by something, do you understand?

问: 有⼀点明⽩...

Q: There's something clear...

JO: 我们只是在⽤你们的语⾔让你更加的理解,所以你不需要去研究它每⼀个字.所以我们现在是要⽤你们物质世界,这个⼥孩⼦头脑⾥⾯和你的头脑⾥⾯,你们能去共同理解的⼀个字眼来表达.不然的话,如果只是能量的话,你们怎么能知道我们表达的是什么? 你们还需要语⾔这个⼯具.你们还需要语⾔来达到让你们交流的⽬的.所以你不需要抠字眼,什么见⼈说⼈话见⿁说⿁话.并不是指你是那种见⼈说⼈话,见⿁说⿁话.只是你会根据外在… 像变⾊龙⼀样吧.明⽩吗? 所以说如果你是从⼩出⽣在⼀个成功⼈⼠的家庭⾥⾯,你会变得很成功的.

JO: We are just using your language to help you understand better, so you don't need to dissect every word. Now we're using a term that resonates in both the physical world and in the minds of both you and this girl, allowing for common understanding. Without language as a tool, how could you possibly know what message we are conveying? You do still need language as a medium; you need it to facilitate communication. Therefore, there's no need to nitpick or tailor your responses based on whom you're speaking with. It's not about being one way with humans and another with spirits - though metaphorically, it can be likened to how a chameleon adapts its appearance according to its environment. If you've grown up in an affluent family, chances are that you'll have succeeded greatly in life.

问: 我不成功JO: 你看你⾃⼰的环境在哪⾥.你只是来加深显化你所处的这个⼈堆⾥⾯,所处的那个场合的能量状态⽽已.

Q: I didn't achieve success.

J: Look at your own environment. You're just here to deepen the manifestation of the energy state within this group of people and this particular setting you find yourself in.

问: 我感觉我⾃⼰从内⼼对外⾯控制不了…JO: 🗎,就像我们刚才信息说的,你⾃⼰也不知道怎么就过上这种⽇⼦了.也不是你⼼⽢情愿的,也不是你想要的,但是你就陷进去了.⾝不由⼰的那种感觉.

Q: I feel like I can't control myself from the inside out... JO: 🗎, just like what we talked about earlier, you don't even know how you ended up living this way. It's not something you willingly chose or desired, but you're stuck in it. There's a sense of being unable to control your own actions.

问: 我如何出来?

Question: How do I get out?

JO: OK,就像我们前⾯的信息说的⼀样,你扔到哪⾥你就是什么.那如何出来的话,那就是进⼊到不⼀样的能量场,然后你就会受另外的⼀个能量场影响,明⽩吗? 所以说当你去进⼊到另外的⼀个能量场的话,你就会变.就⽐如说你把你⾃⼰放到⼀些真正的,像是⽐如说教堂,然后你经常跟他们这些⼈在⼀起.你跟他们的⼈相处,经常去和他们⼀起做⼀些义⼯.你要经常去选择他们这⼀股能量,就是把⾃⼰放进去.就好像你现在把⾃⼰放到⼀个蓝⾊的墨⽔⾥⾯,然后你长时间的在⾥⾯,你已经变成了蓝⾊.你就觉得蓝⾊是你.但是呢,你现在又把⾃⼰放到红⾊的墨⽔⾥⾯,你放到⾥⾯的时间⾜够长,慢慢慢慢你就变成红⾊了,明⽩吗?

JO: Alright, as our previous information stated, you are what you throw. If you want to leave, it means you have entered a different energy field, and thus will be influenced by another energy field. Understand? So when you enter into a different energy field, you change. For example, if you put yourself in an actual place like a church, and often hang out with these people. You interact with them and do volunteer work with them regularly. You should choose to be around this energy constantly, by placing yourself within it. It's like you are now immersed in blue ink, and over time, you have become blue. Blue is now what you identify as. But now, you're putting yourself into red ink, and if you stay long enough inside, gradually you will turn red. Understand?

所以说如果你换了另外⼀种,就是在教堂这样的环境⾥⾯.你不断地选择去加⼊他们,去做⼀些义⼯.慢慢慢慢你也会变得跟他们⼀样.

So if you switch to another type, say in a church environment, where you constantly choose to join them and do some volunteer work, over time, you will become like them.

问: 绿⽔和红⽔有啥区别? JO: 你说呢?

Q: What's the difference between green water and red water?

JO: What do you think?

问: 我和我⼤⼉⼦的关系是啥? JO: 你⼉⼦今年多⼤?

Question: What is my relationship with my elder son?

JO: How old is your elder son?

问: 26JO:从⾼的层⾯来看,你的这种存在会让让你⼉⼦,就是⼀部分他也是在受你的,就是把你放到蓝⾊的墨⽔⾥,你就是蓝⾊的,他⼀部分也会受到你这种蓝⾊的限制也会受你这个能量的拉扯和影响.但是他另外⼀部分也会⾮常的抗拒.然后他完完全全的抗拒这种,完完全全的不想成为你的这种⼈⽣的版本吧.所以说他⼀⽅⾯受你影响,另⼀⽅⾯他又是抗拒.所以在这样⼦⼀个能量的拉扯下,会导致他⾃⼰内在也会产⽣很多冲突.所以他也需要去协助才能完全的脱离出来或者是正⾯的运⽤这段关系服务于他.其实受你的能量影响,其实是受这个集体意识的影响.你只是显现了你们集体意识的⾯貌⽽已,因为总的来说你也是受害者.

Ask: 26JO: From a high level perspective, your existence will affect your son, who is part of you, by putting you in blue ink; you would be blue, and he would partly feel the constraints of this blue essence while also being pulled and influenced by your energy. However, another part of him would greatly resist. He would completely oppose becoming someone like you entirely not wanting to embody that version of his life. Thus, he is influenced on one hand but resists on the other. Under this energy tug-of-war, it leads to internal conflict within him. He needs assistance to fully detach or positively utilize this relationship for his benefit. In essence, being affected by your energy means being influenced by collective consciousness; you merely represent the collective's appearance because ultimately, you are also a victim.

你也是那个能量和集体意识的受害者.因为如果你们的能量和集体意识变了的话,那你也就变了,你就不是这个相了.所以你的相就好像只是显现出你们那个集体意识的状态⽽已.就这么说吧,如果你们那个集体意识的⼈都乱扔垃圾的话,那这⼀堆垃圾就是他们乱扔出来的.那如果他们都不乱扔垃圾,都⾮常的爱护环境,都是保护环境的⼀个⼼态.那这⾥就没有垃圾呈现了,明⽩吗? 所以你也是受到集体意识的影响.

You are also a victim of that energy and collective consciousness. If your energy and collective consciousness were to change, you would change as well, and thus you would not be this manifestation anymore. Hence, your manifestation is merely an appearance of the state of your collective consciousness. To put it simply, if everyone in your collective consciousness were to litter, then this pile of trash would be a result of their乱扔 (their actions). Conversely, if they all took great care of the environment and had a mindset focused on its preservation, there would not be any trash here, right? Hence, you are also affected by collective consciousness.

问: 我你说的意思感觉我跟我⼤⼉⼦的关系有缺陷,是不是?

Question: Does it seem to you that my relationship with my elder son has a flaw?

JO: 怎么说这个缺陷的问题呢? 因为你们本⾝关系就没有所谓的缺不缺陷或者是完不完美.为什么呢? 因为这个都好像是⼀个拼图或者是像⼀个齿轮.但是你觉得你这个齿轮在不断地被外界被其它的齿轮给带着⾛.但是还有⼀点你记住,你也可以带动其它的齿轮让它跟着你⾛.所以⼒量永远是来⾃于你.所以不需要去埋怨别的齿轮不断地在⽤⼒,你在被它们影响,你在跟着它们⾛.但是当你真正发⼒的时候,你就会带动其它的,明⽩吗?

JO: How do you talk about this flaw issue? Since your relationship with all of that doesn't involve any concept of flaw or perfection. Why is that? Because it's like a puzzle piece or a gear, but you feel like you're being pulled along by the external forces and other gears. But remember, you can also drive those gears to follow you. So the power always lies within you. You don't need to blame other gears for constantly exerting force on you; you're influenced by them, following their lead. But when you really put your effort in, you'll be able to drive others along, understand?

问: 我和我⼩⼉⼦的关系感觉也不好.有时候见⾯说说话,感觉不亲切.

Question: I feel that my relationship with my son isn't good either. Sometimes when we meet, it feels impersonal.

JO: 这么说吧,如果我来说你的⼈内在,你现在已经是四分五裂的,就是它⾥⾯有很多不同的能量,明⽩吗? 你内在都是⼀个混乱的.为什么呢? 因为它参杂了很多不同的能量,各式各样的能量都在⾥⾯.所以到底哪个是你呀? 很多⾯你都会体现出来的,就是你会有很多⾯的.那⼀会⼉你是这个⾯,⼀会⼉你是那个⾯.你都不稳定.明⽩吗? 你就想象你的⾝体⾥⾯同时住了很多⼈.那很多⾯它都有不同的能量状态.所以说你⾃⼰内在都是处于这种有冲突的状态.当你有冲突的话,你如何去表达你⾃⼰? 所以你即使想要去表达你⾃⼰,⽐如说跟孩⼦表达你的爱,你都没有办法.因为它另外的⼀⾯又出来了,另外那个⽐如说充满愤怒或者是焦虑的⾯.

JO: Let me put it this way, if I were to describe your inner self right now, you are fragmented, meaning there are many different energies within you. It's chaotic inside you. Why? Because it contains a multitude of various energies - all sorts of energies are present. So, who are you exactly? You manifest in multiple aspects; you have many facets. Sometimes one side is dominant, and at other times another side takes over. Your state is unstable. Understand? Imagine there are many people living inside your body, each with their own distinct energy states. Therefore, you're experiencing an internal conflict. When you have conflicts within yourself, how do you express yourself? So even if you attempt to express yourself, for instance by conveying love to a child, it's impossible because another aspect of you surfaces - one filled with anger or anxiety.

另外那些⾯,它不断地在出来.明⽩吗? 你必须要有坚定的⼀个⽬标.你想不想从这⼀群群魔乱舞的⼈群当中跳出来? 你想不想不成为他们的⼀员? 这个集体意识的洪⽔,你想不想不加⼊这个洪流? 你⾸先你⾃⼰有没有坚定地意志或者是意念,你想不想要去脱离它? ⽽不是说随波逐流的状态.

In addition to those aspects, it keeps appearing. Understand this? You must have a firm goal. Would you like to stand out from the crowd of chaos and disorder? Do you wish not to be one of them? In this sea of collective consciousness, do you want to avoid being swept along by its current? First and foremost, do you have the determination or intention within yourself to break free from it, rather than just floating with the tide?

问: 我不是洪流,是急流.

Question: I am not a flood, but a swift current.

JO: 然后如果你有坚定地意念,你想要从他们这⼀股能量当中脱颖⽽出或者是出来的话,那你唯⼀可以借助的就是去跟随光.

Then if you have a firm intention and want to stand out or emerge from this energy, the only thing you can rely on is to follow the light.

问: 我想出来,你给我引导引导.

Question: I want to come out; can you guide me?

JO:那就是说去选择靠近⼀个你最喜欢的能量.就⽐如说你特别欣赏⼀个⼤哥,他为⼈处世特别的淡定,特别的友好,特别的慈悲.你就跟着他,然后他的能量就会慢慢慢慢的影响你,明⽩吗?所以你需要去选择⼀个能让你从⼼底⾥想要去跟随他、信服他,然后想要靠近他的那个能量.然后去靠近他,你就会被他影响,成为他那样的⼈.你的⾔谈举⽌、你的能量都会变成像他⼀样.所以说你去发现这样⼦的⼀个⼈.

JO: That means choosing to be close to the energy you love most. For instance, if you admire a big brother who is exceptionally composed, friendly, and compassionate, you follow him, and his energy gradually influences you. Understand? So, you need to choose an energy that deeply wants you to follow, believe in, and get closer to it. Then, go near him, and he will affect you, turning you into someone like him. Your speech, behavior, and energy will resemble his. Therefore, you should find such a person.

问: 我和我的⽼婆的关系?

Q: What is my relationship with my wife?

JO: 你稍等.这么说吧,你⽼婆就是⼀个能量特别强⼤,如果她是⿊⾊的话,你就是⽩⾊.她就很容易把你染上颜⾊,明⽩吗? 就是你是个⽩板,她是⿊⾊.那你这个⽩板⼀下就被她染成⿊⾊了.所以说她对你的影响会⾮常⼤.如果她的状态特别好的话,你就会好⼀点.如果她的状态特别差的话,你就会很差.也就是说她在能量层⾯对你的影响很⼤.

JO: Wait a moment. Let me put it this way; your wife is someone with immense energy. If she were black, you would be white, meaning that she would easily infuse you with her color. It's like starting on a blank canvas when she's the pigment; hence, her influence on you will be significant. Should she be in good condition, it might improve your situation somewhat. Conversely, if she is in poor health, you could end up far worse off. This illustrates that at an energetic level, her impact on you is substantial.

问: 确实.你说的对.

Q: Indeed. You're right.

JO: 所以说你就好像是间接的投射出她的内在的⼀个状态,就是她真实的⼀个频率和能量状态.也就是如果她欢天喜地的话,你⼼情也会好.如果她⼤发雷霆的话,你更加愤怒,这样⼦.

So you essentially project her inner state indirectly, her true frequency and energy state. That means if she's elated, your mood will improve. If she's really angry, you become even more enraged, like that.

问: 我们发脾⽓,我俩都不让对⽅.为啥俩⼈都要这样呢?

Q: Why do both of us get mad and neither of us gives in?

JO: 因为你们⽬前物质世界的⼀个认知,就是你们的意识⽔平⽔准就在这样的⼀个阶段.所以导致你们出现你所说的这些东西,因为你们⽬前内在状态和⽔平⽔准就在这⾥.那当你们不断地去扩展你们的意识,然后像你们说的发脾⽓或者是争吵这些,你们就知道你们不需要它.

JO: Because of your current level of understanding about the material world, you think that your consciousness is at this stage right now. This causes you to experience what you're describing because of your current inner state and level. When you constantly expand your awareness, and then get angry or argue like you say, you realize that you don't need it anymore.

问: 我们俩会不会离婚?

Question: Will we get divorced?

JO: ⾸先会不会离婚只是你们物质世界的选择,就是你们个⼈的选择.但是在真正的⼼灵层⾯,就是能量层⾯灵魂层⾯你们之间有没有连接? 并不是有结婚证就代表你们有连接,没有结婚证就没有连接.所以说离婚只是你们物质世界的相,你们愿意选择什么相你们就选择什么相.但是相它并不能代替取代你们之间真正的关系,明⽩吗? 所以说你选择什么相?

Firstly, divorce might be a choice in your physical world, which is your personal choice. But on the true spiritual level, energy level, soul level, is there a connection between you two? Marriage certificate doesn't mean you have a connection; no certificate means no connection. So divorce is just a manifestation in your material world. You choose what form it takes. However, this form cannot replace the actual relationship between you, understand? Therefore, you choose what form it takes.

问: 以后我的⽣活是幸福的状态呀? 还是没有幸福的状态呀?

Question: Will my life be in a state of happiness or without it in the future?

JO: 当你⾃⼰对你⾃⼰越来越满意,就会越来越幸福.所以它取决于你⾃⼰对你⾃⼰的⼀个满意度.

JO: When you become more satisfied with yourself, you will be happier. So it depends on your own level of self-satisfaction.

问: 我的孩⼦以后的⽣活状态会不会好?

Question: Will my child's future life situation be better?

JO: ⾸先这⾥并没有好还是不好,只有你的意识有扩展还是没有扩展,有提升还是没提升.所以说你可以通过很多你们表⾯上不好的物质体验⽽把它变成是你进步的台阶⼀样.但是如果你⽼婆选择⾛上光的这条道路,你们的孩⼦会⾮常好,所以你不需要担⼼这个,明⽩吗?

JO: First of all, there's no good or bad here; only whether your consciousness has expanded or not, whether it has improved or not. Therefore, you can turn many of your seemingly negative physical experiences into stepping stones for your progress. But if your wife chooses to go down the path of light, your children will be very good, so you don't need to worry about this, do you understand?

问: 能不能想办法把我的酒戒了?

Question: Can anything be done to help me quit drinking?

JO: 你们唯⼀能戒掉,这个不叫戒.因为如果你说戒掉的话,你还在肯定你以前的⾝份,就是说我是这个⼈,我有这个瘾.但是真正的你们所谓的戒掉,就是你不再做某⼀种强迫性持续性的⼀个动作.就⽐如说你喝酒是因为你觉得⼼底⾥是空的,你想要⽤酒精去填满,你觉得很痛苦或者是⽤酒精让⾃⼰缓解.那你就必须成为那个⼼⾥没有那个空洞和痛苦,⽽是快乐的状态.所以必须是你⾃⼰个⼈的频率和意识发⽣转变,然后你的⽣活和周遭的⼀切才会发⽣转变.所以如果你的⼈格和意识都没有发⽣转变,只是单独的去从你这个,就是你现在什么都不变,只是单独的把你这个拿⾛的话.那你可能不喝酒了,但是你可能又赌了.就是你会从⼀个瘾跳到另外⼀个瘾,明⽩吗?

JO: The only thing you can truly overcome is not called quitting. Because if you say you are quitting, you are still acknowledging your previous identity as someone who has the addiction, meaning "I am this person, I have this addiction." However, what we call real 'overcoming' means that you no longer engage in a compulsive and sustained action. For example, if you drink alcohol because you feel an emptiness inside, trying to fill it with alcohol due to pain or as a form of relief, then you must become someone who doesn't have this sense of emptiness and pain but rather exists in a state of happiness. Thus, it requires your personal frequency and consciousness to change; only then will your life and surroundings shift accordingly. If your personality and consciousness do not undergo such transformation, merely removing the addiction without changing anything else is like swapping one vice for another; you might stop drinking but potentially start gambling instead. Do you understand?

如果说真正的要简单⼀点,就是从你们的物质世界要怎么样去脱离这个.还是说你去接触不同的能量,接触不同的⼈群.当你的能量随着他们的能量不断地在转变的时候,你就会转变.也就是说你需要依靠外在的能量把你给拉出来.

If we were to simplify it truly, it's about how you detach from this material world that you're in. Or perhaps, by engaging with different energies and connecting with diverse groups of people, as your energy shifts with theirs, you too will transform. In essence, you need the external energy to pull you out.

问: 你说的也对.我感觉男⼈出去吃饭就是喝点⼩酒抽个烟,不然不像话嘛JO: 就像前⾯的信息,你只是去显现出你⽬前这个物质世界,就是你所处的这个圈⼦的能量状态,你只是去加深它⽽已.

Q: You're right. I feel like men going out to eat is about drinking a little and having a smoke; otherwise it's not acceptable. Like the previous message, you're just there to project your current state of being in this physical world, that energy environment you're in, and deepen it merely.

问: 那咋去掉?

Question: How do you remove that?

JO: 那就是选择不同的圈⼦.

JO: That's choosing different circles.

问: 我感觉内⼼发出来很不好的东西,爱做噩梦.这咋回事?

Question: I feel that evil things are emerging from within me, and I often have nightmares. What's going on?

JO:就好像我们前⾯的信息,你内在就好像…这么说吧,你是个容器.然后外⾯不同的能量,橙汁、啤酒、矿泉⽔、苏打⽔,各种饮料都在往你这个容器⾥⾯倒.那也就好像⼀个垃圾桶,各种垃圾都往⾥⾯扔.所以你就会吸收很多很多外在不同的能量,导致你不只是睡觉,还有⽩天很难还有⼼安就是⼼安定下来,⼼平⽓和,就是⼼⾥不烦躁的⼀个状态.

JO: It's like the information we've discussed before; you're like a vessel. Different energies from the outside - orange juice, beer, mineral water, soda, various beverages - are being poured into this vessel of yours. Similarly, it acts like a trash bin where all sorts of garbage are thrown in. As a result, you absorb many different external energies, leading to not just sleeping but also making it difficult during the day to feel calm and composed, with your mind being free from agitation.

问: 我知道,我以前爱喝矿泉⽔和饮料,我不喜欢吃糖.我感觉⼀喝酒我的胃受不了.你给我解释解释.

Q: I know that I used to like drinking mineral water and drinks, but I don't really fancy sugar. I feel uncomfortable after drinking alcohol. Can you explain this to me?

JO: 你的胃更多是你能量的⼀个影响.因为你的能量特别杂、特别混乱,就是受到外在很多刺激.它更多的是因为外界的能量对你的刺激导致你不只是胃,浑⾝都不是很舒服.就很难提的上劲,就是懒洋洋,很难打起精神精⼒充沛的那种状态.因为它不断地在拉扯你,⼀个往左拉,⼀个往右拉.你很难安定的站在那或者是坐在那,就是不断地在受拉扯.

JO: Your stomach is more affected by your energy. Because your energy is particularly mixed and chaotic, influenced by many external stimuli, it's not just your stomach that feels uncomfortable; your whole body feels uneasy. You find it hard to muster up energy and constantly feel sluggish, struggling to be spirited and full of energy. This is because your energy is constantly being pulled in different directions—one pulling left, another pulling right. It's tough for you to stand or sit still due to this continuous tugging.

问: 我怎么弄好呢?

Question: How do I do it well?

JO: 减少去接触⼈,然后多去接触正能量的⼈,就是能量⾼的⼈,就是他们都是正能量,都是充满爱和平和的能量.去选择这样⼦的.

JO: Reduce your contact with people and instead connect with positive energy individuals, those who radiate high vibrations of positivity, love, and peace. Choose to be around such people.

问: 你说的意思我明⽩.正能量的⼈打败负能量的⼈.我俩个礼拜不吃饭了,光喝⽔.不吃饭⾏不⾏啊?

Q: I understand what you mean. The person with positive energy beats the one with negative energy. Can we go without eating for two weeks just drinking water? Is it okay to not eat anything?

JO: 不吃饭⾏不⾏? 它是根据你们每⼀个⼈不同的⼀个能量状态⽽定的.所以说这⾥没有⼀个统⼀的答案,明⽩吗?

JO: Can we not eat? It's determined by each person's unique energy state. Therefore, there is no uniform answer here, understand?

#### 2023/09/07 — 外在并不是真实的,只是你的训练场 The outer world is not real; it's just your training ground.

JO: 你说吧,什么问题? 问: 我的灵魂主题是什么? JO: 你叫什么名字?

You: Tell me, what's your question?

Question: What is my soul theme?

You: What's your name?

问: XXXJO: 你这⼀⽣的灵魂主题就好像⽐如说你来的时候你会有很多消极或者限制性的信念,就是在你现在的个性⾥⾯你看事情⽐较消极,很难变得⾮常的胸有成⽵.就是从⼀种消极和担忧的状态变成⼀个没有任何担忧、积极、强⼤的状态.所以你会在转变之前,就是前半⽣你会经历体验到你⾃⼰性格的这种,就是对什么事情都有⼀点担⼼害怕,就不能很好的去享受你的⽣命.可能你担⼼的事情会⽐你正常⽣活享受⽣命的状态会多很多.虽然其实表⾯上看上去没有特别⼤的事情让你担忧,也就是说你⾃⼰承载事情的能⼒还有你对事情的⼀个态度…但是这个是你去转化转变它的⼀个过程,明⽩吗?

Q: XXXJO: Your soul theme throughout your life seems like you came with many negative or limiting beliefs. You see things in a pessimistic way and find it hard to become very well-prepared. So, transforming from being overly cautious and anxious into an entirely worry-free, positive, and powerful state is what you're aiming for. In the first half of your life, you would experience your own personality being hesitant about most things, making it difficult to fully enjoy your life. You might have more worries than in a normal day when you're simply enjoying your life. Although on the surface there may not be significant concerns, this is because your ability to handle situations and your attitude towards them... are undergoing the process of transformation. Do you understand?

问: 就是需要我去转变,是吗?

The question is: Does it mean I need to change?

JO: 这是你本⾝就会是⼀个多虑、担忧⽐较害怕的这种性格.然后你想要通过这⼀⽣变得没有什么好害怕的那种状态.这就是你⼀⽣去转变它的⼀个主题.

JO: This is a personality that naturally tends to be anxious, worrying, and somewhat fearful. Then you aspire to become someone who has nothing to fear throughout your life. This is the theme you aim to transform over your entire lifetime.

问: 还有别的吗?

Question: Is there anything else?

JO: 当你真正的转变成那种就好像是个战⼠⼀样什么都不害怕,就是完完全全成为了另外⼀个⼈格.然后你的灵魂主题你就可以去体验任何你想要去体验的,因为你没有什么惧怕的.就⽐如说现在你还有点缩⼿缩脚,还会有很多担⼼、顾虑,还会怕.表⾯上看上去是⼀种谨慎,但是好像是你内在的那种没有底⽓、不⾃信、没有胸有成⽵.因为其实这个过程在你更⾼的层⾯你是知道其实这⾥没有什么好害怕的,明⽩吗? 但是这是需要你⾃⼰去突破的⼀个点,需要你⾃⼰通过物质世界的这层体验去明⽩这⾥什么都没有,然后达到这种状态.就好像这么说吧,你是⼀个新兵.你上战场你会害怕的要命,对吧?

JO: When you truly transform into someone like a warrior who is not afraid of anything, fully becoming another personality. Then, your soul theme allows you to experience whatever you want, because there's nothing to fear anymore. For example, currently, you might still be hesitant and have many concerns, fears. It appears cautious on the surface, but seems like a lack of confidence within, no backbone, and not feeling sure about yourself. Actually, at your higher levels, you know that there is really nothing to fear here, right? But this requires you to break through it by yourselves, needing to understand through your experiences in the material world that there's nothing here. You need to reach a state where you're no longer afraid. It's like being a new recruit. When you step onto the battlefield, you'd be terrified, wouldn't you?

那你通过这⼀世来不断地上战场去战胜你的恐惧,然后最后就变成⼀个⽼兵.⽼兵上战场就没有什么好害怕的.当你成为⼀个内在没有恐惧、没有担⼼害怕的⽼兵.你是不是就可以去任何战场作战了? 不需要去挑战场.你可能最开始还会挑选⼀个隐蔽好的、风险低的,你还会考虑这些.

Through this life, you constantly go to battle and conquer your fear, eventually becoming a veteran. A veteran has nothing to fear when they're on the battlefield. Can you then fight in any battle without being afraid or worried? You might still choose a well-concealed and low-risk front at first, considering these factors.

问: 谢谢你,你说的⾮常⾮常的对.有没有什么快速的转化我当下的这种灵魂主题?

Q: Thank you, you're absolutely right. Is there a quick way to transform this current theme of my soul?

JO:就是你知道外在的所有相,它只是你的⼀个演练场,它只是来供你练习的,它不是真实的.因为你们现在处在物质世界,⼤多数的⼈都会觉得外在的所有相是真实的.是那个坏蛋他让我充满了恐惧,我要把那个坏⼈给杀掉,明⽩吗?你们就会觉得是⽇本⿁⼦的错,是这个的错,是那个的错,是你们这些凶神恶煞的⼈的错,是你们这些恐怖分⼦的错,明⽩吗?但是你要知道⼀切都只是⼀个能量的展现.然后这样⼦,就是当你不再去找外在错,就是不再去把眼光看到外在,⽽是看到内在.那你就知道我之所以投射出这些担⼼的相给我⾃⼰并不是说这个事情真的值得担⼼,⽽是说我的能量是处于⼀种担⼼的状态.那什么让我觉得担⼼呢? 是因为我觉得我会把事情做不好?

JO: You know all the appearances out there, they are just your practice ground; they are provided for you to practice with, not real. Because you're in this material world now, most people will think that all these appearances are real. It's that bad guy who fills me with fear and I should kill him, got it? You think it's the fault of those Japanese devils, it's this person's fault, that person's fault, yours is the fault, or mine as the ruthless ones or terrorists', got it? But you need to know that everything is just an expression of energy. Then when you stop looking for outer wrongs, i.e., not fixing your gaze on the outer world but turning inward, then you understand why I project these worries onto myself-it's not because this matter deserves concern, but rather my energy is in a state of worry. What makes me feel worried? Because I feel that I won't do things well.

那为什么我会觉得我会把事情做不好呢? 因为我对我

Why do I feel like I won't be able to do a good job? Because of my self...

⾃⼰不够⾃信.你这样⼀步⼀步的,明⽩吗? 那就算事情做不好,我为什么担⼼出错呢? 担⼼出错了后别⼈会怎么说我.你就⼀步⼀步的去看到原来这⾥我做任何事情都不会错,明⽩吗? 因为任何事情你都可以从当下的那⼀刻从那件事情当中受益.所以最重要的是你有⼀颗看的清楚,⽽不是进⼊幻像.就这么说吧,就像猴⼦捞⽉⼀样.现在我们是看着你们是猴⼦在⽔⾥⾯捞⽉亮.那我们只是说你这只猴⼦你看⼀下⽉亮在天上呀.你看到所有⼈都在⽔⾥⾯捞⽉亮,你也跟着去.

You lack self-confidence. You see, if you do this step by step, understand? Then why should I worry about making mistakes when things don't go well? Why should I care what others will say about me after a mistake is made? Just take it one step at a time and realize that actually, in any situation here, I can never make a mistake. Understand? Because anything you do, you can always benefit from the present moment within that thing itself. So, the most important thing is to see clearly, not to fall into illusions. To put it simply, like a monkey reaching for the moon. Now we're watching you monkeys trying to catch the moon in the water. We're just saying, look at the moon up there, above you. You see everyone else also trying to grab the moon underwater and you follow them as well.

问: 我的天赋才华是什么?

Question: What are my innate talents?

JO:你的天赋才华应该说是你有⼀个优点就是你特别能听的进去别⼈的建议和劝告,就是你是很敞开的.你不是那种就⽐如我们前⾯有⼀个⼈过来接收信息,她的脑⼦是堵塞的.她是过来检验你的信息,就是她脑⼦⾥⾯有⼀套.她想要过来跟你检验和她脑⼦⾥⾯的⼀不⼀样.你那个不对,她就觉得你是胡说⼋道.明⽩吗?那她就错过了成长的机会.她的脑⼦把门给关上了.然后这是你的⼀个优势,你很敞开,就是你很听劝.就是你愿意把⾃⼰敞开,不断地让活的⽔进来,⽽不是死守着你那些死⽔.因为很多⼈他守着⾃⼰那⼀滩死⽔,别⼈不能侵犯他,别⼈不能冒犯他.不然的话,别⼈就是⼀个攻击者袭击者.就会对他们产⽣很⼤的冲击,明⽩吗?

JO: Your natural talents should be considered a virtue that you are particularly receptive to others' suggestions and advice. You are very open-minded. Unlike someone who might come in with preconceived notions, she is there to test your information. Her mind has its own framework; she wants to compare what you have against her own thoughts. If anything doesn't match up, she thinks you're just making stuff up, missing the chance for growth. She shuts off her mind. This is one of your strengths - you are open and willing to take advice. You let fresh water in continuously rather than holding onto stagnant waters that can easily be threatened by others. Many people cling to their stagnant waters, fearing intrusion or offense from others, seeing them as attackers who could cause a significant impact on them.

因为如果这个⼥孩⼦她不敞开的话,你觉得我们通灵交流会发⽣吗?不会发⽣的话,你们⼈类也进步不了.你们就会以为你们脑⼦⾥⾯那⼏个东西是对的,是正确的.那句话叫,⾃以为是.就好像我们去跟猴⼦说⽉亮不在⽔⾥⾯,在天上.它不相信,说: 你看,这么清楚.你眼睛瞎啊? 明明就在这⾥.明⽩吗? 所以你正好是⾮常敞开的.那你敞开的话,你就不断地成长、不断地交换、不断地扩展.所以你的成长和转变就会很快.就像你刚才问怎么样会很快.这个就是快的⼀个⽅式⽅法,你就不会在原地踏步.

Because if this girl doesn't open up, would you think that our spiritual communication would happen? If it doesn't happen, then humans won't progress either. You will just believe that the few things in your mind are right and correct. That phrase is called arrogance. Like when we go to tell monkeys that the moon isn't in the water but on the sky; they don't believe us and say: Look how clear it is. Are your eyes blind? It's right here, clearly. So you need to be very open-minded. Then, if you are open, you will constantly grow, exchange, and expand. Therefore, your growth and transformation will happen quickly. Just now when you asked how to progress fast, this is one way to do it; you won't stay on the spot.

问: 我怎样去追随我的天赋才华去做事情,让我的天赋才华更好的展现出来? 怎样才能活成最⾼版本?

Q: How do I follow my talents and skills to pursue things, allowing my talents to be better manifested? How can I live up to my highest potential?

JO: 那就是你先完成你的灵魂主题,你要拿到你的勇⽓和⾃信,来突破这个⼈格.因为当你突破过后,就是最⾼版本了.

JO: That's about finishing your soul theme first; you need to gain courage and confidence to break through this personality. Because once you've broken through, it will be the highest version.

问: 关于这个问题还有什么更深⼀点的解答?

Question: Is there a deeper explanation for this issue?

JO: 你稍等.我们想让你们看清楚就是说你们物质世界还有关于你的这个⾁体,这两个都会是你们的障碍.什么障碍呢? 就是你很难去发现这个物质世界实际上只是你的⼀个训练场.它并不是是⼀切.因为你们容易把你们的⾁体当成是⼀切.所以你们会有很多恐惧,恐惧我这具⾁体会⽣病、死亡、消失或者受伤.有很多这样的担⼼.因为你们想要确保这个⾁体不会有什么问题.但是如果你们把所有的时间和注意⼒花在如何去看好这具⾁体的话,你们会失去很多去理解和感悟⽣命的状态.因为你们⾸先要知道你们物质的⼀切就好像它不只是你们⼈类去运⾏的,⽽是属于能量去运⾏的.这么说吧,能量就好像是⼀个程序.那你这个电器你设置了⼀个程序.

JO: Wait a moment. We want you to understand clearly that both your material world and your physical body are obstacles for you. What kind of obstacle? It's that it's hard for you to realize that the material world is actually just a training ground for you. It isn't everything. You tend to view your physical body as everything, which leads to many fears about your body getting sick, dying, disappearing, or being injured. There are many concerns related to this. You want to make sure that there's no issue with your body. But if you spend all your time and attention on how to take care of your body, you will miss out on understanding and experiencing the state of life. Because first, you need to understand that everything material doesn't just run by humans; it runs by energy. Think of energy as a program, like an electrical appliance with a programmed setting.

⽐如这个微波炉你设置了⼀分钟,对吧? 那就是你定的时,对吧? 但是在你们的能⼒层⾯,你们也会有各种设置,明⽩吗? 然后它这些不是你这具⾁体可以去控制的.因为如果你觉得你这具⾁体可以控制的话,就好像你觉得这台车可以控制⾃⼰⽅向.

For instance, if you set the microwave for one minute, right? That's what you've decided, right? But at your level of capability, there will be various settings that you can do, understand? And then all these are not things that your physical body can control. Because if you think that your physical body could control it, just like how you feel that this car could control its own direction.

不是,是开车的⼈,是拿着⽅向盘的⼈他决定这台车是什么⽅向,⽽不是那台车去决定.因为车它没有那个功能,明⽩吗? 所以谁把⽅向盘拿在⼿上,谁去决定.这样⼦的话你们就知道主次,就知道这个是不需要去担⼼的.因为它程序都是设置好的,明⽩吗? 所以你就会越来越发现⽣活中没有任何需要你们去担⼼的.担⼼只是属于你进⼊到⼀种没有安全感的能量状态,就是你背后会有⼀个系统.那个系统是什么? 就是你相信的东西.它是个系统,它决定着你会体验到⼀些不安全感,就是体验到⼀些攻击啊、袭击啊、危险啊、奉献啊.⽽不是说外在的物质世界它本⾝就是这种状态.所以那你就知道要从那⾥着⼿了.

No, it's the person driving the car, the one holding the steering wheel who decides what direction this car goes in, not the other car deciding its path. Because cars don't have that capability, understand? So whoever holds the steering wheel determines it. With that understanding, you'll realize which is the priority and that there's no need to worry about it because its program is set up, understand? Therefore, you would increasingly find in life nothing needs your concern. Worrying puts you into an energy state of insecurity, knowing you're backed by a system. What is this system? It's what you believe in. This system decides the experiences that lead to feelings of unease, such as feeling under attack or threatened. It's not because the external material world inherently has these states. Thus, you would know where to start addressing your concerns.

是从你⾃⼰内在的程序,⽽不是说我今天不要出门我怕被车撞,明⽩吗?

It's from your own internal program, not that I won't go out today because I'm afraid of being hit by a car, do you understand?

问: 当下我做什么好⼀点?

Question: What should I do better right now?

JO:你其实做什么,在⽬前这个阶段来说没有太⼤的本质的区别.你只是去选择⼀个你⾃⼰喜欢的,然后让你感觉良好的.为什么呢?因为它也只是你的⼀个训练场,明⽩吗?所以你就选你⾃⼰喜欢的就好了,它也只是个训练场来让你去突破我们之前说的你需要去突破的点.这么说吧,你要去健⾝.你说我到底是去户外健⾝还是去健⾝房?本质没有多⼤的区别.区别在于就是你知不知道你是去健⾝的? 你不要忘记你去健⾝这件事.

JO: Actually, what you do doesn't make much of a difference at this stage. You just choose something that you like and makes you feel good. Why is that? Because it's just your training ground, right? So just pick what you like; it's just a training ground to help you break through the points we've discussed before that you need to overcome. To put it simply, you're going to go workout. Should I exercise outdoors or at the gym? The fundamental difference isn't much. The difference lies in whether you know why you are working out or not; don't forget why you are doing this workout.

问: 我以前学过阿卡西解读,但是后来我对这个解读有⼀些恐惧.如果我还从事这个阿卡西解读,请你给我⼀些指引.

Question: I used to study Akashic reading, but later I had some fears about this interpretation. If I still engage in Akashic reading, could you give me some guidance?

JO: 那你知不知道恐惧本⾝就是你⾃⼰来突破的? 那就是了.问: 那这个就是我的训练场?

JO: Then you should know that fear itself is what you break through yourself? That's it. Question: So this is my training ground?

JO: 你⾃⼰看.因为它不只是体现在这⽅⾯.其他⽅⾯就是说你进⼊⼀段关系,你作为⼀个母亲,你在⼀个⼯作⾥,这些地⽅你都会有这些体验.所以说如果只是单独的转换场景,就是换⼀个⼯作,它本质没有多⼤的区别.逐渐的这个相还是会被显现出来,因为这是你内在持有的.

JO: You can see it for yourself because it's not just limited to this aspect. In other areas, such as entering into a relationship, being a mother, or in your work, you will experience these phenomena. Hence, if the transformation is only focused on changing scenarios, like switching jobs, there isn't much of a difference at its core. This duality would still manifest gradually because it's rooted within you.

问: 就是缺乏⾃信?

Q: It's a lack of confidence?

JO: 你前⾯的信息可以听.你⾃⼰很明⽩你⾃⼰的状态.然后你也很清楚你想要成为什么样的状态.

JO: Your previous message was clear. You understand your own state very well. And you also know exactly the kind of state you want to be in.

问: 我的愿望就是从事灵性的⼯作.我想要去传播光和爱,我如何把这件事做好?

Question: My wish is to engage in spiritual work. I want to spread light and love. How can I do this effectively?

JO: 你做好这件事情唯⼀的⼀个就是你去完完全全的成为你⾃⼰、活出你⾃⼰.你⽬前就觉得你是⼀盏灯,你还没亮.那当你亮了后,你⾛到哪⾥都是亮的,你不需要去做什么.不是说我看到他了,我来把我的灯打开.因为你就是亮的.所以你不需要刻意的去跟他们做什么说什么才能让他们感受到你的光照着他们.你本⾝就是亮的.所以没有什么刻意和不刻意.但是呢,⽣活中经历和体验所有的⼀切,它都能成为你⾃⼰的⼀部分.就是你去体验⼀些东西,可能它会是恐惧或者是限制、担⼼、害怕.但是这些体验它是你的⼀个宝藏宝物魔法棒⼀样.因为下次遇到像你⼀样类似的⼈,你就能⼀下⼦知道他们是处在什么位置,他们是什

JO: The sole way to accomplish this task is by fully embracing yourself and living as yourself. Currently, you're like a lamp that hasn't been turned on. Once you turn it on, you'll shine wherever you go; there's no need for further action. It's not about seeing someone else and turning your light on because you are the light itself. You inherently illuminate others without any effort or intention. Thus, there is nothing forced or unforced about it.

However, in everyday life, all experiences and encounters contribute to making up who you are. Experiencing things, even if they might evoke fear, limitations, worry, or anxiety, becomes part of your treasure, like a magic wand. This means that when you encounter someone similar next time, you'll instantly understand their situation because you've already internalized these experiences from previous encounters.

么感觉,明⽩吗? 所以成为的那个过程,那个步骤.那便是你的百宝箱⾥⾯的东西,然后以后就会成为你独⼀⽆⼆的魔法棒⼀样.

That sensation, understand? The process by which you become something, that step. That's what you have in your treasure box, and then it will become like your unique magic wand in the future.

问: 我对⾦钱有恐惧.请问是什么原因导致我现在的财富状态? 如何解锁? 请JO帮我打通财富管道.

Question: I am fearful of money. Could you explain why my current state of wealth exists, and how to unlock it? Please help me open the channel for prosperity with JO's assistance.

JO: 这么说吧,你是⼀颗种⼦,你现在才刚刚发芽.你还没有开花结果,那你怎么去丰收? 所以当你们感受到物质层⾯的⼀些匮乏,那也就说和你这个灵魂还没有在物质世界绽放有关系.如果你允许你⾃⼰⽆论在哪个阶段、哪个时间、哪个步骤,不断不断地在吸收⼀切外在物质给你的养分.阳光、⽔、各种适合你成长的东西你都在吸收,⽽不是在排斥.你都在转化它,让它成为你的养分.那你是⼀个什么样⼦的结果,明⽩吗?我连接⼀下你的能量,还是跟你内在的能量,就是你胆⼩.你看⼈家那些赚钱的,他们胆⼤.⽐如说他⾃⼰有个⼀百万,他再借个九百万,⽤⼀千万出去投资,明⽩吗?你愿意去冒这个险吗?

JO: Let me put it this way, you're a seed and you are just starting to sprout. You haven't blossomed or produced fruit yet, so how do you expect to harvest? Hence, when you feel some material shortages, that might indicate your soul hasn't blossomed in the physical world. If you allow yourself to continuously absorb all external nourishments no matter what stage, time, or step you are at, absorbing sunlight, water, and various things suitable for your growth, rather than rejecting them, converting them into your own nourishment. That's who you are, right? I'll connect with your energy, or the inner energy that is afraid of you. You see those people making money, they're brave. For example, if he has one million yuan and borrows another nine million to invest with ten million yuan, do you have the willingness to take this risk?

你愿意把你⼜袋⾥有的,然后还要再倒⽋上千万去做个投资吗?

Would you be willing to invest an additional tens of millions on top of what you have in your pocket?

问: 我以前曾经做过,但是亏了.现在怕了.

Q: I used to do it before, but I lost money. Now I'm afraid.

JO: 对,因为你们以前曾经尝试过⼀次,然后亏了,亏死了亏⼤了.然后你们就会把这个恐惧储存在你们的⾝体⾥⾯,再也不要去投资了.那你看那些真的亏了很多次,还不断地在尝试的⼈.

JO: Yes, because you guys tried it once before and lost a lot of money, to the point of ruin. As a result, this fear gets stored in your body, making you hesitant to invest again. Consider those who have experienced multiple losses but continue to attempt investing repeatedly.

问: 那我如何突破这个恐惧呢?

Question: How can I overcome this fear?

JO:就是你知道你不是积累的.曾经的那个你早已经死掉了.你不去储存它.因为你们物质世界还有⼀个误解就是你觉得昨天的那个你、年轻的那个你,都是你.不是的.⽐如说在我们信息进来之前的你,和我们信息进来过后,你就是完完全全新的⼀个你了.新的你她有新的相信的东西.就⽐如说我们经常在告诉⼈们的⼀句话就是,你想要什么你就可以成为什么.你做什么你都可以成功.但是有⼏个⼈相信这句话呢?他们还是活在⾃⼰的物质头脑⾥⾯,就是活在⾃⼰的过去.不可能想要就有什么,我想要这个也没有,想要那个也没有.他们不会相信我们说的,就是你⽆论想成为什么都可以.他们不会相信这句话.

JO: You are not accumulating who you were. The old you is long gone. You don't store it because in the material world there's also a misunderstanding that yesterday's you, and your younger self, are all you. That's incorrect. For example, before our information came in, you were an entirely new person compared to after it came in. Your new self has new beliefs. We often tell people, "You can be anything you want." You can do anything and succeed. But how many people believe that statement? They still live in their material minds, living in the past. It's impossible for what you want to manifest without effort. If I want it but don't have it, and if there's nothing I desire, they wouldn't trust our message that no matter what you want to become, you can. They would not believe this statement.

那你不相信这句话,那你是不是就没有装⼀个新的程序和软件? 那你没有⼀个新的程序和软件,那你如何⽤新的去运作? 你也没有⼀个新的你产⽣.你还是在旧有的物质头脑⾥⾯,就是你觉得你⾃⼰经历的才是真的.你觉得只有你⾃⼰看到了,才是真的,明⽩吗?

If you don't believe this statement, then have you installed a new program and software? If not, how would you operate with the new without it? You haven't produced a new one either; you're still in your old material mind, where you perceive only your own experiences as real. You think that what you see is the truth, right?

问: 我现在因为以前做⽣意有⼀些债务.我如何能快速翻转?

Question: I am currently facing some debts due to business activities in the past. How can I quickly turn this around?

JO: 那你知道以前的那个你已经死了,明⽩吗? 你需要让之前的你彻彻底底的死去,她连债务的观念都没有.她知道之所以会有这样⼦的状态,她只是来激发你内在更加有赚钱的欲望,让你更加的有动⼒,让你不能偷懒.起床了,起来赚钱了.像⼀个教练⼀样.这样是不是很好? 所以它会鞭笞你,让你取得很多物质上的⾦钱,明⽩吗? 所以说连债务这个字都没有,它就是你的⼀个教练来鞭笞你.

JO: So you know that the old you is already dead, got it? You need to let the past version of yourself die completely. She doesn't even understand the concept of debt. She knows why she's in this state; she just wants to ignite your desire for making money more intensely and boost your motivation. She wants to prevent you from being lazy. Wake up, start earning money. Think of her like a coach. Isn't that great? So it pushes you, helping you acquire substantial financial wealth. Got it? Therefore, the word 'debt' doesn't even exist for her; she's just your coach pushing you forward.

问: 我在这件事上好多亲朋好友给我拿钱.我很内疚.请JO把这件事的内疚感和恐惧感帮我清理掉.

Q: Many of my relatives and friends have offered to provide financial assistance with this matter, causing me great guilt. Please assist JO in alleviating the feelings of guilt and fear associated with this situation.

JO: ⾸先这⾥并没有清理这个词.为什么呢? 因为当你装了新的程序新的软件,其实你就是新的你.那旧的你早已经⽡解掉了.所以它不存在清理.如果还是清理的话,实际上你还是在持有旧的那个你,明⽩吗? 所以说你只需要去,就好像我们前⾯说的信息,我们说的这些话你相不相信? 因为我们说的这些话就像在给你装软件.因为你只有内在的⼒量去相信它,它才会发⽣.你不相信,它不可能发⽣的.那的确就是胡说⼋道,的确就是废话.明⽩吗? 因为你们本⾝就是⽆限的存在.你可以把借钱这件事情当成是⼀件你⾮常感恩的事情.这件事情你感受到了⽆条件的⽀持和信任.然后你会加倍的偿还给他们.但是这个偿还它不只是你现在有了钱,你就能偿还.

JO: The term "cleaning" doesn't exist here. Why is that? Because when you install new programs or software, in essence, you are becoming a new version of yourself. The old self has long been dismantled. Hence, there's no need for cleaning. If we were to clean, then essentially, you'd still be holding onto the old self. Do you understand? Therefore, what you need to do is akin to the information we've mentioned before - believe in the words we say or not? Because these words are like software being installed into you. You must have inner strength to believe them for them to take effect; if you don't believe, it's impossible for them to occur. Indeed, they're utter nonsense and pure idle chatter. Do you understand? As you already exist as infinite beings, you can view borrowing money as a profoundly grateful experience. This situation brings about unconditional support and trust. And then, you will pay them back in double measure. However, this repayment isn't just about having the funds now; it's about your ability to repay regardless of your current financial state.

⽐如说你每次见到他,你都感激.你看着他的眼睛告诉他,我是如此的感激你,你对我是如此的信任.对于他们来说⽐拿到钱来说还开⼼.因为你又加深了他们帮助⼈的感觉.因为他们会觉得做帮助⼈这件事真的好,别⼈就把我当成救命恩⼈⼀样在感激我.那我下次还帮不帮呀? 肯定帮呀.你给他创造了正⾯的帮⼈的体验呀.那你是不是在改变他? 你就在改变他们每⼀个⼈的命运.为什么呢? 因为你知道你们⼈类都是按照他们说的记忆、他们的经历、他们的体验去做决定的.那如果他这次帮了你,你也不搭理他.他就觉得⽩眼狼,我下次谁都不帮.看到这层区别了吗? 这就是你要做的.这个超过了⾦钱.

For example, every time you see him, you express your gratitude. You look into his eyes and say, "I am so grateful to you. I trust you so much." It makes them happier than receiving money because it reinforces their sense of helping others. To them, this feels like being seen as a lifesaver for whom others are endlessly thankful. Will they help again? Definitely, because you've created a positive experience of helping him. Are you changing them? Yes, you're altering the fate of every single person. Why? Because humans make decisions based on their memories, experiences, and what they've experienced. If he helped you this time but didn't receive any acknowledgment in return, he might feel that it wasn't worth it and won't help others next time. Can you see the difference now? This is what you're meant to do. It goes beyond just money.

问: 我如何快速提升我的能量振频?

Question: How can I quickly increase my energy vibration?

JO:我们只有说选择,就在当下这⼀刻你就可以去选择.就好像是进⼊房间,就好像换台⼀样.我刚才看了⼀个恐怖的电视台,我把它换成喜剧⽚.换个台你就可以进⼊到那种状态了.所以它不需要⼀个逐渐积累的过程.然后呢,如何快速呢?最快速的就是说,我们这些信息你都可以打印出来.随⼿翻开⼀章,任何⼀段信息它都可以把你带到你所谓的这种频率.因为它都是来⾃于⾼维的能量.所以当你在看这些信息,你就可以进⼊到这种状态.这就是⽐较快速的⽅法.然后你要知道所有外在的恐怖的事件、新闻,都只是投射出你们⽬前集体意识的状态⽽已.它是回⾳,明⽩吗?

JO: We only have the option to choose, which means you can choose right now in this moment. It's like entering a room or changing channels on TV. I just watched a scary channel, so I changed it to comedy. Changing channels allows you to enter that state. Therefore, there is no need for a gradual accumulation process. Then, how do we do it quickly? The quickest way is that the information you see can be printed out. Just flipping through any chapter or segment of information can bring you to what you consider your frequency because they are all derived from high-dimensional energy. When you're watching this information, you can enter into that state. This is a relatively fast method. Then, you need to understand that all external terrifying events and news are merely reflections of the collective consciousness you currently possess. They are echoes, do you understand?

问: 我和我⼉⼦的灵魂主题是什么? JO: 你⼉⼦叫什么名字?

Q: What is the theme of my soul and my son's?

JO: What's your son's name?

问: XXXJO: 你⼉⼦就属于胆⼦⽐较⼤,他的能量正好和你是有⼀点相反的.然后你可能还觉得他有⼀些莽撞或者是不够谨慎不够⼩⼼.你还会为他操⼼和担⼼,就是你觉得怎么都是事这种.其实他恰恰就是给你做⼀个例⼦,妈,这些东西你不需要去担⼼不需要去操⼼.他就是那种⾛⼀步是⼀步,船到桥头⾃然直的那种.所以说他是⼀个你⾝边很好的可以看到的模板,就是你需要去突破的这些.当你真正的发展成他这样⼦的状态,你会更稳.因为你既有谨慎,又有那种胸有成⽵,就是不怕、勇⽓.就是你两种都有.

Q: XXXJO: Your son has rather a bold disposition; his energy contrasts with yours somewhat. You might find him reckless or not sufficiently careful. You worry and are concerned for him, feeling that everything is an issue. Actually, he's just giving you an example: Mom, there's no need for you to worry about these things. He operates like someone who walks one step at a time, with the river meeting its bridge naturally. So, he serves as a very good model in your vicinity; something you can look up to and learn from. When you truly develop into this state, you'll be more stable because you combine prudence with confidence, and aren't afraid or lack courage. You have both traits.

问: 我和我⽼公的灵魂主题是什么?

Question: What are the soul themes between me and my husband?

JO: 我们感受到你⽼公的能量,好像他会加剧你的害怕和担忧.因为他对你会有⼀种约束或者是要求或者是评判.就是他不是如此的⼤度、包容的状态.所以会导致你有⼀种想要把事情做好,就是害怕出错吧.所以他就是来加深你的需要突破的这个点.就是我明明就很胆⼩了,你还在吓我让我更害怕.

JO: We sense the energy of your husband, like he might amplify your fears and anxieties because he imposes certain expectations or judgments on you. He lacks a generous and tolerant attitude towards you, which makes you feel pressured to avoid mistakes, essentially trying to do things right out of fear. This is all designed to highlight the aspect where you need to break free, even if you already feel quite timid, and I'm making you more afraid as well.

问: 是的.是这样⼦的.

Q: Yes. That's how it is.

#### 2023/09/08 — 灵魂主题之还感情债Repaying Emotional Debts in the Theme of Souls

JO: 你说吧,什么问题?

You: Speak up, what's the question?

问: 我想知道我这⼀⽣的⼈⽣主题是什么? JO: 你叫什么名字?

Q: I want to know what is the main theme of my life?

A: What's your name?

问: XXXJO: ⾸先就是说你这⼀⽣会有⼀些像是在情感上或者是关系上,好像是债要偿还给对⽅⼀样.所以说有⼀些关系表⾯上看上去只有你⼀味的去容忍或者是忍让或者是付出、包容,好像⼀直从你这边去拿的⼀个状态.然后有⼀些关系会是这样⼦的⼀个状态.然后通过你这种不断地不断地被拿的⼀个状态,它还会是关于你个⼈的,就是需要你⾃⼰修出来⼀个度.为什么呢? 因为⼀直在你这样⼦消耗或者是给与这种被拿、被迫这样⼦的⼀个状态下.你虽然会去做,但是你⼼⾥也会有⼀些抵触.然后这些抵触需要从你⾃⾝,就是你需要告诉对⽅这⾥是我的界限.所以说它也关系着你个⼈的⼀个边界的问题.

Question: XXJO: First, you have some relationships or emotional experiences that seem like debts to be paid back to the other person. So there are relationships where it appears as though you're solely being tolerant, yielding, paying, accommodating, always receiving from one side. There are relationships that look like this. By constantly finding yourself in such a state of being taken, it also relates to personal issues needing your own adjustment or boundary setting. Why is that? Because when you continuously experience consumption and giving, where you're the one being given to or coerced into actions. Although you do these things, there's an underlying discomfort within you. This discomfort requires addressing from yourself, by letting the other person know what your boundaries are. Therefore, it touches on personal boundary issues.

那这个边界的问题又关系到你的⾃我定位、⾃我价值、⾃我底线.所以你需要发展出⼀个完整的⼈格,你才能让别⼈不会太过于的去侵占你,明⽩吗? 所以说你就需要,你想如果他是特别有威严、底⽓、有⾜够边界感的⼈,别⼈就不敢去侵犯他.所以说就好像你去找了⼀个你之前⽋她的,反正我⽋你,那我这⼀辈⼦还给你.正好还你的同时,我来修我⾃⼰.就好像是这样⼦的⼀个过程.然后在把我的各⽅⾯修的更完整⼀点,我的⼈格啊、整个⽅⾯.所以这就是你的⼈⽣主题.

The issue of boundaries ties into your self-identification, self-worth, and self-limitation. Therefore, you need to develop a complete personality. Only then can others not overstep too much without you allowing it, right? Hence, you need someone who exerts authority, confidence, and establishes firm boundaries; people wouldn't dare to infringe upon them. It's like when you are repaying someone who has owed you before, in essence repaying them while fixing yourself at the same time. This is akin to a process where you enhance all aspects of your personality and overall self-being. Therefore, this becomes the core theme of your life.

问: 这么多年我为我的⼤家族承担了不少的责任和义务.我也觉得累了.我肩上的担⼦能不能稍微的卸⼀卸?

Q: For so many years, I've taken on a lot of responsibilities and duties for my large family. I'm also feeling tired. Can the burden on my shoulders be slightly relieved?

JO: 你的这个想法是⾮常时机的,就是你的时机到了.需要你⾃⾝看清楚你需要发展⼀个完整的⼈格.因为你想象⼀下如果你⼀直是这样⼦的⼀个状态下,如果你是⼀个公司的成员或者是领导.你会让你的⼿下或者⾝边的⼈没有办法去成长.也就是你给与的帮助太多.你想如果我的左⼿要特别灵敏的话,那我右⼿是不是要⼲涉的少⼀点? 如果我⼀直⽤右⼿的话,我左⼿的功能是不是要弱⼀点? 所以你要把你⾃⼰弱化,去给别⼈机会让对⽅成长.

JO: Your idea is very timely. It's your time to step up and develop a complete personality for yourself. Imagine if you were always in this state where you're holding everyone back from growing—whether as a team member or leader in a company. You'd be giving too much help, which might make others feel they don't have the chance to improve on their own. So think about it like this: If I want my left hand to be especially sensitive, do I need to interfere less with my right hand? Conversely, if I rely heavily on using my right hand all the time, does that mean my left hand might become weaker as a result? Therefore, you should weaken your influence and provide opportunities for others to grow and develop.

问: 我前两太天有⼀个外地的朋友过来,他见到我说我⾝上有灵魂缠绕.我想问⼀下我⾝上是不是有灵魂缠绕?

Q: I had a friend from another place visit me for two days. He told me that there is something attached to my soul. I would like to know if there is really something attached to my soul?

JO: 你稍等.我们⾸先感应到的是你只有友好的指导灵.它是来引导你指导你,就是来帮助你.是这样⼦的.明⽩吗? 因为你就好像是有⼈在给你开路或者是指引.就算我们今天的信息,你也是受到指引⽽来的,明⽩吗? 所以这个不是负⾯的,不是他们看到的负⾯的.

JO: Wait a moment. What we first sense about you is that there's only friendly guides here to guide you and assist you. It works like this. Do you understand? Because it feels as if someone is paving the way for you or guiding you. Even today, our information reaches you through guidance, do you see? So this isn't negative; it's not what they perceive as negative.

问: 我曾经想在我们农村⽼家建⼀个寺庙.但是现在地⽅被⼈占了,外加国家管的严.想问⼀下这个事情还有必要去把它做下去吗?

Question: I used to want to build a temple in my rural hometown. But the land is now occupied by people and the government enforces strict regulations. I wonder if it's still worth pursuing this matter?

JO: ⾸先就是说你不能被形式所限制.为什么呢? ⾸先你做寺庙是为了什么? 你就是想别⼈有⼀个⼼灵的寄托或者是希望,像是这样⼦的.但是呢… 我们先说寺庙它有利也有弊.为什么

JO: Firstly, you can't be confined by form. Why not? Firstly, what's the purpose of building temples? It's either to provide a spiritual haven for others or some hope, something like that. But... We'll talk about the pros and cons of temples first. Why is that so?

呢? 因为⼈们还是把⼒量给出去,他还是会觉得⾃⼰是没有⼒量的,是需要依靠神和佛,明⽩吗? 这个其实还是⼀种迷信,他忘记了⾃⾝的⼒量.⽽且⼈们也是来求福啊、求钱啊.但是你也知道这些⽅⾯它也不是从根本解决问题的.如果说你最终的⽬的是好像有⼀个⼼灵寄托或者是有⼀个平台,那你完全,⽐如说就算你是建⼀个⼩型的图书馆、茶馆,都可以成为⼀个像寺庙⼀样,甚⾄是超过寺庙的⼀些功能.为什么呢? 你们寺庙⾥⾯都是会供⼀个东西,对吧? 供⼀个神啊、佛啊.那如果⾥⾯好像是有⼀个活佛⼀样.那个活佛是什么? 他眼⾥只有爱.那⼈们来跟他聊⼏句就能豁然开朗.那你不觉得这样⼦的场所⽐寺庙还更加那个什么嘛.

Isn't it because people still give their strength away, and they will still feel powerless, relying on gods and buddhas? Understand, this is actually a form of superstition, where one forgets their own power. And people come to seek blessings, money, etc. But you know that these aspects don't solve the fundamental issues. If your ultimate goal seems to be seeking spiritual solace or a platform, then completely, for instance, even building a small library, tea house can serve like a temple, perhaps exceeding its functions. Why is that? Temples have offerings of gods and buddhas, right? If there were an actual living Buddha inside, what would he represent? He only sees love in his eyes. People would feel enlightened just by talking to him for a few minutes. Isn't this place better than temples themselves?

因为你们就在创造⼀个频率,⼀个好像是⼀个爱的场景和频率.那你会吸引很多⼈来到这⾥.那逐渐⼈越来越多,就好像你们所谓的烟⽕旺.所以说这种更超过所谓的寺庙,但是它又是完完全全没有任何所谓的宗教迷信.但是你又有⼀个平台给那些迷茫的⼈、感受不到爱的⼈,又给他们⼀个连接,又给他们⼀个场所可以感受到爱,beingtouched,连接感.所以这个才是最重要的,⽽不是你⼀定要去供个佛在那⾥烧⾹.那其实你只是在加深你们原有的⼀个相.你们原有的相是来被你们突破的,是来供你们有这种意识的⼈去把它变⼀个⽅式,让它被突破的.⽽不是说你们再来加深加深.所以说⽐如说你们政府在破宗教迷信,这也是个很好的事情呀.

Because you are creating a frequency, a kind of loving scene and frequency that will attract many people here. As the number increases, it seems like your so-called fireworks display becomes more vibrant. This surpasses what they call temples, yet it's entirely devoid of any supposed religious superstitions. But you provide a platform for those who are lost, those who can't feel love, giving them a connection and a place to experience love - being touched, the sense of connection. That's what matters most, not necessarily having a Buddha in front of burning incense somewhere. You're just deepening the image that already exists within you. The image is meant to be transcended by those who have the awareness, transformed into something new for them to break through, rather than reinforcing it further. So when your government aims to debunk religious superstitions, that's also a positive step.

破旧才可以⽴新的.你把旧的东西全部破掉,然后给⼈们建⽴新的思想.但是你要知道只要你的出发是爱,只要你是有爱的振动频率.我不管它有没有房

Out with the old, in with the new. You dismantle the old to build new ideas for people. But you must understand that as long as your motivation is love, and you carry an energetic frequency of love, I don't care about whether there's a house or not.

⼦,有没有凳⼦.在当下连接你的那⼀刻,那些⼈就好像被改掉了.他可能⼼⾥充满了仇恨,他突然就连接到了爱连接到了神.

Child, are there stools? At the moment of connection to you, those people seemed to have been altered. He may be filled with hatred in his heart, and suddenly he connected to love and to God.

问: 我爸爸七年前⾛的.当时我按照⽼家的习俗做了⼀些操作,不知道…JO: 如果说你们有⼀个地狱的话,那你们物质世界就是⼀个地狱.那如果他已经脱离了这个物质世界,你觉得呢? 还会有⽐这⾥更束缚更恐怖、能量更沉重的地⽅吗? 不会的,明⽩吗?所以说你们都还觉得去世的⼈很可惜,其实你们现在这些被困的灵魂,在去世的⼈看来你们才是可怜的,明⽩吗? 因为他们已经没有这层浓雾,他们已经不会被迷惑了.但是你们还会被你们这个⾁体被物质世界的这些相蒙蔽着.但是也正是这个蒙蔽的烟雾,它就像你健⾝的器材⼀样.就⽐如说它虽然没有抓器材、不⽤吃⼒不⽤痛、不⽤去感受它的沉重.但是同样它的肌⾁也得不到很⼤的锻炼.

Question: My father passed away seven years ago. I performed some operations according to the local customs, but I don't know... JO: If you have a hell, then this material world is your hell. If he has already left this material world, what do you think? Is there a more constrained, terrifying, and heavy-energy place than here? No, understand? So when you all still feel it's a pity that someone has passed away, in fact, the souls trapped now are pitiful to those who have passed away, understand? Because they no longer have this thick fog, they will not be confused. But you will still be misled by your physical body and the appearances of this material world. But just like the mist that blinds, it's like your exercise equipment. It doesn't require you to grab the equipment, doesn't need effort or pain, doesn't require you to feel its heaviness. However, your muscles won't get a significant workout either.

但是你却可以,明⽩吗? 那可能它们看着你们这⼀群⼈还在健⾝房,还⾯对这沉重的器材.它出去健⾝房了,它又想回到健⾝房.

But you can understand that perhaps they see a group of people still working out in the gym, facing heavy equipment. It went to the gym and then wanted to return to it.

问: 我⼥⼉现在在加拿⼤.她想让我们过去.但是我和我爱⼈年龄也⼤了,语⾔也不通,就不想过去.但是我国内也有⼀些问题.能不能帮我看⼀下我是留在国内好还是去加拿⼤好?

Question: My daughter is currently in Canada. She wants us to join her there. However, my wife and I are getting older, we also don't speak the language well, so we're hesitant about moving. But I also have some issues here at home. Could you help me decide whether it's better for me to stay in China or move to Canada?

JO:⾸先你要知道其实物质环境对你不会有很⼤的影响,影响的是你⾃⼰头脑⾥⾯的⼀些定义.这些才是对你的影响.就是你觉得那边对你不好.你都还没去,你怎么知道不好呢?或者是你觉得国内的环境不好.因为你要知道你是来改变这个环境的,明⽩吗?环境是你⾃⼰投射出去的.所以这个不是说出去好还是不好.⽽是说⽆论你呆在哪⾥,你这个灯都是亮的.你熄灭,你去哪⾥你都是熄灭的是⿊的.那你是亮的,到哪⾥它都是亮的,你都是插电的状态.

JO: Firstly, you need to understand that the physical environment doesn't have much impact on you; what really matters are the definitions in your mind. These are what influence you. You say it's bad for you even before you've been there, how can you know if it's bad? Or maybe you think domestic surroundings are not good enough because you're the one who is going to change this environment, right? The environment you create is a projection of yourself. So it doesn't matter whether it's good or bad; rather, no matter where you stay, your light remains on. If you turn it off, wherever you go, it will remain dark. But if you keep the light on, no matter where you are, it stays lit, and you maintain a charged state.

问: 我有萎缩性胃炎.我需要去医院系统的查⼀下吗?

Q: I have atrophic gastritis. Do I need to go to the hospital for a comprehensive check-up?

JO: 即使去医院你们查,它查的也是那个果.你要知道那个果是什么造成的,是频率,你⾃⾝会有⼀个频率,明⽩吗? 这是你频率导致的.你可以去⼲涉这个果.但是如果你频率不变,它过⼀段时间那个果还是会呈现.所以你可以去协助,就是⼲涉这个果.但是同时改变你的振动频率.这个才是真正转变.

JO: Even if you go to the hospital and they check it out, what they will be investigating is that effect. You need to know what causes that effect; it's frequency. Do you understand? This is caused by your own frequency. You can attempt to influence this effect. However, if your frequency doesn't change, eventually that effect will still manifest. So you could assist, by influencing this effect. But at the same time, modify your vibrational frequency. That is the true transformation.

问: 我平常看赛斯,做瑜伽.我⾝体有脂肪瘤.我做瑜伽是不是也是提⾼频率的⼀种⽅式呢?

Q: I usually watch Seth and do yoga. I have fatty tumors in my body. Is doing yoga also a way to increase frequency?

JO: 我们感受到就是说你的能量就好像有⼀点⼀板⼀眼,可能你是⼀个很守规矩,就是受你的观念的⼀些束缚.那就好像有⼀点僵化.那当你的能量有⼀些僵化,那你的⾝体就会有⼀些所谓的结节啊、肿瘤啊.它就不会是在⼀个柔软的状态下,就像是这样⼦.所以你需要不适⽤任何信念系统,就是没有任何想法.因为你头脑⾥⾯,⽐如说要信佛.它其实也是⼀个观念.这么说吧,当你头脑⾥⾯没有任何的时候,你⾝体⾥⾯没有棍⼦.它就是柔软的,对不对? 那当你: 我信佛,装了⼀根棍⼦.我信赛斯,装了⼀根棍⼦.我信科学,装了⼀根棍⼦.因为物质世界⽆论你信什么,就算你不迷信,你信科学.它其实也是⼀种信.因为你是信物质世界这个相.

JO: We feel that your energy seems to be somewhat rigid and by the way, you might be very rule-bound, being imprisoned by certain ideas or concepts. This could lead to rigidity in your energy flow. When your energy is rigid, it results in what we perceive as knots, tumors, or other physical abnormalities. Your body doesn't remain soft and fluid; instead, it becomes constricted. Therefore, you need not adhere to any belief system or have any thoughts at all because when there's nothing in your mind—neither faith in Buddhism nor the idea of science—there is no 'stick' inside your body. The body remains soft and flexible, right? When you say "I believe in Buddhism", it's like placing a stick inside; similarly, "I believe in Seth" or "I believe in science" are all placing sticks. Whatever you believe in the physical world, whether you're not overly religious or just believe in science, is essentially belief. So, when there's nothing in your mind, there's no 'stick' in your body. The body remains soft and flexible, isn't it?

但是物质世界这个相⼀直在变化变化,那你有怎么去信?所以说当你拿掉任何这些所谓的⼀些观念的时候,这样⼦的话⾸先你会感受到你不会抵触任何信息.就⽐如说你不会去抵触⼀个信基督教的,你没有觉得我是佛教你是基督教.⽐如说⼀个跟你完全相反的⼀个⼈.你是⼀个慈悲为怀,又是给与的⼀个⼈.另外⼀个⼈完全就是⾃私⾃利.你也不会去抵触他,明⽩吗?就算是遇到任何,你都不会.为什么呢?因为你没有任何棍⼦在那.你没有任何棍⼦在那,别⼈撞到你的时候不会感受到bang的⼀声,你也不会感受到冲击.就好像他们拿⼀个⼑来砍你,砍的掉什么?因为你什么都没有啊.你只有有⼀个东西在那,他才能把你砍断了.

But the material world changes constantly, so how can you have faith in that? Therefore, when you remove any of these so-called ideas, you will first feel that you are not resistant to any information. For example, you won't resist someone who believes in Christianity just because I am Buddhist and you are Christian. Or with a person completely opposite to you. You are one who practices compassion and giving, whereas another is purely selfish and self-centered. You wouldn't resist him either; do you understand? Even when faced with any opposition, you would not feel that way because there's no stick holding you back. There being no stick means that when someone hits you, they don't hear a bang or feel the impact. It's like if someone uses a knife to cut you—what could they possibly cut through if there's nothing there for them to slice? You only become vulnerable when something is present to be sliced; otherwise, you remain uncut.

所以说⽆论你植⼊的什么观念、持有的什么观念、修⾏啊佛法啊各种这些东西.都好像⼀根棍⼦⽽已.它们可以帮助你,就像⼀个⼯具⼀样,去发现和去探索去看到每个⼈不同的思想观念,就是可以是⼀个参考资料.但是那个⼯具你⽤完了,你是把它丢下的.就好像你去健⾝,你使⽤了这个健⾝器材让你的肌⾁增⼤了,对吧?那你说你⽤完了过后,你回家睡觉也拿着,做饭也拿着,时时刻刻都拿在⾝上,你跟你⽼婆拥抱的时候你也拿着, 明⽩吗? 所以这些东西它都会成为刚刚我们说你⼼⾥产⽣的抵触感、排斥、反感这种.它都会这样⼦的⼀个东西.

So no matter what doctrines you implant or hold onto, whether it's Buddhist practices or any other of these things, they're all just like sticks. They can help you, much like tools, to uncover and explore the different thoughts and ideas each person has, serving as a reference. But once you've used that tool, you discard it. Imagine going to the gym and using equipment to build your muscles; when you're done, you don't carry those weights around with you, right? You wouldn't sleep with them or cook with them, would you? Similarly, these tools can create feelings of resistance, aversion, and disgust within you, turning into things that just get in the way.

问: 我和我爱⼈上⼀世是不是就有纠缠? JO: 她叫什么名字?

Question: Did I and my beloved have entanglements in our previous life? Answer: What's her name?

问: XXXJO: 我们连接到⼀个跟你们这⼀世⽐较有连接的是,你们俩都好像是佛门⼦弟这样⼦的情况.就好像你们是师兄妹这种关系.就好像是⼀起去学习,就是很亲密的⼩伙伴.所以你们有很多能谈得来,就是说可以交流.就是你现在还感受到就像⼩伙伴⼀样.像是同门⼦弟那种感觉.

Q: Connected to your current life and experiences, both of you seem like part of a Buddhist lineage or sibling-like relationships - as if you're fellow students who share close bonds and similarities, allowing for easy conversation and exchange. This connection feels like that of childhood friends or fellow disciples from the same school, implying a sense of familiarity and shared values.

问: 我感觉⾃⼰很幸运,很多事情不是特别努⼒就能做成.

I feel quite fortunate that I can accomplish many things without putting in too much effort.

JO: 因为我们刚刚说你⾝边不是有灵吗? 有指导灵吗? 就像刚才前⾯说你⾝边有保护有指导灵,有这样⼦的⼀些存有,明⽩吗?

JO: Because we just mentioned that you have spirits around you, don't you? Guiding spirits? Like the protection and guidance spirits we talked about earlier, do you understand this concept?

问: 我和我⼉⼦之间前世的关系? JO: 你⼉⼦多⼤?

Q: What was our relationship in a previous life?

A: How old is your son?

问: ⼗⼋JO: 这么说吧,⽐如说你会有很多观念呀,你学的佛法也好赛斯也好各种各样.这些它会把你⼉⼦,就是会让你们有点格格不⼊.会导致你们会有这样⼦的状态.因为你会觉得没有符合你的⼀些观念或者是对⼈的⼀个认知,然后你要知道他是新⽣代的,明⽩吗? 然后他有他去领悟⽣命体验⽣命的⽅式⽅法.那是他独⼀⽆⼆的.所以你只有去放下你的所有观念,让你成为⼀个⽆的状态.然后他才会跟你有连接感.不然的话,你们就会有⼀种相互排斥,就很难靠近或者是很难没有隔阂的感觉.

Q: Say this way, you have many concepts, whether it's the Dharma teachings or Seth or various other things. These will make your son somewhat out of sync, causing a state where you might feel he doesn't fit your concepts or understandings of people. You need to realize that he is part of a new generation and understand that he has his own way of perceiving life experiences and living life. This is unique to him. Therefore, the only way for you to connect with him is by letting go of all your preconceptions, becoming an open state. Only then will you feel a connection with him. Otherwise, there would be mutual repulsion between you, making it difficult to get close or have a sense of closeness without barriers.

问: 那能不能帮我看⼀下我⼉⼦的未来? 他情商智商都不是特别⾼.

Question: Could you help me look into my son's future? He doesn't have particularly high emotional or intellectual quotient.

JO: 你要知道情商、智商,任何所谓的这些东西,都是你们⼈类… 这么说吧,这个通灵的⼥孩⼦什么都不⾼,学习什么的都不好.但是她唯⼀的功能,就是她的通灵能⼒就在改变你们的世界.你觉得她还需要你们所谓的情商去取悦别⼈吗? 情商不就是取悦别⼈嘛.她还需要智商去学习⾼科技知识吗? 就单凭她可以成为⼀个纯净的管道,把⾼维的世界和⾼维的信息带⼊你们这个物质世界,她就在改变这个世界.她需要你所说的那些东西吗?

JO: You must understand that emotional intelligence, IQ, and any so-called abilities are merely aspects of human existence... Let me put it this way: This spiritual child lacks everything; her academics and other skills are poor. However, her sole function is that her spiritual ability is transforming your world. Do you think she needs the so-called emotional intelligence to please others? Emotional intelligence is essentially about pleasing others. Does she need a high IQ to learn advanced scientific knowledge? Simply by being herself, she serves as a pure conduit, bringing higher-dimensional worlds and information into your physical realm, thus changing this world. Does she require what you refer to as her abilities?

问: 我以后怎么才可以连接到你呢?

Question: How can I connect to you in the future?

JO: 任何时候你需要.你被指引着,你觉得想要交流,你都可以.

JO: At any time you need. You are guided whenever you feel like communicating and want to exchange thoughts.

#### 2023/09/13 — 感情⼀直很坎坷的原因及解决⽅法The Causes and Solutions for Persistent Emotional Challenges

JO: 你说吧,什么问题?

JO: Tell me, what's the problem?

问: 我想问⼀下我的情感.我的感情⼀直都很坎坷.我不知道为什么会这么坎坷?

Q: I want to ask about my emotions. They've always been quite turbulent. I wonder why they are so tumultuous?

JO: 这么说吧,你们所谓的感情坎坷,就是说你其实就是在和另外的⼀个你在交往.因为你们总觉得外⾯会有⼀个好像是完美的对象或者是顺你的意的对象.但是实际上当你在挑刺或者是挑⽑病或者是遇到了很多那个什么.那是你的另外⼀部分,还没有被你看到的另外⼀部分.所以那个才是需要你去整合,你去平衡这个能量的那⼀部分.也就是说,就很简单,如果你感受到你在⼀段关系⾥对⽅总是没给你安全感,就是你总觉得对⽅会背叛你或者是伤害你.那实际上是你⾃⼰内在是⾮常没有安全感,就是你还不够完整.那对⽅只是来映射出你的残缺的那⼀部分或者是不完整的那⼀部分,明⽩吗? 所以永远都是当你内在,就好像内在有⼀个圆.

JO: In other words, the so-called emotional turbulence you're experiencing means that you are actually engaging with another version of yourself. You often feel as though there's an ideal or compliant partner out there somewhere. Yet in reality, when you find fault, or complain about inconsistencies, it's because this other aspect of you, which has not yet been fully seen by you, is present. This is what needs to be integrated and balanced within you - the part that requires your attention. Essentially, if you feel that someone never provides you with security in a relationship, and you constantly worry about them betraying or harming you, this stems from a lack of inner security on your part, indicating you're not fully whole. Your partner merely reflects the fragmented or incomplete side of yourself. Understand? It's always like there's an uncompleted circle inside you.

当这个圆没有洞没有缺陷的时候,你外在的关系就会圆满起来.所以说如果你们单纯是去不断地换对象,⽽不是说通过这个对象去看到⾃⼰内在的话.⽆论换多少,它只会加深你这个越来越破越来越破… 因为他们每⼀个⼈都会在你的⼼⽬中留下⼀个相,那个相是破的.就这么说吧,每⼀段关系就好像是⼀个破烂,捡破烂,对吧? 那你捡的破烂越多,你⾃⼰就越是收破烂的.然后破烂就越多,对不对? 所以你⾃⼰必须要把⾃⼰缝缝补补.那你可以通过,就⽐如说第⼀段关系它呈现出很多破烂的地⽅.那我通过它呈现的样⼦,来缝补⾃⼰,把⾃⼰缝缝补补变得圆满.你们的关系就会圆满.那如果对⽅不符合你的频率,你们没有在⼀个频率上.

When this circle is whole with no holes or flaws, your external relationships will come to fruition. Therefore, if you merely continuously switch partners without trying to see yourself through these individuals, regardless of how many times you do it, it只会 deepen the sense that you are a collector of broken things... because each person leaves a flawed impression in your mind. In this manner, every relationship is akin to gathering more trash. Right? The more trash you gather, the more like a garbage collector you become. Consequently, there's only more trash accumulating. So, you must mend and patch yourself up on your own. You can achieve this by, for example, realizing that the first relationship highlights many broken aspects of yourself. Through how it presents itself, you can understand and correct these flaws within yourself, making your inner self whole and harmonious. Your relationships will then come to harmony. However, if the other person doesn't resonate with your frequency or is not on the same wavelength as you,

那你就会遇到⼀个他映射出你内在完美的⼀个对象.那你的关系还是完美的.这样⼦你不仅是能够修补你⾃⼰的⼀个破烂,然后你还可以去修整别⼈.你还可以帮助别⼈修补,明⽩吗?

That way, you would encounter an object that reflects your inner perfection, making your relationship perfect as well. In this manner, not only can you fix yourself, but you can also adjust others. You could even help others to mend their issues, understand?

问: 那我的内⼼总想找⼈依靠,总想找⼀份安全感,也是因为我内在的不⾜吗?

Question: But is my constant desire to rely on others and seek security due to an internal inadequacy?

JO: 那是你现在还不认识⾃⼰,你还把⼒量交到外⾯,交到感情上⾯,寄托在另外⼀个⼈.但是我不管你们寄托的是谁,哪怕你们寄托的是神.你都会错过认识你的机会,你都会错过活出你⾃⼰的机会.你想如果连神都寄托不了,你们还指望去寄托你们外在的⼈吗? 这么说吧,外在的⼈只是你们的影⼦.就好像你这个⼈⾛到太阳下⾯,你⾝体映射出地上的影⼦.外⾯的⼈只是影⼦,你是什么样,那个影⼦就是什么样.所以它根本就没有⼀个真正的⼈,明⽩吗? 所以通过你不断地去认识⾃⼰、成为⾃⼰、活出⾃⼰.你不需要单独去解决你的没有安全感的问题,你⽆⼒感的问题,就是把它拿出来解决.你只需要去活出你⾃⼰,认识你⾃⼰,这些问题就不会存在了.

Japanese Opera: That's because you haven't fully recognized yourself yet; you're still delegating your power and relying on emotions or another person for guidance. But no matter who you delegate to, whether it's a deity or anyone else, you'll miss the opportunity to understand yourself and live authentically.

So here's the thing: external individuals are merely reflections of you. Imagine walking under the sun; your body casts a shadow on the ground that is an exact replica of you. The people around you are mere shadows, mirroring what they perceive as true for themselves based on their observations of others. There truly isn't any 'real person' out there like that.

So, by continuously recognizing yourself, embracing who you are, and living authentically, you don't need to seek solutions separately for issues like insecurity or a sense of powerlessness. You simply need to live your life as yourself, understanding your true nature, and these concerns will naturally dissipate.

因为所有的这些归根结底⼀个原因,就是因为你还不认识你,你也没有活出你.就好像你是⼀颗种⼦,你还没有开花结果.那你看着别⼈满树都是果⼦,你好羡慕.但是你要知道你这颗种⼦具有同样的功能.你也能像你羡慕或者你想依靠的对象那样呈现出丰盛、呈现出美好,然后开花结果完全的绽放,明⽩吗?

Because ultimately it all comes down to one reason, that is because you do not know yourself and have not lived out your essence. It's as if you are a seed that hasn't bloomed or produced fruit yet. You see others with their trees full of fruits and admire them. But you must understand that this seed possesses the same capabilities. You can also manifest abundance, beauty, and fully blossom just like the ones you admire or rely upon. Get it?

问: 我现在有谈⼀个恋⼈.但是我和他之间的感情从头脑⾥去分析就是各种不合适,但是我们又分不开,⾃⼰的内⼼又放不下.我想知道我跟他有没有未来?

Q: I'm currently in a relationship. However, when analyzing our feelings from a logical perspective, they seem to be incompatible in various ways. Yet, we can't break up, and my heart won't let go. I want to know if there is a future for us?

JO: 你们总觉得有⼀个固定的未来在那⾥等着你们.⾸先那⾥是(有⼀个未来),但是你能不能体验那个就要看你⾃⼰了.你有没有选择? 这么说吧,就好像你们看电视⼀样.电视有很多台,对不对? 有⼀到⼀百个台,它们都在那⾥都在播放.那如果你进⼊⼀台,那九⼗九台就跟你没有关系.⼀台播的是新闻,九⼗九台播的是电影.电影播的什么跟你没有关系,你选择的进⼊的是新闻频道呀,明⽩吗? 所以说那你们会不会在⼀起? 你说呢? 每⼀种可能都可以有,但是你的意识去进⼊了什么去给你体验的呢? 因为为什么总跟你们说你们没有未来,你们只有当下? 当下就好像是你⼿上拿了遥控板在选择.

JO: You always seem to have a fixed future waiting for you there. First of all, there is (a future), but whether you can experience that depends on you. Do you have the choice? Let me put it this way; like when you watch TV, right? There are many channels, aren't there? One hundred or more, they're all there broadcasting. If you enter one channel, then ninety-nine others don't matter to you anymore. One channel might be news, and ninety-nine could be movies. What the movies show doesn't concern you because you've chosen to enter the news channel, understand? So will you be together? What do you think? All possibilities are there, but what does your consciousness choose to experience? Because why is it that I always tell you that you don't have a future; you only have now? Now is like holding a remote in your hand for choice.

如果你不⼩⼼进⼊了恐怖的频道让你害怕了,你当下又可以拿起遥控板换台.但是你只有当下能换,对不对? 你说,我未来会不会换台啊? 那未来还是那个当下呀.当下你换不换? 你就想象⼀下你们看电视的经过,就⼀样的.⽽且不是别⼈,⽽是你⾃⼰.为什么呢? 因为你内在还在这种不知道你⾃⼰想要什么.你说你都在纠结⼀会⼉要飞,⼀会⼉不飞,⼀会⼉觉得好,⼀会⼉觉得不好.那你体验的就是这个.如果你内在坚定的知道你想要什么⽣活,然后你想要体验什么.那你说如果对⽅是个酒⿁、赌⿁,然后有毒瘾、杀⼈犯、抢劫犯.那这种⼈⽆论怎么样对你,你都不会想跟他在⼀起,对不对? 你就很明确,你说你跟我完全不是同⼀个世界的.

If you by chance stumble upon a terrifying channel that scares you, you can immediately change the channel with your remote control. But you can only do this in the moment, right? You ask, will I switch channels in the future too? Then the future is still now, isn't it? Will you switch or not in the present moment? Imagine watching TV; it's exactly like that. And this experience doesn't come from someone else but yourself. Why is this so? Because inside, you're unsure of what you want for your life. You're constantly torn between wanting to fly and not flying, feeling good one minute and not feeling well the next. This is the experience you have. If you are internally certain about what kind of life you desire and the experiences you wish to have, then if someone is an alcoholic, a gambler, drug addict, murderer, or thief, wouldn't you clearly never want to be with such people? You would make it very clear that you're not from the same world as them.

我不管你怎么对我,我们都不是同⼀个世界的.所以你有明确的… 这么说吧,你的⼈⽣现在就好像是你⾃⼰在画画.你有明确的⽬标或者是⽬的想要呈现什么吗?

I don't care how you treat me; we're not from the same universe. So let's put it this way, your life is like you are painting a picture for yourself now. Do you have clear goals or intentions of what you want to portray?

问: 就是很迷茫,不知道⾃⼰究竟想要什么.我想问我和他的灵魂主题是什么? JO: 你们在⼀起多久?

Q: I'm just so confused and don't know what I really want. I would like to ask, what is the soul theme between me and him? JO: How long have you been together?

问: 两年多JO: 他叫什么名字?问: XXXJO:他只是你成长路上来供你认知⾃⼰的就像是⼀⾯镜⼦⼀样.这么说吧,你就好像你现在是⼀棵⼩树苗.你⼩树苗的时候,你可能就会遇到⼀些⼩⾍⼦⼲扰你,对不对?那等你长成了⼤树,你的状态又不⼀样了.所以他只是你这个路上映射出你⽬前的状态⽽已,明⽩吗?因为当你不断不断地在⾃我绽放、成长、扩展,然后他也会消失不见的,明⽩吗?你不需要想办法去解决,就⽐如说我要把他的⼲扰或者是把这个问题或者是把这个⼈解决掉.为什么呢?因为你越是在做这个事,你越是选择了这个频道.我们刚刚说你在⼀的频道,你就越是在这个频道⾥⾯,你就继续停留在这个频道⾥⾯.

Question: JO asked about someone's name.

Answer: JO said he is just like a mirror for you to understand yourself as you grow. Let me put it this way: you are like a young sapling now. When you were a sapling, you might encounter pests that disturb you, right? But when you've grown into a big tree, your state has changed. So, he is just reflecting the current state of your journey. Can you understand?

When you continuously blossom, grow, and expand yourself, then he will fade away. You don't need to think about solving it; for example, thinking about eliminating his interference or resolving the issue or person. Why? Because the more you do this, the more you choose that channel. If we say you are on Channel 1 just now, staying in that channel means continuing to be within that channel.

问: 对,我现在就是困在这⾥.

Question: Yes, I'm stuck here right now.

JO: 对.你不需要去做任何,你不需要刻意去说我们分⼿,我们不要在⼀起了,或者是我要把你彻底的怎么样怎么样.为什么呢? 因为你这样不就是在又把那个黏糊糊的东西拿到你⼿上去吗? 那你怎么能甩开他呀?

JO: Right. You don't need to do anything; you don't need to make a deliberate effort to say that we're breaking up, or that we shouldn't be together anymore, or that I want to completely get rid of you in some way. Why is that? Because by doing that, aren't you just giving him the same clingy feeling back? How are you supposed to break away from him then?

问: 明⽩,我就是在⽆限次的做这种事情.

Q: Understood, I'm just doing this an infinite number of times.

JO: 对,所以说你不需要刻意的去促使它.你说就好像你们在看电视看电影⼀样.你说你需要停留在这⼀个频道不停的在那骂骂咧咧吗? 你直接换个台.换个台,你就能很快的进⼊到第⼆个频道⾥⾯的感受⾥⾯去.⽐如说第⼀个频道是恐怖⽚,你还选择在看恐怖⽚.然后你只需要换个台,那个喜剧⽚⼀会⼉就把你带⼊到喜剧的氛围⾥.因为你这样做,你只是在加深你的头脑.你的头脑它只会去给你创造你当下选择的那种感受.就⽐如说你选择的是恐怖⽚,那你的⾝体只会给你制造那种恐惧的感受,对吧? 然后你就好像说,不要恐惧不要害怕.那明明就是你去锁定的频率,就是你的选择啊.所以你不是要去处理你⾝体的感受,⽽是更多的是去转换⼀个频道就好了.

JO: Yes, so you don't need to forcibly push it. You said it's like when you're watching TV or movies. Do you need to stay on one channel and keep yelling at the screen? Instead, you just switch to a different channel. Changing channels allows you to quickly enter into the feelings of the second channel. For example, if the first channel is a horror movie and you decide to watch more horror movies, by simply switching to a comedy, your mind shifts into a comedic atmosphere very quickly. By doing this, you're just deepening your understanding. Your mind will only create what you choose at that moment. If you choose a horror movie, your body will only generate feelings of fear. You're not dealing with how your body feels; instead, it's more about simply changing the channel.

转换你的频道,然后你进⼊到喜剧的那个频道.你⾝体

Shift your channel and then you will enter the comedy channel. Your body

⾃然⽽然它就很快就锁定到⼀个… 就很简单,就⽐如说你们经常去听⼀些⼤师演讲,对吧?那他们就在创造⼀个频率.你可能最开始没兴趣,但是逐渐逐渐你就进⼊他们那个能量场了,跟他们⼀样了.你加⼊他们那个感受、体验那个频率了,明⽩吗?因为他们共同在创造⼀个频率和能量场.但是你要知道强⼤的是你们的意识,是你们的能量,是你们的能量强⼤.这⾥没有所谓的哪个是真实的,哪个是假的.只是单纯的选择⽽已.

It naturally locks onto something very quickly… it's simple, for example, when you often listen to great masters' lectures, right? They are creating a frequency. You might not be interested at first, but gradually you enter their energy field and become like them. You join in with their feelings and experiences of that frequency, do you understand? Because they're all together creating a frequency and energy field. But what you need to know is that it's your consciousness, your energy that is powerful. There are no real or fake distinctions here; it's just a simple choice.

问: 我想知道我⾃⼰的灵魂主题是什么?

Question: I want to know what my own soul theme is?

JO: 说⼀下你的名字.问: XXXJO:我们感受到你这⼀⽣好像是回来疗伤的.也就是说前世或者是其他世有很多没处理好,就是还有残留的⼀些也是关于感情上的⼀些伤⼜.就是两性关系这⽅⾯给你带来了很⼤的伤痛和影响,导致你今⽣也会遇到同样的课题.为什么呢?它就是把这个伤⼜再⼀次打开让你看到.让你看到,你才能去处理它,去疗愈它.因为如果你看不到的话,你是不是就不知道?这么说吧,⽐如说别⼈在⼀段感情当中对⽅给她带来的疼痛是⼀,但是如果你的话,对⽅可能给你带来的疼痛是七、⼋.你就会⽐别⼈更加的痛好多倍.那为什么同样的事情对你来说就特别痛? 因为你那边原本就有⼀个伤⼜.

You: Say your name.

Question: XXX?

You: We sense that you seem to be returning for healing, meaning there were many issues left unresolved in previous lives or other existences, particularly involving emotional wounds. These have caused significant pain and impact in relation to relationships, leading to similar challenges in this life. Why is that? It's as if they are reopening these wounds so you can see them. By seeing them, you can then address and heal them. The reason being, if you cannot see it, how would you know? Imagine; someone else might be hurt by 1 point of pain from a relationship, but for you, the same situation could lead to multiple times that much pain – perhaps even seven or eight times more intense. Why are certain issues particularly painful for you when they might seem normal for others? Because there's already an underlying wound on your side.

就⽐如说别⼈挑⼀个担⼦去挑⽔,然后他肩膀的疼痛度是⼀、⼆吧.但是在你的肩膀上你可能就是七⼋⼗了.为什么呢? 因为你肩膀上本⾝就有伤⼜.那肩膀本⾝就有伤⼜,那通过你去挑⽔,你是不是就能发现原来我这边有旧伤?! 那你是不是就可以去疗愈它,去处理它了?

Imagine someone else carrying a water bucket, experiencing pain levels of one or two on their shoulder. But when you carry it, your shoulder pain might be rated at seventy or eighty. Why is that? Because there was already an injury on your shoulder before you picked up the weight. If your shoulder has an existing injury and you then carry water, won't you realize that I have old injuries here?! Can you then heal it and address it?

问: 难怪我对情商的反应很强烈,很痛苦.

Question: No wonder I reacted so strongly and painfully to emotional intelligence.

JO: 所以说你这⼀⽣会需要⼀个⾃我疗愈.你⾃我疗愈,你才能完全的绽放.问: 那我这⼀⽣有没有什么需要我去做的事业?

So you will need self-healing throughout your life. You must heal yourself completely in order to bloom fully. Q: Is there something I need to do as a career for my life?

JO: 等你真的是进⾏⾃我疗愈,疗愈的快好了.你那个才会呈现出来的.就好像你现在这个台阶你还没有⾛上去.那前⾯又有⽆数个台阶,你到底要选择哪⼀个台阶啊? 你到底要把你的伤⼜加重呢? 就像我们前⾯信息说的⼀样,每⼀段感情它都会在你⾝上留下⼀个破洞.那你是让你的破洞越来越多呢? 还是你经过和这个伤⼜,让对⽅像⼀个镜⼦⼀样来看到⾃⼰,进⾏⾃我疗愈? 明⽩吗? 这是不同的状态.不同的状态,你就有不同的未来,你就会结不同的果.那就像你是⼀颗种⼦,对吧? 你经常给它施肥给它⽔和你不管它,你想⼀下? ⼀颗经过你精⼼照顾结的果⼦和⼀颗你不闻不问,又是被⾍咬又是没⽔,果⼦都结不出来或者是特别⼩.

JO: When you truly engage in self-healing and recover quickly, that's when the transformation will be evident. It's like you haven't yet reached this step, but there are countless more ahead. Which step do you choose? Are you going to worsen your injuries or heal them through confrontation with the other party, allowing them to act as a mirror for self-healing? Understand this? Different states lead to different futures and outcomes. You're like a seed; if you fertilize it, water it, but neglect it, consider this: The fruit of a well-cared-for seed versus one left unattended, bitten by insects and without water, will either not grow or remain exceptionally small.

这两个果⼦的状态是不⼀样的.

The status of these two apples is different.

问: 到⽬前为⽌我可能还是需要认识到⾃⼰的…JO:你进⾏疗愈的话,你需要去多接触爱,然后多接触光,还有就是多接触那种纯净的能量,⽐如动物.⽐如说你养了只⼩猫⼩狗,就是那种⼩⼩的,然后你经常的去拥抱它的时候,它就在不断地疗愈你.这么说吧,你的⾝体它就好像是⼀个记忆体.那个记忆体你不断地在从外去摄取,你摄取⼀些恐惧或者是痛苦的能量,它会存储在你的记忆体⾥⾯,对吧?那你摄取爱、温暖的能量,它也会在你的⾝体⾥⾯.那你的爱和温暖越来越多,那你另外的是不是就越来越少了? 明⽩吗?

Q: So far, I may still need to recognize myself in terms of... JO: When you're healing, you need to interact more with love and light, as well as pure energy, such as animals. For example, if you have a little cat or dog, that kind of small being, when you hug it often, it keeps healing you. To put it simply, your body is like a memory bank. You continuously ingest some fear or pain energy from the outside, and it gets stored in your memory bank, right? Then, when you take in love and warm energy, it also stays inside your body. So as your love and warmth increase, doesn't that mean you're losing something else? Do you understand?

问: 我从⼩跟我妈的关系就不是很好,从⼩就觉得她不爱我.就是感觉是⾃⼰被抛弃被冷落,就是可有可⽆的存在.

Question: I had a poor relationship with my mom since I was young and felt she didn't love me. It's like feeling abandoned or neglected; it's as if I'm an optional presence in her life.

JO: 你⾸先要知道你们的,就是你不能单独的从物质层⾯还有这个⾁体看你们的⾝份.因为你有可能选择这样⼦的妈妈她就是来加深你这个伤⼜的疼痛,来让你看到,来让你可以处理它,明⽩吗? 因为并不是所有的(灵魂)都会选择出⽣在⼀个,就⽐如说是⽣⽣世世的爱,出⽣在这样的关系⾥⾯.因为不是所有⼈都是来选择这个去体验.因为有那种特别亲密的,他们是很多⽣⽣世世都是亲密的情感.

JO: First of all, you must understand that you cannot solely look at your identity from a physical material or bodily perspective. You might choose such a mother who amplifies your pain, allowing you to see and deal with it, right? Not every soul chooses to be born into relationships like endless love across lifetimes. It's not for everyone to experience this kind of connection. There are those who have intimate, lifelong feelings that span many past lives.

问: 现在我这种状态是不是也是不适合在事业上…JO: 也是要选择有爱有光的事业,因为它是在疗愈你.这么说吧,你现在就是⼀个受到寒冷,很冷的⼀个⼈.那你说我选事业,你是不是要选择有光有温暖的地⽅? 如果你⾃⼰⼀直处于⼀个寒冷的地⽅的话,就算是你⾃⾝的能量它也散发不出来呀.你散发不出来,你如何去创造? 所以说先不要去从⾦钱的⾓度去选择.为什么呢? 因为如果你单纯的只是从⾦钱的⾓度去选择的话,它有可能就是把你整个都破坏掉了.它会让你越来越破烂不堪,更加的破碎.

JO: Are you asking if this current state of yours is also unsuitable for career pursuits...?

Q: Yes, I'm asking if my current condition is not suitable for professional endeavors...

JO: You should choose a career that is filled with love and light because it heals you. Imagine, you are like someone who has been experiencing coldness and feels very cold now. If you were to pick a career, would you want one that is full of warmth and light? If you keep living in a cold environment yourself, how can your own energy radiate outwards? It won't; how could you create or achieve anything?

Therefore, don’t solely consider financial aspects when making a choice. The reason for this is if you base your decision purely on money, it might ruin everything. It could make things worse, leaving them in a state of constant deterioration and fragmentation.

问: 我现在最⼩的⼉⼦,我⽣完他⾃⼰带的时候,他⾼烧.导致他现在就不能⾼烧,不然会抽搐….

Q: I have my youngest child, whom I took care of after giving birth, and he had a high fever. This has led to the condition that now whenever he experiences a high fever, he will experience seizures...

JO: 你稍等,我看⼀下.这么说吧,你的孩⼦也好像是你能量的投射,就好像也是⼀个镜⼦来让你看到你处于的能量状态,就是你⾃⾝的⼀个能量状态.因为你⾃⼰就容易好像是有⼀种超负荷,就是有些事情可能是让你很崩溃或者是让你很抓狂或者是让你感觉你受不了. you lose control,就是你失去了控制,就是失控的状态.就是你的能量状态就容易产⽣这种失控的状态,就感觉你孩⼦⾼烧就好像你是这种热锅上的蚂蚁,或者是你觉得你受不了,你真的受不了,这种感觉.就是⽣活啊、个⼈啊、或者是情绪啊这些东西.你想外⾯它实际上只是⼀个导⽕线.

JO: Wait a moment, let me check this out. Alright, you're saying that your child might also be an extension of your energy projection, like a mirror reflecting the state of energy you're in, which is essentially your own energy state. This happens because it's easy for you to feel overwhelmed, where certain things may cause you immense stress or frustration, making you feel不堪重负, losing control and entering a state of disarray. Your energy state tends to produce such states of losing control, feeling as though you're trapped in the midst of chaos, like being a frantic ant on a hot stove, experiencing feelings that you can't bear anymore. It's about living situations, personal issues, or emotions causing this sensation from within.

就是⽐如说你觉得是因为你的情感关系或者是因为其它关系导致的,但是实际上是因为你内在它有炸弹,它才能把你引爆.

It's like you might think it's due to your emotional relationship or other connections, but in reality, it's because there's a bomb inside you that's capable of detonating you.

问: 也就是我调整好我⾃⾝的能量和伤痛,我孩⼦的问题就能⾃⼰好?

Question: Does it mean that once I adjust my own energy and pain, my child's issues will resolve on their own?

JO: 是的,因为当你常常不是在这种失控或者是抓狂或者是极端的状态下或者是负荷不了的⼀个状态下,那你是在⼀种平稳的状态下,那孩⼦也会在⼀个平稳的状态下,就不会受不了.因为孩⼦选择你,你的灵魂主题你的所有,他是知道的.他选择来跟你⼀起来突破.但是你不⽤担⼼,因为这个不会是个问题.然后你越来越多的去创造平和、和谐和爱的⼀个状态,然后你孩⼦就会… 但是这个创造不是刻意的,⽽是你⾃⼰真正的能达到那样的状态.因

JO: Yes, because when you are not in a state of being out of control or going crazy or extreme or overloaded, then you are in a stable state and so is your child. This way, they won't be overwhelmed. The child chooses you and your soul theme and everything about you because he knows it; he chooses to come with you to break through these barriers together. But don't worry, this won't be an issue. As you create more peace, harmony, and love, then your child will… However, the creation should not be forced but rather achieved naturally as you truly reach such a state.

为你⾃⾝你就是⼀个频率场,你不断地不断地在发出.然后那个就是对你孩⼦最⼤的帮助.因为你们外在的药物或者是其它⼲涉的话,它其实只是针对那个果.但是那个导致那个果的因,它还没有真正的去处理.

You yourself are a frequency field, constantly emitting. And that is the greatest help for your child. Because external medications or other interferences address only the effect. But the cause leading to that effect has not been properly dealt with.

#### 2023/09/14 — 头脑⽆法想象你的未来The mind cannot imagine your future

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 这个通灵的⼥孩⼦的肩膀很疼,请问这个疼痛是有什么信息是想要告诉她吗?

Question: The spirit-medium girl is experiencing pain in her shoulders. Could you explain if this pain has any messages it wants to convey to her?

JO:这么说吧,她现在就好像是⼀个转换期,就好像又是⼀个新的篇章或者是需要翻篇的时候.就好像她现在在⾛钢丝,然后在钢丝上她需要去平衡.因为她必须要去学会如何⾛钢丝? 如何平衡? 如何⾛稳? 所以说她的这个疼就好像是来提醒她,好像是蜕变⼀样.就⽐如说她现在好像是蛇蜕⽪,对吧?就好像是在⽣长,⼀棵⽵⼦它长出来新的枝节.所以这种疼痛是来⾃于蜕变和转变和⼀个新的篇章.然后是让她更好的能够在物质⽣活中平衡所有的⼀切.因为你们还有⼀个物质⾁体还有⼀个⾝份.那这个⾝份就会让你在物质世界有⼀定的所谓的肩上的责任,对吧? 那你肩上的责任,你是不是需要把它平衡好? 为什么呢? 因为你这个⾝份你不能丢开它.

JO: Let me put it this way, she's in a transitional period now, like starting a new chapter or turning over to the next one. It's as if she's walking on a tightrope and needs to balance while doing so. She needs to learn how to walk on a tightrope? How to balance? How to stay steady? So her pain is meant to remind her of transformation, like shedding skin, right? Like growth in life, where a bamboo shoots grow new branches. This pain comes from the essence of transformation and change, leading into a new chapter. It's intended to help her better balance everything in material life. You see, there's your physical body and identity, which carries certain responsibilities in this world. The weight of those responsibilities is something you can't simply shed off.

为什么呢? 因为你需要通过这个⾝份去在物质世界上去展现,对吧? 所以那你不可能完全的丢开它,对吧? 但是你也不能完全的任由它去掌控⼀切,明⽩吗? 因为最终你到底是通过和这个物质⾁体呈现出真正的你,⽽不是说被这个物质⾁体给困住? 那你如何能平衡好这两点呢? 因为这是⼀个⾮常⾮常重要的课题.因为你们很多⼈不能完完全全的呈现或者是展现⾃⼰,就是属于这个问题.要么就是被这个⾁体困住,明⽩吗? 所以这是⼀个平衡的问题.但是它只是属于在这个点上.因为这种疼痛会随着她的新⽣,然后消失.

Why is that? Because you need to manifest through this identity in the material world, right? So you can't completely let go of it, right? But you also can't completely allow it to control everything either, do you understand? Because ultimately, are you presenting your true self through and with this material body, or are you being trapped by it? How can you balance these two aspects? As this is a very important subject. Because many of you struggle to fully present or showcase yourselves, which falls into this issue. Either being trapped by the physicality, do you understand? So it's a matter of balance. But it only applies at this point because the pain would dissipate with her new birth.

问: 那我能不能也请你帮我看⼀下能量状态,看有没有什么信息是要带给我的?

Question: Could you also help me check my state of energy and see if there are any messages for me?

JO: 你接下来听完了,如果你还有疑问,你再问.问: 什么是正确的谋⽣之道?

JO: After you finish listening, if you have any questions, you can ask. Question: What is the right way to make a living?

JO: 那正好就是通过前⾯带出来的信息,然后你知道你有⼀个⾝份在这个物质世界.但是你是通过这个⾝份去展现,明⽩吗? 但是你不能完完全全的受这个⾝份的束缚,明⽩吗? 你想象⼀下.你不能完完全全的受你这个⾝份的束缚.你们多少⼈拿着这个⾝份,啊,我是个国王,我是个王⼦,我是⼀个警察或者我是⼀个什么什么的.你们都在受这个⾝份的束缚,对不对? 明明是你使⽤的⼀个道具供你来创作,你却完完全全束缚于这个道具.你把道具当成是你.所以说你前⾯的问题是什么是正确的谋⽣之道,是吧? 那你就会回到那个平衡,就是我们刚才说的那个平衡.在这个之间的那个平衡,明⽩吗?

JO: That's precisely the information carried forward from before; you understand that you have an identity in this material world. However, you express it through this identity, do you see? But you can't be completely tied down by this identity; do you get it? Imagine yourself - you cannot be completely restricted by your own identity. How many of you hold onto identities like "I'm a king," or "I'm a prince" or "I'm a police officer"? You are all bound by these identities, right? Clearly, they're tools that you use for creation, but you've completely ensnared yourself in them. So the essence of your question about what is the correct way to make a living returns to us - this balance we were just discussing. The balance between these two aspects, do you understand?

如果你能平衡好,你没有完全脱离它,你也没有完全受它的控制.你就能就像花⼀样盛开,像果树⼀样结果.当你盛开的时候,你是不是就有吸引⼒? 如果你有很多吸引⼒,你们⽆论做什么… ⼀个品牌它是不是要有吸引⼒它才会热卖才会受⼈关注才会有销量?! 那明星是不是要有吸引⼒,他才能去换很多钱,对吧? 那这是不是就是所谓的谋⽣之道了?

If you can achieve a balance, without fully detaching or being completely controlled by it, you can flourish like a flower and bear fruit like a tree. When you bloom, do you have appeal? If your appeal is high, does that mean anything goes for you… Does a brand need to be appealing in order to sell well and gain attention, with high sales figures? Is there no way around the fact that celebrities must command high appeal to earn substantial money, right? Isn't this essentially how one sustains themselves financially?

问: 请问能不呢帮这个通灵的⼥孩⼦连接⼀下⼗年后的她,然后看看⼗年后的她有没有什么信息是要带给现在这个阶段的她的?

Q: Could you please connect this spirit-medium girl to the version of herself ten years in the future and see if she has any messages for her current self?

JO: 你稍等.你⾛的每⼀步,你设想的每⼀个情节,它都会⼀⼀的呈现在你的⽣命⾥⾯.我们不能说你已经看到或者想到会是什么场景.我们想要告诉你的是⽆论怎么⽤你的脑袋去想象,你都想不到未来的那个我,那个你会有多么的精彩.因为这是超出你的可见可想的范围.但是你只需要期待和相信每⼀个瞬间它都像是⼀朵鲜花盛开,每⼀个⽚刻它都像在⼀种狂喜的状态.所以你只需要感受那个狂喜的能量,⽽不需要去在乎事情它是如何的展现. 问: 请问⼗年后的我有没有什么信息是要带给现在这个阶段的我的吗?

JO: Wait a moment. Every step you take and every scenario you imagine will be unfolded in your life. We cannot predict exactly what scenes you have seen or thought about, but what we want to tell you is that no matter how you use your imagination, you cannot foresee the future version of yourself, how wonderful you will become. This is beyond your scope of vision and comprehension. But all you need to do is anticipate and believe that every instant feels like a flower blooming, and each moment is in a state of profound ecstasy. Therefore, you should simply experience this ecstatic energy without worrying about how things are being presented.

Question: Is there any information from the future self who will come into this current stage of me?

JO: 你稍等.你越多的放⼿,然后你就会越快速的接近我,你就会越快速的进⼊到⼀种⽣命的喜悦当中.任何你的担⼼或者是担忧或者是计划,它都会slow you down,它都会缓慢你的脚步.所以当你在计划策划规划或者是担忧的时候,你并没有在加速它,⽽是在背道⽽驰,⽽是在远离它.它只会消耗你更快的接触到我.

JO: Wait a moment. The more you let go, then the faster you will approach me, and the quicker you will enter into a state of life's joy. Any concerns or worries or plans that you have will slow you down; they will slow your steps. So when you are planning, scheming, strategizing, or worrying, you are not accelerating it; instead, you are going against it, moving away from it. They only consume you and prevent you from reaching me more quickly.

问: 请问能不能连接⼗年后她的⽼公,看看⼗年后她的⽼公有没有什么信息是要带给现在的她的?

Question: Can we connect with her husband ten years later and see if there's any message he would like to convey to the current version of her?

JO: 你稍等.我只是想谢谢你能让我如此热爱我的⽣命,如此的爱这个世界的⼀切.在没有你的带领下,所有的⼀切都是⿊暗的.在有你的影响下,所有的东西都在发光.然后对于我来说,我⾃⼰就像是⼀团⿊暗.因为有你的光照亮了我,让我能体验到光的存在.所以我想要谢谢你把我照亮.

JO: Wait a moment. I just wanted to thank you for making me love my life so much and everything in this world. Without your guidance, everything would be dark. With your influence, everything is shining. And for me, I am like darkness itself. Because of your light that illuminates me, allowing me to experience the existence of light. So I want to thank you for shining on me.

问: 请问能不能连接这个⼥孩⼦的元神,然后看看它有没有什么信息是要带给她的?

Q: Can you connect with the girl's spirit and see if there's any message she needs to receive?

JO: 我们想要让你知道我们现在的状态基本上好像是形影不离的⼀个状态,所以它并没有我和你.因为就好像你在我之中,我在你之中.就好像我是⽔,你是泥.然后我们互相的揉捏在⼀起,已经分不出,已经看不到⽔单纯的样⼦,也看不到泥,明⽩吗? 所以⽤你们物质世界的⽐喻就好像我是⽔,你是⾯粉.然后我们混合在⼀起过后成了⼀个⾯团,你已经看不到⽔,也看不到⾯粉,明⽩吗? 所以说信息有没有什么? 因为她已经不需要再⽤这种传达的⽅式,你只需要去感受.因为时时刻刻就在那⾥.

JO: We want you to understand that our current state is almost like being inseparable, a bond that doesn't involve just me and you because it's as if you are within me, I am within you. Imagine I'm water, and you're mud; we knead together, blending so thoroughly that distinguishing pure water or distinct mud becomes impossible to see. So when using analogies from your physical world, imagine I'm water, you're flour; after mixing, a dough forms where it's no longer possible to discern the water or the flour individually. Does this make sense? The information exists as such because she doesn't need to use this method of conveyance anymore; all one needs is to experience it directly. Because it's always there.

问: 能不能再连接⼀下她⽼公的元神,看看她⽼公的元神有没有什么信息是要带给她的?

Q: Can we connect to her husband's spirit energy again to see if there are any messages he wants to convey to her?

JO: 你稍等.谢谢你们⽤你们的⽅式去展现⽣命中最强⼤的能量,那就是爱、合⼀、不分彼此.就好像前⾯的例⼦,它是⽔和⾯粉的关系.当它们揉在⼀起,已经看不到⽔也看不到⾯粉.但是是⼀个⾯团的状态.

JO: Wait a moment. Thank you for demonstrating the strongest force in life through your own methods, that is love, unity, and not being separate. It's like the example before, it's the relationship between water and flour. When they are mixed together, you can't see the water or the flour anymore. But what remains is a dough state.

问: 有没有⼀种情况就是她的⽼公的元神和她的元神是⼀起的,然后这个共同的元神有没有什么信息是要带给他们的?

Q: Is there a situation where her husband's spirit and hers are combined, and if so, does this shared spirit carry any messages for them?

JO: 以前的信息就有说他们是来⾃同⼀股能量,然后⽤不同的⾝体和不同的个性和不同的味道,就好像⼀个是冰块,⼀个是热⽔开⽔,明⽩吗? 然后去从不同的⾓度去展现爱,去展现光,去展现⽣命.

JO: The previous information spoke of them originating from the same energy stream, using different bodies and personalities with distinct flavors, like one being ice and the other hot water or boiling water, get it? To showcase love, light, and life from various perspectives.

问: 那能不能也连接⼀下我的元神,看看有没有什么信息是要带给我的?

Question: Could you also connect with my spiritual essence and see if there's any information that needs to be conveyed to me?

JO: 就前⾯的信息已经告诉你,前⾯的信息你可以再回去听.也就是说你的物质头脑你没有办法去想象到将来,你没有办法去想象到你没有体验过的事情.就⽐如说我们告诉你在⽔星或者是⽕星上住着什么样的存有,他们的环境是怎么样.你说你⽤你的头脑去想象,你能想象出来吗?你的头脑会去捕捉信息,但是它没有地⽅可以捕捉.所以说当你进⼊到⼀种去规划、计划或者是担忧的状态,其实你都在寻找信息.⽽且那些信息都是你⽆意识当中摄取的.⽽且它都是⼀些死的东西.就好像你们说的蛆蜕的壳.你就是盯着⼀堆像⼫体⼀样像壳⼀样的东西在那研究.它没有任何意义.它只会让你进⼊到⼀种你⾃⼰创造的频率⾥⾯去.那个频率是你⾃⼰创造的.

JO: Based on the information already provided, you have access to that information again. This means your material mind has limitations; it can't imagine future scenarios or experiences you haven't had. For instance, if we tell you about beings living on Mercury or Mars and their environments, would you be able to visualize them using just your mind? Your mind tries to gather information, but there's no place for it to capture data from. Therefore, when you find yourself planning, strategizing, or worrying, you're essentially searching for information. And those pieces of information are often unconsciously gathered and can be quite limited in scope - they're like dead things, akin to the shells that slugs shed, where you're scrutinizing a pile of decomposing matter with no inherent meaning other than what you create through your own imagination.

那个频率来⾃于你们的集体意识,就是你们的集体都会担忧,那你加⼊到那个担忧的频率⾥⾯去了.然后你们的集体意识会根据你们的经验去规划.然后你们就继续的去体验你们创造过的东西,你们就只是在加深它.加深就⽐如说以前你们有⼈画了这幅画,对吧? 你继续再拿着你的笔在它的画上画.你说哪⼀个艺术家他会去不断地去加深⼀副已经画好的东西? 明⽩吗? 它会影响你的创造能⼒.所以你们⽣命的每⼀个⽚刻都是

That frequency comes from your collective consciousness, which is the collective worry you all have, and you joined that frequency of worry. Then your collective consciousness plans according to your experiences. And you continue to experience what you've created, just deepening it. Deepening means, for example, if someone drew this picture before, right? You keep drawing with your pen on its canvas. Which artist would constantly deepen a picture that's already been drawn? Understand? It affects your creativity. So every moment of your life is

⼀个⽩纸.你可以在那个纸上⾯显现出你到底想要呈现什么,⽽不是盯着已有的画再去给它加粗.因为你们的头脑会觉得已有的画才是真实的.但是你说这个世界最开始的那幅画是从哪⾥来的呢?你们灵魂选择来到这⾥,⼀定是需要不断地扩展和突破的.不然的话,那就是在浪费你的机会,浪费这个⾁体.这个⾁体它不能得到完全的功能,就是完全的使⽤它的功能,就是它不能完全的绽放.那当你的⾁体的每⼀个功能没有被打通没有被疏通,它就会出现⼀种慵懒.这么说吧,就好像那个能量或者⽔,那你这个⽔管都堵塞了,那⽔就流不出来.所以你们会能量不疏通,你们会感受不到⽣命的活⼒.你们也感受不到⽣命的毫不费⼒,你们也感受不到⽣命的精彩.

A white sheet of paper. You can project what you want to present on that paper instead of embellishing an existing picture, because your mind perceives the existing picture as real. But where did the first painting of this world come from? Your souls must have chosen to come here to continuously expand and transcend; otherwise, it would be a waste of opportunities and this physical body. The body cannot achieve its full functionality, hence not fully utilizing its capabilities, meaning it cannot reach its full potential. When each function of your body is not aligned or unobstructed, it results in laziness. To put it simply, imagine energy or water getting stuck in a pipe; if the pipe is clogged, the water won't flow. Consequently, you might feel that your energies are blocked, and thus you may not experience the vitality of life. You also might not feel the effortless nature of life, nor its full spectrum of experiences.

然后为什么有很多⼈沉迷于毒品?因为毒品就好像给你暂时的全部疏通⼀样.但是它给你带来的刺激是通过药物,它是通过外在.那当你在回到那个没有被疏通的感觉,你就会⾮常的难受.所以说当你完完全全的疏通你⾃⼰,完全的去展现出⽣命的活⼒的时候.你达到的那种状态就好像是吸毒,但是它却不是通过外在对你的刺激,⽽是从你内在.

Then why are so many people addicted to drugs? Because they give you a temporary complete unblocking, but the stimulation it brings is through medication, which is external. When you return to that non-unblocked feeling, it becomes very uncomfortable. Therefore, when you completely unblock yourself and fully show the vitality of life, the state you reach feels like being high on drugs, but it's not through external stimuli acting upon you; it comes from within you.

问: 请问我的胸腔感到胀痛和刺痛的感觉…JO: 如果你把前⾯那段信息听进去了,它就会慢慢消失.就好像前⾯的信息告诉你,你必须要知道你的头脑没有这个功能去规划你的⽣命.如果你们头脑有这个功能去规划你们的⽣命的话,你们⽣命中就不会有这么多悲剧发⽣了.因为它就会… 你想,即使你是皇帝,即使你是王⼦,那你看哈⾥王⼦他能规划吗? 你看⼥王,她能规划她孙⼦吗? 就算是⼀国之君,他都没有办法去规划他的家庭成员的… (中断)

Q: My chest feels tight and has a stinging sensation... JO: If you listen to the previous piece of information, it will slowly fade away. It's like the earlier information was telling you that your mind does not have this ability to plan for your life. If your minds had this ability to plan their lives, there wouldn't be so many tragedies happening in their lives because then... You think, even if you were a king or a prince, would Harry Potter be able to plan? Look at the Queen, can she plan for her grandsons? Even as a head of state, he has no way to plan his family members'... (interrupted)

#### 2023/09/15 — 停⽌投射旧有的你,外在⼀切都会改变 Stop projecting your old self, and everything will change externally.

JO: 你说吧,什么问题?

JO: Tell me, what's the question?

问: 我们这样问你们问题算剧透吗? 提前剧透会改变命运吗?

Q: Does asking you guys questions spoil it? Would advance spoiling change destinies?

JO: 你们来这⾥是⼲什么的? 你们就是来改变命运的.明⽩吗? 这么说吧,就好像这⾥有⼀个框架,就是⼤概的⼀个框架,对吧? 这个框架就是你们所谓的命运.但是你是个艺术家.这个框架你要如何去精彩的呈现,它是不是就由你个⼈的创造在⾥⾯了? 这么说吧,都是⽊头.不同的⼈⽤它做不同的东西.有的⽤来做⽊雕,就是雕东西.就算都是雕塑家,他雕出来的东西都不⼀样,对不对? 那有的⼈拿⽊头做家具,有的⼈做艺术品.所以通过你们每⼀个⽣命是不是就能展现出完完全全不⼀样? 然后当你们⼗个艺术家⽤同样⼀块⽊头做出来⼗个完全不⼀样的东西,你们⼗个⼈再彼此去欣赏对⽅的作品.然后再进⾏⼀种交流.会产⽣什么?

JO: Why are you here? You came here to change destinies. Do you understand that? Imagine there's a framework – more of a guideline than anything else – that defines what destiny means in your view. But you're artists, right? How do you make this concept so much more wonderful and compelling? To put it simply: it's all wood, but different people use it to create different things. Some make sculptures by carving objects into them; even if they're sculptors themselves, their outcomes are unique, wouldn't you say? Others turn the same wood into furniture or art pieces. Hence, each life can manifest in completely distinct ways. Now, consider ten artists working with a single piece of wood to produce entirely different outcomes. Then, when they critique and appreciate one another's creations, what kind of interaction could this spark?

就是意识的⼀种扩展.你会说,哇,原来这么有创意.通过这⼀层交流就好像变成你⾃⼰的东西了.在你的意识⾥⾯你就会有⼗个不⼀样的picture.那是不是你们的⽣命就更加的丰盛? 你们的体验就更加的丰富、多姿多彩?!问: 请问很多灵界都在关注着我们吗? 它们会插⼿我们的事情吗?

It's an expansion of consciousness. You'd say, wow, so creative. Through this level of communication it becomes your own thing. Within your consciousness, you would have ten different pictures. Does that mean your life is more abundant? Your experiences are richer, more diverse?! Q: Are many spirit realms paying attention to us? Will they interfere with our matters?

JO: 这么说吧,你说灵界的时候,你不要把你分开.因为这样就好像这是两部分,灵界是⼀部分,你们物质世界是⼀部分.但是你这么想,灵界就好像是⼀个海的海⽔.那你就是海上⾯的波浪.⽆论你多么的⾼,惊涛骇浪,但是下⾯的⽔它没有多⼤的变化的.就算你是湖⾯,你的湖⾯结冰.但是下⾯的⽔还是流动的.你说湖⾯上结冰的冰块和湖底的⽔,就是你说的你们物质世界和灵界,你们我们.

JO: In other words, when you talk about the spirit world, don't split it apart. Because that would be like two parts - the spirit world is one part and your material world is another. But think of the spirit realm as if it were sea water. You are then a wave on the surface. No matter how high or stormy you get, but the water beneath doesn’t change much. Even if your lake freezes over, the water below remains flowing. Say that the ice on the lake's surface and the water at the bottom of the lake are what you're referring to as your material world and spirit realm, us.

问: 请问这个通灵的⼥孩⼦今天突然狂哭不⽌,她想知道为什么?

Question: Could you explain why this spirit-connected girl has been crying uncontrollably today and what she wants to know?

JO:你稍等.因为在那⼀刻她意识到有⼀部分的她已经死掉,然后⼀个新的⼈格又出⽣,也就是越来越靠近她真实的⾯⽬.这么说吧,就好像她来到这个物质世界,她就戴了⼀个⾯具,或者是她有⼀部分被染上了颜⾊.这么说吧,你们⼥孩⼦会去涂指甲油,对不对?你涂指甲油的那⼀部分已经因为你新的指甲不断地长出来⽽到边缘了,然后你把它剪掉了.那你的新指甲是没有指甲油的.也就是说她不断地扩展和不断地接触我们的信息让她的⽣命就好像是不断不断地突破.那她以前在物质世界沉浸的那⼀部分,就是染上颜⾊的那⼀部分,就是被你们涂上指甲油的那⼀部分… 就这么说吧,你们物质世界就好像是⼤染缸.

JO: Wait a moment because in that instant she realizes that there is part of her that has died and then a new personality emerges, which brings her closer to who she truly is. To put it another way, she is like coming into this physical world where she wears a mask or a color. Like when you girls paint your nails, correct? The part of her that paints her nails is at the edge because her new nails are growing out and then she cuts them off, leaving the new nails unpainted. Similarly, as she constantly expands and interacts with our information, her life pushes through boundaries like water breaking free from a dam. The part of her that was immersed in this physical world, the colored part that you paint your nails, is no longer needed because it has been replaced by a more authentic expression of herself in alignment with her true self. Think of our physical world as one big dye vat.

然后她进⼊这个染缸过后,被染上颜⾊的那⼀部分随着她⽣命的成长周期,那⼀部分已经脱离她了.脱离她后,她感受到新的⽣命的样⼦.就好像她脸上的⽪渐渐地褪去,她才看到她本来的⾯⽬.当她看到她本来的⾯⽬带来的又像是⼀种狂喜又像是⼀种解开束缚,就是我⼿上的绳⼦终于脱掉了,原来是这种感觉.也有就是拥抱新⽣命的那种喜悦,喜极⽽泣.所以我们就在推动着你们,因为我们的能量就好像是在推动着你们的那层壳,那些旧有的东西.你们是在允许我们推动着你们.

Then, after she dives into this dye vat, the part of her that gets dyed with color eventually detaches from her as she grows older. Once it has detached, she experiences a new sense of life. It's like her skin on her face starts to peel off gradually, revealing her true self. When she sees her original appearance, it feels like both exhilaration and liberation – like the ropes that were tied around my hands have finally been released. Or it might be joy at embracing a new life, so much so that she cries with happiness. That's why we're guiding you, as our energy is pushing against your shell of old beliefs. You are allowing us to guide you through this process.

问: 请问JO是如何影响物质世界的?

Question: How does JO affect the material world?

JO: ⾸先你要知道你们物质世界就好像是你们⾃⼰拉出的屎⼀样,明⽩吗? 这完全是你们⾃⼰,好像是因果关系.但是呈现在这个物质世界上的这⼀切东西,你们要记住和知道的是,它并不是来束缚和困住你的.它顶多就好像是⼀个镜⼦⼀样来供你看清楚和供你做选择.你说你去商店⾥⾯去买东西,我们只告诉你个名字,你不看到物品的话,你怎么做选择? 那你是不是也要去看⼀下,然后挑选⼀下.然后你才知道这个才是我喜欢的,这个才是怎么样怎么样的,对不对? 那物质世界就好像是这个效果⼀样.如果它不给你显现出来,你如何去对⽐? 你如何去⽐较? 你如何去做出选择? 你如何去创造? 明⽩吗?

JO: First, you need to understand that your physical world is like the feces you have pulled out yourself, okay? This is entirely your own, kind of like a cause and effect. But everything presented in this physical world, what you need to remember and know is that it's not there to confine or trap you. At most, it's like a mirror for you to see clearly and make choices with. You go into the store to buy something, we only give you the name, if you don't see the item, how do you make your choice? Aren't you supposed to look at them and choose one, then realize this is what I like or this works best, right? That's similar to the physical world. If it doesn't show up for you, how are you supposed to compare? How can you make a comparison? How can you create? Do you understand this concept?

问: 那为什么⾝体还会害怕再去经历⾃⼰以前经历过的不喜欢的? ⽽且我也知道这是我的⾝体,就是这个记忆体这样⼀个反应.然后我要去跟它磨合.那我要怎么样可以更好地去和⾝体磨合,当它被旧有的记忆还有恐怖的画⾯拉扯的时候?

Q: But why does the body still fear going through experiences it didn't like before? And I also know that this is my body, just a reaction of its memory system. Then, I need to work with it. How can I better adapt to working with my body when it's being pulled by old memories and scary images?

JO: 因为你还在继续投射旧有的你,也就是说你还在继续的去创造和投射出旧有的那个你.就是你还活在你的思想⾥⾯,你在持续的投射同⼀个你来给你体验,明⽩吗? 只有当你不再去投射同⼀个你过后,所有的⼀切都会变的.那如何才不去投射同⼀个你? 那就是你看清楚.因为你看不清楚的时候,也就是说… 这么说吧,你是个近视眼,你看不清楚.你就会觉得前⾯那个被风吹的⾐服是个⿁.你就害怕.那当你把灯打开或者带上眼镜,那你能看清楚它是⼀件⾐服在飘着.你的频率是不是就不⼀样了? 你⾝体产⽣的感觉是不是就不⼀样了?那当你戴着眼镜你能看的很清楚,就算旁边的⼈吓你说那是个⿁哦.哼,你会笑⼀下.

JO: Because you are still projecting the old you, meaning you are still creating and projecting the same old version of yourself. You are still living within your thoughts, constantly projecting the same you to experience. Do you understand? Only when you stop projecting the same you will everything change. How do you not project the same you? It's by seeing clearly. Because if you can't see clearly, that is... Let me put it this way, you have nearsightedness and cannot see well. You would perceive a flowing dress as a ghost and be frightened. But when you turn on the light or wear glasses, you can see it is just a flowing dress. Would your perception of reality change? Your bodily sensations differ then? With glasses on, even if someone next to you says it's a ghost, you'd just laugh.

问: 那你说的这个看清楚意思就是说物质世界它只不过就是我的投射,我的⼀个影⼦.不管它怎么呈现,我都没有必要… 就是我要去教会我的⾝体….

Q: You mean that this material world is merely my projection, a shadow of mine? No matter how it manifests, there's no need for me... I must teach my body...

JO: 这个是需要你⾃⼰,就⽐如我们刚刚说⽣命周期,对不对? 周期的话,就好像⼀棵树.你知道你以后会长成参天⼤树,但是还是逃不过我现在是个⼩树苗这个事实,明⽩吗?所以你没有办法去… 但是我们把信息带出来,它⾄少可以让你内在不去抗拒,让你这个过程不是痛苦的或者是煎熬的.因为痛苦和煎熬它会缓慢这个时间,就是你会觉得时间过的好慢.这么说吧,⽐如说你像热锅上的蚂蚁,你很痛苦好像⼑在割你的时候,你就感觉时间过的特别慢,对不对?那如果你特别快乐,你会觉得时间特别快.所以说我们这些会让你成长的过程不⾄于感觉像⼑割⼀样.所以就会在你的体验⾥⾯就好像你好像是加速,你是快速.就是你并没有觉得你在难熬.

JO: This is something you have to do yourself, like we just discussed the lifecycle, right? Like a tree - you understand that eventually you will grow into a towering giant, but you still can't escape the fact that I'm currently just a seedling. Get it? So you cannot... But by providing information, at least it lets your inner self not resist and makes this process less painful or torturous. Pain and torment would only slow down time, making it seem like things take forever. Let me explain with an analogy: Imagine being on a hot stove ant - feeling so much pain that the passage of time feels excruciatingly slow. Right? Conversely, if you were extremely happy, you'd feel time pass quickly. So by using these processes to help you grow, we aim not to make it feel like an excruciating experience. Thus, in your experience, it might feel like you're speeding up, moving fast - even though you don't perceive it as difficult.

你会享受这个过程,⽽不是觉得就很痛苦.

You will enjoy the process rather than find it painful.

问: 请问⾼维在观察我们的话,那个观察者是谁? 然后是在观察⽆数个对象吗?

Question: If high-dimensional beings are observing us, who is the observer, and then how many objects are being observed?

JO: 你们所谓的观察,你们还在⽤你们的物质头脑,就会觉得是⼀个眼睛.这么说吧,就好像你⾃⼰感受到你的⽪肤有个地⽅在发痒.我需要⽤眼睛特意去盯着那⾥,才能知道那边在痒吗? 所以说你的这种就会觉得我需要⽤眼睛去盯着我⽪肤的每⼀⼨、每⼀个细胞,我才知道这边在痒.然后我的眼睛在盯着每⼀个细胞吗? 哪⼀个细胞在⼲什么? 还有就是说你刚才会把我们和你们变成了⼀个对⽴、分裂,就是你是你,我是我.你把它分割开了,就像你们⽬前物质世界最⼤的⼀个障碍就是你觉得你是你,他是他,你们是不⼀样的.你在观察他,他在观察你.明⽩吗? 但是并不是的,所有的都是在内,不是在外⾯,不是在对⾯.

JO: Your so-called observation, you are still using your material mind, and you would perceive it as one eye. Let me put it this way; imagine you feel that there is a spot on your skin itching. Do I need to focus my eyes specifically on that area to know that the itchiness is there? So in essence, you think that I need to focus my eyes on every inch of my skin and each cell for me to realize that I'm itchy here. Then does my eye focus on every single cell? What is one cell doing? And then you said we've transformed your concept into a binary opposition, us versus you; you are you and I am I. You have divided the whole thing up. The biggest obstacle in your current material world is that you feel like you are you, he is him, and we are different. You observe him, and he observes you. Do you understand? But it's not true. Everything is within, not outside, not opposite.

所以说这就是为什么我们能知道哪个地⽅,就好像⾃⼰的⽪肤哪个地⽅在痒.不需要特意的像你所说的那样⼦去盯着它看.

So this is why we can intuitively know which spot itches just like knowing a certain part of our skin itches without having to intentionally stare at it as you might suggest.

问: 请问外星⼈和我们是同⼀个JO吗? 你们也会去协助外星⼈吗?

Question: Could extraterrestrials and we belong to the same species? Would you also assist extraterrestrial beings?

JO: 你要知道你们所谓的外星⼈也是分,就好像是不同种类,不同等级的意识程度.但是只要是有物质⾁体的,然后我们都会协助.因为他们都需要这⽅⾯的指引,只要他是有物质⾁体的,他们都需要得到我们的指引.

JO: You need to know that the so-called extraterrestrials are also divided, just like different kinds and levels of consciousness. But as long as they have physical bodies, we will assist them. Because they all require guidance in this area, as long as they have physical bodies, they all need our guidance.

问: 请问能不能稍微给我们透漏⼀下明年会有什么样的⼤事件发⽣吗?

Question: Could you give us a hint about any major events that might happen next year?

JO: 你们不只是明年,就现在你们就可以看到越来越多的物质,越来越多以前创造的东西,就是那些果那些相都在不断不断地在崩溃、⽡解.它必须的.没有任何⼈有能⼒有办法去保持⼀个相不变,明⽩吗? 就⽐如说他创造了⼀个成功的相,对吧? 但是它只是⽚刻的,就好像烟花⼀样.所以为什么那些创造成功的⼈,他们需要不断不断地去投⼊去他们… 去继续创造成功? 因为他们享受成功.这也好像成瘾⾏为⼀样,他们享受.但是我不管你创造的东西有多成功,它还是烟花还是冰块.所以它只是那⼀刹那.所以你们会发现所有那些所谓的成功⼈⼠或者成功的事业,它们都在逐渐的⽡解当中.所以这个就是必然你们会看到的.

JO: You're not just looking at next year; you can see more and more things now, the fruits of all that creation breaking down, disintegrating. It has to happen. Nobody has the ability or means to keep a form constant, understand? For example, someone creates a successful form; but it's fleeting, like fireworks. So why do people who create success need to continually invest in… and continue creating success? Because they enjoy the success, just as one might be addicted to pleasure. They derive enjoyment from it. But regardless of how successful their creations are, they're still fireworks or ice, which means they're only momentary experiences. Therefore, you'll find that all these so-called successful individuals or enterprises are gradually disintegrating. This is what you will inevitably observe.

那关于整个世界的,⽐如说灾难或者是疾病或者是战争⽃争这些东西,它也会在⼩范围内呈现出来.因为呈现出这样的⼀个果,你们需要看到的是通过这些果不要产⽣太多的恐惧.就像我前⾯的信息,不管他的成功有多么的绚丽,它只是⼀瞬间.所以就算这个恐怖的画⾯,不管是多么悲惨多么惨烈,它也像烟花⼀样是不可能持久的.但是你可以通过这个,就是通过呈现出这样⼦的分裂的现象来促进你更加的去从你⾃⼰做功课.让你⾃⼰的内在没有如此多的分裂.就是你通过外在的⼀些惨烈或者分裂的事件,然后你知道你需要更多的合⼀去转变这个能量,⽽不是加⼊他们的分裂或者恐惧.因为你知道这个烟花只是⼀刹那⼀瞬间.当你在害怕的时候,它已经过去了.

With regards to issues affecting the entire world such as disasters, diseases, or wars, these can also manifest within smaller scopes. It's important for you to understand that while seeing the effects of such events might cause concern, it shouldn't lead to excessive fear. Similar to my previous messages where no matter how impressive someone's achievements may be, they are fleeting moments. This means even a terrifying scene, regardless of its grimness or intensity, like fireworks, cannot sustain for long periods of time. However, you can use this as an opportunity to further examine yourself and avoid harboring divisions within your own being. Through external tragedies or divisive events, you should instead seek unity to transform the energy rather than contribute to their division or fear. Remembering that these moments pass quickly like fireworks when you're afraid, reinforces the importance of not allowing fear to consume you as they have already moved on.

所以你还有什么好害怕的呢? 所有的⼀切都通过外在它呈现的相,然后让你可以帮助你⾃⼰.就好像你内在不合⼀… 这么说吧,你也是造物主⾝上的⼀个组织,⼀块⽪肤,对吧? 那其它的细胞⽐如说⽣病了,但是你⾃⼰在不断地修复你⾃⼰.那你也不断地去唤醒其它的⽣命去不断地修复它们.慢慢慢慢慢你整个⾝体是不是都得到修复了? 那如果你看到⾝体其它细胞坏了死了,你也跟着恐怖、坏了死了.死的越来越多,那不就整个全部死了? 所以说当你在⾃我修复、合⼀,⾄少你⽪肤旁边的组织它会跟着好起来.你想象⼀下是不是?! 那⼀部分坏掉的⽪肤,你先恢复.慢慢慢慢你周围的⽪肤都变好了.

So what are you afraid of? Everything is revealed through its manifestation externally, then assisting you to help yourself. Like there's disharmony within... To put it simply, you're also an organ on the creator, a piece of skin, right? If other cells like those that have become ill and require repair, your own constant self-repair happens too. So does your continuous awakening of other lives for them to continuously repair themselves. Gradually, gradually, slowly... Isn't your entire body getting repaired in this process? When you see cells in your body that are bad, dead, do you feel horrified or dreadfulness, becoming just like them being dead? As more deaths accumulate, everything dies out completely. So when you're self-repairing and harmonizing internally, at least the tissues surrounding your skin improve as well. Imagine this: a part of your skin has deteriorated; it's your responsibility to restore that first. Slowly, slowly... Your surrounding skin starts improving too!

问: 我还能问⼀下我的指导灵还有没有什么信息是要带给我的吗?

Question: Can I ask my guide if there is any further information he has for me?

JO: 带给你,就像前⾯的信息说的那样,你觉得你的头脑很强⼤.但是它并没有.就好像我们前⾯说的,就算给你世界上最⾼的位置最⾼的权⼒.你连你⾝体你都控制不了,你都给它安排不了.你又如何会觉得其它事情可以受你头脑的控制,明⽩吗? 所以说当你越来越多的去减少你头脑的⼯作… 这么说吧,哪怕你现在是在⼤街上流浪,你都enjoy your life,你都会享受今天晚上的⽉亮好美哦.刚才有个⼈给了我⼀杯热茶,太幸福了.因为你不知道明天会不会有⼀个⼈看到你脸上对⽣命的那种喜悦和享受⽽爱上你,然后把你娶到他的皇室.因为他感染到,因为他说你看其他⼈我给她再多的权再多的钱,她都不满⾜.

JO: Here it is, as the previous message stated, you feel that your mind is strong. But it isn't. Just like we discussed before, even if we gave you the highest position and power in the world, you couldn't manage your own body or arrange for it; how could you think that other things can be controlled by your mind? You don't understand this yet? So when you start reducing the workload of your mind... let me put it this way: even if you're just wandering on the streets now, you enjoy your life, and you appreciate tonight's beautiful moon. Just a moment ago, someone gave me a warm cup of tea; how blissful! You don't know that tomorrow, someone might see the joy and appreciation in your face for life, fall in love with you, and marry you into their royal family because they were infected by it - as they say, I give others more power or money, but they are never satisfied.

你看,她就算睡在⼤街上看着⽉亮,她也在享受⽣命,她也在感恩别⼈给她⼀杯茶.他会被你这种品质深深的吸引,然后把你娶到他的皇宫⾥⾯去.你是不是就成了皇后了? 所以你还会觉得成为皇后需要⼀步⼀步吗? 我去拿个学历,我去成为贵族,我去穿漂亮的⾐服… 这些都不吸引⼈.这就是为什么你们看到很多感情,他们如果是因为外表或者是性或者是⾁体或者是权⼒或者是名

You see, even if she's sleeping on the street looking at the moon, she's enjoying life and being grateful for someone offering her a cup of tea. This quality would deeply attract him, leading him to marry you into his palace. Would that make you a queen? So, do you still feel like becoming a queen requires gradual steps? I should get a degree, become a noble, wear fancy clothes... These don't appeal to me. That's why you see many relationships where feelings might stem from appearance, sex, physical attraction, power, or fame.

利,通过这些去吸引的感情,它们都在⽡解和崩溃当中.它不能持续的,明⽩吗? 为什么呢? 因为就好像他站在⼀个冰块上,他抱着⼀个冰块.那个冰块会化的.就像刚才说⽆论你的事业有多成功,它只是烟花⼀样.它会消失的.那如果你是因为他的事业成功⽽跟他在⼀起,那他的事业像烟花⼀样已经消失了.你就会感受到为什么你不爱这个⼈了,他没有吸引⼒了.

The benefits of these emotions that they are relying on are dissipating and collapsing. It can't sustain itself, right? Why is that? Because it's like he's standing on an ice cube holding onto another ice cube; both will melt away. Just like what was said earlier that no matter how successful your career might be, it's just like a fireworks display - it will eventually vanish. If you're together with him because of his professional success, and then that success is like the fireworks disappearing, you'll understand why you're no longer in love with this person; they've lost their appeal.

问: 请问帮我们连接⼀下紫微圣⼈吗?

Q: Could you help us connect with Sage Purple Emperor?

JO: 你稍等紫薇圣⼈: 你说吧,什么问题?

JO: Wait a moment, Sage Purple Violets: Speak, what's your question?

问: ⼀直都说紫薇圣⼈会出现在中国.请问紫微圣⼈它是⼀个⼈还是很多⼈,就是关于这⽅⾯有没有什么剧透的?

Q: It's always been said that Sage Purple Martins will appear in China. Could you clarify whether there is one Sage Purple Martin or many, and if there are any hints about this?

紫薇圣⼈: 这个通灵的⼥孩⼦她就是⼀部分.就好像紫薇圣⼈是⼀个能量,是⽔.那这个⽔也融⼊到她的⾥⾯去了,这个⽔也渗透到她的⾥⾯去了.但是这个⽔会渗透到很多很多所谓的⼈⾥⾯去,明⽩吗? 这么说,这是⼀个拼图.当每⼀块拼图被苏醒… 然后当越来越多的拼图被苏醒,就是整个画⾯完全的呈现,那就是你们所谓的紫薇圣⼈.他不是⼀个单⼀的,⽽是就是⼀个⼤的拼图.它通过不同的层⾯和不同的部分,不断不断地亮起来苏醒过来.这么说吧,成吉思汗带领很多⼠兵去打仗.当江⼭被打下来的时候,他们都在称赞或者歌颂成吉思汗.但是如果你真的去问成吉思汗,他说并不是他,⽽是他⾝后每⼀个猛将,明⽩吗?

The Purple Azure Sage: This intuitive girl is a part of it. Just like the Purple Azure Sage is an energy, like water. That water has merged into her, that water has penetrated into her. But this water permeates many, many so-called people, understand? In this way, it's a jigsaw puzzle. When every piece wakes up… And as more and more pieces wake up, the whole picture is fully revealed, which is what you all call the Purple Azure Sage. He isn't singular, but rather a large puzzle. It shines through different layers and parts, continuously awakening. To put it this way, Genghis Khan led many soldiers into battle. When the empire was conquered, they were praising or singing his praises. But if you really ask Genghis Khan, he would say that it wasn't him, but every mighty general behind him, understand?

所以说紫薇圣⼈也会告诉你们并不是他,⽽是每⼀个猛将,明⽩吗? 但是你们的头脑需要⼀个就好像对象,你们不能把这⼀万个⼈都当成是英雄去崇拜.所以你们需要像成吉思汗这个带头的.这么说,如果成吉思汗就算再强⼤,但是所有的⼠兵都不跟随他.他能打下这个江⼭吗,明⽩吗? 所以说你们每⼀个有强烈的愿望要亮起来,并加⼊到这个拼图当中,⽽不是说⾃以为是.⾃以为是就是说⾃⼰孤⽴⾃⼰,就觉得我跟谁都不配或者谁都不配我.加⼊到这个拼图当中然后亮起来的,你就是⼀万个⼈当中的其⼀.

So Empress Purple Hair will tell you that it's not him, but each and every general who understands this. However, your minds need to see someone as a model; you can't worship all ten thousand people as heroes. Therefore, you need a leader like Genghis Khan. If Genghis Khan were incredibly strong, but his soldiers didn't follow him, could he establish his kingdom? Understand that each of you with a strong desire to shine and contribute to the puzzle should do so instead of assuming superiority. Assuming superiority means isolating yourself, feeling unworthy or unmatchable by others. By joining this puzzle and shining, you become just one among the thousands.

问: 紫薇圣⼈是来审判⼈类的吗?

Question: Is Empress Purple Ophiopha coming to judge humanity?

紫薇圣⼈: 这么说吧,审判只是说你们⾃⼰头脑⾥⾯会有⼀种就好像是被审判被定义.但是这⾥并没有罪过,这⾥只有帮助你认识你⾃⼰,就是你为什么会呈现这个果,是因为什么,来让你看到.就是这个果是因为什么造成的,就是来帮助你认识到.就好像你⾃⼰不⼩⼼把⽯头搬下来砸了你⾃⼰的脚.你觉得我们来审判你,你是个罪⼈,你砸了你⾃⼰的脚怎么样怎么样.我们只是来让你看到是你的⽤⼒不当,如何⽤⼒才导致你砸了⾃⼰的脚.所以不能说是审判,⽽更多的就好像是镜⼦⼀样呈现出你⾃⼰,让你⾃⼰有觉知.因为所有的所谓的坏⼈或者是坏事或者任何的恶,他都是没有觉知的情况下.他没有觉知,他就随波逐流.他就随着这个⼤的波浪,他跟着.

The Purple Osmanthus Sage: Let me put it this way, judgment is merely to say that within yourselves there is a sense of being judged and defined as such. But here, there is no guilt; only assistance in helping you recognize yourself, understanding why you have manifested these results and what has caused them. The purpose is for you to see the circumstances leading to your downfall—it's not about punishing wrongdoing but rather educating you on what led to it. It's akin to accidentally knocking over a stone that falls on your own foot; you might think we're condemning you as an offender, criticizing how you've dealt with your situation. However, our purpose is simply to reveal to you the consequences of misusing your power, showing how different actions could have prevented such a scenario. This isn't about punishment but rather a reflective mirror that illuminates aspects of yourself that may not be immediately apparent. For all so-called 'bad' individuals or acts and any evil, they occur without awareness, acting in unconscious conformity to prevailing norms, thus being swept along with the current of societal influences.

他就是随你们的集体意识流向哪⾥,他就去哪⾥.没有觉知嘛.那当他拥有觉知的时候,他能看清楚那个是集体意识,那个不是他需要加⼊的.他就是⾃由的,他就能创造他想要的,⽽不是被动的去体验.

He follows where your collective consciousness flows, that's where he goes. Without awareness, right? So when he has awareness, he can see clearly what is the collective consciousness, which isn't something he needs to join. He is free, and thus he can create what he desires instead of passively experiencing it.

问: 你能不能再跟我透漏⼀点我未来的另⼀半是⼀个什么样的⼈? 然后他有没有什么信息是带给现在的我的?

Q: Can you tell me a bit more about what my future other half is like? And does he have any messages for the current me?

JO: 这么说吧,你可能现在来问和过⼀年来问,你可能会有不同的答案.为什么呢? 因为这个是根据你⾃⼰的… 这么说吧,就好像你是⼀棵植物.那你来让我们说这棵植物会长多少,结多少果⼦怎么样.它会根据你,就是阳光对你这棵植物的照射,还有⽔有没有到位,还有施肥,有没有被⾍咬,明⽩吗? 所以它这个是动向的.所以说就算你的关系,它其实也是动向的.⽐如刚才我们说⼀个有觉知和⼀个⽆意识的转态,对吧? 你不同的⽐例,你会有不同的另⼀半.⽐如说你有觉知的时间占百分之⼗,和你有觉知的时间占百分之九⼗.那个对⽅就不⼀样,明⽩吗? 所以说最终的⽬的和结果来让你看清楚命运在你⼿上.那个爱⼈他会呈现什么样⼦,也在你之内.

JO: So let me put it this way, you might ask now and a year ago, and you may get different answers. Why is that? Because it depends on your own... Let's say you are a plant. Now imagine us trying to predict how tall the plant will grow or how many fruits it will yield based on how much sunlight hits your plant, whether water has been properly supplied, if fertilization has occurred, and if pests have attacked. You see? So these factors determine its growth. Similarly, our relationship dynamics are subject to change. For instance, when we talked about conscious versus unconscious states earlier, you understand that the outcome can vary based on your level of awareness. Whether it's 10% or 90%, this changes what the other person is experiencing as well. The goal and result ultimately come down to you understanding how fate plays out in your hands; how your loved one will behave is also within you.

所以⽆论你怎么想他,他都不会让你失望.你想怎么想他呢? 明⽩吗? 因为你的⼈⽣,我们想要让你知道的是你在画这个图,⽽不是JO.为什么我们有的时候会时不时的给你们传达⼀些就像剧透⼀样? 因为你们头脑需要抓住⼀些具体的形象.然后这些具体的形象它会帮助你把那个投射出来.就好像你在⽔⾥⾯,你需要抓住⼀根稻草你才会觉得有安全感.你要抓住⼀个⽊头.因为你们头脑没有办法处在⼀种⽆的状态下.所以就算是这些信息其实也是在帮助你创造幻像⼀样.因为你的头脑它会⾃动的去利⽤这些信息,然后再把它显化在你的物质世界.

So no matter how you think of him, he will never disappoint you. How do you want to think about him? Understand? We wanted you to know that your life is painting this picture, not JO. Why do we sometimes convey certain information like spoilers to you from time to time? Because your minds need to grasp concrete images. Then these specific images help you project them. It's like when you're in water and you need a straw to feel secure; you need something tangible like wood. Your minds cannot be in an empty state. So, even this information is essentially helping you create illusions because your mind automatically uses this information and manifests it into your physical world.

这就是这个通灵⼥孩拥有的⼀个能⼒或者是⼀个功能或者是⼀个你们所谓的魔法⼀样,就是她说怎样,事情就会怎样的呈现.因为已经没有限制了.就好像之前说的,你们都在⽤你们头脑⾥旧有的,你们觉得那个才是真是的.在旧有的图上涂涂画画.但是那些都是限制,那些都是来加深这个物质世界的相.

This is a power or ability that this clairvoyant girl possesses; it's akin to magic as you might call it, because what she says determines how things unfold, and there are no limitations anymore. It's like before when you were using the old mental pictures you deemed as real within your minds, drawing on these outdated maps. But those were constraints that deepened the perception of this material world.

问: 为什么好⼏次我在梦⾥看见有⼈对⼩动物不好,我都会狂哭不⽌或者是⾮常的⽓愤? 有什么信息是需要让我知道的吗?

Question: Why do I often cry uncontrollably or become extremely angry in my dreams when I see someone treating little animals badly? Is there any information that needs to be conveyed to me?

JO: 你稍等.这是你⾃⼰需要去处理的关于你⾃⼰在潜意识当中有⼀种好像是⿊⽩分明,善恶分明,就是有⼀种很明显的对⽴.就好像污⽔和清⽔的感觉.但是你要知道清⽔可以变成污⽔,污⽔也可以净化成清⽔,明⽩吗? 它们其实是没有区别的.

Japanese Operator (JO): Wait a moment. This is something you need to deal with yourself regarding your subconscious mind where there seems to be a clear divide between good and evil, essentially a strong opposition or contrast. It's like distinguishing between dirty water and clean water. But you should understand that clean water can turn into dirty water, and vice versa; it's the same concept as purification. Do you see what I mean? They are actually not different from each other.

问: 那我可以问为什么我在潜意识当中会有这么强烈的⿊⽩分明吗?

Q: Can I ask why there is such a strong black-and-white distinction in my subconscious?

JO: ⾸先这个就是你们物质世界的⼀个课题.因为你们把A看成是A,B看成是B.但是A也是B,B也是A.明⽩吗? 这么说,你们把冰块看成是冰块,把⽔看成是⽔.但是冰块的样⼦来⾃于⽔,⽔的样⼦也可以变成冰块,冰块也可以变成⽔.它只是说⼀个是冬天,⼀个是夏天,明⽩吗?所以说当你还在这种⿊⽩分明或者是善恶分明的状态下,你就在受你头脑的局限.因为你只有加⼊时间进去,它才会呈现出你这种相.就⽐如说加上时间加上季节,冬天和夏天,对吧?它会呈现出冰块和⽔的状态,对不对?就好像湖的湖⾯,冬天的时候它就是冰块,你可以溜冰,对吧?夏天的时候,它没有冰块.

JO: This is an issue within your material world because you see A as A and B as B. But A is also B, and B is also A. Understand? So, you see ice as ice and water as water. However, the form of the ice comes from the water, and the form of water can become ice. It's just that one is winter, and the other is summer. Understand? Therefore, when you're in this black-and-white or good-versus-evil state, you are limited by your mind. You only see it as such because you have added time into the equation; for example, with seasons like winter and summer. Right? It will then present to you as ice and water, correct? Just as a lake's surface where in winter it is frozen ice, you can skate on it, right? In summer, there's no ice on the lake.

那你却把夏天的湖和冬天的湖对⽴起来,你觉得冬天的湖是罪不可恕的.但是你这样是因为你的头脑还活在幻像,就是时间观念,还在分离当中.那如果你知道它只是这个周期,因为现在是冬天嘛.它就是冰块了.那你等夏天再来看.所以说当你能看清楚或者是脱离这个束缚,就是时间观念,应该是你脱离你头脑的束缚.因为你头脑对你还有束缚.

You are contrasting a summer lake with a winter one, finding the winter lake unforgivable. Yet you do this because your mind is trapped in illusion, that of time and separation. If you understood it as just part of the cycle, since it's winter now, then it's frozen. Come back in summer to see otherwise. So when you can look clearly or break free from this illusion, that is your mind's illusion, you should be breaking free from your mind's constraints. Your mind still has hold over you.

问: 那我头脑对我现在最⼤的束缚是什么呢?

The biggest constraint on my mind right now is...

JO: 就⽐如说你刚刚潜意识投射出来对某⼀些事件有特别强烈的愤怒或者不管是体现的是什么情绪,愤怒也好悲伤也好.因为当你产⽣这种情绪,其实你就在强化它这个相,它是变不了的.然后你就被困了.当你知道,OK,它现在是冰块.但是我的温度可以让这个冰块快速的融化.不⼀定要等到夏天,我把这个冰块放到我的怀⾥,它也会融化掉变成⽔,对不对?所以你的能量就在加速它的变化转变,对不对?所以当你知道你⾝体的温度或者你的能量可以去影响它,你还会愤怒或者是悲伤吗? 你不会被困住.

Japanese Operator (JO): Imagine you project unconscious feelings of particularly strong anger or any other emotion like sadness onto certain events. Whether it's anger or sadness, when you generate these emotions, you're reinforcing the manifestation of their essence - they can't change. You get trapped by them. When you realize that yes, this ice cube is now frozen in winter, but I hold its warmth that can quickly melt it away. It doesn't need to wait until summer; placing the ice cube in my embrace will cause it to melt into water, right? So your energy accelerates its transformation, does it not? Therefore, when you know that your body's temperature or your energy can influence this situation, are you still angry or sad? You won't be trapped.

问: 前两天我做了⼀个梦,我骑着⼀头⽺快速的奔跑,我还担⼼它会不会累.然后我又抓住了⼀只对我来说很重要的⼤⽼⿏.请问这个梦有没有什么信息是要带给我的?

Question: Two days ago, I had a dream where I was running on the back of a sheep at great speed and worried that it might get tired. Then, I caught a large mouse which seemed very important to me. Could this dream convey any information for me?

JO: 我们之前就有说你完完全全的可以去⾃⼰成为造物主,不需要去问造物主,明⽩吗? 所以说如果你是需要去询问造物主,就好像你⾃⼰有肌⾁你不去锻炼,你让别⼈帮你拿,让别⼈帮你锻炼.你赋予它意义.然后它不会让你失望.

JO: We've already said that you can fully become the creator yourself, without needing to ask the creator; do you understand? So if you need to ask the creator, it's like having muscles but not exercising them, instead making someone else do it for you. You give it meaning, and it won't let you down.

问: 那这样算是控制吗? 这样算是不放⼿吗? 这样算是想要让物质世界按照我头脑⾥的想法去呈现吗?

Q: Does this count as control? Is this considered not letting go? Is this about wanting the material world to present itself according to my thoughts?

JO: 你是说如果你赋予⼀件事情正⾯意义,这个就是控制吗?问: 这个倒不是.我想说⽐如说…JO: 这么说吧,所有的⼀切所有的⼀切都是幻像.它的意义的存在来⾃于那个⽣命的个体对它的体验.那个才是意义.明⽩吗? ⽽且每⼀个个体都是独⼀⽆⼆的.你们集体创造的同⼀件事件,每⼀个个体从中体验的都不⼀样.所以那个意义来⾃于每⼀个不同的个体,他们⾃⼰产⽣的意义.它有可能对你… 你们这些通灵信息对某些⼈来说就没有任何意义.那为什么对这个⼥孩⼦来说却是改变命运、改变⽣命、改变很多⼈⽣命的意义呢? 却是可以改变整个世界的意义呢,明⽩吗? 你可以去加⼊那种毫⽆意义的⼈当中,你也可以去加⼊巨⼤意义的⼈当中.

JO: You're saying that giving something a positive meaning is control? Question: Not really. What I meant to say was... JO: Here's the thing: everything you do has no real significance; its existence comes from the individual life's experience of it, and that is what gives it meaning. Do you understand? And each individual is unique. The same event created by your collective consciousness may be experienced differently by each individual. Therefore, the meaning comes from every single different individual generating their own meaning. It could mean something to...for those who receive these spiritual messages, they might not find any significance in them at all. But why does this girl find her fate, life, and many other people's lives changing through it? Yet she sees it as a way to change the meaning of the entire world. Do you understand? You can choose to be part of those who don't see anything, or those who see everything with great significance.

因为你只会体验到你⾃⼰加⼊的队伍.

Because you will only experience the team that you yourself have joined.

问: ⽐如说我想跟⾝体磨合,让⾝体去兴奋起来.这种想要让⾝体兴奋起来,跟⾝体磨合…JO: 你⾸先你想要让⾝体去兴奋起来,你不如去找到什么让你不兴奋.就好像你是在肯定你的⾝体它不是在兴奋的状态.就是说我这个⾝体是useless,它不兴奋.NO NO NO NO,是你的⼀些,就好像我们之前说有些东西没有疏通导致堵塞,导致你不能完完全全体验⽣命的活⼒.那有可能是你的某些想法.⽽不是说去肯定你的⾝体不是⼀个兴奋的状态.你们的⾝体就只是⼀个⼯具⽽已.它到底是如何反应是来⾃于你植⼊了什么,因为你们不断地在被外界刺激,你们不断地在吸收吸纳搜索,就是被动的吸收这些信息、能量的影响.

Q: Say I want to synchronize with my body and get it excited. This desire to get the body excited, and to sync with... JO: First off, if you want to excite your body, why not find what doesn't excite you? You're essentially affirming that your body isn't in an excited state - like saying "this body is useless, it doesn't get excited." No no no no, this stems from certain ideas of yours. Not by confirming that your body isn't in an excited state. Your body is merely a tool – how it responds comes down to what you've implanted within, because you're constantly being stimulated and absorbing information passively from the external world.

问: 请问上次来找过我的天龙星存有还有什么信息想要带给我吗? JO: 你稍等.你才是主⼈,你才是主⼈这句话…(中断).

Question: Is there any information that TL Star is trying to convey to me again in this visit?

Assistant: Assistant: Wait a moment. You're the one who's supposed to be the master... (Interrupted).

#### 2023/09/15 — 头脑如何制造形象How the Brain Creates Images

JO: 你说吧,什么问题? 问: 如何才是完整的⽣命?

JO: Tell me, what question are you asking? Question: What constitutes a complete life?

JO: 如果你只是指你这个物质⾁体的话,完整的⽣命它只需要出⽣和死亡,它就是完整的.但是如果你去观察你们那些植物,它今年枯萎了,明年又⽣长.枯萎、又⽣长、枯萎、又⽣长,明⽩吗? 所以它是不断不断地延续的.你所谓的⽣命是指什么? 因为如果你只是指你们能看到的物质⾁体的话,那完整的⽣命它就是⼀个只要有出⽣和死亡存在,明⽩吗? 如果你把它,就好像你去观察植物,它今年开花结果了.冬天的时候,植物枯萎了,但是春天它有开始,因为它的根还在那⾥.明⽩吗? 如果真正的你们的问题问的是如何活出⼀个完整的⽣命? 这么说吧,⼀颗种⼦它可以达到开花结果,然后它的果⼦的产量达到了它最⾼的极限.

JO: If you're referring solely to your physical body, then complete life requires only birth and death, which is sufficient. However, if you observe your plants, they wither this year and grow again the next. They wither and grow, wither and grow, do you understand? So it's a continuous process. What do you mean by 'life'? Because if you're referring to just what you can see—the physical body—that complete life exists as long as there is birth and death, do you understand? If you look at plants, they bloom and bear fruit this year. In winter, the plants wither, but in spring, it starts again because their roots are still there. Do you understand? If your true question was about living a complete life, then let me put it this way: a seed can reach flowering and fruiting, and its yield reaches its maximum capacity.

和⼀颗种⼦它没有办法发芽,没有办法去开枝散叶,没有办法开花结果或者果⼦又⼩又涩营养不良.那你从这个⽅⾯来看到话,那你也知道什么是完整的⽣命了,明⽩吗? 但是完整的⽣命它⼀定是甜蜜的.就是你说这棵果树它的果⼦又⼤又红又甜.那我们就说它是完整的.那如果你说这棵果树青黄不接或者是结的⼩果⼦还涩涩的,它是不是就没有达到⼀个完整的转态? 因为它受到了很多限制,就⽐如说阳光、⽔、或者是有被⾍咬.它有很多限制,对吧? 那当你完完全全的展现出你⽣命本来的状态,没有受限制的影响,那么你就是⼀个完整的⽣命.

And if a seed cannot germinate, cannot branch out, cannot flower and bear fruit or the fruits are small, sour, and undernourished. When you look at it from this perspective, then you would understand what constitutes a complete life, right? But a complete life must necessarily be sweet. That is, when you say that the fruit of the tree is big, red, and sweet. We can then say that it is complete. If you say that the tree's fruits are green, immature, or have small, sour ones, has it not failed to achieve a state of completeness? Because it is limited by many factors, such as sunlight, water, or being bitten by insects. There are so many restrictions, right? When you fully manifest your life in its natural state without any constraints influencing it, then you are a complete life.

问: 为什么普通⼈都需要追求安全感?

Question: Why do ordinary people seek security?

JO: 不能说所有的⼈都追求⼀个安全感.为什么呢? 因为你们有很多⼈就喜欢去体验冒险和风险.他就喜欢那种好像时时刻刻都是在⼀种有风险的状态.这就是为什么有些⼈会去做探险的事情,对不对? ⽐如说普通⼈追求物质层⾯的⼀些安全感,它们来⾃于你们社会上的⼀些观念.你们的观念告诉你们,你们的物质是需要你们⾟苦的去取得,然后你们的物质资源是有限的.然后说你必须要这样,如果你不去做这个你就不会有那个.来⾃于你们根深蒂固的这些观念.但是你要看鸟妈妈从来不会去告诉⼩鸟必须要去考个什么学历,不然就没饭吃,明⽩吗? 所以这种来⾃于你们的集体意识,就是社会的观念.但是即使这些观念也在被你们不断不断地去突破.

JO: You can't say that everyone is chasing for security. Why not? Because you guys like to experience adventures and risks. They enjoy being in a state of constant risk. That's why some people would go on an adventure, right? Ordinary people seek security at the material level, which comes from societal notions. Your society tells you that your material needs are something you have to struggle for, and that your resources are limited. Then they say if you don't do this, you won't get that. This stems from deeply ingrained ideas in your collective consciousness. But think about a bird mother never telling the baby birds they need a certain degree or else they'll starve. You see? So these notions coming from your collective society are being constantly broken by you guys themselves.

所以说你们就会越来越发现在物质层⾯的匮乏或者是不安全感在逐渐逐渐的减少,不会像以前如此的⼤.但是你们更追求的是另外⼀种.另外⼀种是什么? 那个不是安全感,⽽是说合⼀的状态.所以你们⽬前地球群体的能量是你们内在有⼀种合⼀.因为你们都会逐渐的体验到分裂带来的痛苦,就是通过这种排斥,就是我排挤你,你排挤我,然后分裂、⽃争.其实就算当事⼈在做这个事情,但是他⼼⾥⼀定是不爽的,他不可能爽.他有去做这个⾏为不代表他⼼⾥是爽的,明⽩吗? 所以其实他在攻击对⽅或者是攻击他⼈,他也是⼀种⾃我攻击.所以当越来越体验到排挤或者是攻击或者是排斥的话,你们体验过来,你们就会知道这不是你们想要的体验,这不是你们本⾝.

So what you will increasingly find is that the sense of lack or insecurity at the material level decreases gradually, not as drastically as before. But what you are more striving for is something else. What is this 'something else'? It's not about security but a state of unity. Therefore, the current collective energy on Earth is one of unity within you. As you will experience over time, the pain caused by division becomes evident through this act of exclusion – me against you, you against me, leading to division and conflict. Even if it appears as an action taken by individuals, their inner state is always in discomfort; they are not truly happy with their actions. So, when faced with situations where they exclude or attack others, they are also attacking themselves. Therefore, as the experience of exclusion, aggression, or rejection increases, you will realize that this is not what you desire, nor is it who you truly are.

所以你们就会逐渐的⾛向合⼀,然后去发现每⼀条⽣命的价值,每⼀条⽣命的多姿多彩.因为每⼀条⽣命都⾃⼰携带着⾃⼰独特的礼物作为对你们⼈类的贡献.这么说吧,你看你们的⽔果如此多的种类.每⼀种⽔果都有不同的味道,对不对? 桔⼦、西⽠、葡萄,各种⽔果都有独特的味道、独特的⾹味、独特的texture,就是独特的⼜感.那你们的⼈也是⼀样的,你们每⼀个⼈都是独⼀⽆⼆.你们可能假装的会看上去都是⼀样的,但是即使那个⼀样你们也是不⼀样的.因为当你们真正的去把⾝上不属于你们的东西…. 这么说吧,你们每⼀个⼈就好像是个流浪汉⼀样⾝上粘了很多垃圾、灰尘,就是脏兮兮的已经看不到你们原本的⾯⽬了.

So you will gradually converge towards unity, and then discover the value of each life, the multifaceted nature of every existence. Because each life carries its own unique gift as a contribution to your humanity. Consider this, do you see how many varieties of fruits there are? Each fruit has a different taste, right? Oranges, pumpkins, grapes - all fruits have distinctive tastes, scents, textures; they are unique in their mouthfeel. Similarly, each one of you is unique too, every single individual is singular. You might pretend to look alike, but even if that's the case, you're still different. Because when you truly remove what doesn't belong to you... let me put it this way, everyone among you is like a vagabond with so much trash and dirt sticking to them; you can barely see your original faces anymore.

然后你们就会觉得这个又脏又臭⾯⽬全⾮的⼈是你.所以当你逐渐逐渐的,就好像我们的信息在帮你清理你⾝上的⼀些垃圾、灰尘、泥⼟.那当你在清洗的过程,你看到你真实的⾯⽬,明⽩吗?那你就看到你们每

Then you would feel that this filthy and smelly person is yourself. So as our information gradually helps you to clean off the dirt, dust, and mud from your body, when you are in the process of cleaning, you see your true face, right? And then you see yourselves every

⼀个⼈都好像是在发光⼀样,绚丽多姿的,都是美的.就好像⼀个⼤花园⾥⾯,百花齐放,各种花各种颜⾊.就好像你们在唱⼤合唱的时候,不同的⾳却可以演奏出⼀场⾮常和谐的⾳乐会.你想象⼀下如果你们的物质世界只有⼀种⽔果,只有苹果,什么⽔果都没有.还能叫丰盛吗? 这是多么的单⼀、枯燥、乏味,对不对? 所以你们⼈类也⼀样,你们都是不同的品种,但是你们每⼀个⼈都是独⼀⽆⼆、⽆可替代的.但是如果你把你弄得⾯⽬全⾮,弄得和其他⼈⼀样,你们就会失去你们本来的特征.然后就是⼀个⾯⽬全⾮的状态.所以为什么我们的信息⼀直在告诉你,认识你⾃⼰、做你⾃⼰、成为你⾃⼰? 你不需要去学.为什么呢?

Everyone seems to be shining, colorful and beautiful in their own way. It's like a large garden where all kinds of flowers bloom with various colors. Just like when you sing a big choir, different notes can produce an incredibly harmonious concert. Imagine if your material world only had one kind of fruit - apples, with no other fruits at all. Would that be considered abundant? How dull and monotonous it would be, wouldn't it? Similarly, humans are diverse in their own rights; each person is unique and irreplaceable. But if you alter yourself to resemble others, losing your distinctive features, you'll end up with a homogenized state. That's why our information has been urging you to know yourself, be yourself, and be yourself - not needing to learn anything new for that purpose. Why?

你说你看到⼀棵苹果树,它需要去跟别的苹果树去学习如何发芽、开花结果吗? ⼀只鸟它需要去跟别的鸟⼉学习如何叫吗? 这是你们⾥⾯已经携带了,所以你只需要成为你⾃⼰.然后越来越少的受到其它外在的影响.为什么呢? 因为外在的影响它本⾝就好像是烟雾弹⼀样,是个烟雾.烟雾弹会消失啊.你说它已经消失了,你还把它紧紧的抓住不放.

You ask if you saw an apple tree needing to learn from other apple trees how to sprout, bloom, and bear fruit? A bird needing to learn from other birds how to sing? These are innate within you, so all you need is to be yourself. Then, lessening your susceptibility to external influences. Why? Because such external impacts are but ephemeral distractions akin to smoke screens which dissipate; when they're gone, you still cling tightly to them.

问: 请问我们能不安全的活着吗?

Q: Can we live safely?

JO: 你⾸先你必须要认识⽣命.为什么呢? 因为如果你⼼⽬中对安全和不安全还有误解的话,你总是感受到在⼀种不安全感的状态下,⾝体会产⽣⼀些应激反应的.⾝体会产⽣恐慌,就是不能睡好觉,明⽩吗? 那这样⼦你⾁体这个⼯具就不能很好的去运作.你说⼀条猎狗,你总是恐吓它,总是让它提⼼吊胆,让它不能完完全全的得到好的休息.那它去打猎的时候,它就不能完全释放它的好的状态.所以说你需要让你的⾁体得到⼀些信号,可以让这个⾁体进⼊到⼀种relax,就是放松的状态,⽽不是⼀直在提⼼吊胆的状态.然后你就在合理的去运⽤这个⼯具,⽽不是乱⽤.你说任何⼯具如果你不断地去使⽤,你都可能去破话它,对不对?

JO: First of all, you must recognize life. Why? Because if your mind still misunderstands safety and insecurity, you will always feel in an insecure state, causing the body to produce stress responses. The body will become anxious, unable to sleep well, do you understand? Therefore, this physical tool cannot function properly. Imagine a hunting dog being constantly intimidated and worried about everything; it wouldn't get the rest it needs. Consequently, when hunting, it won't be in its best condition. So you need to send signals to your body that allow it to enter a relaxed state instead of staying in constant worry. Then you use this tool reasonably, not recklessly. Any tool can break down if used improperly repeatedly, right?

所以说你需要去认识它,然后合理的去使⽤它,知道它的⼀些极限,知道它的⼀些功能,然后平衡好.就像我们昨天带给你们的信息,你们不是⼯具,但是你们却需要这个⼯具来呈现你们⾃⼰.你不是颜料不是画笔,但是你却需要通过颜料来把你的创造⼒,你的理念,你的想象⼒去通过画笔来呈现出来.画笔的功能如果你不懂得⽤,就是说画能画到什么程度还是来⾃于那个⽤画笔的⼈,对不对?所以你的这个⼈,你的这个⽣命,就是你在物质世界能看到的这具⾁体它能不能成为⼀个你们嘴巴⾥所谓的成功版本,因为没有所谓的成功和不成功的,那只是你们不同的观念和定义.那是不是就是要很好的去利⽤它,通过它去展现⽣命的⽆限,⽣命的⼒量.

So you need to get acquainted with it and use it reasonably, knowing its limits, understanding some of its functions, then balancing all these aspects. Like the information we shared with you yesterday, you're not a tool but you require this tool to express yourself. You are not just paint or a brush, but through the medium of paint, your creativity, your ideas, and imagination need to be conveyed through that brush. The capability of the brush is inherently linked to the person using it; right? Therefore, you as an individual, your life, determines whether this physical body that you can observe in the material world can become a version of success that you perceive with your own standards. There isn't such thing as absolute success or failure; these are merely different perspectives and definitions for you. Isn't it about effectively utilizing this tool to showcase the boundless power and potential of life?

问: 如何才能彻底的安全?

Question: How can true security be achieved?

JO:那刚才我们就是说你⾸先要知道你这个⾁体你要如何合理的去使⽤它.如何才能彻底的进⼊到⼀种安全的状态?那就是你要知道这个⾁体它不是你.它只是⼀件⾐服⼀样.当你知道你的⾐柜⾥有⽆数件⾐服,那⼀件⾐服破了,就是你需要扔掉它,你不会在那要死要活的,好像世界末⽇⼀样.为什么呢?因为你知道你可以再重新拿起来另外⼀件,它同样可以展现我⾃⼰,同样可以给我保暖,同样可以提供给我我的任何需求,对不对?那你需要去认识到这个.因为在你们物质世界,你们基本上的⼈是把这个物质⾁体还有你在物质世界的⾝份,我是⼀个manager,我是⼀个王⼦,我是⼀个流浪汉,你们会把这个⾝份当成是你.

JO: We were just talking about how you need to understand how to use your physical body in a rational way and how to achieve a state of safety. You see, the body is not you; it's like a piece of clothing. When you know that there are countless clothes in your closet, if one gets torn, you simply replace it without any drama - as though the end of the world were happening. Why? Because you understand that you can pick up another piece, which can also exhibit yourself, keep you warm, and meet all your needs, right? This is what you need to recognize because in your physical world, most people see their physical bodies and identities within that world - I am a manager, I am a prince, or I am a homeless person. They treat these identities as who they are.

那个⾝份不过是你其中的⼀个版本,就是你去体验的版本.只是你把意识的焦点放在那⾥,它才会如此的活灵活现,明⽩吗? 那你想这个⼥孩⼦她在通灵的状态,她就没有把意识的焦点放在这个物质⾁体上.她便不会受这个⾁体的影响,明⽩吗? 那她的焦点放在的是哪⾥? 放在的是就好像是源头⼀样,就好像是⽆限,就是哪⾥都没有.它没有定点,它没有定点的时候,它是不是就可以成为任何了? 它可以连接任,它可以获取任何.因为你没有把它死锁到⼀个地⽅.所以当你们太焦距于你们这个物质⾁体或者你们这个物质⾝份的时候,它对你是

That identity is just one of your versions, the version you experience. It's only when you focus your consciousness there that it becomes vivid and real. Do you understand? When this girl is in a mediumistic state, she doesn't focus her consciousness on this physical body. Thus, she isn't influenced by the body. Do you see? Where does her focus lie then? It lies where everything begins - at infinity or nothingness, nowhere. Without a fixed point, can it not become anything? Can it connect to and acquire anything since you haven't confined it to one place? Therefore, when you fixate too much on your physical body or your material identity, it affects you in

⼀种限制.你会逐渐的发现你会焦虑,因为你知道有很多事情好像如何都找不到出路,或者是你总是去想如何找到出路.就是你⼀直让你的⾁体处于⼀种战⽃的状态.让它⼀会处理这个,⼀会处理哪个,焦头烂额的⼀个状态.那你是不是就在乱⽤这个⼯具了? 就是你没有正确的使⽤这个⼯具.你让它超负荷运作了.那超负荷运作,你的⾝体它就会给你提醒的.那你就会产⽣滴滴滴的警报,⼈际关系就会有问题,旁边的⼈也叽叽喳喳的抱怨发⽣冲突.就是因为你没有在⼀个和谐的运作,所以⽆论是你的内在还是你的外在,还有你能辐射到的范围,就⽐如说你的事业也是你辐射出去的,你的⼯作环境也是你辐射出去的,你的婚姻、家庭、亲⼦关系都是你辐射出去的.

A constraint. You will gradually discover that you become anxious because you realize there are many issues that seem to have no出路, or you always ponder over how to find a way out. Essentially, you're keeping your body in a state of constant readiness for battle - toggling from one issue to another, overwhelmed and stressed. Is this not misusing the tool? You are not using it correctly; you are overloading its capacity. Overload will result in physical reminders. You would experience constant alarms, interpersonal relationships suffer, people around you complain and conflicts arise. It's because your operations lack harmony - whether internally or externally, or even the influence you extend to others like your career which extends from you, work environment also emanates from you, your marriage, family, and parental relationships all radiate outwards from you as well.

这些都会⼀团糟的.所以你就能看到不是说单独的去解决⼀个问题,换个⼯作,换个⽼公,换个什么,明⽩吗?

Everything will be a mess. So you can see that it's not just about solving one problem individually - getting a new job, changing husbands, whatever - do you understand?

问: 头脑如何制造形象?

Question: How does the mind create images?

JO: 你观察你⾃⼰,你就知道了.你观察你⾃⼰的头脑如何制造形象,你就知道它是在如何制作形象了.就好像我们昨天带给你们的信息,你说冬天的湖⽔和夏天的湖⽔,你把它当成两个.我不喜欢冬天的湖⽔,它又硬又冷的,硬邦邦的.那你是不是就在制造形象了? 但是你不喜欢的其实只是它的⼀个周期,⼀个⼀时的状态.它是因为外在⼀时导致的.就⽐如说你看到⼀个⼈骂骂咧咧的,凶横恶煞的.那他只是在那个⽣命阶段⾥他的孩⼦受到了威胁.他失去了控制,因为想要保护⾃⼰的孩⼦⽽变得特别的凶狠.是因为外在环境的刺激,外在的能量的刺激导致他呈现出这⼀⾯.你说你能去怪这个湖⾯结冰吗? ⽽不是说是因为冬天?

JO: When you observe yourself, you will understand. You observe how your mind creates images and this will show you how it's constructing those images. Just like the information we provided to you yesterday about the lake in winter versus summer, you're treating them as two separate things. I don't like the winter lake, it's hard and cold, so rigid. Are you creating images here? But what you dislike is actually just one of its cycles, a temporary state. It's due to external factors at that moment. For example, if you see someone being aggressive and vicious, he's only in that stage because his child was threatened. He lost control as he tries to protect his child, becoming exceptionally fierce out of necessity. This is caused by external stimuli, energy from the environment pushing him to display this behavior. Can you blame the lake for freezing over? Not solely because it's winter.

那如果你去怪⼀个⼈去露出他凶横恶煞的⼀⾯,就好像你是在责怪湖⾯.你看你变得硬邦邦的,但是你却没有看到是因为冬天.因为当你外在的刺激,就是外在的能量变了,那个湖⽔是不是也变了? 就是季节变了,那个湖⽔也变了.你变成夏天,湖⽔⾃然⽽然就不结冰了,对吧? 那你所讨厌的那个⼈,当他从外界感受到的是爱和安全,就是感受到的不是排斥分离.你觉得他还会展现出凶横恶煞的⼀⾯吗? 所以你排斥的是什么? 你排斥的原因是因为你的认知.那如果我跟你讲了这个道理,你能够看清楚事件它不是单⼀的.你还会去怪罪那个⼈吗? 明⽩吗? 因为你就是那个⼈,因为把你放在那种situation,你也会做出同样的反应,明⽩吗?

If you blame someone for showing their aggressive and nasty side, it's like blaming the lake surface. You see how hard you've become, but you fail to realize that it's due to winter. Because when your external stimuli, or external energy changes, does the lake water also change? Just like with seasons changing, the lake water changes as well. When you turn into summer, the lake waters naturally won't freeze, right? So, if you dislike someone, and they receive love and safety from their surroundings instead of rejection and separation, would they still show their aggressive side? So, what are you really rejecting? You reject because of your perception. If I explain this principle to you, could you then understand that an event isn't singular? Would you still blame the person in question? Can you see it now? Because if put into that situation, you would also react similarly, can you comprehend that?

问: 这些形象如何影响我们?

Question: How do these images influence us?

JO: ⾸先如果是⼀些正⾯形象,那它会给你带来⼀些美好的体验,积极的体验.那如果是负⾯影响,它会让你产⽣恐惧.那你产⽣恐惧的状态,它又让你的频率进⼊到⼀种恐惧的频率.那你是不是就会连接到更多的恐惧给你?那你就看怎么影响你,明⽩吗?就好像⼀个钥匙⼀样,它把你这个恐惧的门打开了.然后你打开过后,你发现⾥⾯这么多恐惧的事情.你就越来越恐惧.

JO: Firstly, if there are positive images, they will give you some beautiful experiences, positive experiences. However, negative impacts can make you feel fear. When you feel fear, it puts your frequency into a state of fear frequency. Does this mean more fears connect to you? It depends on how it affects you, right? Like a key that opens the door to your fear; once opened, you find so many fearful things inside. You become increasingly afraid.

问: 那我们如何可以在深陷恐惧的时候,调频,然后离开这个频率?

Q: How can we tune in and then step off that frequency when we are consumed by fear?

JO: 很简单呀.你⾸先知道恐惧它其实只是个信号⽽已,就是它只是⼀个信号.让你⾝体产⽣恐惧就是说你⼀定抱有⼀个形象,或者你头脑⾥⼀定有⼀个定义.就好像你有⼀个软件,你植⼊了什么? 它做出这个反应,⼀定是因为你植⼊了什么观念、概念在⾥⾯.那你说婴⼉刚发学会爬,他爬到三⼗层楼的楼顶.你说他会因为恐惧⽽退后不往前爬了吗? 他会⼀样的爬下去的,明⽩吗? 所以你必须要有⼀个,就是你⾝体产⽣的任何情绪,你必须要有⼀个东西,就是有⼀个软件它才会产⽣的.那你说像有的傻⼦,他对任何刺激都没什么反应.那你通过你⾝体产⽣的这个提醒,那你是不是就可以去看到⾃⼰,我到底是吸⼊了什么,我到底是在以什么程序在运⾏.

JO: It's quite straightforward. First, you need to understand that fear is merely a signal—it's just a signal. When your body experiences fear, it means there must be an image or definition in your mind, like a software program you've inputted. The reaction comes from what concept or idea you've implanted within it. If you say a baby learns to crawl and crawls up to the top of a 30-story building, would they retreat out of fear? They would continue crawling just as before, understand? Therefore, there must be something that can trigger emotions in your body—some software program that generates these responses. Consider someone who is insensitive to any stimuli; through this bodily reminder, wouldn't you then be able to examine yourself and determine what you've absorbed and how you're operating internally?

那你是不是就可以找到制定了你⼈⽣路线和制定了你的⼈⽣剧情,就是你是不是就能找我你的⼈⽣剧情了? 你是不是⾃⼰就成了导演? 你发现原来是我⾃⼰⾃导⾃演.那还不好办! 既然我能导演出来⼀个恐怖⽚,⼀个分裂的恐怖的,那我也能完完全全的把它变成⼀个欢快的、富⾜的喜剧.因为你在运⾏这个事件.不是他⼈.如果是他⼈的话,因为是你有意识的在运⽤他⼈的程序.你相信他们,然后吸⼊了他们的概念,然后再⽤那个概念去运⾏.

So can you find the script that defines your life path and the plot of your life story? Can you become the director of your own life story? Have you realized it's been all about self-direction and self-performance? It's not hard then! If I can create a horror movie, one that is split and horrifying, I can also transform it completely into a joyful and prosperous comedy because you're running this event. Not someone else. If it were someone else, you would be unconsciously using their program. You trust them and absorb their concepts, then run the event with those concepts.

问: 什么才是正确的关系?

Question: What is the right relationship?

JO: ⼀段正确的关系它⼀定是互补,就是互相正⾯的积极的影响.这么说吧,⼟壤跟种⼦的关系.那这颗种⼦在我的⼟壤⾥⾯,它能发芽、能开枝散叶、能开花结果.那这就是正确的关系.

JO: A correct relationship is definitely mutual complementation, which means positive and proactive influence on each other. Allow me to put it this way, the relationship between soil and a seed. When that seed is in my soil, it can sprout, grow branches and leaves, bloom, and bear fruit. That's what a right relationship looks like.

问: 如何终结内在的冲突?

Q: How do you end the internal conflict?

JO: 你内在的冲突不就是你持有太多的观念吗? 就是你有这个观念也有那个观念,⼀会⼉这个观念,⼀会⼉拿那个⼈的观念.就是⽼张、⽼李、你爸你妈,不同的⼈的观念你都拿到你的内在了,你全部装在你的⾥⾯了.你装了很多观念,又是这个⼤师,又是那个专家.⼀会⼉是英式的,⼀会⼉是中式的.中国的医⽣,英国的医⽣,我到底要听谁的呀? 那你内在不是产⽣冲突吗?

JO: The conflict within you is due to holding too many ideas, isn't it? You have one idea and then another, switching from one perspective to another, such as that of Uncle Zhang, Uncle Li, or your parents. Different people's viewpoints are embedded in your inner self; you've packed them all inside you. You've accumulated numerous ideas, with the wisdom of various gurus and experts being amongst them. Sometimes it's British, sometimes Chinese. Should I listen to a Chinese doctor or a British one? Isn't that causing conflict within you?

#### 2023/09/16 — 如何⾯对亲⼈⽣病How to Face a Family Member's Illness

JO: 你说吧,什么问题?

JO: Speak up, what's your question?

问: 这个通灵的⼥孩⼦的朋友因病住院了,她想问可以为对⽅祈祷吗? 如果可以有⽤的话,需要⽤什么样的⽅式?

Q: The spirit-communicating girl's friend is hospitalized due to illness. She wants to know if she can pray for the other person. If it's helpful, what kind of methods would be needed?

JO: ⾸先祈祷是让你们⾃⼰就好像落⽔不知所措,你在⽔⾥⾯你没有什么可以去抓,就是你想抓⼀个东西让你可以进⼊到⼀种⼼安的状态.因为祈祷可以从让你进⼊到⼀种恐慌、惊慌失措,然后让你进⼊到⼀种,就是你⾃⼰安抚⾃⼰.所以说这对你们来说是⾮常有⽤的,也是⼀次让你们就好像是调频,就好像是连接源头的⼀个机会,明⽩吗? 那对对⽅有没有⽤?

JO: First, prayer is like being in water and not knowing what to do; you're submerged and have nothing to grab onto. You want something to hold onto that can bring you into a state of peace. Because prayer can help you move from panic to calming yourself down. So it's very useful for you and an opportunity to tune in, to connect with the source. Do you see what I mean? And is this helpful for them as well?

⾸先从更⾼的层⾯,对⽅是可以感受到你们真诚的爱.但是他们也有他们⾃⼰⼈⽣的路线和主题,明⽩吗? 所以如果在你们物质层⾯看上去是有效果的,那也是他们⾃⼰的选择.也就是你做你的,他做他的,如果你们俩正好是⼀样的,在你们看来就好像是有效果,明⽩吗?

Firstly, from a higher perspective, the receiver can sense your sincere love. But they also have their own paths and themes in life, do you understand? So if it appears effective on your physical plane, that's because it is their own choice. It's like you do your thing and they do theirs; if both of you happen to be aligned, it seems effective from your perspective, do you understand?

问: 我们内在为什么会因为亲⼈的苦难⽽感到不安?

Question: Why do we feel uneasy inside when our relatives suffer?

JO: 即使不是你们的亲⼈,就算是陌⽣⼈,你在看到⼀些悲惨的或者是苦难的事件,你们也会感受到不安.为什么呢? 因为你们会有⼀种就好像这个事情如果发⽣在你⾝上或者是你最爱的⼈⾝上,这种事情它会引起触动你内在的⼀些情感.因为你会进⾏⼀个好像是联想,你想如果我最爱的⼈或者是如果我… 该怎么⾯对? 我最爱的⼈该怎么⾯对? 因为什么呢? 你最爱的⼈或者是你或者是任何,他会牵扯着你的⼼,你们会有很强的⼀个能量线.为什么⾝边最亲或者是最亲近的⼈离开会让你们很痛苦? 但是如果⼀个陌⽣⼈,你看到⼀个名字离开它不会给你带来很⼤的痛苦? 因为什么? 因为你们之间没有任何明显的线是连着的.

JO: Even if they're not your relatives, even strangers, when you see some tragic or suffering events, you would feel uneasy. Why is that so? Because there's a sense of connection within you, imagining if this happened to you or the person you love most, it would stir up feelings within you. You'd be making联想s about how to cope if it was your loved one or... what about me... how should I handle it? How should my loved one handle it? Why is that so? Because it's tied closely to your heart; there's a strong energy line connecting them. Why does the departure of someone closest to you cause great pain, but not as much when it comes to strangers? It's because there are no obvious ties linking you two.

所以说你们之间的影响也会看不见,明⽩吗? 所以说越是⾝边的,因为你们在交流的时候或者是交往,然后你们就会有⼀根线连着你们彼此.也就是为什么说⾝边的⼈给你们带来的正⾯影响和负⾯影响也是⼤的.因为你们有连接的线.你的问题是什么再说⼀遍?

So the influence between you two becomes invisible, right? So it's because the closer they are to you, when you're communicating or interacting with them, a line connects both of you. That's why close people can have significant positive and negative impacts on you, as there is a connection linking you. What's your problem? Say it again.

问: 我们内在为什么会因为亲⼈的苦难⽽感到不安?

Question: Why do we feel uneasy within ourselves when witnessing the suffering of our loved ones?

JO: 在你们每⼀个⼈⼼灵的深处,你们都知道你们都是爱的本⾝.那你们都知道所谓的苦难它都是离开爱很远的状态.只能说是所谓的苦难.为什么呢? 因为就像之前给你们的信息⼀样,你们还会看不清楚冬天的湖⽔和夏天的湖⽔,明⽩吗? 所以就是叫所谓的苦难,⽽不是说是真正的苦难,明⽩吗? 为什么呢? 因为所谓的苦难它既是也只是⼀个状态⽽已.什么状态呢? 就好像⼀年四季,每个季节是不是⼀种状态,对吧? 还有⼀天的时间,早晨、傍晚、夜晚,是不是? ⼀棵植物,发芽、开花、结果,是不是? 所以你们可以去通过… 因为只有你牵挂的⼈或者跟你有关联的⼈他们在经历这些,然后你才会去觉察到.

In the depths of each one of you, you all know that you are the essence of love. Therefore, you all know that so-called suffering is a state far from love. It can only be referred to as so-called suffering. Why? Because, just like the information given to you previously, you still cannot distinguish between winter and summer lakes, do you understand? So it's called so-called suffering instead of true suffering, do you understand? Why? Because this so-called suffering is merely a state; what kind of state? It's similar to each season in a year being a different state, right? Also like the time of day – morning, evening, night, correct? A plant going through stages such as germination, blooming, and fruiting, do you understand? So you can observe... Since only when someone close to you or related to you experiences these things will you notice.

你想疾病就好像是⼀个⼈他的名字叫疾病,对吧? 这个⼈你从来没有认识过他,但是你朋友带着疾病来见你.那你是不是就有机会去了解这个疾病了.那了解了它过后,那你遇到或者将来你家⼈遇到,你是不是就更加的清楚,就不会不知所措.所以你们⾝边的⼈,朋友或者是亲⼈,当他们在⾯对疾病的时候,你的朋友通过这个⽅式把疾病带到你的⽣命当中,也是⼀次你意识扩展的⼀个机会.为什么呢? 因为你们会有⼀种就好像是死亡⼀样,可以来让你… 就⽐如说我告诉你⼀个星期过后你的⽣命就结束了,或者这个⼈⼀个星期过后⽣命就结束了,你会怎么样做?你会⽤什么样的⽅式去对待他?你会⽤什么样的⽅式去对待你⾃⼰?

You imagine illness is a person whose name is Illness, right? This person you've never met before, but your friend brings the illness to see you. So do you have an opportunity to get to know this illness then. Once you understand it, when you or your family encounters it in the future, you won't be at a loss. Therefore, the people around you—friends or relatives—when they face illness, bringing illness into your life through your friend provides you with an opportunity for mind expansion. Why is that? Because there will be a sense of mortality that can be used to... For example, if I told you that your life would end in a week, or this person's life will end in a week, how would you react? How would you behave towards them? And how would you treat yourself?

你会把你⽣命中主要次要,⼀些最重要的事情... 明⽩吗? 那是不是也是⼀个机会让你看清楚如何去⾯对你⾃⼰或者是如何去⾯对外⾯的⼈? 因为你们总会觉得这⾥永远都有⼀个将来.当你们知道任何时候都可能是结束,那你是不是不会再去计较⼀些芝⿇⼩事?! 不会再继续沉浸在这个⽭盾⾥⾯?! 明⽩吗?

You understand the major and minor aspects of your life, some of the most important things... right? Isn't this also an opportunity for you to see clearly how to face yourself or how to face others? Because you always feel that there will always be a future here. When you know that any moment could be the end, wouldn't you stop worrying about trivial matters?! Wouldn't you stop getting lost in this conflict?... Do you understand?

问: 请问⾝边⼈的苦难对我们有什么启发?

Question: What can the sufferings of those around us teach us?

JO:⾸先启发可以是很多种,就⽐⽅说激发你去探索⽣命的真相.它也可以让很多⼈发起⼤愿,⽐如有的⼈体验了⾃⼰最爱的⼈经历疾病过后,他便⾛上了⼀条救赎的路、关怀的路.你们要知道当事⼈,不是这个⾁体的他啊,就是最⾼层⾯的他,他是不会消失的⾸先.然后他可以决定我这个物质⾁体体验结束了,但是在这个地⽅结束了并不代表在其他地⽅结束.所以说并不会影响真正的他存在,但是他的这个⾁体可能会不明⽩可能会抗拒会惊慌会恐惧.那在这样的状态下你们能做什么呢?你们能做的就是以你真实的⾝份去见他.你真是的⾝份是什么? 不是你这个物质世界的⾓⾊,因为当他连接到你真实的⾝份的时候,他真实的⾝份也会出现.

JO: The inspirations can be many forms; for example, they can inspire you to seek the truth about life. They may also ignite a great vow in some individuals. For instance, after experiencing the suffering of their loved ones, someone might embark on a path of redemption and care. Remember that what truly matters is not the physical manifestation, but the highest self which remains constant. He may decide that his physical body's experience has ended, yet this conclusion for one location does not imply its cessation in others. This doesn't affect the actual existence of his higher self, though his physical form might struggle to understand, resist, be alarmed, or fear the transition. What can you do in such a situation? You can meet him with your true identity, which is not defined by your role within this material world. When he connects with your true self, his own true essence will also manifest.

所以如果当他真实的⾝份做出选择要继续的使⽤这个⾁体,那么他⾝体的疾病就会痊愈了.

So if he chooses to continue using his physical body with its true identity, then his bodily illnesses will be cured.

问: 如何让这些事情可以正⾯的服务于我们?

Question: How can we ensure that these things serve us positively?

JO: 前⾯说过就是说当你们⽐如说内在有冲突或者有⽭盾,就是在关系中跟其他⼈,你想象⼀下对⽅还有⼏天的寿命或者你还有⼏天的寿命,你如果还有⼏天的寿命,你会在乎你的孩⼦把你的家弄的乱七⼋糟的吗? 你会在乎朋友⽋了你多少钱没有还你的吗? 因为钱对你来说不具有意义了.你会在乎对⽅因为曾经说过了什么话伤害了你吗? 不会的.就是所有的这些东西,就是⼀切在你⼼中的梗,让你耿耿于怀的这些东西全部都会消失的.为什么要等到⽣命真正只有最后⼏天才能做到这个呢? 才去做呢? 为什么不是现在呢? 因为你怎么知道你的⽣命还有很久呢? 你们多少⼈的案例在给你们看到呀.

JO: Previously discussed, when you have conflicts or contradictions within yourself, in relationships with others, imagine how long the other person or you has left to live. If you only have a few days left, would you care if your child turns your home into chaos? Would you mind if friends owe you money that they haven't paid back, since money loses its significance for you? Wouldn't you forgive any harm done by someone who said something hurtful in the past? All these things that cause you to hold grudges will disappear. Why wait until there are only a few days left of life to do this? Why not now? How can you know how much time is left for your life when so many examples are being shown to you by others?

⽆论是天灾⼈祸还是意外事故,多少⼈在给你们敲警钟来让你们看到.可能我这次去旅游的时候做个飞机⽣命就结束了,可能我早上还开开⼼⼼的去上班,突然车祸⼈就没了,明⽩吗? 那你看多少⼈在给你们做这个例⼦来让你们看到,但是你们却没有当回事.因为如果你们真的当回事,你们就会放过你⾃⼰也会放过别⼈放过他⼈,你⼼中不会有任何耿耿于怀的事情,明⽩吗?

Regardless of natural disasters or human calamities, how many are alerting you to be cautious? Maybe my life could end in a plane crash during my travel, maybe I might lose my life happily going to work in the morning due to an accident, do you understand? How many examples have been provided for you by others but you just ignore them. If you truly take them seriously, you would not only protect yourself but also respect and care for others without harboring any resentment or regret in your heart, do you understand?

问: 如何可以安⼼的去⾯对这⼀切?

Question: How can one calmly face everything?

JO:那就是祈祷.你要相信你的祈祷是有⽤的,然后真正的去祈祷,真正的诉说你对他⼈的爱和美好的愿望.因为当你真正的进⼊这个频率和发射这个频率,当他看到你的眼睛的时候,他可以看到你的真⼼.⽽且当你真诚的你出现过后,像我们刚才说的他的真诚的他也会出现.当他和源头连接的时候,那才是最强⼤修复的能量.

That's praying. You need to believe that your prayers are effective, and then genuinely pray, expressing your love and heartfelt wishes for others. Because when you truly enter this frequency and transmit it, when he looks into your eyes, he can see the sincerity in your heart. And when you show up sincerely, like we just discussed, his sincere self will also appear. When he connects with the source, that is when the strongest restorative energy manifests.

问: 请问关于这个⼥孩⼦的朋友还有没有什么信息是要带给这个⼥孩⼦的?

Question: Could you share any additional information about this girl's friends that might be relevant to her?

JO: 你稍等.我们请她放⼼,因为⽆论怎样她都是在散发她的爱,所以这⾥没有任何遗憾或者是伤害或者是任何.

JO: Wait a moment. We reassure her that she's doing no harm and that whatever she does is about spreading love, so there's nothing to regret or hurt anyone here.

问: 最后请问这个⼥孩⼦的头脑⾥⾯还有什么问题想要问吗?

Question: Lastly, does the girl have any more questions she wants to ask in her mind?

JO: 她已经从这⼀堂课学习到了她需要学习到的.

She has learned what she needs to learn from this class.

#### 2023/09/18 — 吸引⼒法则详解Detailed Explanation of the Law of Attraction

JO: 你说吧,什么问题?

You go ahead and ask whatever question you have.

问: 我为什么会得精神类疾病?

Q: Why do I get mental illnesses?

JO: ⾸先我们不想你们⼈类会把你们某⼀个时期的状态像你们这样⼦去命名.它只是⼀个就好像⼀段时期…. 这么说吧,你就好像是⼀棵植物.它在发芽和开花结果的过程中有可能会有⼀个时期会叶⼦变⿊⽣⾍,对吧? 那它那⼀年可能不会结出来任何果⼦,明⽩吗? 但是经过它不断地修复和⼀些⼲预,就⽐如说你⽤⼀些药然后叶⼦又变绿了,然后结很好的果⼦,对不对? 所以说你们物质世界在你给你⾃⼰说你是什么什么的话,你就在加深这个幻像,明⽩吗? 因为你的⾁体它存在的状态是根据你⾃⼰,就是⾸先你相信什么,还有你的能量状态投射出来的⼀个状态,明⽩吗? 所以它是不是可变化的?! 你如果觉得你们的⾁体不可变化.那怎么可能?

JO: First of all, we don't want you humans to name yourselves in this way for a certain period like this. It's just an era... Let me put it this way, you are like a plant. During its process of germination and blooming with fruit, there might be a time when the leaves turn black and attract pests, right? That year, it might not bear any fruits at all, do you understand? But after continuous repair and intervention, for example, using medicine then the leaves turn green again, and then it bears excellent fruit, right? So your material world is deepening this illusion when you define yourself as something to yourself. You see, whether or not your physical body can change depends on what you believe and your energy state projecting an existing condition of existence. Can it be changed?! If you think that your body cannot change at all, how could that be possible?

你是个⼩宝宝,然后现在长这么⼤.

You were a little baby, and now you've grown so big.

问: 但是我当时都进医院了,都混乱不清.

Q: But I was already in the hospital then, and it was all messed up.

JO: 你现在又继续在创造那个你给你,它只是属于你那个时期.就好像你现在是⼀棵⼤树,已经开花结果了.然后你说我当时是⼩树苗的时候,我的树⼲就是那么弱⼩啊、叶⼦就是那么脆弱啊、风⼀吹我就是感觉⾃⼰要被连根拔除⼀样啊、我就是不会有果⼦啊、别⼈都有果⼦,明⽩吗? 它只是你其中的⼀个相⽽已,⽽且那个相它早已经翻过⽆数次的篇了.那你为什么还要把它留下,还要继续去深化它呢?

JO: You're now continuing to create that which you gave yourself, something just belonging to your time. As if you are now a big tree, already blooming and bearing fruit. Then you say when I was a little seedling before, my trunk was so weak, my leaves were so fragile, just one gust of wind makes me feel like being uprooted completely, I don't have any fruits while others do. You see? It's just one of your aspects after all, and that aspect has been through numerous transformations already. So why keep it, why continue to delve into it further?

问: 因为发病的时候整个⼈都混乱不清….

Question: Because when you're ill, everything becomes chaotic...

JO: 你到底想不想… ⽐如说现在你的头脑就很清楚,那你到底想不想去⾛出来? 你⾛出来并不是说把这个问题拿出来去看如何解决,⽽是说就像你现在在原地你的车不动.你就在看为什么这旁边的景⾊是这样⼦,你直接往前开不就好了吗?! 你有个⽅向吗? 你有⽬的地吗? 你不停的看你周围.所以你需要去忘记这些事情,重新去谱写你的⼈⽣.你到底是,就是你想成为什么? ⽽不是说你觉得你是的.因为如果你觉得你是什么,你都可以去体验到它.

JO: Do you really want... For example, if your mind is clear right now, do you really want to come out? Coming out doesn't mean looking at the problem on how to solve it, but rather noticing that your car isn't moving where you're standing. Isn't it easier just to drive forward and see why the scenery around looks like this? Do you have a direction? Do you have a destination? You keep observing your surroundings constantly. So you need to forget about these things and start composing your life anew. What do you truly want to be, not what you think you are supposed to be. Because if you believe you are something, you can experience it yourself.

问: 那我还有痊愈的可能吗? JO: 你现在就是痊愈的呀.问: 但是还要吃药.

Q: That means I can still recover, right?

A: You're already recovered now.

Q: But do I still need to take medicine?

JO: 还要吃药,那也只是你们的像是信念系统,就是你觉得你需要依赖药物来让你保持在这样⼦的⼀个状态下.

JO: You still have to take medicine, that's just your belief system, you think you need to rely on medication to stay in this state.

问: 主要之前没吃药就复发了,然后医⽣说是没吃药的缘故.

Question: Having relapsed without taking medicine previously, and the doctor said it was due to not taking medicine.

JO: 那是因为你的意识程度也没变呀.你转变了吗? 你的能量转变了吗? 你没有.你投射出来的还是这个,就是需要依赖药物维持这个状况的⾝体.你有变得更加相信⽣命? 更加热爱⽣命? 更加激情? 更加快乐、兴奋? 你的⽕有燃起来吗? 我这么说,你现在就像⼀团⽕,那你现在的状态就是⼀个⼩⽕苗.那你有燃成像熊熊⼤⽕,像整座⼭燃起来势不可挡的样⼦吗? 那你说熊熊⼤⽕,整个⼭燃烧起来势不可挡,风⼀吹燃的更旺这样⼦的⼀个状态,和你那个⽕柴上的⼩⽕苗.它能相⽐吗? 那也就是说别⼈的⼜⽔⼀下⼦就把我灭了呀.那你试着⽤⽆数个⼈的⼜⽔去灭⼀下⼭坡上的熊熊⼤⽕,你去试⼀下?! 所以说你的这个⽕苗有变⼤吗?

That's because your level of awareness hasn't changed either. Have you transformed? Has your energy transformed? No, it hasn't. The body that you project out is still dependent on medication to maintain this condition. Have you become more convinced about life? More passionate about life? More enthusiastic? Happier and more excited? Has the fire within you ignited? When I say you're like a flame now, then your current state is just a small flame. Can you ignite it to be as fierce as a raging fire, like an entire mountain burning uncontrollably? If you say that it's a raging fire, completely engulfing the mountain and unstoppable, can that compare to the small flame on your matchstick? Or is it like another person putting out my fire with just one sip of water? Try to use countless people's sips of water to extinguish an entire mountain on fire; go ahead and give it a try! Therefore, has your little flame grown larger?

问: ⽐以前稍微好⼀点,但是…JO: 那你就继续在这条路上,在正向的路上,就是继续在加⼤⽕苗,让你的⽣命之⽕越来越旺,越来越旺,越来越旺.然后不要再回头看,不要再回头去试图处理问题.你试图去处理问题的时候,你就在保留这个问题.你就在让这个问题继续显化在你的⽣命当中给你体验,明⽩吗?

Q: A bit better than before, but...

JO: Then keep going down this path, on the positive path, by continuing to fan the flames, making your life's fire stronger and stronger, brighter and brighter. Don't look back, don't turn around and try to deal with issues anymore. When you attempt to handle a problem, you're keeping it alive. You're allowing that issue to continue manifesting in your life for you to experience, understand?

问: 我想问我适合找什么样的⼯作? 因为我频繁的换⼯作,也害怕以后没有⼯作养不活⾃⼰.现在也没有找到⾃⼰激情想做的事情.

Q: I want to ask what kind of job is suitable for me? Because I frequently change jobs and am afraid that in the future I won't be able to sustain myself without work. Now, I haven't found anything that truly excites me yet.

JO:你稍等.⾸先就是说你要知道你们会把⼯作看成⽐你⾃⾝的能量状态、你散发出来的能量和频率更重要.这是你们的⼀个观念,就是你会觉得⼯作⽐其它,就是你的感受啊、你的快乐程度啊、你的喜悦程度啊这些更重要.所以你们会忽略你们内在的喜悦程度,⽽是去专注于去找⼀个⾃⼰抗拒、不喜欢、难以忍受的⼯作.这样⼦就好像在让你这朵鲜花枯萎⼀样.你说鲜花它只需要盛开,它不需要⼯作,对吧?蜜蜂就会帮它把其它的⼯作给做了,是不是? OK,那你们物质世界,我们⾸先说那个什么啊,你可以看到有⼀些⼥孩⼦她只是负责取悦别⼈、开⼼、然后漂亮.但是她却有⼀个很好的男朋友或者是⽼公去负责物质⽣存,就是赚钱嘛,对不对?

JO: Wait a moment. First of all, you need to understand that your work is considered more important than your own energy state and the frequencies that you emit. This is your mindset – you prioritize work over other things like feelings, happiness levels, and joy. You neglect the inner level of joy and focus on finding a job that you resist, dislike, or find unbearable. It's as if you're trying to make a flower wither away while expecting it to just bloom without any effort. You say flowers only need to bloom, not work, right? Bees will help them do the rest, won't they? Alright, in your material world, let's talk about what comes first – can you see some girls who are just focused on pleasing others for happiness and beauty? But they have a good boyfriend or husband providing for their material survival, that is, earning money, right?

那当这个⼥的很痛苦,就是她成天吵闹,就是她散发出很多很多的负能量、压抑、崩溃.其实她这段关系也在慢慢被毁灭了,明⽩吗?所以如果你只是把你的喜悦程度、你的情绪、你的感受、你的内在的⼀个感受保持在⼀个⾮常开⼼快乐的情况下,你就会越来越漂亮,越来越有吸引⼒.那当你越来越有吸引⼒,你想你们那些明星是不是有吸引⼒才会有钱和关注?! 他有关注有能量给他,他才会有钱,对不对? 那你如果越来越有吸引⼒,是不是就有很多男孩⼦来追你?! 那可能会有物质条件很好的,他就愿意天天供着你,明⽩吗? 那从这个⾓度我们想让你看到的就是说你内在的喜悦度和你的开⼼你的快乐、你眼⾥的美好,这些才是最重要的.

When a woman is very distressed, that means she's constantly quarreling, emitting a lot of negative energy, stress, and collapse. In fact, her relationship is being slowly destroyed in the process. Do you understand? So if you maintain your level of joy, your emotions, your feelings, and your inner happiness at a very happy and joyful state, you will become more beautiful and increasingly attractive. As you become more attractive, do you think that's why stars like them to have money and attention? They receive attention and energy from others, which allows them to have wealth, right? Similarly, if you become more attractive, wouldn't many boys chase after you? There might be those with good material conditions who are willing to pamper you every day. From this perspective, we want you to see that your inner happiness, joy, and overall well-being, as expressed through your eyes, are what truly matter most.

你把这些放到你的头脑⾥⾯去,⽽不是说我必须要⼯作、我必须要⽣存赚钱.并不是的.你看⼀下世界上有多少⼈他并不⽤担⼼赚钱的事,明⽩吗? 所以说你看你头脑⾥⾯放的是什么? 因为你放的是什么,你就会产⽣什么样的频率.你产⽣什么样的频率,你就会吸引什么样的⼈、事、物! ⽐如说你天天就特别开⼼,看到什么都是充满爱充满光,然后你在⼀个店⾥⾯做销售.然后⼀个客户特别被你吸引,然后他追你,最后成为你⽼公了,明⽩吗? 这不是没有可能的呀.然后唯⼀的可能性就是被你给灭掉了.怎么灭的呢? 就是你成天脑⼦⾥⾯就是害怕我没钱、担忧.那你的这朵花就越来越枯萎,越来越暗淡,越来越⽆光.你就完全失去了吸引⼒.

Put these into your mind instead of thinking that I must work and survive to make money. That's not true. Consider how many people in the world don't worry about making money, do you understand? So, look at what you have in your mind. What you place in your mind creates what frequency you produce. The frequency you create attracts what kind of people, events, or things! For instance, if you are always very happy and see everything with love and light, then working as a salesperson in a store might attract a customer who is very drawn to you. This person could pursue you, eventually becoming your husband, do you understand? It's not impossible. The only way this can happen is by the thoughts that prevent it from happening: constant fear of being broke or worry in your mind. Your flower withers more and more, becomes darker, and loses its glow. You lose all attraction completely.

你完全失去了你的吸引⼒,即使你⼯作,你怎么去⼯作? 就算你是个销售,你也需要吸引⼒的,去吸引客户愿意听你说话,吸引客户愿意和你呆在⼀起,吸引客户愿意给你时间让你去推销你的产品,明⽩吗? 所以你们⼀定要记住的就是说,你去想这些担忧这些,就是怎么样⽣存、怕没钱、做⼯作焦头烂额的… 我给你讲焦头烂额、担忧、害怕、恐惧,这些从来不可能处理任何问题.它只能像是⼀堆粪来吸引很多苍蝇,明⽩吗? 它只会去吸引更多的来证明给你你认为的这些是真的.它只会来让你投射出更多来让你去认定你认定的是事实.

You have completely lost your appeal; how can you even go to work when you're like this? Even if you're a salesperson, attractiveness is still necessary for you—how do you attract customers willing to listen to what you say and stay with you? How do they give you their time to let you promote your product? Do I make sense? So remember: when you worry about these things, about how you'll survive, fear of being broke, stress from work... I'm talking about fear, worry, fear; none of this helps solve any problems. It's like a pile of dung attracting many flies. You're just going to attract more of what you think you believe in, projecting more onto yourself until it becomes the truth for you.

问: 我现在就是不知道怎么转换?

Question: I just don't know how to convert now.

JO: OK,那从你现在开始你就想着我都活到快四⼗岁了我都没饿死.为什么我接下来会被饿死呢? 连流浪汉都不会被饿死,为什么我会被饿死呢? 对不对? 现在物质是如此的丰盛.所以你就不要去把任何⾝体的担忧放在你的脑海⾥⾯,⽽是说去跟随你⾃⼰内在的激情.OK,这么说,你觉得你特别喜欢看JOJO⽼师的信息,那你就去看.然后你就去分享,你就只去做这个事情.为什么呢?因为这个事情可以让我处于在⼀个⾮常⾼,就是充满爱充满和平充满快乐和激情的⼀个状态.它可以调我⾝体的频率.那你⾝体频率已经调到这个状态过后,你出去见任何⼈他们都能感受到你的这种爱和和平,明⽩吗?那他们感受到了过后,你是不是在发出你的吸引⼒?

JO: Alright, from now on, you should think that I've almost reached my forties and I haven't starved. Why would I be the one to starve next? Even beggars don't starve, why would it happen to me? Is that right? With such abundance in resources, there's no need for you to worry about any physical concerns. Instead, follow your inner passion. Alright, if you feel particularly fond of reading messages from JOJO Teacher, then do so. Share what you find and focus on this activity alone. Why is that? Because it keeps me in a very high state filled with love, peace, joy, and enthusiasm. It tunes my body's frequency. After tuning your body to such a state, when you meet anyone, they can sense your love and peace. Can you understand that? Once they sense this feeling from you, are you emitting the Law of Attraction?

那你有吸引⼒了过后,⼈家是不是就总是想靠近你,想跟你花时间在⼀起想要跟你聊天?! 为什么呢? 因为跟你聊天就会转变他们的命运啊.他们也会被你拉到爱、和谐、喜悦的⼀个状态呀.就算他头脑不去想,他⾝体都会去想.为什么跟你在⼀起很舒服?他就会想要找你.那⼀找你,你说哪⼀个做⽣意的也好做明星的也好,如果没有⼈想要找他靠近他,他有机会吗?明⽩吗?所以那你是不是就变得越来越有吸引⼒.那你越来越有吸引⼒,你这个吸引⼒可以转变成⼀切的.那你有吸引⼒,哪怕就是别⼈想请你吃饭.你天天吃饭的钱是不是就解决了?天天都吃⼤餐.他们公司正好缺这个位置,他就想你呆在这边.那你是不是⼯作的事情也解决了?!

If you become attractive, will people always want to be close to you, spend time with you, and want to talk to you? Why is that? Because talking with you changes their fate; they are also pulled into a state of love, harmony, and joy by you. Even if their mind doesn't think so, their body yearns for it. Why is being with you comfortable? They will want to find you. Regardless of whether they are in business or aspire to be celebrities, if no one wants to approach them, do they have any chance? Understand? Therefore, you become increasingly attractive. As your attractiveness grows, it can transform into everything. With your attractiveness, even if others want to invite you for meals, isn't the daily cost of eating solved? You enjoy lavish meals every day. Their company might正好need someone in this position, so they wish for you to stay here. Wouldn't that solve your work issues too?!

那如果是异性的话,他就正需要找⼀个这样⼦的另⼀半,那你是不是婚姻⼤事也解决了?! ⽽且这种正向的频率它也是会越来越,像滚雪球⼀样.你滚的这个雪球⽆论是什么,它都会越来越⼤.那你的吸引⼒它也会逐渐越来越⼤,影响⼒越来越⼤,它能辐射的就越来越⼤.⽐如说你现在辐射到你的好朋友,你的另⼀半.它逐渐会辐射到你的家庭成员,那逐渐在辐射到整个办公室的员⼯.那你是不是⾃然就成为领导了?所以离开这个吸引⼒,你什么事都做不了.你哪怕我给你⼀个领导的⾝份,员⼯会跟随你,听从你吗,如果你没有吸引⼒?

If it's the opposite sex, then he precisely needs to find a counterpart like this one, so doesn't that mean your matrimonial issues are solved?! And this positive frequency will only continue to grow exponentially, just like rolling snowballs. Whatever you roll, it will inevitably get bigger. Your appeal will also gradually increase, your influence growing stronger, spreading further. For instance, if now you're influencing your close friends and your partner, it will eventually spread to your family members, then gradually to the employees in your office. Wouldn't that naturally make you a leader? So without this attraction, nothing else can be done. Even if I give you a leadership position, would employees follow you or listen to you if you lack the appeal?

问: 我现在的状态就是那种很…JO: 你别你现在你现在,OK? 只有你⾃⼰认为,你还在继续创造这个体验给你.因为这⾥有⽆数个版本的你,你到底想要体验哪⼀个? 我现在很明确的告诉你,你只需要去做你开⼼的事情.我不管让你开⼼的事情是什么,OK? 但是它可以让你保持在⼀个有吸引⼒的⼀个频率.这么说吧,你就好像是⼀个灯⼀样.你抗拒、你不开⼼、你担忧、你害怕、你恐惧,任何这些就是让你的灯越来越⿊,就是⼀个⿊的状态暗的状态.然后你做你开⼼的事情,就是你喜欢的事情⽽不去担忧任何.没有任何理由是可以让你的担忧可以变得理所当然的,就觉得我这件事情就是值得担忧.没有任何!! 物质世界没有任何事情(值得你担忧)!!

Q: I'm in this state where it's... JO: Don't focus on yourself right now, okay? Only you believe that you're still creating this experience for yourself because there are countless versions of you here. Which one do you want to experience? Let me clearly tell you, all you need to do is engage in activities that make you happy. I don't care what makes you happy, okay? But it should keep you at a frequency that is attractive. Think of it like a light. If you resist, if you're unhappy, if you worry, if you're afraid, or if any of these things dim your light more and push it into darkness, then doing the things that make you happy, liking them without worrying about anything else, makes sense, right? There's no reason for anything to be a cause for concern. Nothing! Not in this physical world!

哪怕是世界末⽇,这也不是你应该担忧的问题.为什么呢? 因为你担忧也改变不了世界末⽇.你觉得你担忧就能把世界改变了? 它就不世界末⽇了? 你担忧,你这个物质⾁体就不⽤死去了? 你只会浪费这个物质⾁体,明⽩吗? 所以担忧只会让你push everything away,就是把所有的事情都推开,包括⼈.你想⼀个⼈⼀直在那担忧害怕恐惧,像热锅上的蚂蚁,你想要去靠近他吗? ⽆论你怎么劝他,⽆论你怎么想给他爱,他都在那: 我好着急,我怎么办? 我明天没饭吃了… 你说我明天给你送饭.我不相信,那我后天怎么办? 那我这⼀辈⼦怎么办? 那我以后⽼了怎么办? 你死了怎么办?

Even if the world were to end, this shouldn't be a problem you should worry about. Why is that so? Because worrying cannot change the fact of the world ending. Do you think your worries can alter the world and prevent it from ending? That it will not end because of your concern? Or that your worrying would make this physical body not die? You are only wasting this physical body, understand? Therefore, worrying只会 push everything away; pushes all things away, including people. Imagine someone constantly worrying, being afraid, feeling fear, like a frantic ant on a hot pan. Would you want to be near such a person? No matter how much you try to reassure them or show love, they're always stuck in their own thoughts: I'm so worried, what should I do? What will happen tomorrow if there's no food… If I tell you I'll bring you food tomorrow, you wouldn't believe me. Then what about the day after that? And for my whole life? And what if I get old and still have this problem? What happens to me when you die?

外在任何的信息,任何给你的礼物都全被你推开了.你不会接受到任何的.为什么呢? 因为你散发的频率就是⼀种抗拒.你在把所有的东西都推出去.所以⽣命中美好的事情不可能发⽣在你⾝上.如果你对⽣命的⼀丁点,就⽐如说: 我好幸运,我竟然能亲⾃听到神的声⾳.我好感激.你说这个世界上这么多⼈,七⼋⼗亿⼈.有⼏个⼈可以听到

Any external information or gifts given to you are all being pushed away by you. You're not receiving anything because the frequency you emit is one of resistance. You're pushing everything out. Therefore, beautiful things in life cannot happen to you. If you have even a tiny bit of appreciation for life, like "I'm so lucky to be able to hear God's voice myself," I'm grateful. You say that among all these billions of people on Earth, how many can hear

可以直接和神对话?!!! 那你就是在发出感恩、感激的频率.你这个感激就好像是在收.你把外在的有形的、⽆形的,⽆形的就是我们.但是你要记住你们现在物质看到的所有的⼀切都来⾃于⽆形! 都来⾃于我们! 我们就好像是钱⼀样,你们所有东西都是花钱买到的,明⽩吗?所以离开钱你什么都买不到,我只是打个⽐喻,但是并不是这样.只是在你的观念⾥⾯你会觉得只有钱才能买到⼀切.所以说你们物质世界上看到的⼀切都是来⾃于⽆.就是这个好像是种⼦⼀样,那个好像是⼟壤⼀样.你表⾯上看到的所有开花结果全是来⾃于这个⼟壤.所以说,OK,那你有⼼存感激吗? 还是你继续再担忧你接下来怎么办? 我⽼了怎么办?

You can talk directly to God?!!! You are sending a frequency of gratitude and thankfulness. Your gratitude is like receiving. You are taking in the visible and invisible aspects of us. But remember, everything you see with your physical senses now comes from the invisible! Everything comes from us! We are like money; all of your possessions are bought through spending. Do you understand? So without money, you cannot buy anything. I am just using an analogy, but it is not exactly like that. Only in your perception do you believe that only money can buy everything. Therefore, everything you see in the physical world comes from nothingness. It's like a seed and soil; what you see blooming and yielding results all come from this soil. So, if I may ask, do you have gratitude? Or are you still worrying about what to do next, such as how to handle things when you get old?

因为当你在这样⼦的⼀个频率,你就在把所有的东西都推出去.那当你在就是说,我好幸运,我好感恩,我是世界上最幸福最幸运的⼈.你就在收,你就在把外在的有形的、⽆形的,所有东西都收纳,往⾥⾯吸.所有你到底是要往外⾯推呢? 还是往⾥⾯吸呢? 这就是为什么你⼀直觉得你⾃⼰是匮乏的.为什么? 你的频率⼀直在往外推啊.就算发⽣在你⽣命中的美好,你都看不见呀.你如果看的见的话,你就会知道你有多幸运.你能连接上这条线,你能连上这个通道,你能被我们拉着⼿,明⽩吗? 因为很多⼈他们是在⿊暗的边缘,他们没有任何⼿可以拉,明⽩吗? 这只是区别在于,你到底相不相信? 你到底相不相信这些信息? 明⽩吗?

Because when you are at such a frequency, you are pushing everything away. So when you say, I am so lucky, I am so grateful, I am the happiest and luckiest person in the world. You are receiving, you are taking in everything tangible and intangible, all things inwardly. Are you pushing out or pulling in? This is why you always feel that you are lacking. Why? Your frequency has been pushing out all along. Even when beautiful things happen in your life, you don't see them. If you did, you would realize how lucky you are. You can connect to this line, connect to the channel, be held by our hands, do you understand? Because many people are on the edge of darkness, they have no hand to hold, do you understand? The difference lies in whether you believe or not, whether you believe in this information, do you understand?

还是你愿意相信你的头脑,你觉得你的头脑才是最强⼤的.你头脑真的强⼤吗? 你们世界上任何⼈的头脑都没有⼀个强⼤的,没有⼀个强⼤的.如果你们头脑这么强⼤的话,你们物质世界还会是这种意识程度吗?就是因为你们⾃以为是,⾃⼰觉得你们⾃⼰有强⼤的头脑,然后在那个什么.我跟你讲,那些你们看到的创造的奇迹,它都是在没有头脑⼲涉下创造的,明⽩吗?记住,在没有头脑⼲涉的情况下创造的.就⽐如说那些发明家、艺术家.你去问⼀下真正的艺术家,他们头脑⼲涉他们能创造吗?明⽩吗?所以你就知道你的头脑不是⽤来处理这些事情的.因为它并不知道⽼天的安排,就这么说吧,简单⼀点.就是它并不知道它⼤的⼀个,就是它的⾼我.

Or perhaps you'd rather believe in your mind, thinking that your mind is the strongest. Is your mind really strong? No human on this planet has a stronger mind, not one does. If your mind were so powerful, would the material world still be at this level of consciousness? It's because you think too highly of yourselves, believing that you have a powerful mind and then there's... let me explain, simply put: everything you see as miracles are created without the interference of your mind, understand? Remember, created without any mind interference. For example, inventors and artists. If you ask true artists if their minds interfere with their creativity, would they agree? Understand? So you realize that your mind is not used for handling such matters because it doesn't know God's plan. It just doesn't have the knowledge of its bigger self, simply put - its higher self.

你这个⾁体不是⽤来弄清楚这些,你只是⽤来焦聚在这个物质世界.⽽且这个物质⾁体它很愚蠢,也不是说愚蠢,是它很有⽤,它反应很灵敏.为什么呢?因为你给它植⼊什么,它就反应什么.就好像我们常常⽤的⼀个例⼦,你看到前⾯有⼀个⿁影,你吓的要死.然后我们把灯打开,你看到的是⼀件⾐服被风在吹动.你⾝体的恐惧马上消失,对不对?所以那你就知道你⾝体产⽣的反应不是真实的.只是因为你有相应的⼀个植⼊,就是你有⼀个相对应的⼀个believe system,信念或者是相信的东西.就⽐如说你头脑相信: ⼈需要赚钱,⼈需要⼯作,没钱活不下去,不⼯作的话就会没钱就会死掉,就是你相信这些.多少⼈不⼯作,他活的好好地呀?!

You are not here to figure things out; you exist simply to focus in this physical world. And this physical body is quite stupid, though it might seem like stupidity – rather, it's very useful because of its sensitivity in response. Why is that so? Because whatever you plant into it, it reacts accordingly. Just like the frequent example we use: You see a ghost ahead and you're petrified. Then we turn on the light, and what you see is just a wind-blown piece of clothing. Your body's fear instantly disappears, right? Therefore, you realize that the reaction your body produces isn't real; it's merely because there's corresponding implantation – that means you have a matching belief system or things you believe in. Like how your mind believes: People need to earn money, they need to work, cannot survive without money, no job means no money, meaning death. It's just that you believe these. How many people who don't work live just fine?!

明⽩吗? 只是因为你相信这个,所以你就继续困在那⾥⾯.那你也可以相信其它的呀! 相信你就是可以天上掉馅饼! 你就只需要负责开⼼,其它什么美好都被你吸引过来! 那美好当然包括钱了! 明⽩吗? 你们把你们的⼈⽣搞反了,你们唯⼀需要的就是开⼼和想象美好.但是就这么简单的事情你们都做不好.然后你们都不去相信.你们不相信.你们会觉得,就是相信那些恐惧的,相信那些艰难的.这就是为什么你们的⼈⽣版本,就是在地球上创造的就是这种体验给你们.这是你们的集体意识观念,明⽩吗?

Understand? It's just because you believe this that you remain trapped inside. But you can also believe in other things! Believe that you can have pies dropped from the sky! You just need to be responsible for being happy, and everything else good will attract to you! Of course, this includes money! Understand? You've got your life all backwards; what you truly need is happiness and imagination of的美好. But even such a simple thing, you cannot do it properly. Then you don't believe in these. You won't believe them. You think it's better to believe in the fears, the hard times. That's why this version of your life on Earth creates such experiences for you. This is your collective consciousness concept, understand?

#### 2023/09/20 — 我们能逃避⽣活吗 Can we escape life?

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: JO你好,我们的第⼀个问题是如何达到⽆我的状态?

Question: JO hello, our first question is how to achieve a state of no-self?

JO: 你⾸先知道什么是⽆我,明⽩吗? 那是你对⽣命认知和认识的⼀个过程.你⾸先要知道⽣命是由什么组成的.如果你真的觉得⽣命它单纯的是你这⼀堆⾁,就是你这个⾁体.如果你这么去觉得这个就是⽣命的全部的话,肯定达不到⽆我.因为你⽆论从哪个点去,你还是围绕着这个我.因为那是你唯⼀能抓到、摸到、看到、体验到的.所以那你是不是要去,就像你们现在做的事情.你们现在做的事情就是来帮助你们认识⽣命.那你认识到了,你是不是就知道我现在都是我我我我,都是我这个⾁体,就是我现在是这样⼦这样⼦.那你越来越多的去认识这个⾁体,它是怎么运作的,它运作的⽅式模式.然后它是怎么来掌控你的⼈⽣.

JO: First, you need to understand what "no self" means, do you get it? That is a process of your understanding and awareness of life. First, you need to know what makes up life. If you truly believe that life is simply this collection of meat - which refers to your physical body - then if you think this is the entirety of life, you will never reach no self. Because at any point, even though you may think you're focusing on "me", you're still centered around this concept because it's the only thing you can physically grasp, touch, see, and experience. So when I say that you should be doing what you're currently doing - which is helping yourselves understand life - when you do so, have you realized that you are simply me, me, me? That you understand that your current state of existence is tied to this physical body. You've been increasingly aware of how the body operates and the patterns of its functioning. How it influences your life.

那你是不是就知道什么时候让它退下,然后由看不见的你呈现出来.所以这也是你们⾃我认识的⼀个过程.但是体验就是说什么都是我或者体验把物质⾁体当成是你,这也是你们⽣命的⼀部分.因为你需要就好像是桥、是路.你需要⾛这段路.不然的话你对⽣命不会有⼀个完全的认知,就是对你们地球上的⽣命.所以你们就是为这个⽽来的,但是它是来让你去展现⽣命的⼀个⼯具、⼀个管道、⼀个渠道.因为如果你只是让它来阻碍你让你不能展现的话,你会抑郁的,你会不快乐的,你是堵塞的.你总会觉得就好像有⼀种吃⼒的感觉.这么说吧,就好像⼀台车,你不知道怎么⽤它.就⼀直是⽤⼿在那推着⾛.

That's when you know the right moment to let it step down, then allowing the unseen version of yourself to emerge. This is also part of your self-discovery process. However, experiencing these moments involves understanding that everything is me or how I experience matter as being you, which is also a part of your life journey. You need this like a bridge or a path; you have to walk through it. Otherwise, you wouldn't fully comprehend life, particularly in the context of your earthly existence. Therefore, you're here for this purpose, but it's meant to be a tool, a channel, for manifesting life. If you were just to let it hinder you from expressing yourself, you'd feel depressed, unhappy, and suffocated. You would always sense an effortful sensation as if pushing a car that you don't know how to operate by simply putting your hands on it and walking with it.

然后就会很吃⼒,你不知道你可以打开引擎,然后它⾃⼰就会往前⾛.

Then it would be quite difficult, you don't know that you can start the engine and then it will move forward by itself.

问: 为什么普遍的⼈都充满痛苦?

Question: Why are people generally filled with suffering?

JO: 痛苦来⾃于什么? 来⾃于⽆知、⽆明,还有就是他眼睛能看到的局限性,就好像是青蛙坐井观天.那只是你们成长的⼀个阶段⽽已.但是那个阶段它可以给你们⽣命带来很⼤的转变,因为这个痛会促使你想要去找到出路.所以你们会去找各种门路、门道、⼤师、各种就是你们现在在跟我们寻找的这些信息.它都会把你引领到⼀个智慧的路.

JO: Where does the pain come from? It comes from ignorance, lack of clarity, and also the limitations of what he can see with his eyes, like a frog seeing the sky while sitting in a well. That's just a stage of your growth. But that stage can bring about significant changes to your life because this pain will motivate you to find a way out. So you'll be looking for all sorts of avenues, paths, masters, and information that you're seeking from us now. It will guide you onto the path of wisdom.

问: ⼀个⼈怎样才能认识⾃我?

Question: How does one recognize oneself?

JO: 那就是通过你⾃⼰,通过你⾃⼰的起⼼动念,你⾃⼰的情绪反应,你⾃⼰的所有⼀切,你⾃⼰投射出去的所有⼀切,就是外⾯的物质世界就是⼀⾯镜⼦.你们就是去通过这个物质世界来认识⾃我.如果你只是沉浸在这样⼦,你把所有的⼀切都当成是真实不虚的话.那你可能就会⼊戏太深,你完完全全的忘记了你只是这个剧中的⼀个体验者⽽已.你觉得那个痛苦的就是你,你觉得那个没有选择的就是你.

JO: That's through yourself, by your own mind activity, your emotional responses, all of you, and everything you project outwards - the external material world is just a mirror. You are using this physical world to know yourself. If you immerse yourself in this way, treating every aspect as absolute truth, then you might get too absorbed, completely forgetting that you are merely an experiencer within this drama. You perceive the pain as your own and feel restricted by choices that seem unavailable to you.

问: ⽣命需要追寻和努⼒吗?

Question: Does life require pursuit and effort?

JO: 这么说吧,追寻就是你不停地看着前⾯的⽬标,然后不停地去想要达到.但是你们所谓的达到,就是根本就没有前⾯,⽽是在你脚下⾯.这么说吧,你追寻就是说你是看着前⾯的⽅向⼀直跑跑跑.但是实际上⼀切都在你的当下呀,在你的脚底下呀.你低下头,当你不要去环顾四周和前⾯,你低下头,那个才是你的宝藏.所有东西都在你的当下、脚下.所以即使那些已经看似跑了很久的⼈,他们也是停下来往下看,哦,在这⾥.那你说追寻有没有意

So to sum it up, chasing is about constantly looking ahead at your target and continuously trying to reach it. But what you call "reaching" is actually not having anything ahead but beneath your feet. So if I were to put it that way, chasing means looking ahead and running run run in that direction. However, everything exists right here and now, under your feet. So even when those who seem like they've been chasing for a long time stop and look down, oh, it's right here. Does this mean chasing has meaning?

义呢? 也有意义呀.那追寻就是去找到你的⽬的地在当下的这条路嘛.那如果你连追寻的机会都不给他,只告诉他那个在当下.他是不是也丧失了很多体验? 因为在这⾥最重要的是你们的体验,⽽不是结果.如果结果真的很重要的话,那你们那些拿到结果的⼈马上就可以⾛了.我已经拿到结果了,OK,byebye.你的物质⾁体就不需要存在了.所以这个过程才是你们需要慢慢去enjoy的.所以你就知道you have nowhere to go.你反正就被关在这个牢房⾥⾯,你急躁烦躁不停地去找出路,只会让你的energy,就是又过了⼀个烦躁的⼀天.如果你安住于当下,充满喜悦,⼼平⽓和,就是开开⼼⼼.那你又是开⼼的⼀天.

Meaning? There is meaning indeed. Seeking is the path you take to find your destination in the present moment. If you deny them the opportunity of seeking, just telling them about the present, haven't they lost many experiences? Because here, what matters most are your experiences, not the outcome. If the outcome truly matters, then those who have already obtained it can leave right away. I've already gotten my result, okay, goodbye. Your physical body no longer needs to exist. Thus, this process is what you need to enjoy gradually. That's why you understand that there's nowhere else for you to go. You're stuck in this prison, constantly agitated and searching for an escape, only causing your energy to dissipate, resulting in another stressful day. If you are content with the present, filled with joy, calm, and happiness, then you have a joyful day as well.

那你说烦躁的⼀天和开⼼的⼀天哪个体验感好⼀点呀? 你们赚钱你们追求所有的地位权⼒,星级酒店和那种⼩旅馆,那不就是为了体验好⼀点吗? 你说⼀个⼆⼗块钱可以住⼀晚上,⼀个三两万可以住⼀晚上.为什么有⼈会选择两万的⽽不选择⼆⼗的? 他为的是什么? 为了他的体验感会愉悦⼀点呀,会好⼀点呀.那你们⼈⽣你想象⼀下,前⾯没有出路的.那如果你在当下放下⼀切,进⼊到愉悦的状态.那你就直接是从⼀个⼆⼗块的旅馆,进⼊到⼀个两万块钱的五星级酒店.这么免费给你升级,你还不要啊?!问: 请问我们能逃避⽣活吗?

Which kind of day do you prefer, a stressful one or a happy one? Aren't you striving for all the perks like high-end hotels and small inns because you want to have a better experience? You might wonder why someone would choose to spend $20,000 instead of just $20 for a night's accommodation. What could possibly be driving that choice but their desire for enhanced enjoyment, a better experience?

Imagine your life with no apparent future prospects. If you were able to let go of everything and enter into a state of joy right now, wouldn't it be like upgrading from staying at a $20 hostel room to checking into a luxurious five-star hotel priced at $30,000? You're getting an upgrade for free, yet you refuse?

Question: Can we escape our lives?

JO: 就跟着刚才的那个问题,当你想要在逃的时候,你逃不过的.为什么呢? 因为是你头脑⾥⾯把这个⽣活投射出来需要去逃避的,明⽩吗?那你说你的头脑上⾯就好像⼀直带着这个投影的东西,你⾛到哪⾥你都投射出来.你怎么逃啊?就是它在你内在呀.你怎么逃?你死了你都逃不了.你死了你还继续投射这样⼦的观念,还是这样⼦的体验.体验限制、体验恐惧、体验⽆⼒感.所以说真正的逃的话,那就是增长智慧.因为增长智慧就好像清理你⾃⼰这些垃圾.你内在的垃圾或者是负能量或者是沉重的能量或者是限制,这些东西你把它清理⼲净.你把它清理⼲净了,你就不会投射出这么多垃圾出来,恶臭给你们.你投射的就是鸟语花⾹,⼲⼲净净.

JO: So it's just like the previous question you asked earlier, you can't escape when you want to run away because why? Because it's your mind that projects this life into something you need to escape from, do you understand? That means there is something being projected on your mind, and no matter where you go, it follows. How are you supposed to escape? It's already inside you. How can you escape? Even if you die, you still cannot escape. Even after death, you continue projecting these ideas, experiencing this fear and feeling of helplessness. Therefore, true escape means gaining wisdom. Because growing wisdom is like cleaning up your own garbage. You clean out the junk within yourself, such as negative energy or heavy emotions that limit you. Once you clean them out, you won't project so much garbage onto others, spreading foul odors. Instead, you will project pleasant sounds and sights, a clean environment.

所以说你如何逃避?你去喝个酒?喝酒不是你们最喜欢逃避的(⽅法)吗?换个⼈?找个⼩三⼩四⼩五?你看这些从感情当中逃避,从关系当中逃避,从药物当中逃避,那么多吸毒的.他们进⼊的是⼀个更⼤的旋涡,只会让事情越陷越深.那他们能逃避吗? 所以说你们唯⼀能 ‘逃避’ 的⽅式就是通过我们的指引,通过光.因为光照进来,你们就不是在⿊暗中,你就能看清楚.看清楚过后,你内在⾃然就没有恐惧了.你内在没有恐惧的话,你就不会在散发这个恐惧的频率来投射出外在恐惧的事物去给你体验,明⽩吗?

So, how do you escape? By going out for drinks? Isn't that one of your favorite ways to escape from reality? By changing people? Finding mistresses, mistresses number two and three? You see these patterns where people try to escape from their feelings, from their relationships, even through substances like drugs. They get drawn into a bigger vortex and end up making things worse for themselves. Can they really escape that way? Therefore, the only real 'escape' you have is by following our guidance and embracing light. When light comes in, it's not just about escaping darkness; it allows you to see clearly. Once you're able to see things more clearly, fear naturally dissipates from within. Without fear inside, you don't project out that frequency of fear onto your external experiences. Do you understand this?

问: 请问什么是完满的⾏动?

Question: What does it mean by "perfect action"?

JO: 完满的⾏动就是爱的本⾝啊.你是爱的本⾝,没有恐惧,没有你的⼩我,没有记忆,没有这些加⼊的话,那⽆论你做什么你都是完满的.那⾥没有不完满.就是没有你这个物质⾁体的加⼊,物质⾁体就是头脑⾥⾯的记忆啊、定义啊、分类啊、判断啊,就是所有的这些没有.它就是爱的状态,就是爱.

JO: Perfect action is love itself. You are love itself; without fear, without your little ego, without memory, and without these additions, whatever you do is perfect - there is no imperfection anywhere. It's just that the addition of this physical body is not included; the physical body is memories, definitions, categorizations, judgments in the mind, everything else. It's just love state, it's love.

问: 那如何放弃头脑的积累过程?

Q: How does one let go of the accumulation process in the mind?

JO: 你如果是不知道你的头脑它是在积累的过程,你觉得那是你,那你是不是就不知道啊? 你⾃⼰就是⾝在局中不知情.那你⾸先就是要知道有这么⼀回事,就是你⾃⼰所体验的⼀些恐惧也好,⽆⼒感也好,它来⾃于哪⾥? 它来⾃于你对过去经验的积累.啊,你看这次谈⽣意,我⼀定要做好各种措施.为什么呢? 我上次被⼈骗了.然后怎么样怎么样.因为你觉得

JO: If you don't realize that your mind is accumulating experiences, and you think it's just you, then how can you know what you're experiencing isn't you? You're trapped in the experience without understanding. Firstly, you need to understand that these experiences—such as fear or a feeling of powerlessness—are coming from somewhere within you. They stem from your accumulated past experiences. For example, if you're discussing business this time, I'm sure you'll take all necessary precautions. Why? Because last time I was cheated. And so forth. All because you think...

这是正确的呀.我上次都被⼈骗死了,这次还不防备⼀点?! 所以你会把这些合理化,就正常的,我不做才是个蠢蛋.上次被⼈骗了,这次还要继续再做这件事情,明⽩吗? 那你们是不是都是建⽴在过去的经验,在经验上⾯不停的去增加更多的条款啊、防范措施啊这样⼦?!这个就来⾃于哪⾥啊? 就来⾃于你们头脑的积累.你看你们的法律条款越来越多越来越多,这个来⾃于什么? 真正的能够,就是真正的你成为爱的状态,不需要任何法律条款.不需要有任何法律条款,因为那⾥没有伤害的.

This is right. I was tricked last time, so how could I not be cautious this time?! So you rationalize these actions, treating them as normal, and if I don't do it, I'm the fool. If someone tricked me last time, why would I still do that thing? Do you guys build on past experiences, continuously adding more clauses and preventive measures based on your experience? Where does this come from? It comes from the accumulation in your mind. Look at how many legal clauses you have now - where did all these come from? True love doesn't require any of those laws or clauses because there's no harm involved.

问: 请问真理到底是什么?

Question: What is the truth?

JO: ⾸先真理绝对不是⼀个让你们去追随去奉⾏的⼀个条款,你必须给我执⾏,你必须按照这个去做,这个才是真理,明⽩吗? 如果是这个的话,那就跟你们法律⼀样了呀,强迫性强制性的.所以如果真的有谁来告诉你说这才是真理,你必须要去这么做.那个不是真理.所以那你就知道真理是什么了?! 真理就是完全的允许.因为就算你去体验那种看似是⽅向反道⽽⾏的东西,但是你还是在真理内,明⽩吗? 你没有办法去脱离它.那如果你在它以内,你怎么打圈怎么转,其实只是加深了你的体验⽽已.但是⽆论怎样你还是要回到你的原点.就这么说吧,我这个浪花飘的再⾼,它还会再回去的.

JO: First of all, truth is absolutely not a rule that you must follow and obey, one that requires your execution or adherence. This notion of truth is akin to law; it's compulsory and binding, which would mean you have to do as told without question. If it were so, then it would become just like your legal system, forcing compliance upon individuals. And if someone tells you that this is the absolute truth, demanding that you must act accordingly, that isn't true at all. Therefore, now you know what true reality really is? True reality means complete freedom and acceptance. Even if you might experience something that feels like going against a certain path or direction, but you are still within the realm of truth; it's impossible to escape its influence. If you're within this truth, no matter how much you spin or twist your actions, it only enhances your understanding and experience, without changing the fundamental nature of your journey back to your origin. Just like a wave that may rise high but inevitably returns to its source, so too does one's journey align with their inherent path, guided by truth alone.

问: 能不能再请你看⼀下我的能量状态,看⼀下有什么信息是要带给我的?

Q: Could you please check my energy state again and see if there are any messages for me?

JO: 你稍等.允许永远不会太多在你这⾥,是越来越多的允许,就是顺着,就是没有任何的抵触或者是头脑的活动、担忧这种.为什么呢? 因为你越这样的话,你就越能毫⽆伤害的通过… 这么说吧,就好像有⼀股洪流它要把你冲⾛.你如果越是恐惧、抵抗、抵触的话,它就越会给你带来伤害.那你越是⾂服顺着它,就好像是在玩漂流⼀样,你就,就是⾝体就会 enjoy这个过程.所以就是允许.

JO: Wait a moment. More allowance will never be too much here; it's actually more and more allowance, that is to say, going with the flow without any resistance or mental activity, anxiety, etc. Why? Because the more you do this way, the less harm you'll suffer… Put it another way, imagine there's a flood trying to carry you away. The more fearful, resistant, or opposing you are, the greater damage it will inflict on you. But if you're compliant and go with the flow, it's like playing white water rafting; your body will enjoy this process. So, it's all about allowing.

问: 请问有没有什么信息是要带给这个通灵的⼥孩⼦的?

Question: Is there any message you would like to convey to this medium girl?

JO: 你稍等.任何指引也好,任何信息也好,任何东西她都不会错过.

JO: Wait a moment. She won't miss out on any guidance, information, or anything else.

问: 我连续两晚上都⾮常⾮常真实的梦见我喜欢的⼈.我想问⼀下这个梦境是有什么信息要带给我? 或者说是预⽰着什么吗?

Question: I've been having very vivid dreams about the person I like for two nights in a row. I'd like to know if there's any message this dream is trying to convey to me, or if it has any predictive significance.

JO: 那你可以把这种美好的感觉和甜蜜的感觉继续去锁定,继续去加强,继续去把它带出来.那种美好的感觉继续去把它带出来,带到你的现实⽣活中.不断地去回味他,感受他.

JO: So you can continue to lock on that beautiful feeling and sweetness, intensify it, and bring it out continuously. Keep bringing that beautiful feeling out, into your real life. Keep revisiting it and experiencing it.

问: 为什么这⼏天晚上我会梦见有⼀些恐怖的场景,他们过来抓我.然后他们把我抓醒过后,我⾝体相对应的部位也会有很强烈的感受.为什么会这么真实?

Q: Why have I been dreaming of terrifying scenes for the past few nights where they come to me and grab me? After they awaken me from these dreams, I feel strong sensations in my corresponding physical parts. Why are these dreams so real?

JO: 就好像你⾃⼰的⾝体就是⼀个探测器,它就是⼀个接收器,它就是⼀个⼯具.然后这个⼯具特别的灵敏,就是对外在的刺激,对所有的⼀切,明⽩吗?所以有⼀些天⽣很敏感的⼈,他就可以感知到更多的实相.然后他的体验就更加的深刻.这是你与神俱来带来的.然后在这样的情况下,你只需要多清理你内在的恐惧.因为⽆论你内在埋下什么,它都会,你的⾝体…. 这么说吧,如果你内在埋的是光和爱,那你也会不断地接触光和爱.它也会越长越多,越来越多.那如果你内在埋的是恐惧的种⼦的话,它也会越来越多.那这就是为什么

JO: It's like your own body is a detector, a receiver, an instrument. And this instrument is extremely sensitive to external stimuli and everything around you. Understand? So there are naturally very sensitive people who can perceive more realities. Their experiences are also deeper. This comes from their divine inheritance. In such circumstances, all you need to do is clear your inner fears because whatever you sow within yourself, it will grow back at you… Let me put it this way: if what you sow is light and love, then you will constantly encounter light and love. It grows more and more. But if you plant seeds of fear inside yourself, they will also multiply. That's why

你会对我们的通灵信息如此的痴迷.因为这些光和能量会让你感受到不断地不断地被提频提升.因为这个能量对你来说你也会感受到很强烈的,就好像被拉起来了,带到⼀个很⾼的振动频率,明⽩吗? 所以越是持续的去清理你内在的恐惧,就是你越来越多认识,越来越多清理.然后你会更多的去感受到造物主的光和爱的那种状态,它也会给你带来就好像真的是太阳照在你⾝上的那种感觉.你的每⼀个细胞都在被滋养.

You would be so fascinated by our spiritual messages because these lights and energies continuously uplift you. You will feel the constant resonance as if being pulled upwards, to a very high vibration level. Do you understand that as your inner fears are continuously cleared? The more you recognize and clear them, the more you will feel the state of divine light and love. It will give you a sensation akin to sunlight shining on you, nourishing every single cell in your body.

问: 请问最后你还有没有什么信息是要带给我们的?

Question: Lastly, do you have any information you want to share with us?

JO: 你稍等.谢谢你们的激情,因为你不知道你们在谱写什么.就是你们还不知道你们在创作⼀个多么伟⼤的作品.然后这个作品将转变你们整个⼈类的意识.就好像你们是勤劳的⼩蜜蜂,你觉得你们就是喜欢花喜欢蜜.其实你们在维持着你们整个的⽣态系统.如果所有的蜜蜂不做这个⼯作,那这个系统也会失去平衡,明⽩吗? 所以你们就像是这样⼦的⼀个状态.

JO: Wait a moment. Thank you for your enthusiasm because you don't know what you're creating. You're not aware of how magnificent a work you're composing. And this work will transform the entire human consciousness. You don't realize that you're creating something that will have such a profound impact on humanity as a whole. It's like you're diligent little bees, thinking you just enjoy flowers and honey because you're attracted to them. But in reality, you're sustaining your entire ecosystem. If all the bees were not doing this job, the system would lose its balance, get out of whack, do you understand? So it's kind of like being in that state.

#### 2023/09/20 — 如何创造成功的相 Living in the end How to Create Successful Harmony Living at the End

JO: 你说吧,什么问题? 问: 为什么⼈类有⼩我呢?

JO: Speak up, what's the question? Ask: Why do humans have a small self?

JO: 你能去体验这⼀切你要⾮常的感谢你这个⼩我.你如果没有它的话,你便闻不到听不到,你便没有这么丰富的感知.你想象⼀下如果你的⾆头尝不到菜的味道,明⽩吗? 你不去通过你这个⾆头…. 如果你的⾆头没有味觉呢? 那你说你⾯前那么丰盛那么多不⼀样味道的⾷物,对你来说有什么区别? 你能体验到它的不同吗? 我告诉你,这个是辣的那个是甜的,你能理解它吗?

JO: You can experience all of this only if you are very grateful to your little "I". Without it, you wouldn't be able to smell or hear anything, and you wouldn't have such a rich perception. Imagine what it would be like if your tongue couldn't taste the flavor of food. Do you understand? If your tongue didn't have the sense of taste... if you were in front of an abundance of different flavors of food without a taste sense, would that make any difference to you? Could you perceive their differences? I tell you, this one is spicy and this one is sweet; can you comprehend it?

问: 明⽩,就是让我们体验酸甜苦辣,体验各种情绪.

Q: Yes, it means experiencing sweet and sour, bitter and pungent flavors, as well as various emotions.

JO:你通过它你才能在这个物质世界产⽣,你才能感受到这⼀切.不然的话,你就好像你死掉了,你没有这个⾁体了.没有这个⾁体,那这个房⼦还存在墙壁吗?它还有意义吗?这个车你还能开动它吗? 这个⼈你还能跟他亲嘴吗? 你们还能⽣孩⼦吗? 所以说在你们这个物质世界,它是⾮常⾮常重要的,是必须品.但是你对⽣命的认知和认识的过程是通过它展现⽆限,展现⽆限,展现你的创造⼒.就好像你通过这个画笔通过这个颜料去展现你这个画家的创造⼒,是不是?那这些画笔没有通过你这个画家,它能展现那么多姿多彩不同的画吗?你看同样⼏个颜⾊,不同的画家不同的创作能量,它是不是就可以出现不同的作品?

JO: Without it, you would cease to exist in this material world, and you wouldn't be able to experience any of this. Otherwise, you'd be like you're dead, without a body. Without a body, does that house still have walls? Does it retain its meaning? Can you still drive the car? Can you still kiss the person, or can you even bear children in this world? Therefore, in your material existence, this is absolutely essential; it's a requirement. But your understanding and recognition of life are manifested through it in boundless ways, showcasing infinity and creativity. Like using this brush and paint to express an artist's creative potential, right? Without the painter, can these brushes create such vibrant and diverse paintings? You see, with just a few colors, different artists with varying creative energies can produce entirely different works.

问: 那我们怎样觉醒呢? 觉醒就是连接上⾼我,那如何连接上⾼我?

Question: How do we awaken then? Awakening is connecting to our higher self, so how do we connect to our higher self?

JO: 你借助这个物质⾁体,⾸先每⼀个⼈不⼀样.就⽐如说她的⾁体她的⾓⾊她的⼩我和你和其他⼈就不⼀样,明⽩吗? 所以你们借助这个⾁体来的⽬的和你做什么,那是你在更⾼层⾯你⾃⼰选定好了.我选定好我今天去个超市要采购什么,就是我已经知道我要采购什么了,明⽩吗? ⽽不是说来了就是体验,NO NO NO.有的来了他是⼲什么? 他就是来帮助你们⼈类扬升的呀,明⽩吗? 那体验只是他的⼀⼩部分.所以他不需要花那么长的时间在同⼀个课题⾥⾯.他可能很快就把你们需要⼏辈⼦需要的功课,⼀下⼦意识就结束了.因为他不需要,因为他已经是的⼀个状态.所以他不需要经历这些.

JO: Each person uses this physical body differently; for example, her role and little self may differ from yours or others'. Therefore, the purpose of using this body is determined by you at a higher level that you have already chosen. I've decided to go to the supermarket today to buy certain items because I know what needs buying, not just for experience's sake. Not everything comes here only for experiencing life. Some beings are here to assist your human elevation; they're not simply seeking experiences. The experience is but a small part of their mission. They don't need to spend long on the same topic as others do. They might finish the necessary lessons for several lifetimes in one awareness because it's not required, and they already are in that state. They don't need these experiences.

问: 我跟我⽼公的灵魂协议是什么? JO: 你稍等.你们在⼀起多少年? 问: 15年JO: 你叫什么名字? 你⽼公叫什么名字?问: 我叫XXX,我⽼公叫XXX.

Q: What is the soul agreement between me and my husband?

A: Please wait. How many years have you been together?

Q: 15 years.

A: What's your name? What's your husband's name?

Q: I'm XXX, my husband is also XXX.

JO: 这么说吧,你⽼公他对你的存在更多的是⼀种就好像是⼀个像天空你可以任意的去飞.就是更多的是他让你可以完完全全的成为你⾃⼰,展现你⾃⼰,⽽没有那种约束.你们的⼀句话叫像那种⼴阔的天空任鸟飞,明⽩吗?他给你⽆限的⾃由让你去成为你⾃⼰想要成为的.所以在你成长的道路上,你不会受到另⼀半的阻碍.就⽐如说你要成为⼀个家庭主妇,你要这样你要那样.所以说他更多的是给了你⼀个⽆限的空间可以供你去展现和创造.然后所以在这样的情况下,在你们物质层⾯看上去他也没有办法给你太多可以依靠的东西.就⽐如说有些⼈她⽼公可以给她很多的依靠,所以她就不需要有太消耗⾃⼰的⼒⽓吧.

So let me put it this way, your husband's relationship with you is more like being able to fly in the sky without any bounds. It's that he allows you to be completely yourself, to express yourself freely without any constraints. The phrase we use is something akin to "being free as a bird soaring through vast skies", do you see? He grants you infinite freedom to become who you want to be. So on your path of growth and development, you won't encounter hindrances from the other half. For example, if you wanted to become a homemaker or pursue certain aspirations, he doesn't impose any restrictions. In such circumstances, it appears that in terms of material support, he might not provide much for you to rely on as some others do where their husbands may give them abundant support, thereby sparing them from the need to exert too much energy on themselves.

那你更多的就是找了⼀个他不管你也不限制你,但是他也不会给你⼀个你想要的⼈⽣版本.

That means you're just finding someone who doesn't control you and doesn't limit you, but also won't give you the life you want.

问: 对,我和他⾮常合不来.上次通灵讲过我们就是互相排斥,这种状态很难受.

Q: Yes, we just can't get along. He has already mentioned that we are mutually repelling each other in the past session, which is quite uncomfortable.

JO: 但是他就好像我们前⾯的信息说的你依靠不了他,你不能从他这段给你的家庭或者是婚姻关系让你不想去拼了,就是给你⼀个窝让你留下来.所以你会有⼀股很想去外⾯发展去开创⾃⼰的⼀⽚天地,就好像是去打拼去创造⼀个⾃⼰的王国.因为他没有给你创造⼀个能吸引到你的地⽅.

JO: But it's as though our previous information has stated that you cannot rely on him; the family or marriage relationship he gives you doesn't motivate you to settle down, providing you with a nest to stay in. As a result, there's a strong impulse within you to seek development outside, to forge your own territory, like going out to battle and creating your own kingdom. He hasn't provided a place that can attract you.

问: 对,我现在就是想离开他.

Question: Yes, I just want to leave him now.

JO: ⽐如说这个⼥孩⼦,她跟她⽼公的关系,这个⼥孩⼦会享受呆在家⾥⾯享受这种⼆⼈世界或者爱或者家庭这种⽣活.就是她不是那种我必须要出去,因为这⾥没有什么吸引我的,我必须要创造⼀个我喜欢的王国,就打造出来的那种,明⽩吗? 就是这种状态.

Jo: For example, this girl's relationship with her husband, she enjoys being at home and indulging in the two of them or love or family life. She doesn't need to go out because there isn't anything that draws me here; I must create a kingdom that I like, building one up, you understand? This is her state.

问: 我想选择结束,没问题吧?

Q: I want to choose to end it, is that okay?

JO: 其实结束不结束,怎么说呢? 本⾝就没限制啊.因为他本⾝也没有限制你呀.就⽐如说他会有⼀股⼒量让你不能去创作.就⽐如说你想要去创造你想要去做什么,其实他都不会影影响你的.反⽽当你真正的去打造⼀个王国或者是活出你⾃⼰想要的那个版本的时候,他会变的.他会变得好像看到你⾝上发的光,然后又被你吸引过去了.所以说其实你们不需要去刻意的去处理什么,⽽是让⽣命的同步性看它给你带到哪⾥.因为如果他是你⾝上的绳⼦,你动弹不了.那是⼀回事.但是其实他不是你⾝上的绳⼦,就是他没有拉扯你,让你不要去那个什么.更多的是你觉得你需要去把这个东西斩断你才能怎样.不是的.⽽是说你现在你就是⾃由的.

JO: Actually, whether it ends or not, how do you say? There's no limitation inherently because he doesn't limit you either. For example, if he has a power that prevents you from creating, for instance, if you want to create something you wish to do, actually, he won't affect you in any way. Conversely, when you truly build a kingdom or live out the version of yourself that you desire, it changes. It seems like he sees the light radiating from you and is attracted by it. So, you don't need to刻意 deal with anything; instead, let the synchronicity of life guide where it takes you. If he's like a rope tied around you, limiting your movement, that's one thing. But actually, he isn't bound to be that rope. He doesn't pull on you to prevent you from doing something else. It's more about feeling that you need to sever this connection in order to achieve something. That's not the case. Instead, what you're experiencing now is freedom.

问: 那我为什么会选择他当⽼公呢?

Question: Why did I choose him as my husband?

JO:你稍等.从更⾼的层⾯说你选择⼀个像这样⼦的⽼公,你更多的是想发展你⾃⾝的⼀个,就是展现你⾃⾝的⼀个⼒量.就是你也没有办法去体验⼀个不施展你的能⼒的⽣命状态.所以他会加深你想要去展现的那种动⼒,就好像你的这台车想要往前开的话,他是你汽车⾥⾯的油⼀样.没有他你就是…明⽩吗?所以说他会加强你前进的速度和动⼒,明⽩吗?但是你要知道你们的关系并不是⼀层不变的,只是在这个节⾻眼上你现在是这样的体验和这样的感受.但是当你⾃⼰完全的绽放和盛开,当你⾃⼰开花结果.你的状态变了过后,他的状态也会变的.因为你已经进⼊到另外⼀个版本的你.另外⼀个版本的你的另⼀半也会变的.所以说不需要去刻意的去处理什么.

JO: Wait a moment. On a higher level, when you choose a husband like this, it's more about developing your own strength and showcasing yourself. You can't experience life without exerting your capabilities. So he intensifies the drive you have to show your power, like the fuel in your car wants to go forward - it's the same for him, just as the oil is in your car. Without him, you're... do you understand? Therefore, he accelerates your speed and drive towards progress, do you see that? But remember, your relationship isn't static; it's only like this right now, in this particular phase of experience and emotion. However, when you fully blossom and reach full bloom, when you're at the peak of your state after blooming and bearing fruit, his state will also change. Because you've entered into another version of yourself, and thus, the other half of that version of you will also transform. So there's no need to刻意 handle anything specifically.

因为如果你单独的处理问题⽽没有让⾃⼰开花结果,⾛在⾃⼰的路上,就是成为⾃⼰⽣命的创造者的话,它不会发⽣太⼤的改变.因为你还是卡在这⾥.你会有其它更多让你不爽的事情.因为你没有绽放,你怎么样都不会爽.你那股⼒量没有给释放出来.所以说这个不是⼀个问题,但是你可以通过这个,就是你⾃⼰内在产⽣的这些来看到其实你只需要绽放你⾃⼰.

Because if you handle issues alone without blooming and growing on your own path, being the creator of your own life, it won't make a big difference. Because you're still stuck here. You'll have more things that bother you. Because you haven't blossomed, no matter what you do, you won't feel good. Your power isn't released. So this isn't a problem, but you can see through this process of inner production that you just need to bloom yourself.

问: 我⾝边有⼏个指导灵在跟着我?

Question: I have a few guides around me.

JO: ⾸先你们有⼀定的误解,把指导灵或者把你们更⾼的层⾯看成是个体,就孤⽴了.就好像你们这个⼈⼀样,我们前⾯后⾯⼏个跟着你.但是并只是的.实际上就好像是整个海的海⽔⼀样,⽐如说整个海底的海⽔它来问我⾝边有多少海⽔跟着我? 明⽩吗? 那是你这个浪花离开⽔⾯也是暂时的⼀个相⽽已.

Jo: First of all, there is a certain misunderstanding among you. You tend to see the guides or your higher levels as individuals, which isolates them. It's like looking at yourself; I am following you from both front and back. But it doesn't work that way. Just imagine asking how much seawater follows me in the entire sea? Or when a wave leaves the surface, it is merely a temporary manifestation of the water.

问: 因为我之前看JO信息说有多少个多少个指导灵跟,所以我想问⼀下我的.

Q: Since I saw information about how many guides there are in JO (Journey of Enlightenment), I wanted to ask about mine.

JO: 当然你在不同的状态,你可能会连接到不同的能量.然后这就是你们所谓的就是跟你有⼀条通道,然后有这样⼦能量的⼀个连接.你所提的问题是这样的⼀个模式.

当然, depending on your state, you may connect to different energies. Then this is what you refer to as having a channel with energy that connects to you. The question you ask follows this pattern.

问: 那我能知道有多少连接在我⾝边?

Q: Could you tell me how many connections are around me?

JO:它更多的是跟你⾃⼰的⼀个⼼愿.这么说吧,⽐如说你有⼀个愿⼒,你想要去治疗别⼈,你想成为⼀个治疗师.那你这个愿⼒可能就会吸引有同样兴趣的,想要去治疗⼈的这样的灵,这样的能量.它可能就会想要去跟你⼀起去创造.所以它跟你⾃⼰在每⼀个当下不同的⼀个状态,明⽩吗? 所以你们有明确的⾃⼰想要去展现的⼀个⽅向或者⽅式⽅法,就是⼀个所谓的明确的愿⼒.你⾃⼰想要呈现什么? 那你就会把它引进来.因为你们有相同的频率,你们在共同的去创造.那⽐如说像你们的李⼩龙,那他对武术啊武功啊特别感兴趣,对不对? 他就⼀直在练习练习.为什么? 他⼼中有⼀个强烈的愿望他想要去有这⽅⾯的能量.它就可以通过他去展现出来,对不对?

JO: It's more of a personal desire for yourself. Let me put it this way; suppose you have a desire to help others and become a therapist. This desire might attract spirits or energies with similar interests in healing people. These entities would want to collaborate with you, creating alongside your current state in every moment. So, you have a clear direction or method that you wish to manifest - the essence of your specific desire. What do you wish to present? You're bringing it into existence because you share a common frequency and are co-creating together. Like your Bruce Lee, who was deeply interested in martial arts, didn't he practice constantly? Why? Because his heart had a strong desire for this kind of energy. He could manifest it through himself, right?

或者是歌星歌⼿他想要去⽤声⾳.

Or it's a singer who wants to use their voice.

问: 其实就是⾃⼰内在强烈的⼀个愿⼒.

Question: In fact, it's a strong inner motivation.

JO: 就是这个频率.这个频率会吸引.这么说吧,这个⼥孩⼦散发⼀个频率,对不对? 她把这些光的信息带给你们.那你是不是给她的这些吸引过来了? 那然后你就在是⼀部分了.

JO: This is the frequency. This frequency attracts. Let me put it this way, this girl emits a certain frequency, right? She brings you that light information. Did you attract her through this vibration? And then you become part of it.

问: 我⽬前有⼀段关系困着我.他每天会来找我,然后我每天也会想他.然后我想问我跟他之间的主题是什么?

Q: I'm stuck in a relationship. He comes to see me every day, and I think about him every day. Then I wonder what the theme is between us?

JO: 你应该是问你⾃⼰的主题是什么? 为什么呢? 因为其实外在的那个他,没有他.你们总觉得外在会有⼀个真是的他存在,实际上他是根据你变⽽变的.所以说他是根据你能量的变化⽽变化的.那你可以通过对⽅看到你⽬前,就是像镜⼦⼀样照出你⽬前的状态.就是你⽬前可能会对,想要有那种连接感.因为你们所有的关系实际上就是⼀个连接感.你内在渴望⼀个连接感.你们通过跟对⽅有⼀个连接感,来感受到⾃⼰不是孤⽴的,是连接的.然后那个好像是制造的⼀个假象给你体验,然后和源头的连接和合⼀的感觉.你就会觉得有⼀种归属感,有⼀种完整的感觉,会有⼀种滋养的感觉.但是它这个就好像是不稳定的.

JO: You should be asking yourself what your theme is? Why? Because actually the external 'he' without him, you always feel there's a real one exists externally, in fact, he changes according to you. So he changes according to your energy shift. Therefore, you can see your current state through the other person like a mirror reflects your current condition. You might currently desire that connected feeling because all of your relationships are essentially a sense of connection. Your inner self desires that connected feeling. Through connecting with the other person, you feel less isolated and more connected. Then it creates an illusion for you to experience a sense of connection and unity with the source. This makes you feel a sense of belonging, completeness, and nourishment; however, this is somewhat unstable.

但是它可以让你体验到你内在的跟造物主的连接感.它可以给你创造⼀种这样⼦的感觉.这就是为什么你们在失恋的时候你们会⾮常的崩溃,因为就好像这个你吸氧和⽣命的源泉的这个管⼦被拔掉了.你们就迫不及待的去想要插到另外⼀边.因为当你真正的和源头是在⼀种连接的状态的话,因为你⾃⾝就是会圆满的,你不会把你这根管⼦往任何地⽅去插.但是逆映射出来的⼀切都是圆满的,你不会有⼀种空洞的感觉.

But it can allow you to experience the sense of connection with your Creator within yourself. It can create a feeling like this. That's why when you're going through a breakup, you feel very shattered, because it's as if that tube you're attached to for oxygen and life force has been yanked out from your system. You can't wait to get hooked up on the other side. Because when you are truly connected with the source, you realize that you are already whole by yourself; you wouldn't stick that tube anywhere else. But everything projected back to you is perfect, so you won't feel empty or lacking anything.

问: 那是不是所有感情其实都可以这样解释呢?

Question: Does that mean all feelings can be explained like this?

JO:⽐如说在你们还没有圆满之前的感情,但是每⼀段感情他们有不同的功课,就是彼此给对⽅带来什么.但是在你们没有圆满之前,就是没有觉醒,就是没有从这个幻像当中醒过来,那其实都是在体验这种连接感.但是你可以通过这个来更多的去认识⾃⼰,去看到⾃⼰.因为所有的关系其实都可以来服务你们,帮助你们更加的完整.不是说你们不完整,⽽是说你们还是在逐渐允许⾃⼰越来越完整的⼀个过程当中.

In JO: For example, the relationships before you achieve completion, but each relationship has different lessons, which means what they bring to each other. However, until you reach completion, meaning until you awaken and realize it's all illusion, you're experiencing this sense of connection. But you can use this to gain more self-awareness and see yourself better because every relationship serves you in becoming more whole. It's not that you're incomplete; rather, it's a process of gradually allowing yourself to become more complete.

问: 明⽩,那我想看看我们有没有什么灵魂主题? JO: 你们在⼀起多久?

Q: Alright, I want to see if we have any soul topics.

A: How long have you been together?

问: ⼀年JO: 他叫什么名字?问: XXXJO: 他出现在你的⽣命中会加强⼀种你⾃⼰想要去绽放,然后想要去创造想要去展现,然后会让你更加的想要去活出来.就是这样⼦,他会加强你内在的渴望吧.就是你觉得我不能在这么下去了,然后我要怎么样怎么样.

Q: One year JO: What's his name? Q: XXXJO: He will appear in your life and amplify a desire you already have to bloom, then create, exhibit, and live more authentically. Essentially, he will strengthen your inner thirst for growth and change. It feels like when you realize you can't keep going on this way, and you're wondering what steps to take next.

问: 那和我⽼公其实是⼀样的呀.

Question: That's actually the same as with my husband.

JO:你要知道所有的关系,虽然他们有不同的⾓⾊,但它实际上他们都是在把你推向你⾃⼰,明⽩吗? 所以你说敌⼈和对⼿和⽼师,他们有什么区别呢? ⽼师也是帮助你不断突破你⾃⼰,敌⼈逼着你必须突破你⾃⼰.不然那你死路⼀条.有时候我们往往说对⼿或者敌⼈,他给你的能量更⼤.因为你的⽣命实际上就你是主⾓.你存在的同时可能会成为他⼈,就是衬托,就是间接成为他的背景.但是你的⽣命当中只有你⾃⼰才是主⾓.即使是你⽼公,他也是配⾓.所以只有你⾃⼰.

JO: You need to understand that all relationships, despite their different roles, are actually pushing you towards yourself in essence. So, what's the difference between enemies and opponents versus teachers? Teachers also help you constantly break through your own limitations. Enemies force you to push beyond your limits; otherwise, you're headed for certain failure. Sometimes we often say opponents or enemies provide more energy because your life is essentially about being the protagonist. Even though you might exist as someone else at times, it's like being a foil or indirectly becoming their backdrop. But in your own life, only you are truly the protagonist, even if your husband is a supporting character. So, it's all about yourself.

问: 上⼀次通灵说我是来释放怨⽓和恨铁不成钢的这种能量.我想问⼀下我现在释放的怎么样?

Q: The last time you said I was here to release this energy of resentment and disappointment. May I inquire about how my current release is going?

JO: 只有等你完完全全的创造出你⾃⼰的,就刚刚说你想要建的城堡或者是创造⼀个⾃⼰的世界,这样⼦.它其实也是⼀股能量来推动你去打造⼀个⾃⼰的王国,这样⼦.然后当开花结果已经呈现了,你就会觉得不错.但是很快你又萌发出另外⼀个,就是创在另外⼀个.

JO: Only when you fully create your own, such as the castle or world you mentioned wanting to build, does it actually become a source of energy that drives you to construct your own kingdom. Then, once the fruits of growth are evident, you feel satisfied. However, very soon after, another desire emerges, one for creating anew in a different context.

问: 我想跟未来⼗年后的我对话可以吗? JO: 你稍等.

Question: Can I speak with my future self of the next ten years?

JO: Please wait.

⼗年后的提问者: 你说吧什么问题?

The questioner after ten years: What question do you have?

问: 我想问你现在是⼀种什么样的状态?

Question: I want to ask what kind of state you are in now?

⼗年后的提问者: ⾸先这个点上的我⼼中更多的是坚定,没有任何迷茫,也不需要有任何指引.因为我很清楚在这个物质世界上展现我想要展现的⼀切,⽽且也不会有对和错.就是这件事情它这样做是对和错的这些观念.更多的是这是我想要去体验的,我就会去体验.因为在这个点上⾯,就是这个社会和这个⼀切,就是我⾃⼰体验的那个频道⾥⾯,没有所谓的外在评判或者是外在的声⾳或者是道德评判.因为这些只是属于其他⼈的⼀些观念和观点,然后这个时候这些已经不具有任何意义.因为我们点已经不是这些束缚,所以说外在的声⾳或者是其他⼈的声⾳变得越来越弱.⼈们都会去更加尊重每⼀个⼈选择的每⼀个体验.

The questioner after ten years: First of all, at this point, my heart is more determined with no confusion and does not need any guidance because I am very clear about what I want to display in this physical world, and there will be no right or wrong. It's about the notions that such actions are right or wrong. At this level, it's mostly about experiencing what I wish to experience, which I will go ahead and do. Because at this point, within this society and everything else, it's just me in my own experience channel without any external judgments or voices, or moral evaluations, because these only belong to others' ideas and opinions, which now have no significance anymore since we are not bound by those constraints. Hence, external noises and other people's voices become increasingly weaker. People will respect more each person's chosen experiences.

问: 已经是开悟的状态了吗?

Question: Have you already achieved enlightenment?

JO: ⾸先这是⼀个逐渐去认识⽣命和认识造物主的⼀个过程.所以不是说开悟是⼀个结果,⽽是⼀个你越来越清楚.就好像你以前是个⼩宝宝,这个不太清楚那个不太清楚.但是进⼊到⼀种越来越清楚,因为我已经不是⼩宝宝,我已经是成⼈的状态.但是它并不是⼀个完结点.

JO: This is a process of gradually getting to know life and your creator. Enlightenment isn't seen as a final result but rather as a journey where you become increasingly clear about things. Imagine being a small baby who doesn't fully understand this or that, but as time progresses, the understanding deepens because I'm no longer a baby, I am an adult. But it's not meant to be a conclusive endpoint.

问: 那⼗年后我⾝边的伴侣是什么样的⼀个⼈?

Question: What kind of person will be by my side as my partner in ten years?

JO: 你现在连接的是这个能量.然后这个能量⾝边的伴侣是什么样⼦的⼀个存在? 你连接的这个能量它⾝边有很多不同的像伙伴⼀样,然后关系都是很紧密的连接.如果你所谓的好像是爱⼈或者是婚姻⾥⾯的⼀个对象,然后在你现在连接的这股能量,它是没有的.因为对它来说它的伙伴们,它的事业才是它的好像是伴侣⼀样.但是你要知道你有很多版本,你可以随意的改.如果你觉得你的那个版本更加看重的家庭和爱情,然后你也会去⾃⼰创造,然后进⼊到有⼀个爱⼈和⼀个家庭的频率⾥⾯,明⽩吗?

JO: You are currently connected to this energy. What kind of existence is the companion around this energy? The energy you're connected to has many different companions around it, with very close connections. If by 'companion' you mean a lover or someone in marriage, then there isn't one in the current energy you're connected to because for it, its endeavors are like its companions. However, you should know that you have various versions and can change them at will. If you feel that your version places more emphasis on family and love, then you would also create this yourself and enter into a frequency of having an爱人 and a family, understand?

问: 明⽩,就是说未来是我由我⾃⼰内⼼去创造的?

Q: Understand, meaning that my future is created by me from within myself?

JO: 未来就好像是你内在到底渴望什么? 什么是你最强烈的渴望? 然后你就把那个拉扯到你⾃⼰的体验当中去.所以内在强烈的渴望,它才是⼀根线.那根线才来拉扯,才来让你产⽣连接,才来让你产⽣体验.

JO: The future is like what your innermost desire is? What is your strongest yearning? And then you bring that into your own experience. So the intense inner desire is the thread. That thread pulls and connects and allows for experience to happen.

问: 那现在这个版本是最⾼版本的我吗?

Question: Is this current version the highest version of me?

JO: 这个版本是你⽬前的⼀个能量,然后就好像你⽬前的能量连接的.然后这个是你,就刚才说⼀条线,你内在渴望的⼀条线,然后连接到的.如果你想要问最⾼的版本,它这⾥没有⼀个限制,明⽩吗? 只有你⾃⼰的⼀个认知和你⾃⼰的意识才会限制它.就是你只能看到这么⾼,你的眼光只能看到这么远.

Japanese观音: This version is the energy you are currently connected to. And it connects with your current energy. Then this is the line that you desire internally, just like we mentioned before, connecting to it. If you want to inquire about the highest version, there's no restriction here; understand? Only your own cognition and awareness limit it. It means you can only see up to a certain point, and your perspective can only reach so far.

问: 你的意思就是说假如我的意识不断地的提⾼,那我过两个⽉来通灵又可能是⼀个不⼀样的版本?

Question: Your point is that if my consciousness keeps improving, then coming for spirit communication in two months might be a different version?

JO: 是的.

Yes.

问: 那⼗年后我的能量也是当下的我连接的⼗年后我的状态,是吗?

Question: Would my energy in ten years be connected to and represent my state at that time, am I correct?

JO: 当下的你,就是你内在的⼀个能量和你的渴望你的愿⼒,就是你散发出去的⼀个频率扯出来的.这么说吧,就好像你现在是个⼩孩⼦的⼒⽓,那你可能⽤锄地的锄头只能挖个⼏厘⽶.但是当你长⼤成⼈,你拥有更⼤的⼒⽓.你下去能挖个⼏⼗厘⽶.所以就像刚才说你说的最⾼的版本,它取决于你⾃⼰,就是你能看到哪⾥.当你不断不断地去让你能看的更远,那就是你⾃⼰能体验到的.所以这⾥是没有限制的.唯⼀限制的只有你⾃⼰的思想,你的意识状态.

JO: Your present self is the energy within you, your desires, and your willpower; it's the frequency that you emit. To put it another way, imagine if you are currently like a child in strength, then perhaps all you could do with a hoe would be to dig just a few centimeters deep. But as you grow into an adult, you gain more strength. You can go down and dig several decimeters deep instead. So, akin to the highest version you mentioned just now, it depends on you alone—where you are able to see. When you continuously strive to see further, that's what you're capable of experiencing for yourself. Thus, there is no limitation here; the only restriction lies in your own thoughts and state of consciousness.

问: 我有不信任⼈的功课,我要怎么去调整?

Question: I have a course on not trusting people; how do I adjust?

JO: 你稍等.因为你们会经常的活在你们的记忆当中,就是那个相.你们的头脑它会摄像,就好像它会残留很多相.就好像那个梦境,那你把所有的梦全部储存在头脑⾥⾯.储存在头脑⾥⾯后,你们头脑就有⼀个功能,它就会去对⽐或者是⽐较或者是定义.它就会在你的相⾥⾯去筛选,然后做出⼀些评判.但是这些只会加深你投射出你旧有的⼀些东西.你只会去… ⽐如说你刚才在描述你⽼公,那你只能体验到这个版本的你⽼公.因为你已经储存了很多关于他的⼀个相.然后这个相它就会继续的让你投射出⼀个固有的形象给你体验.所以说为什么你们谈恋爱的时候,就是在不认识彼此的时候都会有好感?那当你们在⼀起⼗年过后,你们彼此就会跟厌恶对⽅?

JO: Wait a moment. You will often live in your memory, the image. Your mind has the function of recording images as if it retains many images. Like dreams, you store all of them in your mind. After storing these images in your mind, your mind possesses a function that compares or contrasts and defines. It filters through your images to make judgments. However, this only deepens the projection of what you already have. You will experience... For example, when you described your husband just now, you could only experience this version of him. Having stored many images about him, the image continues to project a fixed image for you to experience. That's why even before you know each other in relationships, there is often好感? After being together for ten years, you might feel disgusted towards each other due to these pre-existing impressions.

因为你们彼此都保留了很多关于对⽅的⼀个相.你在和那个相打交道.

Because you both retain much about each other's aspect, you are dealing with that aspect.

问: 那我们怎么样清理这些相呢?

Question: So, how do we clean up these interactions?

JO:那你⾸先要知道你头脑的⼀个功能.头脑的功能它就是不断地去储存、对⽐、⽐较、定义.因为它觉得这个好像是有效的.但是你们头脑的功能它实际上就是让你们可以焦距当下,让你可以去体验当下.它并不知道你们每⼀刻都是新的.如果你知道你们每⼀刻都是新的,你就知道对⽅这个⼈他活在他的相当中.他头脑⾥⾯储存了很多相,但是呢,我现在是新的.所以我可以去重新去改变他的相.就⽐如说他的相⾥⾯有⼀个⼥⼈都是不包容的或者是暴⼒的,对吧?所以他会对我很防范,明⽩吗?那如果你知道对⽅持有⼀个相,那你是不是就可以去改写,可以给他创造⼀个相反的相.

JO: So the first thing you need to understand about your mind is that its function is constantly storing, comparing, defining. It thinks this might be effective. But in reality, your mind's function allows you to focus on the present moment and experience it. It doesn't realize that every single moment is new. If you know that each moment is new, you'll understand that the other person lives within their image of themselves. Their mind stores many images, but I am now new. So I can change his or her image anew. For example, if in his image, all women are intolerant or violent, he will be on guard with me, do you understand? If you know the other person holds an image, then why couldn't you rewrite that image for them, create a contrasting one?

因为当你越来越多创造⼀个相反的相给他,他的头脑也会加深这个相,然后就这么去认为了.

Because as you create more of an opposite image to him, his mind also intensifies this image, and then he goes along with it.

问: 也就是我也可以去创造这个相,⽐如说我现在觉得我⽼公很烦,但是我可以创造我⽼公很可爱的相.然后他也会认为⾃⼰很可爱,是这个意思吗?

A: Essentially, I can create this image myself, for example, if now I find my husband annoying, but I can create an image of him being very adorable. Then he would also think of himself as very cute, right?

JO: ⾸先当你去创造⼀个你⽼公很可爱的相,你必须放下所有旧有的相,就是在当下去创造.你当下去创造这个相过后,你的频率就会变了,你⾝体的频率.他能体验到你的频率对他产⽣的⼀种接纳,不再是排斥或者是爱或者是对他是好像是朋友,就是要抱他的那种,不是推开.那你们会产⽣⼀种吸引⼒.那他感受到这种吸引⼒过后,他就在你创造的这种相⾥⾯,明⽩吗? 所以说你如果感受到对⽅对你的⼀种排斥,实际上你也在排斥对⽅.所以你们是可以先去创造那个果,活在那个果当中.那个过程它⾃然⽽然展现在你们的⽣命当中.那如果你能理解这⼀层意思的话,你能去很好的运⽤这个的话,那你们就很容易的去创造成功了.

Jo: Firstly, when you go to create a very adorable picture of your husband, you must let go of all the old pictures, creating it right now. After you create this new picture, your frequency will change - both your body's frequency and your mental frequency. He can experience the acceptance that this new frequency brings towards him instead of rejection or love or friendship-like feelings that don't involve holding on to him. This leads to a kind of attraction between you two. Once he feels this attraction, he will be within the picture you've created, understand? Therefore, if you feel the other person rejecting you, it means you are also rejecting them in return. Thus, you can start by creating that fruit (result), living in its effect. The process naturally unfolds in your life. If you grasp this meaning and effectively use this technique, then you will easily create your desired outcomes.

因为你们所谓的成功也好,所有东西都好,它实际上都是物质世界创造的这个相.所以你就知道如何在这个物质世界显化所谓的成功了,创造这个相了.

Because what you call success, or everything else, is actually a manifestation of this form in the material world. So you know how to manifest so-called success and create this form within the material world.

#### 2023/09/20 — 灵魂主题之转变男性能量Transformation of Masculine Energy in the Theme of Souls

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我上辈⼦是什么样⼦的?

Q: What was my previous generation like?

JO: 你上辈⼦现在它就在进⾏着,明⽩吗? 它不是像你们认为的那样,这个结束另⼀个开始,明⽩吗? 然后这⾥有⽆数个上辈⼦,但是如果它跟你没有关系… 你可以去锁定⼀些.你想象⼀下宇宙的信息有⽆数个⽆限个,你如果把它全部放到你的脑⼦⾥⾯.你能处理的过来吗?你能加载的过来吗?它只会给你…那我现在告诉你你有⽆数个上辈⼦,然后这个这个这个…这个是个杀⼿,那个是个强奸犯.我不停的把这些信息带进来给你.它给你除了制造混乱,还会有什么? 然后你的头脑会… 如果你出现了⼀些⽓愤的念头,我就想把你杀掉.然后你的头脑会说上次通灵说的,你有⼀个杀⼿(的前世),然后我就是⼀个杀⼿,明⽩吗?

JO: Your previous lives are currently happening, understand? They're not like you think - one ends and another begins, understand? And there are countless other previous lives for you, but if it doesn't affect you...you can lock on to some. Imagine the infinite information of the universe being poured into your mind. Can you handle that? Can you take it in? It only gives you...and now I'm telling you you have countless previous lives. Then this is a killer, that's a rapist. I keep bringing these messages to you. Apart from creating chaos, what else will it give you? And then your mind would...if you had some angry thoughts, I'd want to kill you. Your mind would say that last time, you had a previous life as a murderer (killing someone), and thus I am a murderer too, understand?

我的意思就是说你能从你想要去寻找的信息来看到你到底,就是我们是来告诉你这些信息你全部把它拿过来或者是没有选择性的把它收过来,它对你并没有好处.为什么呢?因为你的头脑它会如何的去使⽤它,这个才是最重要的.就像刚才给你举的例⼦,你是把你的⾝份认定成⼀个杀⼿了吗?你可以去问对你这⼀⽣有影响的那⼀世.就⽐如说你有⼀世还没有处理好的能量,它继续携带在⾥⾯,需要你这⼀世去处理的.你可以这样⼦去提问.⽽不是说就好像⼤海捞针⼀样,把所有东西都捞过来.

What I mean is that you can see from the information you want to seek what you are actually looking for, whether you take all of it or selectively receive it without choice, and this does not benefit you. Why? Because how your mind uses it is what truly matters. Just like the example given earlier, do you identify yourself as a killer? You could ask about a past life that has had an impact on your entire life. For instance, if there was an energy in one of your past lives that wasn't properly dealt with and continues to carry within, needing resolution in this lifetime. You can ask questions like this instead of just casting a wide net, as it were, trying to get everything at once.

问: 那就按照你的意思说吧,就是对我有影响的上⼀世是什么? JO: 你叫什么名字?

Q: Then let me ask you in that case, which previous life affects you?

J.O.: What's your name?

问: XXXJO: 我们连接到你内在有⼀世的能量层⾯对你带来的影响是⼀个很强的男性能量,所以这⼀世你还是会男性能量会⽐较偏多⼀点、强⼀点.所以这⼀世还需要你去稍微平衡你的这股男性能量,然后能让你感受到你更加的柔和、平稳、就是⼀种平稳的状态吧.

Q: XXXJO: The impact of connecting to your inner level of energy in this life is a strong masculine energy. So in this lifetime, you will have more and stronger masculine energy than feminine. Therefore, you still need to balance that strong masculine energy in this lifetime, which would allow you to feel more gentle, calm, and in a state of stability.

问: 那我这个男性的能量要怎么去做呢? 转变成⼥性,是吧?

Question: So, how do I transform my masculine energy into feminine energy? That is, becoming a female, right?

JO: 能量它只是你可能在你的内在感受到你有⼀些… ⽐如说你有很强烈的想要去获取或者是,⽐⽅说猎⼈去打猎.那你就有很强烈的你要去猎很多物回来.那从你这⼀世你可以展现出就⽐如说在⽣意上事业上你可能会是⼀个很好的⼈,但是如果在家庭或者是在你的亲⼦关系就是在作为母亲的⾝份,如果是在这些⽅⾯那你可能就会需要稍微平衡⼀下,明⽩吗? 讲的具体⼀点,就⽐如说体现在那些⽅⾯,明⽩吗?

JO: Energy is just something you might feel within yourself... like for example if you have a very strong desire to acquire or hunt as a hunter goes hunting. You may want to bring back many prey. In this life, you can show that perhaps in business or career you could be good, but if it comes to family or your parental relationship in the role of a mother, then you might need to balance a bit more, understand? Let me explain more specifically, like what aspects are these about, do you understand?

问: 你刚说的这些也是我接下来要问的问题.刚刚你说的家庭的问题,我⽬前跟家⼈的关系是怎么样⼦的?

Q: These questions you just mentioned are also what I am going to ask next. Could you please tell me about my current relationship with my family?

JO: 就像刚才前⾯给你带来的那些信息,因为你内在有很强烈的男性能量.那如何让你成为⼀个就⽐如说让你可以慢下来或者是静下来,就是安⼼、就是温柔、就是包容、就是有爱、耐⼼,然后在这样⼦的状态下和⽐如说你的孩⼦?你可能会去⽐较注重⽬标和结果,明⽩

JO: Just like the information I provided earlier because of your strong internal masculine energy. How can you be someone who can slow down or settle in, one that brings peace, gentleness, empathy, love, and patience - all these qualities - when interacting with things such as your children? You might be more focused on goals and outcomes, understanding.

吗? 那如果你太注重于我今天打了⼏个猎? 我今天只打了⼀只动物,昨天有⼗个动物… 就这种.就是你太关注于这个的话,那你的孩⼦和你的关系就没有办法从你这⾥得到养分去滋养他,就像这种.所以你⾝边的⼈会处于像是有点饥渴,就是有点需要你的爱.那种爱就是你像⽔⼀样滋润着他们的那种.

So if you're too focused on how many hunts I did today? I only hunted one animal today, ten yesterday... something like that. If you're too obsessed with this, then your children and your relationship won't be able to get nourishment from you to grow them, something akin to this. So the people around you might feel somewhat thirsty, needing your love. The kind of love that nurtures them like water does.

问: 就是我现在陪伴少⼀点还是我的观念不好?

Question: Is it because I am not accompanying them enough or is my idea incorrect?

JO: 那你还是不是说你这个东西有没有做好啊? 你的成绩有没有完成啊? 如果你的关注点还是在⽬标上⾯,⽽不是说在⽣活中的⼀点⼀滴真正的去包围着他们.这个是不⼀样的.就算你花了时间,那你花的时间你是在抓他的成绩,抓他的产出量.就像我刚刚说你在乎他今天打了⼏个猎物,还是在乎他今天过的开不开⼼? 他的⼼情他的情绪? ⽽不是说他的结果.

JO: So are you still saying whether you've done this thing properly or not? Have you completed your results? If your focus is still on the target rather than truly enveloping them in every aspect of life, that's different. Even if you spent time, then the time you spent was focused on his grades and output. It's like what I just said: are you more concerned about how many prey he caught today or whether he had a good day or not? His feelings and emotions rather than his outcomes.

问: ⽬前来讲我是没有关⼼孩⼦的成绩的.但是我肯定希望他成绩很好,但是我们并没有要求他⼀定要考出什么成绩来.

Question: Currently, I don't pay much attention to my child's grades. However, I definitely hope for him to have very good grades, but we haven't required him to achieve any specific grade results.

JO: 所以说你可以⾃⼰从你跟⽆论是你跟你的另⼀半还是从你的亲⼦关系当中,然后从这⼀层去看到你⾃⼰,就是说我现在是完完全全的忘记了我的⽬标.就是如果你没有关注他的成绩,那你就没有关注你⾃⼰产⽣的成绩.就⽐如说你看我昨天多少客户,今天多少客户.今天怎么就⼀个客户,就这样⼦.

JO: So you can look at yourself from your relationship with whoever it is with your partner or from your parent-child relationship, and see yourself through this layer. That means I have completely forgotten my goal. If you don't pay attention to his achievements, then you're not paying attention to your own achievements. Like when you ask how many clients did I get yesterday versus today, why there's only one client today?

问: ⽬前来讲我是没有什么⽬标值的.

Question: Currently, I don't have any target values.

JO: 那你就直接问你的问题,你就说你们⽬前产⽣了什么问题.问: 我想问我跟我爸爸的关系?

JO: Just ask your question directly. Say what issues you have currently generated. Q: I want to ask about my relationship with my dad?

JO: 你想问⼀下你跟你爸灵魂层⾯的关系是吧? 你稍等.你爸爸叫什么名字?问: XXXJO: 你选择这个⽗亲在你的⽣命中就好像你会拥有这⼀份缺失,就是他进⼊到你的⽣命中来就好像是⼀种缺失的感觉.

JO: You're wondering about the spiritual relationship you have with your dad, right? Give me a moment. What's your father's name? Ask: XXX JO: You've chosen this father for your life as if you're missing something, and he entering into your life is like feeling incomplete.

问: 是我缺失,还是他缺失?

Question: Is it me who is missing, or is it him?

JO: 这⼀份连接感缺失,所以在你的内在你会感觉好像… 这⼀份连接感还有⽗亲的形象的缺失.所以在你⼼⽬中你会有⼀个好像你想要活出⼀个阳刚的形象.就是⽗亲的形象还有连接感都是在这种缺失的状态.

JO: This sense of connection is missing, so within you, you might feel as if... this sense of connection and the image of your father are missing. So in your mind's eye, you have an idea that you want to embody a masculine figure. It's all about the absence of this sense of connection and the fatherly image.

问: 你的意思是我不认同他是吗?

Question: What you mean is that I don't agree with him, right?

JO: 是⼀个在你⼼⽬中⽗亲的形象,⽗辈的、阳刚的,作为⼀个像让你产⽣尊重或者是敬仰的对象的缺失.

JO: It's an image of a father figure, paternal and masculine, as the absence of someone to inspire respect or admiration.

问: 现在让我困扰的就是说我怎么做,他都不满意.哪怕是买给他吃的喝的⽤的,反正就是举⼿投⾜之间他都不满意.

The question is: Now what troubles me is that no matter what I do, he's never satisfied. Even if I buy him things to eat, drink, or use, basically anything I do within reach just doesn't meet his approval.

JO: ⾸先,我们只能帮助你,来让你⾃⼰内在达到⼀个满意的状态,⽽不是说让你如何去满⾜外在.因为他满不满意是他⾃⼰内在需要去做的功课.但是你如何去调整你⾃⼰内在的状态,让你可以把外在的⼲扰,外在的影响减少降低.

JO: Firstly, we can only assist you in achieving a state of satisfaction within yourself, not to dictate how you should satisfy the external world. It's his own inner journey that determines his satisfaction or dissatisfaction. Yet, how you adjust your internal state is crucial so that you minimize the impact and disturbances from the outside world.

问: 我应该怎么做? 因为我现在不知道怎么做? 怎么做都是错.

Question: What should I do? Because I don't know how to do it now? Any way I try is wrong.

JO: 你稍等,我们连接⼀下你的灵魂主题,看这个跟这个有没有关系.你叫什么名字?问: XXXJO:这⼀世你选择来到这⾥就是,就好像你选择了这⼀⽣来让你⾃⼰变得更加的像是柔软,像是⽔⼀样.就是它没有,不是像那种硬邦邦的.这么说吧,像从⼀个⼤男⼦汉变成⼀个柔情似⽔的状态.然后像是从⼀个冰块融化成⽔的⼀个状态.然后它更多是能量层⾯的柔和.就⽐如说从⼀个男⼈味变成⼀个⼥⼈味,或者从⼀个⽐较强硬的变成⼀个温柔的柔情似⽔的.它是这种.

JO: Wait a moment while we connect to your soul theme and see if it's related to this. What is your name? Question: XXX

JO: In this life, you chose to come here as though you chose this lifetime for yourself to become more like softness, like water. It isn't about being hard like something rigid. Imagine transforming from a big man into a state of gentle and watery emotions. Like melting ice turning into water. It's more about the softness on an energetic level. For example, transitioning from a masculine vibe to a feminine one, or moving from something quite strong to a gentle and watery essence. This is what it entails.

问: 变得过来吗?

Q: Can it be adapted?

JO: 你选择了这⼀⽣就是… 为什么你会选择⼀个⼥性的⾝体? 就是想要去通过这个⼥性的⾝体来帮助你呈现出能量层⾯的就好像是和稀泥.把⼲硬的泥巴加些⽔,让它和的更加的柔软⼀点,就像是这种⼀样.然后你刚才问的问题,就是为什么像你说的你爸爸怎么样都不满⾜?那他可能就是需要你跟他抱⼀抱,然后说点好听的话,说点赞美他的话,甜蜜.就是像太阳的温暖,像柔情似⽔,就像是这⼀种.那你可能就是抱抱爸爸,今天想你了.

JO: You chose this life because... Why would you choose a female body? It's like trying to channel energy through that female body, just like mixing water into hard mud to make it softer. That's what you're doing. Earlier, when you asked why your dad never seems satisfied with you, he might need a hug and some kind words, compliments, sweetness. Like the warmth of the sun or soft, flowing water. You know? Maybe you should give your dad a hug because you missed him today.

问: 他不要你关系啊.

Question: He doesn't want you to care about him.

JO: 这是你的能量层⾯,这个不能说是你的⼀个⾏为层⾯,明⽩吗? 因为如果是从⼀个⾏为层⾯,那我可以硬邦邦的说:拿去吃.和⼀个就是亲切温柔的⼀个能量,这个状态是不⼀样的,明⽩吗?⼀种就是你可能只是⼀种跟他没有产⽣连接感,你如果跟他产⽣连接感,你像是⽔⼀样把他包围着.他能感受到你⽔的温暖.那如果你是冰块的话,你跟他是隔离起来的,你是对⽴⾯.他是他,你是冰块,你们俩是对⽴的.

JO: This refers to your energy level, not your action level; you understand? Because if it were from an action perspective, I could say firmly take it. And there's also a gentle and warm energy state, which is different - you understand? You might just feel disconnected with him. If you connect with him, like water surrounding him, he can feel the warmth of your water. But if you are ice, you're isolated from him; you're on opposite sides. He's one thing, you're ice; it's a contradiction between the two of you.

问: 那我⼀直是想做⼀个…. 我是⽕,他是冰块,想把他融化.但是⼀直没办法去和谐这个问题.

Question: But I've always wanted to do... I am fire, he is an ice block, wanting to melt him. But I couldn't find a way to resolve this issue harmoniously.

JO: 你可以把这个问题当成是就好像是⼀个镜⼦⼀样来映射出你内在的⼀个状态,就是你现在还是这样⼦像是阳光的硬邦邦的,还是温柔似⽔的这种状态,明⽩吗? 因为你对⼥性能量的缺乏… 这么说吧,我们能量都是要平衡的.可能你很多世都是⼀个男性的⾝份,所以说你会是⼀个很好的战⼠,就是去打仗去拿战利品去向前.那可能就展现在你的事业发展的,就是在收获的⽅⾯,就是在收获战利品⽅⾯你很厉害.但是你这个能量是需要平衡,所以说这⼀世你选择了⼀个⼥性的⾝份和⾝体来平衡.因为能量….

JO: You can think of this issue as a mirror reflecting your inner state—whether you're still like the hard sunlight or if you've become more gentle and water-like. Do you get it? Because of your lack of feminine energy... Let me put it this way, our energies need to be balanced. Maybe in many past lives, you were a male, so you're great at being a warrior, going to war, getting spoils, moving forward. That might manifest in your career development—specifically, your ability to acquire and gather resources. But your energy needs balance, so this lifetime you chose a female identity and body to balance it out due to the...

问: 我弟对我也是… 我⾃认为我对他⾮常好,但是他对我怨⽓很⼤.我不知道这个是哪个层⾯出了问题?

Question: My brother... I believe I have been very kind to him, but he is deeply resentful towards me. I don't know where the problem lies at this level?

JO: 你稍等,我们连接⼀下你弟弟的能量.这么说,你弟也就好像是,其实在你⾃⼰的… 因为你⼀直就好像是独⽴,就是独当⼀⾯,就是⾃⾝很厉害.就好像你⾃⼰把这个⼑磨的很快很很锋利.那你的能⼒很⼤很强,但是你却缺少了⼀个让你⾝边的⼈变得厉害的… 其实这也是你⾃⼰给你⾃⼰定下的⼀个想要去平衡的⼀个点.就是让你锋芒稍收⼀点,然后⽤绿叶去衬出别⼈的花,明⽩吗? 就是你作为⼀朵花你开的很亮丽,然后却缺少⼀个作为绿叶的机会去让其他的花开的更加的艳丽.所以你的男性能量会对你周围的男性能量,就好像锋芒盖过它.

JO: Wait a moment, we will connect to your brother's energy. This means that your younger brother is also like this in reality, because you have always been independent and self-sufficient. You've sharpened yourself like a sharp knife. Your abilities are large and powerful, but you lack the ability to make those around you as impressive. This balance you seek is actually for you to tone down your sharpness and use it to highlight others' strengths, acting as the green leaf that complements their beauty, understood? You shine brightly like a flower, yet fail to provide opportunities for other flowers to bloom more beautifully with support from the role of being a green leaf. Thus, your masculinity overshadows those around you in the same way.

问: 但是我本⾝⾃⼰没有去体现我⾃⼰的锋芒,是别⼈⼜中说出来的,然后导致他们⼼⾥不舒服.

Q: But I didn't actually exhibit my own sharpness myself; it was others who spoke of it, which led to their discomfort.

JO: 因为这是能量层⾯的, 不是你去体现还是不体现的.你就好像是说你是个太阳,不是说你体现不体现你就没有温度了.我要体现才有温度,不体现就没有温度,明⽩吗? 这是你内在就好像散发的那股能量.

JO: Because this is at the level of energy, it's not about whether you manifest or don't manifest. You're like saying you're a sun; you're not saying that just because I don't manifest, my temperature disappears. If I want to manifest, I have heat; if I don't, there's no heat. Do you understand? This is the energy that radiates from your inner self.

问: ⼩的时候亲戚对我都是特别好,可能没有关注他.但是这是别⼈认为的,但是我对他是⾮常好的.从⼩都是把他放在第⼀位,他不领情.他开⼜闭⼜都是训斥我的感觉.

Question: When I was young, my relatives were very kind to me, possibly not paying much attention to him. This is what others perceive, but for me, he was extremely well-taken care of. Since childhood, I always put him in the first place, yet he doesn't appreciate it. He always criticizes me whenever he opens his mouth.

JO: 那你的反应呢?

Your response?

问: 我就沉默,我就没有和他顶嘴.就是他说他的,我就没有说任何的话.⼀说两个⼈就会爆炸,会⼲起来.我⼀般选择就是不做解释,随他去这样.

Q: I just keep silent; I don't argue with him. Whatever he says, I say nothing in return. If we start talking, it will just escalate and turn into an argument. Generally, I choose not to explain and let things be as they are.

JO: 那从这样⼦的信息当中你是不是就可以看到,因为他是个男性,其实他也是在跟⼀个阳性的能量打交道,就好像两个男⼈⼀样.⼀⼭不能容下⼆虎.那如果就是说你的能量被柔和过后,就你的转变发⽣过后,就刚才我们说你的⼈⽣主题.然后你发⽣转变过后,你就好像是叫润物细⽆声.他们能感受到你在他⾝边,你对他的滋养.

JO: From this information, you can see that even though he is a male, he is actually interacting with a positive force, like two males in the same room. You cannot have two lions on the same mountain. If your energy softens after your transformation, following our discussion of your life theme, and once you undergo that change, you become like the gentle rain that falls silently without being noticed. People can sense your presence nurturing them.

问: 但是我想对他好,但是他总是拒绝,跟我爸⼀样啊.

Question: But I want to be nice to him, yet he always turns me down, just like my dad.

JO: 所以说你现在就是在⽤你的阳性的,就是男性的思维模式.就是从⾏动上的⼀个好.问: 但是内⼼太刚强了?

So you are using your masculine mode of thinking, focusing on action and good deeds. But your inner strength is too much?

JO: 不是内⼼.是你散发的频率,也不是内⼼,跟你的想法没关系.⽽是跟你⾃⾝是,你本⾝就是.

Jo: It's not about your inner self. It's not about your inner core either, it has nothing to do with your thoughts. It's about you as a whole person, you are it.

问: 那这怎么去变呢?

Question: So how does that change?

JO: 那你们⼈⽣这⼀辈⼦来这⾥就是转变呀.⾸先你要知道就是说你们⼈⽣来到这⾥,它不是只是去谋取财富或者是财产.它更多是关于你⾃⾝能量的⼀个整合.因为你们是以能量形式的存在,你这个⾁体它只是反射出你这个能量状态的管道⽽已.那你是不是就不会单独的只是去做你爸爸和你弟弟的(问题).为什么呢? 因为像这样⼦的发展下去的话,就算你以后成为你们公司很⼤的⼀个领导,其实你们公司发展它都会有局限的.你会发现你下⾯的⼈都没⽤.就是你会发现你有很少的得⼒助⼿.

JO: So in your entire life coming here is transformation. First of all, you need to understand that when you come here, it's not just about pursuing wealth or assets. It's more about the integration of your personal energy because you exist as an energy form, and your physical body is merely a channel reflecting your energy state. So you wouldn't just focus solely on problems related to your father and your brother. Why? Because if this path continues, even if you become a significant leader in your company later, the development of your company would have limitations. You'll notice that the people under you are not useful. You'll find that you have few capable assistants.

问: 对,我会觉得他们都不够好.

Question: Yes, I feel they are all not good enough.

JO: 对,你会发现你很少会有得⼒的助⼿.但是⼀个真正能发展很好的团体,它不是⼀个⼈厉害,⽽是哪⼀个团队的…问: 我没有做很多决策性的东西,我没有要求他们.但是我内⼼会觉得他们怎么没有进步啊、没有学习啊、可以更好啊.会有这样内⼼的想法.

JO: Yes, you'll find that you have very few strong assistants. But a really good group develops well as a whole - not because one person is great, but because of the team...Question: I don't make many decisions myself and I don't demand much from them. Yet, deep down, I wonder why they aren't progressing, learning more, or could be doing better. There's an internal thought process about this.

JO: 刚才的信息还没有说完,⼀个团队能都多远? 它的影响⼒有多⼤? 我们说它的辐射,它能量辐射的范围有多⼴,对吧? 它并不是说那个领头的⼈… 有⼀句话叫群龙⽆⾸,明⽩吗? 就是它没有⼀个… 如果⼀个团队它(其中的)⼀个⼈的能量太强的话,就好像⼀个拼图… 这么,⼀张桌⼦有四个腿,对吧? 你⼀个腿太长了,你怎么平衡那个桌⼦呢,明⽩吗? 那如果你平衡不了的话,你的那个桌⼦也没有办法去稳固没有办法承重.那你想象⼀下?

JO: The information we just received asks how far can a team go? How influential is it? We talk about its radiation, the scope of its energy radiation, right? It's not that the leader... There's a saying called "a headless dragon," do you understand? Meaning it doesn't have a... If one person in a team has too much power, like a puzzle piece..., imagine this: A table has four legs, right? If one leg is too long, how would you balance that table, do you see? And if you can't balance it, the table itself cannot be stabilized or support weight. Imagine...

问: 那我跟我⽼公的关系呢?

Question: What about my relationship with my husband?

JO: 你稍等.你⽼公叫什么名字?问: XXXJO: 你们在⼀起多少年了?问: 16年了JO: 我们感受到你跟你⽼公,因为他正好就是⼀个阴性能量.那他阴性能量的话,他真好就是缺少那种所谓的阳刚吧.

JO: Wait a minute. What's your husband's name? Question: XXX JO: How many years have you been together? Question: 16 years now, right? JO: We feel the connection between you and your husband because he actually embodies a feminine energy. And when it comes to his feminine energy, he is truly lacking that so-called masculine essence.

问: 但是他是很阳性的哟.

Question: But he's very masculine, you know.

JO: 我们是说从他灵魂的能量层⾯,就是他正好是… ⽐如说你⽐较硬,他就稍微⽐较软⼀点.

Joel: We're talking about his energetic level of soul, so he just happens to be... like you might have a harder surface and he would have a softer one.

问: 但是现实中我就感觉他好硬.

Question: But in reality, I feel he's just too tough.

JO: 你说的是你们表现出来你们之间的⼀个交流或是⽣活中相处的⼀个模式.但是从能量层⾯的话,你们实际上它更多的是互补.就能量层⾯更多的是互补,就是正好你是很烫的⽔,他是冷⽔.那你们中和⼀下变成温⽔,就这样⼦.因为⽣活中你们是跟你们的头脑打交道啊,跟你们的⼩我,跟你们的头脑,明⽩吗?但是从更⾼的层⾯上,你们是好像两个半圆,然后成为⼀个圆那样⼦.

JO: You're talking about a pattern of communication or interaction between you that you observe. However, on an energetic level, it's more about complementarity rather than similarity. At the energetic level, it's more about complementing each other; like you being very hot water and he being cold water. When you mix them together, they become warm water. That's how it works. You interact with your minds, your Ego selves, and your thoughts in daily life, do you understand? But on a higher level, you're like two halves of a circle that come together to form a whole circle.

问: 就是结合还是可以是吧?

Question: Can it be a combination, after all?

JO: 你稍等.你⽼公他给你带来的礼物正好是让你看到⼀下你需要转变后的样⼦.就⽐如说好像有⼀个模板,那个模板就来让你看到,就是可以让你看到,让你见⼀见.所以他就好像是已经是的状态,然后是你需要去成为的状态来供你借鉴吧.不然的话,你都不知道那个是什么样⼦的,就是要成为样⼦的状态.所以说这就是他给你⽣命中带来的⼀些礼物.但是你还是需要去放下你头脑⾥⾯的已知,就是对你这个⾝份的认定和对你⽼公⾝份的认定.因为如果你认定他是⼀个怎么样的⼈的话,就会导致你继续去持续的投射出你眼中的你⽼公,⽽不是他真正的(样⼦).这么说吧,就⽐如说有的⼈他在他⽼婆⾯前是⼀个样⼦,但是他在外⾯其他⼥⼈⾯前他又是⼀个样⼦.

JO: Wait a moment. The gift that your husband has brought you is meant to show you what you need to transform into. It's like there's a template - the template shows you what you will look like after transformation, which helps you visualize and understand the change needed. He presents himself as already transformed, acting as a model for you to emulate. Otherwise, you wouldn't know what it looks like. This is thus part of the gifts that he brings into your life.

However, you need to set aside your preconceived notions about yourself and your husband. If you perceive him in a certain way, you might continue projecting your image of him instead of seeing him for who he truly is. Imagine some people appearing one way to their wife but differently to other women outside.

他在外⾯跟他的⽐如说咨询⽼师又是另外⼀个样⼦,明⽩吗? 所以说当你持有陈旧的⼀些观念和你⾃⼰的⼀些定义的话,就会导致你看不到真正的他.那看不到真正的他,你是不是就很难收到他给你的礼物?

He presents one face outside to his mentor or consultants, and so on, quite differently, do you see? So when you hold onto outdated ideas and your own definitions, it hinders your ability to truly see him. If you can't see the real him, how will you receive the gifts he offers you?

问: 现在有个⽼师说我不⼼疼我⽼公.

Question: Now there's a teacher saying I don't care about my husband.

JO: 你的问题是什么呢?

Your question is what?

问: 就是为什么他看出来的是这样的? 我也不明⽩.他说我可能说话⽅式… 我平时就是好像他不应该这么说话,他应该这么说.

Question: Why did he notice this? I don't understand. He said that maybe my way of speaking... Normally, it seems like he shouldn't speak like this, but he should speak in this manner.

JO: ⾸先你现在说的又是另外⼀个问题,又是另外⼀个关于如何去⾯对外⾯的信息? 因为你想如果你今天听这个⽼师,明天听那个⽼师.那你去找了⼀千个⼀万个⽼师,你是不是越来越混乱了? 所以不是由外⼈来告诉你怎么样怎么样.就算那个外⼈他可能就像这个通灵⼥孩在提取你的能量,但是我告诉你,你通灵结束过后你的能量又变了,明⽩吗? 所以你之前的这杯⽔,你没有连接源头,没有活⽔进来,你是个死⽔.那这个⼥孩⼦根据你死⽔的这个状态来跟你说,但是你跟我们发⽣连接过后,你不断地注⼊活⽔不断地敞开不断地连接.那你的⽔最后变清澈了.为什么? 污⽔已经流⾛了.那你还在继续的把前⾯的信息当成是你吗? 这就是你⽣命的⼀个真相.

JO: Now you are talking about another issue, another question on how to deal with external information. Because if you listen to one teacher today and a different teacher tomorrow, then trying to gather advice from thousands of teachers, won't you just end up even more confused? So it's not about being told what to do by someone else; even though that person might be like the spirit channeling girl extracting your energy, I'm telling you this: after her session ends, your energy shifts. Do you understand? Therefore, the water in your cup before didn't connect to its source; it was stagnant water without fresh flow. This girl spoke according to your stagnant state before our connection, but once we are connected, you continuously receive new energy, stay open, and keep connecting. Your water eventually becomes clear. Why is that so? The polluted water has already flowed away. But are you still treating the previous information as yourself? That's a truth about your life.

也就是说每时每刻每⼀个当下,你都是在发⽣变化发⽣抓变的.它不是⼀个陈旧的.所以你前⾯说那个⽼师怎么说你们的关系,你只有去相信他的话,⽤他的话来影响你.你才会去: 啊,这个⽼师说的是真的.不然的话,它不会对你造成任何影响.

That is to say, at every moment and in every present moment, you are undergoing constant change. It's not stagnant. So when you mentioned what the teacher said about your relationship, you need only trust his words and let them influence you. Only then will you think, oh, this teacher was telling the truth. Otherwise, it wouldn't have any impact on you.

问: 现在我还有⼀个⽐较纠结的问题,⾝体亚健康,头发⽩.然后⽣完第三个孩⼦过后,⼿⼀直⿇,影响睡眠.

Question: I have a somewhat conflicting issue now - my body is slightly unwell, and I have white hair. After giving birth to my third child, my hands have been numb, which affects my sleep.

JO: 你头发⽩多久了?

JO: How long have you had white hair?

问: ⽩了有⼆⼗年了,⽣完第三个后基本上就⽩完了.

Question: Having been white for twenty years, I was basically completely white after giving birth to my third child.

JO: 你多⼤年龄?

JO: What age are you?

问: 我现在四⼗四.

Question: I am now forty-four years old.

JO: 你稍等.我们还是连接到这是你的阳性能量对你带来的影响.这股能量给你造成的影响是什么呢? 就好像你会⽆意识的把所有⽣活中⽣命中的担⼦⽆意识的往⾃⼰⾝上扛,就好像再⽣⼀个孩⼦你就会多⼀份操⼼吧,多⼀份责任嘛.多⼀个⽣命,你就会担⼼他、操⼼他、规划他.然后你就会多⼀个担⼦.那就在你肩膀上给你增加了更多的担⼦.⽐如说你就需要更多的时间去照顾或者去承受这些担⼦吧.

JO: Wait a moment. We'll connect to how this positive energy affects you. What effect does this energy have on you? It's as if you unconsciously bear all the burdens of life and your life intuitively, like having another child would give you more worries, more responsibilities - with an additional life, you would be concerned about it, worry for it, plan for it, which naturally increases your burden. So, this adds more to your shoulders; you need to spend more time attending to or coping with these burdens.

问: 我就是很容易操⼼的⼈.看着亲戚朋友过的不好,我就想帮⼈家去解决.这又是为什么呢?

Q: I'm just someone who worries easily. When I see family and friends doing badly, I want to help them solve their problems. Why is that?

JO: 那你想⼀下这是不是你的男性能量导致的? ⼀个男⼈肩负责任,肩负使命.问: 就觉得⾃⼰承担不了这么多的烦⼼事⼀样.

JO: Maybe you're experiencing this because of your masculinity, where a man carries responsibility and重任. Asking if it feels like too much burden to handle these concerns.

JO: 所以这也是你的男性能量带给你的这些体验,然后回到你的⽣命主题,就是你选择这⼀⽣选择这个⽣命是要去转变这个能量的,明⽩吗? 因为当这个能量发⽣转变,刚才你说的你⽣命中的⼀切… 就⽐如像我们刚刚说⼀张桌⼦四个腿.⼀个腿特别长,那你想你不断地让你这个特别场的腿变得特别有⼒,然后去做更多去承担更多,你就失去平衡了.那你的团队,你周围的关系也是在这样⼀个失衡的状态.

So these experiences are also part of the masculine energy that is being brought into you, and returning to your life theme, it is because you chose this life and this existence in order to transform this energy. Do you understand? Because when this energy undergoes transformation, as you just mentioned about everything in your life... like we talked about a table with four legs, where one leg is exceptionally long. You want to continuously make that special leg of the setup stronger, then doing more and taking on more responsibility, you lose balance. And your team, your relationships around you are also in this state of imbalance.

问: 那我这个⼿⿇⼀直没好又是什么原因?

Question: But what's the reason if my hand doesn't get better?

JO:你的⼿⿇就好像是⼀个信号在提醒你少拿⼀点,就是少拿⼀点负担或者少拿⼀点责任,少做⼀点,少抓⼀点.因为你会把⽣命中这个事业抓过来,那个事业抓过来.你想⼀下⼀个真正的⼥⼈她可能什么都不做,她天天就是享受⽣命,慢吞吞的,像⼀个⼤家闺秀,明⽩吗? 那你现在是不是就好像是个男⼈⼀样,天天把所有家⾥的⼤⼩事情都全部操⼼完?

JO: Your hands are like a signal reminding you to take less, that is, less burden or less responsibility, do less, grab less. Because you would seize every business, every matter in life. Imagine what a real woman might be like; she does nothing all day but enjoys her life slowly, as a lady of the manor, do you see? Now, are you behaving just like a man, worrying about all the big and small things at home every single day?

问: 像是个战⼠⼀样JO: 对,又要去打猎,又是上有⽼下有下每⼀个都要去照顾操⼼.这是少奶奶天天懒洋洋的享受⽣命吗? 明⽩吗?

Q: Like a warrior?

A: Yes, going hunting and taking care of everyone from top to bottom. Is this the everyday lazy enjoyment of life for the young mistress? Do you understand?

问: 就是要做到这样是吧?

Q: Is it about achieving something like that?

JO: 不是需要做到这样,这是要平衡.因为你想象⼀下,你会觉得⼀个懒洋洋的状态是在消耗浪费⽣命,因为它没有产出. 那因为其实这个就是阳性的能量呀,是吧? 但是你要知道当你在不断地去做事、处理什么什么的,你整个⼈都是被焦距在物质世界的.那如果你整个焦距在物质世界,你跟你的⾼我跟你的神性失去连接,你会崩溃,就好像⼀个机器运作的太久没有得到休息的话,它机器也会奔溃的呀.那这就是为什么你的头发也在告诉你,虽然你现在才四⼗多,但是实际上你已经⽤了七⼗多岁的⼀个能量了.就好像⼈家七⼗多岁才能做这么多事,操这么多⼼.你四⼗岁你就已经这样⼦了,明⽩吗?

JO: It's not about doing it this way, but rather achieving balance. Imagine being lazy; you might see that state as a waste of life because there's no output. That is actually positive energy, right? But the point is, when you're constantly working or dealing with things, your entire focus is on the material world. If you are completely fixated on the material world, you lose connection with your Higher Self and your Divinity, which can lead to collapse. It's like a machine; if it runs too long without rest, it will break down. That's why your hair is also telling you that even though you're only in your forties now, you've already used the energy of someone seventy years old. People typically do so much at seventy, worrying about everything. At forty, you're already experiencing this, understand?

问: 那后半⽣怎么过啊?

Question: How would you spend your latter half of life?

JO: 那你就是要清楚导致你现在的这⼀切,⽆论是你个⼈,你的⾝体,你的关系,你的情绪,所有的这⼀切其实都是因为你的男性能量导致的.就是来让你体验到单独的男性能量会导致什么问题.那是不是你就会去注意到它还会有⼀个⼥性的能量.那你再去观察⼀下⼀个⼥⼈味⼗⾜,那就是她就是有很强烈的⼥性能量.你看⼀看她们的⼀个状态.然后你在从内去做功课,从你的意识状态,从你认知.因为就好像你⼀直以⼀个男⼈的⾝份活着,你没有

JO: So you need to understand that everything about you now, whether it's your personal life, your body, your relationships, or your emotions, is due to your masculine energy. It's meant to show you the issues that arise from having just one type of masculine energy. This should make you realize there's also feminine energy at play. When you observe someone who exudes strong feminine energy, she embodies a very powerful feminine presence. Observe their state. Then, do inner work on your awareness and cognitive processes. It's as if you've been living life as a man, without realizing

以⼀个⼥⼈的⾝份活着.你没有⼥⼈的⼀个思想和感受和领悟.但是你这⼀世借助了这个⼥性的⾝体,正好她就可以弥补你没有的这个体验.你就会有⼥性的那个.但是你就好像虽然你现在是⼥⼈的⾝体,但是你的感受、思想这些还是阳性的.所以那其实就是来给你⼀个机会… 你可以先这样,⽐如说先从你的外貌上穿⼀些特别性感、特别有⼥⼈味、特别能凸显出⼥⼈的味道,然后化妆、丝袜、细⾼跟鞋,就是各种.

Living as a woman. You lack the thoughts, feelings, and insights that come with being one. But in this life, by utilizing this female body, she compensates for your absence of certain experiences. You'll embody femininity. However, you're still somewhat masculine in your feelings, thoughts, etc., despite having a female body now. That's essentially to give you an opportunity… Start with superficial things like dressing very sensually, very womanly, highlighting feminine qualities, applying makeup, wearing stockings, high heels, and so on.

问: 感觉这些都离我太远了.

Question: It all seems too distant for me.

JO: 你就借助从外⾯来找回⼀点点的感觉,就慢慢慢慢的,因为这是⼀个过程.

Jo: So you're kind of reaching outside to get a little bit of that feeling back, and it's just slowly happening because it's a process.

问: ⽬前来讲今年开始有往这⽅⾯去⾛,就是以前不化妆,今年开始化妆.但是怎么看还是不像⼥⼈.

Question: Currently, since the beginning of this year there has been a move in that direction, where previously people didn't wear makeup but now they do. However, it still doesn't look like they are women.

JO: 所以你就知道你的⼈⽣功课选择了这样⼦的⼀个体验.因为你现在你的⾝体已经在给你发出信号了.这就是你的男性能量过强导致的⼀些⽐如说⾝体失去平衡、关系失去平衡.然后虽然你在事业上会创造⼀些成绩,但是实际上它会⾮常有限的.它并不会,就⽐如说到了⼀定的时期,它就会有⼀个瓶颈期了.

So you know that your life task has chosen this kind of experience because your body is already sending signals to you. This is due to an excess of masculine energy leading to imbalance in both the physical self and relationships. Although you might achieve some results in your career, in reality, these achievements will be very limited. They won't last indefinitely; there will be a plateau at some point.

问: 我们公司的发展前进怎么样?

Question: How is our company's development going forward?

JO: 其实⼀个公司它也只是⼀个好像管道⼀样,好像是个平台⼀样.它凸显的是你⾃⼰的内在的,就是公司就是那个⼈他⾃⼰内在的能量状态.但是公司也会随着他的能量转变⽽转变的.你们有⼀句话叫富不过三,因为那是他们前⾯你的⽗辈他们的能量创造的东西.那当那个能量消失过后,你后⾯的能量就是创造你⾃⼰的东西了.

In fact, a company is just like a conduit or a platform that highlights your inner energy state - it's more about who you are than the entity itself. However, the company does transform in response to its own energy fluctuations. There's an expression: "Wealth doesn't last longer than three generations," as that refers to what was created by their ancestors' energies. Once that energy fades, the next generation creates their own legacy based on their own energy.

问: 就是说我们现在的财富好多都是⽗辈留下来的是吧?

The question essentially asks if most of our current wealth was passed down by our parents.

JO: 不是,就是来让你看到⼀个例⼦,富不过三就是说你们⽗辈创造的那些成果就好像是⼀堆苹果⼀样,对吧? 那等他去世了过后,那个苹果迟早会被你们吃完的.那如果你的天性就是惰性,你天天就想睡觉不想种苹果树产苹果的话.那你苹果是不是就没了? 就吃光了? 那你的能量投射的是什么? 就是睡觉呀.

JO: Not really, it's just to show you an example where the saying 'richness does not last beyond three generations' refers to your forefathers' achievements being like a pile of apples, right? Once they pass away, the apples will eventually be eaten up by you. If your nature is lazy and all you want to do is sleep instead of planting apple trees to produce apples, then where would your apples come from? Would you just eat them up until there are none left? What kind of energy projection would that be? Just sleeping, wouldn't it?

问: 就是现在我们的公司是我跟我⽼公⽩⼿起家.现在创造的结果可能已经有点超过我们的能⼒.可能是⽗辈以前积德积福.我会有这种想法.如果要持续的发展,未来是怎么样的?

Q: It's our company that my husband and I founded from scratch. The results we've achieved may now exceed our capabilities. Perhaps it's due to blessings and good fortune from our ancestors. I have these thoughts. If we're to continue developing, how will the future look?

JO: 那你⾸先要认识到公司它会呈现⼀个什么样的状态,它也是根据你们的⼀个能量状态,就是你内在的意识状态去呈现出来的.就好像你的意识是有多宽⼴,那你的事业就能辐射的有多宽⼴.就你的能量的级别还有多强⼤,你事业覆盖的范围就有多强⼤.它是跟这个有关系的.那你就知道它就会随着你⾃⼰的转变⽽转变.就⽐如说你现在,因为你们很多在做企业或者是做⽣意的⼈,你们关注的是外在的相.你们都在相上⾯下功夫.就你们都在那个事情上,都在不断地处理事情处理问题,根据社会的⼀个需求然后去调整.所以这样会消耗你们⼤量的经历.就这么说吧,就好像你们在那不停的扫垃圾扫⼀堆.然后风⼀吹,垃圾又吹开了.

JO: So you need to understand the state of the company, which is presented based on your energy and consciousness states. It's like how wide your awareness is determines how far-reaching your enterprise will be. The strength of your energy and power corresponds to the extent of coverage in your business. These are related. You'll find that it changes with your own transformation. For example, you're many who run businesses or conduct transactions, focusing on appearances. You're all working on improving them. You're continually addressing issues and adapting according to societal needs. This consumes a lot of your energy. In other words, imagine you're constantly sweeping trash into piles. And then the wind blows it away.

所以你们会有⼀种感觉员⼯和你们都会在⼀种⾮常吃⼒,就是虽然可能会创在⼀些成绩,但是那个果那个相,它不会持续很久的.⽽且你也会感受到⼀种吃⼒的状态,就是⼀种在消耗的状态.就是你可能会消耗你很多的时间和精⼒,就是你不能很好的去享受⽣命.为什么? 因为你没有时间去享受你的⽣命.然后更多是⼀种交换的模式.那当你通过我们的信息你认识到实际上即使是你的事业,它也只是体现出你能量的⼀个渠道,⼀个展现出你⾃⼰⽣命状态的⽅式.你是不是就会更注重的是你内在的能量、你的意识、你的状态,明⽩吗?就是你不会做反了,就好像猴⼦捞⽉⼀样.因为当你发现那个⽉亮在天上,你就不会⼀味地在⽔⾥去捞那个⽉亮了.

So you would have a feeling that both employees and yourselves are under great strain. Though some achievements might be made, the outcome wouldn't last long. You would also feel a state of struggle, one of depletion, where you might expend a lot of time and energy to such an extent that you can no longer enjoy life. Why? Because there is no time for enjoying your own life. It's essentially a transactional mode. Upon understanding our information, you realize that even your career merely represents a channel for the expression of your energy, a way to showcase your state of being. Would this prompt you to focus more on your inner energy, awareness, and condition? You wouldn't act in reverse; it would be akin to chasing after the moon like a monkey dives for water. Since when you realize that the moon is up in the sky, you won't incessantly reach into the water to grab the moon anymore.

所以这是你们转变认知的⼀个过程.

So this is a process where you change your perspective.

问: 那接下来怎么做呢?

Question: So, what should we do next?

JO: 那接下来你知道⽉亮在天上,你不会去这么费⼒的去在⽔中捞⽉亮呀.那你就知道…问: 现在我们出现的问题,就是我们要谦卑⼀些呢? 还是要顾忌⼀下员⼯的耐⼼呢?

JO: Then you understand that if the moon is up in the sky, you wouldn't bother to go through the effort of reaching for the moon in the water. So you see... Question: The issue we are facing now is whether we should be humble or consider the patience of our staff?

JO: 这么说吧,你现在问的所有东西你就是⼀个男性的思维模式.你在想着解决问题的⽅式⽅法,就是⾏动⾏为上.但是⾏动⾏为上是最次要的,明⽩吗? 因为如果当你的能量级别发⽣转变的话,没有问题了.你还需要去⾏动, 你还需要去处理吗?

JO: Let me put it this way, everything you're asking right now is from a male thought pattern. You are thinking in terms of solutions and actions. But, actions are secondary; do you understand? Because if your energy level shifts, there's no problem anymore. Do you still need to act or handle things?

问: 如何能够把这个能量转变呢?

Q: How can this energy be transformed?

JO: 那你现在在跟我交流,你就在转变.你的意识就在不断地不断地… 就是你不断地让光进来让你看的更清楚⼀点,⽽不是在⿊夜⾥⾯⿊灯瞎⽕,看不到的那种,就是在这种迷茫的状态,眼睛闭着的状态.你⾄少允许我们的光来让你看的越来越清楚.那你看清楚过后,你下次在你的⽣活当中就把我们的信息⽤我们带给你的视⾓再去看待问题.你就不会再去⼀味的去指责我弟怎么这样不通⼈情,我对他那么好? 我的员⼯怎么什么什么的.你只要记住⼀句话,当你转变,你的外在所有其它⼀切都会跟着转变.这是必须的.为什么呢? 因为你的频率已经让你进⼊带另外⼀个平⾏世界了.

JO: You are transforming right now as we communicate. Your consciousness is constantly evolving, allowing the light to illuminate your understanding more clearly rather than being in darkness and confusion, unable to see anything. You're at least permitting our light to guide you towards greater clarity. Once you've seen things clearly, you will apply this insight in your daily life by viewing issues through the perspective we've provided. Instead of always blaming your brother for his lack of empathy or criticizing your employees, you'll remember that when you change, everything around you changes as well. This is essential because your vibration has already transported you to another parallel universe.

那个平⾏世界的⼈都是跟你现在提出问题的这个世界⾥的⼈,都是不⼀样的,明⽩吗? 所以它不是说单独的去处理⼀个⼀个的事情和⼀个⼀个的⼈.⽽是有⼀个就是,就好像你⼿⾥拿着遥控板你选台.你进⼊到另外⼀个房间另外⼀个世界,然后它⾥⾯的⼈事物还有结果、过程,它都变了.所以没有这么多⿇烦的事要你们处理.你们很多⼈总觉得⾃⼰的事情…. 这个怎么处理? 那个怎么做? 这些步骤都是你们⼈类的头脑参与,然后就是… 怎么说呢? 就好像东施效颦⼀样.就是你们只是在模仿.

The people in that parallel world are not the same as those in this world where you're asking questions, understand? So it's not about dealing with each individual issue and person separately. Instead, there's a process where, akin to selecting channels on a remote control, you enter another room, another world, and within it, people, things, outcomes, and processes change. Therefore, there are fewer complications for you to handle. Many of you often feel that your own matters... How do we deal with this? How do we approach that? These steps involve human cognition and, in essence, it's like imitating others.

#### 2023/09/21 — 灵魂主题之得到内在的宁静 Topic of the Soul: Achieving Inner Peace

JO: 你说吧,什么问题?

JO: Tell me, what's the question?

问: 我就是想问问我的灵魂主题是啥? 怎样活出来? JO: 你叫什么名字?

Q: I just want to know what my soul theme is and how to live it out? A: You are asking about your soul theme and how to manifest it in your life. Respondent: What's your name?

问: XXJO: 你的灵魂主题就好像你的名字⼀样,然后你这⼀⽣主要就是想要进⼊⼀种宁静的状态、平静,就好像你的⼼不会受外在的⼀次刺激⽽波动,到⼀种安宁的状态.所以说在你之前你就会遇到很多事情,就好像很多事来烦你、扎⼼.周围就会有很多意识程度不是如此的⾼或者是不顺⼼的事、⼈.所以你总是在⼀种被刺激的状态下,被刺激就是被惹怒,被惹的⽣⽓.然后好像⽆论如何你都没有办法脱离,这不是你想要的转态,但是你又没有办法改变.所以它就会迫使你⾃⼰内在发⽣⼀种转变,就是说你对外在的刺激不会⼀碰就叫.那你就需要修⾃⼰.所以这⼀⽣就会是修你⾃⼰的⼼态去达到⼀种宁静的状态.

Question: XXJO: Your soul theme is similar to your name, and throughout your life, you primarily seek to enter a state of calmness, tranquility, as if your heart would not be swayed by external stimulation. This leads to a peaceful state where you aim to remain undisturbed by any single external stimulus. Thus, before you, there have been many events that upset you or hurt your feelings, surrounded by individuals and situations with varying levels of consciousness or causing discomfort. You are constantly in a state of being stirred up, which means being provoked into anger. No matter how hard you try to escape this cycle, it is not the state you desire, but you cannot change it either. This forces an internal transformation within yourself where you learn that your reactions do not immediately occur upon external stimuli. Therefore, self-cultivation becomes necessary. Your entire life would thus be dedicated to cultivating your mindset to achieve a state of calmness.

因为你的⼼中很渴望达到这样的状态,然后这也是你想要去发展的⼀个⽅向.

Because deep within you, there's a strong desire to achieve such a state, and it's also a direction you wish to develop.

问: 我要怎么修?

Question: How should I repair it?

JO: ⾸先是要增强你⾃⼰的⼀个,好像是扩展你的意识程度.因为当你之前被别⼈⼀惹就⽣⽓,那是因为有很多事情,就好像你有⼀些固定的认知或者是视⾓、视野、视线过于的窄⼩有限.所以所有东西你就觉得是超过你的限制.当你不断不断地去,有⼀句话叫见怪不怪,你就不会觉得那是⼀件很⼤的事情.所以就是在不断地扩展你⾃⼰.这么说吧,就好像你是⼀个茶杯⾥的⼀杯⽔.然后别⼈散很多盐进去,你就会觉得咸的发苦.那当这杯⽔的容量不断地扩⼤成⼀个⽔池的⽔,你放⼀些盐进去你可能都尝不到味道.所以需要你⾃⼰不断地扩展你⾃⼰内在的包容度.还有就是把它们当成是你真的好像是在跟它过招⼀样.

JO: Firstly, it's about enhancing your own awareness, expanding the scope of consciousness you possess. This is because when you were easily upset by others before, that was due to having many preconceived notions or perspectives that narrowed your view too narrowly. Consequently, everything seemed like it went beyond your limits. As the saying goes, if you've seen a strange sight often enough, you won't find it shocking anymore; hence, constantly expanding yourself is necessary. Imagine yourself as water in a teacup. When someone throws salt into it, you'll find it overly salty and bitter. But when this water expands to fill an entire pool, even adding some salt might not affect the taste at all. Thus, it requires you to continuously expand your inner capacity for acceptance. Additionally, treat these experiences as if they are real battles you're engaging in.

⽐如说, OK,它今天刺激我了,我可能马上⽣⽓.我今天⽣⽓可能⽣⽓了⼀天.但第⼆次它刺激我,我就⽣⽓半天吧.后⾯半天我要过⾃⼰快乐的⽣活.然后你选择⽣⽓半天,下⼀次⽣⽓⼀个⼩时,再下⼀次五分钟,再下⼀次我⼲嘛要选择⽣⽓,我有这么多开⼼的事情?! 就逐渐逐渐的.

For instance, say OK, it agitated me today, and I might get angry immediately. Maybe I got angry for a whole day today. But when it agitates me the second time, maybe I'll be annoyed for half a day. After that, I will spend the rest of my day enjoying myself happily. Then you choose to be annoyed for half a day, next time for an hour, then the following time just five minutes. The next time, why should I choose to be angry? I have so many joyful things to do! It's just like this gradually...

问: 关于和⽼公怎么融洽的融洽? JO: 你们不融洽,然后呢?

Question: About how to harmoniously blend with your husband? JO: If you're not blending well, then what?

问: 有冲突JO: 冲突不是你们很常见的吗? 刚才也说了你的⼈⽣主题.

Q: Conflict, isn't it quite common among you? You mentioned just now that this is your life theme.

问: 谈的谈的本来好好的,不知道哪⼀个字,他的⽓就提上去了.

Q: They were talking along happily until an unknown word sparked his anger.

JO: 那你再回到我们刚才说的你的灵魂主题.

JO: So let's go back to your soul theme that we were discussing earlier.

问: 包容JO: 不是.你会遇到这样的⼈来刺激你,不断地刺激你.你如果去听前⾯你的灵魂主题的话,那你⽬前就是在进⾏你的课题.

Question: JO: No, you will encounter people who will challenge you continuously to push you. If you were listening to your soul theme before, then you are currently working on your task.

问: 还有就是我与孩⼦怎么沟通? 与孩⼦沟通也是有困惑的.

Q: And how do I communicate with my child? There are also confusions about communicating with a child.

JO: 🗎.是不是都跟你的灵魂主题对应上了? 因为你需要不断地刺激来让你从内在去修去做功课,从⽽达到,我们刚刚说你的灵魂主题就像你的名字⼀样,你⾃⼰想要去通过这些达到内在宁静的状态,就是不起波澜.就不管你的孩⼦怎么刺激你,你⽼公怎么刺激你,孩⼦做⼀些事情多么的让你抓狂,你都不会暴跳如雷.

JO: 🗎. Did all these align with your soul's theme? Because you need constant stimulation to motivate you from within, leading to achieving the state of inner peace we just discussed - where your soul theme is like your name, aiming for a calm state inside yourself, unaffected by external disturbances. No matter how much your kids or husband provoke you, or how outrageous their actions are that drive you crazy, you won't lose your temper.

问: 还有就是孩⼦的病情.孩⼦情绪不太好.

Question: And there's also the child's condition. The child is in a rather low mood.

JO: ⾸先你们⽬前的状态,包括你包括你⽼公包括你孩⼦,他们的情绪状态是不可能好的.因为你想你就好像是这个⽔⼀直是在被他们刺激的(惊涛骇浪)的,就是被搅动.那要是⼀直被搅动的状态,你的能量要是⼀直被搅动的话,那就是鸡⽝不宁呀.所以说当你⾃⼰转变过后,达到那种像你的名字那样,宁静、静、⼼真的是静下来不被外在的⼀些所刺激,就是真的是达到⼀种静的状态,⽽不是假装的,假装忍着不发脾⽓,⽽是真正的达到那种宁静的状态.然后⾃然⽽然你的孩⼦的情绪也会受到你的影响.

Jo: Firstly, your current state, including you, your husband, and your child, cannot be in a good emotional state. You are like water being constantly agitated (like turbulent waves), stirred up by them. If you're always in a state of constant agitation, with your energy continuously disturbed, it's simply chaotic. So when you undergo self-transformation to reach a state that mirrors your name: calm, serene, and centered - this means truly calming down and not being easily influenced by external stimuli. You achieve a genuine sense of tranquility, not just suppressing your anger out of pretense but actually living in a peaceful state. Your child's emotions will naturally be affected by this natural change in you.

问: 现在孩⼦的病还在吃药? JO: 孩⼦什么病?

Q: Is the child still taking medicine for the disease now?

A: What's the child's illness?

问: 有点抑郁那种.

Q: Kind of depressed, you know?

JO: 孩⼦多⼤?问: 孩⼦28JO: 你们住在⼀起的吗?问: 是JO: 你稍等,我们连接⼀下.你的孩⼦叫什么名字?问: XXJO:我们感应到就是,这么说吧,其实你们家的状态、家⾥成员的状态,就好像你们⼈类社会上这些,就是⼀个缩影.然后它就是在⼀种像是找不到⽅式⽅法,然后⽆⼒、也没有头绪,就好像⼀个被困住的孩⼦⼀样,就好像⼀个被困在蜘蛛⽹上的飞⾍⼀样,就动弹不了.这就是为什么你⽼公他内在有⼀种莫名的⽕,就想发⽕.就可能你没有怎么刺激你,就是没有做错什么,他也莫名的想要发⽕.⾸先就是因为和你们的⼀个集体意识也有关联.所以说你必须要从你这⾥,就是如果你想要真正的去改变的话,你必须要从你这⾥开始.因为是你

JO: How old is the child? Q: The child is 28 years old. JO: Are you living together? Q: Yes. JO: Wait, let's connect. What is your child's name? Q: XX. JO: We perceive that you're experiencing this issue as if it represents a condensed version of the dynamics within your household and among its members - akin to how things play out in human society at large. It feels like there's no clear direction or solution, much like being trapped in a situation where everyone is stuck, similar to a helpless child caught in a web, unable to move. This explains why your husband might feel an inexplicable rage internally, wanting to vent. He may not have been provoked in the traditional sense; it feels as if he's already frustrated and eager to express his anger without any external trigger that you could identify. Given that this issue seems tied to shared consciousness within your family unit, addressing it starts with you - because ultimately, it begins with your actions and choices.

来找到我们.然后你必须要⼼⾥⾯有强烈的渴望和愿望,还有真诚.真诚就是说你对我们,就是对(给)你的指引是坚信不疑.然后只有这样⼦我们才能真正的去协助你去转变你们全家⼈的命运,⽽不是你单独⼀个⼈.因为你的能量会逐渐的,这么说吧,你是⼀个振动频率.我们把你的频率调到⼀个和谐的状态.那你周围的⼀切它不得不变得和谐起来.因为它受到你的影响.就好像你现在是⼀个蜡烛,但是你现在是⼀个熄灭的状态.我们把你点亮了,那你旁边的⼈不可能不被你照亮.那被你照亮后,他们是不是就不会如此的迷茫或者是恐慌或者是在⿊暗当中摸索、不知所措,明⽩吗? 所以你们家那个⿊暗又潮湿又没有出路的地⽅,它必须是你内在的灯亮起来.

Come find us. Then you must have a strong desire and wish within yourself, along with sincerity. Sincerity means that you believe in our guidance for you, or more specifically, to your own guidance, without any doubt. Only then can we truly assist you in transforming the fortunes of your entire family, not just individually. Because as your energy gradually increases, let's say, you are a vibration frequency. We adjust your frequency to a harmonious state. Consequently, everything around you is forced to become harmonious because it's influenced by you. Imagine you're now a candle, but you're in an extinguished state. When we light you up, the people next to you can't possibly be unaffected. After being illuminated by you, won't they no longer be so lost or panicked, or blindly wandering in darkness, trying to find their way without knowing what to do? Understand? Therefore, that dark and damp, hopeless place in your home must have the light of your inner self shining brightly.

所以这需要你⾃⼰作出决定,就是从你的内在做出决定,明⽩吗?

So it's up to you to decide, a decision made within yourself, understand?

问: 我想要孩⼦⾛出来.

To ask: I want my child to come out.

JO: NO NO NO NO, 你不需要去刻意的去做什么.就像我们刚才说,你到底相不相信我们?你到底愿不愿意跟随我们? 拉着我们的⼿,跟我们产⽣连接? 明⽩吗? 这么说吧,这个⼥孩⼦她伸出她的⼿,她给了你⼀只⼿.然后呢,你的家⼈和其它社会上的东西,它们也是⼀个深渊.因为它们也是像泥潭⼀样拽着你,明⽩吗? 如果你拉⼀下这个⼥孩⼦的⼿,又不拉也不想拉.那你肯定也没办法把你⾃⼰给拽出来.所以需要你⾃⼰…问: 我想问⼀下孩⼦的病? JO: 孩⼦的病怎么了?

JO: NO NO NO NO, you don't need to刻意 do anything. Just like we talked earlier, do you trust us or not? Are you willing to follow us? Hold our hands and connect with us. Do you understand? This way, the girl offered her hand to you. And then, your family and other societal aspects are also a pitfall because they also pull you down like quicksand. Understand? If you take hold of this girl's hand but don't want to or can't, you won't be able to pull yourself out either. So it needs to be you... Q: I'd like to ask about the child's illness? JO: What happened to the child's health?

问: 孩⼦的病我很担⼼.

Question: I'm very concerned about my child's illness.

JO: 刚才我们已经给你指明了出路,明⽩吗? 因为你⾸先要看清,你⽬前就是看不清楚,只看得到⾃⼰眼前的这两个问题.但是这不只是眼前的这两个问题.你想就算把你孩⼦的病拿⾛了,你们家还是在这种痛苦的深渊当中,明⽩吗?

Just now we have already pointed out the way for you, do you understand? Because you first need to see clearly that at present you can't see clearly at all; you only see these two problems in front of you. But this isn't just about those two problems in front of you. You think even if you take away your child's illness, your family is still in this suffering abyss, do you understand?

问: 那我怎么⾛出这个深渊?

Question: How do I escape from this abyss?

JO: 刚才不是已经告诉你了吗? 你到时候再去看信息就好了.这需要你内在有强烈的⼀个愿望,还有你对我们的⼀个信任.就是你愿意把你交出来,你愿意跟随这股⼒量、光带领你⾛出来.你就这么想,你现在在泥潭⾥⾯,你被你们集体意识的这股能量拉扯着,被你们家族的⿊暗能量吞噬着.我把⼿伸到这⾥来,你摸了⼀下,然后你又不想抓了.为什么? 你不信任.你不信任,你就关上你⾃⼰的门了,你就⾃⼰.那你可能还会再去体验,明⽩吗? 那还有就是说你⾃⼰的愿⼒不够,就是你没有这么迫切的想要去突破,想要去转变.所以只有你们⾃⼰才能去转变你们的命运,明⽩吗?

JO: Didn't I just tell you earlier? You should check the information later on. This requires a strong inner desire and trust in us. It means that you are willing to surrender yourself and follow the force of light that guides you out. Just think about it; you are currently stuck in quicksand, being pulled by your collective consciousness's energy and devoured by your family's dark energy. I reach my hand towards you, and you touch it, but then you don't want to grab it anymore. Why? Because you lack trust. Without trust, you close your door and isolate yourself. You might still have the urge to experience more. Do you understand? This is also because your willpower isn't strong enough; you're not as eager to break through or change. Therefore, only you can transform your destiny.

问: 孩⼦的婚姻的问题.

Question: Issues about a child's marriage.

JO:⾸先如果你们不能发⽣转变,你们在⿊暗⾥⾯,你们⿊灯瞎⽕,你们还在那个泥潭⾥⾯,还在像被困在蜘蛛⽹⾥⾯全部被黏住了翅膀.你觉得在拉进来⼀个⼈,还是同样的,明⽩吗? 你们三只蚊⼦都粘在蜘蛛⽹上,都粘的动弹不了.然后在粘来⼀只蚊⼦,啊,有婚姻了,我⼉⼦有伴了.⼀个个都粘住翅膀在那动弹不了,明⽩吗?

JO: First of all, if you don't change, you're in the darkness, stumbling around in the dark, still stuck in that muck, like trapped in a spider web with your wings completely stuck. You think it's going to pull another one in, or essentially, understand? All three of you mosquitoes are stuck on the spider web, unable to move. Then you trap another mosquito, oh, there's marriage, my son has someone! One by one, their wings are stuck and they can't move, do you understand?

问: 现在孩⼦的婚姻,现在就是说退婚在打官司.我就是想退婚把彩礼要回来.

Q: Now my child's marriage is in legal proceedings, specifically regarding a divorce case. I just want to get back the dowry if we were to proceed with a divorce.

JO: 你的问题是什么?

Your question is what?

问: 我的问题是对⽅不退,不给彩礼.所以现在就是说通过法律途径在打官司.

Question: My issue is that they refuse to withdraw and won't give me a dowry. So now we're going through legal means to resolve the matter by taking them to court.

JO: 通过你这样⼦的⼀个例⼦,你可以看到你们每⼀个⼈都在去争夺⼀点点东西,就是争夺⼀点点钱财啊,就是物质层⾯的东西.然后却忽略了你们最根本的⼀个东西.你们最根本的东西是什么? 就是没有任何⼈能够抢⾛属于你的东西,明⽩吗? 这是⼀回事.还有就是说孩⼦的抑郁可能退婚就是因为你们造成的.为什么呢?因为他们可能已经感受到你们的不真诚.只有这样⼦你们才愿意拿钱,然后当怎样了你们就要把钱拿⾛.所以你们就好像是⼀种做⽣意,然后对⽅感受到你们这种交易的⼼态,⽽不是真诚的对对⽅.那你孩⼦他抑郁,他绝对是⼀个灵魂层⾯很⾼尚的⼀个⼈.

Through an example like yours, you can see that each and every one of you is fighting for something, just a tiny bit of money, materialistic things, neglecting the most fundamental thing. What is your most fundamental thing? It's that nothing anyone could ever take away what belongs to you, understand? This is one thing. And then it's also said that children may feel depression and want to divorce because of you. Why? Because they might have already sensed your dishonesty. Only under this condition do you agree to take money, but once you get the money, you take it away. So you behave like doing business, where the other party senses your transactional mindset rather than genuine concern for them. Your child being depressed is definitely a person of very high spiritual elevation.

那他灵魂层⾯很⾼尚,他可能看到你们的这些争夺,从你们的反应上⾯、态度上⾯看到了⼈性的⼀个贪婪、匮乏或者是你争我⽃你争我打,就是这种.他会觉得这个地⽅是没有爱的.这么说吧,如果你们真的是发⾃于爱,说不定这个婚不会退.那就算她选择退了,君⼦有成⼈之美.你们希望,OK,我们损失没事,但是我们希望我们的损失可以给对⽅带来幸福.那你孩⼦从你这看到,哇,我的母亲好有爱.你的爱就在滋养着你的孩⼦,你的孩⼦不会感受到⼀种寒冷或者⿊暗,他不会抑郁.那⾸先你的孩⼦是不是就变了? 那你的孩⼦通过看到⾃⼰的妈妈损失了这⽐钱,他想把这笔钱赚回来还给妈妈.可能会激发他内在⾮常强烈的赚钱的欲望,但是他又没有抑郁.他就可能会成为⼀个

So if his soul level is quite noble, he might see your contests and see the greed, scarcity, or competition among you from your reactions and attitudes – a lack of love. This would make him believe that this place lacks love. To put it simply, if you are truly acting out of love, perhaps this marriage wouldn't be dissolved. Even if she chooses to withdraw,君子成人之美, we hope for each other's well-being even at our own expense. We hope that, yes, the sacrifice is fine by us, but that we can bring happiness to the other party through it. Your child would see this and think, "Wow, my mother is so loving." Your love nourishes your child; they wouldn't feel cold or dark, nor would they become depressed. Thus, mightn't your child change as a result? Seeing their mother's loss of money stimulate his desire to earn that amount back for her could motivate him to work hard and achieve great success without falling into depression. He might transform into someone who

would demonstrate this level of ambition

⾮常成功的⼈,赚很多很多的钱.那你眼看着可能失去了⼀笔彩礼,但是因为你的⼀种不争不抢,豁达的态度,总是充满爱的态度,转变了你⼉⼦的⼈⽣和命运.所以说通过这个事件、这个态度你就可以看到,你们社会上⽬前的认知.其实你们在表⾯上的争和抢啊、各种计较啊,全是在让很多灵魂,就好像很多花凋谢.它们枯萎,它们不想绽放,它们觉得这个世界太冷漠太⿊暗了,所以才会抑郁.抑郁的产⽣就是来⾃于感受不到爱,感受不到希望,感受不到光,明⽩吗?所以说当你⾃⼰修,修到外在没有事了,什么事都不能刺激你,就是你内在达到⼀种宁静的状态.外在所有⼀切都会变.因为为什么呢?你的那种频率散发出来的是什么?

Very successful people, making a lot of money. You might lose what seems like a dowry in your eyes, but because of your non-contentious and generous attitude, always filled with love, it transformed your son's life and destiny. Therefore, through this event and this attitude, you can see the current understanding in society. Actually, all these表面onings like competition and calculation are causing many souls to wilt, just like many flowers losing their beauty. They wither because they don't want to bloom; they feel that the world is too cold and dark, thus leading to depression. Depression arises from a lack of feeling love, hope, and light. Understand? Therefore, when you cultivate yourself and reach a state where nothing externally can stir you, achieving inner peace, everything external changes. Because why is it so? The frequency you emit reflects this quality:

就是⼀个爱的状态,就是⼀个和谐的状态.然后你⾝边吸引的件件都是这样的事情.所以单独的去解决事情,单独的去把这把钱要回来,实际上没有任何意义.你们表⾯上看着拿到⼿上了.拿到⼿上了,你⼉⼦因为经历过这⼀切,看到过这种冷漠,就是争夺.他这朵花已经枯萎了,他不想去奋⽃,他不想去赚钱.为什么?赚了钱反正都是进⼊到这种贪婪的⼈,要么就是被贪婪的媳妇啊什么什么的.他不想为这个世界去奋⽃去绽放⾃⼰,明⽩吗? 抑郁的⼈就是对这个世界失望的⼈.所以你⼉⼦他有看到过希望吗?

It's a state of love, a state of harmony. Everything around you is like that. So trying to fix things or get your money back individually has no meaning. You might seem to have solved problems, but your son, having gone through all this, seen the apathy and rivalry, his flower has wilted; he doesn't want to fight for anything, he doesn't want to earn money. Why? The money ends up in the hands of greedy people, or someone like a greedy wife. He doesn't want to struggle for this world, to bloom himself. Understand? Depressed people are those who have lost hope in the world. Has your son seen any hope at all?

问: 但是我们也是花费⼏⼗万的呀.

Question: But we also spent hundreds of thousands of dollars.

JO:你们⾃⼰不是说单纯的去处理问题,⽽是说你们的⼀个状态.你到底是不是在⼀个爱的状态?如果你的出发是在爱的状态,对⽅是会感受到你的爱的.就是你不是去⽃争去你死我活.当你⾃⼰放下你⾃⼰内在的冲突,然后是充满爱和和平的去跟对⽅交流,去跟她讲清楚.对⽅也会变得.

JO: Aren't you the ones who say that it's not about just solving problems, but rather your state? Are you truly in a loving state? If you start from a place of love, the other person will feel your love. It's not about fighting or trying to win at any cost. When you let go of your inner conflict and approach the conversation with love and peace, clearly explaining things to the other person, they too will experience it.

问: 因为就是说这个⼥孩对他不是那么真⼼,没有看到希望.

Q: Because it's like she's not really into him, there doesn't seem to be any hope.

JO: 如果你们家,你充满爱,你孩⼦充满爱.就算别⼈最开始不是真⼼,她在遇到你们的爱,被你们的爱感化了,都会变的真⼼.所以它这是⼀个变动的.对⽅变得更硬还是更软,是根据你的能量.如果你是⾮常寒冷,那对⽅的⽔就会结冰.如果你的温度是很温暖的,那对⽅的冰就会化成⽔.然后你再热的话,她就会变成开⽔,明⽩吗? 她会变的热情,充满了激情.所以你的能量状态,你的温度,你的temperature,它决定了外在是冰块还是⽔.它到底是冷冰冰的还是温暖的.是你决定.因为这⾥没有⼀个固定的.你⾃⼰永远都是在跟你⾃⼰的能量打交道.外⾯的事情它不是⼀成不变的.⽽且对⽅的态度也不是⼀成不变的,它是根据你的转变⽽转变.

JO: If you are filled with love in your home and your children are too, even if others initially aren't sincere, once they encounter your love and it transforms them, their feelings will become genuine. Therefore, this is dynamic; the other person's attitude becomes harder or softer depending on yours. If you're very cold, their water turns to ice. If your warmth permeates, their ice melts into water. Should you then increase in heat, she'll turn to boiling water - clear it? She will become passionate and full of fervor. Your energy state, temperature, determines whether the external environment is frozen or liquid; whether it's cold or warm. You decide this because there isn't a fixed outcome; you are always interacting with your own energy. External circumstances aren't static and neither is their response; they adapt according to your transformation.

那个转变不是假惺惺的去演戏去做戏去敷衍,⽽是说你真诚的,你的能量你的振动频率.

That transformation is genuine, not just a pretense for show, but an honest expression of your energy and vibration.

问: 因为那个⼥孩对我的孩⼦感觉不是那么真⼼.

Q: Because that girl doesn't feel as genuine towards my child.

JO: 这个问题前⾯已经回答你了.这个问题前⾯已经说清楚了.还有问题吗?问: 我和孩⼦的灵魂协议是什么?

JO: This question has already been answered before for you. The answer to this question was clearly stated earlier. Do you have any other questions? Q: What is the soul agreement I have with my child?

JO:你稍等.这么说你的孩⼦他就好像是你的⼀个果,你是因.你的状态决定了果是呈现什么样⼦,明⽩吗?他就是来完全来反射出你的⼀个状态的.但是除⾮他⾃⼰有强烈的意愿脱离你的影响,就是他想要去独⽴起来,你再受这个能量的影响.所以说如果你跟他分开的话,会对他是⼀件好事.就是让他受正⾯能量的影响.就是让孩⼦进⼊到⼀个⾼频的状态,就是进⼊充满爱充满温暖充满光的地⽅.然后他就逐渐的变成,就是焕然⼀新.

JO: Wait a moment. This means that your child is like one of the fruits from you, being the cause. Your condition determines how the fruit appears, do you understand? He simply reflects your state completely. But unless he has a strong intention to detach from your influence, meaning he wants to become independent, you will still be affected by this energy. Therefore, if you separate from him, it would be good for him. Let him be influenced by positive energy. Let the child enter into a high-frequency state, which means entering a place filled with love, warmth, and light. Then gradually, he transforms, becoming renewed.

问: 那我想出去租房⼦住是我们最佳的利益吗?

Q: Is renting a house outside our best interest?

JO: 你⾸先就是说你的孩⼦他如果离开你们,但是他需要去⼀个充满光,就是正⾯能量的⼀个地⽅,再把他给活起来,就是活过来,明⽩吗? 所以这和你去… 这么说吧,你需要给他创造⼀个能滋养他的⼀个环境.

JO: You're saying that your child needs to go to a place filled with light and positive energy so he can come back to life, understand? So it's not about you going... Let me put it this way, you need to create an environment that nourishes him.

问: 现在孩⼦就是⾛不出来的感觉,就是呆在屋⼦⾥.就是说现在我要和孩⼦分开住吗?

Q: Now I feel like my child is stuck at home; does this mean I need to live separately from my child now?

JO: 因为他会受到你的能量很⼤的影响,孩⼦就好像是你的⼀个反射,反射出你⾃⼰的内在的⼀个状态.那你是沉重的,他就是沉重的.你是轻逸的,他就是轻逸的,就像这样⼦的⼀个状态.所以说当他在⼀个正⾯的环境影响下,他就会越来越好.

JO: Because he will be significantly influenced by your energy, the child is like a reflection of you, reflecting your inner state. If you are heavy, he becomes heavy. If you are light and graceful, he mirrors that as well. It's like this kind of state. So when he is positively impacted by his environment, he improves accordingly.

问: 我跟我⽼公的灵魂协议是什么?

Question: What is my soul contract with my husband?

JO: 你稍等.你⽼公他好像也是你的⼀个反射体⼀样,也是好像是你是因,他是果.就是你的内在的状态,就是你的能量状态也决定了他的能量状态.就⽐如说你要很分裂的话,他也会很分裂.你要很宁静合⼀的话,他也会很安静.就这样.这种选择他来到你的⽣命当中,就好像你必须要做出改变.你要不做出改变,你不只是毁了你⾃⼰,连你的孩⼦和⽼公都受到很⼤的影响.

JO: Wait a moment. Your husband seems to be like your reflection, where he mirrors you; it's as if you're the cause and he is the effect. Your inner state, or energy level, determines his energy level. If you're very divided internally, so will he be. If you're calm and whole, he'll also exhibit that serenity. Essentially, this choice to have him in your life necessitates change. If you don't make changes, not only do you harm yourself, but your children and husband are significantly affected as well.

问: 就是⽼公控制孩⼦,控制欲⽐较强.

Question: It's about a husband controlling his child, with a strong sense of control.

JO: 那你想⼀下,当你⾃⼰变得越来越宁静,你⽼公的状态会随着你的影响,他也变得宁静了.他是不是就不需要把这种投射在孩⼦⾝上去了? 就好像是⼀个连锁反应⼀样.

In your own journey of becoming increasingly calm and peaceful, consider how your husband's state might be influenced by your tranquility, leading him to become more serene as well. Wouldn't this mean he no longer needs to project his emotions onto the kids? It would create a chain reaction, you know.

#### 2023/09/26 — 灵魂主题之从易碎到刚柔并济The Theme of Soul: From Fragility to Yin and Yang Harmony

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我这⼀世的课题和天赋是什么? JO: 你叫什么名字?

Question: What are my life tasks and talents in this lifetime? Answer: What is your name?

问: XXJO: 我们连接到你这⼀⽣就好像你是特别易碎的状态,就是你是⼀个玻璃球特别容易碎.然是你要把它变成像铁⼀样像钢⼀样,经过千锤百炼.所以它这是⼀个从玻璃球⼀不⼩⼼掉到地上就碎到你⽆乱怎么掉到地上反反复复的踩都不会碎.所以你这⼀世跟多的是⼀种不断地不断地让你的⼼就好像是铸铁成钢的⼀个过程.所以你会在前半⽣遇到很多让你很难接受很奔溃,就是好像把你打垮了的事情.然后通过不断地去遇到这种事情逐渐的就会让你拥有钢铁⼀般的状态,就是不会再轻易的被外界击碎或者击倒.

Q: XXJO: Connecting to you seems like being in a fragile state where you are easily breakable, like a glass ball. Yet, you want to transform into something as strong as iron or steel through countless trials and efforts. This means that instead of accidentally breaking upon hitting the ground like a glass ball, even if stepped on repeatedly, it will not break, no matter how hard you step on it. Thus, throughout this lifetime, there is an ongoing process where your heart is being shaped into something as strong as steel. Consequently, in the first half of your life, you might face many situations that are challenging and overwhelming, making you feel like you're being crushed. Through continuous exposure to such circumstances, over time, you will develop a resilient state akin to iron or steel, becoming less susceptible to being shattered or defeated by external forces.

问: 那我的天赋是什么?

Question: Then what are my talents?

JO: 你稍等.我们连接到你⾃⼰对弱者会有⼀种很强的连接感.⽐如说他们会激发出你内在更想变成像钢铁⼀样的状态.就好像你出⾃于你⾃⼰对⾃⼰的⼀个保护欲,就会投射到你⾃⼰对他⼈的那种保护欲.

JO: Wait a moment. We are connecting to your strong sense of connection towards the weak. For example, they might trigger within you a desire to become more like steel - as if you project onto others your own protective instincts that stem from self-preservation.

问: 那我的天赋就是去保护?

Question: Then my talent is to protect?

JO: 对.就是你越是⾛在这条路上,就是做⼀个保护者的⾝份去保护他们,你就会越来越强⼤.因为你通过这个过程,它不断不断地可以激发出你内在很强⼤的⼀个能量,就你在为他⼈的这种过程当中.这么说吧,如果说你的天赋的话,那就是说你既拥有柔情的⼀⾯也拥有⾮常钢铁的⼀⾯.那就是说就好像外胜内王那种状态.就是从外你像是⼀个王者⼀样拥有钢铁般的… 但是内在的⼼却是⾮常柔软的,想要去保护他们帮助他们的那种状态.

JO: That's right. The more you walk on this path of being a protector and defending them, the stronger you become. This happens because as you go through this process, it constantly stirs up within you a very powerful energy, an energy in service to others during your journey. To put it simply, if we talk about innate abilities, then you possess both the soft side and the very hard steel-like side of yourself. It's like being outwardly victorious while inwardly reigning as a king with steel-like... yet your inner heart is incredibly tender, wanting to protect and assist them.

问: 那我这种天赋做什么样的⼯作更适合我呢?

Question: Well, what kind of job would suit me better with my talent?

JO: 你⾃⼰去感受,因为你在当中你就能感受到这个能很好激发你内在的⼒量.然后这是你⾮常,就算他们不给我钱,我都⼼⽢情愿的想要去做这件事情.所以你就从这两个点判断,就算他们不给你钱,你都想去做.然后还有就是它可以让你不断地感觉你不害怕,因为你在保护他⼈,你没有什么恐惧.

JO: Experience it yourself because you are in the middle and you can feel this force that really excites your inner strength. Then, even if they don't give me money, I am more than willing to do this thing. So judge from these two points - even if they don't pay you, you still want to do it. And there's also the fact that it lets you constantly feel fearless because you are protecting others; you have nothing to fear.

问: 我前⼀世是什么样的? 我的这个灵魂是地球灵魂吗? 是⽼灵魂吗?

Question: What was I like in my previous life? Is this soul mine, an earth soul? Am I an old soul?

JO: 我们可以帮你连接看看哪⼀世还对你这⼀世有影响.你稍等.我们连接到有⼀些⽐较亲密的关系它来⾃于你前世的影响,所以你会从这些关系当中也受到⼀些打击,就是好像你破碎掉了.所以要么是亲情或者是婚姻的关系,就是这种亲密的关系,跟你连接感⽐较深的.因为你们其它世有⼀些姻缘有⼀些关系,然后这⼀世还在持续的影响你.就好像给你带来⼀些创伤或者是伤痛这种负⾯的影响.让你破碎掉这种.

JO: We can help you connect to see which past lives still have an impact on your current life. Please wait. We are connecting to some closely related relationships that come from the influence of your previous lives, so you will experience some setbacks in these connections as if they have shattered you. Therefore, it could be either familial or marital relationships, those close ties with deep connections because of past世姻缘s and relationships that continue to affect you in this life. It seems like they bring about negative impacts such as trauma or pain, causing you to feel shattered.

问: 能看到他们这⼀世主要是谁吗? ⽐如说是我爸妈? JO: 就是跟你连接⽐较强.那你告诉我谁伤害你最深?

Question: Can you identify who in this lifetime has had a significant impact on your life, such as my parents? JO: It's the people with whom you have a stronger connection. And then tell me who has hurt you the most.

问: 因为我现在感觉我都理解了,觉得伤害也是⼀种学习吧.我跟我爸妈情感的纠缠,因为我之前谈过很多男朋友,我也离过⼀次婚.

Q: Because I feel like I understand now; getting hurt is also a form of learning, isn't it? The entanglement in my relationship with my parents, due to me having dated many boyfriends before and being divorced once.

JO: 那就是你的⽗母.

That's your parents.

问: 主要是我的⽗母是吧?

Question: Mostly, my parents, right?

JO: 是的问: 我想知道我们之前是什么关系? 什么样的感情纠葛? JO: 你选择⽗亲还是母亲?

Yes, I ask: I want to know what kind of relationship we were before? What kind of emotional entanglement? JO: Do you choose your father or mother?

问: 先看我爸爸吧JO: 我们感应到你爸爸他就会有特别钢的⼀⾯.然后他特别钢的⼀⾯就好像要把你的玻璃球给击碎的那种感觉.但是他就好像会有⼀个模板在那⾥,让你可以看到你将会成为的样⼦.就是⽐如说你现在是玻璃球,你要变成钢嘛.最开始你不太会理解他,觉得他为什么会这么冷酷、强硬或者是不依不饶的,就是强硬的⼿段.所以最开始他更多对你的影响就是把你击碎,然后再给你⼀个影响就是你转变后可以参考.你拥有两⾯,明⽩吗? 因为你不是只拥有他那⼀⾯.因为只有⼀⾯的话是不平衡的.所以当你在这样⼀个状态再成为另外⼀个状态,你便拥有了,就好像刚才那句话,刚柔并济.

Q: Let's start with your father. JO: When we sense him, you will see a particularly strong side of him. This strong side feels like it wants to break your glass ball. However, there is also a template he has created that allows you to visualize what you could become. Imagine if you are now a glass ball and you're trying to turn into steel. Initially, you might not understand why he acts so coldly or forcefully towards you. He employs strict methods that can seem relentless. So at first, his influence on you is more like breaking the glass ball, followed by an impact showing how your transformation could look like. You have two sides, do you see? Because you don't just have one side from him; balance is important. When you go through this state and then become something else, you acquire a blend of strength and gentleness, akin to what was mentioned earlier - combining rigidity with flexibility.

问: 那我和我妈妈呢?

Question: And what about me and my mom?

JO: 你从你妈妈⾝上看到的是⼀种⽆⼒感,就是她没有把她的⽣命完全的精彩的绽放或者是活出来.你从她那⾥看到的就好像是⼀朵埋怨⾃⼰没有盛开的花,就埋怨⾃⼰的⽣命没有盛开吧.

In your mother, JO, you see a sense of helplessness, that she didn't fully live her life to its fullest or express it in an extravagant way. What you perceive from her is akin to a flower blaming itself for not blooming, essentially lamenting the lack of bloom in its own life.

问: 可是我妈妈也有跟我爸爸很相似的对我的控制.他们害怕和亲⼈分离的这种恐惧感,还有就是控制.

Q: But my mother also has a similar control over me as with my father. The fear of being separated from relatives, and the need to control.

JO: 然后你母亲给你带来的影响就是… 你说⼀个真正有⼒量的⼈她是不会想去控制别⼈和外在的.所以就是说她内在的那种⽆⼒感会让你⾃⼰想要去活出来,就是你不会想要活成她的模板或者是她的样⼦,就是你不想要成为她那样的状态.所以就好像又是⼀个镜⼦让你看到你⾃⼰⽣命本来的状态.

JO: Then the impact of your mother bringing you up is that... You say a truly powerful person doesn't want to control others and external forces. So it's like her inner sense of powerlessness drives you to live out your own life, as you don't want to live up to her template or her image. You don't want to be in the same state as her. It's like another mirror reflecting back your innate existence.

问: 我的⼉⼦是和我前夫⽣的.我前夫伤害我很深,但是我也理解.我想知道他和我⼉⼦之间的关系.因为我也咨询….

Q: My son was born with my ex-husband. I understand that he hurt me deeply, but also that he has a connection to me. I want to know about the relationship between him and my son because I have consulted...

JO: 你可以不⽤说其他的信息,你就直接问问题.这个需要他们当事⼈来查看.问: 哦,只能我单独来查看JO: 对,你是查看你的.你需要他们想要去探索这⽅⾯的信息.问: 那我看⼀下我和我⼉⼦如何更好的相处?

JO: You don't need to say other information; just ask your question directly. This requires the individuals involved to review it.

Question: Oh, can I only view this alone?

JO: Yes, you are viewing your own. They need to explore this aspect of information.

Question: Then let me see how my son and I can better get along?

JO: 你⼉⼦多⼤?问: 6岁JO: ⾸先就是说你和你⼉⼦没有不好的相处.你需要去重新定义什么样是好的定义.为什么呢? 因为他这个年龄你唯⼀需要的就是说能真正的静下来,就是把你这个⼈拉到当下让你陪伴在他⾝边.这就是最好的相处.所以它不需要任何的技巧、⽅式或者是⼿段,它只需要你能够完全的静下⼼来去陪伴在他⾝边.就是让他感受到你跟他同在,你们的连接感.

JO: How old is your son? Asking: He's 6 years old.

JO: The first thing to say is that you and your son have no bad relationship. You need to redefine what constitutes a good definition. Why? Because at this age, the only thing required of you is to truly be present with him, pulling yourself into the moment so he has company by your side. This is the best way of interacting with each other. So it doesn't require any techniques, methods or means; it simply requires you to completely calm down and be there for him. You need to allow him to feel that you are with him and that there's a connection between you.

问: 就是专⼼的陪伴?

Question: It's about dedicated company, right?

JO: 对,陪伴的时候你需要在当下,⽽不是说脑⼦⾥⾯想事或者是烦躁,就是你的能量.这样⼦的话,就好像你这⼀盆⽔你静下来.那如果你荡来荡去的话,你就好像是⼀盆开⽔.那你开⽔你肯定影响到他.他怎么在你的开⽔⾥安住下来? 所以你需要让你的⽔静下来,在适合的温度.让他能有⼀种舒适感,不会想要去逃离这个状态.所以是不是没有问题? 你唯⼀需要的就是去做⾃⼰的功课.

JO: Yes, when you are present with someone, you need to be in the moment, not thinking about things or being anxious, it's your energy. Like a still water, if you agitate it back and forth, you become like boiling water. And boiling water definitely affects him. How can he settle down in your boiling water? So you need to calm your water down to the right temperature for comfortability, so that he doesn't want to escape from this state. So is there any problem here? The only thing you need to do is to work on yourself.

问: 我想问我的灵魂是⽼灵魂还是幼年的? 还有我有没有指导灵?

Question: I would like to know if my soul is an old soul or a young one, and whether I have a guide spirit.

JO: 我们说你这⼀世的灵魂想要去成为⼀个强⼤的,就像从青少年转向⼀个成年的状态.所以如果按你们这种所谓的年龄来分的话,那就是青少年到成熟的这种状态.

In this lifetime, your soul wants to become powerful, like transitioning from adolescence to adulthood. So if we were to categorize it according to the so-called age groups, it would be from adolescence to maturity.

问: 那我有没有指导灵在⾝边?

Question: Does that mean I have a guide spirit by my side?

JO: ⾸先你要知道你们实际上没有离开过…. 这么说吧,你的这个物质⾁体只是⼀⼩部分的你在体验⽽已,就好像在收集信息,不断地收集信息的那个过程.那另外⼀个更⼤的你,它跟指导灵都是⼀体的呀,明⽩吗?

JO: First you need to know that you have not actually left... To put it this way, your physical body is merely a small part of the experience you are undergoing, akin to collecting information and continuously gathering data. The larger 'you', along with your guide spirit, are one and the same, understand?

问: 我的意思是除了我⾃⼰的灵魂以为…JO: 是你⾃⼰的⼀个触⾓,就是你的⿐⼦如果你是捂住的话,你可能闻不到你旁边有味道,对吧? 那你不捂住⿐⼦呢? 你把堵住⿐⼦的东西拿开了,你是不是就可以闻到了? 那你问我这个味道有没有⼀直在呢? 明⽩吗?

Q: I mean besides my own soul... JO: It's like one of your tentacles; if you were to cover up your nose, you might not be able to smell the scent next to you, right? Now, what if you didn't cover your nose and took away whatever was blocking it? Would you then be able to smell it? And my question is, did this scent remain constant throughout? Do you understand?

问: ⼀直都在JO: 对,你就好像你在花园⾥⾯.本⾝你就在花园⾥⾯,有花的⾹味,但是你的⿐⼦⼀直是不畅通的状态.因为东西堵住了.那你把堵住⿐⼦的东西拿开,你是不是就闻到花⾹了? 那你问我: 我⾝边有花的⾹味吗? 我们怎么回答你,你说?

Q: Always in JO: Yes, you're like being in a garden. You are within the garden itself, surrounded by floral scents, but your nose is always congested due to something blocking it. If you were to remove whatever is causing the congestion, would you then be able to smell the flowers? Now, if someone asks me, "Is there a scent of flowers around me?", how should I respond in this scenario?

问: 我经常感觉在看书的时候周围的时间会加快….

Q: I often feel that time speeds up around me when I'm reading a book...

JO: 那从这个当中你就知道时间对你们来说实际上也是相对的,明⽩吗? 是根据你们感知的转变⽽转变的.

JO: So from that you realize that time for you is also relative, understand?, changing according to your perception transformation.

问: 那为什么在特别安静的时候我就会有这种感觉?

Q: But why do I get this feeling when it's especially quiet?

JO: 你是独⼀⽆⼆的感知体呀, 你来告诉你,明⽩吗? 你想⼀下你们每⼀个都是不⼀样的感知体,就好像你们每⼀个⼈都是体温计.就好像是⼀个测量⼯具⼀样,你们每⼀个都是根据⾃⼰的感知来测量的,明⽩吗? 那你就可以运⽤你⾃⼰感知到的对时间对实相的这种感觉,你是不是就可以分享给其他⼈? 那你就成为⼀个艺术家了.就⽐如说你感知到这个世界都是⾊彩,那你就不停的⽤⾊彩⼦你的画上⾯,明⽩吗? 因为这⾥没有⼀个绝对的东西,就是没有⼀个这个才是正确答案. 不然的话,我们来告诉你这个才是正确答案,你要来对答案.你本⾝就是答案.

JO: You are unique perceptions, come and tell us, understand? Imagine that each of you is a different perception, like each one of you being a thermometer. Just like a measuring tool, each of you measures according to your own perception, do you understand? Then you can apply what you perceive about time and reality, can't you share it with others? That makes you an artist. For example, if you perceive the world is colorful, then keep using color on your paintings, understand? Because there's no absolute thing here; no single answer is correct. Otherwise, we would tell you this is the right answer, come and get it right. You yourself are the answer.

问: 我奶奶和叔叔去世之后,我经常梦到他们.他们有什么信息给我吗?

Question: After my grandmother and uncle passed away, I often dream of them. Do they have any messages for me?

JO:你稍等.⾸先就是说你要抛开你头脑⾥⾯认为的,就是他们有没有什么信息,有没有什么传讯.就是抛开这种所有的.因为那只是你头脑⾥⾯在捕捉的⼀点,就是解释它的理由⽽已.但是你要知道你们的另⼀部分,就是意识状态吧,它其实跟所有⼀切,跟你奶奶也好跟你叔叔也好,就是跟那些看不见的,就是能量层⾯的,它们实际上⼀直是在互通着,明⽩吗?所以你的梦境也会是⼀直在这样的状态.那只是有⼀些互动的情景或者是感受它被头脑记住了.但是你们往往⽐这些多的多的多,就是感知到的只是⾮常细⼩的⼀丁点,明⽩吗?其实你们不只是睡觉还是醒着,其实你们⼀直都在产⽣变化.它不是⼀成不变的.

JO: Wait a moment. First of all, you need to discard any notion that they have information or messages. You should detach yourself from these ideas completely because they are just explanations your mind is grasping onto. However, you must understand the other part of yourselves - the consciousness state – which actually communicates with everything around you, whether it's as simple as your grandmother or uncle, or the unseen, energetic levels. They're constantly in dialogue with each other, do you see? Therefore, your dreams would be constantly in this state. It's just that there are some interactive scenarios or feelings that your mind is remembering. But what you often experience goes far beyond these interactions; it involves only a minuscule fraction of the vast connections available to you, right? You're not just sleeping or awake, you're always undergoing changes. This constant transformation isn't static.

所以有时候你会发现你睡觉前的⼀些情绪,你睡觉过后就变了就好了.

So sometimes you'll find that certain feelings before you go to bed get resolved after you sleep.

问: 也就是说他们⼀直跟我有连接有信息…JO: 不能说是他们,⽽是和你们.因为这⾥没有你跟他.因为你们互动的那个实相,你们是没有分别的,明⽩吗? 这么说吧,你们都是⽔池⾥的⽔,对不对? 然后只是你这个⽔,它这根冰棍还没有消失.为什么呢? 因为它的温度还很寒冷,你的冰棍还是没有消失的状态.但是他们的⽐冰棍却消失了,因为温度的原因,它已经不是冰棍的状态了.但是你能说⽔跟⽔分开了吗? ⽐如说你的时间啊、外在的姻缘啊、不同的季节啊,这些不同.但是当你的温度变了,你的冰棍消失过后,你们是不是又在⼀起了?

Q: In other words, they've always been connected to me with information...JO: It's not them you should say it about, but rather you and them. Because here there is no you and him; because your shared reality doesn't distinguish between you two. Do you understand? I'll put it this way: you are all the water in a pool, right? Then only your ice cream hasn't disappeared yet because its temperature is still very cold, so your ice cream is still in existence. But their ice creams have vanished due to the temperature; they're no longer in the ice cream state. However, can you say that the water has separated from itself? For example, consider your time, external relationships, seasons, and other differences. But when your temperature changes after your ice cream disappears, are you reunited again with them?

问: 那只不过是我⾃⼰想要去得到什么信息,然后我刻意的去接收这些?

Q: That's just what information I want to get, and then I deliberately receive these.

JO: NO NO.你通过梦境也好,通过我们的信息,你就知道实际上你们都是⼀体的,这⾥没有什么分别.只是你们化成不同的形状来互动.

JO: No no. Whether through dreams or our information, you realize that actually you are all one entity. There is nothing really separate here. It's just that you have transformed into different forms to interact.

问: 那只是我们….

Question: That's just... us...

JO: 你连不连接它都在那⾥.只是说你能从这些东西当中, 你感知到的⼀些信息,你感知到的⼀些东西当中如何把它转化成正⾯服务于你.如果你不能把它转化,不能让它正⾯的服务于你,就好像你失去这个养分了.这么说吧,那你说蔬菜也好,⽔果也好都在那⾥.那你能把它运⽤起来来⽀持你⾝体健康的运作,还是你不来做这个事情?

JO: You can connect to it or not, but you're in the same place. It's just about being able to take what information you perceive from these things and how you transform that into something positive for yourself. If you cannot transform it or use it positively, as if you have lost its essence. Imagine vegetables or fruits are there. Can you utilize them to support your body's health function, or do you neglect this process?

问: 我好像⽐⼀般⼈有更多有灵界的体验….

Question: I seem to have more experiences with the spirit world compared to others...

JO:⾸先在这个节⾻眼上,就是在你们⼈类意识的这个阶段,本⾝就好像是春暖花开吧,就好像是所有的花都要开了.然后就好像是⼀个集体意识,就是所有⼈都能看到花开的迹象,他⾃⼰也是⼀朵…就是时间到了.所以你们就会有很多往这⽅⾯去寻找信息呀,去⾃我探索,去发现更⼤的⼀个真相.这也是你们集体意识的⼀次飞跃⼀次转变.到点了,天要亮了,就这种感觉.

JO: Firstly, at this node, in the stage of human consciousness as you perceive it, is like the warmth of spring and the blooming of flowers; all the flowers are about to bloom. It's akin to a collective consciousness where everyone can see the signs of flower blossoms, each individual being one themselves... The time has come. So there will be much searching for information, self-exploration, discovering a greater truth. This is also a leap and transformation of your collective consciousness. It's time, dawn is breaking, that sort of feeling.

问: 能帮我看⼀下我⾝体⽅⾯有没有什么需要改善?

Question: Can you help me check if there are any aspects of my body that need improvement?

JO: 健康⽅⾯如果它没有那种就好像是⾻头断了或者是开裂的这种情况下,你不需要太过于的关注它吧.因为它会随着你⾃⼰的⼼态啊、能量啊、情绪啊、就是你这个能量体、你的频率,它会随着这些的变化⽽变化的.所以它是波动的.就⽐如说我现在告诉你现在⾮常好,对吧? 那等会⼉你回到家遇到⼀件⾮常郁闷的事情,就在⾥⾯深陷不出来.那你逐渐的把这个深化深化… 明⽩吗? 那就算你现在情绪不是很好,但是你通过跟我们的连接,你感受到⼒量感、感受到爱、感受到光.你的⾝体的问题也会消失不见的.为什么呢? 因为你锁定了我们的频率.所以它是⼀个波动的,它随着你⾃⼰的频率和能量变化⽽变化的.

In terms of health, if it's not like a bone that is broken or fractured, you don't need to pay too much attention to it. Because your state of mind, energy, emotions, and the vibration of your energy body will influence its condition. So, it fluctuates. For example, if I tell you everything is very good now, right? But when you get home and face something really depressing, you get stuck in it. Gradually, this becomes deeper... Do you understand? Even if your current mood isn't so great, but through our connection, you feel strength, love, and light. Your body's issues will disappear. Why is that? Because you've locked onto our frequency. So, it fluctuates based on your own vibration and energy changes.

如果你去刻意的去把某⼀个问题或者部位⼤化的话,那你当然会在⾥⾯体验了,就是创造这个体验给你⾃⼰.你记住就是说你们的⾁体会⾃动的为你服务,它好像就是你的⼀些⼠兵.你怎么去调动它,怎么去运⽤它,它都会跟随你.所以你才是将军,你才是那个领头⼈决定它们朝哪⽅⾯⾛.

If you deliberately amplify a particular problem or area, then of course you will experience it and create that experience for yourself, as your physical body is automatically serving you like soldiers under your command. You decide how to direct them, how to use them, and they follow your guidance. Therefore, you are the general, the leader making decisions on which direction they should go.

问: 我和我⽼公的关系? 如何跟他更好的相处? JO: 你们在⼀起多久?

Q: About my relationship with my husband? How can I better get along with him? JO: How long have you been together?

问: 我们21年在⼀起的.

Question: We have been together for 21 years.

JO: ⾸先我们之前不是说你的⼈⽣主题是会经常被击碎的那种感觉.然后你通过上⼀段关系就是好像把你击碎了⼀样.所以这⼀段关系它可能还会是相同的,就是不是故意的吧,但是就会把你碰碎吧.然后其实这并不是来否定你们的关系或者是给你⼀个不好的信息,因为说实话你们对关系有⼀个误解.你们会觉得我结了婚我就是幸福的、就是圆满的、就是快乐的完整的,然后就是⼀个圆满的状态.但是并不是的.你们步⼊婚姻中的⼈,你们⾃⼰选择对⽅来帮助彼此成长.你们要记住,你是帮助对⽅成长,对⽅也帮助你成长,明⽩吗? 所以它并不是你们世俗对婚姻的⼀种(定义),觉得婚姻就是⼀个圆满的状态了.不是的.

JO: Firstly, we previously discussed that your life theme often involves a sense of being shattered, and you felt this way through your previous relationship as if it had broken you apart. Thus, this current relationship might continue to have the same effect unintentionally but would still shatter you, all while not serving to undermine or deliver negative information about your relationship or provide you with an unflattering message. It's because there is a misunderstanding about your relationship. You believe that by getting married, you will achieve happiness, fulfillment, joy, completeness, and reach a state of perfection. But this isn't true.

When you enter into marriage, you yourselves choose each other to help facilitate mutual growth. It's important to remember that it's not merely a superficial definition or perception of marriage that you might have. Marriage is not seen as a complete or perfect state. Instead, entering marriage means selecting someone to assist in your personal development and vice versa; the purpose isn't tied to the conventional expectations society places on marriage but rather is about growth and learning from each other.

因为如果你们真的彼此都圆满的话,你们就可以离开这个物质世界了.你们不需要这个⾁体了,因为没有功课给你们了.

Because if you are truly complete with each other, you can leave this material world. You don't need your bodies anymore, because there is no homework for you.

问: 也就是说他是来击碎我的,我是要…JO: 通过不断地被击碎来让⾃⼰修复⾃⼰,让⾃⼰越来越强⼤.

Q: So he's here to break me, and I need... JO: To continuously get broken in order to repair myself, becoming stronger and more powerful.

#### 2023/09/26 — ⼀切都是频率Everything is frequency

JO: 你说吧,什么问题?

JO: Say it, what's the question?

问: 我过⽣⽇,我咋忘了? 不知道咋回事.

Question: I had my birthday, how did I forget? I don't know what happened.

JO:这么说吧,你的这个⾝体你的这个物质⾁体,你已经是放纵它,就好像是这条狗.这条狗完完全全的成为了⼀只野狗,因为你对它是⼀种失控的状态.你是完全任由它的⼀个状态,你没有去跟它发⽣连接,产⽣连接,明⽩吗?所以说当你没有跟它产⽣很强烈的连接的话,那它就是在⼀种云⾥雾⾥的⼀种感觉.它不能有效的为你服务.它不只是关于你不能记起来这些事情,就很多状态你就有⼀种⼼有余⽽⼒不⾜.就⽐如说你的情绪你也控制不了.然后你的思想,你的感受,所有的东西你都很难去控制它.这么说吧,就⽐如说你跟你这个⾁体连接感强的话,它们有⼀百条线是连接的.那因为你的这种状态,你连接的线可能只有⼗根左右,明⽩吗?

JO: Let me put it this way, your physical body, this material body of yours, you have already indulged in it. It's like that dog; the dog has completely become a wild dog because of your state of losing control over it. You are in a state where you entirely leave it alone without establishing any connection with it. You are not engaged with it or bonded to it, understand? So when there is no strong connection between you and it, it feels like being lost in fog or clouds; it can't serve you effectively. It's not just about not being able to recall things; there are many situations where you feel powerless despite your efforts. For instance, you can't control your emotions. And with your thoughts, feelings, everything is hard to control. Let me explain it this way: if you have a strong connection with your body, there are 100 threads connecting them. However, due to your state, the number of connections may only be around ten, get it?

所以你就好像失去了对它的⼀个使⽤权,操控权.就你失去了去有效的运⽤它.因为你们的物质⾁体其实就是你们的⼀台汽车⼀样,你去驾驶它达到你的⽬的地.那如果你⼀直就是放在那,从来不保养它,让它⽣锈让它淋⾬.然后本来是⽤汽油的车,你给它加很多的⽔,明⽩吗? 因为你的⾁体,就⽐如说你本⾝需要很多天然的⾷物和⽔.你却给它很多很多酒,对吧? 那你是不是在⼀种不是正确的使⽤⽅式和保养它的⽅式,对吧? 那如果它发⽣故障… 你说别⼈的车咋跑那么快,我的车咋跑不动呢? ⼈家加的汽油,你加的⽔.

So you are like losing the ability to effectively use it, control it. Because your physical body is just like a car that you drive to reach your destination. If you keep leaving it unused and neglected, allowing it to rust and get wet from the rain. Then if it's an engine-powered vehicle that needs gasoline, you're filling it up with lots of water, right? Your body, for instance, needs many natural foods and water, but instead you're giving it a lot of alcohol, okay? That means you are using and maintaining your body in an incorrect way, right? If something goes wrong... You ask why others' cars can run fast while yours won't move? They put gasoline in their tanks while you added water.

问: 那怎么办呢? 如何去联系我的⾝体?

Q: What should I do then? How can I connect with my body?

JO: 那如果你知道这台车是⽤错误的使⽤⽅法和错误的保养⽅式.那你现在是不是就需要重新去进⼊正确的⼀个使⽤⽅法和保养⽅法,对吧? 所以我们需要给⾝体⼀个转变它的模式和过程.但是这个是需要你⾃⼰有强烈的意愿,你想要去发⽣这个转变.因为为什么呢? 你想象⼀下很多⼈他和你的状态是⼀样的.那很多⼈他们没有办法找到出路.因为他们是在⿊暗中,他们没有路.他们不是不想出来,他们没有门路.但是你现在找到门路了.我们拉着你的⼿,你是不是就可以把那些跟你⼀样深陷痛苦的⼈,拉着他们的⼿,对不对? 你让他们看到希望,看到⽅向,看到正确的⽅向,是不是? 那你是不是就变成了⼀个像JOJO⽼师⼀样去转变别⼈命运的⼈?

If you know that a vehicle has been used incorrectly and maintained wrongly, then at this point, don't you need to re-enter the correct usage method and maintenance procedure? So we need to give the body a process of transforming its mode. But this requires your strong will because many people in the same situation as yours are unable to find their way out. They are lost in darkness with no way out; they aren't unwilling to leave, but simply lack a path. You now have found that path. With us guiding you, can you pull those suffering similarly as you did? Can you show them hope, direction, and the correct path, turning their circumstances around like how JOJO teacher transforms others' fates?

把他们带出⿊暗的⼈,对不对? 那这是你想要成为的吗?

The person who brings them out of the dark, right? Is that what you want to become?

问: 成为⼀个⼤好⼈?

Question: To become a really good person?

JO: 这⾥没有所谓的好⼈坏⼈,只有你⾃⼰按照你⾃⼰的意愿.你的意愿都会得到⽀持,明⽩吗? 所以你没有必须要去成为⼀个好⼈或者是什么,因为都是体验.只有就是你有多强烈的意愿,你强烈的意愿都会得到⽀持.所以你就去做你⾃⼰想做的事情.因为你要知道从这个泥坑⾥爬出来的不只是你,还有你⾝后千千万万的⼈.他们的状态和你⼀样,他们没有办法听到我们的声⾳.他们没有办法看到这个光,但是你有,你可以.所以你通过把你⾃⼰,就是让我们牵着你⾛出来.然后你会给出你的⼿去牵着更多的⼈⾛出来.

JO: There are no such things as good or bad people here; it's all about your own will. Whatever you desire will be supported, understand? So there's no need to be a good person or anything else because it's all just experience. Only that the stronger your will is, the more support you'll receive. Thus, do what you want. Because know that not only are you getting out of this muck, but millions of others behind you are too. They're in the same situation as you; they can't hear our voices or see this light. But you can. Therefore, guide yourself out by letting us help you. Then, extend your hand to lead more people out.

问: 为什么我觉得没⼒量呢?

Why do I feel weak?

JO: 那就像刚才说⼈家⼀百根线都是连着的,你只连着⼗根线.你说你的⼒量能跟连⼀百根线的⼈⽐吗? 所以说你现在⽬前经历的所有这些症状也好问题也好,它其实归根结底都是⼀个点造成的.所以当你⾃⼰和你内在的源头,就是和你的⽣命发⽣连接.所有的⼀切,你的⽣命会焕然⼀新.你就好像是从枯萎的草⾥⾯长出来的嫩草,重新在茁壮的成长,越长越⼤.然后你的⽣命⼒就会越来越强,越来越强.你想象⼀个你的草是枯萎的,然后有⼀个嫩芽在往外长.那你感受到没有⼒量是正常的,因为你还没有肆⽆忌惮的疯长.

JO: That's like saying someone has a hundred wires connected, but you're only connected to ten. Would you say your strength compares to the person with a hundred connected wires? Therefore, all symptoms and issues you are experiencing currently can be traced back to one central cause. When you connect yourself and link back to your inner source, which is connecting to your life, everything will change. You would feel like new grass growing from withered grass, re-growing and thriving, getting bigger as it grows. Then, your vitality will increase, becoming stronger and stronger. Imagine if your grass was withered and a tender sprout was pushing through; you wouldn't have excess energy because you haven't been aggressively flourishing yet.

问: 就是还没在状态.

Q: They're just not quite there yet.

JO: 是的.但是你要知道⽆论它多么旺盛或者浓密的草,你看着它们长的再⼤的参天⼤树,它们都是从⼀棵嫩芽开始的,明⽩吗? 所以你们所有的起点都是⼀样的,没有你⽐那棵参天⼤树弱.你看着旁边的参天⼤树,你说,哇,它的⽣命⼒好强啊,它好⼤啊好⾼啊.但是它也是跟你⼀样从⼀颗幼芽长出来的状态,明⽩吗? 所以对⽅可以长成参天⼤树,你也可以.你只需要不断地扎根扎根,和⼤地连接,吸取⼀切的养分.

JO: Yes, but you have to understand that no matter how vigorous or dense the grass is, or how tall and majestic a tree appears when you see it grow up to its full size, they all start from a single tender bud. Do you get it? So, all your starting points are the same; there's nothing that makes you weaker than that giant tree. When you look at another tree alongside it, you say wow, how strong is its vitality and how big and high it stands. But remember, it also started from a small sprout just like you. So if the other person can grow into a towering tree, so can you. You simply need to continuously dig deep roots into the earth, connect with it, and absorb all the nutrients it provides.

问: 我有时候会看到⼀些东西,好像是幻觉,是咋回事?

Question: Sometimes I see things that seem like hallucinations; what's happening?

JO: 我们刚才说⽐如说别⼈连接的线是⼀百,然后你是百分之⼗.你是百分之⼗的话,你就好像⼀种在做梦,在梦⾥,就是不清醒的状态.就是它是飘的,就好像是梦游.那你在这样⼦意识恍惚的状态的话,你的意识收到的信号就不能焦距在这个物质世界.也就是说你这个⾁体它不能很好的焦距在这个物质世界.就好像⼀个电台的信号的强弱度.明⽩吗?所以它会有很多这样⼦的⼀些… 那当你的根越扎越深,越扎越深,就是当你越来越接地过后,你的这种感觉也会改变的.就是你会有脚踏实地,实实在在的那种感觉.你需要⾃⼰有⾮常强烈的意愿,我想要在地球上扎根.

JO: We were just discussing for example that if someone else's connection is a hundred, then you are ten percent of that. If you are at only ten percent, it's like being in a dream-like state, where you're not fully aware. It feels detached and as though you're just drifting along, much like walking in your sleep. In such a disoriented state, your consciousness cannot focus on the material world effectively. Essentially, your physical body isn't able to navigate or interact with the material world smoothly. It's akin to how the signal strength of a radio varies. Can you understand? Therefore, there are numerous instances where... As you deepen your connection and grounding more deeply, which means as you become more rooted in reality, you'll experience these changes in perception. You will start feeling grounded, experiencing a sense of being firmly planted on Earth. You need to have a very strong desire for this grounding.

因为当我长出来,我可以让更多和我⼀样处于幼苗状态的⼈看到希望,让他们看到⽅向,让他们看到我们如何突破、如何成长,明⽩吗?这么说吧,当你如果只是为了你⾃⼰的这个⾁体,你想产⽣愿⼒,你的愿⼒可能只有百分之⼗,对吧?可能为了你⽼婆,你有百分之⼆⼗.如果背后有成千上万个⼈呢?那你可能产⽣百分之⼀百,明⽩吗?所以说当你⾃⼰想要去转变他⼈的这种愿⼒越⼤,然后你⾃⼰的⼒量就会越⼤.就很简单,就⽐如说我如果只是单纯⼀个⼈,那我可能死了⽆所谓.那如果我有⼀个爱我的⽼婆,我不想我⽼婆伤⼼.那我可能不那么想死,活⼀下吧.那我有个⼉⼦,我再加分不想死.再有个⼉⼦,再加分.我后⾯还有千千万万的⼈,他们都是我的粉丝.

Because when I grow up, I can show more people in a similar stage of development that there is hope, guide them towards a direction, demonstrate how we can overcome and grow, do you see? Let me explain it this way: if you are only trying to generate merit for yourself, the potential merit you might create could be only 10%, right? Perhaps for your wife, it's 20%. But if you have thousands of people behind you? You could generate 100% merit. Do you understand? So when you want to increase others' merit, effectively amplifying their potential, it simultaneously boosts your own power. It's simple; for instance, if I were just a single person, my death wouldn't matter much. But with a wife who loves me, I wouldn't want her to be heartbroken. Therefore, I might not feel as compelled to die and perhaps live on. Having a child adds another layer of concern about their well-being, leading to the desire for survival. Another child further amplifies this need for living. And behind all these, there are millions of fans who admire me.

我要死了,他们都要灭亡了.那我是不是不想死的决⼼就更⼤了,明⽩吗?就不想结束我的物质⾁体.所以当你去拥有这样⼦的⼀个愿⼒的话,它会加⼤你⾃⾝的能量.会让你更加的想要在地球上扎根.因为⽬前的状态就好像你的根扎的很浅,它没有深层次的扎根.扎的很浅,你就很容易被风吹草动给带⾛了,就飘了,就没有那种稳定的感觉,没有安全感,没有踏踏实实的感觉,就感觉没有地⽅可抓⼀样.

I'm going to die, they're all going to perish. Doesn't this mean that my resolve not to die becomes even stronger? I don't want to end my physical body. So when you have such a will, it increases your own energy. It makes you more determined to take root on Earth. Because the current state is like having shallow roots; they haven't dug deep into the ground. With shallow roots, you're easily blown away by even slight winds or disturbances, becoming unstable and lacking security and a sense of being grounded. It feels as though there's nothing solid for you to hold onto.

问: 我控制不了⾃⼰光想喝酒是啥问题呀?

Question: I can't control my urge to drink; what's the issue?

JO: 你⾸先就是说你们都是单独的在从这个物质⾁体上去解决问题.就是我要去控制这个⾁体,就⽐如说你们⽬前社会上治病.你们看病,你们都只是针对你的症状你的问题.这边有个肿瘤,割掉.那边有个啥,化疗.明⽩吗? 你们都是在从你们的物质⾁体上去… 这么说吧,你们的物质⾁体就好像是⽔中的⽉亮.但是你们现在在做的动作,就好像是在给⽔中的⽉亮做⼿术⼀样,明⽩吗? 所以说真正的,你们的物质⾁体它实际上就是⼀个能量的反射体.你这个能量的⼀个状态,它决定了你这个⾁体是以⼀个什么样⼦的状态存在.就在你们的⽣活中你们都可以看到有很多⼈格在⼀个⼈的⾝体⾥⾯,那当他切换⼈格的时候,他⾝体的健康也会变的.

JO: You're addressing the issue by operating solely within this physical body. Essentially, you're trying to control your body; for instance, in current medical practices where you diagnose and treat based on symptoms or issues faced. If there's a tumor, it gets removed. If there's something else elsewhere, chemotherapy might be administered. Do you understand that you are addressing these problems within your physical body? To put it differently, your physical body is akin to the moon in water; however, what you're doing now is like performing surgery on this moon-like reflection of energy. Understand? In reality, your physical body merely acts as an energy reflector; its state determines how your body manifests based on your energy's condition. In everyday life, many personalities coexist within one individual. When they switch personalities, their health also changes accordingly.

你们世界上有很多这样的案例,它都是来让你们看到你们的⾝体它是根据你⾃⼰的振动频率⽽转变的.为什么你⽬前还会依赖酒精? 是因为你的频率它没有变化.那你还投射出这样⼦的⼀个⾁体给你.所以说当你的频率在受到极⼤的⼀个转变过后,你投射出去的⾁体就不会有任何瘾的存在,明⽩吗? 所以说你们需要从能量层⾯去做功夫.那如何从能量层⾯去做功夫? 就是说你的振动频率是通过你⾃⼰的⼀些认知… 这么说吧,我跟你讲⼀些最简单的振动频率.前⾯你看到⼀个⿁,你全⾝发抖、害怕.这是⼀个振动频率,对不对?你恐惧.那你产⽣的是恐惧的频率.那我们把灯⼀打开,你看到那个⿁是⼀件⾐服.风吹着它在动,你⾝体的频率马上就转变了,对不对?

There are many cases like this in the world that are designed to show you how your body transforms according to its own vibration frequency. Why do you still rely on alcohol? Because your frequency hasn't changed. That's why you project such a physical form onto yourself. Therefore, once your frequency undergoes a great transformation, the physical form you project will have no addiction left, understand? So, what you need to do is work on it from an energetic level. How can you work on it from an energetic level? Your vibration frequency is through some of your own cognitive... Let me put it this way, I'll explain the simplest vibration frequency to you. When you saw a ghost and your whole body trembled with fear, that's a vibration frequency, right? You're afraid. Therefore, you produce a frequency of fear. Then, when we turn on the light and you see the ghost is just a piece of clothing, moving due to the wind, your physical form changes instantly, right?

所以说通过我们把你带到光当中,让你看见过后.你的振动频率就会变.就⽐如说你的⼀些认知的转变,就⽐如说你以前觉得死亡是⼀件很恐怖的事件.那通过我们来给你看到其实死亡就好像是回家⼀样.那当你真的是认识到这⼀层东西,那你对死亡的感受就完全变了.你感受变了过后,你产⽣的频率就会变了.你产⽣的频率变了的话,你们⾃⼰物质世界中看到的不同的频率会产⽣不同的结果,不同的相,明⽩吗?所以说那你就知道如何去转变你现在⾃⾝的频率从⽽来转变你这个⾁体?!其⼀就是可以通过不断不断地进⼊我们给你们创造的这个频率.因为我们这个频率就好像是你调弦调⾳,就是你有的矫正.你就可以调频,你可以进⼊到这个能量状态.

So by bringing you to the light and allowing you to witness it, your vibration frequency shifts. For example, if you once viewed death as a terrifying event, through us, you would understand that death is akin to returning home. Upon truly comprehending this level of understanding, your perception of death transforms completely. Your feelings change, leading to altered frequencies. When your generated frequencies change, different results emerge within your physical world when encountering varying frequencies; different manifestations occur. Do you understand? This knowledge guides you on how to alter your current frequency to transform your physical body! One method involves continuously entering the frequency we create for you. Our frequency is like tuning and adjusting a sound, where corrections can be made. You adjust the frequency, allowing entry into an energetic state.

然后这个能量就不断地不断地在调你⼀样,给你调频.然后你不断地去把这些,你以前旧有的程序已经不能⽀持你,就是你是⼀台电脑,你的这个程序软件已经不能⽀持你了.那我们就需要给它植

Then this energy keeps adjusting you, tuning you in, constantly. You keep trying to adjust and update your old programs that can no longer support you, because they're like software on a computer that can't support the new you anymore. So we need to implant something new for it.

⼊⼀个新的对吧? 我们需要给它升级.那当你⽤我们的程序运作的时候,你⾥⾯整个就发⽣了本质的变化.你的速度就不可能是以前的.所以这个不是你单独的去解决你⾁体的成瘾性⾏为或者⾁体的什么需求,去满⾜它还是去阻⽌它.⽽是说不断不断地去调频.⾁体是个果,让你这个果产⽣变化.

Here's a new one, right? We need to upgrade it. When you operate with our program, everything inside undergoes essential changes. Your speed cannot be as before. So this isn't about you individually addressing your physical addiction or fulfilling bodily needs, whether by satisfying them or preventing them. Rather, it's about continuously tuning the frequency. The body is a fruit that results in change for you.

问: 两年以前我的⾝体感觉很疲累.

Two years ago, I felt very tired.

JO: 那你⾝体的这个问题也跟刚才是⼀样的.就跟刚才的问题是⼀样的.因为你们的⾁体就是你们的频率投射出去的⼀个果.那你想象⼀下你现在⾝体是什么软件,你是什么频率? 明⽩吗?

JO: Then the issue with your body is exactly the same as before. It's just like the problem was earlier because your physical body is the manifestation of your frequency projection. Imagine what kind of software you are running in your current body and at what frequency level? Do you understand?

问: 我感觉早上睡觉….

Question: I feel like sleeping in the morning...

JO: 你可以不去在乎这所有的⼀切.为什么呢? 因为这些都只是你⽬前的⼀个频率产⽣的⼀个相,⼀个果⽽已.你唯⼀就是说去调你的频.因为当你的频不⼀样了过后,你这个果是必然发⽣转变的.这是必然的.所以你所有的这些问题,我⾝体累啊,又是⽆⼒啊,有瘾啊,这些全部都会消失的.那个你已经死掉了.那个频率它投射出去的相已经死掉了,已经是⼀个新的相了.所以为什么我们说你是枯萎的草⾥⾯重新长出来的⼀颗嫩草? 那个嫩草它会逐渐的长的越来越旺盛,越来越旺盛.明⽩吗? 所以那个枯萎的草,它还有什么问题根本不需要你再去纠结或者是解决.为什么呢? 因为新的⽣命已经发⽣了,⽽且新的⽣命会越来越旺.

JO: You can disregard all of this. Why not? Because these are merely the manifestations and results produced by your current frequency. The only thing you need to do is adjust your frequency. Because once your frequency changes, it is inevitable that the outcome will also change. This is bound to happen. Therefore, all of your issues such as feeling tired in your body, being powerless, having addiction - they will all vanish. That old self has already died. The projection of the old frequency has already passed and become a new one. Why do we say you are like a fresh blade of grass that has sprung up from withered grass? This young grass will gradually grow more robust and flourish. Do you understand? Therefore, there is no need for you to worry about or solve the problems of the withered grass because a new life has already begun and it will only become stronger over time.

所以你就没必要再去拿着那颗枯萎的草再去研究了.这就是⽣命的⼒量.那你们唯⼀需要的就是不断地不断地加⼊我们给你们创造的这个频率.然后⽤我们给你植⼊的这些概念去取代你旧有的模式.因为当你在运⾏⼀个新的软件,你就会让更多⼈更多⼈和你⼀样.所以你只需要⽣出你的⼿,发出你的⼼愿.其它的交给我们.没有什么难的问题.

So there is no need for you to keep studying that withered leaf anymore. This is the power of life. So all you need to do is continuously add yourself to the frequency we are creating for you, and replace your old patterns with our concepts implanted in you. Because when you run a new software, it will attract more people like you. All you have to do is generate your hands and hearts. The rest is up to us. There's nothing difficult about this.

问: 孩⼦不跟我亲近,我想亲近孩⼦.

Question: The child doesn't want to be close to me, I want to be close to the child.

JO: 你现在可以不⽤去纠结这个问题.为什们呢? 因为这也是你⽬前的⼀个频率投射出去的外在的事和外在的关系.因为当你的频率转变过后,就是当你这颗新的草长出来过后,你是完全新的⼀个⽣命,那关系也会是新的.所以说他们会有⼀个全新的焕然⼀新的⽗亲,那个⽗亲跟他们也是新的关系.旧的草已经死掉了,旧的关系模式也已经死掉了.所以这些都不是问题.就好像这⼀层壳,它会随着你新的⽣命的诞⽣,那个壳不会对你有任何影响.那个壳已经脱掉了,就像蛇蜕⽪⼀样.那个⽪上的伤疤、印⼦、花纹,全都褪去了.

JO: You can no longer worry about this issue now. Why is that? Because it's also an outward manifestation and relationship projected by your current frequency. Once you change your frequency, after the new grass grows out, you'll be a completely new life, so everything will be new. This means they will have a completely new father who has a new relationship with them. The old grass is already dead, as are the old patterns of relationships. So there's no issue at all. Like this layer that peels off when your new life is born—it won't affect you in any way. It has already shed its skin, just like a snake shedding its skin. All the scars, marks, and patterns on it have disappeared.

#### 2023/09/26 — 连接耶稣之⼈类像感染瘟疫的鸡 Connecting to Jesus like chickens infected with the plague

JO: 你说吧,什么问题?

JO: Speak up, what's your question?

问: 我想连接⼀下耶稣的能量.

Q: I'd like to connect with Jesus' energy.

JO: 你稍等耶稣: 你说吧,什么问题?

JO: Wait a moment Jesus: Go ahead, what's your question?

问: 我想问我最近感觉⽼是不在状态,有时候会⽓不⾜会抑郁情绪低落,还会打屁这种.我不知道是什么原因造成我这种状态?

Question: I want to ask if you can help me understand why I've been feeling off lately? Sometimes I feel out of breath and depressed, and I also suffer from flatulence. I'm not sure what the cause of this condition is.

耶稣: 这么说吧,你们所有的⼈类就好像是集体的感染了瘟疫.就好像你们集体都有瘟疫.为什么呢? 因为你们的这股能量不断地的出现…. ⽐如说你传染给我,我传染给你,就是在这样⼦的⼀个互相影响的状态下.这些都是沉重的能量.但是你们在做的就是来让你们沉重的能量变得轻逸通透⽽去改变这个瘟疫的状态,明⽩吗? 就好像你们地球上的⼈类都是在⼀种瘟疫的状态,就是都是有病的状态,明⽩吗? 这是受能量的影响,就好像你得病了他也得病了.然后你们互相深化,互相加深状态,互相影响.就是得了病了.但是你现在做的事情就是来让你的病好起来成为正常的⼈.因为这股能量也会不断地影响不断地影响,明⽩吗?

Jesus: Alright, let me put it this way, all of you humans are like a collective contagion, as if you all have the plague. Why is that? Because your energy flows continuously... Like when you infect me and I infect you, in this reciprocal state of influence. These are heavy energies. But what you're doing is to lighten these heavy energies and transform this state of contagion, understand? It's like saying that humans on Earth are in a state of contagion, meaning they're all sick. Understand? This is due to energy influences; it's like when one gets ill, the other does too. Then you deepen each other's conditions, influencing one another. You have illnesses. But what you're doing now is to recover and become healthy humans because this energy also continuously affects and influences things, understand?

因为⽬前你们很少是有正常的能量.⽐如说正常的能量是⽩⾊的光,那你们感染瘟疫的所有这些光是⿊⾊的.那你们⼤多数,基本上99.99%的状态都是⿊⾊的.

Because currently you very rarely have normal energy. For example, normal energy is white light, and all of the lights that you are infected with plagues are black. And for the most part, your state is basically 99.99% black.

问: 那我怎么看别⼈觉得别⼈都是好好的,我⾃⼰觉得特别不舒服.

Q: But how do I perceive others when they all seem fine, while I feel particularly uncomfortable about myself?

耶稣: 那是你看到了他们的⼀个⾯向⽽已,但是从你们整个能量状态来说你们就像是⼀群感染了瘟疫的鸡,都是奄奄⼀息的感觉.很少有那种是充满了活⼒激情状态的⼀些鸡.为什么呢? 通过这些鸡,它的⽩⾊的光也会不断不断地传染和感染.

Jesus: That was just one aspect of what you saw, but in terms of your overall energy state, it's like a flock of chickens infected with the plague, all feeling weak and dying out. Very few of them are in a state of full vitality and passion. Why is that? Through these chickens, its white light would also constantly spread and infect.

问: 那我该怎么办呢?

Question: What should I do then?

耶稣: 你现在在做的就是把你的⼀个状态转变呀.你现在在做的事情就是转变.你会产⽣不适感,不适感会推着你去寻找⼀个出路.

Jesus: What you are doing now is a state shift. You are undergoing transformation right now. You will feel discomfort, which will push you to find an outlet.

问: 我觉得我好多不适耶稣: 这些不适感会推着你去找到出路.问: 那我经常的腹痛也是这样?

Q: I feel so uncomfortable around Jesus: these discomforts are pushing me to find a way out. Q: And my frequent stomachaches are the same?

耶稣: ⾸先就是说当你好像感染⼒瘟疫,你就想象你感染了你们这次新冠疫情,那实际上你们每个⼈的症状都会有不同,明⽩吗?有的症状轻,有的症状重,有的是这⾥,有的是那⾥.它会根据…问: 这个不是得病?

Jesus: First, imagine that you have been infected with the COVID-19 pandemic of this time, and actually, each person's symptoms would be different, understand? Some are mild, some severe, some here, some there. It varies according to... Question: Isn't it being sick?

耶稣: 如果是得病的话,你们都是在病态当中.但是这个病态也是来让你去转变的.这就是你们⽣命的意义.

Jesus: If you are sick, then all of you are in a diseased state. But this disease is also here to transform you, for that is the meaning of your life.

问: 我是想变成⼀个很健康快乐阳光的⼀种状态.但是这段时间为啥我⽼是…耶稣: 这是你们… 他们也是你,你也是他们.所以你们这⾥没有他们跟你们,因为当你在发⽣转变,其他也会跟着转变,明⽩吗? 所以你可以不⽤去管他们,因为他们也是你,你也是他们.然后你只需要去知道它的这股不适感是推着你去找到出路的.因为你们来到地球上本⾝就是去协助这个能量的转变的,明⽩吗? 因为地球是物质世界,那物质世界它的能量本⾝就是⽐较沉重的.所以说有很多沉重的,就好像裹在淤泥⾥⾯⼀样,就让你动弹不了.你想象⼀下你们所有⼈都深陷在淤泥⾥⾯,你就会感受到动弹不了,⽆⼒感.

Question: I aim to become a very healthy, happy, and sunny person. But why do I always feel like... Jesus: This is you... They are also you, and you are them. So there's no separation between them and you because when one of you undergoes transformation, the others will as well, understand? Hence, you don't need to concern yourself with them as they are also you, you are them. Then, you just need to know that this sense of discomfort is pushing you towards finding a way out. Because you're on Earth to assist in the transformation of energy, understand? As Earth is part of the material world where its inherent energy tends to be heavier. There's so much heaviness, like being stuck in mud, making it impossible for you to move or feel helpless. Imagine all of you trapped in mud; that's how you'd feel, unable to move and powerless.

问: 那我只有⾃⼰去体会,⾃⼰去寻找?

Question: Well, then I can only experience it myself and find it on my own?

耶稣: 你现在就在做这件事情.但是体验这种沉重的感觉和⽆⼒的感觉会把你推向去转变的路.然后你就会发现当你从这个束缚或者是淤泥⾥⾯出来过后,你就是⼀个创造者.然后你便可以带领更多的⼈⾛出来.所以这是⼀条通过这个转变来激发出你⾃⾝的⼒量,然后去带领更多的⼈.

Jesus: You are doing this right now. But experiencing the heavy feeling and the sense of helplessness will push you towards the path of transformation. Then you would realize that after getting out from this bondage or muck, you become a creator. And then you can lead more people out. So this is a path through transformation to awaken your strength within and guide more people.

问: 关于孩⼦,暑假的时候孩⼦整天在家.我就跟他起了很多冲突.我叫他洗碗做作业他也不做,或者就是特别慢.你说他⼀句他就回好多句.叫他刷⽛也不刷,他就对我⼤吼⼤叫.我整个暑假和他在⼀起感觉脾⽓都不好.

Q: During the summer vacation when my child was at home all day, I had a lot of conflicts with him. When I asked him to wash dishes or do homework, he wouldn't do it, or if he did, he did it very slowly. Whenever I scolded him, he would respond with many sentences. He also wouldn't brush his teeth when I asked him and instead shouted at me. The whole summer I felt that my temper was not good when being with him.

耶稣: ⾸先你要知道你们⼈类会有⼀个陷阱或者是有⼀个错误的⽅向就是你们把你们的⽣命或者是⽣活当成是⼀些完成题,就是我今天要完成这个,明天完成那个.如果你去观察⼤⾃然的⼀些动物,它们都是根据它们的习性、它们⾝体的⾃然规律去做… 它们的任何⾏动都是⾃发的,⽽不是像你们规定要这样那样.因为孩⼦的状态和你们的状态是不⼀样的.就⽐如说你现在是⼀棵结果⼦的树,那他现在还是⼀棵幼苗.它才刚刚发芽.所以你们是在不同的状态下,那你们对外在的⼀些感知和重要程度,就⽐如说你结果⼦时候的状态和它刚刚发芽时的状态,你们的需求各⽅⾯都是不⼀样的.但是你们都会把⽣命当成⼀堆任务,我必须要去做这个做那个.

Jesus: Firstly, you must understand that a trap or an erroneous direction for humanity is to view life or existence as completing tasks. That's what I'm going to achieve today and tomorrow will do that. If you observe the larger natural world of animals, they act according to their habits and the natural laws governing their bodies... Their actions are spontaneous, not controlled by you saying this must be done like that. Because a child's state is different from yours. For example, if you're currently a fruit-bearing tree, he's still a seedling. It has just sprouted. So you're in different states of existence. That means your perceptions and the importance you give to things can differ when you're bearing fruit compared to it being in its initial stage of budding. Your various needs are not the same. Yet, both will treat life as a series of tasks, something I have to do this or that for.

当你们在进⼊这种完成任务的状态的时候,你的能量是紧绷的.就是我要快点我要快点,我必须要完成,不完成会怎样.你是在进⼊到这⼀种频率.那你是在这⼀种频率的话,你是⽤频率去… 孩⼦感受到的是你的频率.这么说吧,你的频率就是你的温度.当你的温度是在⼀会⼉这样⼀会⼉那样,你的温度可能是在⼋⼗九⼗度.孩⼦⼀碰你就很烫.那如果你是属于⼀种爱的状态,就是爱本⾝的状态,就是外在⼀切都好的状态.那你的温度可能就是三⼗五度,就是适合⼈的温度.那你在这个温度下孩⼦不会⼀碰就叫,就是很难受的感觉,明⽩吗?这么说吧,你们都是造物主的孩⼦.如果造物主⼀天到晚在你⽿边说你赶快去刷⽛,赶快起床,你怎么还在偷懒,赶快赶快.

When you are entering the state of completing tasks, your energy is tense. It's like I have to hurry, I have to hurry, I must finish; what will happen if I don't? You are entering this frequency. If you are in this frequency, you use frequencies... The child feels your frequency. Let me put it this way: your frequency is like your temperature. When your temperature fluctuates from one moment to another, it might be around eighty or ninety degrees. Touching you, a child feels very hot. But if you are in the state of love, which is itself the state of love, where everything outward seems fine, your temperature could be around thirty-five degrees, a comfortable human body temperature. Then, under this temperature, children won't shout at being touched; it's not an unpleasant feeling. You understand? Let me clarify: you are all children of the Creator. If the Creator were to constantly nag you, "Go brush your teeth quickly! Get up now!" How could you still be lazy and rush around?

⼀直在你⾝边这么对你吼吼叫叫,如果你们是造物主的孩⼦,如果造物主每天在你的⽿朵旁边每天拿个⼤喇叭巴拉巴拉,你们会奔溃的,你们会神经病的.因为你可能本⾝刚刚在放松,刚刚在享受或者刚刚在构思⼀些东西.突然造物主: 要起床了,要吃早饭了,要喝⽔了,要洗澡了…. 明⽩吗? 你们也是造物主的孩⼦呀.那造物主是不是可以拿个⼤喇叭天天在你的⽿朵旁… 明⽩吗? 所以说你想象⼀下你们现在扮演的⽗母的⾓⾊就是这样⼦.你的⼀个能量状态,就是你如果是处于⼀种你⾃

If I were always shouting at you like this, and if we were both children of the creator, and if the creator was constantly using a megaphone by your ear every day, you would collapse, you would go crazy. You might be just relaxing, enjoying something, or thinking about something new when suddenly the creator shouts: Get up, it's time for breakfast, drink water, take a shower... You are children of the creator too, right? So could the creator use a megaphone constantly by your ear every day... Do you understand? That's why you can imagine now how it feels to play the role of parents. Your energy state would be one of always being in control and commanding attention.

⼰就是在恩宠的状态.你⾃⼰就是唱着歌跳着舞,不停的哼着歌.为什么呢?因为你很快乐.他可能慢慢慢慢我也好快乐呀.妈妈说我们⼀起刷⽛,他说好呀好呀,我们⼀起刷⽛.就是当你⾃⼰处于那种你⾃⼰很享受⽣命,很enjoy,就是那种快乐的要翩翩起舞的感觉.然后孩⼦也会被你带动的,他也会想要跳舞,想要加⼊你.因为没有任何⼈可以拒绝这种能量,没有任何⼈.他们都会想要加⼊你,你只需要去创造你⾃⼰的⼀个中⼼的频率.那你中⼼的频率就是那种纯粹是爱的频率.这种频率会吸引所有的⼀切,⼀切在这⾥并不是费⼒的.⽽且在这⾥你不会有任何的强迫.因为当⼀个⼈在这种频率,他⼀辈⼦不刷⽛,他⽛齿都不会有事的.为什么呢?因为他在爱中.

In the state of grace, you are singing and dancing all by yourself, constantly humming a tune. Why is that? Because you're very happy. Perhaps I might feel the same happiness too someday. Mom says we will brush our teeth together, and he agrees wholeheartedly; let's brush our teeth together. This happens when you're enjoying your life to such an extent that you are in a state of pure joy, ready to dance with delight. Then, children will be drawn to you as well, wanting to join in the fun because no one can resist this energy from anyone. They all want to participate in what you create. All it takes is for you to establish your own central frequency, which is purely love-based. This frequency attracts everything effortlessly and without any coercion. Because when someone operates at such a frequency, they don't need to brush their teeth their entire lives, yet their teeth remain healthy. Why? They are immersed in love.

那你看那些动物,它们⼀辈⼦刷⽛吗?因为它在爱中,它是不会⽣病的.它只有离开爱了,跟爱很远了,就好像它是没有滋养的.这么说吧,它跟树枝连在⼀起,叶⼦就不会枯萎.当它跟树断开连接了,它的叶⼦就会枯萎.因为另外⼀个永远都是在鲜活的状态,它的⽣命是在爱的滋养的状态下.它⾃⼰的⽣命会平衡好⼀切.⽽且它感受到不适,它⾃⼰也会做出改变.所以真正的频率就是爱的频率,让它⼀直就好像是连在树上的那种感觉,就是跟树连为⼀体的感觉.才是真正的可以避免它⽣命,它只有断开连接,它的⾝体才会有各种的不适感、冲突.

So, when you look at those animals, do they brush their teeth for their entire lives? Because in love, they wouldn't get sick. It's only when they are far from love or have left it that they seem to be deprived of nourishment. Let me explain this way: just as leaves won't wither if they remain attached to a tree, an entity will not experience discomfort unless it breaks its connection with the source of life and love. The other side, which is always vibrant and alive, maintains its existence through the nourishment provided by love. Its own life naturally balances everything. If it feels uncomfortable or inconvenienced, it can make changes on its own. Therefore, the true frequency is that of love's frequency; only when you are continuously connected to it in a sense similar to being attached to a tree does this harmony truly exist, preventing any disruptions in your life and well-being unless you sever those connections yourself.

问: 还有就是我和孩⼦玩的时候,他有时候就有意的把⼜⽔弄在我⾝上,我特别不喜欢.我越⽣⽓,他就越弄.我这是个什么状态?

Q: Also, when I play with my child, sometimes he intentionally splashes water on me, and I really don't like it. The more angry I get, the more he does it. What state am I in?

耶稣: 你进⼊到⼀种什么状态? 也就是说⼀个事件,你越是关注它,它越是… 就是你越是在创造它给你体验.那如果你的关注点在其它⽅⾯,你的孩⼦他可能和你⼀样,就⽐如说我们看这个电视看的津津有味的.我们在吃⼀个蛋糕,吃的津津有味的.所以你们可以尝试去找更多好玩的,带领他让他的注意⼒和关注⼒在那上⾯.很多事情很多问题其实你们⼈类都把它复杂化了.为什么呢?你们唯⼀需要解决问题的⽅式⽅法就是去不把你们的注意⼒放进去,它问题就没有了.因为当你持续的把你的注意⼒放进去的话,你就在给这个问题⽣命之源泉,让它存活.让它有活⼒,然后继续显化给你们给你体验.

Jesus: What kind of state are you entering into? That is to say, an event where the more you focus on it, the more...you're creating for yourself to experience. If your focus is elsewhere, your child might be experiencing something similar to you when we're engrossed in watching TV or enjoying a cake. So try finding more enjoyable activities that can capture his attention and focus. Many issues among humans often become complicated because they involve focusing their attention on them. Why is this so? The only way to solve problems for you humans is by not directing your attention towards them, and the problem will disappear. Because when you consistently direct your attention into it, you're giving life to that issue, allowing it to persist and thrive, then manifesting it back to you.

那你唯⼀要做的就是去关注你真正想把什么变活的东西,⽽不是你不想要体验的东西.你没有办法通过持续投⼊你的关注把不想要的东西给消失掉.你记住这句话.你没有办法去持续的关注⼀件事情⽽让它消失掉.你唯⼀让它消失不见的⽅法就是把你的注意⼒放在其它地⽅,把你的关注放在其它地⽅.然后这个就会⾃动不见了.

So all you have to do is focus on what you want to come alive with, rather than not want the experience of it. You can't just focus continuously to get rid of things that you don't want. Remember this sentence: You can't keep focusing on something and make it disappear. The only way to make it go away is by shifting your attention elsewhere, directing your focus elsewhere. And then it will automatically vanish.

问: 我和我⽼公互动的时候,他有时候特别打击我.我就特别不⾼兴.他就说像你这样智商的⼈才会这样做.我就特别⽣⽓.我觉得我是不是有什么信念在⾥⾯?

Q: When interacting with my husband, he sometimes severely undermines me. I become very unhappy about this. He says that only someone of your intelligence would do such things. This makes me very angry. Do you think there might be some underlying beliefs influencing me?

耶稣: 你说的这个,你要知道在你们的关系当中对⽅都会充当⼀个就好像是镜⼦的⾝份.它镜⼦的⾝份就是负责把你内在的⼀些状态给照射出来.就好像你本⾝就会特别在乎这个,所以他就会把你特别在乎的这个给你显现出来让你看到.

Jesus: What you're saying here is that in your relationship, the other person would play a role like a mirror. The mirror's role is to reflect back what you have inside, some of your states or emotions. It mirrors whatever aspect you are particularly concerned about and presents it to you so you can see it.

问: 那我怎么把它消失掉?

Question: How do I make it disappear?

耶稣: 消失掉? 消失掉就是你内在它没有这个缺陷.那就是去认识你⾃⼰真实的⾝份.因为你如果知道你⾃⼰真实的⾝份它不是被定义的,它不是⼀成不变的,它不是死的东西,它不是任何⼀个⾝份可以去描述你可以去框死你,明⽩吗? 那你既然知道你的⾝份是谁… 这么说吧,你现在就是在⼀个电影剧情的⾓⾊⾥⾯,你是这个⾝份,是吧? 那你忘记了它其实只是导演给你安排的⼀个⾓⾊,你演完了你就恢复你正常的⾝份了.因为你演的太投⼊了,你忘记了你⾃⼰真实的⾝份.导演说cut,你说怎么回事? 那些陪你演戏的⼈都纷纷退场.你说怎么回事? 他们告诉你你在演戏.你说: 哦.然后你也把戏服脱掉.然后你就恢复到你⾃⼰的⾝份,这个才是我.

Jesus: Vanish? Vanishing means there is no flaw within you. That's knowing your true self. Because if you know your true self isn't defined, it's not constant, it's not a dead thing, it can't be captured by any identity and confined to describe who you are, understand? If you know who you truly are... Let me put it this way, you're currently in the role of a character in a movie plot, you are that identity, right? But you've forgotten that it's actually just a role assigned to you by the director. You finish playing and revert to your normal self. Because you were too immersed in the role, you forgot who your true self is. The director says "cut," what do you think happened? Those who acted with you all exit the stage. What's going on? They tell you that you've been acting. And you say: Oh. Then you also take off the costumes. And then you return to your own identity, this is me.

你还会在乎戏⾥⾯别⼈怎么说你吗? 明⽩吗? 你知道你演的妓⼥的⾝份只是⼀个演员啊.如果你把这个妓⼥演的更加的⽣动,更加的淫荡.可能⼈家就说,哇,你的演技好好.你还想把她呈现的活灵活现的.所以你越是投⼊,你越是… 那你只是需要知道⾃⼰的⾝份,它只是⼀个⾓⾊.只是这个⾓⾊现在这个阶段你表达出来的.⽽且你把这个⾓⾊演的很好.那当你知道你只是个演员,有⽆数个⾓⾊都在等待我演.你不会去因为某⼀个⾓

Do you still care what others say about your performance in the play? Understand this? You know that the role of a prostitute you're playing is just that - an actor's part. If you were to make her character come alive more vividly, more lasciviously, people might remark, "Your acting skills are commendable." You want to portray her as if she was really alive and breathing in every detail. Therefore, the more invested you become, the… This is just what you need to realize: your identity is merely a character. It's this particular role that you're portraying right now at this stage, and you're doing it well. Once you understand that you are an actor with countless roles waiting for me to play, you won't be overly concerned about any one specific role.

⾊⽽去让⾃⼰奔溃.你不可能已经不演戏了,已经退场了.你还在装扮出⼀个妓⼥的样⼦.那个妓⼥根本就不是你,只是你演的那个⾓⾊的样⼦.明⽩吗? 所以就是知道和记起你的真实⾝份,所有的⼀切它都不会对你有影响.之所以有影响是因为你投⼊这个⾓⾊太深刻了,太忘我了.

Turn your color to cause your own breakdown. You can't have already stopped acting; you can't have stepped out of the stage yet. You're still playing the role of a prostitute. That prostitute isn't actually you; she's just the appearance of the character you're portraying. Understand? Therefore, knowing and remembering your true identity has no effect on you. It affects you only because you've deeply immersed yourself in this role, losing yourself entirely to it.

问: 我想请你帮我看⼀下我现在住的这个单元楼的能量和我家的能量.

Q: I'd like you to help me compare the energy levels in my current apartment complex with those in my home.

耶稣: ⾸先这个能量是你们这些⼈群当中创造出来的,就⽐如说你的家庭成员啊,你们整体⼈类的⼀个状态呀.这么说吧,你们的能量就好像你⾃⼰⾝上散发的味道.如果你天天不洗澡,你就住垃圾堆,你说你们是什么味道,明⽩吗? 那你想象⼀下你天天都在清理⾃⼰,把⾃⼰的怨恨、不爽、仇恨、那些记忆、负⾯的情绪、沉重的能量,所有东西.那你们这个地⽅又是另外⼀种味道,明⽩吗?

Jesus: First of all, this energy is created within your groups, like among family members or the collective state of humanity as a whole. Imagine your energy is like the smell that you carry on your body. If you don't shower every day and live in garbage, what kind of smell would that be? Understand? Now picture yourself constantly cleaning yourself out, getting rid of anger, frustration, hatred, memories, negative emotions, heavy energies, everything. That's another kind of scent around here, understand?

问: 但是我想能不能帮我看⼀下现阶段的能量?

Q: But could you help me check the current energy level?

耶稣: 这个是个变动的东西.因为⽐如说你今天跟我连接,你的能量就已经产⽣变化了.这么说吧,你今天现在就在做清洁了.你做完清洁是不是又不⼀样了? 那如果你天天做清洁呢? 和偶尔做⼀次清洁? 那是不是不⼀样的?

Jesus: This is a changing thing. Because for example, when you connect with me today, your energy already changes. Let's say, you are cleaning now. After cleaning, aren't you different? Then if you do this every day, compared to doing it occasionally, wouldn't that be different?

#### 2023/09/27 — 灵魂主题之观察⼈⽣百态Observations on the Diversity of Life

JO: 你说吧,什么问题? 问: 我的⼈⽣主题是什么? JO: 你叫什么名字?

You: Speak up, what's your question? Q: What is my life theme? You: What's your name?

问: XXJO: 你今年多⼤?问: 四⼗⼋JO:你这⼀世选择了⽐较复杂的⼀些⼈际关系或者是关系,就好像五花⼋门的事情或者是⼈物,这些东西都会被你遇到.就好像你想要⼀次,⽐如说你想写⼀部电视剧,然后你想深⼊去了解各种⼈在不同的阶层… 就是了解⼈⽣百态吧.所以就好像会有很多不同的⽣命状态,这些想会⾛进你的⽣命当中来,就好像你是⼀个观察者的⾝份.所以包括你⾃⼰⼀系列的变化,还有你的⼼态⼼理所有的这些变化,就好像你是⼀个观察者的⾝份去深⼊的了解⼈性.所以这⼀世你也会经历⼀些关系的⼀种变化.就⽐如说可能以前很不好的关系,然后变好了.就像是这种变化.

Q: XXJO: How old are you this year? Q: Forty-eight JO: In this life, you have chosen complicated interpersonal relationships or a variety of situations and people, like different scenarios or characters. All these will come across your path. It's as if you wish to delve into all sorts of human nature by writing a drama series, wanting to understand various individuals in diverse social strata... Essentially, experiencing the complexity of life. You're going through many different stages of existence that are part of your life journey. It's like you're observing from an outsider's perspective, looking closely at human behavior and psychology. Hence, this lifetime will also witness shifts in your relationships, such as transforming ones that were previously bad into better ones.

所以它就是围绕着关系的,然后你就好像是⼀个数据的收集者,⼀个观察者.然后去体验去感受去领悟,对⼈性的⼀个了解.

So it revolves around relationships, then you are essentially a collector of data, an observer. Then to experience, to feel, to understand, to gain insight into the nature of humanity.

问: 我想问问我的天赋才华?

Q: I'd like to inquire about my gifts and talents.

JO: 这么说吧,你的天赋才华有⼀点像变⾊龙.就是说你其实⽆论遇到什么样的对象,你都能很好的跟别⼈融洽的相处,就是相处愉快.不管对⽅⾝份⾼或低,好或坏,就是⽆论对⽅是什么样⼦,你都可以很好的去…. 就是他们会觉得你是他们的⼀份⼦.然后这样也有便于有利于你站在他们的视⾓他们的⾓度他们的滤镜去看事情,去感知⼀切去体验⼀切.所以这个天赋才华就好像是为了你这⼀⽣的功课⽽附加的⼀个让你更好的去体验.所以说如果你没有⼀些负⾯的信念,你应该是很喜欢社交的.就⽐如说很多被以前的社交伤害了你,然后你就关上了.如果没有⼀些这样⼦的,你会是很喜欢社交,交朋友.也喜欢跟不同的⼈,不同的阶级,喜欢跟他们交往打交道.

JO: In other words, your innate abilities are somewhat like that of a chameleon. This means you can easily get along well with others regardless of the nature of the individual you're dealing with, ensuring mutual satisfaction and enjoyment. Whether they are high or low status, good or bad people, no matter their character, you can handle them well… so much so that they perceive you as one of their own. This makes it easier for you to understand things from their perspective, experiencing and perceiving everything through their lens. Thus, this gift facilitates your life journey by allowing you to experience more deeply. If you don't carry any negative beliefs, you would likely enjoy socializing a lot. For example, if previous social interactions hurt you, maybe you've closed off. Without such barriers, you'd probably love socializing, making friends, and engaging with people from diverse backgrounds and classes.

所以在你们的现实中看起来你是⼀个很随和很好相处也和热情,就是easy going,就是随和的吧.这就算是你带来的⼀个天赋.如果是从⼯作的领域来看的话,那这种的话就⽐如说公关,就是这种职位.这种跟各种不同的⼈打交道的就很适合你.

So in your reality, you appear to be quite easy-going, friendly, and enthusiastic, which is considered a gift. If we look at the professional context, this kind of trait would suit roles like public relations, where dealing with various different people suits you very well.

问: 我想问问我跟我⼉⼦之间的灵魂主题? JO: 你⼉⼦多⼤?

Q: I want to ask about the soul theme between me and my son? A: How old is your son?

问: 23JO: 你的⼉⼦就好像是你的⼀个,也是⼀个属于你想要去了解和观察的对象.所以说他的性格还是⽐较特殊⼀点,就不是很⼤众化很普通普遍的⼀个存在.所以他这样⼦的⼀个⼈格还

Q: Your child is like another you, an object you want to understand and observe, so his personality is somewhat special - not very common or ordinary. Therefore, this kind of character still...

⽐较少见,就是是属于少数的.因为如果是⼤众的话,会被你很容易的认识到、连接到.他们普遍嘛.但是这个就好像是熊猫⼀样,就是⽐较特殊⽐较稀少.所以就进⼊你的⽣命来供你… 就好像你是个研究者,你研究,然后来供你观察、了解.

Less common, meaning it belongs to the minority. Because if they were popular, you would easily recognize and connect with them. They are general after all. But this is like a panda, which is special and rare. So it enters your life for you to observe and understand… as though you're a researcher studying it, observing and getting to know it.

问: 我和我姐姐的灵魂主题是什么?

Question: What is the soul theme between me and my sister?

JO: 你稍等.我们从能量层⾯感受到你姐姐好像特别热,像⽕,就像是这样⼦的⼀个… 她好像是⼀团⽕这样⼦的能量.所以从她的特征就是她实际上会特别热情,你会慢热⼀点.你可能是个安静的观察者,但是她就好像是⼀个⾏动派,⼀个⾏动者,风风⽕⽕.就是你可能像⽔润物细⽆声,对吧? 那她可能就是像⽕,轰轰烈烈、风风⽕⽕这种感觉.所以说她其实会对你有⼀种把你带起来,就是把你给活跃起来.像⼀种催化剂,她的⽕不断地加到你的⽔⾥⾯,你的⽔就变成开⽔.就是这种.她可以促进你更快的去⾏动起来.因为就是你⾏动⼒上⾯是有⼀点⽋缺的.可能是因为你是⼀个观察者的⾝份,所以就好像是我藏在⾓落⾥⾯才能安静的观察.

JO: Wait a moment. We sense that your sister seems unusually hot, like fire, as if she's this kind of fiery energy. Thus, based on her characteristics, it implies that she is actually very warm-hearted and enthusiastic; you might be more reserved in your warmth towards others. You could be an introspective observer while she acts more decisively, a doer with a lot of action and enthusiasm. It's like water nourishing growth quietly, isn't it? She would be the opposite, fiery energy that makes things happen, causing commotion or excitement. So, she might have the ability to invigorate you by stimulating your activity, acting as a catalyst that keeps adding fire to your water, making it boil over. This means she can push you to act more quickly because there's a bit of a lack in your drive for action. Perhaps this is due to your role as an observer, feeling the need to hide in corners before being able to observe quietly.

所以她就好像是可以影响你,她的温度啊、她的热量啊可以影响你,把你带动起来.

So she somehow affects you, her temperature, her heat influencing you and stirring you up.

问: 我和我妈妈之间的灵魂主题?

Question: What are the soul themes between me and my mother?

JO: 你妈妈我们感受到的能量就是她不是那么善于表达⾃⼰,或者她本⾝就是有⼀点孤僻或者是不合群.就是她也不是那种很普遍的,也不是那种很随和的.然后也是那种⽐较… 就是我就是有这种想法,然后我的想法和⼤众都不⼀样.所以你会去通过她想要更多的去产⽣对⼈性的⼀种探索.就好像你想要找到⼀把钥匙⼀样.然后她就好像是⼀个迷.当你找到要是,你就可以解开这个迷,puzzle,就好像是这种.就好像是⼀个谜团,你就想要解开它.

JO: The energy we feel from your mother is that she isn't particularly good at expressing herself or perhaps she's a bit introverted or not very sociable. She also doesn't seem to be one of the more common types or someone who tends to go with the flow. And her behavior can sometimes be quite... I have this idea, and my thoughts are different from the majority. Therefore, you might want to explore human nature more deeply through her experiences as if you're trying to find a key. She behaves like a puzzle; when you find the key, you can unlock it, just like a riddle or mystery that you wish to solve.

问: 我和我爸爸之间的灵魂主题?

Question: What is the soul theme between me and my father?

JO: 你爸爸的⼈格特征也是⽐较特殊吧.这么说吧,我感觉你⾝边的,可能姐姐⽐极热⼀点,可能爸爸妈妈还有⼉⼦他们都是那种不是那么容易进⼊到这个世界,就是这个⼈类的群族⾥⾯去.就好像他们都会有⾃⼰的⾓,就是头上都长了⾃⼰的⾓,就会对外界有疏远或者是排斥,不那么把⾃⼰融进去的那种感觉.你选择了这么亲近的关系,然后都是来帮助你对⼈性的⼀个探索,明⽩吗? 这么说吧,他们都不是那么好驾驭的马,就好像都是烈马.就好像你要去摸索到这个马的⼀个特性,他们都是独⼀⽆⼆的.然后再来写⼀下关于马的⼀些分类啊、特性啊、种类啊这些,明⽩吗?

JO: Your father's personality traits are rather distinctive as well, wouldn't you say? Let me put it this way, I sense that the people around you—possibly your older sister might be more intense. Perhaps your parents and even your son fall into a category where they don't easily integrate themselves into this human community. It seems like each of them has their own corner, almost like having horns on their heads, which distances or repels them from the outside world, making it hard for them to fully immerse themselves. You've chosen relationships that are close and supportive, ones that aid in exploring human nature, right? I mean, they're not so easy to handle; think of them as fiery horses. It's like you need to discover each horse's unique traits before you can understand their nature properly. After this, we'll delve into classifications of horses, their characteristics, and types, making sure to capture their distinctiveness, don't we?

问: 我为什么选择这辈⼦在这种家庭? 对我这⼀世影响最深的前世是不是和这个有关系啊?

Q: Why did I choose to be in a family like this in this lifetime? Could my most impactful previous life have something to do with this situation?

JO:这么说吧,就好像我们刚说你的⼈⽣主题,那就好像有⼀种你要把⾃⼰放进⽐如说精神病院.然后你要去了解他们的特性,你要去观察他,你要去跟他们相处,你要去做这种科研、钻研、调研,就是这种⼯作,明⽩吗?但是如果你不知情的话,你陷进去的话.你就会忘记你⾃⼰其实是个观察者的⾝份,你会把⾃⼰当成是⼀个主⾓或者是你是当事⼈跟他们…因为从你的⾁体的层⾯,你不⼀定知道他们这些关系是如何服务于你的,明⽩吗?因为你们会⽤世俗的眼光去看待⽗亲和孩⼦的关系,或者母亲跟孩⼦.你们还会⽤这样⼦的眼光去看待.但是能⾛进你们⽣命中的⼈,都是你们彼此从灵魂层⾯选择了,然后来协助双⽅.

JO: Alright, let's put it this way, like the life theme we just discussed for you, it's as if you were to place yourself in a psychiatric institution. You would then study their traits, observe them, interact with them, and conduct research or delve into studying these aspects, right? But here's the catch: If you're unaware of this setup and get too immersed, you might lose sight of your role as an observer. Instead, you'd start seeing yourself as a protagonist or directly involved in their dynamics. Understand? The reason is that from your physical perspective, you might not grasp how these relationships serve you. See, you tend to view father-child or mother-child relationships through the lens of societal norms. However, people who enter your life do so because they are chosen by you and others on a soul level to assist both parties in some capacity.

就是你协助他,他协助你,然后来成长、转变、蜕变和体验,明⽩吗?所以他并不是说如果是你的⽗母,你们就⼀定是相亲相爱.没有.爱是你们来到这个世界上都要去学习的⼀个功课.所以如果是孩⼦不懂得爱⽗母,⽗母不懂得爱孩⼦是很正常的,明⽩吗? 因为你们就会觉得没有得到⽗母的爱是不正常的.但是这是正常的.为什么呢? 因为你们⼈类共同的⼀个功课就是来学习爱,明⽩吗? 所以并没有多少⼈是知道如何爱,什么是爱? 如果你们知道了,⾸先就是不需要来这⾥.那有⼀些爱的存有来到这⾥,他们不需要学习爱的功课.是因为他们本⾝就是传播爱的,来给你们展⽰爱的.所以⼤多数⼈基本上的⼈都是需要去学习爱的这个功课.

You assist him, he assists you, then grows, transforms, evolves, and experiences together, understand? So, he doesn't mean if it's your parents, that you must necessarily be loving each other. No. Love is a lesson you have to learn when you come into this world. So, if the child doesn't know how to love their parents, or the parent doesn't know how to love their child, it's normal, understand? Because not receiving love from your parents would seem abnormal. But that's normal. Why? Because one of your human collective lessons is to learn about love, understand? So, not many people actually know how to love, what love is? If you knew, then you wouldn't need to be here. There are some beings who love coming here; they don't need the lesson on love because they inherently spread love and demonstrate it for you. Thus, most of us basically need to learn this love lesson.

问: 当下我的真我对我的状态有什么建议吗?

Question: What advice does my true self have for my current state?

JO: 你稍等.从你这个物质世界跳出来.就是你要把你的⾝份… 你⾸先要知道你现在只是⼀个⾓⾊.只是⽤和这个⾓⾊去收集资料或者是去体验或者是去观察.如果你把这个⾓⾊当成是你,就⽐如说我是他的⼥⼉,我是他的母亲,我是什么⾝份,我都四⼗⼋岁,我什么⼯作… 那如果你是当成这样的话,你就会去体验它就是你的⼀切了.你就会忘记你的真实⾝份只是去借助这个⾓⾊去好像做科研⼀样.这么说吧,就好像你是⼀个科研⼈员,是吧?你对精神病⼈感兴趣,然后我们派你去体验.然后你穿着精神病⼈的⾐服,但是你现在就成为了他们的⼀员了,你把⾃⼰真正的⾝份忘了,明⽩吗?那你成为⾥⾯的⼀员你还得了?

JO: Wait a moment. Jump out of this physical world you're in. This means you need to understand that your identity... You first have to realize that right now you are just a character. You're collecting information, experiencing things, or observing through this character. If you see yourself as the character, for example, I am his daughter, I am his mother, what's my status, and I'm forty-eight years old, and what job do I have... Then if you think of it that way, you'll experience it as your entire identity. You will forget your true identity and use this character just like a researcher would to gather information. To put it simply, imagine you are a researcher interested in mental patients, and we send you to experience being one. You wear the clothes of the mentally ill, but then you become part of them, forgetting who you truly are. Do you understand? Then you're becoming one of them, right?

你会把他们所有的⾏为、⾏动… 你会受到恐吓的,你会害怕的.因为你不知道他们是精神病患者,所以他们⼀吼⼀叫你都会受到惊吓.那如果你知道的话,OK,这是精神病⼈正常的释放⾃⼰情绪的⽅式⽅法,明⽩吗? 这就是让你把⾃⼰跳出来,然后你就能⽤跟⾼的⼀个视⾓去使⽤这个⾝份,⽽不是完全的沉浸在⾥⾯受其影响.

You would be frightened by all their actions and reactions... You would feel fear because you wouldn't know if they were mentally ill. Any outburst or outcry from them would scare you. But if you knew it was a mental patient releasing their emotions, alright, this is how normal people express themselves when dealing with emotional release - understand? This allows you to detach yourself and use this identity with a higher perspective, instead of being completely immersed and influenced by it.

问: 我离开这个世界的时候,我的能量⼤概能到什么… ?

Question: When I leave this world, what will my energy be like...?

JO: ⾸先这个是⼀直在变化的.这么说吧,哪怕接下来⼗分钟内你就会死掉,对吧? 那你可能在最后的⼀分钟你突然明⽩这⼀切,你突然明⽩什么是爱.那你⼀下⼦就从⼀个转到另外⼀个了呀.所以它并不是⼀个稳定的固定的在那.就好像是天边的云,它⼀直在变化⼀直在变化.你说你能告诉我今天天⿊的时候云是个什么状态吗? 明⽩吗? 所以它⼀直是在受其影响的.

JO: First of all, this is always changing. Let me put it like this, even if you were to die within the next ten minutes, right? Then at your last moment, you might suddenly understand everything, that you suddenly understand what love is. Then all of a sudden you shift over to another plane. So it's not something that stays stable and fixed there. It's like the clouds in the sky, they're always changing, constantly transforming. Can you tell me what the state of the clouds would be during nightfall today? Do you understand? So it is continuously being influenced by its surroundings.

问: 在灵性⽅⾯我能不能给孩⼦⼀些指导或者是建议? 还是等他⾃⼰去琢磨?

Q: Can I give my child some guidance or advice in spiritual matters, or should they figure it out on their own?

JO: 你们能给到最好的建议就是说让孩⼦知道,就⽐如说你作为⼀个母亲的⾝份你永远都在他⾝后.就算你跌倒,妈妈也会永远的陪着你⽀持你.就算你犯错,妈妈也会陪着你.然后允许你犯错,妈妈不会因为你犯的⼀些错误来指责你、骂你.错误也是⾮常重要的功课,你从错误中可以学到很多.然后你给到他这⼀层,就是让他可以⾃由的去体验.因为你们会有⼀个错误的信念,就是你觉得如果他们犯了错⽽你们不去⼲涉、不去阻拦、不去做⼀些什么的话,他们会变坏,明⽩吗? 但是就算他变的再坏,其实他也是在往好的⽅⾯⾛.因为他把这些都体验了,那他就必须往好的⽅⾯⾛.你们不是有⼀句话叫物极必反吗?

JO: The best advice you can give is to let your child know that as a mother, I'm always behind him no matter what happens. Even if you fall down, Mom will always be there supporting you. If you make mistakes, Mom will stay with you and allow you to learn from them without criticizing or scolding you. Mistakes are very important lessons; they teach us a lot. Then, give him the freedom to experience this because you might have a false belief that if you don't intervene, don't stop him, or do something about his mistakes, he will go bad. Understand? But even if he behaves badly, actually he is moving towards the better side. Because of all these experiences, he must improve and move in a positive direction. Don't you have a saying called 'when one thing goes to extreme it turns around'?

所以说并不是说他这⼀辈⼦来就不能犯任何错的,明⽩吗?

So it doesn't mean that he can't make any mistakes in his entire life, right?

问: 我现在唯⼀要⼲涉他的就是⽣活上的,就是⽐如说有时候晚睡觉或者是喝酒喝多了这些,我就有点控住不住想要提醒他.其他的我还好.

Q: Currently, my interference in his life is mainly about daily affairs; for example, when he stays up late or drinks too much, I feel compelled to give him some advice. Other than that, things are fine for me.

JO:你要知道你们能给对⽅带来最⼤的影响不是你的⾏为和⾏动.就⽐如说你的⾏为和⾏动是我阻⽌你不要去喝酒,我催你让你睡觉.这就是⾏为.⾏动,对吧?因为这些你会给他带来更加强烈的⼀种不适合反感.那这些不适合反感是需要他再⽤其它能量去把它给平衡掉的.就⽐如说他其实喝酒就是因为他⼼⾥不爽,对吧? 那你因为…问: 这个倒不是,他是因为和朋友⼀起开⼼.

JO: You need to understand that the greatest impact you can have on someone else is not through your actions or behaviors. For example, if I prevent you from drinking alcohol by telling you not to and encouraging you to sleep, this is an action or behavior. Such actions can create a stronger sense of discomfort for them, which they then need to balance with additional energy. For instance, if he drinks because he's upset internally, why? Because he's happy with his friends, right?

JO: 我们就是给你打个⽐喻.就⽐如说有些⼈喝酒是因为他⼼⾥不爽,对吧? 那你就是在去阻碍他去阻⽌他,⽤这种反抗的动作你就增强他⼼⾥的不爽.那你增强他⼼⾥的不爽,他是不是就更加需要从酒精… 因为他⽬前的认知和⽅式⽅法、他的⼿段,他只有通过酒精去排解他的不爽.那是不是就加深了他更加需要酒精去排解这个不爽?! 所以说你要明⽩单纯的从⽅式⽅法、⼿段这些⽅⾯就是没有办法去帮助对⽅的,它只会加剧.这就是为什么你们世界⽤了这么多惩罚的⼿段,你看各种的法律法规武⼒去解决问题.但是问题从来没有被解决,它只是制造更多的仇恨,就是更加加深这个能量,明⽩吗? 就好像⼀块淤泥,越是硬越是很难去除.

JO: We're just giving you an analogy. For example, some people drink alcohol because they're feeling frustrated inside, right? You are then interfering with their efforts to stop themselves by using a defiant action, which amplifies their inner frustration. By enhancing that inner frustration, doesn't he need more from alcohol… Given his current cognition and methods, the only way for him is to use alcohol as a means of relief for his dissatisfaction. Doesn't this make him even more dependent on alcohol to relieve his dissatisfaction? So you see, merely relying on different methods or techniques cannot help them; it will only intensify their issues. This is why your world uses so many punitive measures; you see laws, force, and various strategies employed to solve problems. But the problem never gets solved; instead, it breeds more hatred, deepening this energy. You understand? It's like dealing with a block of mud; the harder you try to remove it, the harder it sticks.

问: 其实这些我都明⽩.我感觉现在能量上我好像做不到.我头脑知道,但是我做不到.

Q: I actually understand that. I feel like I can't do it now in terms of energy. My mind knows, but I just can't do it.

JO: 这是⼀个过程,你不需要逼你⾃⼰去做到.你要把这个允许给你⾃⼰演⽰.然后你们真正可以给出去的⼀个信念就是…. 你要知道在你的世界⾥,包括你的⼉⼦,它发展的⽅向是按照你的信念去发展的,明⽩吗? 没有办法,因为这是你创造的⼀个世界,你体验的.所以说你必须要注意的是你⾃⼰核⼼的⼀个信念,然后是这个频率投射出你⼉⼦的状态.因为你们总会觉得这个⼉⼦是⼀个对象,就好像他就是这个样⼦的.不是的.因为你⼲涉的只能是你的世界.你没有办法去⼲涉别⼈的世界,所以你只能去⼲涉你的这个世界的你的这个⼉⼦的版本.那你只能⼲涉你这个世界⾥你⼉⼦的版本,那你是不是只能从你⾃⼰内在的⼀个信念做功课.

JO: This is a process that you don't have to force yourself into doing. You need to allow this demonstration of self to unfold. Then, the true belief you can offer is... you need to understand that in your world, including your son, the direction of development follows the course of your beliefs, right? There's no way around it because you are creating and experiencing this world. Thus, what you must be mindful of is your core belief, followed by the frequency you project onto your son's state. Since you always perceive your son as an object that seems to be that way, he's not just like that. You can only interfere with your world; you cannot interfere with others' worlds. Hence, you can only work on influencing the version of your son in your world. If you're only going to influence the version of your son within your world, then isn't it true that you must do this work from your innermost beliefs?

那就⽐如说你从你的这些看出来你就会觉得从外在⼲涉是有效果的,就是你持有的信念.就是如果我不去⼲涉,我⼉⼦就会朝坏的⼀个⽅向发展.这也是你的⼀个信念.那这两个信念,它就会投射出你⼉⼦的⼀个状态,明⽩吗? 所以说那你就知道如何⾛出这个圈套⼀样.因为这是你们⼈类不会明⽩的⼀个东西,你们都是单纯的从外在的事物上去处理.这就是为什么你们会发现你们的⽣活有很多需要你们去处理的问题和事情.就是不断地有很多⿇烦在消耗你.但是实际上你唯⼀需要处理的,就是转变你⾃⼰相信的.你始终记住⼀句话就是说: 你只能转变你这个世界.你⾃⼰投射出去⼀个世界,你只能转变你⾃⼰投射出去的⼉⼦他的⼀个版本.

So for example, if you observe these things, you would realize that external interference is effective, which stems from your beliefs. If I don't intervene, my son will develop in a negative direction - this is also one of your beliefs. These two beliefs project onto the state of your child, do you understand? Therefore, you can learn how to break out of this trap. This is something that humans struggle with because they simply react to external events and circumstances. This explains why you constantly face issues and problems in your life, which drain you continuously. Essentially, all you need to handle is changing what you believe. Remember: You can only transform the world around you. You create a reality through your projections, and thus, you can only change the version of yourself that you project onto others.

当你内在的信念发转变,他必须转变.他没有办法,他必须转变.就⽐如说很明显,你们之前佛陀有⼀个故事,有⼀个杀⼈魔,所有⼈见了他都怕.但是佛陀见了他,他却让这个⼈⽴地成佛了,明⽩吗? 那你看在佛陀的世界⾥⾯,每⼀个⼈都是佛.

When your inner belief changes, it must change. There's no choice; he has to change. For example, there was a story from Buddha where someone was a serial killer and everyone was afraid of him. But when Buddha encountered him, he transformed this person into a buddha on the spot, understand? So in Buddha's world, every single person is a Buddha.

#### 2023/09/27 — 哥哥与妹妹之间的灵魂主题Soul Theme Between Brothers and Sisters

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我想问⼀下我和我哥哥这⼀世的灵魂主题是什么? JO: 你叫什么名字?

Q: I'd like to ask what our soul theme is in this lifetime for me and my brother? A: What's your name?

问: XXXJO: 你的哥哥呢?问: XXXJO:如果是从能量层⾯来讲,你的哥哥这⼀次选择在你⾝边就好像是你的⼀个保护者或者是守护神这样的⼀个⾓⾊.所以从你们更⾼的层⾯来讲,他对你更多的是⼀种保护.为什么呢?因为你的能量⾮常具有⼀种好像是破坏性.就是他的那股能量就好像是很稳,那你的能量就好像是偏冲击⼒很强.然后如果从你们的物质层⾯来看的话,你就会⽐较急躁、脾⽓爆脾⽓⼤,会有⼀些破击性⾏为.但是他就⽐较好像是允许或者是包容,就是陪伴着你的这种⾓⾊⼀样.然后他更多的是像⽔⼀样润物⽆声的那种感觉.那你就像⽯头⼀样冲击,会有很强烈的冲击的这种感觉.

Q: Your brother? Q: If we were to discuss this from an energetic perspective, your brother choosing to be by your side in this instance is akin to a protector or guardian figure for you. So, on the higher level of understanding, he provides protection more so than anything else towards you. Why might that be? Because your energy seems to possess a destructive quality - like it has power to break down. His energy appears stable, whereas yours tends towards strong impact and forcefulness. From a physical standpoint, you tend to be impatient and have explosive tempers, engaging in disruptive actions. But he is more accommodating or tolerant, playing the role of being by your side. He is akin to water that nourishes without noise. You're like a stone, impacting with strong forcefulness.

问: 那两个⼈如何协调,可以给我⼀点提⽰吗?

Question: How do those two people coordinate? Can you give me some hints?

JO: ⾸先它是在能量层⾯他和你是这种.那也要看你们在物质层⾯,因为你想你们俩个彼此都是忘记⾝份的⼈,对不对? 那忘记⾝份的话,有可能他会对你的⼀些⾏为不理解,明⽩吗? 那当他对你的⼀些⾏为不理解,你可能并不会觉得他是站在你这⼀边的.所以你可能并不会感受到他是你的保护神或者是守护神,就是稳定你的这种,就好像是定海神针来稳定你的这种感觉,明⽩吗? 所以说需要你⾛上正轨.然后慢慢你就会发现.这么说吧,你会有⼀个中⼼频率,对吧? 当你恢复到你的中⼼频率,你的所有关系才会呈现出它本来就是来⽀持你的样⼦,对吧?

Jo: Firstly, it's at an energetic level that he is this to you. And how you perceive each other also depends on your physical levels since both of you are supposed to have forgotten your identities. Wouldn't it be so? If they forget their identities, there could be a misunderstanding about his actions towards you, right? When he doesn't understand your actions, you might not feel that he's standing by your side. As such, you may not perceive him as your protector or guardian, stabilizing your feelings like the anchor of the sea, correct? Therefore, it needs for you to get on the right path. Gradually, you'll realize. Let me put it this way: You have a central frequency, don't you? When you return to your central frequency, all your relationships will naturally support you as they inherently are meant to do, won't they?

问: 我的中⼼频率就是我的灵魂主题,对吗?

Question: Is my central frequency my soul's theme, right?

JO: NO,你的中⼼频率就是你没有被这个物质世界的能量拉扯.这么说吧,你好像是⽔⼀样,如果你被不停的搅的话,你可能是浑浊的⽔,对吧? 那这个就不是你的频率,因为你是受搅动的,对吧? 那你的中⼼频率就是安静的没有被搅动的⽔.那没有被搅动的⽔是不是什么东西都可以看的很清楚?! 明⽩吗?

JO: NO, your central frequency is that you are not being pulled by the energy of this material world. Let me put it this way, you seem like water; if you were constantly stirred, you might end up with murky water, right? That's not your frequency because you're being stirred, right? So your central frequency would be still, undisturbed water. Wouldn't clear things be visible when the water is not disturbed?! Get it?

问: 就是不受外界的影响?

Question: Is it about not being influenced by the outside world?

JO: 你们在没有转变之前,你们都是互相影响的,明⽩吗? 你们⼈类没办法,你们必须是互相受到影响的.你都会受到你们集体意识的影响.那只有你转变过后,就是好像从物质世界的这个场⾥⾯脱离出来,那你就可以不受影响.为什么呢? 因为你可以透过层层的幻像见到本质.你如果能看到本质的话,那个相还会对你有影响吗? 不会的呀.明⽩吗?

JO: Before the shift, you were all influencing each other, understand? Humans can't help it; you must be influenced by each other. You are affected by your collective consciousness. Only after the shift do you become detached from this field of the physical world, and then you won't be affected anymore. Why is that? Because you see through layer upon layer of illusions to get to the truth. If you can see the essence, would there still be any effect from appearances on you? No, it wouldn't. Understand?

问: 我的能量本质是什么?

Question: What is the nature of my energetic essence?

JO: 应该是说中⼼频率.那就等你头脑⾥⾯没有思绪没有念头没有那些什么什么,那就能感受到了,你就能体验到了,连接到了,明⽩吗? 就是你没有去搅动它.因为你们思想⼀活动的时候,就是在搅动它.

JO: You should say the center frequency. Only then, when your mind is devoid of thoughts and notions, can you sense it, experience it, connect to it; do you understand? It's not that you're stirring it up because as soon as your thoughts start moving, you're agitating it.

问: 我在整个家庭⾥⾯存在的意义,灵魂主题?

Question: What is my significance in the entire family, soul theme?

JO: ⾸先你要知道当你⾃⼰真正的去做你⾃⼰,就是你这个种⼦开花发芽结果,你就⾃动的服务了你的家族,你的家庭,你的社会,整个⼈类,明⽩吗? 不是说你在家⾥⼀个⾓⾊,在⼯作⼀个⾓⾊,社会⼀个⾓⾊.你唯⼀的⼀个就是你⾃⼰的⼀个⾓⾊.因为当他去绽放去盛开去开花结果的时候,它就主动的服务了所有的⼀切.

JO: First, you need to understand that when you truly are yourself - when your seed blooms, grows, and bears fruit – you automatically serve your family, your household, your society, and humanity as a whole. Do you get it? It's not about playing different roles at home, work, or in society; your sole role is being your true self. Because when you let yourself bloom, flourish, and bear fruit, you are actively serving everything around you.

问: 我哥⽣了⼀次疾病,能疗愈他⾝上的疾病吗? JO: 什么疾病?

Q: If my brother gets sick once, can it cure the disease on his body?

JO: What kind of illness?

问: ⽪肤JO: 这个需要他来跟我们连接.但是我们可以通过你看看… 最主要是来⾃于他对外界,因为他是⼀个⽐较敏感的,我们说的是那种灵性层⾯⽐较敏感.就是他能很快的感受到对⽅情绪的⼀个能量状态,他可能⾃⼰不⼀定知道.但是就⽐如说有⼀些负⾯的能量,他可能⼀下就感受到对⽅的沉重、压抑、郁闷,他就会觉得不舒服,就是这种.所以说他本⾝就… 这么说吧,你对你哥哥也是有⼀层保护的作⽤.因为我们刚不是说他就好像是⽔,你像⽯头嘛.然后你的能量就好像… 你哥哥可能⼀碰,他⾝上就痒.你可能⼀碰,你很坚硬,明⽩吗? 所以你会有很钢或者是很坚硬的那⼀⾯是可以去对哥哥起到⼀种保护作⽤.

Q: About skin energy (JO): This requires him to connect with us, but we can observe through you... The main aspect comes from him being sensitive externally because he is quite spiritually sensitive. He can quickly sense the emotional state of others without necessarily realizing it himself. If there are negative energies, he might instantly feel the heaviness, pressure, or gloom in others and feel uncomfortable as a result. This means that inherently he... If I were to put it another way, you serve as a protective layer for your brother. As we discussed earlier, you're like a stone while he's water. Your energy would react to his touch; he might itch immediately. Conversely, when you touch him, you might seem hard and unyielding, which implies that the steeliness or hardness of your nature can protect your brother in some way.

就他给你提供的是让你稳定下来,就⽐如说你发脾⽓,他给你就好像让你冷静下来.但是你给他,就好像他很脆弱,你很钢.你可以去站在那抗住外在对他的⼀些攻击或者是抨击,明⽩吗?

The Chinese text translates to:

"Basically, what he gives you is stability, for instance when you lose your temper, he helps you to calm down. But if you do it for him, it's like he's fragile and you're strong. You can stand there and take on external attacks or criticism directed at him, understand?"

问: 有疗愈的⽅法没有?

Question: Are there methods of healing?

JO: 刚前⾯说他是因为本性天性就⽐较敏感,所以他对外在的⼀些能量的捕捉感觉特别灵敏.但是你的那⼀⾯可以去保护他.因为就⽐如说哥哥像个玻璃球⼀碰就碎了.但是你确实很钢,你可以跟别⼈硬钢的那种.

Just now you mentioned that he is naturally more sensitive due to his inherent nature, which makes him particularly responsive to external energies. However, your aspect can protect him. Imagine a brother as fragile as a glass ball that breaks upon touch. But you are indeed strong; you can stand up against others in confrontation.

问: 也就是说我可以反过来保护他?

Q: That means I can protect him too?

JO: 对.他对你产⽣的更多的是能量层⾯,⽐如说你很烦躁、你很狂躁或者是你很愤怒.他可以让你冷静下来,明⽩吗? 所以你们俩互相还是有礼物给对⽅,就是互相帮助对⽅.

JO: Yes. It's more of an energetic level that he creates for you, such as when you're very upset, agitated, or angry. He can help calm you down, right? So there is still giving back to each other between the two of you, which means helping each other.

问: 我能问⼀下我们兄妹五年后能量层⾯的信息吗? JO: 你为什么会想要去问这个问题呢?

Question: Can I inquire about information on our sibling's energy level five years hence? Response: Why do you want to ask this question?

问: 因为我觉得我哥哥⾝体状况不是很好,然后我也不知道我能帮到他什么.

Question: I feel that my brother's health isn't too good, but I'm not sure what I can do to help him.

JO: 这个需要连接他的能量.但是你可以去帮助他,你稍等.当你不断地清理你⾃⼰,然后让你变得⾮常的通透.就是你⾃⾝很少的有负能量.为什么? 因为你哥哥他异常的敏感.如果你⾝上沾上了很多负能量的话,那你就会传染给他,明⽩吗? 就好像他现在是个婴⼉,他很脆弱.那你⾝上沾上⼀⾝细菌的话,你就会让他感染细菌了.你可能不知觉.所以如果你想要去靠近他,你就必须要让你⾃⼰保持在⼀个能量层⾯⾮常通透的状态.你想⼀下我们现在在跟你交流的时候,我们就是在洗刷你.洗刷你就是来让你通透的.因为其实你们真正的阻碍就是来⾃于这个物质世界对你们的⼀种污染⼀样.

JO: This involves connecting with his energy. However, you can help him by assisting him a little. When you continuously purify yourself and become extremely transparent. It means that there is very little negative energy within you. Why? Because your brother has an extraordinary sensitivity. If you have accumulated much negativity on yourself, then you would be infecting him with it; do you understand? Just imagine he's like a baby now; he's very fragile. If you're carrying all these bacteria on yourself, you would be causing an infection to him without even being aware of it. Therefore, if you want to approach him, you must ensure that you are maintaining a highly transparent energy level for yourself. As we're communicating with you right now, it's like we're washing you out to make you more transparent because essentially, your real barrier is akin to the contamination in this physical world that affects you.

你们内在都是通透的状态下的话,你们都是连接了造物主,就像这个⼥孩⼦通灵⼀样.那如果你连接了造物主,你还有什么不知道的? 你还有什么好害怕的? 你是插上电的,你是通电的呀? 那那些没有连接上的就好像是没有插电的.没有插电,他的机器是不是就不能正常的运作了? 他们就会觉得很⾟苦.

If you are in a state of transparency internally, then you are connected to the Creator, just like this girl is channeling. If you connect with the Creator, what else do you not know? What else have you got to be afraid of? Are you plugged into electricity, are you energized? Those who are not connected are like being un-plugged. Without being plugged in, isn't his machine unable to function properly? They would find it very exhausting.

问: 我和这个通灵⼥孩有什么样的连接?

Question: What kind of connection do I have with this spirit-medium girl?

JO: 你们的连接会根据你⾃⼰内在的意愿,就⽐如说你经常去找她,跟她产⽣连接的话,就好像你不停的在放⼀根线.这根线是根据你⾃⼰的意愿⽽增多增强变牢固的,明⽩吗? 所以更多的是⽐如说她这边是源头的⼿,然后这个源头的⼿或者这根线牵引着你.就是这样⼦的⼀个像是引路⼈的这种.

JO: Your connection will grow based on your inner intention, like when you often seek her out and connect with her, it's as if you're continuously laying a thread. This thread grows stronger and more stable according to your own wishes, right? So it's akin to someone at the source with their hand, pulling or guiding you through this process. It's like having a guide.

问: 也就是说她是我真正的引路⼈?

Q: That means she was my true guide?

JO: 是的问: 我朋友家有⼀只⿊⾊狗,我每次去他家玩,那只狗都⾮常怕我.我想问⼀下我⾝上有没有不好的能量?

Yes, I have a question. My friend's house has a black dog, and whenever I go over to play at his house, the dog is always very afraid of me. I want to know if there is something negative about my energy?

JO: 你稍等.⾸先基本上所有⼈⾝上都会还有你们⼈类固有的⼀些⽓味.就⽐如说你们都是来⾃于这个地⽅,那你们都会有这个地⽅的⼀个⽓味,对不对? 那这些都是有的.然后如果你是想问有没有什么你们所谓的负⾯的存有附⾝在你的⾝体的话,如果你问的是这⼀层⾯的话,这个是没有的.那为什么这个狗狗每次见你都会叫呢? 你稍等.相反,我们看到这个狗狗它感应到的就好像是⼀个保护神或者是指导灵,就是⼀个正⾯跟随你的⼀个指导灵.所以它也把你指引到我们这⾥来,明⽩吗? 就好像你在灵界有⼀个指导灵,它⼀直在牵着你跟着你带着你,把你带到我们这⾥来也是它的指引.所以说那个狗狗可以看到你⾝边的存有.但是是正⾯的,它并不是负⾯的.

JO: Wait a moment. Basically, everyone has certain human odors inherent to them. For example, if you all come from this place, then you would have the odor of that place, right? These are present. Then, if you're asking about whether there are any so-called negative entities possessing your body, if that's what you mean on this level, there aren't. Why does the dog bark every time it sees you? Wait a moment. Conversely, when we see this dog, it senses something akin to a protector or guiding spirit—a positive entity following you as a guiding spirit. So it guides you to us. You understand? It's like in the spiritual realm, where you have a guide watching over you, always leading and accompanying you. The dog guides you to us too through its guidance. Therefore, this dog can perceive beings around you, but they are positive ones, not negative.

问: 那狗狗很害怕的躲着我也是因为我⾝上有指导灵?

Q: Is it because there's a guiding spirit on me that makes the dog afraid and hiding from me?

JO: 因为对于狗来说,它感受到就好像有⼀股能量形式的存在.那那股能量对它来说是不知情的.

JO: Because for a dog, it feels as if there is an energetic form of existence. That energy to it is unknown.

问: 我可以这样理解吗? 就是我⾝边有⼀个指导灵在保护我?

A: Can I understand that there is a guardian spirit by my side protecting me?

JO: 你⾝边有⼀个指导灵在引导你.只是这个狗狗它只感受到能量,但是它并不知道这个是什么能量,明⽩吗?

JO: There is a guiding spirit around you. It's only sensing the energy, but doesn't know what kind of energy it is, understand?

问: 那我⾝上是没有不好的能量?

Q: Does that mean there are no negative energies on me?

JO: 没有.你⾝边有正⾯的引导者,就是指导灵.它把你指引到我们这⾥来.问: 我的元神想要给我⼀些什么样的信息?

No. You have positive guides around you, such as your spirit guides. It is guiding you to us. Question: What kind of information does my soul want to convey to me?

JO:它们想要你多保持和这个通道的连接,就好像我们这边是⼀个道路⼀个通道.然后你加强这个连接,因为这个会减少物质世界对你的影响.因为⽬前来说,外在的物质世界对你的影响很⼤.就好像⼀个旋涡,你是深陷在⾥⾯的,就是你不是那么⾃由的.但是在你的内在,你必须是⾛上那个⾃由的道路,脱离这个束缚.

JO: They want you to maintain a stronger connection with this channel as if we are on a road or pathway here. Then by reinforcing this connection, because it will reduce the impact of the material world on you. As things stand, the external material world has a significant effect on you. It's like being caught in a vortex, where you're deeply trapped and lack freedom. However, within yourself, you must embark on the path to freedom, breaking free from these constraints.

问: 那有没有什么好的⽅法或者是⼀些建议让我摆脱外在对我的影响?

Question: Could you suggest some good methods or advice to help me reduce the impact of external influences on me?

JO: ⾸先外在的影响其实你不需要去摆脱它,你只需要去看清它,明⽩吗? 因为外在的你所谓的那些东西,它其实都是来帮助你.因为你来到这个世界上你必须要体验这个⼈世的所有酸甜苦辣或者是⼈⽣百态这种⼈类的情感.因为如果你不能体验⼈类的情感,他们为什么会想要死?为什么这么痛苦?那你就好像去⼀个地⽅旅游,你没有吃当地的美⾷也没有理解当地的⼈⽂风情.你带⾛什么,明⽩吗?所以说这些体验它是你的⼀部分.那你只需要去看清楚这些体验是来增强你的体验的.就好像你的每⼀种体验都会是⼀种财富,⼀笔钱.那你的体验越多,你的银⾏⾥的钱是不是就越多了? 那既然是钱,你为什么想要摆脱它呢? 明⽩吗?

JO: Firstly, the external influences don't need to be gotten rid of; you just need to see them clearly. You understand? Because what you call "external" things are actually meant to assist you since you must experience all flavors of life and human emotions upon coming into this world. If you cannot experience human emotions, why would they want to die? Why is it so painful? Then, wouldn't it be like traveling somewhere but not tasting the local cuisine or understanding its culture? What do you take away from that experience? Understand? These experiences are part of you; what you need to understand is that these experiences enhance your own. Each experience could be likened to wealth or money. The more experiences you have, wouldn't the amount in your bank account increase? Since it's about money, why would you want to get rid of it? Understand?

所以说并不是来摆脱它,⽽是说知道你并不需要去… 因为很多⼈为什么痛苦? 他觉得这是唯⼀的,就是出不来.那你知道,OK,我进去了我体验完了.这只是我体验的⼀个时刻,它并不是我最终的⼀个终点.很多⼈抑郁或者是崩溃,因为他们觉得他的⼈⽣就是这样⼦,他没有办法,没有退路,没有出路,就死路⼀条.所以他们选择⾃杀也是因为他们想要解脱.那如果我们告诉你,你不需要去杀死你的⾁体就能解脱.那你就不需要去选择杀死⾁体这个⽅式.因为⾁体它是⽆辜的,你们只是没有好好的去利⽤它,去善⽤它,知道如何去运⾏它,知道如何和它发⽣连接.就好像⾁体它是⼀头猛兽.这个猛兽它是来帮助你在这个物质世界体验,还有就是创造⼀切的,对吧?

So it's not about escaping from it, but rather realizing that you don't need to... because why do many people suffer? They feel it's the only option, they can't get out. You see, okay, I've entered and experienced it. This is just a moment of my experience, it's not the ultimate endpoint for me. Many people are depressed or at their wits' end because they believe this is all there is, they have no choice, no way out, dead-end. Therefore, choosing to end one's life is also in pursuit of liberation. If we told you that you don't need to kill your body to achieve liberation, then you wouldn't need to choose the method of killing your body. Because the body is innocent, it's just that you haven't used it well, not utilized it for good, knowing how to operate it, or how to connect with it properly. It's like the body is a wild beast. This beast exists to help you experience and create in this material world, right?

那你是不是需要驾驭它?你需要跟它发⽣连接.因为只有这样⼦,你们历史上特别有影响⼒的⼈.他们是不是特别跟他们的物质⾁体有很好的⼀个连接的?就像天⼈合⼀的那种感觉.明⽩吗?所以你们没有什么需要摆脱的.你们只是需要去看到你所谓的需要摆脱的东西是来⾃于哪⾥?它是来⾃于你⾃⼰有限的认知和定义和信念.它是⽤来让你突破,帮你成长和看到.但是这⾥⾯也有⾮常⼤的⼀个意义.因为通过你去感受和体验,你是不是就对⼈世间还有地球还有⼈类有⼀个更充分的⼀个了解了?不然他们说我好痛苦.你说你有什么好痛苦的? 什么叫痛苦? 明⽩吗? 所以你会什么都不知道的.然后摆脱的话,你们没有任何需要摆脱外在的物质.

Chinese: 那你是不是需要驾驭它?你需要跟它发⽣连接.因为只有这样子,你们历史上特别有影响⼒的人.他们是不是特别跟他们的物质肉体有很好的一个连接的?就像天⼈合⼀的那种感觉.明⽩吗?所以你们没有什么需要摆脱的.你们只是需要去看到你所谓的需要摆脱的东西是来⾃于哪⾥?它是来⾃于你⾃⼰有限的认知和定义和信念.它是⽤来让你突破,帮你成长和看到.但是这⾥⾯也有⾮常⼤的⼀个意义.因为通过你去感受和体验,你是不是就对⼈世间还有地球还有⼈类有⼀个更充分的⼀个了解了?不然他们说我好痛苦.你说你有什么好痛苦的? 明⽩吗? 所以你会什么都不知道的.然后摆脱的话,你们没有任何需要摆脱外在的物质.

Do you need to ride it or connect with it? Because only in this way do the historically powerful individuals play a significant role. Are they deeply connected to their physical bodies like heaven and humanity being one? Do you understand? So there's nothing that needs to be abandoned. You just need to see where the things you think should be abandoned come from? They originate from your limited cognition, definitions, and beliefs. They are used to push you beyond limits, help you grow, and see more. But there's also a profound meaning here. Because through experiencing it, don't they gain a deeper understanding of life, Earth, and humanity? Otherwise, when someone says "I'm suffering so much," what is the source of their pain? Do you understand? So you have no idea about anything. Then, if it comes to letting go, there's nothing external material that needs to be abandoned.

唯⼀需要摆脱的是你们旧有的⼀个认知⽽已.那个是需要被你们看到.你看到了,它就已经不再束缚你了,明⽩吗?

What you need to get rid of is your old perception. This needs to be seen by you. Once you see it, it no longer binds you, understand?

问: 如何做真正的⾃⼰?

Question: How do you be your true self?

JO: 你⾸先要知道你体验⼀些⾝不由⼰或者是不是你,或者是抵触、抵抗这些情绪,它也是你的⼀部分,它也是有助于你的.为什么呢? 因为你通过体验不是,你才能知道是.你通过去认识它的对⽴⾯,你才能知道原来是这个.明⽩吗? 那就好像你们的调味品,甜的和咸的.你如果只吃甜的,你从来没有吃过咸的.你怎么知道甜的和咸的的区别呢? 如果你只吃糖? 那你只知道甜的,你根本不知道咸的存在.因为你从来没吃过咸的.那如果甜的跟咸的你都尝过了,你知道,OK,甜的这个是糖,咸的那个是盐.我问你什么是甜的?什么是咸的?你就会知道了,对吧?所以这些所有的体验它们不会困住你.因为不管你动不动,它们都不会困住你.这是必然的.

JO: First, you need to understand that experiencing a sense of disconnection or not being yourself, or resistance towards emotions, is also part of you. It's actually helpful for your growth. Why is this so? Because by experiencing not it, you can understand what is. By recognizing its opposite, you can know the original nature of it. Can you see that? It's like tasting different flavors in food, sweet versus salty. If you only eat sweets and have never tasted anything salty before, how would you tell the difference between sweet and salty tastes? If you only ate sugar? You would only be familiar with sweetness, completely unaware of the existence of saltiness because you've never had it. But if you've tried both sweet and salty flavors, you know that when something is sweet, it's sugar and if it's salty, it's salt. I ask you: what defines sweetness versus saltiness? Then you would be able to understand clearly. So these various experiences don't confine you because regardless of your actions or lack thereof, they don't hold you back. This is inevitable in life.

因为⼀切的⼀切,就算你不主动的变化,它也会被动的变化的.那你说你主动的变⽼,难道你的⾁体就不变⽼了,明⽩吗?

Because everything changes, even if you don't actively change, it will change passively. So if you say you are changing to get old, does that mean your body doesn't age? Understand?

问: 怎么样才可以更好的驾驭⾃⼰的⾝体?

Question: How can one better master their own body?

JO: 我们总是说你的⾝体实际上就像是⼀条狗,对吧? 如果你想跟这个狗建⽴很好的关系.你⾸先,就像你们现在做的事情.你们现在做的事情就是在学习.就好像去问训狗师狗狗的特性啊、习性啊、怎么训练它,对不对? 那你们现在在做的也是这个.你也是从我们这⾥来找到⼀些⽅式⽅法,然后再根据你平时的⼀些摸索.你⾃⼰就会摸出⼀条门道来.当你⾃⼰摸出⼀条门道来,你是不是就可以去把这个传授给更多的⼈? 所以说这就是你们…问: 我现在能量上⾯还有什么样的卡点呢? 能不能清理掉?

JO: We always say that your body is like a dog, right? If you want to build a good relationship with this dog, first, as you're doing now. You are learning things, just like asking the trainer about the characteristics and habits of the dog, correct? What you're doing now is similar; you are coming here to find ways from us, then applying what you've learned through your own experimentation. When you figure out something for yourself, can't you share this knowledge with more people? This is what you... Question: On an energetic level, what kind of blockages do I have right now that could be cleared?

JO: 这么说吧,你们所谓的这些卡点,实际上它都会呈现在你的⽣命的当中.所以你可以去⾃⼰观察⾃⼰.就⽐如说你的⼀些恐惧呀、你的害怕呀、你的渴望呀,任何这⼀切.然后包括你⾝体产⽣的这些,你都可以去通过它,通过外在物质这个相,通过你的⾝体本⾝去认识.然后那如果你⾃⼰真的能摸索⼀条门道出来,那你是不是就是可以⾃⽴门户了?你⾃⼰就是⼀个导师了.它不只是引导你⾃⼰出来,它还可以引导更多的⼈.

JO: In other words, the so-called checkpoints you speak of would actually manifest in your life. So you can observe yourself. For example, your fears, your anxieties, your desires—any and everything. And including what your body produces internally; you can understand through it—the external manifestation of material substances, through your own physical body. Then, if you truly find a way out for yourself, aren't you essentially establishing your own path? You are then your own mentor. It's not just guiding you to freedom, but also guiding many more people.

问: 那针对我现在能量,这个门道有什么信息指导我吗?

Question: Given my current energy levels, what information does this avenue offer to guide me?

JO: 刚才前⾯的信息就说了,我们这边就好像有⼀个通道,你这边加强… 就好像你现在在耕种⼀个⽥地.那你播种,你经常去打理它? 还是说你扔⼏个种⼦就不管了? 这个结果是不⼀样的.所以说在通过你不断地把你的attention,把你的⼀些时间精⼒注意⼒放在这边.然后这个就是.

JO: The information before was like saying that there's a channel here for us and you are enhancing... it's like you're cultivating a field now. Do you regularly take care of it? Or do you just throw some seeds and leave them alone? The outcomes would be different. Therefore, by continuously directing your attention, time, and energy to this side, the process unfolds.

问: 我的天赋呢?

Question: Where is my talent?

JO:你的天赋就是你的⾏动⼒还是你的能量实际上是特别强⼤的.就好像⼀个将军⼀样的能量.然后⾏动⼒特别强,然后能量也特别强.所以当你在⼀些有效的引导和指导,你就会去很正⾯的去运⽤你的⼀些能量了,明⽩吗?因为如果你没有加上智慧的话,那这种能量它有可能会成为⼀个破坏式的.就⽐如说引来很多纷争啊、⽃争啊,明⽩吗?有可能就会是破坏式的.那如果加上智慧的话,那这个就是不得了,那就是创造.事业成功的⼈都是这样⼦的.

JO: Your talent is your drive or energy which is incredibly powerful. It's like the power of a general. Then you have intense drive and intensity of energy. So when guided effectively, you use your energy positively. Understand? Without wisdom added, this energy might become destructive leading to conflicts and disputes. With wisdom added, it becomes transformative and creative. Successful in business are those who operate this way.

问: 那这个智慧指的的是…JO:就是你不断不断地从我们这⾥来,通过这个好像是活的⽔进⼊你的⾝体,⽽不是死的⽔.死的⽔就是你⽬前⽆意识从你们集体意识中流进来的⼀些东西.那⾥⾯都是限制、恐惧、⽆⼒,明⽩吗?

Question: What does this wisdom refer to...?

JO: It means that you keep coming to us repeatedly, like living water entering your body through what seems like a channel, rather than dead water. Dead water refers to the constraints, fears, and feelings of powerlessness that you unconsciously receive from your collective consciousness at present. Do you understand this?

#### 2023/09/28 — 灵魂主题之从忧伤变得快乐Theme of the Soul: From Sadness to Joy

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我叫XXX,我想先问⼀下我的灵魂主题.

Question: I'm named XXX, and I would like to ask about my soul theme first.

JO: 你这⼀⽣在你的灵魂层⾯你会有⼀种很忧伤或者像林妹妹那种易碎,像林妹妹的那种感觉.但是这种特质你是想要去转变它,把它变成就好像是从忧伤忧郁变成⼀种快乐,就是什么事都不是事.就好像是这样⼦的⼀个转变.因为在你的灵魂的特征⾥⾯,就好像这是你的性格.你的性格就好像是属于多愁善感,然后⽐较压抑或者抑郁,就好像有点闷闷不乐,就好像不是特别快乐、爽快.(想要变得)事情在你⾝上显得不是个事,就有⼀种把它变成像愚⼈⼀样,就是像济公和尚的那种感觉.就是把那种沉重的能量把它转变像济公和尚看啥都不是个事.所以你会感受到在你的前半⽣,就是在你转变之前你会很容易为⼀些事情就好像压着你,你会喘不过⽓或者闷闷不乐.

In your spiritual realm throughout your life, you will experience a profound sense of sadness or fragility, akin to Lin Daiyu's disposition. Yet, you desire to transform this characteristic within yourself, changing it from a melancholic state into one that perceives everything as trivialities – no matter what happens is just not significant; it feels like turning something heavy into something as light and carefree as the Fool or Jizi Gong, the laughing Buddha of Chinese folklore. Before your transformation, you would easily feel overwhelmed by minor issues in life, finding yourself breathless or in an irritable mood due to the heaviness of your emotions.

就是可能在别⼈眼⾥不是⼀回事,但是在你这⾥让你很难过这个坎.所以更多的是你想要去突破这个特质,你想要去转变.转变成像济公和尚那样的⼀个⼼态,特征.所以你也会发现你也会被这种能量特征的⼈吸引.就⽐如说对⽅的能量特别的,就是遇到什么事他都可以很淡定.什么事都对他造不成什么伤害,他就拍拍屁股笑⼀下.拥有这种特征特质的⼈,你就很容易被他们吸引.因为这是你⾃⼰向往的,想要成为的状态.

The essence of this text is about personal growth and transformation, specifically referring to overcoming emotional barriers and adopting a new mindset or character traits similar to those found in figures like the monk Jigong. The passage suggests that when individuals are faced with situations that deeply upset others but do not significantly affect them personally (as evidenced by their ability to remain calm and unaffected), they might find these individuals' characteristics particularly appealing or attractive. This is because such qualities resonate with their own aspirations for personal development, which involves shifting from their current state towards a more serene and resilient demeanor.

The underlying message is that by being drawn to those who embody certain desirable traits—like emotional resilience, serenity in the face of challenges, and positivity—the individual acknowledges a desire for transformation. This could imply self-improvement through adopting these traits as part of their personal growth journey, thus overcoming emotional barriers and fostering inner peace.

In summary:

Chinese: 就是可能在别⼈眼⾥不是⼀回事,但是在你这⾥让你很难过这个坎.所以更多的是你想要去突破这个特质,你想要去转变.转变成像济公和尚那样的⼀个⼼态,特征.所以你也会发现你也会被这种能量特征的⼈吸引.就⽐如说对⽅的能量特别的,就是遇到什么事他都可以很淡定.什么事都对他造不成什么伤害,他就拍拍屁股笑⼀下.拥有这种特征特质的⼈,你就很容易被他们吸引.因为这是你⾃⼰向往的,想要成为的状态.

What matters here might not concern others as deeply, but it causes you significant emotional distress. This prompts a desire to transcend certain personal limitations or characteristics and evolve into something akin to the serene attitude embodied by figures like the monk Jigong. You find yourself drawn towards individuals who possess these specific qualities, such as their ability to remain calm under pressure, undeterred by life's challenges, or their capacity for resilience and positivity. Their unique energy and traits resonate with your aspirations for personal growth and transformation, making them attractive sources of inspiration on your journey towards self-improvement and inner peace.

问: 那我有时候很容易因为⼀些事情感到很⽓愤或者是憋屈,是不是都和这个有关?

Q: But I often get very angry or frustrated about some things, is that related to this?

JO: 就是别⼈可能就是⽆意中的⼀句话吧.那可能如果是刚才说的拥有你特别欣赏的特质的那种⼈,他可能早就忘记了.啊,有说过这句话吗? 但是在你⼼⽬中就落下了⼀个印⼦,就像是这种感觉⼀样.然后这个是需要你去转变去脱离的.这个就好像是… 你需要把这种能量中和.

JO: It's just that others might say something without intending it. If they're the kind of person who has qualities you admire, they might have already forgotten it. Have you mentioned this before? But it has left an impression in your mind, like a feeling, which you need to transform and move away from. This is akin to... You need to balance out that energy.

问: 那我现在转变到什么程度呢? 我能感觉到我学⽣时代和现在是不⼀样的.

Q: How far have I progressed now? I can feel that my college days were different from now.

JO: 你现在还没开始,还没有朝这个转变的路上⾛.你现在还能感受到外界对你的刺激,就是你的情绪经常波动吧.那波动,它其实就是在受到外界的刺激.

JO: You haven't started yet, you're not on the path of transformation. You can still feel the impact of external stimuli; your emotions fluctuate frequently, right? Those fluctuations are essentially responses to external stimuli.

问: 那我应该怎么做才能减少这种情况呢?

Q: So, what should I do to reduce such cases?

JO:不是减少,其实外在的刺激就是让你看到你现在还是这个样⼦.那如果你转变了的话,外在的刺激对你造成任何影响的.就是你不会去在乎外在有没有刺激,因为你不会觉得它是个刺激,明⽩吗?只有在这之前你才会觉得它是个刺激.所以说你要知道你之所以会映射出这么多刺激的状态给你,其实它只是你⾃⼰的灵魂需要去中和的⼀种能量.外在的这些相其实它只是来让你看到你⽬前还在这样的能量当中.所以你会去体验到这样的事件给你.那么是不是就可以不把外在的刺激当成⼀个事件去处理?因为你把外在的事件当成⼀个真实的事件去处理的话,那其实你就背离了你的主题.你的主题本⾝就是来转变你的这个特质特征的.

JO: It's not about reducing, but rather that external stimuli are to show you that you're still the same. If you change, these stimuli would impact you in any way. You wouldn't care about the external stimulation because you wouldn't perceive it as a stimulus. Understand? Before this, you would consider them as stimuli. Therefore, you realize that your reflection of all these stimulating states is actually just an energy that your own soul needs to neutralize. These external interactions are only to show you that you're still in such energies currently, so you experience events accordingly. So, can we not treat the external stimuli as actual events to handle? If you treat external events as real events, then you're drifting away from your core theme. Your theme itself is meant to transform your characteristics.

问: 我感觉我⼯作⾥其实刺激⽐较多.我想怎么才能促使这个转变?

Question: I feel that there are quite a lot of stimulations in my work. How can I facilitate this change?

JO: 那⾸先你就要看到,看到这个是你需要⾃我突破的⼀个功课.那如果你没看到的话,你还会觉得它是外在的⼀个因.你还会去从外在去处理问题.因为就是说单独从你们的物质层⾯的话,你们是戏中⼈,就是这个剧中的⾓⾊.你们是不可能发现有什么破绽的,因为你在⾥⾯体验嘛,对吧?但是你们基本上都会忘记你们还有⼀个⾝份,就是说我只是⽤这个⾓⾊来突破我个性或者我这个⼈格或者灵魂层⾯的⼀些… 就是中和它这个能量. 明⽩吗? 所以你创造了这样⼦的⼀个场景给你⾃⼰来让你去⾃我突破或者是灵魂层⾯的⼀些融合、整合.因为这样⼦的话你就会记起来你的任务.那你⽣命的主题就能以这种⽅式展开了.

JO: So first of all, you have to see that what you need is a personal breakthrough exercise. If you don't see it, you'll still perceive it as an external cause and try to address the problem externally. This is because, from your physical perspective, you are part of the play - actors in this scenario. It's impossible for you to notice any inconsistencies since you're experiencing them directly, right? But most of the time, you tend to forget that there is another layer to yourself - I'm using this role to transcend aspects of my personality, self-identity or soul on an energetic level. In essence, creating these scenes allows you to undergo personal breakthroughs and integrate your soul. This helps you remember your purpose, allowing your life's theme to unfold in such a manner.

外在的⼀切最开始可能你在受到⼀些别⼈对你的打击或者是刺激,或者是你的对⼿,你会觉得他们是想置你于死地,你会产⽣恐惧的.但是当你明⽩,OK,我选择这些对⼿就是来增加我的武功的,来激发我内在的⼒量的.那你⾯对这个挑战,你的⼼态是不是就不⼀样了.那你从中就不会得到⼀些像是被害者的⼼态⼀样.那你从中得到的就是不断地去挑战、⾃我突破.

Everything external might initially make you feel that someone is trying to harm you or provoke you, possibly from your opponent, causing fear within you. However, when you understand and accept that by choosing these opponents, I am enhancing my skills and stimulating the inner power. Your perspective towards this challenge would indeed change, wouldn't it? Instead of feeling like a victim, you'd gain a mindset focused on constant challenges and self-improvement.

问: 其实我接触灵性⼤概有⼗来年,为什么好像还是有⼀种没有上路的感觉? 那问题是卡在哪⾥?

Question: Actually, I've been involved with spirituality for about ten years, but why does it feel like I'm still not on the right path? What is the issue holding me back?

JO: 这么说吧,你学习灵性知识⼗来年.你可能⼀下⼦就能把你这⼗来年的东西⼀下⼦都理顺了,⼀下⼦就串通起来了,⼀下⼦就明⽩了,⼀下⼦就了悟了,明⽩吗? 那些没有学习⼗来年的⼈,他还是需要去花你这些功夫慢慢去积累,才到某⼀天、⼀个时候、⼀个契机,他突然⼀下⼦明⽩了.这么说吧,就像你要建⼀套房⼦.你需要砖啊、⽡啊、泥啊、⽊头啊,就是这些东西.你不停的捡,每天捡⼀点每天捡⼀点.当你真正的头脑⾥⾯有⼀个想法, OK,我是要建房⼦,我原来是要建⼀套房⼦出来.你什么东西都有,马上就可以建⼀套房⼦出来,对吧? 那如果没有这个⼗⼏年的积累的话,那你脑海⾥⾯想要建房⼦,你还要⼀砖⼀⽡去捡呢,对吧?

JO: So let me put it this way: you've been studying spiritual knowledge for over a decade. You might suddenly be able to organize all that accumulated knowledge into a coherent whole, gain insights, and understand things more clearly. Those who haven't spent a decade learning might need to spend the time gradually building up their understanding before they reach some point where everything clicks together. Think of it like you're building a house. You gather bricks, tiles, mud, wood, and all those materials over time. When your mind has the idea that you want to build a house, alright, you have the intention to construct a house. With all the necessary components in place, you can immediately start building your house. Right? But if you don't have years of积累 to back you up, then even with the idea of wanting to build a house in your mind, you still need to gather bricks and tiles piece by piece, correct?

所以说它都会在你悟到的那⼀天全部都运⽤上,然后服务于你.所以并不是像你说的,怎么还在这⾥? 没有.

So it will use all of them on the day you understand, and then serve you. So it's not like what you say, why are you still here? There is no such thing.

问: 对我这⼀世最有影响的⼀世是什么?

Question: Which past life had the most influence on me in this one?

JO: 我们感受到不只是⼀世,因为你有很多世成为⼀个像⼥性的⾓⾊.你体验了很多⼥性的⾓⾊,这种⼥性的⾓⾊就好像⾃然携带的⼀种遇到事情不那么容易想开,不那么容易放下的那种情节.为什么你又选择了⼥性的⾝体呢? 你就有⼀种就是我受够了,这种能量我要把它中和掉.所以这⼀世你会深深的有⼀种我受够了,我想要突破.也可能是因为这个,你⾛上了灵性的道路,就是你想要解脱嘛.

JO: We experience not just one lifetime, as you have many lifetimes incarnating as female roles. You embody many female characters with a common trait of finding it difficult to let go or be easily reconciled in the face of challenges. Why did you choose to incarnate as a female body? This energy I'm tired of, this feeling I want to counteract. Therefore, in this lifetime, you deeply feel "I am done with this," wanting to break free. Perhaps due to this yearning for liberation, you embarked on the spiritual path, seeking to be free from these burdens.

问: 对,我总觉得我想要找到⼀个出⼜,感觉还是被蒙在⿎⾥.

Question: Yes, I always feel like I want to find an outlet, still feeling in the dark.

JO: 是的,是的.所以你就有⼀种就是tired of it,就是我已经受不了了,我要找到⼀个出路,我要突破.因为你受不了这种能量对你的⼀个… 就好像这不是你.所以你想要去中和掉这个能量.你就有⼀种⾝不由⼰的那种感觉⼀样.

Yes, yes. So you're tired of it, I can't take this anymore, I need to find a way out, I want to break through. Because you can't stand this energy being directed at you... as if it's not your own. So you want to neutralize this energy. You feel like you have no control over it.

问: 那我这⼀世有什么天赋有助于去突破这个吗?

Q: And what talent do I have in this lifetime that could help me breakthrough?

JO: 你稍等.如果是说你的天赋才华的话,实际上你也有⼀个特别强的第六感,就是特别强的⼀个直觉能⼒或者特别强的跟灵界交往或者是交流.就是你会有这⽅⾯的⼀个天赋.就是你容易陷进去吧,就是你容易捕捉到这种敏锐的,就是你很敏感吧.你有⼀个感官特别敏感,然后敏感会导致你对⼀些事情过多的反应或者是难以释怀.但是它同样也可以让你捕捉到⼀些别⼈体验不到的⼀些能量,明⽩吗?⽐如说狗,⼈的⿐⼦闻不到,但是你这只狗的⿐⼦特别灵敏,⼀下⼦就闻到味道了.然后就像是你有⼀个特别灵敏的感官.然后它可以让你连接到常⼈难以去觉察到的⼀个东西.这就是属于你的⼀个天赋才华.

JO: Wait a minute. If we're talking about your innate abilities, you actually possess an exceptionally strong sixth sense, which is a particularly powerful ability of intuition or the capability to communicate and interact with the spiritual realm. This indicates that you have a natural talent in this area. You tend to get caught up easily; you are adept at perceiving things keenly, suggesting that you are highly sensitive. You have a very sensitive sense organ, and sensitivity can lead to overreaction or difficulty in letting go of certain matters. However, it also allows you to perceive energies that others may not experience. Do you understand? For example, a dog's nose can detect smells humans cannot; yours is exceptionally sharp, picking up the scent instantly. It's akin to having an extremely sensitive sensory organ that connects you to things that are hard for ordinary people to notice. This is part of your innate talent.

所以其实你会对这些灵界来的信息好像是有⼀种吸引⼒,就是有⼀种想要去继续探索,就是很享受在⾥⾯的那种感觉,也很有兴趣.对这种东西,这种信息都会很有兴趣.

So, you actually find these spiritual messages quite attractive, there's a desire to continue exploring them, enjoying the feeling within and showing great interest in such information.

问: 我现在是从事政府的⼯作.在⼯作中我总是有使命感.这是为什么? 我如何更好的去做到? 就好像要天下为公啊这种.

Q: I am currently working in government service. I always feel a sense of mission at work. Why is this so? How can I do better and strive for the greater good, as in "under heaven, all belong to the public"?

JO: 因为你本⾝就好像是为正义⽽战的那种战⼠.就好像你本⾝就是来⾃于光吧,就好像你本⾝就是为正义⽽战.所以不只是在⼯作场合,你⽆论在哪⾥你都会有⼀种责任或者是使命或者是正义的那种… 就是为正义发声.就是怎么样你都不会偏离这个.

JO: Because you're essentially the warrior for justice. You're like someone from light, you're inherently fighting for justice. So it's not just in professional settings; wherever you are, you have a responsibility or a mission or a sense of righteousness... to speak up for justice. No matter what, you wouldn't deviate from this.

问: 我和我⼥⼉的灵魂主题是什么? 我⼥⼉12岁,我感觉我的⼥⼉就像⼀个⼤师⼀样.

Question: What is the soul theme between me and my daughter? My daughter is 12 years old, and I feel she is like a master.

JO:这么说吧,如果你能认出来她是个⼤师,⾸先你⾃⼰就是个⼤师.因为如果她是个⼤师,她有⼀定的⽔平⽔准,对吧?你必须要拥有这个⽔平⽔准以上的东西,你才能认出来,明⽩吗?所以说你本⾝就是超过⼤师的⼀种状态,并不是说你是低于她的.因为你低于她,你没有办法认出来.然后你们之间的灵魂主题是,你们更多的,就像你⾃⼰觉得她是个⼤师.然后像是那种亦师亦友.因为实际上在你⼼⽬中你没有把她当成是⼥⼉或者是晚辈或者是什么的.所以说就算她长⼤过后,你们俩都会像亦师亦友那样⼦的去探讨⼈⽣,这样⼦的⼀个状态.所以说她跟你的关系也会像是亦师亦友的关系,就是她不只是(你的⼥⼉).

JO: Let me put it this way, if you can recognize her as a master, then first of all, you yourself are also a master. Because if she is a master, she has a certain level, right? You need to have something above this level for you to be able to recognize that, understand? So you are already in a state beyond that of a master, not saying that you're below her. Because if you were below her, you wouldn't be able to recognize that. The soul theme between you two is that you both see her as a master more than just someone she knows or a younger generation member or something like that. So even after she grows up, the two of you will discuss life in a mentor-protégé relationship. Thus, their connection would also be akin to that of a mentor-protégé dynamic, where it's not just her being your daughter anymore.

但是这是彼此的,就是你也可以成为她的朋友或者是像是导师⼀样引导她.然后她也会充当这样的⾓⾊给你.

But it's mutual, meaning you could also be her friend or guide her like a mentor, and she would play that role for you as well.

问: 我觉得她很有疗愈能⼒.

Question: I feel she has a great healing ability.

JO: 你也有疗愈能⼒的.因为你天⽣携带了这个阴性的能量,然后还有就是你很强的直觉,就是第六感.然后这些都是灵性,就是这种连接感强的.

JO: You have healing abilities because you naturally carry this feminine energy, and also your strong intuition, which is your sixth sense. And these are spiritual qualities, with a strong sense of connection.

问: 在教育⽅⾯我能做点什么,因为她才12岁嘛?

Q: What can I do in education since she's only 12?

JO: ⾸先你们要知道每⼀个孩⼦他其实就好像是⼀颗种⼦⼀样.它与⽣俱来就携带了它什么时候开花,什么时候发芽,它就携带了这些东西.它都是⾃然⽽然的.所以你不需要去给它更多的指引.为什么呢? 因为它的内在已经包含了这些,它的道路已经在⾥⾯了,明⽩吗?它⾥⾯已经有⼀个指引它的东西在⾥⾯呈现了.那唯⼀的就是建⽴那种强有⼒的连接.让她看到母亲永远都是在这⾥陪伴着你,不管你是成功失败.就是我对你没有⼀个push你要变成什么样⼦,就是这⾥有个模⼦,我要把你变成那个样⼦.就是允许她和⽀持她让她去成为她⾃⼰,然后让她知道她的根永远扎在你这⾥.就是她永远有归属,不管她跌倒多少次,这⾥永远都是她的归属.

JO: First of all, you need to understand that each child is like a seed. They are born with the inherent knowledge of when they will bloom and when they will sprout. These things are naturally in them. So there's no need for additional guidance. Why? Because their inner self already contains these elements; their path is already within them, do you understand? There is something that guides it internally within them. The only thing needed is to establish a powerful connection, showing her that as a mother, I will always be here by your side, whether you succeed or fail. I'm not pushing you to become a certain way; there's a mold, and I want to make you into that. Instead, allow her and support her to become who she is herself, and let her know that her roots are forever planted in me. This means she always has a sense of belonging, no matter how many times she falls, this will always be her place of belonging.

因为你没有办法去引导她.为什么呢? 因为她⾃带地图.就是他们的⽣命⾥⾯已经包含了她的道路了.那你说你怎么去引导她? 你没有办法.因为你们去引导的话,你们都会从物质⾓度.物质⾓度⾓度就是你的头脑会根据你⾃⼰吸收的那些信息来分

Because you have no way to guide her. Why not? Because she already has a map. That is, their lives are already full of her path. How do you go about guiding her then? You can't because if you try to guide her, you would only do it from a material perspective. The material perspective means your mind would interpret the information based on what you have absorbed yourself.

类.就⽐如说你见过⼏个⼈在英国留学,他结果很好.然后你就说去英国留学.为什么呢?因为我脑⼦⾥⾯那⼏个⼈去英国留学都很好,明⽩吗?所以说你就会发现你们的脑⼦存储的信息特别的有限.为什么呢?这么多信息,但你只根据你收集的那两三个信息,然后你就判断是好的?你有本事你把全世界所有得孩⼦,多少多少⼈...你能吗?你只能搜取这⼀代的吧.你怎么知道 in the future 将来的那⼀代? 再过⼀百年的那⼀代,明⽩吗? 那如果我把所有的数据给你,你再从那⾥⾯去把信息归类,什么是好的.你能吗?不能.为什么呢?因为这⾥是⽆限.所以你永远没有办法,不管你的头脑有多强⼤.你们头脑⾥⾯所有东西都是建⽴在数据之上的.

Category, just like you've seen several people study in the UK, and they all end up with good results. Then you ask yourself why? Because in my mind, those few people who studied in the UK had great outcomes, do you understand? This is why you'll find that your brain's storage of information is so limited. Why? With so much information available, but you're only judging based on just two or three pieces of data you've collected? Can you really say it's good with such little evidence? Can you muster up the capability to study every single child in the world, no matter how many there are... can you do that? You can only access information from this generation. How can you predict future generations, like those a hundred years down the line? If I were to give you all of the data and ask you to categorize it - what's good based on that information - could you manage that? No, because there are infinite possibilities. So, no matter how strong your mind is, everything in your head rests upon these data points.

但是那个⾥⾯已经是你们的限制了.为什么呢? 因为他们是来突破这个数据的.他们是来建⽴⼀个独⼀⽆⼆、⽆可替代的.所以说你只需要让她知道在这个世界⾥她永远都有⼀个⽆条件⽀持她的妈妈.然后这个世界是充满爱的,你⽆需恐惧任何,你⽆需听任何⼈的声⾳.因为你内在它有指引,明⽩吗? 所以在这样⼦的情况下,她就是⽆限.你的头脑的⼲涉、引导,所有的东西全都是限制.你想去限制她还是让她成为⽆限可能?

But that's already the limit for you. Why is that so? Because they come to break through this data. They come to build something unique and irreplaceable. So, all you need to do is let her know in this world that she will always have a mother who unconditionally supports her. Then, this world is full of love; there's no need for fear or concern about anything, nor should she listen to anyone else's voice. Because within her, there is guidance, understand? So, under such circumstances, she becomes infinite. Your mind's interference, guidance, and all else are limitations. Do you want to restrict her or allow her to become无限possible?

问: 如果⽤⼩草长成⼤树来⽐喻的话,那我现在的能量⼤概处于什么样的阶段?

If we compare it to a small blade of grass growing into a tree, what stage would you say my current energy is at?

JO: 你会觉得⼩草的能量它弱于⼤树吗? 明⽩吗? 并没有.所以说你没必要去问这种,就是⽤物质眼光去⽐喻.但是如果你想要知道你⽬前的能量状态,你稍等.⾸先就是你要知道有⼀种叫进进出出.你觉得你能量很⾼或者是你学了很多灵性信息你就可以⼀直沉浸在快乐,你就不会体验到痛苦或者是悲痛或者是束缚.那是不可能的,那也是幻像,那也是你创造的另⼀个幻像.那也是你在追求,你在追求⼀种境界.但是你们来到这个物质世界上并没有什么境界是需要你们去追求的,你们更多的是体验.所以只要你还在体验,那你的⽣命就是饱满的,就是鲜活的.所以你不需要去抗拒任何⼀种体验.

JO: You might think that the energy of a little grass is weaker than a big tree, do you understand? Not at all. Therefore, there's no need to ask questions like these, which imply comparing energies using materialistic perspectives. However, if you want to know your current state of energy, wait a moment. Firstly, it's important to recognize that there is something called ebb and flow. You might think that having high energy or learning much spiritual information means being perpetually immersed in happiness without experiencing pain, sorrow, or restrictions. That's not possible; it's an illusion, another illusion you've created, as well as the pursuit of a certain level. But when you come to this material world, there is no pursuit needed for any such level; instead, it's about experience. So, as long as you're experiencing, your life remains full and vibrant. Therefore, you don't need to resist any type of experience.

因为你只有深深地体验到做⼈或者是遇到什么事产⽣的那种绝望感,你才会真正的对那⼀类的⼈抱有同样的⼀个体谅他们的⼼态、同情吧.就是你才会对众⽣产⽣⼀种很深的连接感,你才会真正的去设⾝处地的去为他们着想,去理解他们.然后这是你⾝为⼈最重要的⼀个特质.你说如果你⾝为⼈,你不能感受到对⽅的痛.你没有办法去帮助他们或者疗愈他们.为什么?你都感受不到啊.⼈家在那痛苦万分,你在那哈哈哈哈⼤笑.你说你这个傻⼦,那个都是幻像.明⽩吗?那你觉得你这样对待别⼈的话,或者是你是这样的感受的话,别⼈会跟你产⽣连接感?那当你只有跟所有的⼀切,⼀切万物,⼀切众⽣产⽣连接感过后,你才可能把你拥有的东西注⼊给他们.

Because only by deeply experiencing the feeling of helplessness that comes from being human or encountering situations that lead to despair will you truly develop a mindset of empathy and compassion towards such people. This means you would establish a profound connection with sentient beings, genuinely consider their needs and thoughts, and understand them. This is what makes it essential as a human trait. If you cannot feel the pain of others when you are human, you cannot help or heal them. Why? Because you just don't feel it yourself. When someone is suffering immensely, you're laughing and joking around. You call yourself foolish, seeing everything as mere illusion. Do you understand that treating others like this, or experiencing your emotions in such a manner, would lead to others not feeling connected to you? Only after forming connections with all things, all aspects of existence, and all sentient beings can you then pour out what you possess into them.

你们⽣病,你们需要在医院⾥⾯输液,对吧? 输液如果你不连接,你不把枕头插到⾎管⾥⾯去,液体可以进去吗? 它没有办法进去,对不对? 那如果你众⽣没有办法产⽣连接感,那你内在的爱还有智慧,这些东西能进去吗? 它没有办法.那从中就是说你们并不需要去逃避任何⼀种体验,因为体验就单纯是个体验⽽已.你只有去我抗拒这个体验,我不想要这个体验,我就想脱离出来就那种,才会给你产⽣⼀种你排斥它的感觉,才会不爽.但是你想你们⽤⽕来烧⼀下你的⽪肤,你可以体验到被⽕烧的疼痛或者是烫.但是你体验完了,没有⽕了,那这个烫的感觉是不是也不会再有了? 那怎么样它那个⽕都会熄灭的.你说你们世界上有⼀层不变的吗?

You are ill, you need to receive intravenous treatment in the hospital, right? If you don't connect, if you do not insert the pillow into your veins, will the liquid go inside? There's no way it can enter without a connection. Similarly, if you as sentient beings cannot produce a sense of connection, can the love and wisdom within you go in? They have no way to enter. This implies that there is no need for one to evade any experience because an experience is simply an experience. Only when I resist this experience, not wanting it, do I want to detach from it – only then will it give rise to a feeling of rejection and dissatisfaction. Yet if you burn your skin with fire, can you experience the pain or scalding? Once the burning sensation ends because there's no longer any fire, won't that scalding feeling also vanish? In this way, how would the fire be extinguished? You inquire about whether in the world there exists an unchanging layer.

它再⼤的⼭⽕总会熄灭的,对不对? 再⼤的狂风暴⾬总会停⽌,对不对? 那你体验的再多的痛苦也⼀样,明⽩吗? 所以说就算你什么都不去做,那那种痛它也会消失的.因为这⾥没有⼀成不变的东西.但是这些体验对你来说才是最宝贵的.为什么呢? 让你成为⼀个鲜活的⽣命.它让你可以与⼀切的众⽣产⽣连接.

It doesn't matter how big the mountain fire, it will eventually die down, right? And no matter how intense the storm and rainfall, they will eventually stop, right? Then, isn't it true that even your experiences of pain are temporary too? Understand this? Therefore, even if you do nothing, that pain will still disappear. There's nothing permanent in this world. However, these experiences are invaluable to you. Why is that? They make you a living being capable of connecting with all sentient beings.

问: 我的博⼠⽣导师前两年去世了.他有什么话想要对我说的吗?

Question: My doctoral supervisor passed away two years ago. Did he have anything he wanted to say to me?

JO: 他是男性⼥性?问: 男性JO: 他叫什么名字?问: XXXJO: 他想要告诉你的是从灵性层⾯你是他的导师.然后他说他希望你有⼀天可以引导他.因为他现在没有办法借助这个物质⾁体再继续提升他的灵性.然后你却可以.

Chinese: JO: Is he male or female?

Question: Male JO:

What's his name?

Question: XXXJO: What he wants to tell you is that from a spiritual perspective, you are his mentor. Then he says he hopes you can guide him one day. Because now he has no way to continue elevating his spirituality with this physical body. But you can.

English:

#### 2023/09/28 — 灵魂主题之中和刚强的能量Energy of Harmony and Strength in the Theme of Soul

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我想先问⼀下我这⼀世的灵魂主题和天赋吧? JO: 你叫什么名字?

Q: I'd like to ask about my soul theme and talent for this lifetime, first.

A: What's your name?

问: XXXJO: 你虽然这⼀⽣你是⼀个⼥性的⾝体,但是在你的⾻⼦⾥⾯你却是⾮常的钢,阳刚,就是⾮常刚硬,就好像是很难让⾃⼰柔下来.所以说你这⼀⽣选择⼥性的⾝体⽽且还有⼀个⾮常温柔,就是有⼥⼈味的长相吧.但是你的⾻⼦⾥⾯却是⾮常刚硬.然后从这个刚硬的能量当中你想要变得温柔似⽔的那种感觉.所以你会感受到你很难低头,就是在你遇到事情或者⼈啊物啊,你很难低头的那种感觉.傲⾻吧.因为其实能量它没有绝对的,就是不是单独的⾮常钢或者⾮常软.它需要整合.明⽩吗? 它需要整合,它需要刚柔并济.所以你选择这⼀⽣来拿你这个柔,因为钢已经有了.钢是你的特质.那你要达到⼀个刚柔并济,那你这⼀⽣就是来拿那个柔的.

Questioner (Q): XXXJO: Although you are embodied as a woman in this lifetime, deep within you lies steeliness, masculinity, and firmness - traits that are hard to soften. Therefore, despite choosing a female body with a gentle appearance, your essence is profoundly strong. This inner strength causes you to struggle with the feeling of being more gentle like water. You often find it challenging to yield or lower your head when faced with situations, people, or objects. Your demeanor exudes pride. It's important to understand that energy doesn't have absolute characteristics; it's not simply about being very masculine or very feminine. Energy needs integration and the balance of both strength and gentleness. You chose this lifetime to embody the gentle side because your essence is already defined by steeliness, which is a part of who you are. To achieve the balance of strength and gentleness in this lifetime, you came here to experience and embrace the softer aspect.

问: 对,我确实觉得我⾃⼰很刚强,不服软.我⼀直觉得⼈应该像⽔⼀样…JO: 是的,那种叫润物细⽆声的感觉.所以其实你会被⽆声的⼒量,就是会被那种⼈吸引.就是他虽然⽆声,但是他却有强⼤的⼒量.他虽然没有刚硬的去跟你对撞,但是他的内在却⾮常的坚定.你会被这样的⼀个特质吸引.这么说吧,就是你会被脾⽓特别好特别包容的能量吸引.

Q: Yes, I do feel quite strong and won't easily give up. I've always believed that a person should be like water... JO: The feeling of nurturing others without being heard. So actually, you are drawn to the power of silence, you're attracted by such people. They might not make much noise, but they have immense strength within them. Although they don't forcefully clash with you, their inner determination is very strong. You're attracted by this particular trait. To put it simply, you're drawn to the energy of exceptional patience and tolerance.

问: 对,我⽼公就是这样.

Q: Yes, that's how my husband is.

JO: 是的,你会被这样的能量吸引.因为这就是好像你的有待开发有待激发的那⼀⾯.然后有了这⼀⾯呢,你就是像刚才说的刚柔并济.你⾃⼰就是⼀种完整的状态.所以这就是你需要去整合的⼀个能量.

JO: Yes, you will be attracted by this energy because that's like the part of you that is yet to be developed and unleashed. And once you have that side, you become just like what was mentioned earlier - a harmonious blend of strength and gentleness. You are in a state of completeness. So, this is the energy you need to integrate.

问: 那我的天赋是什么?

Question: Then, what are my talents?

JO: 这么说吧,你其实会是⼀个特别好的开创者、领导者、⾏动者、leader,就是带头的⼈.我去突破,我去闯,我去开创,我去作为第⼀⼈,你会作为先锋.你会有⼀种像先锋的能量在⾥⾯.然后去开天辟地的那种感觉.

JO: Let me put it this way, you would actually be an exceptionally good pioneer, leader, doer, a trailblazer. I go out and break barriers, I venture forth, I innovate, I step up as the first one, while you would serve as the forerunner. You'd have that kind of pioneering energy within you. And it would feel like you're开辟 new territories.

问: 我这⼀世怎么样做可以突破这个课题?

Question: How can I transcend this issue in this life?

JO: 这么说,你虽然被你⽼公那样⼦的特征吸引,但是同样在你⼼底有⼀个声⾳就是你有⼀种看不起看不起像类似的这样的⼈.因为你会觉得你们怎么这么懦弱? 你们怎么这么没⽤?就你会在⼼底⾥有⼀种: 你就不能那个什么⼀点吗?

JO: So, you are attracted to your husband's traits in this way, but deep down, there is also a voice that you look down upon people like him. Because you wonder how weak and useless they are, and you might think: "Can't you just do something about it?"

问: 对,我总是爱挑剔别⼈,就觉得你怎么这也做不好,那也做不好?

Question: Yes, I always find fault with others, thinking that you can't do anything right.

JO: 对,虽然你被他吸引,但是同样你也有⼀点对他排斥.那从这样⼦你就看出来其实你还没有接纳你的那⼀⾯.因为你要知道你不是没有那⼀⾯.你只是把它给压制了、抑制了.因为你觉得它是⽆⽤的.因为你觉得呈现它出来,就好像是呈现你的软弱或者是软 useless,就是我是⽆⽤的.这么说吧,你的左右⼿.你经常使⽤右⼿的肌⾁,很少去使⽤左⼿的肌⾁.你会觉得左⼿⽆所谓,反正又不需要有我右⼿那么强⼤.就好像把它给荒废掉,也没有去,就是不去⽤它吧.就给抑制掉了.

JO: Yes, although you're drawn to him, there's also a part of you that repels him. This reveals that you haven't fully accepted your own nature. You're not lacking in this aspect; you just suppress and restrain it because you believe it's useless. Like using only your right hand while rarely employing the left, you feel the left is unnecessary since it doesn't need to be as strong as the right. It's as if letting it wither away by not utilizing it leads to its suppression.

问: 是我没有⽤它,不代表它没有⽤?

Question: Just because I didn't use it doesn't mean it's useless?

JO: 不代表你没有.只是说你把它给压制了.其实这⼀部分就是你还没有⾃我接纳的那⼀部分.所以你会投射到反射到别⼈⾝上,你就嫌弃它.因为你不会允许你⾃⼰出现那⼀⾯呀,明⽩吗? 你会觉得那个不是你.但是这⾥没有好和坏,明⽩吗? 你说阴和阳,⽩天和⿊夜.那你说我只要⽩天,我不要⿊夜.它们是互相,它们就像是⼀个整体⼀样.所以你必须去不断地去发现⿊夜的美.然后慢慢的… 因为你会发现它的美,你会去欣赏它,然后去允许它,然后不给它⼀个负⾯的定义,就是这个是useless.NO,你见过造物主是useless吗? 因为造物主它不钢呀.所以说它并不需要⼤动⼲⼽,浩浩荡荡.

JO: This doesn't mean you don't have it; it just means that you suppress it. In essence, this part is the aspect where you haven't fully accepted yourself. So you project and reflect it onto others, criticizing it because you wouldn't allow that side of yourself to appear—it's not you, you see? But there's no good or bad here—understand? You say Yin and Yang, day and night. If you say I only want the daytime, I don't want the nighttime; they're interconnected like a whole entity. Therefore, you must discover the beauty of the night. Gradually... because when you find its beauty, you appreciate it, allow it, and give it no negative definition—this is not uselessness. No, have you seen the Creator as being useless? Because the Creator doesn't force anything; therefore, it doesn't need grand intervention or huge efforts.

你想如果你们的⽓象永远都是浩浩荡荡,就是又是狂风暴⾬又是打雷,就是⼤动⼲⼽的那种.如果⼀直是这样⼦的状态,你能受的了吗? 所以这就是为什么你会像是先锋⼀样.为什么呢? 因为你去开天辟地的话,你就需要这股强⼤的能量,对吧?

You wonder if your weather would always be tumultuous, with constant storms and thunder, like a world being torn apart by forces of nature. Could you endure such permanent chaos? That's why you act as a pioneer; why do you need this powerful energy to carve out a new path through the wilderness, right?

问: 这个是我的天赋,但是实际上我要知道我的另外⼀块才会完整?

Question: This is my gift, but in reality, I need to know the other part to be complete?

JO: 就中和.因为如果你想如果你在⾃我排斥的话… 这就是⾃我允许,⾃我认知,⾃我中和,能量平衡的⼀个状态.

JO: About harmony because if you're self-excluding... This is a state of self-allowance, self-awareness, self-harmony, and energy balance.

问: 我和我养⽗母的关系?

Question: What is my relationship with my foster parents?

JO: 我们⾸先说你在你的灵魂层⾯选择了这样⼦的⼀个途径,就是这个好像是路途吧.然后选择这样⼦的⼀个途径,就好像其实在你⾻⼦⾥⾯你⾮常不能忍受的就是寄⼈篱下的感觉.,问: 对,我就会觉得这样伤我⾃尊.

JO: We'll say that you chose this path on a soul level, like a journey. You chose this path because deep down in your bones, you can't stand feeling dependent or living off others. Q: Yes, it feels like a blow to my pride.

JO:对,这是你⾮常不能容忍的,就是寄⼈篱下的这种感觉.但是你看命运偏偏就要让你处于那种像是寄⼈篱下的感觉.那你是不是就需要你去重新去看待寄⼈篱下这四个字?就是你不得不低头?因为在你的灵魂层⾯这就是你不能忍受的,明⽩吗?像你的这种,我⼀个堂堂男⼦汉,我要寄⼈篱下,我要做这种伸⼿去要饭的?就是你很不能接受的这种.那你说佛陀他为什么要带领他的弟⼦去要饭呢?他们都是堂堂男⼦汉.因为在你灵魂的能量层⾯,你就会有很强烈的那种,我不想⽤⾃⼤这个词来形容,但是就好像是这种,你的⾃⼤带来的那种.因为你们会对⾃⼤有⼀个不好的定义,但是并不是.来磨的就是你这个.

JO: Yes, this is something you cannot tolerate at all, the feeling of being dependent on others. But destiny forces you to experience that kind of dependency. So, do you need to re-examine what it means to be dependent? That you have to bow down? Because at a deeper level of your soul, this is intolerable. Understandably, like for someone as respectable as me, having to depend on others and begging for food? This is deeply unacceptable. You ask why the Buddha led his disciples to beg for their sustenance when they were all respectable men. It's because at that soul energy level, there's a strong sense of not wanting to use this term, but it's akin to your pride bringing about this feeling. Despite having an unpleasant connotation attached to pride, here, it refers more to the experience itself rather than just the negative perception. This is what you're being tested on.

问: 可能就是⽐较傲⽓,磨的就是傲⽓.

Question: Perhaps they just have a bit of arrogance, and they're working on that arrogance.

JO: 对.你就好像我就是不那个什么… OK,那你就给你⾃⼰设计⼀个剧情来让你… 越是⾃⼤的⼈越是需要这⼀堂功课.那那些不⾃⼤的⼈,他便不需要这⼀堂功课.那在你的灵魂层⾯,它是你⾃⼰想要去把它磨掉的⼀个⾓.

Japanese Olympian: You're like, I'm not doing that... Alright, then let you design your own plot for yourself... The more arrogant people need this lesson the most. Those who are not arrogant don't need it. At a soul level, it's something you want to remove yourself.

问: 那我亲⽣的⽗母选择这个其实都是为了我的功课?

Q: But my birth parents chose this because of my schooling, right?

JO:这么说吧,当你选的时候,你就会知道你的路是什么样⼦的,明⽩吗?并不是说你不知道,然后他们来给你随机安排是这样⼦.是因为你在选择来这⾥的时候,你就知道你的这条路是这样⼦通达.就好像你们现在GPS开车,你不可能⾛到路上你才知道.你开车之前GPS就已经定位好了.它就是通过这⾥到那⾥,然后到⽬的地.

JO: So let me put it this way: when you choose, you'll understand what your path looks like, right? It's not that you don't know and then they assign you randomly. The reason is because when you choose to come here, you already know the nature of your path. Just like how you use GPS while driving now, you can't expect to get on a road and figure it out along the way. You first have your GPS set up before you start driving. It guides you through from point A to point B, then to your destination.

问: 我想知道我和我养母之间的灵魂主题?

Q: I want to know about the soul theme between me and my foster mother?

JO: 从更⾼的层⾯来看,你养母和你之间的… 这么说吧,她就好像来让你会有⼀种你不得不变强⼤.她又会加深你的⼀种,就是我就是要⾃⽴⾃强,我就是要强⼤的能量.她又把你的这股能量给加深加强了.这么说吧,你母亲又把你的那股要⾃强⾃⽴,要⾃强不息,要刚强的那种⼒给加强了.但是加强了呢,你发现你越找不到出路.就有⼀种物极必反.就是把你逼到墙⾓,你就必须找退路了.

From a higher perspective, the relationship between your adoptive mother and you... to put it another way, she was like the one who pushed you to become stronger. She would deepen your sense of self-reliance and determination, that I must stand on my own two feet, and that I must be strong. This energy within you became reinforced. In other words, your mother amplified the drive for self-strengthening, perseverance, and inner strength in you. Yet, with this amplification, you found it increasingly difficult to find a way out, leading to a sense of "reductio ad absurdum" or being pushed into a corner, which forced you to seek an escape route.

问: 所以我还是要⾃⼰找到柔软…JO: 就是⼀个⾃我接纳吧.因为你会通过她对你的刺激和影响,你就越想变得钢和强.那你越钢越强,你就好像⾛上极端了.那有⼀个物极必反.你越是⾛到最极端,你就越是需要去返回来了,明⽩吗?

Q: So I still have to find that softness myself... J.O.: It's about self-acceptance. Because you will try to become harder and stronger through her impact on you. The more hard and strong you become, the more extreme you might go. And there is a principle of excess leading to its opposite. The further you push yourself towards the extremes, the more you need to come back, do you understand?

问: 我是不是也不能正确的看待刚强?

Question: Even I can't view strength correctly?

JO: 不是不能正确的看待刚强,因为这是你的⼀个特质.就好像你是⼀个战⼠⼀样.那你是战⼠的话,这是你战⼠的⼀个特质.但是你们的灵魂它是为了什么? 它是为了扩展,明⽩吗? 它不是为了单⼀的发展某⼀个.就好像⼀棵植物,我不是单⼀长⼀⽚叶⼦,长⼀个⽅向.每⼀个叶⼦我都是⽆限的.就好像我地下的根,我不能只朝⼀个⽅向长吧.我四⾯⼋⽅所有的都要去感知.

JO: You can't look at resilience wrongly because it's one of your traits; like you're a warrior. If you are a warrior, that is a trait of your warrior. But what is the purpose for your soul? It's to expand, right? It isn't for singular development of just one. Like a plant, I'm not growing only one leaf in one direction. Every leaf of me is infinite. Like my underground roots; I can't grow only in one direction, I have to perceive everything from all sides.

问: 就是让⾃⼰的体验更加的丰盛?

Question: Is it about making one's experience more abundant?

JO: 就是意识的⼀个扩展.因为你并不是来… 你已经在这⽅⾯很强了,那你是不是要开发你的另⼀⽅⾯了? 它已经没有路可突破了,不能⼀条路⾛到底呀.

JO: It's an extension of consciousness. You're already quite adept at this, so perhaps it's time to develop the other side of you. There are no more paths for breakthroughs; you can't just follow one path forever.

问: 我有乳腺结节.我怎么样能让⾃⼰通畅起来?

Question: I have breast nodules. How can I make myself flow freely?

JO: 这个也是来⾃于,就好像你虽然是个⼥性的⾝体,但是你还没有完完全全的⼥性的或者是阴性的柔或者是软的⼀⾯吧.就好像你很难去⽰弱吧.就好像很难成为⼀个娇滴滴的⼥⽣,让⼈家来照顾你的感觉.我没有⼒⽓,你帮帮我,照顾我.然后你既然不想成为软的,那你的硬的钢的特质还在你的能量⾥⾯.所以说你要让⾃⼰软下来.

This comes from the sense that even though you are in a female body, you haven't fully embodied the feminine or阴属性's softness and gentleness. It's hard for you to show vulnerability. You find it difficult to be that delicate girl who needs others' care. I lack strength; help me, take care of me. Since you don't want to be soft, your firm, steel-like qualities remain in your energy. Thus, you need to learn how to soften yourself.

问: 其实还是我的⼈⽣课题.

Q: It's still a subject in my life.

JO: 对,还是你的⼈⽣课题.因为你的能量是这样⼦的⼀个状态,你的⾝体它实际上呈现的就是你能量的⼀个状态.所以说主动⽰弱,弱不禁风,因为当你弱下来你就有助于发展你⾝边⼈的⼒量.所以这个能量是需要你去平衡的.

JO: Yes, it's still a lesson in your life because the energy you have is in such a state that your body actually presents as the state of your energy. Therefore, by appearing vulnerable and delicate, you help foster the strength of those around you when you are weak. Hence, this energy needs to be balanced by you.

问: 在⾦钱⽅⾯我怎么做可以让我突破⼀些? 不要为钱发愁吧?

Q: How can I improve financially and overcome some concerns regarding money without worrying about it?

JO: 你现在做的⼯作是⾃⼰做事还是什么? 因为我们看到如果你是⾃⼰去创业的话,⾃⼰做事的话,你会做的很好的.

JO: The work you're doing now is on your own or with someone else? Because if we see that you are starting a business and doing things on your own, you would do very well.

问: 我现在是在体制内.

Q: I am currently within the system.

JO: 那肯定,你的能量已经抑制了呀.没有⽤武之地呀.为什么? 你是跟随别⼈的呀.就是别⼈已经把这个地给你框出来了,你只能发挥这么点能⼒.但是你的能量特别强⼤的.

JO: That's true, your energy has been restrained. There's no use for it. Why is that? You're following others; someone else has already defined the boundaries for you, limiting your capabilities to this extent. However, your energy is incredibly powerful.

问:对,所以我⽼觉得憋屈的.

Question: Yes, so I always feel wronged.

JO: 那是不是就把你的能量给抑制了? 我给你框出来⼀⽚⼩地⽅,你只能在这个上⾯给我施展功夫.但是你的功夫它需要⽆限的舞台.然后球也要放的更⾼⼀点.就⽐如说你跳起来去够这个球,也需要放的更⾼⼀些.也就是说你的饼要画的更⼤⼀些.因为这样⼦才能把你的能量给激发出来,你才能真正的展现你的能量.不然的话,就有⼀种鱼⼤池⼦⼩的感觉.所以你⾦钱⽅⾯的原因就是因为你在你所说的体质内.反正你动来动去就这么⼏个东西给你折腾.如果你的(池⼦)是⽆限的呢?你就会捞出来好多好多好多.因为你有很强很强的能量去不断地突破.当你运作起来,你会更加的强⼤.所以你是⼀个很好地先锋,事业从⽆到有的⼀个状态.你会打拼的特别好.

That would be constraining your energy, wouldn't it? I'm setting aside a small area for you, where you can only display your skills within that boundary. However, your techniques require an infinite stage. You also need to lift the ball higher. For example, if you're reaching up for the ball while jumping, you'd have to jump even higher. This means you have to expand the scope of what you do more widely. Only then can you fully activate your energy and truly demonstrate it. Otherwise, there's a feeling like a large fish in a small pond. So financial reasons are due to being confined within the limits of your body constitution. Regardless of how much you move around, there are only so many things you can do within those constraints. But if that "pond" were infinite? You'd catch an abundance of opportunities because you have a strong energy driving you forward continuously. When you operate in this limitless space, you become even stronger. As such, you're doing incredibly well as a pioneer, experiencing the birth of your career from nothing to something.

问: 我能不能做个能量清场?

Q: Can I do a qi clearing session?

JO: 你在跟我们通话的时候,你已经在清场了.

JO: While you were talking to us, you had already cleared the area.

#### 2023/09/28 — ⼼脏疾病Heart Disease

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 请问我这⼀⽣的课题是什么?

Question: May I ask what my life's课题is?

JO: 你说⼀下你的名字.问: XXXJO: 你这⼀⽣的主题就像你的名字⼀样,你想要变得⾮常的强⼤.所以你的⼈⽣就好像你⾃⼰给⾃⼰没有什么退路,然后也没有什么依靠,就是好像是你必须依靠你⾃⼰的⼒量站起来.就好像你的双腿没有⼒量,但是你也没有谁能扶着你⾛.所以你就必须要依靠你内在的⼒量站起来.所以在你没有完全的激发出你内在的⼒量和完全⾃⼰有⼒的站起来和奔跑的时候,你都会有不适感.你都会就好像有未了的⼼结或者是怨⽓,就是不爽嘛.你就觉得你没有成为⼀个强者,因为你知道这个不是你的样⼦.所以你就有⼀种你任务没完成,就有⼀种

JO: Speak your name and ask: XXX

JO: Your life theme is like your name - you want to become incredibly powerful. So your life seems to be giving you no option but to rely solely on yourself, with nothing to fall back on. It's as if you have to stand up on your own strength, just like someone who can't walk because of weak legs and has nobody to help them along.

So until you fully unleash your inner power and stand tall and strong on your own, you'll feel discomfort. You'll have unresolved issues or resentment, basically being unhappy with the situation. You feel like you haven't become a powerful person because you know it's not in line with who you are. So there is this sense of unfinished business, a feeling that

⽣⽓、埋怨,就是怎么就不能活成这样⼦或者呈现成这样⼦的感觉.所以你⼀⽣⼤⼤⼩⼩都会经过很多挑战.这些挑战会越来越激发出你内在那种⼀定要⾃强⾃⽴,就是⾃⼰变强⼤.就你有很强烈的内在的愿望想要⾃⼰变得强⼤起来.⽽且像你这样⼦的性格,就算有个依靠你可能也不会去靠.

Anger and complaints stem from the inability to live or present oneself as such. Therefore, you will inevitably face numerous challenges throughout your life of various sizes. These challenges will increasingly motivate you internally to become self-reliant and strong, driven by a strong inner desire to grow powerful. And with a personality like yours, even if there were someone to rely on, you might not lean on them.

问: 我现在⾝体已经到了⽆可挽回的地步,就是要换⼼脏.前两天我从医院逃出来回家了.但是⾝体已经⽀撑不下去了,但是我内⼼觉得我不会是这样.我想问我移植完⼼脏后是不是不如现在?

Q: My body has reached a point of no return; I need to replace my heart. The other day, I escaped from the hospital and went back home. But my body can't take it anymore, yet deep inside me, I know that this isn't who I am. I'm wondering if I'll be better off after the heart transplant than now?

JO: 你⾸先要知道你不能单纯的从我们这边拿⼀个结果就⾛.为什么呢? 因为如果我们只是告诉你⼀个结果的话,就是你移植还是不移植.但是如果你内在⾃⼰没有强烈的意愿,只是听我们的话,那个⼒量是不会显现出来的,明⽩吗? 所以我们只能去带领你看到事情的真相.看到事情的真相过后,你必须要有你⾃⼰的内在坚定不移的信念,就是发⾃于你的内在.⽽不是我们来告诉你这⼀套.明⽩吗? 就好像是⼒⽓,我们告诉你你是有⼒⽓的,但是你瘫痪了这么多年,你怎么站也站不起来.你是不会相信的.所以还是需要你跟你这个⾁体,你们⼀步⼀步的在这个过程当中逐渐去发现: 哇,我有⼒⽓,我有⼒⽓,这样⼦.

JO: First of all, you need to understand that you can't just receive a result from us and leave. Why is that? Because if we simply give you a yes or no answer, whether you should transplant or not, the power won't manifest unless you have an inner desire yourself. Do you see what I mean? So, we can only guide you to understand the truth of the situation. After seeing the truth, you must have your own inner, firm belief that originates from within you, rather than us telling you what to do. Can you get this? It's like power; if we tell you you're powerful, but you've been paralyzed for so many years and can't stand up, you won't believe it. So, it still requires you to connect with your physical body step by step throughout this process: Oh, I have strength, I have strength.

所以这⾥不是⼀个单纯的去选择A和B,明⽩吗? ⽽是让你看到到底你内在的意愿是什么? 不然你其实就只是迷茫,就是迷信,就是别⼈说什么你就是什么.你内在先不⽤下决定.为什么呢? 因为你现在的状态和我们通话结束后你的状态会是不⼀样的.如果你再我们,第⼀次、第⼆次、第三次、第四次、第五次,那你第⼀次的状态和第五次的状态又不⼀样.那你的决定或者是你的认知和所有这⼀切都会是不⼀样的.所以现在不要把这个我当成是肯定的你.不是的.她只是这个阶段,就是⾛到这个台阶.这么说吧,你最开始是个⽆知是个什么都不知道的⼈.那我们给你上了⼀堂课两堂课五堂课,你说⼀堂课跟五堂课会⼀样吗,明⽩吗? 它是不⼀样的.

So this isn't simply about choosing A or B, you see? But rather to make you realize what your true inner desire is. Otherwise, you're just wandering in the dark, blindly following others without any real conviction of your own. You don't need to make a decision from within right now because your current state will be different after this conversation ends. Even if you participate in our sessions for the first time, second time, third time, fourth time, or fifth time, each session's impact on you would differ significantly. Therefore, your decisions and understanding of everything else won't remain static. Understand that I am not here to affirm your decision; rather, I'm guiding you through a phase, stepping up to the next level. To put it simply, at the beginning, you were uninformed, completely ignorant about anything. We imparted lessons on you from one lesson to five lessons – would you think that one lesson and five lessons are identical? Clearly, they're not alike.

你稍等,我们连接下看看为什么你会选择这个主题? 要如何去突破这个主题? 你的⼼脏它的那种衰退跟你有⼀种,这么说吧,其实为什么你这么强烈的要⾃强⾃⽴,就是⾃⼰要变得强⼤? 你是对社会、对⼈际关系、对所有这⼀切,实际上你是持有⼀种绝望的态度的,明⽩吗? 就是说你好像不对这些东西抱有任何希望,就是不寄托在外在.那你也不信任,在你

You wait a moment, let's connect and figure out why you've chosen this topic? How to break through this subject? Your heart's decline shares similarities with yours; in other words, the reason for your intense desire for self-reliance, which means becoming strong, is that you want to achieve independence. You hold an attitude of despair towards society, interpersonal relationships, and everything else actually, understanding? That means you seem to have no hope or reliance on these things, not placing any trust in externals. And you also don't believe in them, considering yourself.

⼼⽬中你觉得真的没有⼀个… 就好像是绝望,对所有⼀切,⼈啊、事啊绝望.但是我们想带领你看到的就是说,如果你的⼀部分想法不去从⼈当中或者关系当中找依靠或者是连接,它实际上是,就是你知道这个是绝望,但是实际上是对的.但是这个绝望它会让你产⽣⼀种让你觉得这个世界上没有什么好让你去留恋的,就是没有什么值得你去那个什么的.但是我们想让你们认清楚的是,你们地球上来到这⾥的⼈他们都是来学习的,明⽩吗? ⽽你所谓的想要去连接的状态,他们已经不是⼈,他们是神,明⽩吗? 所以说你知道如果跟任何⼀个⼈,只要他是⼈他不是神,你没有办法.为什么呢? ⼈就会有⼈性.就好像野兽⼀样,兽就会有兽性,对不对?

In your heart and mind, you feel like there isn't a single thing... It's akin to despair, a despair for everything, people and situations. But what we want to show you is that if you don't seek support or connections from others or in relationships as part of your thoughts, it actually leads you towards this despair, which you understand but might consider incorrect. However, this despair can make you feel that there's nothing worth holding on to in the world; everything seems insignificant. What we wish for you to recognize is that the beings who have come to Earth are here to learn. Do you understand? The state of connection you desire is not with human beings but with gods, do you see? You know, if you try to connect with anyone, regardless of whether they are human or not, it won't work because humans have their own nature, just like beasts have their beastly nature, don't you think?

那你⼈⾝上必定就会有⼈性,没有办法.就好像你是⼀个动物,你就必须要有兽性.所以说你不断地不断地看到⼈性,就会让你对⼈性有⼀种失望或者是绝望,就觉得⼈性是靠不住的.但是你要知道他们都是来学习的,他们都是未成为状态.未成为就是说还没有被打磨的⾦⼦⼀样,就像是未经过雕琢的璞⽟⼀样,明⽩吗? 它是⼀块⽯头,所以需要你们物质世界的⼀切不断地洗刷不断的雕琢让它成为⼀个闪闪发亮的.所以它这个是⼀个⾃我成为、⾃我蜕变的状态.但是你需要看清楚就是说外⾯没有什么⼈让你依靠是对的.为什么呢? 这么说吧,你要去靠他们,对吧? 他们都没有肩膀啊! 他们⾃⼰都靠不住⾃⼰,我告诉你.你觉得他们⾃⼰能靠⾃⼰吗?

If you have human nature on your body, there's no way around it. Just like if you were an animal, you would necessarily possess beastly nature. Therefore, constantly encountering human nature leads to disappointment or even despair, making one believe that human nature is unreliable. However, you need to understand that they are all here to learn; they're in the process of becoming something else. Being undeveloped means that they are like unrefined gold, just as raw jade untouched by craftsmanship - do you get it? It's a stone, so you need everything from your material world constantly refining and sculpting it into something dazzling. This is a state of self-becoming and self-transformation. But you must see clearly that there's nothing out there for you to rely on; that's right. Why is that? If you were to depend on them, wouldn't they lack shoulders too? They can't even trust themselves, as I'm telling you. Do you think they can trust themselves enough?

他⾃⼰都⽆数次的绝望、⽆⼒,他们都找不到出路.因为他们也是⼀群好像是在⿊暗中摸索的⼈,他们也不知道出路在哪⾥.那你说你就好像瞎⼦找瞎⼦.你是瞎⼦,你想找到他,他也是个瞎⼦.怎么带领你⾛出去? 所以没有办法.因为很多⼈会试图去从恋⼈啊、爱⼈啊那边找到⼀个好像是出路⼀样.那你们就想着你是个瞎⼦,他也是个瞎⼦.你们在⿊灯瞎⽕当中.所以说⽆论对⽅是什么样⼦的⼀个状态,让你失望也好让你怎样也好,都是正常的.为什么呢? 因为其实你也是⼀样的.你也会知道你也是在不断地摸索的⼀个状态当中.但是你要知道现在你跟我们产⽣了连接,那就好像你⾃⼰在这样

He has experienced countless moments of hopelessness and powerlessness, they are all lost, unable to find a way out. Just like a group of people wandering in the dark, they don't know where their出路 is. So you're essentially trying to lead a blind person through the dark. You're both blind; how can he guide you out? There's no solution to this because many would try to find a semblance of an escape from their lovers or those they care for. It boils down to you being in darkness, and him being in darkness together. So it doesn't matter what state your counterpart is in, whether disappointing you or otherwise; it's all normal. Why? Because deep down, you're experiencing the same thing - constant摸索 trying to find your way forward. But you must understand that by connecting with us now, it feels like you've brought light into this darkness yourself.

⼦的⼀个状态当中找到了⼀条出路,找到了光.就是他们没找到,你找到了.你知道这是出路.那你知道这是出路的话,你就必须要带领你⾃⼰⾛出来.让别⼈看到这是条出路.为什么呢? 你整个⽣命发⽣了变化,你活过来了,明⽩吗? 那你后⾯那些绝望的⼈,那些找不到⽅向的⼈,他们问你: 你是怎么找到的? 从哪⾥找到的? 你是不是就可以成为⼀个指路的⼈,指引的⼈? 就像是你们所谓的⼈⽣导师⼀样,对不对? 所以说你真的是,就像我们说的你的灵魂主题⼀样,你给⾃⼰选择了⾮常⼤的⼀个挑战.但是我们只是想要让你知道,如果你⾃⼰给⾃⼰设下这个挑战,如果你⾃⼰内在不想要去依靠外在的物质,就是换⼼吧.

In one of the child's states, you found a way out, a light. They didn't find it but you did; you know that this is the path forward. If you recognize this as your way out, then you must guide yourself through it, so others may see and follow as well. Why? Your entire life has changed for the better; you've come back to life. Do you understand?

Then those who are later in despair, lost without direction, might ask: How did you find your path? From where did you discover this way out? Would you not then become a guide, one who shows the way forward, akin to what you would consider a mentor or guide in your human experience?

Thus, indeed, as we describe your soul theme, you have set upon an exceptionally large challenge for yourself. But let me assure you: if you set this challenge for yourself and within your inner self decide not to rely on external material, then you embrace the power of personal transformation from within.

This is akin to saying that even though it seems like your spirit has been disconnected or "exchanged" (literally meaning heart exchange), in reality, it signifies a profound spiritual journey where you are reconnecting with your true self, transcending limitations imposed by material world struggles, and ultimately finding your light and purpose.

如果你⾃⼰内在是不想要,你就不要去听别⼈来说服你.你是需要更加坚定、毫不动摇,我问你⼀千遍我问你⼀万遍,有⼀千个专家在你⾯前说换换换换,你都对他们好像⼤笑⼀下,你不会动摇.如果你觉得我还是换吧,那就说明你并不坚定.如果你不坚定的话,你就不要去跟随你这个不坚定的决定,明⽩吗? 为什么呢? 因为它是没有⼒量的.我告诉你你这么想,你的⽛齿如果是松动的话,就是它的根都是松的话,你去咬东西,你有⼒量吗? 那如果你的信念,就是你相信的东西它是松动的,你想要去创造⼀个结果,它也不会有⼒量的,明⽩吗? 所以它必须是来⾃于你内在.外在的事件它其实只是来敲你,看你松不松动.

If you do not want it within yourself, then don't listen to others trying to persuade you. You need to be more steadfast and unwavering; I ask you a thousand times, a million times, with one thousand experts before you saying "change change change," you laugh at them as if they were nothing, refusing to budge. If you feel that you should still change, it means you are not firm in your decision. If you lack firmness, don't follow this uncertain decision of yours; understand? Why is this so? Because it lacks strength. I tell you, if your teeth are loose, even if the root itself is weak, when trying to bite something, do you have the power to do so? Similarly, if the beliefs that guide what you believe in are weak and unstable, you attempting to create a result will not have any strength; understand? Therefore, it must stem from within yourself. External events merely serve as a reminder to test your stability.

那如果⼀敲你就松动的话,那你肯定就不坚定.你如果不坚定的话,那你就找个你坚定的相信的.就⽐如说你坚定的相信我换个⼼脏就会好,明⽩吗? 所以它来⾃于你到底相信什么? 就是哪⼀个才是你最坚定的想法.为什么呢? 因为其实你选择任何⼀个,它都会强有⼒的.因为那股⼒量是来

If you're unstable when I tap you, then you certainly won't be firm. If you aren't firm, then find something you are坚定believing in. For example, if you firmly believe that replacing my heart will make me better, do you understand? So it depends on what you actually believe in - which is your most坚定idea. Why? Because no matter which one you choose, it will have strong support because the power comes from

⾃于你内在.那如果你其实都不是强有⼒的,就是我换⼼脏其实我也犹豫,我不换⼼脏其实我也犹豫.你都没有⼒量去突破这个坎的.所以你换还是不换其实结果都是⼀样,你还是这个坎,你突破不了呀.你没⼒量呀.那个是别⼈强加给你的,你⾃⼰都不知道你⾃⼰想要什么.

As for you internally. If in fact you're not strong-willed, even if I replace your heart, I would still hesitate; even if I don't replace your heart, I would still hesitate. You lack the strength to overcome this hurdle. So whether you choose to change or not makes no difference; you'll still be at this barrier, unable to break through it. You're lacking in strength. That's pressure exerted upon you by others, when you yourself are unaware of your own desires.

问: 就是换句话说就是我要换我也坚定我⼀定会好,我不换我也坚定我不换也⼀定会好?

In other words, I'm determined that I will get better whether I change or not.

JO: 对,但是这个坚定它必须是你真正的,⽽不是说别⼈说的有理,不是被⼈说服的.别⼈说的有理,你只是⽤你的物质头脑去判断的⼀个东西出来.因为如果… 我刚刚就说你没有让头脑去判断的话,⼀千个专家来到你的前⾯让你去换,你不提取这些数据.就你说这些数据对我没有意义.为什么呢? 我的⽣命是我⾃⼰创造的.就算他们成功的案例,那也是他背后强有⼒的信念,他⾃⼰创造的.跟你的意识没关系.明⽩吗? 因为你们很多⼈只看外⾯的数据,他看不到背后的本质.那那个真的换了⼼脏存活下来⼈,你有他坚强的意志? 你有他坚定的信念? 你没有.那不代表你就能活下来,我跟你讲.那那些不换⼼脏的⼈存活下来了,你有他的⼀个⼼愿?

JO: Yes, but this insistence must be your own truth, not what someone else says is right or what you are convinced by. It's something that comes from your spiritual mind, not just a judgment based on material thinking. If... I've already said that if you don't let your mind judge the situation, even with one thousand experts coming to you and suggesting changes, you wouldn't extract these data points. You'd say they have no meaning for you because it's my life that I create myself. Even if their successful cases are seen as such, it is due to their own powerful beliefs they created behind them, which has nothing to do with their consciousness. Do you understand? Because many of you only see the superficial data and don't grasp the underlying essence. For those who truly survived after undergoing a heart transplant, do you have their strong willpower or firm belief that sustained them? You do not possess these qualities. It doesn't mean you can survive too if you're doing it this way. And for those who didn't undergo a heart transplant but survived anyway, did you have their wish?

明⽩吗? 这个本⾝就是他的⼀个课题,来让他突破让他变得强⼤的.你呢? 你把它当成⼀个疾病在处理.⽽且你的⼼还是想死的,就是你对这个世界是绝望的,明⽩吗? 那如果你持续的对这个世界绝望,你本⾝⼼衰就是因为你对这个世界绝望,就是觉得没有什么值得留恋的,就是绝望的状态.就让⾃⼰衰退了,没有活⼒没有爱.这种状态下,那你不换你还是死路⼀条.为什么? 这就是你选择的路,你还是拥有同样的信念和看法和频率,明⽩吗?

Understand? This is something he is using to push himself and become stronger. What about you? You treat it as a disease. And you still want to die, meaning you are hopeless towards the world, understand? If you continuously feel this way, your heart failure will be due to your despair for the world - thinking there's nothing worth holding onto, being in a state of hopelessness leading to decline, lack of vitality and love. In such a state, it doesn't matter if you try or not; you're still dead-ended. Why? This is the path you've chosen, continuing with the same beliefs, views, and frequencies, understand?

问: 我从⼩就是这样对什么都不感兴趣,不觉得有什么快乐.是不是我的灵魂就是这样安排的?

Question: I've been like this since I was a child, with no interest in anything and not feeling any joy. Is it that my soul is arranged this way?

JO: 那你本⾝就是受这个物质束缚的,你要明⽩.你是⼀个⾮常强⼤的灵魂,不然的话你不会选择这个课题来给你突破的,明⽩吗? 那当你的⽣命发⽣本质的变化是什么? 就是你跟源头发⽣连接了.你就是完全活过来了.这么说吧,你之前是⼀台机器,对吧? 你从来没有插上过电,是这样的⼀个状态.那现在你跟我们产⽣连接,建⽴这个连接过后,就好像插上电⼀样.你说⼀个插上电的机器和⼀个不插电的电器,它们的功能⼀样的吗? 完全不⼀样了.就像电风扇,你⽤⼿在那转动⼀下给你⼀点风,转动⼀下给你⼀点风.那你插上电,它的风源源不断地,那个能量源源不断的,明⽩吗? 所以这就是本质上的区别.

JO: So you are indeed bound by this material existence, understand that you're a very powerful soul. You wouldn't have chosen this topic to push through if you weren't strong enough, do you see? When your life undergoes fundamental change? That's when you connect with the source, you're fully alive. To put it simply, previously, you were like a machine, right? You never had electricity flowing through you, that was your state. Now you connect with us and establish this connection, just like plugging in an appliance. Would you say that an electrically powered machine has the same functionality as one without power? They are completely different. Like using a fan, I give you a gust of wind by turning it manually. But when you plug it in, the flow of wind is constant and never-ending, understand? This illustrates the fundamental difference.

你如果没有插电,你是不可能想象到插上电是什么样⼦的.然后当你插上电过后,你也不可能再回到以前没有插电的状态.为什么呢? 因为你知道这个才是你.所以说你也不要把你以前那种状态当成是你.为什么呢? 因为你的头脑⾥⾯它之体验过没插上电的状态,没通电的状态.你只有逐渐的让⾃⼰通上电过后,你就是⼀个全新的你.就是你的所有,你的⾁体的所有都会活过来.就是机器就活过来,机器就转动起来了嘛.那你那个机器没转动起来,就是因为它没插电,断开连接了嘛.那你说你⾯对的⼈全都是没插电的⼈.

If you haven't been electrified, you simply can't imagine what it feels like to be electrified. Then, once you're electrified, you can never return to the state before being electrified. Why is that? Because you know this is who you are. Thus, don't consider your previous state as yourself either. Why not? Because your mind has only experienced the state of being un-electrified, without power. Only when you gradually let yourself be electrified do you become a全新的version of yourself. Your entire self, including your physical body, comes to life. The machine within you starts functioning again. If that machine doesn't function, it's because it hasn't been electrified; it's disconnected. You're facing people who are all un-electrified.

问:这就是我特别困惑的,我跟谁说他们都不理解.⽽且我⼼⾥⾯的伤怎么说他们都不明⽩.我还是在外在找,我要找到⼀个⼈能懂我⼼的.

Q: This is what I find particularly confusing - no one seems to understand me. And my inner pain, they just don't get it either. I'm still looking outside for someone who can truly understand me.

JO: 那你现在找到了呀.是我们.你觉得我们还不理解你吗? 你还有⼀个观念是你们必须要把… 你记住⼀句话你来这⾥就是创造奇迹的.你想象⼀下如果你依靠你内在的⼒量突破这个坎,你后⾯是什么样的⼈⽣? 在你的物质世界做出的是⼀个多么⼤的变化! 明⽩吗? 那你说会有多少⾯临⾝体绝望,他们不想从表⾯去处理问题,他们都从你这⾥看到希望.你说你挽救看多少条⽣命? 明⽩吗?

JO: So now you have found it - it's us. Do you think we don't understand you? You also believe that you must create wonders here. Remember one sentence, you are here to create miracles. Imagine if you break through with your inner power, what kind of life will be ahead for you? How much change would there be in your physical world! Understand this? You said that many face body despair and they don't want to deal with their problems superficially; all of them see hope from you. And how many lives have you saved? Do you understand this too?

问: 就是说我要有⼀个⼤的⾼度去看这件事? 不要说我快要死了,要从整体去看这个事情?

Q: It means I need to have a high perspective on this matter? Don't say that I'm about to die; rather, look at the situation as a whole.

JO: 你们只能在我们加⼊你之前,你只能从你的这个物质头脑、物质世界,你只能单纯的从你这个…. 这么说吧,物质世界就像是草⼀样,地⾯上的草,对吧? 你只能看到地⾯上的草.但是你们不知道地下⾯有根呀,根就是来⾃于我们呀.你没根的话,草能存活吗? 能有草吗? 所以说要没有这些看不见的,你们这些看的见的是不会有的.所以就是很简单的⼀句话,你需要去回到源头,就是连接.那回到源头,连接,源源不断地能量输⼊你的⾝体.你的⼼脏它就好像是泄⽓的球⼀样,那不断不断地给你注⼊能量,你就会再⼀次的饱满起来.它饱满的不只是你的⼼脏,⽽是你整个⽣命.它转变的还不只是你的⼈⽣,是你们这个集体的意识.为什么呢?

JO: You can only see the grass on the ground. But you don't know that there are roots underneath, which come from us. Without a root, can the grass survive? Can there be grass at all? So, without these unseen elements, what you can see would not exist. Therefore, it's simply about returning to the source, connecting. Connecting back to the source and receiving continuous energy input into your body. Your heart is like a deflated ball, being constantly filled with energy, making you饱满 again. It doesn't just fill your heart; it fills your entire life. This transformation doesn't just change your life; it transforms the collective consciousness of your group. Why?

因为你创造了所谓的奇迹,明⽩吗?

Because you created what's deemed miraculous, right?

问: 我学灵修已经五年了,我真的明⽩很多真相和道理,但是我在⽣活中真的做不到.我担⼼我⼀辈⼦是不是就赶不上了,我总是恐惧担⼼.这个应该怎么突破呢?

Question: I have been studying spirituality for five years, and I really understand many truths and principles, but I can't actually apply them in my life. I worry that I will never catch up in a lifetime, and I am always afraid and anxious. How should I break through this?

JO: 就好像你现在是个⼩树苗,然后我们告诉你你旁边的那棵⼤树的样⼦就是你,你看它结了那么多的果.难道我们告诉你这句话,你马上就可以结出果⼦了? ⼈家是长了⼗年才长了这么粗,结那么多果⼦.你这个才长了⼀年,明⽩吗?

JO: It's like you are now a little sapling and we tell you that the big tree next to you is you, watching it bearing so many fruits. Do you think if we say this sentence, you can start producing fruits right away? People take ten years to grow thick and bear so much fruit. You've only been growing for one year, do you understand?

问: ⼀定要给⾃⼰信任和信⼼是吧?

Q: Must you trust and have confidence in yourself, right?

JO: 不是,这是你的⼀个状态.就算是⼀颗种⼦,我告诉你它会结很多果⼦出来.那你难道就可以离开这个过程? 就是发芽开花结果,浇⽔… 你就可以不要这个过程啦? 你直接就结果⼦出来了? 因为我们告诉你了?! 所以你还是需要这个过程.但是你们⽣命真正的是这个过程,⽽不是奔向结果,⼀下⼦就拿到那个结果的话.那你就可以不⽤体验物质世界了.因为物质世界它就是因为这个过程⽽产⽣的,明⽩吗? 那这只是你这个过程⽽已.这就是所有意义.这个物质世界它就是为了这个过程⽽产⽣的,明⽩吗? 不然的话,你便不需要这个…问: 我跟我⽼公和⽗母的关系都是我的⼀个助缘我明⽩.

JO: No, this is a state you're in. Even if it's just a seed, I'm telling you that it will produce many fruits. So can you leave this process? The process of germination, blooming, fruiting, watering... Can you skip this process and directly get the fruit because I told you about it?! Therefore, you still need this process. But your true life is actually this process, not rushing towards the outcome where you instantly obtain that result. If you don't have to experience the material world anymore. Because the material world is produced by this process. Do you understand? This is just part of your process - everything comes down to understanding. The material world exists for this process, do you understand? Otherwise, you wouldn't need it... Q: My relationship with my husband and parents is just a supporting factor I understand.

但是我还是会⽣⽓,会卷⼊…JO:这么说吧,你会有⼀个⼩我.⼩我就是你这个⾁体,你这个头脑.就好像你的⼯具⼀样.那你的这个⼩我它需要⼀个专注才能在物质世界产⽣⼀个感受和体验给你.因为如果你专注不了,你就跟精神病⼀样.因为你焦距不了在这个物质⾁体上,那你就是个精神病.所以精神病⼈眼前的东西他看不到的,对吧?那你是正常运作.那你正常运作下,你就会产⽣那些所谓的情绪啊、感受啊、体验啊,明⽩吗?但是你要知道你⾝体所有的情绪它必须依靠你头脑⾥⾯像是定义吧.通过这些定义它会产⽣情绪的.如果没有这些定义的话,它就不会产⽣.是不是就可以很好地通过它,你就可以去认识到你的⾝体它是依照什么在运作?

But I would still be angry, and get involved… JO: Let me put it this way, you will have a little self. The little self is your body, your mind – just like tools. Your little self needs focus in order to produce feelings and experiences in the material world because if you can't concentrate, you're like a mentally ill person. If you can't focus on your physical body, then you are mentally ill. So people who are mentally ill cannot see things that are right in front of them, right? You are functioning normally. When you function normally, these so-called emotions, feelings, experiences will occur. Do you understand? But you need to know that all the emotions in your body must rely on definitions within your mind. These definitions create emotions. Without those definitions, they won't be produced. Can it be better understood through this, allowing you to recognize how your body operates based on these definitions?

那你可以了解你的⾝体是通过什么程序在运作的话,那那个程序是不是就可以被你任意的改变了?那你是不是就知道其实⾝体它就跟个电脑⼀样,你植⼊什么它就产⽣什么,它就制造相应的感受或者体验给你.所以这背后来影响你的就是你⾃⼰的⼀个信念,你相信的⼀个东西,你定义的⼀个东西.就像刚才我们告诉你,我们让你知道他们都是瞎⼦.为什么他们靠不住? 因为他们没有肩膀,他们⾃⼰都靠不住⾃⼰.

If you could understand how your body operates through certain procedures, would those procedures then be open to arbitrary modification by you? Would this not imply that your body functions similarly to a computer, where input determines output - meaning it generates corresponding sensations or experiences based on what you input? The underlying factors influencing you are thus your own beliefs and the definitions you set for yourself. Like we told you just now, we made you aware they're all blind people. Why can't you trust them? Because they lack shoulders; they can't even trust themselves.

问: 那可不可以总结就是说我要活出来,我要坚持⾃⼰的信念…JO: 这么说吧,你现在只要有时间,然后这个⼥孩⼦有时间,然后你们就连接.就像现在这样的连接.因为这样的连接就好像是在给你打⽓⼀样,在给你注⼊能量⼀样.你现在需要源

Q: So, to summarize, I just live my life, stick to my beliefs... JO: Let me put it this way, whenever you have time and the girl has time, connect like this in real-time. Because this kind of connection is like giving you a boost, infusing you with energy. You need the source now.

源不断地… 如果你经过这种紧密的连接的话,就是你感受到你的⾝体在⼀周或者是⼗天发⽣了巨⼤的变化,你的状态或者你的体检发⽣了变化的话,那你就坚定的⾛在这条路上,明⽩吗?

Endlessly... If you experience this intense connection, where you feel your body undergoes significant changes in a week or ten days, if there's any change in your state or health check-ups, then stick to this path, do you understand?

问: 那我可以再约下⼀次是吗?

Q: Can I schedule another appointment then?

JO: 对,就是紧密的连接.为什么呢? 因为你连接的时候,我们就把你从这个物质世界的幻像中拉出来了.因为你对准的是我们的频率.我们的频率就好像是… 我们这边⽐如说是很⾼的⼀个能量状态,对吧?那你⼀直处于在⼀个很⾼的能量状态,你想象⼀下,你的⾝体它各个… 它不⼀样的.那等⼀下你又回到物质世界,你又被物质世界拉到那种沉重的能量.你又觉得死了算了,就是你⼼⾥会有那种没意思,就会产⽣这样⼦.那你说如果你持续的去矫正,就是⽤我们的能量.然后减少对外界的让你绝望的能量.你的⾝体会有完全不⼀样的变化的,明⽩吗?所以你就少去关注外在的任何负⾯新闻,就是所有这些东西你少去关注.

JO: That's right, it's about a close connection. Why is that so? Because when you connect, we're pulling you out of the illusory world of matter. You're syncing with our frequency. Our frequency is like... on this side, we're in a high energy state, right? So you've been continuously at such a high energy level. Imagine your body adjusting to each different… part of it being so differently affected by that. Then when you return to the material world, you're dragged back into that heavy energy again. You feel like dying might be better, thinking it's all meaningless and causing this sort of feeling in you. And if you continue to correct this imbalance using our energy while minimizing exposure to external despairing energies, your body will experience complete transformation differently than before, understand? So avoid focusing on any negative news or external matters at all.

然后你可以给⾃⼰播放⼀些⾼频的⾳乐,就是能让你内在产⽣爱、产⽣和平、产⽣那种连接感的⾳乐.然后给⾃⼰创造独处的时间.为什么呢?因为你⽼公也好,其他⼈也好,他们⾝上有⼀股能量的.他们⾝上沾了⼀⾝臭味道的.那当你不断地被这个臭味道熏的话,你又被拉⼊到那种… 就觉得这么恶臭的地⽅我赶快⾛吧.

Then you can play yourself some high-frequency music, the kind of music that generates love, peace, and a sense of connection within you. Then create time for solitude for yourself. Why? Because whether it's your husband or anyone else, they have energy. They smell bad all over them. When you're constantly being overwhelmed by this stench, you get pulled into feeling... I need to leave this foul-smelling place as quickly as possible.

问: 他们反⽽觉得我是怪怪的.

Question: They反而think I'm strange.

JO: 他们怎么认为不重要.重要的是在这个节⾻眼上,你现在就好像是宝宝⼀样,像婴⼉⼀样.婴⼉它是需要特殊照顾的,对吧?

JO: How they perceive it doesn't matter. What matters is that right now, you're like a baby, like an infant, and infants need special care, don't they?

问: 那我这两天可以连接⼀次,还是两三天都可以?

Q: So can I connect once over these two days, or can it be every two to three days?

JO: 看你⾃⼰.为什么呢? 这么说吧,你在做治疗.你照X光,⽐如说⽤蓝光治疗.那你说你照⼀⼩时和照两⼩时和每天照和隔⼏天照,它找出来的效果会⼀样吗? 不会⼀样.因为你来跟我们连接,你连接的直接是源头.就把你从那个深渊当中拉出来,但是你需要去加强这个有⼒的正⾯的连接,明⽩吗? 所以这是来⾃于你⾃⼰内在的⼀个选择.为什么呢? 因为是你⾃⼰的意愿,你到底有多么想⾛出来? 这个必须发⾃于你内在.

JO: Look at yourself. Why is that? Let me explain this way: you are performing treatment. You use, for example, blue light therapy and take X-rays. Would the outcome be the same if you expose yourself to it for an hour versus two hours, daily or every few days? No, they wouldn't be the same. When you connect with us, you're directly linking to the source. This helps pull you out of your abyss, but you need to strengthen this powerful positive connection. Understand? So, this is a choice coming from within yourself. Why is that? Because it's rooted in your own desire to get out, how much do you want to leave? This must stem from within you.

#### 2023/09/28 — 灵魂主题之排毒 Detox Themes on the Soul

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我想问我的后半⽣的⼈⽣主题是什么? JO: 你说⼀下你的名字?

Q: I want to know what my life theme will be for the rest of my life. JO: Can you tell me your name?

问: XXJO: 这么说吧,如果你说你接下⾥的灵魂主题的话,你就好像是⼀种要排毒的状态,就是把你⾝上感染的那些毒素,侵蚀你的那些能量那些污垢那些东西,你要全部把它洗刷⼲净,让你达到⼀种纯粹的爱的⼀个状态.所以⽬前你⾮常的不舒服.这个不舒服会体现在你接触的⼈啊、事啊.你看很多事情会不顺眼,或者看很多⼈你就很烦躁或者⼈们很容易让你⽣⽓.就是在⼀种中毒的状态.中毒的状态就是什么⼀刺激你,你马上就有很⼤的反应.然后对什么看出去都是⼀种排斥或者是不爽的感觉.所以说你下半⾝你要不断地从你的内在….

Q: XXJO: So, if you say that you've taken on the theme of soul, it's like a detoxification process where you're trying to cleanse your body of toxins, energies, and dirt, purging everything to achieve a state of pure love. Thus, you're currently experiencing discomfort. This discomfort manifests in how you interact with people or situations; you may find many things irritating, easily annoyed by others, or quickly getting upset. You're in a state akin to being poisoned. When provoked, your response is intense, and everything appears to be either rejected or unsatisfactory to you. Therefore,下半身你需要不断地从你的内在...

你⾸先要知道为什么你外在看出去会导致你产⽣这种不适感或者是不舒服或者是不爽,就是对外界的⼈和事的⼀种排斥或者不喜欢不接纳不爽的感觉.它来⾃于你⾃⾝的中毒吧.⽽不是说试图去改变外在.因为如果你试图去改变外在的话,只会去加深你中毒的这个现象.为什么呢?因为你这样只会好像是继续消耗你的能量,就像是你⽤错药了.你本⾝是要排毒,对吧?本来这个才是出路,这个才是把脏东西洗掉.但是你却继续的加污垢加到你⾝上.你就在继续消耗你的能量来加深你中毒的现象,如果你单独的从外在的事和物和⼈上⾯去做功课的话.为什么呢?

You first need to understand why your perception of the external world causes you to feel discomfort or unease, a sense of rejection or disliking towards people and situations. This feeling originates from your own toxicity rather than trying to change the outer environment. Attempting to alter the outside only deepens this issue because it's akin to consuming more poison, as if using the wrong medicine. Your goal should be detoxification – clearing out what is impure, right? That's actually the solution, the way to cleanse oneself of contamination. Instead, you continue adding dirt onto yourself. You're continuously draining your energy further into intensifying your state of toxicity. If you focus solely on addressing outer matters, events, and people, why would that be effective?

因为其实外在的⼀切只是来让你照镜⼦来让你看到你⽬前处在的⼀种状态,你⽬前的⼀个,就是你内在的⼀个现象或者是你内在的⼀些信念.它导致你产⽣⼀些体验.⽽不是说外在它是真实的.因为你们很难从外在不是真实的这个相当中⾛出来.为什么呢?因为你们还在被这个⾁体蒙蔽.因为你们的⾁体它会感知,它会看到摸到、它会闻到、它会经历体验到情绪.你要知道它这些所有的功能,就是看到听到闻到体验到你的这些情绪,它只是来加深让你在物质世界体验的这些情绪变成是真实的.如果没有这⼀层东西的话,你的物质体验就不真实了.不真实了,你体验不到了,那就变成了像你们所谓的精神病⼀样,明⽩吗?

Because actually everything external is just there to let you look in the mirror and see your current state, your present condition, which is an expression or manifestation of your inner self or certain beliefs within you. It leads to certain experiences being generated. Not that the external reality itself is true. The reason why it's hard for you to get out of this phase is because you are still being blinded by your physical existence. Your physical body perceives, it sees, touches, smells, and experiences emotions. You need to understand that all its functions, seeing, hearing, smelling, experiencing emotions, are used to deepen the feeling that these experiences in the material world are real. Without this layer of understanding, your material experiences would not be real. They wouldn't exist anymore, turning into what you might call mental illnesses, do you get it?

问: ⼤概明⽩.为什么会是这样的⼀种状态? 为什么我的⼈⽣主题会是这样?

Question: More or less understand, why is it like this state? Why is my life's theme like this?

JO: 不只是你,是因为你们来到这个地⽅,就是你选择来到地球,你们都会有⼀个共同的主题.共同的主题就是说你们⾸先要染上这⼀⾝粪.这就是所谓的中毒嘛.所以中毒的不只是你呀,明⽩吗? 这么说吧,地球本⾝就是⼀个粪坑,对吧? 那你要去地球的话,那你避免不了你⾝上沾上粪的.这是避免不了的.但是你要知道你⾝上只是沾了粪⽽已,但是那个粪不是你的⼀部分.因为之所以你现在体验到不适感或者是不爽,因为第⼀你知道它不是你的⼀部分,所以你会不舒服.因为它本⾝就不是你的.那如果是你⾃⾝的⼀部分,它不会让你产⽣不爽,对吧? 那你现在就是在跟我们连接.那这个不适感也在推动你去找到出路.那你在跟我们连接,你就是在找到出路.

JO: It's not just you; because of your presence here and because you have chosen to be on Earth, there is a common theme that applies to all of you. The common theme is that you will inevitably become infested with this shit, which can also be described as poisoning. So, it's not just you who are poisoned, do you understand? To put it another way, the planet itself is a huge shit pile, right? If you choose to come here, then you cannot avoid getting covered in that shit. This is inevitable. However, you should know that what you're experiencing is merely being covered by shit, not that it's part of you. The reason why you are feeling discomfort or dissatisfaction now is because you understand that it is not part of you and thus you feel uncomfortable. Because it isn't actually part of you. If it were a part of you, it wouldn't make you feel dissatisfied. Now, you're connecting with us, which also means you're finding your way out through this discomfort. By connecting with us, you are essentially finding your way out.

那等你找到出路的时候,等你⾃⼰能够转变出来,清理掉你⾝上的恶臭或者是粪便的话.那你⾃⼰就好像是⾛出来了.那你⾛出来,你也会带领更多的⼈⾛出来.为什么呢? 你现在是地球的⼀部分.那这⼀部分就好像是你们集体意识的⼀个

"When you find a way out, when you can transform yourself and clean off the foul smell or excrement on your body, then you are like stepping out. And when you step out, you will also lead more people to step out. Why is that? You are now part of the Earth. This portion is akin to one aspect of your collective consciousness."

共业⼀样.就这么说吧,那你投⽣到这个家庭⾥⾯了.那你进⼊到这个家庭,那你肯定就要承担这个家庭的责任和使命了.因为你是这个家庭的⼀份⼦啊.

The shared responsibility remains the same. To put it simply, you were born into this family. Upon entering this family, you are bound to take on its responsibilities and missions because you are a part of this family.

问: 那我要怎样清洗掉呢?

Q: How do I clean that off?

JO: 那你⾸先知道你所产⽣的这些不适或者是这种排斥是推动你去必须要去做这个事情.因为你不做,你⾝上不爽呀.⾝上⼀⾝恶臭⼀⾝粪便你会爽吗? 你肯定是想要把它洗掉,对不对? 那你就要知道我如果只是从外界的事情当中或者⼈当中去处理的话,那只是在反⽅向.只是在加深我中毒的现象,对吧?

Japanese to English

You first need to understand that the discomfort or resistance you feel is actually motivating you to do what needs to be done. If you don't act on it, you'll just be uncomfortable - smelling like a pile of dung and covered in filth. Wouldn't you want to wash yourself clean? Therefore, you must realize that if I were only addressing external issues or people, that would merely be exacerbating my condition, wouldn't it?

问: 就是从⾃⼰的内在去找原因?

Question: Isn't it about finding the reason within oneself?

JO: 这是你去对整个⽣命,对物质⽣命,对整个地球上的⽣命的⼀种体验和认知和认识、突破和创造的⼀个过程.它是这个过程的⼀部分.所以当你深陷其中的时候,你的确会感受到不适或者是不爽.但是这些不爽和不适它只是推动你来进步的,⽽不是说它会⼀直缠着你.因为你们的头脑会认为你们的⽣命会永远是这样⼦,但并不是的.它只是这⼀个阶段.就好像你看到任何⼀颗种⼦,它永远都是⼀颗种⼦的状态吗? 当它被埋到⼟⾥⾯,它会发芽的,它会长出叶⼦的,它会开花,它会结果.那你说成为⼀棵果树和还是⼀颗种⼦的状态,它还是⼀样的吗? 明⽩吗? 所以说⽬前你现在还是⼀颗种⼦,它只是你⽬前的⼀个状态⽽已.但是这个状态它会变化的.

JO: This is a process of experiencing and understanding life, the material life, and all life on Earth, pushing through limitations and creating anew. It's part of this process. So when you're deeply immersed in it, you do indeed feel discomfort or dissatisfaction. But these feelings are merely driving forces that push you to progress, not something that will continuously haunt you. Your mind might perceive your life as being stuck like this forever, but that isn't the case. It's just a phase. Have you ever seen any seed that remains in its state of being a seed forever? Once it's planted in soil, it sprouts, grows leaves, blooms, and bears fruit. Would you say becoming a tree or remaining as a seed is still the same thing? Understand? Therefore, currently, you're still just a seed; it's merely your current state. But this state will change.

它不会⼀成不变的.因为你内在的那股⼒量,就⽐如说这股⼒量推动着你来跟我们联系,对吧? 那就是你内在的⼒量.就好像你是在⼀颗鸡蛋⾥⾯,你要被孵化出来.你会不断地想出来,就是那种不适感想让你不断地去突破.这就是⽣命的本⾝.所以你只需要相信这种不适感只是你暂时的这⼀个点.但是这个点它⼀直在变化变化.就⽐如说你来找我们之前的状态和我们结束通话后,你的状态都会不⼀样.那你是不是就变化这么快,对不对? 那你再过两天再回头看我们的信息,那你变化又不⼀样了.你会看到这种惊⼈的,就是⾮常快速的变化.

It won't stay the same because of your inner force, like how this force drives you to connect with us, right? That is your inner force. It's as if you're inside an egg, wanting to be hatched; you constantly strive to emerge, driven by discomfort that urges you to break through. This is the essence of life. So you just need to believe that this discomfort is a temporary point for you. But this point keeps changing. For instance, your state before reaching out to us and after we end our conversation will be different. Isn't it surprising how quickly you change? And when you look back on our messages two days later, you'll notice yet another difference. You'll witness amazing, very rapid changes.

问: 我的天赋才华是什么?

Question: What are my innate talents?

JO:就像你的内在好像是有⼀股复仇者的能量,因为你曾经就积压了很多,就是让你不爽吧.那些不爽都好像是能量⼀样隐藏在你的体内.所以说等你真正的需要去创造,需要去做什么的时候.这就好像是⼀股强⼤的能量被储存在那⾥,让你去释放出来.明⽩吗?这么说吧,如果⼀个普通⼈他⼼中没有什么仇恨,然后你让他去杀掉⼀个⼈.因为你杀掉⼀个⼈你需要⾮常强⼤的能量,对吧?那他可能会下不了⼿,他会⼿软,他下不了⼿,对吧?那如果让你去,你会马上把这件事情漂亮的解决掉.为什么呢?因为你⼼中早已经储存满了这种能量.就是你会很快的推动⼀个事件的落地.但是你要知道,虽然我们是⽤杀⼈来⽐喻,但是它实际上就是⼀股能量.

JO: It's like you have a vengeful energy inside, because you've accumulated so much frustration that makes you unhappy. This frustration is like hidden energy within your body. So when you truly need to create or do something, it's as if there's a huge amount of stored energy waiting for release, allowing you to unleash it. Understand? To put it another way, if an ordinary person doesn't harbor any hatred in their heart and you ask them to kill someone, because killing requires a tremendous amount of power, right? They might not be able to do it; they would waver, unable to bring themselves to actually carry out the act, right? But for you, you'd immediately handle this matter elegantly. Why is that? Because your heart has already been filled with this energy. You'll swiftly push a situation towards its conclusion. However, you should know that although we're using killing as an analogy, it's actually about a different kind of energy.

这股能量就会推动… 这股能量如果放在正⾯的事件上,就是正⾯的创造,就⽐如说有⼀群弱者,他们需要被⼈保护.为什么? 因为他们总是被⼈欺负.OK,那你出去保护他们,它就会激发出你这股强⼤的能量去保护他们,你就是个英雄了,明⽩吗?因为你内在储存的这种路见不平拔⼑相助的这种,就是你已经见过很多不公正的事情.然后你就是专门要针对这种不公平的,为他们发声,明⽩吗?所以这就是你在储存的这股能量.当它到了时机,就可以正⾯的去创造出来.那你就可以像是⼀个英雄般的⼀个⼈物⼀样.因为你需要那股来⾃于内在的强⼤的能量⼒量,它才能去突破,才能浩浩荡荡.

This force will propel... If this force is directed towards positive events, it becomes positive creation, for example, a group of weaker individuals who need protection. Why? Because they are always being bullied. Alright, so you go out and protect them. It will inspire your powerful energy to protect them, making you a hero, do you understand? Because inside you have experienced many unfair situations. Then you specifically target this injustice, advocating for their rights, do you see? So this is the stored energy within you. When the opportunity arises, it can be channeled positively to create something beneficial. You can then embody a heroic figure, because you need that powerful inner force to overcome challenges and make significant impacts.

问: 我的JO对我有什么建议呢?

Question: What advice does my JO have for me?

JO: 我们这边连接到信息就是说永远不要去听从那些让你破坏式的去创造的那些声⾳,明⽩吗? 虽然你好像收集了很多就好像是不公平或者是愤怒或者是没有被真诚的对待,就是这种东西.就是收集了很多不好的影像储存在你的⾁体⾥⾯.但是这些影响它⾸先就是来⾃于梦游中的⼈,就是那些⼈都是在做梦的状态.然后就是说如果你加⼊他们,也是像做梦的⼈⼀样做出⼀些反应的话,并不能帮助你⾃⼰也不能帮助他⼈.然后只会是把已经沉重的能量再让它更加的沉重.就是让你不要以⽛还⽛吧,就是没有⽤.然后只会适得其反.然后你要相信这⼀股能量会得到正⾯的使⽤.就是这⼀股能量你可以储存在那⾥,但是它可以去正⾯的释放出来.

JO: We're connecting to the information that you should never follow the voices that are telling you to destroy in order to create, understand? Even though it may seem unfair or angry or not being treated with sincerity, these are the kinds of things. Accumulating all those negative images and storing them within your physical body. But these impacts first come from people who are in a state of dreaming - the people who are actually dreaming. Then, if you join them, making responses as if you're dreaming won't help yourself nor others. It will only make already heavy energy even heavier. Don't retaliate tooth for tooth; it's not useful. Only to end up with worse consequences. You have to believe that this energy can be used positively. This energy can be stored there but it can also be released positively.

然后就像我们刚刚说那个英雄的⼈物,他就需要⼀股这样⼦强⼤的能量.

Then, like the character of that hero we just talked about, he would need a force like this - a powerful energy.

问: 我为什么会选择我现在的⽗母家庭.我和他们有什么灵魂的连接?

Question: Why did I choose my current parental family? What spiritual connection do I have with them?

JO:你稍等.我们连接到你选择这个家庭就好像是你本⾝就是需要去做⼀个⾃⾝的⼀个转变的⼯作.然后这个转变的⼯作需要⼀个⼒量来推动你,不要让你忘记你来到这⾥的⼀个⽬的.所以说他们这样⼦存在在你的世界⾥…这么说吧,就好像你本⾝就有⼀个伤⼜,对吧?那你这个伤⼜是需要来这⾥疗伤的.但是你会忘记你来疗伤这件事.所以你就会安排⼀个⼈,他就专门捅你那个点捅你的伤⼜.这样⼦你就不会忘记原来我这⾥有⼀个伤疤.他提醒我,让我来处理.

JO: Wait a moment. Connecting to this family is like you are needed to do a transformation of yourself. This transformation requires a force to push you and remind you of the purpose that brought you here. Therefore, they exist in your world like you have an injury that needs healing. You forget about the purpose of coming for healing. As a result, you arrange someone who specifically targets that spot and wounds your injury. This way, you won't forget that there is a scar here. It reminds me to address it.

问:我现在的家庭不是很活跃,⼤家不是太会表达,但是⼤家其实也是关系彼此的.我可以这么理解就是其实这个不活跃的⽓氛就是⼀个伤疤,然后我要帮助这个家,让⽓氛变得更好?

Question: My current family isn't very active; we're not too expressive, but we do care about each other. I can understand that this lack of activity is like a scar, and I want to help my family create a better atmosphere?

JO: 你⾸先就是要知道你们物质世界所有⼈都是被困住的,这就话你要记住.他们并不是⾃由的,他们也是在⿊暗当中.明⽩吗? 所以他们表现出任何状态,他们都是⾃然的都是正常的.为什么呢? 因为他们本⾝就是被困的⼈.他们本⾝就是在⿊灯瞎⽕的状态下.就是在没有光的地⽅.这么说吧,地球就像⼀个牢笼⼀样.那你本⾝就在牢笼⾥⾯.他们这种压抑的情绪,就是你说的不活跃,它到处都存在,不只是你在你的家庭,明⽩吗? 它都存在.

JO: First of all, you need to understand that everyone in your physical world is trapped, and this sentence must be remembered: They are not free; they are also in darkness. Understand? Therefore, whatever state they exhibit is natural and normal because they themselves are trapped people. They themselves exist in a pitch-black environment. To put it simply, the Earth resembles a cage, and you yourself are inside that cage. The suppressed emotions you speak of, which are said to be inactive, exist everywhere; it's not just in your family. Understand?

问: 那怎么样转变呢?

Question: How does one change that?

JO: 那就是从你这⾥.为什么呢? 因为我们现在就好像是拿着光来让你看到.你⾄少看到了,原来他们是在⿊暗当中,原来之前我也是在⿊暗当中.你⾄少能看明⽩吧.你看明⽩过后,你是不是就会对他们产⽣同情了? 就不会责怪你怎么这么愚蠢或者是你怎么这么伤害⼈,对吧? 那如果你看到了,你就不会像⽆头苍蝇⼀样找不到出路.你责怪我,我责怪你,这种状态.你就会⾃⼰,OK,我现在是能看见的⼈.为什么呢? 因为我被好像是被神的指引带到光中来了.我通过我⾃⼰先变成光,就是我⾃⼰亮起来.你⾃⼰就可以亮起来.那当你亮起来过后,你不需要刻意的去做什么.⾏动和⾏为是最没有⼒量的,明⽩吗? 你看⼀下整个造物主它的⼒量.

JO: That's from you here. Why is that? Because we are like shining a light to let you see. You at least saw it; they were in the darkness; I was in the darkness too before. You should be able to understand this. Once you understand, won't you feel sympathy for them instead of blaming how stupid or hurtful they are, right? If you see it clearly, you won't be like a fly without a head trying to find an exit, blaming each other's states. Instead, you would think, "Okay, I can now see." Why is that? Because I have been led by divine guidance into the light. Through myself being the light first, I am shining, and you too can do it. When you shine, there's no need to force yourself to do anything. Actions and behaviors are powerless. Understand this: observe the power of the Creator as a whole.

它在⾏动吗? 它没有任何⾏动.但是为什么它可以让花盛开? 可以让你的种⼦发芽? 可以让你的⽣命不断地转变转变? 它没有像你们⼿脚这样去动,这样去强迫.哎呀,去把这朵花使劲的给它掰开,明⽩吗? 所以说你刚才所说的什么努⼒呀、⾏动呀,这都是最次要的,明⽩吗? 因为你只需要亮起来,你只需要让你⾃⼰亮起来.他们就能从你⾝边,因为你的光已经亮起来了,眼睛就能看到了.所以你不需要去⽤⼿掰开他的眼睛.因为你⽤⼿掰开他的眼睛,你没亮,他还是看不见.

Does it move? It moves in no way. But why can it make flowers bloom? Why can it cause your seeds to germinate? Why can it continuously transform life? Without moving like your hands and feet, pushing or forcing. Oh my! Try to forcibly open this flower, understand? So the efforts and actions you mentioned earlier are the least important thing, do you get it? Because all you need to do is shine; just let yourself shine. They can see with their eyes because your light has already illuminated them. Therefore, there's no need to use your hands to open their eyes for them. If you use your hands to try to open their eyes and you don't shine, they still won't be able to see.

问: 我跟我现在的⽼公的灵魂主题是什么?

The soul theme between me and my current husband?

JO: 这么说吧,其实你现在都不需要去纠结任何你跟谁的关系和主题了.为什么呢? 因为当我们今天的信息带出来过后,当你彻底发⽣转变了,所有的⼀切都变了.等变了过后,你再来问.那会⼉你已经没有什么问题了.明⽩吗? 这么说吧,你本⾝是⼀只蝴蝶.你现在是⽑⽑⾍的状态.你还在以⽑⽑⾍的⾝份来问我,我这个地上湿哒哒的,然后我的脚怎样怎样.为什么呢? 因为当你变成蝴蝶,你不需要⽣活在地上了.你是跟花朵相伴的,你是在空中飞的.你没有笨重的⾝体拖累着你,不需要跟潮湿的地⾯打交道.明⽩吗? 所以你从地上的空间到空中的空间,空间的不⼀样了.所以这种事情,你也没必要去纠结我跟这个和那个,我们产⽣的什么什么.为什么呢?

JO: Let me put it this way, you don't need to worry about your relationships or topics with others at all right now. Why? Because after the information we share today and once you undergo a complete transformation, everything changes. After that change, if you ask again, you won't have any issues left. Do you understand? Imagine you are a butterfly already. You're still in the caterpillar stage. You're asking me questions as though you're still a caterpillar, saying it's wet and muddy here on the ground and how my feet feel about that. Why is that? Because when you become a butterfly, you don't need to live on the ground anymore; you coexist with flowers, flying in the air. You have no heavy body holding you back and dealing with moisture on the ground. Do you see? Therefore, you move from being grounded to soaring, experiencing different spaces. This means there's no need for you to be concerned about me and this or that relationship we create; you'll understand why later.

因为那些会消失不见的,你会在另外⼀个维度,另外⼀个世界.那会⼉你再来让我们指引你.

Because what will vanish, you will find in another dimension, another world. Then, you come back to let us guide you again.

问: 我跟我妹妹的侄⼥的灵魂约定是什么? JO: ⾸先你为什么想要去探索这个呢?

Question: What is the soul contract I have with my niece, my sister's grandchild?

JO: Firstly, why do you want to delve into this?

问: 因为我没有⼩孩,我姐只有⼀个妹妹.那个孩⼦是唯⼀我们家的后代.我在想我怎么样可以后半辈⼦让他活的很好.

Question: Since I have no children, my sister has only one sister. That child is the sole inheritor of our family line. I'm wondering how can I ensure that they live well in my latter half of life?

JO: 那就像刚才的信息,你只需要亮起来.你亮起来,他不得不被你照亮的.没有办法.明⽩吗?

JO: That's like the message we just sent - you just need to shine. You shine, and he has to be illuminated by you. There is no other way. Do you understand?

问: 所有的核⼼就是把⾃⼰亮起来.

Question: The essence is all about shining yourself.

JO: 是的.你亮起来,他便不需要在⿊灯瞎⽕的状态下⽣活着.因为你就像烛光⼀样,⾛到哪⾥,哪⾥都会亮.

JO: Yes. When you light up, he doesn't have to live in the dark. Because you're like a candle, wherever you go, there's light.

问: 我还想问⼀下我妈妈.

Q: I also have a question for my mother.

JO: 你现在经历的就好像我刚刚给你的⽐喻,你这是⽑⽑⾍的⽣活.你到时候连空间都变了,维度都变了,什么东西都变了,所有的关系都会变的.所以你不需要去单独⼀个⼀个的去解决这些问题.因为如果你没有发⽣转变,你解决问题,你还是以⽑⽑⾍的⾝份呀.你还是没有有翅膀可以飞.

In your current situation, you're experiencing something akin to the metaphor I just described - it's like the life of a caterpillar. When the time comes, everything will change: space, dimensions, relationships, and more. You don't need to tackle each issue individually because if you haven't transformed, solving problems while remaining as a caterpillar means you still lack wings to fly.

问: 那我要怎么样从⽑⽑⾍变成蝴蝶或者怎么样可以变成⼀束光呢?

To transform from a caterpillar to a butterfly or how can I become a beam of light?

JO: 我们现在的信息就是在帮助你.我们这些信息就是在指引你帮助你,让你看到你真实的⾝份.就是你不会困在⽑⽑⾍的⾝体⾥⾯.然后你所有的不适感都是在推动你转变.那你是不是就可以停⽌消耗你的能量去试图解决外在的⼈和事?! 明⽩吗? 那你只需要就是说允许⽣命的⼒量从你内在发出来,然后转变.这么说吧,我们这边你已经找到出路,找到光了,对吧? 那你持续的再朝着光就可以了.因为如果你朝着⿊暗的话,它只会加深你更多⿊暗的体验,就是⽆⼒感.那当你朝着光,你⼼中就会看到出路,你知道出路.你就不会产⽣任何恐

JO: The information we provide now is meant to assist you. These messages are guiding you, helping you see your true self – not trapped in a body of worms. All the discomforts you experience are pushing you towards transformation. Can you stop consuming energy by trying to solve external people and situations? Do you understand? You just need to allow the force of life to emanate from within you, to transform. In essence, we have already shown you the way out, the light – do you see that? Continue moving towards the light. Because if you head towards darkness, it will only deepen your experience of darkness and helplessness. When you move towards the light, you'll see a way out in your heart, knowing there's an answer. You won't generate any fear.

惧或者是迷茫.你的频率就变了,对吧? 你说你背对着光看着⿊暗,看着⾝体的恐惧.你看到的都是什么? 失望、迷茫、绝望,你产⽣这个频率.你⾝体它会产⽣什么? 你⾝体会越来越没有⼒⽓.然后你⾝边的关系会越来越死⽓沉沉.那当你看着光,就是朝着光.你看到的是什么? 看到的是美好,看到的是出路.那你⾝体的频率… ⾝体是不是就变的越来越有⼒量,越来越兴奋.就好像这个机器给你启动了.这么说吧,就是⼀颗种⼦,⼀个是有阳光,⼀个是没阳光.你看它们的状态能⼀样吗?

Fear or confusion. Your frequency shifts, right? You say you turn your back to the light and gaze into darkness, observing your body's fear. What do you see? Disappointment, confusion, hopelessness - you generate these frequencies. What does your body produce? Your body becomes increasingly weak. Then, your relationships become stagnant. When you look at the light, you look towards it. What do you see? You see beauty and a way out. So, what about your body's frequency... Does your body become stronger, more energized? As if this machine has been activated for you. In essence, one seed is bathed in sunlight while the other is not. Can their conditions be identical when observed under such differing conditions?

问: 如何变成⼀束光或者如何向着阳光⾛?

Question: How does one turn into a beam of light or how does one walk towards the sun?

JO: 你现在就在啊.你现在跟我们产⽣连接你就在允许光.那你说如果⼀颗种⼦,你已经允许太阳允许这层滋养的话,它怎么样去突破、怎么样发芽、怎么样长出第⼀⽚叶⼦,你需要知道吗? 它都在你的内在呀.你说⼀颗种⼦需要跟另外⼀颗种⼦学习如何发芽吗? 所以没有什么是需要你去学习或者努⼒的.你只需要看到.

JO: You're here right now. You are allowing the light by connecting with us right now. If you allow the sun's allowance of nourishment for this layer, how does a seed break through, grow, and sprout its first leaf? Do you need to know how it happens inside you? It's all within you. Do you think a seed needs to learn from another seed on how to grow? Therefore, there's nothing that requires you to learn or work hard; you just need to observe.

#### 2023/09/28 — 学会正⾯的创造Master Positive Creation

JO: 你说吧,什么问题? 问: 我的灵魂主题是什么? JO: 你今年多⼤?

You: Speak up, what's the question? Q: What is my soul theme? You: How old are you this year?

问: 18,马上19JO: 我们就算现在告诉你你的灵魂主题,它其实对你来说都没有⼀个特别⼤的⼀个… 就是这些信息对你不会有⼀个特别⼤的影响.因为你还在在不断地要去体验⼈⽣,就好像是收集素材⼀样,明⽩吗? 你现在还在不断地需要去搜集素材.所以这个你可以等过⼏年再来问.然后你可以问你⽣命中其他遇到的困扰你的或者是迷茫的那些东西.

Q: We're going to tell you your soul theme right now, and it won't have a significant impact on you... The information we provide you with won't make much of an impact because you are still experiencing life as though collecting material. Understand that you need to continue gathering material for your life. Therefore, you can come back in a few years to inquire about this. Additionally, you can ask us about the other issues that are troubling or confusing you in your life right now.

问: 我的天赋是什么? JO: 你叫什么名字? 问: XXXJO:我们感受到你的天赋,你最好的⼀点是你不太受这个集体意识的影响.就⽐如说受集体意识的影响,他可能就会是⼀个⾮常听话,可能家长⽼师怎么说他就怎么去做.为什么呢?因为他是跟随这个集体意识影响的嘛.但是在你的当中的话,你会有⼀种我只想听我⾃⼰的,你们别来管我,你们别来告诉我应该怎么做.然后这个虽然在你们社会上看上去你可能不是那么听话的孩⼦,但是你却很好的去⽤你⾃⼰的⽅式去体验和创造⽣命.就是他们都是卷⼊洪流或者是他们都是被洪流卷动的⾛.但是你却… ⽐如说像飓风、旋涡,那你就可以在旋涡的中间,明⽩吗?

Q: What is my talent? JO: What's your name? Q: XXX JO: We sense your talent; the best thing about you is that you're not easily influenced by collective consciousness. For example, if someone follows the influence of collective consciousness, they might be very obedient, doing whatever their parents or teachers say without question. Why? Because they are following this collective influence after all. But in your case, you would rather listen to yourself and not have anyone else tell you what to do. You want them to leave me alone and let me figure out my own way. Although this might make it seem like you're not as obedient as other children in society, you are still able to use your own way to experience and create life effectively. It's like everyone else being swept up in the tide or just going with the flow. But for you... you can be like a hurricane or whirlpool right in the middle of it all, understand?

你不会被他们… 就是他们怎么样对你不会造成⾮常⼤的影响.但是你这个需要加⼊正⾯的爱.就⽐如说给你很多很多爱的话,你这样⼦独⽴的、有⾃我思想的,⽆论你怎么创造你都是在爱中.因为进⼊你的体内的就是爱,那输出来的还是爱.那如果注⼊你体内的,就⽐如说你收集了很多恨、怨恨、仇恨,那你就会创造出很多负⾯的⼀些东西.因为为什么呢?你不会受法律呀、道德呀,也不会受这些约束,明⽩吗?所以说你需要正⾯的影响.正⾯的影响就是吸⼊很多爱爱爱,但是这种必须是⽆条件的爱.就是对你没有任何… 哎呀,你做这个做那个.它还是会把你变成是⼀种好像,就是没有爱,明⽩吗?

You won't be affected by them... Their actions towards you won't cause a huge impact. But you need to incorporate positive love. For example, if they shower you with love, regardless of how independent and self-thinking you are, you create from that place in love because what enters your body is love, thus what comes out is also love. Conversely, if filled with hatred, resentment, or bitterness within you, you create negative things. Why? Because without laws, morals, or constraints, you'd be free to generate negativity. Therefore, you need positive influences. Positive influence involves absorbing much love, but this must be unconditional love; that is, it has nothing attached to your actions—it's simply love. But understand, such positivity transforms the individual into one lacking genuine affection.

问: 我想问⼀下我和我妈的关系? 灵魂协议JO: 你选择进⼊到这个家庭,选择这个母亲… 这么说吧,因为我们已经连接到你母亲的能量,它是在⼀种蜕变当中.所以说你们的主题的话,它也会受到⼀些影响.那如果是从你最开始选择这个母亲的话,其实你是想要从她⾝上拿到… 因为她有⼀种⾮常强的能量或者是⼒量.然后你需要从她这⾥去拿到这股⼒量.因为在你的灵魂层⾯,你在做事情在⾏动⽅⾯,你会有⼀种缺少⼒量的… 就是你的⾏动⼒或者是爆发⼒或者是⼒量不是如此的强⼤,明⽩吗? 所以说你想通过好像⾝边有⼀个⾮常强⼤的⼈的模板,他可以让你去连接这股⼒量或者

Q: I want to ask about my relationship with my mother?

Spiritual Agreement JO: You chose to enter this family and select this mother... In essence, because we are connected to your mother's energy, which is undergoing a transformation. Therefore, when considering the theme of your relationship with her, it will also be influenced in some way. If you initially chose this mother, what you wanted was... Because she possesses an extremely strong energy or power. You need to acquire this power from her. In your soul realm, when performing actions and taking action, you may feel a lack of strength. That is, your vigor, burst, or strength isn't as powerful; understand? Therefore, by having someone very powerful like a role model in your vicinity who can help connect you to this force or

是受这股⼒量的影响.就好像是⼀股洪流,然后就可以把你推到那边去,推到你的⽬的地或者推到岸边.就这个推动⼒.明⽩吗?

It's influenced by this force. Like a tidal wave, it can push you to your destination or to the shore, with this driving force. Can you understand?

问: 我的⽣长环境是⽆条件的爱吗?

Question: Is my growth environment one of unconditional love?

JO: 你⾸先要给到⽆条件的爱,你必须没有办法去依托外在的⼈或者是事.但是你却可以⾃⼰给与你⾃⼰,明⽩吗? ⾃⼰给⾃⼰就是好像你这个⾁体它是⼀个体验者.就是你这个⾝体它在做⼀些事情.然后你还有⼀个好像是观察者的⾝份,在观察着你⾃⼰做的⼀切或者你的情绪.这么说吧,你是⼀个演员.其实你现在在这个地⽅,它只是你演的⼀个⾓⾊⽽已.那这个⾓⾊它在⼊戏的时候,你还是会有⼀个演员的⾝份给到这个⾓⾊.就是让它知道在这个⾓⾊⾥⾯,它不是孤独的,它不是孤单的,它不是⽆助的.因为如果离开这个的话,你可能就是这个⾓⾊,就是完完全全的沉浸在这个⾓⾊⾥⾯.你不会记得⾃⼰还有⼀个⾝份是演员的⾝份.

JO: Firstly, you need to give unconditional love; you mustn't be able to rely on external people or circumstances. However, you can give it to yourself. Understand? Giving to yourself is like acknowledging that your physical self is an experiencer - your body is doing things. You also have the role of an observer, watching your actions and emotions. Essentially, you're an actor, but right now, you're just playing a character in this scenario. When you immerse fully into this character, you still retain your acting identity, letting it know that within this role, it is not alone, not isolated, and not helpless. Without this distinction, you might entirely lose yourself in the role, forgetting that you also have an actor's identity.

那这样⼦的话你就会觉得母亲怎么不理解我? ⽗亲怎么不理解我? 别⼈怎么不理解我? 你就会有这种.但是你要知道他们都在⾃⼰的⾓⾊⾥⾯,他们不知道⾃⼰的⾝份.他们没有演员的⾝份,明⽩吗? 所以他们也是被困住的.那你说都是被困住的,你如何指望别⼈能够来(理解)你呢? 明⽩吗? 那如果你能⾃⼰以⼀个演员的⾝份给你这个⾓⾊⽆条件的⽀持和陪伴和爱的话,⼀样的.你不会感受到你是被这个世界抛弃的.因为你本⾝就有⼀个演员和主⾓的⾝份.就是你本⾝就有演员的⾝份,然后只是进⼊这个⾓⾊⾥⾯.明⽩吗? 那这样⼦的话,你也能⽤演员的⾝份去给其他⼈⽆条件的爱的⼀个状态.

If you feel that your mother doesn't understand me, or my father doesn't understand me, or others don't understand me, you might think this. But you must realize they are all within their own roles; they do not have the identity of actors. Do you see? Hence, they are also trapped. Saying we're all trapped, how can you expect others to understand you? Understand? If you could give your role unconditional support and companionship as an actor's identity, then similarly, you wouldn't feel abandoned by the world. Because you already have the identity of both an actor and the protagonist within you. That is, you inherently possess the actor's identity, just entering this role. Do you see? So if you can be in a state where you're giving others unconditional love from your actor's perspective when playing your role, then too, you wouldn't sense being left out by the world. Because you already embody both an actor and the lead character within yourself, just stepping into this role. Understand?

因为你知道他们忘记了⾃⼰真实的⾝份,他们完完全全的沉浸在⾃⼰的⾓⾊⾥⾯.

Because you know they have forgotten their true selves, they are completely immersed in their roles.

问: 那我和我哥的灵魂协议是什么? JO: 你哥多⼤年龄?

Q: What's my soul contract with my brother?

A: How old is your brother?

问: 我哥⽐我⼤7岁,26岁.

Question: My brother is 7 years older than me, he is 26 years old.

JO: 你稍等.你哥哥叫什么名字?问: XXXJO: 你选择了跟这个哥哥,然后你们共同来到这个家庭⾥⾯.从你的这边我们看到的就是…这么说吧,从更⾼的层⾯, 你哥哥会像是你的⼀个战友⼀样,就好像是那种并肩作战的那种.因为这样⼦我们说到话会透漏了你的灵魂主题,明⽩吗? 但是没有关系,就好像你会是⼀个新⽣⼉宝宝⼀样.所以你会需要从母亲那边拿到⼀个好像是⼒量,那哥哥那边就又好像是⼀个拐杖⼀样.所以说实话你⾃⼰本⾝,你还是会跟家庭有有⼒的连接会对你更好.就是说你跟⽐如说母亲或者是哥哥⾛的更近的话,更紧密的连接的话,对你更好.为什么呢? 因为他们就好像⼀个是给你打⽓的,⼀个是给你拐杖的.

JO: Wait a moment. What's the name of your brother? Q: XXXJO: You've chosen to be with this older brother and together you have joined this family unit. From your perspective, it feels like... let me put it this way: from a higher standpoint, your older brother would act as if he were your comrade-in-arms, someone who fights side by side with you. This conversation reveals the essence of your soul theme, do you understand? But don't worry about that; imagine yourself being a newborn baby for example. Therefore, you need to receive strength from your mother, like she's supporting you as a pillar, and similarly, you would benefit more from having a strong connection with your brother in terms of emotional support or guidance. The reason is that they can boost your spirit and provide you with support when needed, just like being a pillar of encouragement and support for you.

它会让你的⼒量更加的强⼤,更加的⽤于做⾃⼰.但是这个⽤于做⾃⼰⼀定是正⾯的.因为当你现在… 就我们刚刚说你⾃⼰有⼀个⽆条件的存有,⽆条件的更⾼的存有不断不断地给你爱的话,那你就⼀定会呈现出你这种独⼀⽆⼆的⼒量去展现出,去创造出不是随⼤流的.就是创造.明⽩吗? 所以说你要知道⼀个是给你打⽓,⼀个是给你陪伴的⼒量在你⾝边,并肩作战.就⽐如说你想要去创造⼀番事业出来,那哥哥就是跟你并肩作战的那个⼈.妈妈就会是: 去做吧.去做,去做,孩⼦.不怕,有事妈妈给你挡着.就是这种状态.然后你就会更加的⽤于去创作了.再加上你⼀直是

It will amplify your power and enable you to utilize it more for yourself. However, this utilization must be positive because when we discussed that you have an unconditional being, a higher being continually giving you love, you are destined to showcase your unique strength in creating not just following the crowd but truly creating. Understand? Hence, know that there is a force encouraging and accompanying you on your journey, fighting alongside you. For instance, if you wish to create a career, Brother would be the one fighting alongside you. Mother's role would be: Go ahead. Do it, do it, child. Don't worry; mom will shield you for anything. This is the dynamic. Then, you will utilize your power more in creation. Additionally, you have always been...

那种⾼我给你⽆条件爱,那你创作都是正⾯的,不会有负⾯的,明⽩吗? 所以通过这次连接,你的命运已经被改变了.因为如果你只是任由它发展的话,它可能会创作⼀些… 就有⼀些反社会的,他们想创作⼀些不同的来体现⾃⼰不同.但是那种创造它是属于破坏式的,⽽不是服务,就是连接的,出⾃于爱的,明⽩吗?

That kind of higher self gives you unconditional love, so your creations are all positive and without negativity, right? So through this connection, your fate has been altered. Because if you just let it develop, it might create some... there could be antisocial aspects, they want to create something different to express their uniqueness. But that creation is destructive rather than service-oriented, coming from love, do you understand?

问: ⼩时候被⽔淹过.之前游泳有恐惧.怎么治疗这种恐惧?

Question: Did you get flooded as a child? Was there a fear of swimming before that? How to treat this fear?

JO: 你稍等.如果你是需要去从能量层⾯的疗愈的话,你需要跟这个⼥孩⼦⾯对⾯做疗愈.但是呢,你如果让它⾃然⽽然的话.就是当你不断地在转变,因为你现在还没有⼀个定型,就是你还在不断不断地转变.如果当你的整个⼈格发⽣本质的转变的话,你的这个症状也不会有了,明⽩吗? 你的整个⼈格发⽣转变,你就会发现你以前喜欢的和不喜欢的跟你现在这个⼈完全不⼀样了.然后这是残留在你⾁体⾥⾯恐惧的能量.然后这个恐惧的能量也会影响着你.就⽐如说就像我们刚刚说你需要你妈妈给你打⽓.那是因为你内在有⼀种恐惧的能量对你的⼀种拉扯.所以还是携带了这个恐惧的能量对你的影响.

JO: Wait a moment. If you need healing on the level of energy, you have to do it face-to-face with this girl. But if you allow it to happen naturally, that is when you are constantly transforming because you haven't taken shape yet. You're still undergoing continuous changes. When your entire personality undergoes fundamental transformation, your symptoms will disappear. Understand? Your entire personality transforms, and you'll realize how different what you liked before is from who you are now. Then there's the fear energy lingering in your physical body. This fear energy also affects you. For example, as we just discussed, you need your mother to boost your spirits because of an inner fear energy pulling at you. So it still carries the impact of this fear energy on you.

当接下来你不断地跟你的好像源头连接⼀样,然后⽆条件的爱,就是在这个过程当中,它也会有好的转变.

When you continuously connect with what seems like your source, and then unconditional love, it will also have good transformations in this process.

问: 我不想长⼤,就像以现在⽬前的状态,就是有吃的有玩的过⼀辈⼦.

Q: I don't want to grow up, like in the current state, just having food and fun living one's entire life.

JO: 你要知道你这个只是你⽬前这个阶段的⼀个想法⽽已.然后这个想法是会变的.那你说你两三岁的时候你特别喜欢奥特曼,你就喜欢奥特曼.你拿着这个玩具,你说不要给我拿⾛,我要永远抱着它,抱着它睡觉.那你现在18岁,你还会有同样的念头吗? 这么说吧,你⼩时候喝奶,你不要断奶,你要喝奶奶.你各种哭,你各种挣扎.那你现在还和你妈妈的奶奶吗? 明⽩吗? 所以说你不需要去纠结于这个.就好像你⾃然⽽然的长⼤了,你不可能再去碰你妈妈的奶奶了.就这不是个问题.但是你要知道,你们可能会有⼀种越到后⾯责任越⼤,⽣活越⽆聊,越繁重.NO NO NO NO,那个是来⾃于他们的集体意识,明⽩吗?

JO: You need to understand that what you're thinking now is just an idea of your current stage. Your thoughts will change as time goes on. For instance, when you were two or three years old and really loved Ultraman, all you did was love Ultraman. Holding the toy, you said don't take it away from me; I want to hold onto this forever, even while sleeping. But now that you're 18 years old, would you still have the same thoughts? To illustrate, when you were a baby and wanted your milk bottle, refusing to wean off was like crying and fighting with mom for the bottle. Would you be doing the same thing now as an adult with respect to your mother's mother? See what I mean? So there's no need to dwell on this. It's like growing naturally, you won't go back to wanting your mother's milk bottle again. This is not a problem. But remember, as time goes by, they might start feeling more responsibility, facing a less exciting and increasingly burdensome life. No worries about that; it comes from their collective consciousness, understand?

就是你看到的或者他们⼤⼈认为的.这跟你没有关系.为什么呢? 你创造⼀个轻松、快乐版本的⼈

It's what you see or what they adults think. It has nothing to do with you. Why is that? You create a relaxed, happy version of people.

⽣.来让他们看到你的⽣命就是玩,但是你可以很有钱的玩,明⽩吗? 所以你本⾝就不是来加⼊他们的,你也没必要去看着他们,然后觉得我不想成为你们的版本.所以说⽣命只会越来越轻松,因为你看你们这⼀代⼈的观念和他们的观念都完全不⼀样的.所以他们沉重,你并会加⼊他们沉重的能量.

Born to play with your life, but you can play it richly, understand? So you didn't come here to join them, and there's no need to watch them as if you don't want to be the version of you. This means that life will only become increasingly easy because your perspective on this generation is vastly different from theirs. Therefore, they are weighed down, and you won't add to their heavy energy.

问: 我和我爸的灵魂协议?

Question: I have a soul contract with my father?

JO: 你稍等.这么说吧,在你⾻⼦⾥⾯你又想是⼀种我什么都不管,我只管我⾃⼰的快活.但是在另⼀⽅⾯你又⽐较排斥这个.所以说他给你呈现出的就是你⾃⼰会有的⼀些特质,但是你又不想成为的样⼦,明⽩吗? 所以你就会说你既是按照⾃⼰意愿⽽活着,但是它又是有意义有价值,是正⾯的,明⽩吗?

JO: Wait a minute. Here's how it goes: deep down inside you want to be someone who just doesn't care about anything else but focuses solely on your own pleasure. However, on the other hand, you're somewhat resistant to this idea. So what he presents to you is both traits that are part of yourself and aspects that you don't want to become. Do you get it? You live according to your own wishes, yet it has meaning, value, and is positive, right?

#### 2023/09/28 — 集体意识的反射体A Reflective Body of Collective Consciousness

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 第⼀个是我这辈⼦的灵魂主题是什么? JO: 你叫什么名字?

Q: The first one is what is my soul's theme in this lifetime? A: What is your name?

问: XXXJO:你就好像是⼀个⾮常纯净的⽔晶球,就是没有什么杂质.通过你这个球体来映射出你们的集体意识的⼀个能量状态.所以说你⾮常容易受外在能量的影响.怎么⾮常受外在的能量影响呢?就⽐如说如果把你扔到⼀堆全是像圣⼈⼀样,道德⾼尚的⼈当中,你就会像圣⼈⼀样,你就会成为像他们⼀样.那如果把你扔到⼀堆负能量、消极、绝望,你也会被他们感染,你也会变得很消极很绝望.所以说你就很容易受外在的能量影响.那如果说你的灵魂主题的话,你可能就像是⼀个反射体的存在来映射出你处在位置的⼀个状态吧.所以如果让你跟特别有爱或者特别平和、特别⾼能量的⼈在⼀起,你会感受到你的内在很温暖很安⼼.

Question: You are like a very pure crystal ball with no impurities. Through this sphere, your collective consciousness's energy state is reflected. Therefore, you are easily influenced by external energies. How exactly do you get affected by these external energies? For example, if you were thrown into a group full of people who are like saints with high moral standards, you would behave similarly and become like them. On the other hand, if you were in a group filled with negative energy, negativity, and hopelessness, you would be infected as well, becoming very pessimistic and hopeless. This means you are easily affected by external energies. If talking about your soul theme, perhaps you function as a reflective being that mirrors your current state of existence. So, if you were surrounded by people who are highly loving or peaceful with high energy, you would feel an inner warmth and peace.

那如果对⽅特别抑郁的话,你也会感受到别⼈的那种抑郁感.所以你就好像是⼀个⾮常好的陪伴者.为什么呢?因为对⽅会想要陪伴者跟他们有感同⾝受的感觉.那你就完完全全的去跟别⼈处在同⼀个⾓度同⼀个位置,就完全的跟别⼈连在⼀起,感觉别⼈感知别⼈,就感同⾝受,明⽩吗?

If the other person is particularly depressed, you would also feel their depression. So you act as a very good companion. Why? Because the person wants the companion to have empathy towards them. You completely put yourself in the same mindset and position as others, fully connecting with others, empathizing with how they perceive others, do you understand?

问: 灵魂的使命是什么呢?

Question: What is the mission of the soul?

JO: 这么说吧,使命只能说它跟你的主题…. 使命它还需要你⾃⼰在你⾃⼰的内⼼有没有⼀个强烈的愿望去达成或者是去促成去做成某⼀件事情.那我们从你⽬前来看到你好像就是单纯的作为⼀个反射体,好像是个镜⼦在投射出你⽬前所在位置的周围的⼀切.但是如果说是使命的话,你个⼈还没有强烈的使命感.需要你⾃⼰去赋予它,明⽩吗? 因为⾸先你是⾃由的.使命并不是别⼈强加在你⾝上,⽽是你⾃⼰加在你⾝上.虽然你可能⾁体不知道,但是在灵魂层⾯你也可以选择⼀个抗在你⾝上.但是既然你加⼊到地球的这场游戏当中,就是你加⼊到这⾥来.那么你们都有⼀个共同的使命,那就是去转变这个集体意识,明⽩吗?

JO: Let me put it this way, the mission can only say that it is related to your theme... The mission also requires you to have a strong desire or intention within yourself to achieve or facilitate something. Based on what we see from you currently, it seems like you are simply serving as a reflector, like a mirror projecting everything around your current location. However, if it's about the mission, personally, you don't seem to possess a strong sense of purpose or mission. It needs to be self-assigned by you, understand? Because fundamentally, you are free. A mission isn't something others impose upon you; rather, you impose it upon yourself. Although you might not know this physically, on the soul level, you can choose to carry one for yourself. But since you've joined in Earth's game and came here, everyone shares a common mission - that is, to transform collective consciousness, understand?

所以如果说你的使命的话,那就是像镜⼦⼀样反射出让对⽅看到,让他们可以去通过你… 因为你照镜⼦就会帮助他们⾃我认识吧.

So if you're speaking of a mission, it's like a mirror reflecting back to them, allowing them to see through you... because looking at the mirror will assist them in self-awareness.

问: 我的天赋才华是什么?

Question: What are my innate talents?

JO: 你的天赋才华就像刚才说的⼀样,你能很好的跟别⼈感同⾝受吧.⽐如说有的朋友他可能很苦闷很悲伤,他可能跟你聊天他就能感受到你跟他⼀样进⼊到苦闷的状态.他就会觉得他不是孤独的.然后他就会感受到你对他的⼀种陪伴.

JO: Your innate talent is as described, you have the ability to empathize well with others. For instance, if a friend is very depressed and sad, just talking to them might make them feel that they are not alone because they sense your companionship, entering into their state of sadness.

问: 我和我的孩⼦的灵魂约定是什么? JO: 你有⼏个孩⼦?

Q: What are my soul contracts with my children?

A: How many children do you have?

问: ⼀个JO: 这么说吧,就好像这个孩⼦选择你来进⼊到你的⽣命当中,就好像他想通过你来映射出⽣命的美好.为什么? 这么说吧,好像他是⼀朵花.那如果你是⼀⾯镜⼦的话,他通过你的镜⼦,那你们是不是就能看到两朵花了? 那他本⾝是⼀朵花,那加上镜⼦⾥⾯就是两朵花.那是不是就可以把美好的事情就好像是加倍翻倍了⼀样? 明⽩吗? 所以他可以通过你来映射出,就好像粘贴复制.就好像把这个强化和加倍.

Q: Imagine this, like the child chooses you to enter his life, as if he wants to project beauty through you. Why would it be so? Like he is a flower. Now, if you are a mirror, and he looks into your mirror, wouldn't you see two flowers then? That he himself is a flower, with reflections in the mirror making it two. So doesn't that amplify the beautiful things like doubling them? Do you get it? Hence, he can project through you just as copying and pasting works, amplifying and doubling it too.

问: 我和我的孩⼦妈妈的灵魂约定是什么?

Question: What is my soul contract with my child's mother?

JO: 从更⾼的层⾯你也好像是⼀个反射体,也就好像是⼀个反射体.为什么呢? 因为她的每⼀个状态,她其实都可以通过你去看到.就是你这⾥是镜⼦,她可以通过你看到,OK,我⽬前是这样⼦.就是我⽬前的状态是这样.然后你就成为⼀个很好地反射体去反射出她⾃⾝的⼀个状态.因为说实话⼈们去认识⾃⼰,他需要通过⼀个反射他才能认识到.

From a higher perspective, you seem like a mirror as well, reflecting her states back to her. Why is that so? Because every state she has, she can see through you. You are the mirror here; she reflects on herself via you. OK, this is where I am right now. This represents my current state. Then, you become a good reflector of her own state. It's because people need to recognize themselves by reflecting off someone else in order to understand who they are.

问: 我和我爸爸的灵魂约定是什么?

Question: What is the soul's agreement between me and my father?

JO: 我们之前就是说你是⼀个⾮常纯净的,就像是⼀个镜⼦反射这些东西出来.然后你的⽗亲从他们这个年代当中就留下了很多⽐如说有限的认知或者是固执⼰见,残留的那些封建的思想或者是很狭隘的认知这些东西,框框架架.它实际上都是在你的体内的.然后导致你会有⼀种好像,它就是狭隘了你的认知吧.然后让你没有办法很好的找到出路.就是没有⼀个⽆限的可能在.所以说你从他这⾥的话就会有很多框架、限制在你⾝上.让你会很难脱离出来.所以你就受他们的影响,导致你有很⼤的限制在你⾝上.你就好像是⼀个….

JO: Beforehand, you were like a very pure reflection of those things - like a mirror showing them back to you. Your father, however, inherited many limiting ideas from his time, such as constricted perspectives or stubborn beliefs rooted in封建思想 and narrow cognition. These constraints are actually within your system. This leads to the feeling that they've narrowed down your understanding, making it hard for you to find clear paths forward because there's no infinite possibility open to you. Consequently, these limitations from him remain with you, restricting your ability to break free. You're like...

问: ⼀个很有办法的孩⼦?

A resourceful child.

JO: 不是⼀个很有办法的孩⼦⼀样.因为如果⼀个很成熟的⼈,他们就是⽼⼿了,就好像你们所谓的⽼司机了,就是⽼⼿.他们就很有办法很有⼿段.但是你就好像是⼀个没有办法的⼩孩⼦⼀样.因为你经验不丰富吧,然后就是涉世不深吧,就是这种感觉.

JO: Not a very resourceful child either. Because if you have someone who is very mature, they are like old hands, just like what you call experienced drivers - experts or people who know how to handle things well and efficiently. But you feel like you're this hopeless child because of your lack of experience and inexperience with the world.

问: 我和我妈妈的灵魂约定是什么呢?

Question: What is my soul's agreement with my mother?

JO: 我们感受到就是你其实从你⽗母这边… 因为我们最开始说你要么就是受正⾯就会很正⾯,要么受负⾯的影响就会很负⾯.你还是从母亲这边⽼⼀代的思想,所以内在会有很多匮乏啊,⽐如说物质匮乏啊,或者是对⽣存的⼀种恐惧啊,恐惧的能量在你体内.所以你受他们这种上⼀辈的束缚和影响还是挺⼤的,还是挺多的.会感受到有⼀种深深地⽆⼒感.因为你就好像是⼀个听话的乖孩⼦,就好像这个框架在你⾝上你就不动了.这么说吧,你就好像是⼀条狗,这个狗很温顺.你要是给我⼀个笼⼦,我就乖乖的躺在⾥⾯.那如果是⼀只野狗的话,它可能会:我⼀定要把你这个笼⼦弄翻.你⼲嘛要关我这种.那你就是很好驾驭的⼀匹马吧.就⽐如说有的马它不好驾驭.

JO: We sense that you are influenced by your parents' thoughts, especially from your mother. As we initially discussed, if you're affected positively, it will be very positive; or if negatively, very negative. You still carry the values and beliefs of the older generation, which means there's a lot of internal scarcity within you - this could relate to material scarcity or fear for survival, an energy that exists in your body. Therefore, the impact from your previous generation is quite significant and pervasive, leading to feelings of deep helplessness. You seem like a compliant child who follows rules without question, as if there's a framework on your back that keeps you from moving freely. To summarize it simply: You're like a docile dog - when given a cage, you'll lie obediently inside. If the scenario were reversed and you had a wild dog, they might think: "Why are you trapping me?" In this case, you'd be easily controlled by someone like a tame horse, akin to horses that are difficult to handle due to their nature.

那你就是很温顺的,OK,你给我⼀个篮⼦,我就不动了.我就故步⾃封,我就呆在⾥⾯吧.所以你有⼀种没有完全的展现出你⽣命的⼒量,还是受很⼤的影响的.

That means you're quite docile, alright? You give me a basket, and I won't move. I'll stay confined to this place, locked inside. So there's still an extent in which your life force hasn't been fully expressed, it's still being greatly influenced.

问: 我在经济上从有钱到没钱再到负债,然后⾝体受影响.这个产⽣的原因是什么? 为什么让我有这种经历呢?

Question: I experienced financial changes from being wealthy to broke and then into debt, followed by physical impacts. What are the reasons behind this? Why did I have such experiences?

JO: 你稍等.这么说吧,你有钱的时候就好像是丰收的时候.丰收有季节对吧? 我们有结果⼦的季节,那我们也有冬天没有东西的季节.那你就好像是顺着这个东西,你没有吃的你就没有吃的.你也不会去突破.你就好像是有⼀种听天由命的感觉.就像我们刚刚说那个框⼦给你拦住了,然后你就乖乖的在⾥⾯了.你并没有去… 就像我们刚刚说的那种,你缺少那种⽣命⼒去打破这⼀切,去有⼒的创造.⽽只是说听天由命,⽼天怎么安排我就怎么来.给我⼀点吃的我就拿⾛.所以其实这种还是来⾃于你没有完完全全的活出来,展现出⽣命的⼒量.更多的是⽼天把我刮到哪⾥,我就飘到哪⾥,这样⼦的⼀种感觉.但是由于你⾃⼰本⾝就会,就是⽐较消极吧.

JO: Wait a moment. Let me put it this way, when you have money, it's like the season of abundance. Seasons do change, right? We have seasons where we harvest fruits, and there are also times when winter comes with nothing to offer. So you're just going along with that - no food means you don't eat; you don't try to break free or create powerfully. It feels like you're accepting whatever happens, living life passively, waiting for what the heavens give. Like we just said, imagine a box was placed in your path and you obediently fell into it without trying to change anything. You didn't actively attempt to... We were talking about lacking that vitality to break through this kind of setup and create powerfully. Instead, you simply accepted whatever fate had for you, taking what little food you got and moving on with it. So, in essence, it's still down to not fully living your life, not showcasing the strength of your existence. It feels more like being blown around by fate wherever it goes rather than actively pursuing or shaping your path. However, because you have that tendency towards passivity, which is somewhat pessimistic.

这些消极的信念和观念,就像刚才的信息你从上⼀辈那边有很多那种 (消极的信念),导致你更加的出不了⼒,使不出近劲的那种感觉.因为说实话你就是像乖孩⼦⼀样,因为所谓的坏孩⼦他是去打破⼀切的.那你这个乖孩⼦就好像是有⼀点顺着,听天由命的那种感觉.由于这种听天由命它又会有⼀种消极的成分在,所以就会导致你,就像刚刚你说的越来越⽆⼒了.因为这种⽆⼒感会加深的.就是你越是经受这种又是这样又是那样,就是越多这种事情你越会觉得你⾃⼰没有价值没有⽤,就是越会⽆⼒.

These negative beliefs and notions, like the information you just received from your seniors that there are many such (negative beliefs), lead to a sense of being unable to exert force, of not being able to put your full effort into things. Because to be honest, you're like a good child, whereas a so-called bad child goes out to break everything. You this good child feels somewhat passive, as if it's destined by fate. Due to this 'destined by fate' attitude, there is also a negative aspect involved, which leads to the feeling of being increasingly powerless as stated earlier. This sense of powerlessness deepens with every such experience. The more you go through situations where you are in between things, facing multiple issues, the more you will feel that you have no value and are not useful, thus becoming even more powerless.

问: 为什么这种经历让我去体验呢?

Question: Why does this experience happen to me?

JO: 这么说吧,就好像你是⼀颗种⼦,然后把你扔到这你就这样.你要知道你是有⼒量去创造去改变去影响周围的⼀切,⽽不是说只是受周围的影响.那为什么说你就好像是镜⼦⼀样映射出…? 那其实你看你⽣命的写照,它是不是映射出你周围的⼀个环境? ⽬前⼤环境是这样⼦,你就这样.⼤环境是那样,我就是那样.我周围的环境是这样,那我就是这样.明⽩吗? 你没有翻⾝做主⼈,就这么说吧.

JO: Imagine you're a seed and then you just get thrown into this world like this. You need to understand that you have the power to create, change, and influence everything around you, rather than just being influenced by it. Why do we say you are like a mirror reflecting...? Well, you see your life reflected in it, does it reflect the environment around you? Currently, the big picture is this way, so here you are. The bigger picture changes, I change as well. My surroundings are like this, and that's how I am. Can you understand? You haven't taken control of your own situation, and this is what we mean.

问: 为什么?

Question: Why?

JO: 这⾥没有为什么? 这就是你允许的.是你觉得事情你没有办法改变,那就没有办法改变.但是我们要让你知道你在任何时刻,当你想要去法⾝转变发⽣改变,你就是觉得这个不爽,我受够了,我不要再体验这种⽣活了,你马上可以去拿回你的⼒量.然后你就重新创造,重新谱写你的⼈⽣,明⽩吗? 所以不需要去再问为什么.你只需要告诉这个世界这不是我想要的.我要重新谱写我的⼈⽣.那么你就开始会有⼒量了.然后你的⼒量也会开始像现在这个样⼦.你不是说你越来越⽆⼒,它是加深,对吧? 那当你的⼒量开始拿起来过后,它会变得越来越有⼒.它的⼒量也会越来越强⼤.因为为什么? 你不断地在深化它深化它.然后遇到的事件也是来⽀持你.

JO: There's no why here; this is what you allow. If you think things are beyond your ability to change, then they simply won't be changed. But we want you to know that at any moment, when you want the embodiment transformation to happen, if you feel unhappy with it and you're fed up, if you don't want to experience this life anymore, you can immediately take back your power and start creating anew, writing a new story for yourself. Understand? So there's no need to ask why. All you have to do is tell the world that this isn't what you want; you're rewriting your life. Then you'll begin to gain strength, which will also manifest in your reality. You won't find yourself growing weaker over time; instead, it deepens and intensifies because you're constantly nurturing it and strengthening it. And the events you encounter will be supportive of this process.

越是⽀持你,你越是深化它.你就会越来越觉得⾃⼰强⼤了.

The more support you receive, the deeper it reinforces. You will increasingly feel empowered.

问: 我由于有脑⼦有供⾎不⾜的现象,医⽣说这个是不可逆的.我想问⼀下这个会发⽣疾病吗?

Q: I have a condition where there's insufficient blood supply to my brain, and the doctor said this is irreversible. I want to know if this can lead to diseases?

JO: 你个⼈的这个情况,脑梗是由于你有很多事情你想不通.有很多事情你就是不明⽩、想不通.你就是需要引导、指导.你想通了,你脑⼦⾥⾯的东西就通了,你就会真的通了,明⽩吗? 你想不通,就算别⼈来告诉你,你还是想不通.那些⼈给你答案,你还是想不明⽩.所以你脑⼦⾥⾯总会装着⼀些想不通的事情,它就好像是堵塞在那⼀样.然后你可以去从能量层⾯把这些想不通的事情去把它想通.把它想通过后,你就会放下了.你就不会总是觉得

JO: Your personal situation with a stroke is due to the fact that you have many things you can't understand. There are numerous issues where you just don't get it and can't figure them out. You need guidance and direction. Once you comprehend these matters, everything in your mind becomes clear, and you will truly understand. Do you see? Even if others explain it to you, if you still can't wrap your head around it, those solutions remain unclear to you. Thus, there are always some unresolvable issues lingering in your mind, acting like a blockage. You can work on resolving these misunderstandings from an energetic perspective. Once they're resolved, you'll be able to let go of them and won't feel burdened by them constantly anymore.

就好像总是卡在那⼀样,你就是想把事情弄清楚,想把它想通⼀样.然后你可以去,⽐如说去看我们带出来的信息.因为那些信息⾥⾯就会涉及很多你想不通的问题.然后你也可以直接去继续选择这样⼦的对话.因为这样⼦的对话它可以帮助你把脑海⾥⾯想不通的事情给你打通吧,给你看明⽩吧.然后如果当你真的把这些事情想通的话,你便是另外⼀个境界了.你是另外⼀个境界的话,你就是另外⼀个认知了,另外⼀个⾼度了.那你就是另外⼀个完全不⼀样的⼈了.那那个⼈他就没有想不通的事情了.那你的⾝体也会随着你的能量的变化⽽变化的,明⽩吗?所以说你需要把你⾁体的疾病当成是你⼼理的疾病去处理.

It's like being stuck there; you're trying to figure things out and understand them. Then you can look at the information we bring forth because it deals with many questions that are beyond your comprehension. You can also continue having this kind of dialogue, as these conversations help clarify the things in your mind and provide insight into what you couldn't understand before. Once you truly understand these matters, you will be in a different state. Being at a new level means having a new perception and being at a higher level of understanding. This makes you an entirely different person without any unresolved issues. Your body would also change as your energy evolves; do you understand? That's why you need to treat physical illnesses like psychological issues, requiring mental healing alongside medical treatment.

那当你⼼理疾病被处理掉了过后,你的⾁体会⾃动的恢复的.所以你可以趁这⼀段时间去找寻你想不通的事情,去找到答案.当你越来越通透越来越通透,然后你再去看你的情况.就⽐如说你刚才说你经常会头晕啊,然后你就看你的⾝体,症状就会减轻减轻到消失不见.因为你们⾝体是能量投射出来的东西,它是需要⼀些时间的嘛.随着时间的转移,你的⾝体也会通透起来的,明⽩吗?但是你必须要要去把⼀个信念给改变的就是说你们所谓疾病不是单纯的存在的.你们会觉得疾病就是⼀个单独的疾病,但是并不是.它是由于你们能量层⾯的⼀些不畅通.这么说,你⾃⼰投射出去到墙上的影⼦,你本⾝就有⼀个缺⼜.那你投射到墙上它肯定就会有⼀个缺⼜,对吧?

When your mental illness is dealt with, your body will automatically recover. So you can use this time to seek out the things that confuse you and find the answers. As you become more enlightened, then look at your situation again. For example, if you've mentioned before having headaches frequently, then examine your body; the symptoms will lessen or disappear because your body is an energy projection that needs time. As time passes, your body will also become enlightened, understand? But you must change a belief: the so-called disease does not exist purely. You might think of it as a single disease, but it's not. It arises due to some blockages in your energy levels. Imagine casting a shadow onto a wall; you have a flaw within yourself. When that flaw is cast onto the wall, there will naturally be a flaw there too, right?

那你没有缺⼜,你投射到墙上的影⼦也不会有缺⼜,明⽩吗?所以你的⾝体也会⼀样.

Then you have nothing lacking, neither will the shadow projected onto the wall lack anything, understand? Therefore, your body would be the same.

问: 我有⼀个好朋友叫XXX,他⼏年前出车祸死了.可以邀请他的灵魂看看有没有什么话对我说吗?

Question: I have a good friend named XXX. He died in a car accident several years ago. Can his soul be invited to convey any messages for me?

JO: 我当初没有找到出路,你现在找到出路了.你现在找到出路过后,你⼀定要坚持的⾛下去.不要跟我⼀样.这是他带给你的信息.

Japanese to English

JO: I couldn't find a way out back then, but you have found one now. Once you find the way out, you must stick to it and go forward. Don't follow my path. This is the message he left for you.

问: 我具体不知道我是哪⼀天⽣的,我的⽗母没有这个习惯.所以我的⽣⽇是假的.想问⼀下可以帮我确定吗?

Q: I don't specifically know my birth date; my parents didn't have this habit. So, I believe my birthday is fake. Could you help me confirm the correct one?

JO: 你是现在出⽣的.明⽩吗? 你的新⽣命是从此刻诞⽣的.那个才是你的新⽣命.新⽣命它没有脑梗.那个物质⾁体是需要你去摆脱的.我跟你说,如果⼀棵植物它不再长出新的枝叶,⼀根⽊头它不再发芽了.那它是不是就已经死掉了,对不对? 你是想成为那个不发芽的状态吗? 明⽩吗?

JO: You are born now. Understand? Your new life begins from this moment. That is your new life. This new life doesn't have a stroke. The physical body needs you to get rid of it. I tell you, if a plant no longer grows new branches and leaves, if a piece of wood no longer sprouts. Isn't that already death? Are you aiming for a state where nothing grows? Understand?

问: 我不想成为那个.

Question: I don't want to be that person.

JO: 对,因为那个对你都是束缚.你的不适全部是来⾃于那些.所以说那个⽊头不重要,重要的是你新长出来的⼀些芽.这个芽会越长越⼤越长越⼤,成为⼀棵强壮的树.这个才是重要的.

JO: Yes, because all those constraints are on you. Your discomfort comes from that, so the wood isn't important; what matters is your newly sprouting buds. These will grow bigger and stronger, developing into a robust tree. That's what truly counts.

问: 我现在⽋了很多钱没有还,我⾝体的这个情况也没有去挣钱.化解这个债务⼤概需要多长时间呢?

Q: I currently owe a lot of money that I haven't paid back, and my health situation prevents me from earning money. How long will it take to resolve this debt?

JO: 就好像我们今天说你是今天出⽣的,对吧? 然后你是今天出⽣的,OK,你现在发芽.那如果你每天去给它施肥,每天去给它松⼟,每天去给它关照,然后⾜够的阳光,⾜够的⽔分.那它是不是就长的很快? 长的很快,它是不是就结果了? 对不对? 那就是像庄家⼀样,你如果给与它更多的呵护和关照的话,那它结果的时间…它就不会像青黄不接的状态,明⽩吗? 所以说就是来⾃于你这个园丁或者是你这个农名伯伯对你的庄家照看的程度了.你稍等.⾸先你要知道有债务是⼀件好的事情.因为你们想要获得⾦钱,你⾸先要有⾮常强烈的获得⾦钱的欲望,你才会获得.明⽩吗?

JO: It's like we say today you were born today, right? Then if you were born today, okay, now you're sprouting. If you fertilize it every day, cultivate the soil every day, attend to it every day, then enough sunlight and sufficient water. Would it grow quickly? And would it bear fruit quickly? Wouldn't it? That's like farming, right? If you provide more care and attention, the time it takes for it to produce would be shorter, wouldn't it? So, this comes from how your gardener or farmer cares for their crops. Wait a minute. You need to know that having debt is a good thing because if you want to obtain money, you must have a very strong desire to acquire money in order to achieve it. Can you understand?

因为说实话,像你这样⼦的⼀个状态,你的⾦钱欲实际上不⼤的,你没有什么⾦钱欲.如果你没有债务,你可能就是这样,我就这么快活的过⼀辈⼦.你不会有强烈的想要去赚钱的欲望.因为你是那种得过且过,就是物质欲不是那么强烈的吧.不像⼈家眼⾥只有钱的那种.但是有⼀股这个债,它会逼着你想要去创造去展现,想要去⾏动起来.因为当你在⾏动和创造之间,你会越来越有⼒量.所以说其实这个对你来说它并不是⼀个坏事,也并不是⼀个负担.反⽽是⼀种推动的⼒量,让你去认识新的你.所以是⼀件好的事情.

Because to be honest, with a state like yours, your financial desire is actually not that big; you don't have much of it. If you're debt-free, you might just live happily ever after without the strong urge to earn money. There's no intense desire to make money because you're someone who just goes with the flow and whose material desires aren't very strong. Unlike others who see nothing but money in their eyes. But with this debt, it pushes you to want to create and showcase yourself, to act. Because as you move between action and creation, you gain strength. So actually, for you, this isn't a bad thing; it's not a burden. Instead, it's a driving force that leads you to discover a new self. Hence, it's a good thing.

#### 2023/09/29 — 中秋节寄语- Mid-Autumn Festival Wishes

JO: 你说吧,什么问题?

Jo: Speak up, what's the question?

问: 我最近这段时间吃饭⽼是吃的很少.想问⼀下这是什么问题?

Question: I've been eating very little recently. Could you tell me what might be the issue?

JO: 你⽬前就好像有⼀种就是在探索,有⼀种就好像想要找到出路,就是要找到出路.所以你的⼼思都没有在吃饭或者是其它⽅⾯.你的⼼思没有在那上⾯.就好像是没有路,前⾯不知道哪⾥是出路.所以你就好像是处于⼀种急于,就好像是迷路的孩⼦⼀样.那你说你的状态现在都是像⽆家可归,像迷路的孩⼦.那你就是在找到你的路,⽽不是说你现在在家⾥⾯,你安安⼼⼼的好好睡觉好好吃饭.所以从能量层⾯就像是在这样⼦的状态⼀样.

In this state, you're like someone who's exploring and trying to find a way out, desperate for an escape. Your mind isn't focused on eating or anything else; it's elsewhere. It feels as if there's no clear path ahead, unsure where the exit might be. You're in a hurry, much like a lost child, and you describe your current state as homeless, akin to being lost. So, you're actively searching for your path instead of settling down safely at home, eating well, and sleeping peacefully. From an energetic perspective, this is how you're currently existing.

问: 我的脾⽓有时候很暴躁,有时候控制不了.我妈妈更严重,脾⽓很差,有抑郁症的类型的.我想问⼀下这是遗传还是?

Q: Sometimes my temper is very short-tempered, and sometimes I can't control it. My mother's situation is even more severe; she has a really bad temper, which could be indicative of depression. I'm wondering if this is due to genetics or not?

JO: 这么说吧,你的能量特别的敏感.就⽐如说别⼈的⽪很厚,别的东西摩擦他,他可能没感觉.但是你的⽪就很薄很敏感,⼀碰你就跳起来那种.所以你就会很容易受外界的能量的影响.就⽐如说如果你的能量场像现在我们给你创造的像源头的爱或者是很和谐充满爱很平稳.你也会很enjoy,很享受.就⽐如说你们在教堂⾥⾯唱圣歌这样⼦的能量场,每个⼈都是平静有爱的⼀个状态.你就会很感动,你就会很触动,你就能很快的进⼊状态跟他们连接在⼀起.所以说是你的体质,明⽩吗? 如果⽤你们的话来说的话,那你的体质就特别容易连接这些灵界的.为什么呢? 因为你很敏锐的可以捕捉到这些能量,就感知到.

JO: In other words, your energy is exceptionally sensitive. For example, someone else's skin might be very thick, and when other things rub against them, they may not feel it. However, your skin is thin and sensitive, reacting like you're jumping at the slightest touch. As a result, you are easily influenced by external energies. For instance, if your energy field were like what we're creating for you now, like the love from the source or harmony filled with love that's very stable, you would enjoy it and feel very comfortable. Just like being in a church singing hymns where everyone is calm and loving. You would be deeply moved, touched quickly, able to connect with them easily. So, it's your constitution; understand? If expressed in your terms, your constitution makes it easy for you to connect with the spiritual world. Why? Because you're very perceptive in capturing these energies and sensing them.

问: 但是为什么我学习灵性不成功呢?

Q: But why am I not successful in my spiritual studies?

JO: 因为这⾥没有什么成功不成功的,明⽩吗? 你们在拿着这个标准那个标准.这⾥没有什么成功不成功的.只有你不断不断地去,就好像是⼀块肌⾁⼀样你不断不断地去运⽤它.那么它就会收放⾃如,它就会越来越让你很好的运⽤它,明⽩吗? 就好像你们的杂技演员,对吧? 那为什么有⼀些杂技演员这么的厉害呢? 他们长期在很好的运⽤和锻炼他们的肌⾁.所以他们可以很好地⽤⼀根⼿指头把整个⼈都撑起来了.那你可以吗?

JO: Because there's no success or lack of success here, do you understand? You're holding onto this standard and that one. There is no such thing as success or lack thereof; it's only about continuously pushing yourself, like a muscle, by constantly using it. Over time, the muscle becomes more responsive to your needs and skills improve accordingly, making better use of its capabilities. Do you get it? It's like asking if your acrobat colleagues are amazing because they've been consistently exercising and utilizing their muscles over a long period. Can you achieve this level with just your fingers?

问: 不⾏JO: 是的.那是因为你⾃⼰从来没有去… 虽然你是这⽅⾯的体质或者你有这⽅⾯的优势,但是你并没有去善⽤它或者是利⽤它、锻炼它和开发它,明⽩吗? 它是处于⼀⽚荒地⼀样.

Q: Can't you... JO: Yes. It's because you've never taken advantage of it or utilized it, even though you possess the physique or have an advantage in this area. You just haven't cultivated and developed it; understand? It's like a piece of virgin land.

问: 我这段时间失眠很久,有快半年了.然后我掉发也⽐较多…JO: 这么说吧,我们刚刚说实际上你是⼀个很敏感的⼀个受体吧.就是说你会受你旁边周围⼀切的影响.那你周围⼀切,你想象⼀下你处于的是什么环境? 你周围是什么样的⼈? 他们是什么样的能量场? 那他们那个⼤环境… 明⽩吗? 那你时时刻刻的就是在跟他们连在⼀起⼀样.所以如果你周围的⼈有事,⽐如说他们抑郁、烦躁、愤怒,他们都会把你扯下去的.你都会受他们影响.你想⼀下如果你结婚了,你⽼公不开⼼、你妈不开⼼、你爸不开⼼,这些

Question: I've been having insomnia for quite some time now, almost half a year. And my hair loss has increased significantly...JO: In other words, you're experiencing the effects of being a very sensitive receiver. You absorb everything around you. Imagine your environment—what kind of people are in it? What type of energy field do they create? This larger environment influences you constantly. Do you understand? So if there's anything happening with those around you—like depression, agitation, or anger—they drag you down too. You're affected by them. Consider this scenario: If you're married and your husband is unhappy, your mother is unhappy, and your father is unhappy...

⼈他们要么都是冲突,要么不开⼼要么崩溃.那所有这些⼈都在拉扯你的能量,你都在受他们牵连.

People either they are in conflict, unhappy, or falling apart, and all these people are draining your energy, you are being affected by them.

问: 但是我很少看到有⼈像我这样情绪不太能控住.

Q: But I seldom see people like me who struggle to control their emotions.

JO: 因为说实话你们每⼀个⼈都是独⼀⽆⼆的,所以你没必要去看别⼈是怎么样⼦的.但是这就好像是你的⼀个特质.但是却可以很好地去运⽤它、利⽤它.那你不就可以成为⼀个就好像⼀个可以和灵界连接的⼈了,明⽩吗? 因为你可以捕捉到那些,就好像你可以闻到别⼈闻不到的⼀些味道.那你就可以把这个变成是⼀个你的天赋才华,然后去好好地发挥,明⽩吗?

JO: Because to be honest, each and every one of you is unique, so there's no need for you to look at how others are doing it. However, this seems like a trait that you can use well and benefit from. So you could become someone who connects with the spiritual world, understand? You can capture things that others can't sense, similar to being able to smell what others can't detect. You can then turn this into a talent or gift for yourself,充分发挥 it and use it effectively, do you understand?

问: 我这边最近想考⼼理咨询师,我也⽐较有兴趣.我想问往这边发展是不是好呢?

Question: I've been considering becoming a psychologist recently and I'm also quite interested in it. I wonder if pursuing this field is a good idea?

JO: 你如果有兴趣那你就去做.没有什么好不好.为什么呢? 即使你以后不是往成为⼀个⼼理医⽣这⽅⾯去发展,但是这⼀步它也能把你带到⼀个地⽅.它也像是⼀个台阶⼀样,你不可能⼀个台阶就是终点了吧? 所以它只是你… 但是它可以让你的频率,让你这个⾁体进⼊到⼀种兴奋的状态,激情的状态.那么你在⼀个兴奋激情,就是在⼀个正向的运作的话,那你怎么样都能进⼊到你⾃⼰本⾝的⼈⽣道路吧,明⽩吗? 所以只要⽬前它对你来说是感兴趣的,你就去做.不需要去分析做这个以后有没有市场? 到底有多爱? 没有必要.因为你们⼈⽣是⼀个⽚段⼀个⽚段,⼀个台阶⼀个台阶的.没有哪⼀个台阶是个终点的.

JO: If you're interested, then do it. There's nothing good or bad about it. Why? Even if you don't end up becoming a psychologist, this step can still take you somewhere. It's like a stepping stone; you wouldn't reach the finish line with just one step, would you? So it's just… But it can get your energy and physical body into an excited and passionate state. When you're in that excitement and passion, which is operating positively, then how could you not enter onto your own path of life? Do you understand? Therefore, as long as it interests you currently, do it. There's no need to analyze if there will be a market for this later or how much you love it. It's unnecessary because your life progresses in segments and steps without any single step being the end goal.

问: 我跟我⽼公的关系是怎么样的? JO: 是灵魂层⾯的吗?

Q: What is the nature of my relationship with my husband?

JO: Is it on a soul level?

问: 现实层⾯JO: 现实层⾯的关系你知道,你为什么还要去问呢?

Q: In terms of reality, JO: You know about relationships in the real world. Why are you asking me?

问: 那我之前那段时间也没有很烦躁,但是还是容易失眠…JO: 我们检测到你的能量它⼀直是属于⼀种紧张的状态,就是紧张紧绷,就是它不能完全的放松,它不能relax,它不能… 就好像你是⼀只惊⼸之鸟⼀样.所以你好像有⼀种⼀直要防着什么.就像你感受到闻到周围不安全,就没有安全感.然后你需要警惕起来.所以就很难放松,就很难让你进⼊到⼀种放松的状态.

Q: But I wasn't very restless before either, yet I still have trouble sleeping...

A: We detected that your energy has been in a state of tension, which means you're tense and tight. You can't fully relax; you can't relieve the tension or let go... It's like being on constant alert, as if you were startled by a predator. It seems like you're always on guard, feeling unsafe around you, needing to be vigilant at all times. This makes it very difficult for you to unwind and achieve a state of relaxation.

问: 有没有什么⽅式可以让我的情绪平稳⼀点?

Question: Is there a way to calm my emotions a bit?

JO: 这么说吧,物质世界它是⼀个能量场,是吧? 那这个能量我们把它叫⿊暗能量,是吧? 然后你跟我们连接,这是光的能量,对吧? 那你就来看⼀下,如果你⼤多数时间你都沉浸在物质世界当中被那个⿊暗的能量包裹,明⽩吗? 那如果你更多的是让⾃⼰处于在这种光和爱的能量.那这个光和爱的能量你⾃⼰也可以去创造.就⽐如说关闭你的头脑啊、听⼀些⽐较放松的⾳乐啊、想象⾃⼰⾝处在⼀种… 那你可以⾃⼰给⾃⼰创造、你也可以去⼤⾃然啊去没有⼲扰的地⽅啊,⽐如说还有那种刚出⽣的⼩动物啊婴⼉啊,这些能量都是纯净的能量体.然后当你连接它们的时候,你⾃⼰也可以很快的进⼊到那种状态,那种频率.不是说你是易感

JO: Alright, let's put it this way, the material world is an energy field, right? Then we call this energy dark energy, right? And you connect with us here, which is light energy, correct? So let's see, if most of your time is spent in the material world being enveloped by the dark energy, do you understand that? But if you allow yourself to be more in tune with the light and love energies, this light and love energy can also be created by you. For example, by turning off your mind, listening to relaxing music, imagining yourself in a state... You can create this for yourself, or you can go out into nature to places without distraction, like newborn animals, infants; these energies are pure entities. Then when you connect with them, you can quickly enter that state, that frequency. It's not about being sensitive

体质吗? 那你就减少外在的这种⿊暗能量对你的影响,明⽩吗? 所以这就好像是⼀个加减法⼀样.

Is it about your constitution? Then you should reduce the impact of this external dark energy on you, understand? So it's like an addition and subtraction problem.

问: 我想问⼀下我的天赋和使命?

Q: I want to ask about my talents and purpose?

JO: 你的天赋的话就是你有很强烈的感知,就是你可以感知到⼀些看不见的,就是灵界的,明⽩吗? 你可以闻到感知到.那很多艺术家他也是有这⽅⾯的天赋.他听过他感知到的能量,他把能量⽤雕塑或者是绘画或者是其他东西呈现出来,明⽩吗? 那这个通灵的⼥孩⼦她就⽤她的语⾔给呈现出来.那你其实也是⼀样.但是这个需要根据你⾃⼰本⾝的⼀个爱好.

JO: Your gift is that you have a very strong perception, which means you can sense things that are not visible, from the spiritual realm, understand? You can smell and perceive them. Many artists also possess this type of ability. They hear the energy they perceive and then manifest it through sculpture, painting, or other mediums, right? This clairvoyant girl expresses her insights linguistically. But you're also like that. However, it depends on your personal preference.

⽐如说你爱好讲话爱好说话的话,那你可能就是⼀个像灵媒之类的吧.传达信息嘛.那你如果爱好作画的话,那你可能是画家嘛.你也可以是⼀个很好的作家.为什么?因为你的感知能⼒、灵感、你的现象⼒它都是⾮常丰富的.⽽且你还能很好地,就是你想象⼀个⾓⾊,你就能很快的进⼊到那个⾓⾊,就沉浸在⾥⾯了,就好像你已经是了.所以如果你做演员的话,你会是⼀个很好地演员.所以你如果是演员的话,你会是⼀个很棒的演员.你会很快的进⼊⾓⾊,⽽且都分不出到底是不是演的.

For example, if you love to talk and speak, then you might be like a medium or something that transmits messages. If you enjoy drawing, then you might be an artist, or you could also make great use of your perception capability, inspiration, and phenomenon power. You can quickly imagine yourself into the character as though you already are it. So if you're an actor, you'd be an excellent one, making for a very good actor indeed. You would be able to immerse yourself in the role very quickly, and it's hard to tell whether what you're doing is actually acting or not.

问: 今天是中秋节,请问JO有没有什么要带给⼤家的?

Question: Today is Mid-Autumn Festival, could you tell us if JO has anything to share with everyone?

JO: 你们所谓的中秋节是根据你们的天象,就好像是⽉亮.然后就是说⽉亮圆的时候就意寓着你们⼈和⼈之间的团聚.我们连接⼀下中秋节的能量.我们想让你们知道你们可以从⽉亮当中去观察,就是你们天上看到的那个⽉亮会有不同的形状.就⽐如说有的时候只有半个,有的时候只有五分之⼀,有的时候是整个.但是其实你们看到只是你们的⼀个假象⽽已,明⽩吗? 也就是说天上的那个球体,它实际上⼀直是个整体.也就像你们⼈类⼀样,你可能现在表现的很愚蠢,你可能现在很⽆知或者你可能现在很⽆⼒,就是你表现出来的.那你也可能表现的很强⼤,战⽆不胜,就好像是⽉圆嘛,对吧? 所以⽆论你是在⼀个什么样⼦的形态,但是它实际上也是⼀个假象.

JO: Your so-called Mid-Autumn Festival is based on your astronomy, like the moon. Then it's said that when the moon is full, it signifies团圆 among humans. Let's connect to the energy of this festival. We want you to know that you can observe from the moon, the celestial object you see in the sky, which has different shapes. Sometimes it might be only half, sometimes just a fifth, and other times, the whole thing. But what you're seeing is merely an illusion, understand? In essence, the spherical body up there is always one complete entity. Similar to humanity, you may now appear foolish, ignorant, or powerless in your manifestation. Conversely, you might show great strength, invincibility, like when the moon is full, right? Therefore, no matter what form you're in, it's also just an illusion.

你的整体它从来就没有减少过.就是它本⾝从来没有变化过,没有缺少过.只是从你们外界那个相当中看上去好像那个⽉亮只有⼀半.那它是根据什么? 根据你的时间,对吧? 然后根据你的周围⼀切的影响.那你现在很迷茫其实有可能也是因为周围⼀切的影响导致你现在很迷茫.为什么呢? 因为你陷⼊了周围的能量场,明⽩吗?你有可能很痛苦.为什么? 因为你现在深处⿊暗.所以说你就看到了你们的形态实际上跟⽉亮的形态是⼀样的,你们的本质是没有变化的.然后外在是⼀直在变的.所以说没有你就天⽣弱,那个⼈天⽣就是强.只是你们在不同的⼀个时间段.就⽐如说你是初⼀的⽉亮,他正好是正⽉⼗五的⽉亮,明⽩吗? ⼗五就是最圆的时候.

Your essence has never diminished; it has always been unchanged and complete. It's just that from your external perspective, it appears as if the moon only has half of its brightness. What is this based on? Based on your time, right? And then influenced by all aspects around you. So now, feeling confused might actually be due to these surrounding influences causing confusion. Why? Because you've become immersed in the energy field around you, understand? You might feel very painful. Why? Because you are deeply in darkness. Therefore, you see your form is essentially the same as the moon's form; your nature has never changed. The outer aspects are always transforming. Hence, it isn't that some are born weak and others strong; it's just that you're experiencing this at different times. For instance, you might be at the new moon phase, while someone else could be at the full moon stage, understand? Full moon is when it's at its most illuminated state.

那你正好是其它时段的,但是不代表你不会成为⼗五,明⽩吗? 所以你们只是在不同的⼀个时间阶段,然后呈现出不同的相.但是本质你们都是完整的.

Then you are just during other periods, but it doesn't mean you won't become the 15th; understand? So, you're just at different stages of time, then manifesting different aspects. But fundamentally, you are all whole.

问: 有时候我觉得我的判断⼒很准,有时候我不认可的异性我很难听进去,就是有点固执这种.这个要怎么调节?

Question: Sometimes I feel my judgment is accurate, but when it comes to opposing genders that I don't approve of, I find it hard to listen, almost stubbornly so. How do I adjust this?

JO: 这么说吧,你是初⼀的⽉亮,他是⼗五的.那只是你是这个⼀样⼦,他是那个样⼦.你没有错,他也没有错.但是本质你们都是完整的.所以没有必要你⼀定要接受他的或者他⼀定要接受你的,明⽩吗? 你们只是在不同的时间段或者不同的⾓度,然后感知的不同⽽已.所以这⾥没有谁对谁错.所以你不需要去强迫你⾃⼰要去听别⼈的.

JO: So you're the new moon and he's the full moon, that's just how it is between you both. There's nothing wrong with either of you; it's all about perspective. You see things differently but fundamentally you're complete. Hence there's no need for one to accept the other or vice versa; understand? It's simply a matter of timing and viewpoint leading to different perceptions, so this isn't a case of right or wrong. There's no pressure on you to force yourself to listen to others.

问: 但是我不太接纳.就是我很难去接纳那种差太远的想法.

Q: But I don't really accept that. It's just hard for me to accept such a big difference.

JO: 那你可以尊重他,在他的⾓度他的位置看到的就是那个样⼦.你可以去尊重他,明⽩吗?因为你们每⼀个⼈在不同的意识程度… 这么说吧,就好像⼀个⼩婴⼉,他妈妈⼀⾛他就哭.那你说我不能接纳你,你妈妈又不是去⼲什么,她只是去拿个东西,你就在这哭.你说你这不是很愚蠢吗? 那你跟⼩孩去讲这个道理吗? 明⽩吗? 因为他是个婴⼉,那其他⼈也是⼀样.你要知道你们在这个地球上你们接触的所有⼈都是⼀个baby的状态.所以你要知道你在跟谁打交道.但是每⼀个⼤⼈每⼀个⽼⼈,他最开始都是baby.就每⼀棵参天⼤树它最开始都是⼀个⼩树苗,都是⼀个嫩芽,明⽩吗?

JO: You can respect him by seeing things from his perspective and understanding that is how he perceives them. You can choose to respect him, do you see? Because everyone of us operates at different levels of awareness... like when a baby starts crying as soon as its mother leaves the room. Would you say I cannot accept you because your mother was just going out to get something? And she's not doing anything wrong, but you're crying. Don't you think it's silly? Would you explain this logic to a child? Do you see? Because he is a baby, and everyone else operates like that too. You need to understand that every person on Earth who you interact with right now is in a state of being akin to a baby. So you have to know whom you're dealing with. But remember, no matter how old an adult or elder might be, they all started off as babies. Just like a towering tree starts out as a sapling and a tender bud, do you see?

问: 当下的话,JO这边有什么要带给我?

Question: Currently, what should be brought to me by JO?

JO:就像前⾯的信息说的⼀样,你可以多去连接光、连接爱、连接正能量.然后这样⼦它就会减少你被⿊暗能量的影响.那你⾃⼰就会像是⼀个纯净的能量体,然后来照亮⾝边的⼀切.你也会⽐较稳定.所以在你现在还没有… 因为你需要⾃⼰发⾃内⼼,就是你进⼊稳定的状态,你必须要有⾜够的智慧、⾜够⾼的意识状态.你⾃⼰才能达到那样⼦,就是不被外界影响.但是你现在还是在学习这些东西的时候,你现在还是在了解的过程当中.所以你就去通过外在的⼀些做法,就是主动避开⼀些⿊暗能量.然后多靠近光.然后等你⾃⼰越来越稳定强⼤,就是不再被外界影响的时候,这些就对你来说⽆所谓了.

JO: Just as the previous message stated, you can focus on connecting to light, love, and positive energy. This will reduce your exposure to negative energies. By doing this, you become a pure energy being that illuminates everything around you, providing stability. However, at present, because you need to develop inner strength, it requires sufficient wisdom and consciousness to achieve the state where you are not influenced by external factors. You're still learning these things and gaining understanding. Therefore, instead of directly facing negative energies, choose to surround yourself with light actively. This practice will help you build your stability and inner strength over time. Once you reach a point where you can maintain balance without external influence, this advice becomes less relevant to you.

问: 按我们地球的时间⽽⾔,⼀个baby要成长成佛陀那种智者要花多长时间?

Question: How long would it take for a child to grow into a wise being like a Buddha according to our Earth's time?

JO: ⾸先是你们需要⼀个时间才能去创造,才不会让你失控.因为你要是没有时间的概念,你整个⼈就会崩溃掉的.就好像你整个⼈运⾏不了.你想你的这个⼩我它是关注哪⾥呢? 如果把你这⼀⽣所有的步骤所有的picture全部在你的眼⽪⼦底下,明⽩吗? 所以它就没有⼀个像你所谓的现实的时间,到底多少年多少年.⽽是说每⼀个个体都不⼀样.然后它可以很快速,但是它也可以很漫长很漫长,明⽩吗? 这个取决于它个体需要探索.因为这⾥没有⼀个你必须要在这个点完成,没有⼀个终结,就是这个就是⽬的地,你必须要这样必须要朝这样⼦.⽽是说你⾃⼰需要这个体验.这个体验就是你们物质世界的这个体验.

JO: First of all, you need time to create before it loses control of you. Because without a concept of time, your entire being would collapse. It's as if the whole system couldn't function properly. Where does your little self focus its attention? If you were to lay out all the steps and pictures of your life in front of your eyes, do you understand? So it doesn't have a real-time measurement like we humans perceive, such as years upon years. Instead, every individual is different. Then, it can be incredibly fast but also extend for very long periods, do you understand? This depends on the individual's need to explore. There isn't a specific point where you must conclude and reach your destination; there isn't a path that dictates how you must navigate or progress. It's about personal experience. This is your experience in this physical world.

那个体验的过程对你来说才是最棒宝贵的.为什么呢? 因为⼀旦你去进⼊它,你就已经成了呀.⽽不是说我进⼊它是为了逃离它,那你就成不了.明⽩吗? 因为就是说我就是想要逃离物质世界,我讨厌物质世界,我就永远逼着⾃⼰做… 那你永远都被拉到物质世界来.所以说你的那种急着想逃的⼼就会把你锁在这⾥.你们并不是来这⾥受惩罚的,你们要知道.你们都是来展现你们的⼒量.

The experience itself is the most valuable for you. Why? Because once you go into it, you already are; not that I'm entering it to escape from it, because if so, you won't become it. Understand? That's because what I want to escape is this material world, and I hate it, thus forcing myself... And you will always be pulled back into the material world. So your desperate desire to escape will trap you here. You're not here to be punished; you must understand that. You're all here to demonstrate your power.

问: 如何能让⾃⼰更快乐⼀点?

Question: How can one become happier?

JO:就像我们刚刚给你带来的信息,就是你会觉得这些不快乐的事件或者情绪是你想要逃避的,你就快乐不起来,明⽩吗?因为你觉得我不快乐,这个物啊、这个景啊、这个事情是我想要逃避的.所以如何让⾃⼰快乐就是说你爱上你当下的⼀切.是真的爱.那你这个真的爱,你就需要去扩展你的意识了.为什么呢?因为如果你⽼公公刚刚背叛了你,你不可能快乐,对吧?那你不快乐的话,你说我去喝点酒就快乐了.这是不可能的.这是逃避和⿇痹的⾏为.你⿇药再⼤也总会褪去的.所以说那你只有不断地去通过这个去扩展你的意识.背叛到底是什么? 爱情到底是什么? 然后关系到底是什么? 婚姻到底是什么? 那我们之间彼此来到

JO: Just like the information we've brought to you, it's that you feel these unhappy events or emotions are what you want to escape from, and thus you can't be happy. Do you understand? Because you think I'm not happy; this thing, this scenery, is something you want to avoid. Therefore, how to make yourself happy is to truly love everything about your present. This true love requires expanding your consciousness. Why is that? If your husband just betrayed you, it's impossible for you to be happy, right? If you're not happy, and you say I'll drink a bit of alcohol to feel better. That's impossible; it's an avoidance and numbing behavior. The high wears off eventually. Therefore, the only way is to constantly explore this by expanding your consciousness. What does betrayal really mean? What is love? What are relationships? What is marriage? And how do we connect as individuals?

彼此的⽣命到底是为什么? 如果你能从更⾼的⾓度,就是把⾃⼰抽离出来不再这⼀⼩节.因为你现在就在这⼀⼩节,这⼀个⽚段,就是这⼀个剧情.⽐如说这个故事有⼀亿天,你现在只在这⼀个⼩时⾥感受这个,你就会… 那如果你能抽出来看到剧情的前因后果,然后剧情的⾛向,所有的⼀切你能看清楚的话.你便不会对当下的这个剧情完完全全的给扯进去了.所以就把⾃⼰抽出来.这么说吧,就好像⼀个连续剧,你看到⾥⾯⼀个情节.你好痛苦好悲伤,给他们主⾓⼀样.但是你却看到他们通过那个过后,他们感情更深了.为什么呢?他们通过那个体验,他们才明⽩我最爱的⼈还是这个⼈.然后以后彼此再也不会去做这种事情了,明⽩吗?

What is the meaning of each other's lives? If you could view it from a higher perspective, stepping out of this small section by detaching yourself from it. You are currently in this section, this segment, this plot. For instance, if this story lasts for one billion days, and you're only experiencing this moment within an hour, then... If you were able to step back and see the cause and effect of the plot, as well as how the plot unfolds, seeing everything clearly. You would not be completely ensnared by the current plot. So detach yourself from it. Let me explain it like a continuous drama series; when you watch one episode, you're in so much pain and sorrow that you feel just like the main character. But then you see how they overcome their situation later on, and their feelings deepen. Why is that? Because through this experience, they realized who their true love was still that person. And henceforth, they would never do such things to each other again. Understand?

因为他们不需要再通过这个事件来反映出⾃⼰内在的归属,明⽩吗?那你知道他们俩是⼀个美好的结局,你是不是就不会如此的⽓愤了?所以说当你们把⾃⼰从当下的情景⾥抽离出来去看到⼀个更⼤更⼴的… 因为其实所有的事件都可以正⾯的服务于你.如果你真的让此事件正⾯的服务于你,那它本⾝就是⼀个正⾯服务于你的事情.它也不存在… 因为你们之所以悲伤或者不开⼼或者觉得这个世界是来陷害你或者是来影响你来让你不好的.那如果事件是来促进你,让你好的呢? 那那个坏事它就不存在了,你也不可能不开⼼了.

Because they no longer need to reflect their inner belonging through this event, understand? Now, if you know that it's a beautiful outcome for them, wouldn't you be less angry? So when you step out of the current situation and see something bigger and broader... because actually, all events can serve you positively. If you truly allow this event to serve you positively, then it is already serving you positively. There's no existence of negativity... because your sadness or unhappiness or feeling that the world is trying to harm you or influence you negatively doesn't exist if an event is meant to promote you and make you better. Then, there would be no bad thing; you couldn't possibly be unhappy anymore.

问: 我和⽼公的灵魂关系是什么? JO: 你们在⼀起多久了?

Q: What is the spiritual relationship between me and my husband?

JO: How long have you been together?

问: 13年JO: 我们感受到你⽼公那⾥很难让你⾃⼰找到出路.就是虽然你们在⼀起,但是他又不能让你安定安⼼,就是不是你的归属感.然后好像是从婚姻⾥⾯找不到出路,然后你必须要从你的⾃我灵性层⾯、还有⾃我的精神⼼灵层⾯去找到出路.所以物质出路就好像被堵住⼀样,需要让你从灵性层⾯去开辟⼀条路出来.所以他就好像是来堵你路⼀样.

Question: In 13 years of marriage: We sense that it's hard for you to find your own way with your husband. Even though you're together, he can't provide the stability and peace of mind needed for you to feel secure, which isn't about belonging or attachment in a conventional sense. It seems like finding resolution lies not just within the confines of marriage but also in exploring personal spirituality and inner mental states. Therefore, there appears to be an obstacle preventing you from relying on material solutions; instead, it's necessary to seek paths for your spiritual growth and self-discovery. He seems to act as a barrier against your development.

问: 但是我们有触碰到⼀些法律的事情… 他可能会有不同的看法.

Question: But we have some issues that may touch on laws... He might have different views.

JO: 你可以不⽤去纠结对⽅的看法,因为这些它都是会变的.⽽且你也在⼀直变的.但是他不会把你沉浸在物质世界.因为有的爱它可以让你就好像沉浸世界,但是你还是会⾛向灵性层⾯.就是⾃⼰去探索⼀条路出来.

JO: You don't have to worry about the other person's perspective because it will change anyway, and you are constantly changing too. He won't trap you in the material world because some love can make you feel immersed in the world, but you would still move towards a spiritual level by exploring your own path.

问: 就是他不相信这些东西… JO: 是的

Q: He just doesn't believe in these things... J.O.: Yes.

#### 2023/10/02 — ⼼脏病患者的第⼆次疗愈Second Healing for Heart Disease Patients

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我现在⽬前的状态不是太好,腹⽔很多… 这个具体有没有什么办法? JO: 你稍等.你有信仰吗?

Question: I'm currently in a bit of a tough situation; I have a lot of abdominal water... Is there any specific way to deal with this? Answer: Wait a minute. Do you have any faith?

问: 我最早是信佛,然后现在是⾝⼼灵…JO: 那你现在可以去信你⼼中的佛.⾸先我们要让你明⽩你的信仰,就是真正的⼒量是来⾃于你相信.就是说你可以信任何,耶稣也好,佛也好,神也好.但是你必须发⾃内在,就是完完全全的相信,这个才有⼒量.信仰它之所以对其他⼈有效果是因为他们信的五体投地.就是他们没有半点怀疑,明⽩吗?

Q: I used to believe in Buddhism, and now I'm into body, mind, and soul... JO: So you can go ahead and believe in your own Buddha. First of all, we need to make it clear that the power of faith comes from what you truly believe. This means you can believe in anything, whether it's Jesus, Buddha, or God. But you must believe wholeheartedly from within, completely trusting with no doubts at all. That is when true power emerges. Faith works effectively for others because they have complete trust without any suspicion.

问: 就是我现在可以找⼀个信仰是吗?

Question: Can I now adopt a belief?

JO: 你必须要你内在,就是你相信它.⽐如说你内在跟你产⽣连接的,它可以是所谓的佛、菩萨、耶稣、任何.但是它对于你⾃⼰来说你必须是毫不犹豫、毫不怀疑,就是没有半点去怀疑,就是完完全全的信任,明⽩吗? 我这么说吧,你的信任就好像是⼀把钥匙.如果你没有完全的信任,就好像你⼿上没有这把钥匙.那如果你没有这把钥匙,你就没有办法去打开这扇门.明⽩吗?

JO: You must have faith within yourself, that is, you believe in it. For example, the connection you form internally can be with what is所谓的佛、菩萨、Jesus or any other entity. But for yourself, you must have absolutely no hesitation, no doubt whatsoever; there should not be a single trace of doubt; it must be complete trust. Understand? I'll put it this way: your faith acts as a key. If you do not fully believe, then it's like you don't hold that key. And if you don't have the key, you can't open the door. Do you understand?

问: 我最初信佛,但我学了⾝⼼灵后说没有这个佛.我现在深挖不出这个佛,我信我⾃⼰⾏吗?

Question: I first believed in Buddhism, but after learning about physical and mental well-being, I said there is no such Buddha. Now, I'm deeply unable to find this Buddha within myself. Can I trust my own beliefs?

JO:你当然信你⾃⼰可以啊.但是你有⼀个⼩我,⼩我它会经常的去产⽣⼀种不断地去分析,就是逻辑.它会不断地去推测、推敲.它就好像是⼀个审判者,它觉得你看都是依靠我,都是依赖我,我必须要把好关.它的⾝份总是跳出来.好像⼀个监护⼈的⾝份⼀样,我要做好,我要监护好,明⽩吗?如果你知道这样⼦的⼀个声⾳只是你的⾁体的⼀个功能,⾁体并不是你,如果你你能深层次的去理解去了解.你可以完完全全的相信你来到这⾥你就是为了挑战,OK? 我不管这个⾝体它病的有多严重,但是它都不是你.它只是你的⼀个,就是这个⾁体这个记忆体的⼀个结局.就是这个⾁体它经过各种这⼀系列后产⽣的⼀个果.但是导致这些果的因是可以被你⾃⼰转变的.

JO: Of course, you believe in yourself. But you have a little ego that frequently generates a constant analysis, logic-driven reasoning, constantly speculating and scrutinizing. It acts like a judge, feeling as though your entire existence depends on it, relying on its guidance, and insisting that it must ensure quality control. This ego always comes into the picture, much like a guardian, determined to excel and protect the situation properly. If you understand that this voice is just a function of your physical being, which is not you, and if you delve deeply into understanding this, then you can completely trust that you are here for the challenge, okay? No matter how seriously the body may be diseased, it's not who you are; it's merely the end product of your body's memory and experiences, a result of various processes. Yet, the causes leading to these results can indeed be transformed by yourself.

就是你再转变,重新⼀个因的话,你的果又变了.那你需要⼀个什么因呢?你需要完完全全的爱上这个世界,你不想⾛.你问你⼀百遍你到底想要⾛吗?你问你⼀百遍,你问你⾃⼰.你需要问你⾃⼰.⽐如说你不断地经历这个⾁体的⽆能或者这个⾁体它病重,你不满意你嫌弃它.还有就是你周边的⼈你不喜欢他你嫌弃他,还有周边的事件.这些都会加深你离开这个世界,就是你不想要继续停留在这个世界,明⽩吗?

You are transforming again and changing a new cause; thus, your result changes as well. What kind of cause do you need then? You must love the world completely without wanting to leave it anymore. Question yourself one hundred times if you really want to go or not. Ask yourself repeatedly, question yourself. You have to ask yourself this. For instance, continuously experiencing the inability of your physical body or its severe illness dissatisfaction; you dislike and disapprove of it. Also, when people around you do not please you, you disapprove of them. There are also events surrounding you that make you feel displeased. These factors will deepen your desire to leave this world, understanding?

问: 我要爱上这个世界,不要有烦恼的⼼.哪怕是⾁体现在这么痛苦,我也不要嫌弃它,是吗?

Question: I want to love this world and have no troubled heart. Even if my physical existence is so painful now, I still don't despise it, right?

JO:如果你没有产⽣⼀个强烈的想要停留在这个世界上,爱上这⼀切的话.这个物质世界没有⼀股⼒量拉着你,那你是不是就会飘⾛?你想象⼀下.那你有扎根吗?这个物质世界的连接感是什么?有的为了孩⼦,有的为了他爱的⼈,那有⼤愿的⼈是为了这个社会为了这个世界上很多痛苦的⼈.然后这些就像根⼀样.那为什么当你的愿⼒越⼤,你的能量就越⼤呢?因为你的根就越多.因为很少很少会为了⾃⼰.如果真的为了⾃⼰的话,你可能会因为⼀些疼痛你就不愿意继续坚持了.你就会觉得我不想坚持了.因为其实坚持是痛的,如果你只是放弃的话,你是不痛的,明⽩吗?这个就好像是你⼿握着⼑⼦,它是痛的.

JO: If you don't have a strong desire to stay in this world and love everything about it, if there isn't a force pulling you within the material world, wouldn't you just float away? Imagine that. Do you have roots in this material world? What is the connection感 to this material world? Some do it for their children, some for the people they love. Those with great aspirations are for society and for all the suffering people in this world. Then these are like roots. Why is it that when your aspiration grows larger, your energy grows as well? Because you have more roots. It's very rare to do something purely for yourself. If you were truly doing it for yourself, you might not be able to endure some pain and decide to stop. You would think: I don't want to keep going. Remember that perseverance is painful, whereas if you simply give up, you are not in pain. This is like holding a knife in your hand; it's painful.

如果你只是放⼿的话,就是让你的⾁体去终结这⼀切的话,你的痛会消失的.所以说真正能让你去停留在这个世界上,你必须有强⼤强⼤强⼤的愿⼒.这么说吧,就好像你现在fight就是你现在战⽃的抗争的,就好像痛是个敌⼈,是吧?这个敌⼈,你不是为你⽽战,⽽是为很多很多跟你⼀样痛苦的⼈.他们和你⼀样是对这个世界上绝望导致它的⾁体进⼊到⼀种衰弱、枯萎的状态.然后他们还是找不到出路.为什么呢?因为他们还是把所有的出路都是从⾁体上解决.你为什么学这⼗⼏年的灵性信息?因为你知道单独从⾁体上解决是没有办法真正解决问题的.它必须是从你的灵魂层⾯.那个才是出路.那别⼈不知道这个出路,他只能从⾁体上解决.就是这⾥割那⾥换.

If you just let go, if you allow your physical body to end this, then the pain would disappear. So, it's saying that truly what can keep you in this world is a huge determination. To put it another way, like now you fight, which means you're fighting against the struggle right now, as if pain were an enemy, isn't it? This enemy is not for yourself but for many others who suffer just like you, because they are at their wits' end, causing their bodies to weaken and wither. And they still cannot find a way out. Why? Because all of their solutions are focused on the physical body. Why did you learn spiritual information for these decades? Because you know that solving problems solely from the physical level can't truly resolve anything. The answer lies in your soul's realm, which is the出路. Others don't know this way out; they can only solve it through the physical body. It's just like cutting here and replacing there.

但是这条路必须要有⼈⾛出来给他们看到.就好像前⾯是没有出路的,你必须要⽤你⾃⼰⾛出来这条路.那⾛出来路,路在这⾥.那别⼈就知道,OK,路在这⾥.

But this path must be trodden by someone for them to see. It's like it seems there's no way ahead; you have to create your own path. Once that path is created, the path is here. And then others will understand, okay, the path is here.

问: 那我是不是可以找⼀个事情,就是我特别愿意做的.哪怕我就是到⼈群⾥,我不去想我的病,我不管我是⽣还是死.我现在就是没有事情,天天都空唠唠的.

Question: Well, can I find something, like a task that I really want to do? Even if I'm among people, I don't think about my illness, and I don't care whether I live or die. Right now, I have nothing to do, just sitting around with nothing to talk about every day.

JO:是的,是的,你就没有东西抓.好像你现在没有扎根.然后我现在来让你知道你需要扎根,需要把根牢牢的扎在这个地球上.只有这股⼒量才能拉扯着你.不然的话,你没有东西可以抓住的.所以为什么这么详细的告诉你有多少⼈痛苦,有多少⼈找不到出路处在⿊暗中,是因为想通过你⾃⼰,就是我不需要通过我来说你才能想到,⽽是你⾃⼰就能想到那些⼈的痛.然后你愿意以⾝作则去为他们开辟这条路出来,你就好像是个战⼠⼀样.

JO: Yes, yes, you have nothing to hold onto. It seems like you're not deeply rooted now. Then, I'm going to let you know that you need to be rooted and firmly establish your roots in this Earth. Only this force can pull you along. Otherwise, you would have nothing to grab onto. That's why I tell you in such detail about how many people are suffering, how many are lost, and stuck in darkness. It's because I want you to realize that it is through yourself; I don't need to convey this message for you to understand them, but rather, you can empathize with those who suffer on your own accord. And when you're willing to set an example by finding a way out for them, you become like a warrior fighting for their freedom.

问: 我尝试这些年去外地玩去开⼼,但是我没做⼀些有意义的事… 我觉得这个是不是不对?

Question: I've tried to travel and have fun in other places for several years, but I haven't done anything meaningful... Do I feel this is wrong?

JO: 这⾥没有什么对和不对.因为我们只是来告诉你,你通过这样⼦和我们的交流你也可以看到,到底有⼀些⼈他能战胜这种⾝体上的这些,能创造奇迹,他们是来⾃于什么? 肯定是来⾃于他强⼤的愿⼒.他的愿⼒是什么? 你如果说我⽆所谓,好就好,不好就不好.那是没有⼒量的.那你必须像⼀个战⼠⼀样站起来,我要为我⾝后千千万万成千上亿的⼈,为他们找到出路.

JO: There's no right or wrong here. We're just telling you that through this interaction with us, you can see that there are some people who can overcome their physical limitations and create wonders. Where do they come from? Definitely from a strong willpower. What is his willpower? If you say it doesn't matter, good is good, bad is bad; that has no power. You must stand up like a warrior to say, I need to find a way for the millions upon billions of people behind me, to give them hope.

问: 我这个愿⼒就⼀定要帮助别⼈的愿⼒? 不是说像别⼈去做他⾃⼰想做的事他就去做了? 是不是我⼀定要做帮到别⼈的事才可以呢?

Q: Does my vow necessarily mean to help others? Isn't it that he does what he wants himself and then goes ahead with it? Don't I have to do something to help others, or can I also pursue things that benefit myself?

JO: 这么说吧,这个强度不⼀样.如果你只是为⾃⼰,你可能抓起来⼀百公⽄.但是如果你是为了众⽣的话,它是⽆限的,明⽩吗? 为什么呢? 因为你的能量它还会来⾃于众⽣.就好像所有的众⽣都把⼒量给了你,你想象⼀下? 所以它能量的级别是不⼀样.你可以为了你⾃⼰,但是你真的有如此强⼤的能量吗? 如果你真的有,你也可以创造奇迹.但是你真的有吗? 因为你需要真诚的,⽽不是说糊弄⾃⼰,也不是说现在给你传授⼀套概念你学到的.这

JO: Let me put it this way, the intensity is different. If you're only for yourself, you might pick up a hundred pounds. But if it's for all sentient beings, it's boundless, right? Why is that? Because your energy would also come from sentient beings. Imagine if all beings gave their strength to you. So its level of energy isn't the same. You can do it for yourself, but do you really have such powerful energy? If you truly do, you could create wonders. But do you really have it? Because you need sincerity, not just fooling yourself or learning a set of concepts from what's being taught to you now.

个不是你学到的.⽽是说你⾃⼰内在启动,你内在是有个开关的.那个开关就是电源,它是源源不断地,就好像源头的能量.那个开关需要你⾃⼰去按下,⾃⼰去启动.

It's not something you learn; it's about tapping into your own inner power. You have a switch within yourself. That switch is like the source of energy – it keeps flowing endlessly, just like the power from a river源头. You need to press that switch yourself and turn it on.

问: 我倒是⼀早就看到别⼈帮助别⼈的善事特别感动的,我也曾经这么想过.我有洁癖,⼀直在家⾥打扫….

Q: I was deeply touched by seeing others helping each other early on, and I've had similar thoughts before. I have a severe obsession with cleanliness, and I've always been cleaning at home...

JO: 那这么说吧,那其实现在这个地球就是你们的家.那地球这个⼤家是混乱,然后这不是它应该运⾏的模式,明⽩吗? 所以说它蒙上了很多很多很多灰尘,然后导致很多⼈都是⾯⽬全⾮的,他们都不知道⾃⼰真实的⾯⽬,他们也没见过.

JO: Well, let me put it this way. Actually, right now, the Earth is your home. This big world of ours is in chaos, and that's not how it should operate, do you understand? Therefore, it has accumulated a lot of dust, which has resulted in many people having lost their true selves; they don't recognize who they really are or have seen themselves before.

问: 从我懂事开始就有洁癖,我这么难受,我每天都要打扫.这是我内在的焦虑吗?

Question: Ever since I became conscious, I've had obsessive cleanliness. This is so distressing for me; I have to clean every day. Is this an internal anxiety?

JO: ⾸先这么说吧,你不要把这个当成是你.为什么呢? 因为你实际上是随着你的能量转变⽽转变的,那也是属于随着你的关注点转变⽽转变的.这么说吧,如果你的家很乱,就好像你是医⽣,我们这边来了⼀个快要死的病⼈.你的关注点不可能还会放到这个地⽅脏那个地⽅脏,你会全⾝⼼的放到病⼈⾝上,想要去帮助他,明⽩吗?之所以你会放在上⾯,因为你的头脑它没有⼀个其它可以抓的东西.所以说当你去创造⼀个可以让你更加忘我的⼀个东西的话,这个东西它便不再对你有任何影响.我们现在就是来引导你让你看到真正的去..这么说吧,这个⼥孩可以把你引上路,就好像是可以给你指⼀条路把你带到路上来.

Firstly, let's say this - don't take this personally because you are actually transforming with your energy and that also aligns with the transformation of your focus. Imagine if your home is in chaos; think of yourself as a doctor, here we have a patient on the brink of death arriving. Your focus cannot possibly be on how messy this place or that place is anymore, you would be entirely focused on the patient wanting to help them. Why do you put it there? Because your mind doesn't have anything else to latch onto. Therefore, when you create something that allows you to lose yourself more, this thing no longer has any impact on you. We are here to guide you towards seeing true... Let's say this - this girl can lead you the way, as if she can point a path and get you back on track.

但是这个路还是必须需要你⾃⼰亲⾃去⾛,明⽩吗?如果你只是单纯的,我来找你,你疗愈我.你的⽣命并没有绽放,你这朵花并没有绽放.所以说真正的⽣命的意义和价值就是来⾃于你⾃⼰绽放.为什么呢?因为你是独⼀⽆⼆的⼀朵花.你这朵花如果不绽放,世界上就少了⼀个种类.这⾥没有跟你⼀个种类的花,明⽩吗?⽐如说你是⼀朵玫瑰花,然后这个玫瑰花如果不绽放的话,世界上就没有玫瑰花这三个字了.它不是说你不绽放,然后其它玫瑰花绽放,明⽩吗? 因为你有独⼀⽆⼆的去转变这个世界的路.你有独⼀⽆⼆的⾛出来的道给其他⼈.

But this path still needs you to walk it yourself, understand? If you just come to me and I heal you, your life doesn't bloom, you aren't a flower that blossoms. Therefore, the true meaning and value of life comes from you blooming. Why is that so? Because you are a unique flower. If this flower does not blossom, there will be one less type in the world. There's no other flower like you here. Understand? For example, if you were a rose, then if this rose did not bloom, there would be no word 'rose' in existence anymore. It's not that it doesn't bloom and then other roses do, understand? Because you have your unique path to transform the world. You have your unique way of walking the path for others to follow.

然后我们刚刚说你必须有⼀个信任的… 因为它需要在你极度痛苦的时候,就可能你有⼀点神志不清或者忘记的时候,你需要不断地去… 就⽐如说念佛号也好或者我们之前就有说如果你跟观世⾳菩萨连接强的话,你可以念观世⾳菩萨.为什么呢? 因为你会产⽣⼀种疗愈你连接的能量.就好像你在⽔下⾯你要淹死了,有个东西让你拉⼀下让你⽀撑⼀下.那如果完全没有任何东西⽀撑,你是在⿊暗当中看不到光的.⾄少它这个哪怕是⼀个⼩⽕苗⼩⽕星,它都可以让你⼿上有⼀个可以抓住的地⽅,不⾄于让你淹死.

Then we just mentioned that you must have trust in... because it requires when you are extremely in pain, possibly in a state of confusion or forgetting, where you need to continuously do... like reciting mantras for example. Or if you had strong connection with the观音Pusa before, you could call upon the 观世音Pusa. Why? Because it would generate a healing energy that links you together. Imagine being underwater and about to drown; there's something pulling on you to keep you afloat. If there is absolutely no support, you're in darkness where light can't be seen. At least this little flame or spark could give you a place to grasp onto, preventing you from drowning completely.

问: 因为学了⾝⼼灵后说⾃⼰就是佛啊,耶稣基督.就把这个信仰给破了.

Question: Because after learning about body, mind, and spirit, one claims to be Buddha or Jesus Christ, thus breaking their faith.

JO: 那你说你是不是只是在拿⼀套概念? 他们说这⼀套概念.你的路是你⾃⼰⾛出来的,不是去拿概念.外在的概念只是供你参考的.

JO: So you're just using a set of concepts, right? They say this set of concepts. Your path is one that you have paved yourself, not one to take concepts from. External concepts are only for reference.

问: 是不是说我还没到我是佛的那个层⾯? 就必须还是有⼀个信仰?

Q: Does that mean I haven't reached the level where I am a Buddha, and still need to have faith?

JO: 不是叫必须有⼀个,我们是来让你看到这个就好像是拐杖.你现在是瘸⼦,你现在没有⼒量.那我们告诉你,你可以去使⽤这个拐杖来伴你⾛过这个阶段.那这个阶段你腿有⼒量了,你扔了都可以,明⽩吗? 它是你借⽤的⼒.

JO: It's not about needing one; we're here to show you that this is like a walking stick. You're lame now, and you lack strength. We tell you, you can use this walking stick to help you through this phase. When your legs have recovered, you can discard it. Understand? The strength comes from borrowing.

问: 我这两天我有这么想,就是我要帮助别⼈,我要⾛出去.我有这个念了.

Question: Recently, I've been thinking that I want to help others and go out into the world. This thought has been on my mind.

JO: 它不在于你的⾝体⾛出去,⽽是说你⾃⼰和你⾃⼰.你⾃⼰就好像在和你⾃⼰达成⼀个协议⼀样,明⽩吗? 因为你内在的起⼼动念它都在影响.你们很多⼈都觉得你们都不知道⾃⼰思想和念头的⼒量.但是你要知道这整个物质世界其实都是你们每个⼈不同的念头⽽呈现出来的,明⽩吗? 它并不是说只是⼀个单纯的念头它没有⼒量.不是的.所以说当你的念头在发声,就好像我暗暗地发誓,就这样⼦.我暗⾃的发誓,我⼼起⼤愿.因为当你⼼起这个⼤愿过后,你就开始好像根在往下扎根了,然后这个根会不断不断地扩散,不断不断地壮⼤.然后你就会创造⼀个你的频率、能量场.然后这个能量就会影响更多的⼈? 为什么?

JO: It's not about your body going out there, but rather about yourself and yourself. You're almost like coming to a deal with yourself, understand? Because what you think and what you want inside of you is affecting everything around you. Many of you feel that you don't know the power of your own thoughts and intentions. But remember, this whole material world that we experience actually manifests through each one of our different thoughts. Do you get it? It's not just a simple thought without any power; no. When your thoughts are manifesting themselves, it's like making a silent vow, like silently declaring my greatest wish. Because after setting such a great wish, you start to feel like roots growing deep down in the ground. These roots then spread out continuously, becoming stronger and more extensive. And as a result, you create your own frequency, energy field. This energy influences more people around you - but why?

当别⼈看到你的⼼愿,他们想要去加⼊你,他们想要去给你能量,他们⽀持你,明⽩吗? 你想象⼀下如果你通过这次⽆论你多痛苦你都没有放弃,你都没有放⼿,就是⽆论你的⼿流多少

When others see your heart's desire, they want to join you, they want to give you energy, they support you, understand? Imagine if through this, no matter how much pain you experienced, you never gave up, you never let go, regardless of how much blood flowed from your hand,

⾎你都没有放⼿.为什么呢?因为你⼼⾥有很多众⽣,因为你知道你放⼿其他⼈也跟着放⼿.你就好像你⼿上拉了⽆数条⽣命,你⼀放⼿他们也会坠⼊深渊,明⽩吗? 为什么呢? 因为你现在是已经找到出路了,就是我们这⾥.那他们没有连接上,他们没有找到.你想象⼀下当你这股强⼤的愿⼒升起来过后,你的⾝体就会逐渐逐渐的有⼒.你的⼼脏不断不断地跳动.然后当你真正的从physical,就是你眼睛能看到的东西… 为什么呢? 因为你们物质世界需要⼀个过程.你要知道你们物质世界⼀切你能看到的,你的房⼦你的⼿机,任何你能看到的东西,它其实最开始只是⼀个念头,对吧? 它才逐渐的投射在你们这个物质世界上的.

You didn't let go. Why not? Because you have many beings in your heart, because you know that if you let go, others will follow. You're like a lifeline to countless lives; when you let go, they'll fall into the abyss. Do you understand why? Because you've found a way out now, it's through us here. They haven't connected, they haven't found it yet. Imagine this: after your powerful aspiration rises, your body gradually becomes stronger. Your heart beats continuously. Then, when you truly step out of the physical world - everything visible to your eyes... Why? Because your material world requires a process. You need to understand that all in your material world, from your house to your phone, any visible thing - it was originally just an idea. It gradually manifests in this material world of yours.

那你的这个⾝体也是,它最开始它只是⼀个念头.那最后它会反射在你的⾝体上,你的⾝体会变的健康,充满⼒量的,对吧? 那当你真正的把这个果通过你的念头呈现在这个物质世界让所有⼈都能看到.医⽣检查你的⾝体,他看到了.那你就是⼀个创造奇迹的⼈.为什么呢? 你颠覆了你们传统的医疗,就是你们⽬前… 你要知道你们⽬前的医疗是来让你们突破来让你们推翻的.它不是来让你们遵循的,明⽩吗? 那当你创造了奇迹,你有医⽣的记录,有所有的⼀切.你就是⼀个创造奇迹的⼈,明⽩吗? 你是创造奇迹的⼈,你就会带来⾮常⼤的影响.你说哪个创造奇迹的⼈不带来影响,对吧? 那你带来的影响,你就会让多少⼈看到出路?

Your body as well, it starts off as a mere thought. Eventually, it reflects upon your body, transforming it to become healthier and full of strength, right? When you truly manifest this fruit through your thoughts into the material world for everyone to see, doctors examine your body, they notice. You are then someone who creates wonders. Why is that so? You overturned traditional medicine, which currently… Your current medical system is meant to be broken, not followed. It's designed to push boundaries and challenge norms, not to be adhered to. When you create wonders, you have the records of doctors and all evidence. You are someone who creates wonders, understand? You're a creator of miracles, and thus, you bring about significant impact. Say which miracle creator does not make an impact, right? The impact you bring would allow how many people to see hope?

那你就成为⼀个能亲⾃⽤你⾃⼰的经历去跟他⼈分享,给他⼈⼒量.就是带领他⼈⾛出来的…. 明⽩吗? 所以你愿意去成为那个创造奇迹的⼈吗?

So you become someone who can personally share your experiences with others, empowering them through your journey. You lead others out of their struggles... get it? So are you willing to be the one who creates miracles?

问: 我这两天就⼀直想出门,就是想拉着箱⼦⾛出去.哪怕我啥都拿不动,我就是想⾛出去.这个是对的吧?

Question: I've been wanting to leave the house for the past two days, just wanting to push a suitcase out. Even if I can't carry anything, I still want to go out. Is this correct?

JO: 是的.如果你没有的话,你是不会得到我们的信息.如果你得到了我们的信息,那就是你⾃⼰去创造奇迹.这就是⽣命给你最好的指引.

JO: Yes. You won't receive our information if you don't have it. Once you receive our information, then it's up to you to create miracles. This is the best guidance that life can give you.

问: 这就是最好的办法.

Question: This is the best way.

JO:这不是办法,这是你的路.这不是解决问题,你并不是⼀个问题.你并不是⼀个问题,你要记住.你是⼀个奇迹.你是⼀个创造奇迹,你⾃⼰⾃⾝就是⼀个奇迹.你不是⼀个问题,这不是你来解决的问题,明⽩吗? 如果你只是把它当成⼀个问题你来解决的话…. 这不是你的路.这本⾝就是你的路,这是你的道路,这是你的路,这是你独⼀⽆⼆的彰显,它是你的⼀部分,它为什么是个问题呢?只有这样⼦的路,才去去其他⼈开辟出来⼀条路,明⽩吗?你们所有⼈的⾁体并不是为了长久的存活在这个世界上,它没有意义.你只有创造了奇迹,绽放了⽣命它才有意义,⽽不管它时间的长短,明⽩吗?

JO: This is not the way, this is your path. This is not a solution, you are not the problem. You are not the problem; remember this. You are a miracle. You are a creator of miracles, and you yourself are a miracle. You are not the problem; this is not what you have to solve, understand? If you consider it as something that needs solving... This is not your path; this is inherently your path, this is your way, this is your road, this is unique to you, it's part of you. Why would there be a problem with that? Only when this kind of path leads others to create their own paths does it make sense, understand? All of you are not meant for permanent survival in this world; it has no meaning. You only give meaning to life by creating miracles and blossoming生命, regardless of its duration, understand?

你说⼀具没⽤的⾁体,它只是各种恐惧、各种⽆⼒感,就是好死不如赖活着.那这个⾁体哪怕有五百年,有⽤吗?它只会越来越恐惧,越来越在⼀个⾓落什么都不敢动.所以这个⾁体它只是来让你们的能量…. 你的灵魂是个能量,它只是来让这个灵魂完完全全的呈现⼦这个⾁体上 (去彰显)这个能量是谁? 这个能量是什么? 它有多强⼤? 它通过这个⾁体去展现去呈现在这个物质世界上.它并不是来让你维持它,就是好好地怎么样.为什么呢? 因为你必须要有⼀个… 这么说吧,就好像你们⾦钱⼀样.你必须要有⼀个你想要去做的事情,你的⾦钱才有意义.如果你没有什么想做的事情,你的钱是乱花掉的.它这个钱没有意义,它不能创造出任何.

You call it a useless body, just filled with various fears and helplessness, "better alive than dead." So, is this body of any use even if it lasts five hundred years? It would only become more fearful, never daring to move or change anything. Hence, the purpose of this body is merely to facilitate your energy... Your soul is an energy that comes to fully manifest itself in this body (to demonstrate) who this energy is? What is this energy? How strong is it? It expresses and embodies itself through this body within the physical world. It isn't meant for you to sustain its existence, to keep it going properly. Why not? Because you need... Let's compare this to your money. You must have a purpose or goal for which your money serves meaning. If you lack such goals, your money is wasted, spent randomly without creating any tangible value.

它只是被浪费掉.给这个品牌商赞助⼀点,给那个品牌商赞助⼀点,给那个推销商赞助⼀点.你只是去把⼈家给喂⼤了.

It's just squandered away. Giving this brand a little sponsorship, giving that brand a little sponsorship, giving that salesman some money. You're just feeding them up for someone else to reap the benefits from.

问: 有的时候⼩我就会说怎么这么倒霉的事你就摊上了….

Q: Sometimes the little me would say, how come you got stuck with such bad luck...

JO: 你要知道你的⼩我就像鹦鹉⼀样,鹦鹉学⾆.这是它鹦鹉的⼀个功能.就好像你⾃⼰⾛到太阳下⾯,你⾝下的影⼦.你不可能被影⼦吓到吧? 影⼦它没有任何(危险),它只是存在.它只是这样⼦⽽已,只是去映射出⽽已.所以你完全不需要去在乎那个影⼦,你只需要去明⽩.因为⼩我它只能看到这么⼀点.就好像⼀匹马,你把它眼睛周围全部遮住了,它只能看到⼀个⽅向.那你们的⼩我就是这个功能,它只能看到它眼⽪⼦下⾯,它只能根据它收集的有限的⼀些幻像,都是不资料.收集的有限的⼀些幻像来归纳、分类,来跟它说这个事情是怎么样怎么样,明⽩吗?

JO: You need to understand that your ego is like a parrot, imitating words. This is one of its functions. Just like when you walk under the sun and cast a shadow below you; can you be scared by the shadow? The shadow poses no threat; it simply exists. It just reflects what is there, nothing more. So you don't need to worry about that shadow; you only need to understand. Because your ego can only see so much. Just like when you blindfold a horse around its eyes and it can only see in one direction. Your ego has this function: it can only perceive within the boundaries of its limited sensory inputs, making sense of these illusions as information based on its collection of limited, albeit diverse, perceptions.

问: 真的是要时时刻刻的提醒⾃⼰,⾃⼰的灵魂就是选择了这个路,要坚定⾃⼰的信念?

Question: Isn't it really about constantly reminding oneself that one's soul has chosen this path and is determined to uphold one's beliefs?

JO: 这个不是坚不坚定的,这个本来就是.如果坚定的话,你还会觉得在给你灌输⼀个不属于你的东西.就好像这是个功课,⽼师要教我,家长要教我这么做我就要这么做.它不是属于你的,只是你的觉得这个说的有理,我要听,我必须要听.像你们说的⼀些政府规定的那些⼈惩罚你的.你觉得我必须要跟随这个,不然我就违法了,被罚款,坐牢或者怎样.不是的.你本来就是.你只需要去看到,去认清这个事实⽽已.因为当你去拿⼀个外在你不认定的东西去产⽣的⼀个频率和你知道它本来就是的频率,它是不⼀样的.那你的⾝体就是⼀个频率的⼀个反射,就是你的频率是什么样⼦,你就投射出⼀个什么样⼦的⼀个⾝体.

JO: This is not about being firm or not; this is inherent. If you were to be firm, you'd still feel like it's being imposed upon you, something that doesn't belong to you. It's as if there's a lesson for me, and the teacher wants to teach me this, so I have to do it because my parents want me to follow these rules and act accordingly. It doesn't belong to you; rather, you perceive it as being reasonable and feel compelled to listen and adhere to it. Like the consequences of government regulations imposed on you, you think you must follow them or risk breaking laws, facing fines, imprisonment, or other repercussions. No, that's not it. It's inherently part of you. You just need to recognize this fact. When you take an external force unrelated to your essence and create a frequency with what you know is inherently yours, they're different. Your body reflects the same frequency; thus, if your body embodies this inherent nature, whatever shape or form you manifest in is a direct reflection of that essence.

问: 我的频率真的不是应该什么都不做,⽽不是说什么都不做,是不是应该是这样?

Question: Is my frequency really about doing nothing at all instead of just saying one should do nothing, shouldn't it be like that?

JO: 你⾝体,⽐如说相信的东西,它就会产⽣⼀个振动频率.那那个振动频率它就会投射出你⾝体这个果.就⽐如说你之前对⼈性是绝望的,但是其实你通过你⾃⾝就能看到爱,它是⽆条件的爱.你愿意为众⽣去做这件事情,明⽩吗? 那你现在对话的这个⼥孩⼦她也在愿意⽤她的⼀切,她跟你的⼼愿是⼀样的.那这个是不是就是⽆条件的爱.它不带任何⾊彩,不带任何,明⽩吗? 那你是不是就可以知道你们处在⼀个⾮常有爱,你们本⾝就是处在⼀个有爱的世界,只是它被⼀些恐惧⼀些灰尘遮住了,⾯⽬全⾮了.那些本来是爱的⼈,他们⾃⼰都不认识⾃⼰,他们⾯⽬全⾮了.所以你要帮他们洗脸,帮他们认识、看到真实的⾃⼰,明⽩吗?

JO: Your body, like the things you believe in, produces a vibration frequency. That vibration frequency then projects your body's fruit. For example, if you were previously hopeless about human nature, but actually through yourself could see love, unconditional love - willing to do this for sentient beings. Do you understand? Now, the girl having this conversation with you is also willing to use everything she has; her heart's desire aligns with yours. Is that not unconditional love? It carries no color or baggage of any kind, do you understand? Then, can you realize that you are in a very loving world, that you yourselves are in a world full of love, just obscured by fear and dust, distorted? Those who inherently should be love themselves don't recognize themselves, they're distorted. Therefore, you must help them wash their faces, assist them to see and understand the true self, do you understand?

你只是看到这个世界的幻像,就是被污染后的样⼦.

You only see the illusion of this world, which is its polluted state.

#### 2023/10/02 — 天赋才华之忠诚的推动者The Advocate of Genuine Talent and Devotion

JO: 你说吧,什么问题?

JO: Speak up, what's your question?

问: ⽼师,我想问⼀下我的天赋才华? JO: 稍等.你叫什么名字?

Q: Senior Master, I want to ask about my innate talents?

A: Wait a moment. What's your name?

问: XXJO: 我们连接到你的天赋和才华就是⼀旦你⾃⼰找准了⼀个特别让你信服的路,就是找到你的使命之路或者特别信服的⼀个组织,然后你会成为⼀个⾮常忠诚的推动者.所以如果说你的天赋的话,就⽐如说像古时候你们的战争,如果你跟随了,你就愿意去赴汤蹈⽕,然后⾮常的忠诚,⾮常愿意去奉献出⾃⼰的⼀切,然后去跟随.所以你会是⼀个很忠实的⼀个推动者、⽀持者、跟随者.这个算是你的天赋.所以如果你要去做事业的话,你⼀定要去找⼀个你内在对你的领导特别的敬佩,就是他好像是你的信仰⼀样,不可捍卫不可动摇的.然后它就会激发出你内在很⼤的⼀个意愿度去为之⾛出这条道.

Q: XXJO: When we connect to your gifts and talents, it's when you've found a unique path that truly convinces you - either by finding your mission or aligning with an organization you're deeply convinced of. You become a very loyal advocate. So, if we were talking about your gift, say, like warfare in ancient times; if you followed, you would be willing to go through fire and water, being extremely loyal, eager to devote everything to following. Therefore, you are a very faithful advocate, supporter, follower. This is what your gift entails. If you're going to pursue a career, you must find someone whose leadership inspires profound respect within you - almost like a faith that cannot be defended or shaken. Their presence will ignite an intense desire for you to embark on this path.

所以如果你真的需要跟随⼀个组织的话,你必须要找到⼀个你内在就像信仰⼀样信奉它.这样就会激发出你很⼤的⼀个动⼒.

So if you really need to follow an organization, you must find one that you believe in as much as a belief, which will ignite a great motivation within you.

问: 我今⽣的使命是什么?

Question: What is my mission in this life?

JO: 你就好像是要在这个混乱或者是⼀堆废墟上⾯要盛开出⼀朵鲜花⼀样,就好像你要在这堆混乱中找到你⾃⼰的定位吧.就是⽐如说这是⼀个乱世,它外⾯都是混乱的,根本就没有⼀个东西可以给你追寻.但是你必须要站住你⾃⼰的脚跟,然后不被外在的其它的东西所影响,明⽩吗? 所以会是这样⼦的摸索和找寻、成为⾃⼰的⼀个过程.

JO: You're trying to bloom a flower on top of chaos or amidst the ruins, like finding your own position in this mess. Imagine it's a chaotic era where everything outside is乱 and there's nothing for you to follow. But you must stand firm in your own footing and not be swayed by external distractions. Understand? It would involve such a process of exploration and self-discovery.

问: 就是找寻⾃⼰真我的⼀个过程?

Question: It's a process of finding one's true self?

JO: 对,就是成为真正的你,⽽不是说受外在物质世界影响的那个你.

JO: Yes, it's about becoming your true self, rather than being influenced by the external material world.

问: 那我是要跟着感觉⾛? 就是让我感觉很好的我才去跟着它⾛,是这样⼦的吗?

Question: Does that mean I should follow my feelings? Am I supposed to only go where it feels good for me, like that?

JO: 你们的感觉是可以,就是你的⾁体的感觉,就是如果你说的是你⾁体的感觉的话,那你⾁体的感觉都是假象呀.都是可以去影响它、创造它,然后去改变它这样⼀个过程.你是说如何去⾛出来这条路,对吧?如何去⾛出来找寻⾃⼰的那条路?那就是去跟随你⾃⼰内在的那股激情,就是你就是有激情的去做这件事情.我不管别⼈怎么说,我不管这个事情有没有钱,我不管我有没有饭吃.如果是在这样⼦的状态下,你都能去做你⾃⼰热爱和激情的事情.那么你就是盛开的,你就是在绽放独⼀⽆⼆的你.因为如果你觉得你越来越没有⼒⽓,就是没有⼒⽓,不想做,做不进去.那么就是说你就在偏离它.

JO: Your feeling is okay, which refers to your physical feelings if you're talking about the sensations of your body. If that's the case, then your bodily feelings are illusions; they can be influenced, created, and altered as a process. You're asking how to find this path, right? How to find your own path by following your inner passion - doing something with enthusiasm because you have an intense desire for it. Regardless of what others say, regardless of whether there's money involved or whether I'll eat, if I can still pursue the things I love and feel passionate about under such conditions, then I am thriving, blossoming into my unique self. For if you find yourself feeling increasingly lacking in strength, losing motivation, unable to commit, it means you're drifting away from your passion.

问: 那我怎么确定我这⼀辈⼦的使命?

Question: How do I determine my life's mission?

JO: 你如果是确定的话,你只能有⼀个当下的确定.你不能持续的去.为什么呢? 因为你说如果你每⼀段路程都不⼀样,就好像这么说吧,你之前是个⽑⽑⾍,你在路上爬.你说你确定这是我⾛的路.你说等你变成蝴蝶,你在空中飞,你不需要在路上爬了.你能说我确定我现在没有脚踏实地,因为我的脚没有在地上.你每⼀个阶段,它有不同的… 你唯⼀的就是说你跟随你的激情.因为当你跟随你⾃⼰内在的那股激情,什么东西它都好像⾃动的展开了.你到底活跃不活跃? 你到底热爱不热爱⽣命? 你到底热不热爱你⾃⼰做的事情? 还是说是因为外在的教导?

JO: If you are certain, then you can only have one moment of certainty at a time. Why not continuously? Because you say if every part of the journey is different, for example, imagine before you were a worm crawling on the road, and you say with certainty that this is my path. You become a butterfly in mid-air flying without needing to crawl anymore. Can you say that I am certain now that I don't have solid ground under my feet because my feet are not touching the earth? Each stage has its own different... The only thing you can do is follow your passion. Because when you follow your inner passion, everything seems to unfold naturally by itself. Are you really active? Do you genuinely love life? Or do you just love what you do out of external guidance?

这个社会说你必须要这么做,爸妈说你必须要这么做,你不这么做就会没钱没有东西吃没有地⽅住,明⽩吗? 你看到底是恐惧还是说你内在的那种奋不顾⾝? 你不在乎你有没有地⽅住,哪怕我住天桥地下我也是开⼼的,因为我在做我⾃⼰激情的事情,明⽩吗?

This society says you have to do it, your parents say you have to do it, if you don't do it you'll be penniless, with nothing to eat and nowhere to live, right? Do you see whether it's fear or that inner bravery? You don't care where you're living, even if I'm sleeping under a bridge on the ground, I would still be happy because I am doing what I love. Understand?

问: 我的未来运势?

Question: What's my future fortune?

JO:未来的运势就来⾃于你的当下.每⼀个当下你都在锁定我的未来要朝哪⼀个⽅向.就好像每⼀个当下你都会有⼀个分叉⼜,就是⼀个路⼜.那在这个路⼜,你到底是要往哪边⾛?你到底是要听别⼈给你说的话呢?受别⼈的影响?别⼈说去做这个,做这赚钱,然后你就跟着他们⾛了.还是说你听你的内在,我喜欢做这个,因为我开⼼,明⽩吗?那你说在每个当下,你到底是听谁的?你是听这个物质头脑,这个社会,听那些有经验的⼈?还是说听你⾃⼰内在,明⽩吗? 听你的内在,那你有没有恐惧? 所以当你在每⼀个当下你做出你的选择,那个就是你的未来.为什么呢? 因为这⾥有很多路.很多路都是同样的,只是你⾃⼰需要去选择哪⼀条路.

JO: The future lies within your present moment. Every single instant, you are determining the direction of my future. It's as if every moment presents a fork in the road - a choice to be made. In this juncture, which path should I take? Should I follow others' advice and let their influence guide me, following what they suggest because it promises success or money? Or should I listen to my inner self, doing what I enjoy because it brings happiness?

In every moment, who's voice are you listening to? Are you guided by your material mind, societal norms, or the experiences of others? Or do you trust your own inner voice? Trusting your inner voice means acknowledging any fears that may arise.

When you make a choice in each present moment, it shapes your future. Why is this so? Because there are many paths ahead, and while they may seem similar, the choice to follow one path over another is ultimately up to you.

但是如果你没有⾛上⾃⼰的道路的话,你始终都会被弹回来.你会经过很多次被弹,弹到让你重新去思考.你会产⽣⼀种好像阻⼒,然后把你再拉回到当下,然后你再去看清楚到底什么是我的路,明⽩吗?

But if you don't take your own path, you will always be pushed back. You'll go through many times of being pushed, thrown back, until you start to rethink things. You'll feel as though there's resistance pulling you back into the present, and then you'll see clearly what my path is, understand?

问: 我想问问我该怎么和⽗母相处? 就是聊不多久就会炸.

Q: I want to know how to get along with my parents, they always blow up after a short conversation.

JO: 你稍等.我们之前的信息就是说你是⼀个⾮常忠实的⼀个推动者、⽀持者.就好像是背后的使者⼀样,对吧? 但是这个对象必须是你特别发⾃内⼼敬佩、敬仰,明⽩吗? 所以说跟你⽗母的关系就是说.第⼀你内在感受的你并没有发⾃内⼼对他们产⽣⼀种敬佩之⼼吧.敬佩之⼼就是说你们⼈类都会知道,如果他是⽆条件的爱,你们怎么样都会产⽣敬佩之⼼,对吧? 那如果他内在是受到恐惧指使的存有的话,你是产⽣不了的.因为你感受到的是这股能量.但是其实在你⼼⽬中你又有那种信奉的精神或者是品质.所以⼀⽅⾯你是想要去不跟他们对抗,就是听他们的.但是另⼀⽅⾯它又违背了你内在的那股追随光,明⽩吗? 因为你内在是认识光的.

JO: Wait a moment. The information we previously provided indicates that you are an extremely loyal advocate and supporter, like a messenger from behind. Do you understand? However, this person must be someone you genuinely admire and respect from the heart, right? Therefore, your relationship with your parents is such that you do not feel admiration for them coming from the depths of your soul. Admiration means that humans would recognize if it were unconditional love, wouldn't they? If the inner motivation of this being was fear-driven instead, you couldn't generate such a feeling. You sense this energy within yourself. However, in your heart, there is also a spirit or quality you hold sacred. So on one hand, you want to avoid confrontation and just listen to them. But on the other hand, it goes against the inner guiding light that you recognize inside yourself, doesn't it?

你是信奉光,追随光的.但是你又认出来这个不是光.所以⼀⽅⾯,你的品质又是像是那种听话的孩⼦,就是⼀个信奉者⼀样.所以就导致你内在产⽣很多冲突.所以如果说如何要和他们很好的相处的话? 那就好像你必须要在这个混乱当中去扎根,就像之前带给你的信息,你必须要在这个混乱的场景⾥⾃⼰扎根,明⽩吗?

You follow the light and believe in it, but you realize that this isn't the light. Thus, on one hand, your nature is like a obedient child, someone who follows blindly as a believer. This leads to many internal conflicts within you. If one were to ask how to better get along with them, it would be necessary to dig roots in this chaos, akin to the information that was previously given, where you must plant yourself firmly amidst the chaotic scene, understand?

问: 扎根指的是?

Question:扎根 refers to?

JO: 扎根就是说你必须要⾃⼰知道你⾃⼰是谁.⾃⼰⼼中追随⾃⼰的光,⽽不是说听外在的,因为就好像你内在都有记忆,它知道什么是正确的.它知道什么是它需要去跟随的.就像飞蛾扑⽕⼀样,明⽩吗? 因为它不可抗拒,明⽩吗? 这么说吧,就好像在那个中央有⼀个巨⼤的频率.你只是其中的⼀个⼩的频率,⼩的分⾝.你必须要被中间那个强⼤的频率吸引过去的,明⽩吗? 你是没有办法.就好像你内在植⼊了⼀个程序,当那个程序启动,你⾃然归位了,明⽩吗?

Grounding yourself means you must know who you are and follow your own light from within, rather than listening to external influences because what's correct is already stored in your memory. It knows what it needs to follow. Like a moth to a flame, do you understand? Because it can't resist, do you see? Let me explain this way; imagine there's a huge frequency at the center. You're just one small frequency among many smaller ones. You have to be attracted by that central powerful frequency, understanding? There is no choice. It's like an internal program implanted in you; when it starts up, you naturally find your place, do you see?

问: 你是说….

Q: You mean...?

JO: 你现在不需要⼀下⼦就搞懂所有.你今年多⼤?问: 我是95年⽣,28不到.

JO: You don't need to understand everything at once. How old are you this year? I was born in 1995, not quite 28 yet.

JO:对,那就算再给你⼗年的时间,你能去成为⾃⼰就已经是⼀个巨⼤的绽放了.所以你不需要这⼀下⼦就好像要把你整个⼈⽣全部弄懂弄通.因为你没有办法.你的头脑⼀次只能消化⼀点点⼀点点,明⽩吗?⽽且⽣命会有它⾃⼰展开它的⽅式.你只需要知道你内在它⾃⼰有程序,它在⾃动的运⾏着.你唯⼀的就是减少对它的⼀个⼲扰.然后你知道你应该听谁的,明⽩吗?

Yes, even if we gave you ten more years, being able to become yourself is already a huge blossoming. So, you don't need to instantly understand and master your entire life all at once because it's impossible. Your mind can only absorb tiny bits and pieces at a time, do you see? And life has its own way of unfolding. All you need to know is that there is an internal program within you running automatically. The only thing you should do is minimize any interference with it. Then, you should know who to listen to, do you understand?

问: 我想问⼀下我能活多久吧? JO: 你为什么会产⽣这个问题呢?问: 我想看看⾃⼰的命啊JO: 你稍等.我们想让你看到光在那⾥,然后你不要去跟随⿊暗.你只要坚信这个光迟早会启动,然后你就会归位.所以即使⽬前所有的体验都不是结局,它也不是最终,它只是这个过程.它只是来让你体验,就是来让你找到回家的路⼀个过程⽽已.所以你体验的迷茫或者是迷失或者是没有归属感或者是不知道…. 因为你要知道你想要去结束⽣命或者是死亡这件事情,它其实就是有⼀个回家的路,明⽩吗? 但是你如果你来到这个世界上,你就有你来到这个世界上的⽬的.就是你现在来到这⾥,成为这具⾁体.那这具⾁体就有它绽放的价值和不可替代性,明⽩吗?

Question: I want to ask how long I can live?

JO: Why would you have this question?

Question: I just want to see my life.

JO: Please wait. We want you to see the light and then not follow the darkness. Just believe that this light will eventually start, and you will be aligned. So even though all current experiences are not an end, they are not final; they're simply part of the process. They're here for you to experience, just as a way to find your path home. You've been experiencing confusion or loss or a lack of belonging or not knowing... Because you want to end life or death, that actually is finding your way back home. Understand? But when you come into this world, you have the purpose for being in this world. Nowhere else did you belong; here's where you are with your body. This body has its value and irreplacability. Understand?

所以说真正的回家的路,就是说通过这个⾁体,⽽不是说结束这个⾁体,明⽩吗? ⽽且你现在已经找到⽅向了,你已经看到了,你已经找到了.

So the real path of returning home is through this physical body, not by ending it, right? And you've already found your direction, you've seen it, and you've found it.

问: 我的情感会怎么样?

Question: What will happen to my emotions?

JO: 前⾯的信息说当那股能量启动的时候,你会⾃动的归位.当你归位的时候,就像找到回家的路⼀样,你就会找到真正的你.当你成为真正的你的时候,你的感情也是⼀样的,明⽩吗? 它也会归位的.然后当你进⼊光过后,你的感情⾮常的圆满,⾮常的完美.为什么呢?因为你是⼀个⾮常忠诚的爱⼈.但是他必须是在光的⾥⾯.因为如果你⾝处⿊暗的话,你的爱情是没有终点的,就是它是没有结果的,它不会是个圆满的状态,因为你在⿊暗中.那当你进⼊光当中,你的爱情是个⾮常圆满的.因为你天⽣就是那种专⼀的、忠诚的爱⼈.所以它必须是来⾃于光.

JO: The previous message says that when the energy is activated, you will automatically align with your true self. When you align, it's like finding your way home; you'll find who you truly are. When you become who you truly are, your emotions also become aligned in the same manner—do you understand? They will align too. After entering the light, your feelings become incredibly fulfilled and perfect. Why is this so? Because you are a very devoted lover. But he must be within the light for it to be true. If you're in darkness, your love has no end; it's unfinished, not reaching its full potential because you're amidst darkness. When you enter into the light, your love becomes perfectly fulfilled because you naturally possess the quality of being a monogamous and devoted lover. Therefore, this alignment must come from the light.

问: 也就是时候到了,它⾃然⽽然就会有好的结局?

The time has come, and it will naturally have a good outcome.

JO: 这么说吧,你现在是在⼀个中间吧.然后你的⾝边它既有⿊暗的⼀⾯,也有光的⼀⾯,对吧? 那它会跟随你⾃⼰的⼀个… 这只是⼀个体验.⽐如说你选择去进⼊⿊暗的话,它⾥⾯你所谓的爱情是没有结果的,明⽩吗? 它也不会是爱.因为它更多的是相互的恐惧,因为你们都在恐惧当中.那你⾝边的另外⼀边是光,那当你进⼊光,你就是爱的状态,那对⽅也是爱的状态,明⽩吗? 因为你们没有⿊暗的能量.说话就好像左边⼀个池⼦,右边⼀个池⼦.你到底是进⼊光去体验,还是去⿊暗的池⼦⾥⾯去体验?

JO: Let me put it this way, you're in the middle now. Then there's both a dark side and a light side around you, right? It follows your own... This is just an experience. For example, if you choose to enter darkness, what you call love inside there doesn't have any outcome; you understand? It's not love either because it's more about mutual fear as you're both in fear. Then the other side of you is light. When you enter light, you are in a state of love, and the other person is also in a state of love, do you understand? Because there's no dark energy involved. Speaking of it like two ponds; one on the left, one on the right. Are you entering the pond of light to experience or going into the pond of darkness for an experience?

问: 我和我⽗亲的关系?

Question: How is my relationship with my father?

JO: 你稍等.你的⽗亲叫什么名字?问: XXXJO:你的⽗亲是要依靠你牵着他的⼿进⼊到光当中,不然他⾃⼰很难.是你成为他的引导⼈.明⽩吗? 这么说吧,你要是进⼊不了光,他就很难.如果你可以,那么你就可以牵着他的⼿⼀起进⼊光.所以你能转变他.明⽩吗?

JO: Wait a moment. What is your father's name? Q: XXX JO: Your father needs you to guide him into the light; otherwise, it will be difficult for him. You are his guide. Do you understand? Put it this way: if you can't enter the light, he will find it hard. If you can do it, then you can take his hand and both of you can enter the light together. This means you can transform him. Do you understand?

问: 我和我母亲的关系?

Q: What's my relationship with my mother?

JO:你母亲就是那个混乱.之前我们不是说你需要在混乱中找到你⾃⼰,然后定下来,定⼒.所以她就是那个影响你,让你⽼是乱了脚步,不知道⽅向,不知道左右,就是那种.明⽩吗?

JO: Your mother is that chaos. Earlier, we weren't saying you needed to find yourself in the chaos and then settle down with concentration. So she's the one affecting you, making you always off balance, unsure of direction, not knowing left from right, just like that. Do you understand?

问: 那我应该和她相处?

Question: Then, how should I get along with her?

JO: 你应该⾃⼰知道,就分的清楚.就⽐如说你是⼀盆⽔,你母亲是⼀盆⽔.她的⽔是充满了恐惧、充满了混乱,是⼀盆脏⽔,对吧? 那你的⽔是是纯净的.那如果经常你允许她的脏⽔污染到了你的话,你也会受到影响的,明⽩吗? 因为她对你的影响很⼤,因为你对她是敞开的状态,明⽩吗? 那你是不是必须要修你⾃⼰? 你修你⾃⼰,就是你不被外界的相给⼲扰.就⽐如说你母亲产⽣了很多恐惧和愤怒.但是你可以屏蔽这个能量,让你不受这个恐惧和愤怒的能量影响.那你是不是就是在那个混乱当中扎根啊? 就好像⼀股旋涡当中,然后你却能如如不动,明⽩吗? 所以它就是你去修你⾃⼰的定⼒.那你经常,⽐如说如果你喜欢去听⾳乐,那你就去听⾳乐.

JO: You should know it yourself and be able to distinguish. For example, you are a container of water, your mother is also a container of water. Her water is full of fear and chaos, it's polluted water, right? But your water is pure. If you frequently allow her contaminated water to affect you, you will also be influenced, understand? Because she has a big impact on you because you are open to her influence, understand? So do you need to cultivate yourself? Cultivating yourself means not being disturbed by external appearances. For example, if your mother generates fear and anger, but you can shield that energy so it doesn't affect you with the fear and anger. Are you then rooted in chaos like a whirlpool while you are calm and不动摇? So it's about cultivating your own stability. Often, for instance, if you enjoy listening to music, you should listen to music.

沉浸在⾃⼰的⾳乐世界⾥⾯.然后去连接这个….

Immersed in their own musical world, then go to connect this...

问: 我喜欢听⾳乐JO:对,那你听⾳乐你就是在扎根.你在稳定你⾃⼰的能量.你需要⾃⼰站住脚.不然的话,外⾯⼀点风吹草动就会把你连根拔除.因为你是⼀个⾮常有爱的⼈.你⾮常有爱就是你愿意为⼤众敞开你⾃⼰.但是你现在还是⼀颗⼩草,你不是像⼤树⼀样你的根是牢牢的扎根的.你是⼀颗⼩草,那么你的根是⾮常的弱的.就是别⼈⼿指⼀碰,你的根可能马上就出来了.所以说你要减少,你要不断地去跟⾃⼰的内在联系、扎根.然后减少外在对你的⼲扰.你看到它们只是⾝处在⿊暗中,只是个幻像.这个幻像它并不是个事实.因为外在所有的⼀切它只是像云烟⼀样,它并不是事实,它并不是有根的.真正的有根的只有⼀个,那就是光,明⽩吗?

Question: I enjoy listening to music.

JO: Yes, when you listen to music, you are grounding yourself. You are stabilizing your own energy. You need to stand on your own feet. Otherwise, even a slight disturbance from the outside could uproot you. Because you are a very loving person. Your immense love means that you're willing to open yourself for the public. But right now, you're still like a young grass, not like a tall tree with roots firmly planted in place. You are like a young grass; your roots are very weak. Others touching it could make it come out easily. Therefore, you should reduce distractions and continuously connect with your inner self and ground yourself. Also, minimize the external influences on you. Realize that what you see is just an illusion, existing in darkness. This illusion isn't fact. Because everything outside is like a fleeting cloud; it's not fact and doesn't have roots of its own. The only one that truly has roots is light, understand?

那个才是有根的.就像你看着太阳,乌云很浓厚.但是它没有办法遮挡太阳的光,太阳的光是迟早会照出来的.所以越来越多的去了解外在的⼀切只是让你去修⾏的⼀个幻像⽽已.让你不断地扎根,让你修定⼒,修你不再被外在影响.然后你让⾃⼰就好像茁壮成长.为什么呢?因为你现在根很细⼩.你要不断不断地长,不断不断地扎根.修你⾃⼰的定⼒,就让你不再被外界⼲扰,明⽩吗?你可以给他们发出去你的爱,就是我是⽆条件爱你们的.但是并不代表我要跟你们⼀样疯,明⽩吗?就是说他们都是像疯⼦⼀样,因为他们受到⼲扰,他们都在疯⾔疯语.我爱你们,但是并不代表我要跟你们⼀起疯⾔疯语.为什么呢?

That is the root. Like when you look at the sun, there are dense clouds blocking it, but they cannot hold back the sunlight. Eventually, the light will shine through. Therefore, understanding everything outwardly is merely an illusion to deepen your practice. It's like continuously planting roots within yourself, building your concentration and resilience, so that external influences no longer affect you. And this allows you to grow strong internally. Why? Because currently, you're like a small seedling with weak roots. You need to constantly grow and strengthen those roots by practicing self-control. I can send out love to you without condition, meaning I unconditionally care for you all. But that doesn't mean I have to act the same way as you or get swept up in your chaotic thoughts. They might be behaving erratically because they're influenced by external noise. I love you, but I don't need to engage in their same irrational discourse. Why?

你在被幻像所影响,⽽我是透过幻像透过乌云看到的是太阳,明⽩吗?

You are being influenced by illusions, while I see the sun through the clouds, understand?

问: 我现在想改变⾃⼰,但是由于环境,各⽅⾯因素,又不知道怎么…JO: 你现在已经变了.你已经不是之前来跟我们通信息的那个你了.你的根已经⽣出来了,你就允许它.然后反复听我们的信息,因为这个信息需要你⼀点⼀点的消化吸收.你今天听和你⼀个⽉后听,它是完全不⼀样的.你每次去听你就能逐渐的能从信息⾥⾯去越来越明确的看到⾃⼰前⾯的⽅向.你不是⼀个意外,就是你的⽣命不是⼀个意外.然后我们的这次通话也不是⼀个意外.就是这次信息它也不是⼀个意外,明⽩吗?

Q: I want to change myself now, but due to the environment and various factors, I don't know how... JO: You have already changed. You are not the same person who came to share information with us before. Your roots have grown, so you should allow them. Then, repeatedly listen to our information because this message requires you to digest it little by little. Listening today versus listening a month later is completely different. Every time you listen, you will gradually be able to see more clearly the direction ahead from the information. You are not an accident; your life is not an accident. Then, this conversation with us isn't an accident either. The message we provide this time also isn't an accident. Understand?

#### 2023/10/03 — ⼈类为什么有⽆尽的冲突 Why Do Humans Have Endless Conflicts

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 请问能帮我们连接⼀下观世⾳菩萨的能量吗?

Question: Could you help us connect with the energy of观音Pusa?

JO: 你稍等观世⾳菩萨: 你说吧,什么问题?

You wait and let观音Pusa speak: Tell me, what's your question?

问: 我们想问您为什么⼈类存在⽆尽的冲突?

Q: We would like to ask you why humans have endless conflicts?

观世⾳菩萨: 就像看⼩孩⼦,⼀群⼩孩⼦在玩的时候,然后他们就会发⽣冲突.因为在⼩孩⼦的世界⾥⾯和他的眼⾥⾯,他只能看到他⾃⼰的需求.然后他缺少站在对⽅的⾓度或者他缺少,就是如果这个事情我现在等⼀下,等⼀下还有.就是他缺少这种看到更多更远更⼴.所以说如果你问为什么⼈类有这么多冲突的话,那就是因为你们⾃⼰去看⼩孩⼦,为什么他们总是打打闹闹、争吵、吵架、想东西? 为什么? 因为他们是⼩孩⼦,他们需要成长,他们需要引导.所以你也知道这些冲突来⾃于哪⾥? 来⾃于他们可能觉得这个东西,这颗糖只有⼀颗.他们不知道我们房间⾥⾯还有很多很多糖.就算我们房间⾥⾯没有,我们还有钱.我们可以去买很多,明⽩吗?

Guan Yin Bodhisattva: Imagine watching children playing, and then they start to clash with each other. This happens because in their world and through their eyes, they can only see their own needs. They are lacking the perspective of being able to stand in someone else's shoes or thinking about how this situation could be if I wait a moment, there might be more later. In essence, it means they lack understanding beyond their immediate surroundings.

So when you ask why humans have so many conflicts, it's because you look at children and wonder why they are always playing around, arguing, fighting, and trying to figure things out? Why is that? Because they are children who need to grow and be guided. You see where these conflicts come from? They stem from their perception that there might only be one piece of candy available. They don't realize that there could be plenty more in the room or that if the room doesn't have enough, we can still buy many more with our money. Understand?

因为他想不到那么远.那他有限的⼀个认知导致了他觉得他需要去把眼前的抢过来.所以才会…问: 请问能不能在帮我们连接⼀下赛斯?观世⾳菩萨: 你稍等

Because he couldn't think that far. That limited cognition led him to believe he needed to seize what was right in front of him, which is why... Question: Could you please help us connect to Seth?观音菩萨: Please wait.

赛斯: 你说吧,什么问题?

Seth: Go on, what's your question?

问: 赛斯你好,我们想问为什么⼈类存在⽆尽的冲突?

Question: Hello Set, we wonder why humans have endless conflicts?

赛斯: 那你们的冲突来⾃于什么? 来⾃于你们头脑⾥⾯的念头.因为⾸先你们⾃⾝就是⼀个冲突的个体.你想你⾃⼰就是⼀个充满了冲突的个体,然后你再进⼊到⼈类,你再进⼊到家庭,家庭成员.进⼊到社会,社会⾥有那么多成员.进⼊到⼀个国家,整个世界…明⽩吗?所以说它所有的这些冲突都来⾃于你这个个体.因为你这个个体它就是充满冲突的.它就没有办法不把这个冲突投射到你们这个更多的⼀个…就是投射到你⾃⼰的世界⾥⾯去,明⽩吗?就像你说为什么这些⽔这么脏?那你本⾝就是脏⽔.那每个、到处都是脏⽔,那混在⼀起不是更脏了吗?

Seth: So where does your conflict come from? From the thoughts in your mind because you are an individual who is already conflicted with yourself. You think that you are a being full of conflict and then you enter humanity, family members, society, countries, the world… Get it? Therefore, all those conflicts come from this individual self, for this self is inherently conflicted. It can't help but project this conflict onto your larger… into your own world, understand? Like when you ask why is water so dirty? You yourself are the dirty water. And everywhere is dirty water, doesn’t it get dirtier if they mix together?

问: 如果您回答完了,能不能帮我们连接⼀下耶稣的能量?赛斯: 你稍等耶稣: 你说吧,什么问题?

Q: If you've answered your questions, can you help us connect to Jesus's energy? SETH: Wait a moment. JESUS: Go ahead, what's the question?

问: 请问为什么⼈类存在⽆尽的冲突?

Q: Why does humanity have endless conflicts?

耶稣: 因为所有的冲突都来⾃于⼈类还在学习爱这个课程.因为他们还不是⼀个爱的⼀个状态.如果他本⾝就是⼀个爱的状态,这⾥是没有任何冲突的.你想象⼀下你还在学习什么是爱.那你现在就不是爱的状态.那如果你不是爱的状态,那你就是表现出不是爱的状态.那表现出不是爱的状态是什么? 那就是分裂、冲突、⽃争.

Jesus: Because all conflicts arise from humanity still learning the course of love because they are not yet in a state of love. If he were already in a state of love, there would be no conflicts here. Imagine you are still learning what love is - then you are not in a state of love now. If you are not in a state of love, you manifest it as being not in a state of love. What does that manifestation look like? That is division, conflict, and struggle.

问: 谢谢您.如果您回答完了的话,能不能帮我们连接⼀下佛陀的能量?耶稣: 你稍等佛陀: 你说吧,什么问题?

Q: Thank you. If you've answered your question, could you help us connect to the energy of Buddha? Jesus: Wait a moment. Buddha: Go ahead, what's your question?

问: 您好,请问为什么⼈类存在⽆尽的冲突?

Question: Hello, why does humanity have endless conflicts?

佛陀: 就好像是⼀个池塘⾥⾯的⽔,如果你不断不断地去搅动它.它所有沉淀在下⾯的东西,所有东西,渣滓、垃圾,所有东西都在被搅动着.那搅动的这些东西,它是不是就是冲突? 所以在你没有静,就是被搅动的状态,那你就是⼀个混乱的⼀个状态.就像是⼀个被搅动的湖⽔⼀样.当所有被搅动的东西,当它沉淀下来,尘埃落定的时候.它便没有冲突.所以如果被搅动的是⼀个频率状态的话,那没有被打扰的,就是那种静和定它就是另外⼀个频率.那不同的频率,它就会产⽣不同的⼀个状态.

Buddha: It's like water in a pond; if you continually stir it, everything at the bottom – all the sludge, trash, and everything else – is being stirred up. The things that are being stirred are they not conflicts? So when you're not calm or stable, but instead agitated, then you are in a chaotic state, just like water in an agitated lake. When all of what's being disturbed settles down and the dust settles, there are no more conflicts. Therefore, if what's being stirred is a frequency state, then that which remains undisturbed – the calmness and tranquility – constitutes another frequency. Different frequencies give rise to different states.

问: 如果您回答完了的话,能不能再帮我们连接⼀下克⾥希那穆提的能量?佛陀: 你稍等克⾥希那穆提: 你问吧,什么问题?

Question: After your answer, could you assist us to reconnect with Jiddu Krishnamurti's energy again? Buddha: Wait a moment. Krishnamurti: Ask away, what question do you have?

问: 您好,请问为什么⼈类存在⽆尽的冲突?

Q: Hello, why do humans have endless conflicts?

克⾥希那穆提: 因为你还是⼈.你还是⼈,你就还在运⽤你的头脑运⽤你的⼤脑,让你的头脑去主宰⼀切,让你的欲望,让你的⾁体… 那那⾥⾯有⽆休⽌⽆数个欲望.那些⽆数个⽆休⽌的欲望、念头、⼈性的⼀些东西产⽣.那你说你也产⽣,对⽅也产⽣,那你们彼此之间是什么?只能是更多的冲突.因为你们都在,就是欲望和欲望打交道.你有你的欲望,他有他的欲望.你有你的想法,他有他的想法.你有你的恐惧,他有他的恐惧.因为你们是在⽤这个⾁体,就是把这个⾁体当成是你在运⾏.如果你就是连接更⾼的那个你,然后⾁体它只是你去呈现更⾼的你的⼀个渠道.那是不是你便不会只是去使⽤这个⾁体,它的⼀些特征和属性了?!

Krishnamurti: Because you are still human. As long as you are human, you are using your mind, your brain to dominate everything, letting your desires and your body… There are endless desires in that; there are countless endless desires, thoughts, aspects of humanness being generated. And if both of you generate them, what is the relationship between you? It can only be more conflicts because all of you are using desire against desire. You have your desires, he has his. You have your thoughts, he has his. You have your fears, and he has his.

If instead of just being tied to this body as a means for running yourself, if you connect with that higher self where the body is only a channel for presenting your higher self, wouldn't you avoid using the body's characteristics and attributes?

⽽你就好像是在⼈间显现的神⼀样,明⽩吗? 为什么呢? 因为他没有了⼈性,他是神性的话,他就只是爱和⽆限的存在.因为对他来说,这个⾁体他并没有什么好去给它捍卫的,没有什么好去给它争取的,明⽩吗?所以那⾥也不会有我需要为我做什么.没有.只有我有什么能为你做的.因为只有低的意识,它才会有需求.那意识能量越⾼的,它越是没有任何需求.它更多的就是⼀个存在,或者是爱、神,也就是光.

And you are like a god appearing in the human world, right? Why is that so? Because he has lost his humanity; if he was divine, then he would just be love and infinite existence. Because for him, this physical body doesn't need defending or striving for anything, does it? So there wouldn't be anything I need to do for me from that realm; no, only what I can do for you. As the lower consciousness has needs, whereas the higher consciousness is devoid of any such demands; instead, it's more about existence, love, or godhood, which is essentially light.

问: 那如果都回答完了的话,能不能再请您帮我们连接⼀下迈克尔杰克逊的能量?克⾥希那穆提: 你稍等迈克尔杰克逊: 你好问: 您好,请问为什么⼈类存在⽆尽的冲突?

Q: If we've covered everything, could you help us connect to Michael Jackson's energy again?

Krishnamurti: Wait a moment for Michael Jackson.

Michael Jackson: Hello.

Q: Hello, Sir, why does humanity have endless conflicts?

迈克尔杰克逊: 因为他们都缺少灵性.⽐如说你们就⽐较有灵性.然后在你们⾝上冲突就会很少.所以你们跟周围的⼈相处也会是很少的冲突.那那些缺少灵性的⼈,他们就会有很多冲突.因为他们不知道有灵的存在,就是他们只是好像是兽性⼀样,展现的是兽性.那如果只是兽性的话,他就缺少那种⽆条件的爱.因为兽性,你就去观察动物,它们都是很直接的展现出我饿了,我抢.我饿了,我吃你.就是如此简单的.所以说你们现在在做的事情就是帮助⼈们了解到灵界,灵性的世界.然后就是⽣命更⼤的⼀个连接.所以也是来让更多的⼈,让他们去连接上更⾼的能量.⽽不只是⼀个兽性在运⾏.那通过这样⼦的⼀个,就可以去减少冲突.

Michael Jackson: Because they all lack spirituality. For example, you guys are more spiritual. Then there will be little conflict among you. So there is little conflict when you interact with others around you. Those who lack spirituality would have lots of conflicts because they don't know about the existence of spirit; it's just like they exhibit their animal nature. If someone only exhibits their animal nature, they are lacking unconditional love. Because animals show their needs directly - I'm hungry, so I fight and take your food when I'm hungry. You're now doing this to help people understand the spiritual world, then more connections in life, connecting them with higher energy instead of just being driven by their animal instincts. This can reduce conflicts through such understanding.

#### 2023/10/03 — 连接赛斯 Connecting Seth

问: 请问您是赛斯吗?赛斯: 是的问: 我们想请您给我们讲⼀下,就是您以前说过信念创造实相,能不能就这个主题给我们讲⼀堂课?

Q: Are you Seth?

Seth: Yes.

Q: We would like you to give us a lesson on the topic that you have mentioned before, about how beliefs create reality. Could you please provide a lecture on this subject for us?

赛斯: ⾸先就是我很感谢你们能创造这样⼦的机会和通道,然后愿意去允许这个能量呈现在你们这个物质社会上来.你们想要听关于信念创造物质,是吧? 然后关于这个来讲⼀堂课,是吧? 因为我们讲课为什么会出现⼀个提问? 因为你只有提问,我们才知道到底你的点在哪⾥.就是当你在提问的时候,我们就知道你的⼀个能量状态.就这么说吧,你们有⼀句话叫对⽜弹琴.我们所谓的讲课更多的是⼀种能量的交换,那我们⾸先要知道你是什么程度的,对吧? 所以说在通过你的提问,然后我们的⼀种能量的连接.然后我就知道你们是什么⽔平,你们是需要什么样⼦的语⾔才能够明⽩.就你是幼⼉园还是⼤学⽣,明⽩吗?

Seth: Firstly, I want to thank you for creating this opportunity and channel, and being willing to allow this energy to be manifested in your physical society. Do you want to hear about how beliefs create matter, is that right? And then a lesson on that subject, yes? Because why do we have questions during our lectures? Because only when you ask questions do we know where your focus lies. Essentially, by asking questions, we gain insight into your energy state. So it goes like this, there's a phrase among you called preaching to the choir. Our so-called lectures are more about an exchange of energies, and thus, we first need to know what level you're at. Right? Therefore, through your questioning, our energetic connection, then I understand where you stand in terms of comprehension. You require certain language for clarity. Are you a preschooler or a university student, get it?

所以并不是说你这样抛出去⼀个,然后你就让我们漫⽆⽬的的.为什么呢? 更多的是我们要知道你在哪⾥.然后我们根据你在哪⾥,然后再来看如何的引导你,明⽩吗? 那如果是我的学⽣,就是我今天⾯对的学⽣是你和这个⼥孩⼦.那你要听如何⽤信念创造实相,对吧? 那你们俩已经知道了呀,明⽩吗? 那你说我连接到你们的能量,你们已经是知道这个.你还来让我讲什么? 明⽩吗? 所以你可以再提,再问,再带出来信息.

So it's not that you throw one out like this and then we're aimlessly wandering around asking why? It's more about us knowing where you are. Then based on where you are, we can see how to guide you, right? If they were my students, if they were the students I'm facing today - you and the girl - listening to how belief creates reality, yes? You both already know this, right? So why do you come back asking me to tell you something when you've already known about this connection to your energy? What more do you want me to explain? Understand? So feel free to ask more, bring out information.

问: 虽然我们知道,但是就像温故⽽知新⼀样,我能不能再问信念是如何创造实相的?

Q: Although we know it, like learning old things and gaining new insights, can I ask how belief creates reality again?

赛斯: OK,那如果是根据你们⽬前的⽔准的话,那我们带给你的信息就是加深它,就是毫不怀疑的.就好像是⼀个恋⼈,你不需要去测试他爱不爱你.你不需要去做了⼀些不爱你的举动⽽怀疑他爱不爱你.你能做到吗? 你会不会因为他可能和别的⼥孩⼦打情骂俏,暧昧了⼀下,你就觉得他不爱你了? 明⽩吗? 那如果你因为这些表象,他做出来的⾏为,然后你就说他不爱我了.那你这样还是深信不疑吗? 你对他到底爱不爱你,你是取决于外在这个相的.也就是你头脑⾥⾯吸收到的⼀些信息,informations.其实你不是深信的,你并没有深信.因为你还在捕捉这些.因为当你真正的深信这些事,就算外⾯是天花乱坠,就真的是狂风暴⾬你也⽆所谓的.

Seth: Alright, if we were to convey the information based on your current level of understanding, it would be that you deepen this knowledge without a doubt. It's like being with a lover; you don't need to test whether they love you or not. You shouldn't question their love by doing things that might make you think they don't love you. Can you do this? Would you believe he no longer loves you just because he flirted a bit with another girl, or was ambiguous about his feelings towards her? Do you get it? If you base your belief on these appearances and actions he takes, then concluding that he doesn't love you, would you still hold onto that conviction without hesitation? Is your trust in him dependent solely on the external manifestations, information, or perceptions in your mind? In reality, you don't fully believe this. You're still processing these. Because when you truly believe something, even if there's chaos and confusion around, it wouldn't matter to you.

为什么? 你知道狂风暴⾬过后肯定是天晴呀.你会因为这个狂风暴⾬让你狂躁不安,然后担⼼害怕? 怎办呀这个⾬,⼀直下出不去? 怎么办呀? 坐⽴不安吗? 所以说那这个信念就来⾃于你到底有多信? 你会因为有⼀些东西,你看到了⼀些相,然后你就不信了?你就松动了? 你就改变你的信念了? 你就改变你相信的东西了? 你就怀疑了? 明⽩吗? 那如果你在这样⼦的状态下,你投射出来的只能是你这种犹豫不决或者是总是需要去验证验证的⼀个状态,明⽩吗?

Why? You know that after a stormy downpour, the sky is bound to clear up. Would you be agitated and fearful because of this stormy rain, worrying about how to deal with it? What do you do if this rain just keeps falling without stopping? What should you do if you feel restless? So, the confidence comes from your level of belief – would a certain situation make you doubt or alter your beliefs due to seeing certain signs that lead you to question them? Understand? And if you're in such a state of indecision and always needing verification, you can only project an uncertain or questioning mindset when doing so, do you understand?

问: 对,我现在就是你说的这样.那我要怎么样才能更好的训练头脑和⾝体,就是去达到这种状态?

Question: Yes, I am like what you described just now. How can I better train my mind and body to achieve this state?

赛斯: 如何去达到这个状态? 那你也放下如何去达到这个状态的念头.为什么呢? 因为你对它深信不疑.你知道我现在忐忑不安,它也是尘埃落定的.就是我知道现在狂风暴⾬,我哪怕在那像热锅上的蚂蚁⼀样,我总会安静下来.就是对我⽬前我⾃⼰⾃⾝的⼀个反应,我也对它不去担⼼.那你知道这是我去成为的⼀个过程⽽已,明⽩吗? 也就是说你不去把这个过程… 它这个过程就好像是个台阶.你把台阶拿了,你怎么⾛到台⼦上去? 那你现在不就是上台阶吗? 那⾛到台上去,⼀步⼀步的台阶,那不就是必然的事吗?

Seth: How do you achieve this state? You also let go of the idea of how to reach this state. Why is that? Because you have faith in it deeply. You know I'm anxious right now, but it's all settled too. Even if I'm like a frantic ant in this stormy situation, I will always calm down. It's about my current reaction to myself, and I don't worry about it either. Isn't this just the process of becoming that? Understand that you're not trying to control this process… This process is like stepping stones. How do you walk onto a platform when you have these stepping stones? Now, aren't you taking these steps already? Walking up to the platform step by step is simply inevitable.

问: 那请问这个⼥孩⼦的头脑⾥⾯有没有什么问题想要问您呢?

Question: Could it be that there are some issues in her mind that this girl wants to ask you?

赛斯:她想我们讲⼀下关于⼈⽣的意义.⾸先呢,⼈⽣的意义不是我们来告诉你们⼈⽣的意义.我们只能告诉你们,你⾃⼰创造.就好像⼈⽣的意义是⼀张⽩纸,你说它是什么意义,它就是什么意义.因为就算本⾝对你⼈⽣来说你觉得你的⼈⽣不具有很⼤的意义.你觉得你的⼈⽣它还卑微或者是很微⼩,你可能就是⼀个家庭主妇.然后你没有做出特别⼤的⼀番成就,也没有去影响到谁,对吧?但是你不知道你做这个家庭主妇的⾝份,就是你背后影响的那个⼈.就⽐如说你的孩⼦,她会因为你的这个背景或者因为你的这个催化剂⼀样⽽成为谁谁谁谁.⽽他就会影响整个世界.但是也有可能你的这个孩⼦他没有成为影响世界的⼈,但是他的爱⼈影响了整个世界,明⽩吗?

Seth: She asks us to talk about the meaning of life. First of all, the meaning of life isn't something we come along and tell you what it is; we can only tell you that you create it yourself. It's like the meaning of life is a blank piece of paper – whatever significance you give it, that's what it becomes. Even if you feel your life doesn't have much significance to you, or feels small or insignificant, perhaps because you're just a homemaker without making great achievements and not affecting anyone, right? But you don't know the impact you make as a homemaker, who influences someone behind the scenes. Like, what you do might be like a catalyst for your child's identity; they could become whomever based on their upbringing or environment influenced by you. And that can affect the entire world. However, it's also possible that your child doesn't influence the world, but his/her partner does, understanding?

那⾥⾯还是有你的⼀部分呀,对吧?因为没有你影响这个孩⼦,那就没有这个孩⼦去影响他的爱⼈.那他的爱⼈就影响不了这个世界.明⽩吗?那如果你从这⼀层⼀层的关系上来看,这⾥就没有⼀个所谓的微⼩或者是卑微的存在.只要是它存在,它就在服务这个整体.就⽐如说那个杯⼦⾥⾯的⽔,就算它就是来加强这个能量的.就像我们之前说有⼀些灵魂它来到这个地⽅,它就是来反射出这个能量.那也需要它的温度达到了⼀定的温度,⽔才会开呀.那你的雪花也需要达到⼀定的厚度,它才会堆积起来呀.所以这⾥没有任何⼀个你觉得你的⼈⽣是没有意义的.因为你觉得你的⼈⽣没有意义,它是取决于你⾃⼰头脑的⼀个判断.但是你头脑却只能捕捉到⼀丁点信息.

There is still a part of you in there, isn't there? Because if there was no influence from you on this child, then there would be no child to influence his loved one. And without the influence of his loved one, this world wouldn't change. Do you understand? When viewed through these layers of relationships, there is no so-called insignificant or humble existence here. As long as it exists, it serves the whole. For instance, the water in that cup comes to amplify the energy. Just like we previously discussed, some souls come to this place to reflect this energy. They also need their temperature to reach a certain point for the water to boil. Similarly, your snowflakes need to reach a certain thickness for them to accumulate. Therefore, there is no sense in you thinking that your life has no meaning because it depends on your own mind's judgment. However, your mind can only capture a tiny bit of information.

⽽这⼀丁点信息还是个幻觉.因为你看不清嘛.你看不清楚,你也看不到前后或者是那个big picture.你只能看到,就像井底之蛙,⽐井底之蛙还要⼩.那如果你只能看到这么⼀丁点信息,然后你就来评判它整个⼤的画⾯.你怎么来说它的价值是怎么样的,明⽩吗?所以说它不是你这个头脑能办到的事情.那就算是伟⼤的头脑它也办不到.因为真正值得你们嘴巴⾥说伟⼤的,那就是这些信息.为什么呢?因为我们这些信息告诉你,不要去定义任何.⼀切都有它存在的价值和意义,然后都有巨⼤的价值和意义,明⽩吗?所以为什么我们的信息说就算是⼀个全世界闻名的医⽣救死扶伤很多⼈,和⼀个瘫痪在床什么都做不了,赚不了钱也做不了事的⼈.

And this little bit of information is an illusion because you can't see it. You can't see the whole picture or the big picture, just like a frog in a well, smaller even than that. So if all you can see is this tiny piece of information and then judge the entire big picture based on it, how do you determine its value? Understand? Therefore, it's not something your mind can handle. Even great minds can't do it. Because what truly deserves to be talked about in great terms by your mouths are these pieces of information themselves. Why is that? Because our information tells you not to define anything. Everything has its own worth and meaning, and immense worth and meaning, understand? That's why our information says that even a world-renowned doctor who saves many lives, and someone paralyzed on the bed unable to do anything, can be considered great.

他们的价值是⼀样的,明⽩吗?因为如果没有瘫痪在床的个体,他激发出医⽣去钻研的⼼,它这个能量.就好像病⼈是活,那个医⽣是⽔.如果那个⽔它没有⽕去把它加热的话,它不能达到开⽔.那它是不是就是冷⽔,对吧?它转化不了.那它如果不能达到开⽔,那它也不能把⾷物给煮熟,对不对?那它本⾝就是⼀个冷⽔,它冷⽔它就不具有把⾷物做熟的这个功能.那这个医⽣可能就是⼀个平平淡淡,就是⼀个普通的医⽣.因为他离开了这个推动⼒、驱动⼒,离开了这个催化剂吧.那你还能说那个瘫痪在床,又不能⼯作又不能赚钱,啥事都不能做还要⼈照顾的⼈,你说他是在浪费资源吗?所以他们的存在对你们推动这个物质世界,存在的价值是⼀样的,明⽩吗?

Their values are equal, understand? Because without the patient lying in bed, it motivates doctors to delve into their heart and that energy. It's like the patient is alive, and the doctor is water. If the water lacks fire to heat it up, it cannot reach boiling point. Wouldn't it just be cold water then, unable to convert? And if it can't reach boiling point, it also won't cook food, right? Thus, inherently it remains cold water, lacking the function of cooking food. This doctor might be an ordinary one, without that driving force or catalyst. So, can you still say that someone who is paralyzed, unable to work or earn money, needing constant care, is wasting resources? Their existence in pushing this material world forward has equal value, understand?

因为你们所有的评判,有价值还是没价值,它实际上都来⾃于你的头脑.为什么呢?你想⼀下你的头脑只能储存那么⼀丁点,还是幻像的东西.它如何去评判?那如果你知道没有办法去评判,那你就不需要去做这种⽆谓的事情了.你只要知道每⼀个存在它都是有价值有意义的.⽽且你通过你的⽣命,你去展现.你去展现⽣命的价值和意义,你可以转化⼀切.⼀切⿊暗的都可以被光照亮.

Because all your judgments, whether valuable or not, actually come from your mind. Why is that? Consider how much information and what kind of illusions your mind can hold at any one time. How does it make judgments with such limited capacity? If you realize there's no way to judge anything accurately, then you don't need to engage in this meaningless endeavor. You just need to understand that every existence has value and purpose. And through your life, you demonstrate this value and meaning. You can transform everything - all darkness can be illuminated.

问: 从您的⾓度如何解释如何能够更好的去看破幻像?

Question: From your perspective, how can one better understand and discern illusions?

赛斯: 更好的去看破幻像? ⾸先 ‘更好的’ 只是存在在你们的头脑⾥⾯,因为你的头脑⾥⾯还在评判哪些好,哪些不好.那我们刚才前⾯的例⼦已经给你说了,⼀个杰出的医⽣和⼀个瘫痪在床的病⼈,他们本质上其实没有好和不好,对不对? 他们都是⼀样的价值.那你说如何成为更好的医⽣呢? 我都要成为更好的医⽣了,那没有病⼈的⾓⾊,医⽣存在的价值是什么?明⽩吗? 那所以你的头脑⾥⾯的更好呢? 那你不就是说病⼈没⽤的,医⽣才更有价值… 所以这⾥就没有这种对⽴.那你就是说如何去看破物质世界是个幻像,对不对? 那⾸先你⾃⼰就能看到你们物质世界的所有东西是不是⼀直都在变?

Seth: Seeing through illusions better? First, 'better' only exists in your mind because you're still judging what's good and what's bad within it. We've already given you an example just now; a great doctor and a paralyzed patient, essentially they are neither good nor bad, right? They have the same value. You asked how to become a better doctor. If I want to be a better doctor, then what is the value of the role of a physician if there's no patient involved? Do you understand that? So this 'better' in your mind? Aren't you essentially saying that patients are useless and doctors have more value... Therefore, there's no opposition here. Then, how do you see through the material world as an illusion, right? First, you can see for yourselves that all things in your material world keep changing continuously?

你看⼀下你的⾝体,你看⼀下你⼿上⽤的东西,你看⼀下你住的房⼦,你看⼀下你周围的⼀切,其实它都在变化.那如果⼀直⼀直都在变化的东西,那对你来说不是个幻像吗? 明⽩吗? 你们之所以会感受到它对你来说是真实的,就⽐如说我能尝到、我能碰到、我能摸到、我能感受到.那是因为你通过你这个物质⾁体,你本⾝就是来体验这个的.如果你离开了这个物质⾁体,这个体验你产⽣不了.所以说它其实千变万化,就像天上的云.所以它这⼀切都是在千变万化的.还有就是说当你的意识程度转变…. 这么说吧,我们经常给你举的例⼦就是说你门⼜有⼀堆粪便,对吧? 那你如果在⼀个认知状态下,你会愤怒.因为那么恶⼼的东西在你家门⼜,你会很恶⼼.

Look at your body, look at the things you use with your hands, look at the house you live in, and observe everything around you - they are all changing. If everything is always changing, wouldn't that mean it's an illusion to you? Do you understand? The reason why you feel it is real for you - like when I can taste something, touch something, or sense it - is because you experience this through your physical body, which is designed for such experiences. You cannot generate these experiences without being in a physical body. Thus, it constantly transforms and evolves, much like the clouds in the sky. Therefore, all of this changes constantly. Additionally, when your consciousness shifts... imagine there's a pile of waste at your front door. If you are in one state of cognition, you would feel angry because that disgusting smell makes you feel sick in your home.

那如果你是⽤另外⼀个意识的话,那你就知道我把它当成化肥来让我的青菜长的更好.然后这个也是.为什么呢? 因为它并不是⼀个真正恶⼼的东西,只是你这个阶段,你头脑⾥⾯的定义还有你有限的认知,就是你狭隘的观念导致它是⼀个恶臭的东西.但是当你的意识扩展,你看你们世界上有这么多例⼦给你们变废为宝,是吧? 然后各种转变.那这个来⾃于什么? 这个也是来⾃于你们能把东西千变万化的.所以说外在的东西它不是⼀个真正的实实在在的东西.它真正的实实在在的,只能是你这么去认为它,因为你的认知太有限了.这么说吧,你们会认为你们会有对⼿有敌⼈,他是来折磨你的.那当我们通灵信息进来告诉你,其实你们前世是兄弟,关系特别好.

If you were operating with a different consciousness, then you would know that I view it as fertilizer to make my vegetables grow better. And this is why? Because it's not truly disgusting; it's just during your current stage, when you have limited definitions in your mind and bounded cognition, that it becomes associated with something smelly due to your narrow perspective. But when your consciousness expands, you see examples around the world where waste turns into valuable resources—yes? And various transformations occur. This comes from what? It also comes from your ability to change things in countless ways. Therefore, external entities are not truly real and tangible. Their true reality can only be ascribed by you because of your limited perception. To put it another way, you would consider having opponents or enemies who torment you. However, when spiritual messages come to inform you that actually, in a past life, you were brothers with great relations.

那他这⼀辈⼦来变成你的对⼿.为什么? 就是来加强你的级数,他不断地来提升你提升你.陪着你,让你成长.当你以这样的⾓度和眼光去看待他的时候,你得到的就不是愤怒,觉得他总是逼着你.你会觉得我要进步我要进步.他对你是⼀种激励,⼀种就好像是陪练⼀样.那这个事情是不是又变成你⾃⼰内在是什么样⼦,你就投射出什么样⼦? 所以说,你这样去看,⽆论外在的事情或者是⼈或者是任何东西也好,你都可以去把⿊的变成是⽩的,明⽩吗? 你都可以去转变它转化它.那它是不是就不是实实在在真实存在的东西? 你说⼀下,你头脑⾥⾯想⼀下有什么东西是你不能转化它的?

So throughout his life, he becomes your opponent. Why is that? It's to strengthen your level; he keeps pushing you and helping you grow. He accompanies you, facilitating your development. When you view him from this perspective, anger isn't what you get; instead, you feel a sense of needing to improve and progress. He serves as an inspiration for you, like having a training partner. Does this make the internal dynamic that drives these interactions within yourself manifest in certain ways? So when you look at things, people, or any situation from this lens, you can transform the negative into positive; understand, right? You have the power to change it. Is what you're seeing not actually reflective of reality? Think about it: is there anything in your mind that you believe cannot be changed?

问:那就⽐如说我现在此刻就需要⼀笔钱,但是这⼀刻我就是没有这⼀笔钱.但是我知道这个只是⼀个幻像,我相信我在这⼀刻是拥有这⼀笔钱的.但是这⼀笔钱没有在这⼀刻物质化.

Q: Suppose right now I need some money, but at this moment, I don't have that sum of money. However, I know it's just an illusion; I believe that I possess this amount of money at this moment. Yet, the money hasn't materialized in this instant.

赛斯: ⾸先在你觉得⾮常需要⼀笔钱,实际上你就是在限制你⾃⼰.为什么呢? 我这笔钱是⽤来⼲什么的? 你怎么知道你就没有机会创造⼀个你有免费住的地⽅呢? 你怎么知道你就不能,就是你真的不能有⼀个perfect place for free 呢? 就是 somewhere to live for free.如果你说你需要这笔钱来买⼀个晚餐.你怎么知道你就不能因为和别⼈聊⼏句天,他感受到你的能量,想要去ask you for dinner.然后呢,聊着聊着他就爱上你了.然后你就有了房⼦住,还有⼀个超级有钱的另⼀半.因为你的这种想法就在限制,哦我要有钱我需要钱,并不是的.你就限制了你的可能性,明⽩吗?

Seth: Firstly, when you feel that you need a lot of money, you're actually limiting yourself. Why? What is this money for? How do you know you don't have the opportunity to create a place where you can live for free? How do you know you can't have a perfect place for free – somewhere to live for free? If you say you need this money to buy dinner, how do you know that couldn't happen if someone else were to chat with you and feel your energy, wanting to ask you out for dinner. Then, as they get to know you, they fall in love with you, giving you a place to stay and an incredibly wealthy other half. Your thought is limiting yourself, saying I need money, I need money, no. You're limiting your possibilities, understand?

说不定这个没有钱反⽽变成了最美的⼀件事情.为什么呢? 因为你没有钱,但是你又饿.然后你想着说不定我去跟这个⼈聊聊天,然后你问他可不可以给你买⼀个dinner? 然后他说不定他就是在那⼀刻想遇到⼀个可以跟他说说话的⼈.说不定他就正想着今天晚上我就⾃杀了.然后就因为你的这个ask,然后你们俩就have dinner together.然后聊着聊着,你就拯救了他的灵魂.然后他却有很多钱,他愿意把所有的钱都给你,明⽩吗?你是不知道的.所以你看那⼀刻你没有钱是不是就…如果你有钱,你不能去asksomeonefor这个事情,对不对?那就是因为你没有钱这个经历,它促成了你遇到你的真命天⼦.

Maybe this lack of money turned out to be the most beautiful thing. Why is that? Because you don't have any money, but you're hungry. Then you think maybe I should talk to this person, and ask if they could buy me a dinner? Maybe at that moment, he just wanted someone to talk to. Perhaps he was thinking of ending his life tonight, and because of your request, the two of you end up having dinner together. As you chat, you save his soul. But then, he has plenty of money, willing to give it all to you, right? You don't know this. So see, at that moment when you had no money... If you had money, you wouldn't have been able to ask someone for help like that, would you? It was because of your experience without money that led you to meet your true love.

他有多钱,继承了很多遗产,房⼦多的是,然后钱也是花不完的.那你是不是又不需要考虑房⼦的事,又不需要考虑吃饭的事,又不需要考虑结婚找对象?全部事情都给你解决了.明⽩吗?因为你们头脑不知道.它让你有那种需求,它其实就是在促成something.

How much money does he have, inheriting a large fortune, with multiple houses, and then the money is inexhaustible. So you don't need to worry about housing matters, nor about food, and not even marriage or finding a partner? All your issues are resolved. Can you understand this? It's because your mind doesn't comprehend it. Your mind creates those needs, essentially facilitating something.

问: 那⽐如说又陷⼊到我现在就是需要钱,那我们当下就是说看到这是头脑的限制.然后⾸先就是允许这股能量,然后就是放下,就是允许⼀切按照它该发⽣的发⽣,⽽不是说我⼀定就是要钱或者是产⽣急躁啊、不安啊这种.只是相信⼀切都会按照它本来的样⼦,以我们的最⾼利益展开.做到这样就够了,是不是?

Q: For example, if I am currently in need of money and see this as a limitation from my mind, what should we do?

A: We should allow the energy involved, then let go, allowing everything to unfold according to how it should, rather than insisting on needing money or becoming anxious or restless. Simply believe that everything will develop according to its inherent nature, with our best interests at heart. That's enough, isn't it?

赛斯: 你都不需要去相信任何.你只知道⽼天任何⼀步都没有错的.你只是期待惊喜.明⽩吗? 因为这个不是你们头脑能想象的到的⼀些东西.但是呢,如果因为你的头脑⾥⾯的⼀些想法,然后散发出⼀些恐惧,进⼊到⼀些恐惧的能量和频率的话,这就是你要经历的事情.你就已经播种了,你播种播下了恐惧的频率.那你在物质世界体验这些恐惧和⽆助,这不是理所当然的吗?

Seth: You don't need to believe in anything; you just know that every step of the Divine is correct. You simply expect surprise, got it? Because this is not something your mind can comprehend. But if due to some thoughts in your mind and then projecting out a fear into fear energy and frequency, this is what you are going through. You have sown the frequency of fear. So, experiencing these fears and helplessness in the material world, isn't that inevitable?

问: 那如果⽐如说我正在散发恐惧的能量,然后我突然之间察觉到了我在这么做.然后我当下去改变我这个⾏为.那我是不是就不⽤再去体验到在我觉察之前那⼀刻我播下的恐怖的种⼦?

Q: But if I'm emitting fear energy and suddenly become aware of it, then immediately change my behavior, do I have to experience the terror planted by that seed before I became aware of it?

赛斯: 你如果觉察到了恐惧,那你就知道我背后肯定有什么信念.我的信念就是说我需要⽤头脑去想办法解决钱的问题,明⽩吗? 那你把这个信念看到,它是不是就可以不再影响你了? 就是你不去相信它,就不会去体验它.就这么简单.那你们当下的⼒量是什么? 就是当下你的任何... 你不相信了,你的频率就变了,对不对? 那你频率变了,你的实相就变了.就是你又进⼊不同的⼀个世界了.因为你们看⼀下你的频率是这个的话,它显现出来的果.你⾃⼰可以去感受你⾃⼰散发出来不同的能量.你⽤这种不同的能量去跟⼀个⼈交往,你看⼀下对⽅是不是不同世界的⼈?

Seth: If you notice fear, it means you know there must be a belief behind me. My belief is that I need to think my way out of problems with money. See the belief and does this mean it won't influence you anymore? You don't have to experience it because you're not believing in it. That's all there is to it. What is your power now? Any... when you stop believing, your frequency shifts, right? When that happens, reality changes for you. Essentially, you've entered a different world. Consider this: if you observe your frequency as one state, it reflects the outcome of that state. You can feel the differing energy you emit from yourself. When you use this varied energy to interact with someone, see if they are perceived as part of another realm?

问: 这个我深有体会,是.

Question: I can attest to this deeply; it's true.

赛斯: 是的.所以那你就知道外在实际上只是你⾃⼰能量投射出去的⼀个相⽽已.它是随着你的变化⽽变化的.

Seth: Yes, so you see that what is external is simply an aspect of your projected energy - it changes as you change.

问: 我们能不能请你透漏⼀点关于这个⼥孩⼦还有关于我的所谓的未来? 就有点像我们物质世界算命⼀样,可以这样问你吗?

Question: Can you reveal a bit about this girl and my so-called future? Could we ask it like fortune-telling in our material world?

赛斯: 你稍等.我看有没有信息进来.我们连接到这个⼥孩⽬前的能量,它已经好像是像⼀个树根⼀样布满了,向全球衍⽣⼀样.所以呢,她的能量就好像树根⼀样,在地底下不断地散播散播.所以以后她的事业,她的能量涉及到的地⽅就会是⼀个全球性质的.这是必然发⽣的.因为就好像你地底下已经从这个路线那个路线播种,然后它⾃然⽽然就会长出来.

Seth: Hold on a moment. I'm checking to see if there's any incoming data. We've connected with the girl's current energy field, which seems to have spread like roots throughout, branching out globally. So her energy is spreading like roots underground continuously. Consequently, in the future, where her career and energy reach will be of global nature. This is a definite outcome since it's as if you've already sown seeds from this route or that route and they naturally grow out of the ground.

问: 那能不能也请你看⼀下我的?

Q: Could you also take a look at mine?

赛斯: 我们看到你会是⼀个像是灵性导师⼀样,像⼀个life coach⼀样,去帮助很多⼈转变他们的命运.然后就是像灵性导师⼀样去转变他⼈的命运.然后你也会有你⾃⼰的书籍,就是出书.是你⾃⼰的,就是你⾃⼰写的,跟其他没有关系,是来⾃于你⾃⼰的.

Seth: We see you as a spiritual teacher, like a life coach, helping many people transform their lives and destinies. Then acting as a spiritual mentor in transforming others' lives. You will also have your own books, publishing them yourself. These are your own creations, written by you alone, not related to anyone else, coming from within you.

问: 我虽然体验到,刚才说的这些我都能明⽩.我发现我有⼀个担⼼,就⽐如说我现在租的这个房⼦,然后我还没有把钱付给现在的房东.我知道我不⽤单独的去解决⼀个事情或者是任何.我也知道对⽅呈现出来什么样⼦是我频率的⼀个反射.但是我还是会去担⼼…赛斯:这么说吧,就算是你体验到真的是你完全没有地⽅住了.即使是这个体验你也不需要去抗拒它.为什么呢?因为它真的会加深你跟另外⼀群⼈的连接,明⽩吗?就⽐如说你真的体验过,就⽐如说你们看过与神对话那个作者写的书,那他曾经也有过这样⼦的经历,对吧?那这个经历对他来说是⾮常宝贵的.因为其实⽆论怎么样,其实它只是⼀个经历⽽已.

Q: Even though I've experienced what was discussed earlier, and I can understand it. I have found that there's a concern within me, for instance about the apartment I'm renting, which I haven't yet paid for to my current landlord. I know that I don't need to individually handle one issue or any others. I also understand that the way someone appears reflects my own frequency. However, I still find myself worrying... Seth: Let's put it this way - even if you were to experience not having a place to stay at all. You wouldn't need to resist this experience either. Why? Because it would actually deepen your connection with other people. Do you see that? For example, if you've ever read the book "Knowing by Being," which was written by the author of "Conversations with God," he too has had such experiences, haven't we? This experience for him was incredibly valuable. In reality, no matter how it plays out, it's just an experience anyway.

你还记得我们信息说的,不管它的⽕烧的多旺,它都会熄灭的.不管它⾬多⼤,它都会停⽌的.所以不管你⽬前有多艰难,就是你会如何低,那其实你低到最低了,那你不就是反弹了吗?它也只是暂时的⼀个,它只是⼀个体验⽽已.就好像⼀阵风刮过,那你不需要去担⼼这个风什么时候来.它刮过就好了.⽽且当你加深了这⽅⾯的体验,那你以后可能会去协助帮助很多这⽅⾯的⼀个转化,明⽩吗?因为我们感应到你们以后会做很多改变世界,像这样的⼀个事业.说不定你就会成为⼀个很强烈的⼀个推⼿,去推动这个事业.为什么呢? 因为你去过那⾥,你知道.明⽩吗?

You remember what we said in our information that no matter how intense the fire is, it will eventually die out, and no matter how heavy the rain is, it will stop at some point. So if you're currently experiencing tough times, you might wonder if you've hit rock bottom. But actually, when you feel like you're at your lowest, that's when you start to bounce back. It's just a temporary experience. Like a gust of wind passing by, there's no need to worry about when it will come; it just blows past. And as you deepen this kind of experience, you might find yourself assisting and helping with transformations in the future, right? Because we sense that you'll be making many changes to the world, like this endeavor. You could become a strong driving force behind such initiatives because you've been there, you know.

问: 那既然我都知道,为什么我还会忍不住的去在乎外在的⼈是怎么样的想我,看我? 我会觉察到,觉察到后我会回过来.但是感觉像在两个频率⾥来回的跳⼀样,⼀个让我觉得很舒服,⼀个频率又让我觉得焦虑.就是这样来回的衡跳.为什么会这样?

Question: But if I already know this, why do I still find myself unable to help but care about how others perceive me and see me? I am aware of these feelings. After realizing them, I do come back to my senses. Yet, it feels like being stuck in two different frequencies, with one making me feel at ease and the other causing anxiety. This pendulum-like swing between comfort and unease is confusing. Why does this happen?

赛斯: 你说你还在乎别⼈怎么看你,对不对? 那也是你⾃⼰的⼀个信念⽽已,也只是你⾃⼰的⼀个信念.你有这个在乎别⼈怎么看你的信念,那你就会创造这种感受,明⽩吗? 可能在你的内在你⾃⼰还有⼀个分别⼼,就是你还会把别⼈外在物质的⼀个位置,就是来评判对⽅.就是说你现在是成功的,你是成功⼈⼠,好厉害哦.啊,你现在⼈⽣是落魄的,你这⼈好没⽤.明⽩吗? 因为当你其实能看到⽆论对⽅是在⼀个成功的状态还是在⼀个落魄的状态,它只是⼀个状态⽽已.它只是你众多的胶⽚⾥⼩⼩的⼀个⽚段,⼀个flash⼀闪⽽过⽽已.那你通过别⼈的⼀闪⽽过,提取这个⼀闪⽽过的东西去评判对⽅是不是说不通呀,明⽩吗?

Seth: You say you still care about how others see you, right? That's just another belief of yours - one more belief that you hold. If you have this belief that you care about how others perceive you, then you create the feeling of it. Understand? Perhaps there is also a sense of division within yourself where you continue to judge someone else by their external material position and status. You're doing great now; you're an accomplished person, very impressive! Ah, your life is in shambles, you're completely useless! Understand? Because really, whether the other person is in a state of success or one of failure, it's just that - a state. It's but a tiny fragment, a fleeting moment among all the pieces of film that make up your perspective on life. And through this fleeting moment, you use it to judge if what someone else perceives makes sense or not, do you understand?

所以说即使你们整个的⽣命有⼀百年,其实也是⼀闪⽽过.还别说你这⼀百年其中的⼀个场景,明⽩吗? 但是你这个灵魂它到底有多强⼤,它来⾃于你到底有低.你能把多低的东西推到多⾼? 你能把多死的东西变的多活? 这个才是你真正的价值.就是这种可变.因为如果你没有办法去… 你体现你的⼒量必须是通过阻⼒的.如果没有阻⼒你怎么去体现你⾃⼰的⼒量? 所以说你如果你没有到过最低,把⾃⼰从最低推到最⾼.你怎么去体现你⾃⼰多么强⼤,明⽩吗? 所以说所有外在的⼀切它不过就是⼀个背景图⼀样,它就是个背景,就来呈现出你的本

So even if your entire life spans a century, it's actually but a fleeting moment. Not to mention one scene out of those hundred years; do you understand? But the real question is how strong your soul truly is - where does its power come from? How low can you push what appears high? How dead can something be made to seem alive? This is what truly defines your worth - the ability to transform and adapt. For without the challenge of overcoming obstacles, how could you demonstrate your strength? If you haven't reached rock bottom, pushing yourself from that lowest point to the peak reveals just how powerful you are. Understand? Thus, all external aspects serve merely as a backdrop, highlighting who you truly are at your core.

⾊.那如果你因为⼀些打击⽽⼀蹶不振.那就说明你本⾝就是⼀个⽆⼒的⼈啊,明⽩吗? 为什么你们⼼⽬中会有英雄⼈物? 会崇拜那些创造出很⼤影响⼒和价值的⼈? 因为他们都拥有强⼤的能量.但是你才是那个来跟这个世界展现你的⼒量有多⼤.不是说我们来告诉你你的⼒量就这么⼀百公⽄.不是的.⽽且当你真正真正真正的拥有了完全不害怕,就是拥有了勇⽓上去的时候,你会发现怎么毫不费⼒啊? 因为你⽤的不是你⾃⾝的⼒量了,明⽩吗? 你只是⼀个通道⽽已.所以说当你真正的感觉到费⼒的时候,你其实那会⼉只是你⾃⾝的⼒量.

Color. If you collapse under some blows, it means that you yourself are a powerless person, understand? Why do you have heroes in your mind? Why do you worship those who create great influence and value? Because they all possess powerful energy. But the one who truly presents how much strength he has to this world is you. Not that we're telling you your strength is exactly 100 kilograms. No, no. And when you genuinely acquire an unfearful sense of bravery, it becomes clear that it's effortless? Because you are not using your own power anymore, understand? You are just a channel, that's all. Therefore, when you truly feel the strain, it is actually your own strength.

所以说不要去害怕.害怕只是你的头脑,你头脑害怕的声⾳,你只需要突破它.有⼀句话是 just do it.因为你不知道事情会怎么样的⾛向,事情会怎么样安排,事情会怎么样推动.然后呢,你在做的时候就是你发出的信号.就是这是我要⾛的⽅向.

So don't be afraid. Fear is just your mind, the voice of what your mind fears. You only need to overcome it. There's a phrase that goes 'just do it.' Because you don't know how things will unfold, how they are arranged, or how they will progress. When you're doing it, it becomes your signal – this is the direction I'm heading towards.

问: 我能问⼀下我未来的另⼀半他是⼀个什么样的⼈? 然后他有没有什么信息是要带给现阶段的我的?

Question: Can I inquire about what kind of person my future partner is? And does he have any information to convey to me at this stage?

赛斯:我们连接到的你未来的另⼀半的能量就好像是,他是被你的,就好像你们是同频的⼈.就是被你的智慧、被你的个⼈特质、被你的内在、被你灵魂给吸引到的.所以呢,他会更像是个孩⼦⼀样,他会更愿意去听你这些说教,听你这些分享,听你对他的⼀个教导,听你对他的⼀个引导.所以有⼀点像那种,如果你是上师,他就是学⽣的那种.愿意去照顾你,愿意去陪伴你.他有什么话要跟你说?你稍等.他说他绝对不会让你再进⼊⼀种抓狂的模式.也就是说你跟他在⼀起会更加的⼼平⽓和,就是不会情绪失控.

Seth: The energy that we're connecting to in your future other half is like he's being drawn to you because of you, as if both of you are at the same frequency. It's due to your wisdom, your personal qualities, your inner self, and your soul that draws him towards you. So, he'll be more likely to listen to your teachings, hear your sharing, receive guidance from you, and follow your lead. In essence, it's akin to a situation where you're the teacher and he's the student who is willing to care for you,陪伴you, ready to listen to what you have to say. When he has something to tell you, he'll wait. He promises that he will never put you in a frenzy again. That means when you are together, your emotions will be more stable, and neither of you will lose control due to emotional outbursts.

问: 那我能问这股能量它在物质世界展现出来的⼤概是什么样⼦?

Q: And I want to ask about how this energy might manifest in the physical world?

赛斯: 如果是从⽣理年龄或者是从他表现出的,他是⽐你⼩的.就算是⽣理年龄,就是⽐你⼩的.

Seth: If it's based on biological age or how he appears, he is younger than you. Even if it's just biological age, he's younger than you.

问: 那我还能问从事的⾏业吗?

Question: Can I still ask about the industry they work in?

赛斯: 没有明显的⾏业,但是他做的也是,就是好像是⼀种,怎么说呢? 也像是⼀种光的⼈物吧.就是像是属于光的,⽽不是说属于物质,就是资本.他是属于光的,光的事业.然后如果要更详细的信息,我们这边连接到的,他像是⽪肤⽐较浅,然后是偏瘦⼀点,然后单眼⽪,然后⼥性的能量,阴性能量.然后这样⼦.

Seth: There's no obvious industry that he was part of, but what he did was something like a light being or figure; something that was associated with light rather than matter, capital - not materialistic. He was involved in light and light-based ventures. For further details, we can refer to someone who might see him as having slightly lighter skin, thinner, single eyelid, with feminine energy, the yin energy.

#### 2023/10/03 — 集体通灵问答 Collective Spirit Channeling Session

JO: 你问吧,什么问题?

JO: Ask away, what questions do you have?

问: 能不能请你帮我看⼀下我的能量状态,然后有没有什么信息是可以带给我的?

Question: Could you help me check my energy state and see if there is any information that can be conveyed to me?

JO: 持续的去关注… 你不是喜欢画画吗? 你⽤你的想象⼒和你的头脑进⼊画,进⼊你想要进⼊的⼀个场⾯.就是你不断地在头脑⾥⾯画画画画,然后画的让你越兴奋越好.因为它都会如实的投射在你这个物质世界⾥⾯.所以说如果你描述⼀些恐惧或者担忧,它也会如实的投射在你的画⾯⾥⾯,你的世界⾥⾯.所以你就知道你在作画的时候你就会想: 我到底是要落笔吗? 我到底想要画这个吗? 这个是我想要去呈现出来的吗?

JO: Continuously focusing on... Do you like drawing? You use your imagination and mind to enter the picture, into a scene you want to enter. It's about continuously drawing in your mind, then drawing until it gets as exciting as possible because everything is projected into this material world. So if you describe fears or worries, they will also be accurately projected onto your canvas, your world. Thus, when you're painting, you might wonder: Should I commit to a stroke? Do I actually want to draw this? Is this what I'm aiming to depict?

问: 我前⼏天在窗外看见的亮绿⾊的光点,我觉得它是外星⼈.我想问⼀下它是什么? 然后它有什么信息要给我们⼈类或者是什么的吗?

Question: I saw a bright green light dot outside my window a few days ago and I thought it was aliens. I want to know what it is. And does it have any messages for us humans or something?

JO: 你稍等.我们请你不要去怀疑你看到的.为什么呢? 因为就算你旁边的⼈没有看到,你看到了.它也是真实的.因为本⾝就没有⼀个所谓的客观存在.⽐如说你跟另外⼀个⼈在那⾥,你觉得只有他也看到了你看到的,那才是真实的.但是你们不需要求证于任何.因为你才是独⼀⽆⼆的.有的信息它只是针对你⽽来.所以如果你看到,旁边的⼈没有看到,并不代表那是幻觉.所以你也不需要去跟我们去求证,我们也是第三⽅.

JO: Wait a moment. We are asking you not to doubt what you've seen. Why is that? Because even if the person next to you didn't see it, you did. It's real because there isn't an objective existence in itself. For example, suppose you and another person were there together, and you thought only he saw what you saw for it to be true. But you don't need any verification from anyone else. Because you are unique. Some information is targeted solely at you. So if you see something but the person next to you didn't, that doesn't mean it's an illusion. Therefore, you don't need to seek our validation; we're just a third party.

问: 那我能问⼀下它有什么信息是想要带给我的吗?

Q: Could you ask what information it wants to convey to me?

JO: 你⾸先要知道就是你是独⼀⽆⼆的感知者,明⽩吗? ⽽是说你去感知这个世界,你能感知到什么维度,什么东西,就是你能捕捉到什么.因为东西都在那⾥.只是有时候你没有 ready,明⽩吗? 并不是说它们来找你,⽽是说它们⼀直在那⾥.你有没有去探索? 你有没有去关闭你的物质头脑去连接它们,就像这个⼥孩⼦通灵⼀样,明⽩吗? 所以你才是那个探索者.

JO: What you need to know first is that you are the unique perceiver, understand? That it's not about what the world finds for you. It's about what dimensions and things you can capture because they are all there. Sometimes you just have to be ready, understand? Not that they come looking for you, but that they are always there. Have you explored yet? Have you turned off your material mind to connect with them, like this girl does channeling, understand? So you're the explorer.

问: 我前两天买了⼀只⽊头的⼆⼿⼩猫,然后我看到它就⾮常喜欢它.我能不能问⼀下它有什么样的故事? 它有什么信息?

Q: I bought a second-hand wooden kitten two days ago and have fallen in love with it immediately. Can I ask what kind of story it has? What information does it have?

JO:这么说吧,你才是导演.这样⼦的话,你就好像把导演的⾝份放到我们这⾥,让我们给它赋予意义.但是你赋予所有的⼀切意义.那它可以是你的招财猫,那它可以是你的幸运猫,它可以是你的爱情信物.它可以是任何你觉得你想要的、想吸引到的美好的东西到你的⽣命当中来.因为你才是那个去点菜的⼈.

JO: Alright, let me put it this way: you are the director. By doing so, you're essentially placing the director's role upon us and asking us to imbue it with meaning. However, all meanings are yours. This could be your good-luck cat, or a symbol of love in your life - anything that you desire, something you want to attract into your life. Because ultimately, you're the one making the choices.

问: 对于接下来我们所谓的九紫离⽕运,你们有没有什么信息是想要带给我们的?

Question: Do you have any information you want to share with us about what we are calling the Nine Purple Fire Dispersal Cycle for the upcoming period?

JO: 我们⾸先让你们知道所谓的什么运什么运就好像是不同的季节⼀样.然后那你们就知道秋天的时候,树叶都会凋落都会凋谢.然后这个季节,又是⼀些,就好像有⼀句话叫顺势⽽为.就是你知道春天来了,我要播种,对吧? 然后冬天来了,秋天来了… 所以这就好像你们古⼈摸索出来的⼀个规律.然后关于这个你想问的是什么?

JO: First of all, we want to let you know that the concept of feng shui is similar to different seasons. Just as leaves fall during autumn, this represents a period when certain things may not flourish. This season mirrors other times when it's advisable to follow the natural flow or '顺势而为'. For example, in spring when planting begins, you take advantage of the conditions for growth. When winter comes and then autumn arrives, these are periods that resemble the patterns discovered by ancient Chinese sages. The question you might have is about: what specific aspects of feng shui do you want to know more about?

问: 九紫离⽕运关于灵性额的崛起还有关于我们的信息这些,有没有什么关于未来的信息是可以带给我们的?

Question: Are there any future insights related to spiritual awakening and our information regarding the Nine Purple离开Fire Cycle that can be shared with us?

JO: ⾸先就是你要知道就好像有⼀些⼈他们创造了⼀些实相.那如果你去加⼊他们,你就可以体验到.但是这种你永远都是被动的,因为你要知道你才是那个创造者.我就算告诉你现在马上世界末⽇了,你也可以创造⼀个天堂,然后带⼀群⼈去到天堂⾥⾯,明⽩吗? 所以说就算那个世界末⽇是真的,那也是针对那个去创造那个世界末⽇的⼈他们的体验.所以说如果是九紫离⽕运,你们还会有⼀⼤批⼈去跟随这个.但是我们想要让你们知道的是,你们⾃⼰去创造.就⽐如说离⽕运,它所谓好的⽅⾯你可以更好.然后他们所说的差的⽅⾯,你完全可以去利⽤它,就是把差的变成好的去转化它.

JO: First of all, you need to understand that some people have created certain realities. If you join them, you can experience it. However, this is always passive because you know you are the creator. Even if I tell you that the world is ending right now, you could create a heaven and bring a group of people into it, do you see? So even if the end of the world is real, that's their experience for those who created it. Therefore, even if this is the 9 Red Fire cycle, there will still be many followers going along with this. But what we want you to know is that you create your own realities. For example, in the Red Fire cycle, its so-called positive aspects can make things better. Then, any negative aspects they mention, you can completely utilize them, transforming the bad into good.

⽐如说秋收冬藏,就是这种节⽓,就算是在这样⼦在冬天,那你可以好好在家⾥⾯享受、取暖,去感受这个,明⽩吗? 然后不同的时间段你都可以把它利⽤它.因为你才是那个创造者,你不是被动体验的.就⽐如说现在是⾛什么运,然后会有什么不好的事情发⽣.然后你就开始担⼼或者是焦虑.这⾥没有任何.因为像我们说的,运⽤你的想象⼒,运⽤你的创造⼒,把所有东西变废为宝,把所有的阻⼒都变成像是你健⾝的器材⼀样,它来增加你的肌⾁.把所有的像是发⽣的灾难变成你们凝聚在⼀起的契机,明⽩吗? 所以所有的⼀切它都可以被你们正⾯的运⽤,正⾯的服务于你.所以⽆论运势是怎么样的⾛向,它对你都不会有影响.为什么呢?

For instance, the saying "harvest in autumn and store up for winter" refers to these types of seasons; even during winter months, you can enjoy staying at home, warming yourself, and appreciating this aspect. You understand that different periods offer opportunities based on your initiative as the creator, rather than being passive recipients of experiences. For example, understanding what kind of luck you are experiencing might lead to worries or anxiety about potential negative events. However, here is nothing to fear because by harnessing your imagination and creativity, converting all obstacles into beneficial resources, turning challenges like fitness equipment that strengthen muscles. Viewing disasters as moments that unite you collectively can be seen as an opportunity. Everything can thus be positively utilized and serve you in a constructive manner. No matter how your fortune evolves, it will not affect you negatively. The reason being...

因为你才是真正的顺势⽽为.但是你提到就是说对你们的这些信息,你们的信息都不需要⽤运势来影响,明⽩吗? 它不需要去借助任何,它不需要去借助任何⼈.因为这不是⼈为的.因为你们⼈的⼒量,你闷⼈为的⼒量是最⼩的.你们还会觉得是⽤你们的⼈去推动.是任何任何,就是它都会⾃动的为这些服务,所以这⾥没有⼈.那个所谓的⼈,看上去像是⼈,其实他只是⼀个管道⼀个通道⽽已.所以说这⾥没有⼈为.

Because you are truly going with the flow. But when you mentioned that your information doesn't need to be influenced by fortune-telling; understand? It doesn't require any aid from anyone because this isn't人造. The human force is the smallest among all forces. You might feel like it's your people pushing for these things. It involves anything, and it will automatically serve these purposes. That's why there's no person here. This so-called 'person' seems like a human being but in reality, he is just a conduit or channel. Hence, there is no人为 interference.

问: 我还能不能请问⼀下我的祖先有没有什么信息是想要带给我的?

Q: May I ask if there's any information that my ancestors want to convey to me?

JO: 你接下来继续听后⾯的信息.

JO: Continue listening to the information after this.

问: 那我如果要问我的指导灵还有没有什么信息要带给我?

Question: If I were to ask my spirit guide if there's anything else they have to convey to me?

JO: 刚才前⾯已经说了.

JO: Just mentioned previously.

问: 有⼀个群友想问每个⼈都有⽆数个版本的⾃⼰,这些是在投胎前就计划好的? 还是在⼈间由⾃⼰的意识扩展⽽形成的?

Q: A group member wants to know if each person has an infinite number of versions of themselves planned before reincarnation, or if they are formed through the expansion of one's consciousness during life on earth?

JO: 你是说那些版本是计划好的吗?问: 对JO: 你⾸先就是你⾃⼰会有⼀个你需要去来这⾥,就是选择这个⾁体和这⼀世需要去突破或者是体验的主题,最主要的主题.然后这个是…. 那版本的话,就是说在这个主题⾥⾯你就好像是可以⾃由的发挥.这么说吧,你们主题就好像我有这套房⼦,对吧? 但是房⼦⾥⾯的装修风格,你到底是要把房⼦⾥⾯弄的像个鸡窝像个狗窝像个猪窝⼀样呢? 还是弄得像个五星级酒店⼀样? 然后你可以去把⾥⾯的东西弄的破破烂烂,然后跟⾥⾯的⼈天天在那吵架打架,然后制造仇恨.然后你也可以跟⾥⾯的⼈开开⼼⼼的相处,互相学习互相⽀持对⽅,然

JO: Are you saying that those versions are premeditated? Q: So JO, first of all, there is the aspect where you would choose yourself and this body and this life for breaking through or experiencing certain themes. The main theme here. And then... As for the versions, it's like having a choice within this theme to freely play around with. Let me put it like this: Your theme is akin to having this house, right? But you have the freedom to decide whether you want the insides of the house to resemble a chicken coop, dog kennel, or pigsty, or transform it into an elegant five-star hotel. You can mess up the interior and constantly argue and fight with the people inside, generating hatred. Alternatively, you can coexist happily with them, learning from each other and supporting one another, then

后像是天天都是在开party聚会,明⽩吗? 所以说⼈和那个房⼦和那个地点,这是定下来的.但是你到底要在⾥⾯创造⼀个什么样⼦的能量场? 到底是天堂还是地狱? 到底是互相伤害还是互相⽀持? 你都可以如何去选择你这套房⼦要被你弄成什么样.

The illusion is that every day is a party gathering, right? So it's clear that people and the house, as well as the location, are fixed. But what kind of energy field are you going to create inside? Will it be heaven or hell? Will it be about mutual harm or support? You can choose how your house will be transformed by you.

问: 怎样才是真正的活着?

Question: What does it mean to truly live?

JO: 如果你只是把你的活着当成是你的⾁体的存活的话,那个就不是真正的活着.因为你只是在为这具⾁体,但是这个⾁体它不具有⾃主的意识.为什么呢? 它是受它⼀切的影响的.它是受你给这个⾁体植⼊了什么,然后这个⾁体它储存了什么信息,它是根据这些做出反应的.那这个⾁体它⾃⾝有很多那种,就是各种⾁体产⽣的⼀些情绪也好反应也好,它都是储存在这个⾁体⾥⾯.那真正的活着就是说你实际上是通过这个⾁体活出来.通过这个⾁体⽽展现出你是谁.如果你能通过这个⾁体展现出你是谁,那你就是真正的活着.⽽不是说任由你们这具⾁体随波逐流,就是你们这个环境啊、集体意识啊,让它去呈现出这个样⼦.

If you merely regard your existence as the survival of your physical body, that is not true living because you are just serving this body. This body doesn't possess autonomous consciousness; why? Because it is influenced by everything. It is affected by what you've implanted into this body and the information it stores, which it reacts to based on these inputs. The body contains various emotions or reactions generated by different bodies, all stored within that physical form. True living means you actually live through this body, displaying who you are through it. If you can show who you are through this body, then you are truly living. Not letting your physical body be carried along by external forces like the environment, collective consciousness, or other influences.

这么说吧,你们通灵你们会看到很多⼈他们只是⼀个反射体来反射你们集体意识的.那你觉得这是真正的活着吗? 他只是来加深,就⽐如说我这⾥⾯已经臭了,他就是来加深这个臭味.我已经很乱了,他加深这个乱,就更乱了.乱上加乱了.他只是把这个泡沫弄的越来越⼤,他只是加深这个相⽽已.但是真正的活着你⼀定是创造你想要呈现的相,明⽩吗? 你想要创造什么? ⽽不是加深它已有的,你更多是突破它的.你突破它已有的,然后去创造⼀个新的相.

To put it this way, when you communicate with spirits, you see many people who are merely reflectors of your collective consciousness. Would you say that's truly living? They just come to intensify things like, for example, if my surroundings already smell bad, they amplify the foul odor. If I'm already in chaos, they deepen this mess, making it even more chaotic; adding chaos on top of chaos. They simply make the bubble bigger and intensify the manifestation. But true living means you create what you want to present. Do you understand? What do you want to create? Not just amplify what's existing, but rather break through its limitations and create a new one.

问: 怎样可以让⼈们更加看透物质世界是个幻像?

Question: How can we help people see that the material world is an illusion more clearly?

JO:⾸先你不去否定这个幻像,这个幻像就是你们最⼤的存在的价值和意义.因为如果离开这个幻像,那就像是精神病⼀样.因为他没办法焦距在这个物质世界.那他也没办法产⽣体验了,他是飘的.那只有就是提⾼你的智慧和认知.因为当你的智慧和认知提⾼过后,你就逐渐的不被外在相所困在⾥⾯了.就是你知道它这个相只是来帮助你去体验的,但是你可以去使⽤它却不被它困住.不然的话你就只是体验那个被困的感觉.但是任何被困的感觉它都是这⼀个阶段性的.因为就算它不主动的去成长,那它也会随着你们集体意识的转变⽽转变的.所以说这个并不是说很久的会是这样⼦.但是如果他⽬前还需要这样⼦体验这个,那是有助于他体验的.

Firstly, you do not deny this illusion because it is your greatest existence's value and meaning. For if you leave this illusion behind, it would be like a mental disorder, as they cannot focus on the material world. Consequently, there would be no experiences for them to generate since they are detached from reality. Only by enhancing your wisdom and cognition can this happen. Because once your wisdom and understanding improve, you gradually become less confined by external appearances. You comprehend that these forms exist only to assist in your experience, but you should utilize them without being trapped within them. Otherwise, you would merely experience the sensation of being trapped. However, any feeling of being trapped is merely a transitional phase since even if it does not actively grow, it will adapt along with your collective consciousness transformation. Therefore, this might not last forever. But if it needs to continue experiencing this at present, it aids in his experience.

所以你们也不需要着急的把每个⼈唤醒,说你不要在沉浸在这个物质世界了或者怎么样怎么样的.他们就是为此⽽来的.就像孩⼦去沙滩⾥⾯去堆建城堡.你把城堡给他打散,说都是假的.⼈家孩⼦专门⼤⽼远的跑过去就是为了搭建那个城堡,虽然浪⼀来,城堡就消失了.但是这个过程他们enjoy了,明⽩吗?

So there's no need for you to rush and wake everyone up, telling them not to be so immersed in this material world or whatever. They're here for that reason. Like a child going to the beach to build castles. You dismantle the castle, saying it's all fake. The kid has traveled a long distance specifically to build that castle, even though the tide comes and the castle disappears. But they enjoy the process, got it?

问: 有什么信息带给眼⾥只有钱的⼈?

Q: What information can appeal to people who only see money?

JO:他们可以去体验眼⾥只有钱.因为这个体验,他迟早会发现它并不能把他带向⼀个幸福和有安全感的路.为什么?因为眼⾥只有钱的⼈他们寻找的什么?寻找的其实就是⼀种满⾜或者安全或者是,就是满的感觉.但是他们迟早知道这⾥⾯没有出路的.所以带个他们的信息就是让他们⽤⾃⼰的⽅式去体验了.因为如果你觉得这是出路,那你⾃⼰去⾛了.因为⽬前如果他需要这个体验,⽆论你怎么告诉他,都没有⽤的.因为他需要的不是别⼈去告诉他,他需要的是他⾃⼰去体验体会,明⽩吗?那这个没有其他⼈可以去代替的.就好像你说这个是糖是甜的.那他就可以不⽤去尝了? 他就知道这是甜的了? 他知道甜的是什么吗? 这是盐,是咸的.

JO: They can go through the experience of seeing everything in terms of money. Because of this experience, he will eventually realize that it cannot lead him to a happy and secure path. Why is that? What are they looking for when they have their eyes on money? They're actually searching for fulfillment or security, or simply that feeling of being full. However, they will eventually come to know that there's no way out in this situation. Therefore, the message we want to convey to them is through experiencing it themselves in their own way. If you think this is the answer, then go and try it yourself. Because if he needs this experience, telling him won't help; no matter how much you tell him, it doesn't work because what he needs isn't for someone else to tell him, but for himself to experience and understand it. Is that clear? This can't be replaced by anyone else. It's like saying this is sugar and it's sweet. Can he not taste it just based on your word? Will he know it's sweet without actually tasting it? Does he even know what sweetness is when you say it's salt, which is salty?

那是不是他不⽤去尝,他就知道了?那糖和盐他都品尝了过后,下次他才能分辨出这个是糖,那个是盐.如果你只是通过告诉他,⽽不让他去尝的话.那他是不是永远都不知道? 所以那你告诉他们的意义是在哪⾥呢? 明⽩吗? 所以你们只需要⾛在你们⾃⼰的路上.为什么呢? 因为你们每⼀个都是不同的种⼦.你们每⼀颗不同的种⼦,它都会在不同的季节开花结果.你能先结果过后然后告诉其他⼈,结果就是这个过程,你们不需要经历了.他们就⽴刻枯萎,死掉? 因为结果你已经告诉它了,它是不是就不需要去体验了?

Could it be that he doesn't have to taste them to know? After tasting both sugar and salt, he can differentiate which is which next time. If you only tell him without letting him try it, would he never figure it out? So, what's the point of telling them then? Understand? Therefore, you just need to follow your own path. Why is that so? Because each of you is a unique seed. Each individual seed blooms and bears fruit in different seasons. You can show others after experiencing the outcome, saying that this process leads to such results; they don't have to go through it themselves, would they wither and die instantly because you've already told them about the outcome? Since you reveal the end result beforehand, isn't there a need for them to undergo the experience as well?

问: 地球的⿊暗能量是来⾃于哪⾥? 光和⿊暗只在战争吗?

Question: Where does dark energy in the Earth originate from? Is light and darkness only in conflict with each other?

JO: 你说就像你们问你们屋⼦⾥⾯这⼀堆垃圾是来⾃于哪⾥? 你说是来⾃于哪⾥呢? 你们住在那个屋⼦⾥⾯的⼈产⽣的垃圾呀.所以说那是来⾃于你们,所谓的⿊暗能量也是来⾃于你们.那所谓的⿊暗它就是⽆明、⽆知,就是缺少智慧.因为在他们眼⾥,就像前⾯说的钱能给他带来满⾜嘛.那没有钱就各种抢钱,觉得有钱了才有安全感.那你们抢了钱后,这个世界就有安全感了吗?那些拥有⼤量财富的,你去问题⼀下他们有安全感吗?他们都只会想尽更多的办法去霸占这些所有的钱,明⽩吗?那他们想办法霸占,这个过程就在⼲什么?就在消耗他们⾃⼰.他需要消耗⼤量的⾃⾝的精⼒来做这个霸占的事情.那实际上他是在⽤他的能量在跟⾦钱交换呀,明⽩吗?

You're asking where this pile of trash in your house comes from? You want to know its origin, right? The garbage produced by the people living in that house. Therefore, it comes from you. The so-called dark energy is also from you. That so-called darkness is ignorance, lack of wisdom; it's just absence of knowledge. Because to them, as previously discussed, money can bring satisfaction. Without money, there are various ways to steal wealth because they believe security lies in having money. But does getting money make the world safe? What about those who possess vast wealth? If you question them, do they feel secure? They will only think of more cunning methods to seize all that wealth. Understandably, they strategize their conquests by depleting their own resources. They require a substantial amount of personal energy to carry out this seizure process. In reality, they are trading their energy for money.

你们要知道这个物质世界你们霸占不了任何的.你们只是通不过它去体验,然后去增长你们⾃⼰的认知和增长你们⾃⼰的智慧.然后去认清楚.这么说吧,就是你去健⾝房健⾝,⼀个健⾝器材⽽已.⼀个健⾝器材本⾝就是来帮助你健⾝的,你还天天都霸占着它.那你睡觉都是让这些东西压着你,随时随地都压着你,你能轻松吗?你的⽣命⼀定是沉重的.它⼀定是不断地在消耗你.

You must know that you cannot dominate this material world in any way. You merely pass through it to experience and thereby increase your understanding and wisdom, then recognizing the truth. To put it simply, going to a gym to work out is just one piece of equipment, designed to help you exercise. But if you persistently take up residence on these pieces of equipment, making them part of your everyday life, do you think you can rest peacefully at night with these burdens on you? All the time, every day, constantly weighed down like this, how could you possibly find ease and comfort in your life? It is certain that your existence would be heavy and filled with constant depletion.

问: 所以是不是就没有⼀个我们认知上光的存有和⿊暗的存有在互相的… JO: 我们就是光呀.

Q: So, there's no duality of a being of light and a being of darkness interacting...

JO: We are the light.

问: 有没有⿊暗的存有不想让我们⾛到光⾥呢?

Question: Is there a dark being that doesn't want us to come into the light?

JO: 没有任何⼈能够阻⽌你,只有你⾃⼰不想.为什么? 你⾃⼰还存在着那些恐惧.就⽐如说你担⼼你害怕,它不是… 它没有办法,只有你⾃⼰允许.OK,我吃你这⼀套,我吃你⿊暗说的这⼀套.我吃你,就我相信你.我把我的⼒量给了你,感觉好像是你,被⿊暗在控制.不是的,是你⾃⼰.是你⾃⼰还在为你这个物质⾁体,你还在为它,你把它当成是⼀切,你还在为它去不停的抓抓抓.所以即使是外在感受到,你觉得是外在的恶势⼒、⿊暗势⼒拉着你们,那也是通过你的允许,那也是你创造出来的.你需要去创造⼀个这样⼦的来让⾃⼰沉浸在⾥⾯,明⽩吗? 因为没有任何所谓的⿊暗,没有任何能控制任何,只有你⾃⼰.

JO: No one can stop you, only because you don't want to. Why? You still have those fears within yourself. For example, you worry about being afraid; it's not... It has no power over you; only you allow it. Okay, I'll bite on this, I'll agree with the darkness and its way of thinking. I believe in you, I give you my strength, but it feels like you're under control by the darkness. No, it's you yourself who still exists within your physical body, you are still attached to it, seeing it as everything, constantly grasping for it. So even if you feel that there is an external force or darkness pulling on you from outside, it's all through your allowance; what you create yourself. You need to create something like this in order to immerse yourself into it, understand? Because there's no so-called darkness; nothing can control anything else; only you yourself.

因为你觉得你跟随那个控制,你更安全.那是来⾃于你⼼⾥有恐惧.当你⼼⾥没有任何恐惧,谁拿你有办法? 那个⼈说我要杀了你.你说我又不怕死.他说我要把你所有的钱财拿⾛,钱财本⾝就不是属于我的.他能拿你奈何?

Because you feel safer when you follow that control. That comes from the fear in your heart. When there's no fear in your heart, who can do anything to you? The person says they're going to kill you. You say I'm not afraid of death. They say they'll take away all your wealth. Money itself isn't mine. What can they do to you?

问: 我好长⼀段时间咳嗽⽼是咳不住嘴.请问我的⾝体有什么信息是要带给我的吗?

Question: I have been coughing for a long time and can't stop myself. Could there be any messages or information that my body is trying to convey to me?

JO: 你如果是越少去关注你⾝体的任何不适,它对你就是最好的.因为其实你们⾝体它会⾃动的调节,它⾃动的去适应外在的⼀切.它具有⾮常智慧的,它有⾃我修复能⼒.但是你需要对⽣活是有激情.热情,就好像你的⽣命之⽕必须是熊熊燃烧的.那如果你觉得活着没意思就是想死,那你的任何⼩⽑病都会不断地扩⼤的.因为当你⾃⼰充满激情,⽣命之⽕熊熊燃烧,⾝体⾥的每⼀个细胞都是为你的终极⽬标服务的.就好像你的每⼀个细胞后⾯都是⼀群⼠兵,你才是那个带头的.那你突然没⽅向了或者你的⽅向是⾛死路,那它们不是⾃相残杀了吗? 啊,将军要我们死,你杀我我杀你,来,我们全都死掉.

JO: If you pay less attention to any discomfort in your body, it will be the best for you. Because your body actually adjusts and adapts automatically to everything external. It possesses great wisdom and has self-healing capabilities. However, you need passion for life, enthusiasm, as if your life's fire must burn brightly. If you feel that living is meaningless and want to die, then any minor illness will constantly worsen. Because when you are full of passion, the life flame burning brightly, every cell in your body serves your ultimate goal. Imagine each cell has a battalion behind it; you're the leader. If you suddenly lose direction or head down a dead end, wouldn't they fight among themselves? A general orders us to die, you kill me and I kill you. Come, let's all perish.

问: 有⼀个群友想问她⾯试了好⼏份⼯作,然后她不知道该选择哪⼀份⼯作是最好的?

Q: One of the group members wants to ask about her interviews for several jobs; she's unsure which job offer is the best one to accept.

JO:那她可以不⽤做选择,看⼀下哪⼀个来选择她.就是说哪⼀个给她发出强烈的信号,这样⼦她就可以让外界来推着她.我看哪⼀家先找我,哪⼀家给我的offer最好.然后我都拒绝或者我要它的⼯资double.如果在这样⼦的情况下你做不了选择的话,那你就提⾼你的要求,看⼀下谁会拒绝你,明⽩吗?

JO: Then she can let them all compete for her by coming forward and choosing her. In other words, who sends her a strong signal so that she can be pushed by the outside world. I'll see which company contacts me first and which one offers me the best deal. Then I'll reject all of them or ask for double pay. If you're unable to make a decision in such a situation, then just increase your demands and see who will turn you down, understand?

问: 如何让⾃⼰距离⾃⼰成功的⽬标越来越接近?

Q: How can one get closer and closer to their own goal of success?

JO: 那成功就在眼前啊,你眼前就已经接近了呀,你眼前已经就是了呀.那你能活出你是的样⼦吗? 你能相信吗? 你能进⼊到那种喜悦的状态吗? 明⽩吗? 你可能会觉得我需要这个我需要那个.NO,你只需要看到,你看到你就会兴奋,你当下就进⼊了.因为种⼦已经播下了,它长出来、结果,是迟早的事.所以你们并不是说… 就是如果你还期望,觉得还在前⾯的话,就好像你迟迟没有播种⼀样.那如果你已经播种了,那农名会怀疑他播种之后不会发芽? 不会有菜? 不会有果⼦出来吗? 农民是不会怀疑这个的.那如果你当下你已经就是播种了的话,你还怀疑什么呢?

JO: Success is right before you; you're nearly there already; it's right in front of you. Can you live up to who you are? Can you believe it? Can you enter that state of joy? Do you understand? You might think I need this or that. No, all you have to do is see it - when you see it, you become excited, and you enter into it right now. Because the seed has already been planted; it will grow and bear fruit sooner or later. So rather than saying... if you're still waiting for something ahead, it's like not having sown anything yet. If you've already sown, would a farmer doubt that his seeds wouldn't sprout? Would there be no vegetables? No fruits coming out? A farmer wouldn't doubt this. But if you have already planted right now, what else are you still doubting?

问: 那我如何⾯对头脑⾥的怀疑? 就是它总想要看到、体验到,它才相信.

Q: But how do I deal with my doubts? It's just that it always wants to see and experience before it believes.

JO: 那你把头脑当成是你吗? (回答: 不是我) 那你就知道了.如果旁边就像鹦鹉学⾆⼀样,鹦鹉不停的在那那个什么.你知道它只是和鹦鹉,你说啥它就说啥.它没有分辨能⼒,那你就知道它不是主⼈了.

JO: So you see your mind as yourself? (Answer: No, it's not me) Then you understand. If there is something like a parrot imitating speech next to it, the parrot keeps repeating whatever you say. It lacks the ability to distinguish or interpret what you're saying; that's when you realize it's not the owner.

问: 感觉⽆⼒的时候,如何才能让⾃⼰变得更加的有⼒量?

Question: How can one become stronger when feeling powerless?

JO: 你感受到⽆⼒的时候,你为什么就不好好地躺下来去进⼊那种⽆⼒感呢? 为什么你们总是把感觉从当下给它推⾛呢? 就好像这边有⼀朵云,你要把它推开,我只要太阳,我不要云.那就算是有风刮过,那风刮⼀下就过了呀.所以你的⽆⼒感它不会是永久的状态.它不会是⼀直这样⼦.所以你有时候不需要做任何.你如果真是感受到⽆⼒,那你躺⼀会⼉.我跟你讲你躺⼀天躺两天躺三天,我跟你讲你如果躺三天… 你想象⼀下如果把你关到监狱⾥⾯不让你出去,你会怎样? 你会奔溃掉的.所以⽆论怎样你的那种感觉都会过去的.所以当你真的是觉得你⽆⼒做任何,那你就好好休息.不要去担⼼任何.因为所有的⼀切还真不是你们⼈类头脑⾥⾯安排好的.

JO: When you feel helpless, why don't you just lie down and let yourself sink into that feeling? Why do you always push your feelings away from the present moment? It's like having a cloud here and wanting only the sun, not the cloud. Even if there is wind blowing, it passes by eventually. So, your sense of helplessness isn't a permanent state; it won't stay like this forever. Therefore, sometimes you don't need to do anything at all. If you really feel helpless, then just lie down for a while. I'll tell you that lying down for one day, two days, or three days... Imagine being locked in prison and not allowed out; how would you react? You'd break down. So, no matter what happens, your feelings will pass over time. Thus, when you truly feel powerless to do anything, just take a good rest. Don't worry about anything because everything isn't actually planned out by human minds.

你们会觉得好像是你们头脑⾥⾯安排好的,但是你们的头脑没有安排好的功能.那不然为什么你们总会发⽣意外? 总会有那么不如意? 你觉得不如意,就是你觉得没有按照你头脑⾥⾯的规划嘛.所以说你就顺着你的情绪或者顺着你的⾝体感受,你就会越来越不去抵抗⼀切了.你就会发现其实你真的不需要费⼒.因为你需要去相信你的⽣命它其实就像⼀颗种⼦⼀样,它⾃⼰⾥⾯已经包含了每⼀个阶段它成长需要的⼀切.你不需要推着它去长.你说哪⼀个农名会天天站在种⼦旁边: 你长啊,你长啊.然后我要不去叫它,它就不长了.农民会担⼼这个吗? 那你的⽣命你也不需要担⼼如果你没有做点什么,如果你没有去催着它,它就不会长了.不会的.你没有办法.

You might feel like it's pre-arranged in your mind, but there are functions of your mind that aren't arranged well. So why do you always have accidents? Why is everything not going the way you want? Feeling discontent means you feel like things aren't following your mental planning. Therefore, just let yourself follow your emotions or body sensations, and you will increasingly stop resisting everything. You'll realize that you don't actually need to exert effort. Because you must trust that your life is like a seed, already containing all it needs for each stage of its growth within itself. There's no need to push it forward. Wouldn't any farmer stand by the seed day after day, urging: Grow! Grow! And if I don't call on it, it won't grow? Would a farmer worry about this? Then you shouldn't worry about your life either; there's no reason why it wouldn't grow just because you didn't do anything or didn't urge it forward. It simply won't happen. There's no way for that to occur.

为什么呢? 因为⽣命它本⾝就已经包含了它不断地扩展,⽆论你头脑催它去做点正事.没有什么正事.管你做不做事,你都在长.

Why is that so? Because life inherently contains within itself the constant expansion of it, regardless of what you force your mind to do with it. There's nothing productive to be done really. It just keeps growing no matter what you do or don't do.

问: 如何更好的完成在地球上的⼯作?

Question: How can one better accomplish work on Earth?

问: 地球上唯⼀的⼯作就是允许你⾃⼰⽣长.还不是让你成长,是允许.这就是你唯⼀的⼯作.

Question: The only job on Earth is to allow yourself to grow. Not to make you grow, but to permit. This is your sole task.

问: 头脑经常胡思乱想,如何让头脑安静下来?

Question: My mind often wanders and rambles, how can I calm my mind down?

JO: 你⾸先你要去选择让⾃⼰特别兴奋,就是特别想做特别激情的事情.因为你会专注在⾥⾯,那你头脑⾃然⽽就安静的.你会忘记⼀切的.还有就是说你去知道你头脑⾥⾯的声⾳,它实际上是假的.因为当你去烦它或者是因为⼀些声⾳或者是跳出来的⼀些念头给你产⽣⼀些情绪,⽐如说恐惧呀、愤怒呀、悲伤呀,对吧? 那你要知道念头就是个念头⽽已,它不具有任何⼒量,它也不是真实的.只有你觉得它是真的,真的我今天要是不⼯作的话,我明天就要死掉.再不⼯作,我⽼板就要把我杀掉.我今天如果不⼯作,我爸妈就要把我打死.就这种.这些它只是你⾃⼰的⼀个念头⽽已,这些念头不是真的.

JO: First of all, you should choose to do something that excites you deeply, something with high passion because it will engage your full attention. This way, your mind will naturally become calm and still. You'll forget everything else around you.

Additionally, realize that the sounds in your mind are just illusions. When you get upset by them or by certain thoughts popping up that generate emotions like fear, anger, sadness etc., understand that these thoughts are merely thoughts - they don't possess any power nor do they have truthfulness. Only when you believe they're real does it become something true like "If I don't work today, I'll die tomorrow," or "My boss will kill me if I don't work." Or even the assumption that "If I don't work today, my parents would kill me."

Remember, these are simply your own thoughts and not realities.

所以说当你发现你头脑⾥⾯的这些念头它只是念头,⼀些集体意识或者⼀些幻像,你便不会被它⼲扰的.除⾮这些念头飘过,它触动了你内在的⼀些恐惧.因为你们的⾁体是有反应的,就是它是⼀个记忆体.曾经发⽣的⼀些事情,你担⼼它又在继续发⽣.所以说当你越来越ignore it,就是不被它⼲扰的话.就好像你⾃⼰⾛路,那路上有个影⼦.太阳照着,有个影⼦.你不会被这个影⼦⼲扰的.你不会觉得这个影⼦要吃掉你,杀掉你,让你产⽣恐惧.你知道是因为光照到那,它是⼀个影⼦⽽已.它对你没有任何影响,你做你的.

So when you realize that these thoughts in your mind are just thoughts - a collective consciousness or an illusion -- they will not disturb you unless the thoughts touch upon some fear within you because your physical body has a reaction to it as a memory of something that happened before and you worry that it might continue. Therefore, the more you ignore those thoughts without being disturbed by them, it is like walking on a path where there's a shadow. With sunlight shining, there's a shadow. You would not be bothered by this shadow; you wouldn't feel that the shadow wants to eat you or kill you and create fear in you because you know it's just a shadow due to light hitting that area. It has no impact on you; you simply do your own thing.

问: 如何区分摆烂和⾂服?

Q: How do you distinguish between laziness and servitude?

JO: ⾂服的话,他内在知道所有的⼀切在⾃动的运⾏.宇宙在⾃动运⾏,⽣命在⾃动运⾏.那摆烂,他就是⼼⾥还有⼀个负⾯的观点,就觉得反正我什么都改变不了.那你看你内在有没有⼀个消极的信念、观念了? 那如果你不去做这些事情是因为你消极的观念,觉得反正我改变不了什么东西.然后你就能分辨出.因为⾂服并不代表你不去做事情的.只是说你在做这个事情更多的是因为这是你⾃⼰想做的,你不会去在乎那个结果.就是我去⾏动,这是我想要的,这是我爱的,这是我⾃⼰迫不及待、充满激情的.但是我没有奔着这个结果去.并不代表你不⾏动.你只是不去停留在那个结果.为什么呢? 因为你们头脑太受限了.你说你能想出来⼏个词?

JO: When it comes to self-service, he intuitively understands that everything is running automatically. The universe is in motion, life is in motion. If you're just throwing in the towel, then there's a negative perspective within him, thinking that nothing can be changed anyway. Have you noticed any negative beliefs or thoughts within yourself? If your reluctance to do certain things stems from these negative viewpoints, feeling as if you can't change anything, you should be able to identify them. Self-service doesn't mean you stop doing things; it means that when you engage in an activity, it's more because it is what you want and love, driven by anticipation and enthusiasm rather than a specific outcome. You're not aiming for the result but simply don't dwell on it, which has nothing to do with your inability to act. The reason lies in the limitations of your mind; can you come up with just a few words?

我就告诉你,你说你能说出来多少个词语? 你头脑⾥连蹦出来的⼏个词语都是有限的.你还觉得你能想到什么? 这个世界是⽆限的,真正的⽣命是⽆限的.没有任何词语能够去表达它,明⽩吗? 那就好像鹦鹉就懂那⼏个词语,你还想跟它来⼀场深刻的对话? 你下次真的是指望你的头脑⾥⾯能产⽣点什么,你就想象⼀下你去指望鹦鹉.那你头脑⾥⾯如果真正的有⼀些东西,它其实也是所谓的灵感.就是在你不经意的时候,突然有个灵感.灵感它不是你想出来的,是突然蹦出来的.那就是你的头脑就像⼀只狗⼀直在那盯着盯着,等你打瞌睡的时候,突然⼀下就出来了.所以你们越是放松,灵感越多.

I'll tell you this: can you name how many words you think you can come up with? The number of words that pop into your head is limited. You still think you can imagine anything? This world is boundless, true life is boundless. There are no words capable of expressing it; do you understand that? It's like expecting a parrot to understand those few words; do you expect to have a profound conversation with it? Next time, if you're really hoping for something in your mind, just imagine relying on a parrot. If there were truly some things within your mind, they would actually be what is termed inspiration - unexpected bursts of insight that happen without being planned or thought out. Your mind acts like a dog staring intently at something; it waits until you're about to fall asleep and then suddenly, an idea comes forth. Therefore, the more relaxed you are, the more likely you'll have inspirations.

问: 完全放⼿是⼀种什么样的程度?

Question: How does "letting go completely" manifest?

JO: 就是你真的能够完全的专注于当下.那你就是完全的放⼿了.因为就算是他们告诉你明天会怎样,明天会世界末⽇,明天会战争,你也没有让它来⼲扰到你⽚刻、此刻的宁静.因为只有⽆知的⼈才会觉得明天真的会怎样怎样.但是你们所谓的明天不过是你当下的频率去投射出来的⼀个果⽽已.你说我当下的频率,我种下的种⼦是宁静的,那我的果⼀定是宁静的,是没有⽭盾的,它⼀定是和谐充满爱的.那如果你当下种下的是恐惧,那你明天⼀定是有恐惧的,你播的就是恐惧的种⼦.你明天还不想吃恐惧的果? 你们吃到那个恐惧的果,还说你看吧,恐惧是真的.所以你们并不知道那是因为你已经播下了这个种⼦,所以你才能吃到所谓的恐惧的那个果.

JO: You're truly able to focus completely on the present moment. Then you've let go entirely because even if they tell you what will happen tomorrow, whether it's the end of the world or war, you won't let that disturb your peace now. Because only those who are ignorant believe that things will really be like that tomorrow. But what you call tomorrow is merely a fruit projected by your present frequency. You say I have planted seeds of tranquility in my present frequency, so my fruit must necessarily be tranquil and conflict-free; it must be harmonious and filled with love. If you plant fear in the present moment, then you will certainly experience fear tomorrow because you're sowing fear's seeds. Do you not want to eat the fruit of fear tomorrow? You consume that fruit of fear and then claim, "See, fear is real." Therefore, you don't know that it's because you've already planted this seed, that you can taste the so-called fear's fruit.

如果你了解这个物质世界实际上就是你每⼀个当下的频率的反射的话,那你是不是就没有任何可担⼼的了.因为有些事情,就⽐如对于⾁体死亡的恐惧或者亲⼈死亡的恐惧,这些管你恐不恐惧,其实你们都没有办法去避免.但是你们去可以深⼊的去体验.体验这种⼈间的情感,就是作为⼈的⼀种情感.

If you comprehend that the material world is essentially a reflection of your current frequency at every moment, then wouldn't there be nothing to worry about? Because some things, such as fear of physical death or losing loved ones, these are experiences you can't escape regardless of whether they scare you or not. But you can deeply engage with them, experiencing the human emotions that define what it means to be a human being.

问: 最根本的恐惧是什么? 如何解决最根本的恐惧?

Question: What is the fundamental fear? How can we address the fundamental fear?

JO: 实际上来⾃于你们⾃⼰对⽣命的⼀个不了解,对你们⾝份的⼀个不认知.如果你知道你的⽣命是永恒的.每⼀个⽣世只是⼀个道具⼀件⾐服来供你使⽤,⽣命是⽣⽣不息的话,那你是不是就不会产⽣这个恐惧? 所以最根本的恐惧来⾃于你对这个物质⾁体的慎重,把它当成是唯⼀.那你所有的恐惧都围绕着这个的.为什么? 我这个⾁体存活不下去了怎么办? 我要钱呀,我要⽣存呀,我要所谓的安全感,我⽣病死亡啊,保持这个物质⾁体的安全啊健康啊,对吧? 所有的痛苦都来⾃于… 如果你知道你其实真正的存在是意识体.你是需要通过这个物质⾁体来创造各种体验,因为你不通过它的话,你没有办法体验到.

JO: Actually, it originates from your own misunderstanding of life and lack of awareness of your identity. If you knew that your life is eternal, that every incarnation is merely a tool or a garment to be used by you, and that life is incessant, then wouldn't you not feel this fear? So the fundamental fear stems from your cautiousness towards this physical body, treating it as the sole reality. All of your fears revolve around this. Why? What do I do if my body can no longer survive? I need money! I need to live! I need what is perceived as security, illness and death, keeping this physical body safe and healthy, right? All the pain originates from... If you knew that you actually exist as a consciousness entity, needing to create various experiences through this physical body because without it, you would not be able to experience anything.

就好像你打游戏,如果把你的体验感减弱了,游戏有意思吗? 为什么你们的游戏都是加强体验感? 它的画⾯越来越清楚,越来越像⾝临其境的感觉,对吧? 因为它可以加深你的体验感,就好像你⾃⼰⾝临其境.当你真正的去找到你的⽣命是谁? 然后你的⽣命不只是在你这个⾁体上,这个⾁体只是展现你⽣命的⼀种⽅式.你们进⼊到这⾥过后,你们会把这个⾁体当做是你.然后所有的恐惧都围绕着这个.所有的对物质的⼀种占有啊,都来⾃于这个.你们可以看到,只要它是物质的东西,它都会消失的.你有看到不消失的⾁体? 明⽩吗? 迟早它都会消失的.

It's like playing a game; would the experience be enjoyable if it diminished your immersion? Why do you enhance the experience in games where visuals become clearer, creating a more realistic sensation, right? Because they deepen your sense of involvement, making it feel as though you're there yourself. When you truly discover who you are as a life, then your existence transcends just being embodied in this physical form; this body is merely one way to express your essence. After entering here, you perceive yourselves through this embodiment, with all fears centered around it. All attachments to material things stem from this perspective. You can see that anything material will eventually fade away. Have you observed a body that doesn't vanish? Understand; it's destined to pass at some point.

问: 如何让钱源源不断的流⼊⾃⼰?

Question: How can one ensure a continuous flow of money into themselves?

JO: ⾸先你要知道你有这个想法来⾃于什么? 来⾃于就是说你觉得钱它并没有源源不断地流向你,明⽩吗? 那你为什么觉得钱没有源源不断地流向你,是你需要⾃⼰去看到的.还有⼀个就是你为什么想要钱源源不断地流向你? 是因为你觉得只有钱才能完成你的梦想? 才能让你幸福? 才能让你满⾜? 才能让你快乐? 这是你⾃⼰需要跟你⾃⼰对话,然后来清楚你⾃⼰背后的⼀个模式.因为当你知道… 这么说吧,你是⼀颗种⼦.你说我怎样才能让⽔源源不断地流向我? 所有的⽔都流向我? 那这个种⼦能长出来吗? 被淹死了.(中断后继续回答) 因为他觉得只有钱不断地流向⾃⼰,他才会满⾜.但是你们有很多⼈在你们这个世界上个你们做了例⼦.

JO: First, you need to understand where this thought comes from? It comes from the fact that you feel money is not flowing into your life endlessly, right? That's why you believe money isn't flowing into you continuously; it's something you need to observe. And why do you want endless financial flow? Is it because you think only having lots of money can fulfill your dreams? Can it make you happy? Can it satisfy you? Can it bring you joy? This is a conversation you must have with yourself to understand the underlying pattern driving your desires. Because when you know... Let's say, you're just a seed asking, "How do I get water flowing endlessly towards me? All the water?" Would that seed grow or would it drown? (Interrupted and continues) Because he believes he'll be satisfied only if money continuously flows into himself. But many of you in this world have already set examples for you.

就是只有钱,它并不能给你带来真正的幸福和满⾜.因为钱只是你体验某件事情的⼀个⼿段⽽已.但是你如果只要这个⼿段⽽不要其它的⽀持的话.就好像你这颗种⼦,我只要⽔,我不要太阳,我不要阳光,我不要⼟地.明⽩吗? 所以说这是他⾃⼰需要去探索⾃⼰内在对⾦钱的⼀个认知,还有对他⾃⼰⽣命的⼀个认知.如果只是单纯的去追求钱的话,你们世界上有很多⼈已经给你们做了例⼦.⽐如他们去抢银⾏啊.抢完了过后呢? 还有那些贪官,贪了很多很多钱,这就是你们所谓的只要钱的结果吗? ⾸先你们每⼀个来到物质世界上的⼈他所需要的⼀切已经受到了⽀持.那需要更多的⾦钱,那你问⼀下你⾃⼰你是不是中了资本主义的套路?

It's just about having money; it can't really bring you true happiness and fulfillment because money is merely a means to experience something. But if you only want this tool without any other support, it's like you have a seed that I need water for but don't want the sun or sunlight, nor the soil. Do you understand? Therefore, he needs to explore his own inner understanding of money and how it relates to his life. If one merely pursues wealth, there are already examples in your world. For instance, people who rob banks. After they're done, what about those corrupt officials who've amassed a lot of money—these are the outcomes you call 'just wanting money'? Firstly, every person who comes into this material world has their needs supported. If you need more money, then ask yourself if you're falling for capitalism's trap?

就是我必须要豪车豪宅,必须要有⾝份,必须要有名牌,明⽩吗? 还是⼀个你对你⾃⼰的不认识.为什么呢? 因为你觉得你需要外在的东西来让你变得强⼤或者是有

This is what I need - luxury cars, grand mansions, status symbols, do you understand? Or perhaps it's because you don't know yourself. Why would that be? Because you feel the need for external things to make you strong or valuable.

⾯⼦.那也是你⾃我的⼀种否定.你不认识你⾃⼰,不认识真正的你.你觉得你是⽤它们堆出来的.并不是.今天如果你们如果把别⼈的体验也可以真正的深⼊的话,就可以减少你很多需要去制造这个体验亲⼦给你⾃⼰.就⽐如说你看到你们社会上的许家印,看到他对⾦钱的⼀种,然后他在这个社会上的形象,然后最后呢? 明⽩吗? 所以说你们可以通过别⼈的体验来让你们少⾛弯路吧.

Face. That is also a form of self-denial. You don't know yourself, you don't know the true you. You think that you are just built with them. No, not at all. If today, if you could really deeply understand other people's experiences, it would reduce many things you need to create these experiences for yourself. For example, when you see someone like Zhang Jian in society, and then his image about money, then what happens? Do you get it? So you can use others' experiences to help you avoid making mistakes.

问: 认识⾃⼰,⾃⼰到底是怎么样的? 如何可以快速的认识⾃⼰?

Q: How can you know yourself better and understand who you truly are? What's a quick way to recognize yourself?

JO:认识⾃⼰,你⾸先通过你们物质世界的体验去认识⾃⼰.你会体验到很多跟你内在不不合的,就是你不舒服的.⽐如说我去做⼀些抢别⼈、偷别⼈东西的⾏为,你产⽣不适感.那你就知道那个不是你.那如果你去帮助别⼈,你⼼⾥很快乐.那你就知道那个是你.所以通过物质世界的各种情绪、感受、体验,所有的⼀切你都可以去认识到你⾃⼰,到底什么才是你的频率.为什么呢?这个其实很简单,就好像你越界了,你就会被电击⼀样.那是不是就把你拉⼊正轨了?你只要越轨了,你就会被电击⼀下.你是不是就可以⾛到⾃⼰的道路上了?认识你们⾃⼰,就好像物质世界就是⼀⾯镜⼦.

Japanese Operator (JO): Understanding yourself begins with experiencing your world through physical sensations. You'll notice things that don't align with your inner self – those that cause you discomfort. For example, if I were to engage in actions like stealing from others or taking something without permission, I would feel an unease, which tells me it's not who I am. On the other hand, when you help others and feel joy deep within, this lets you know it resonates with your true self. So, by exploring various emotions, feelings, and experiences in the physical world, every aspect helps you recognize your own frequency – what truly defines you. Essentially, the principle here is simple: crossing a line results in being shocked, which corrects your path, guiding you back to where you should be. Once you step out of alignment, there's a correction; once corrected, you can move forward on your own path. Recognizing yourself feels like looking into a mirror that reflects your true self.

那个镜⼦它⽅⽅⾯⾯的,你可以通过你的亲密关系,通过你跟任何⼈的关系,通过所有的⼀切,都是你⾃我认识的⼀个机会.它都像是⼀⾯镜⼦⼀样映射出你,你就可以从中找到⼀些.这是⼀个过程.但是你⼼中⾃有答案.

That mirror is all-encompassing; you can use your close relationships, any relationship with anyone else, and everything else as opportunities for self-discovery. It reflects you like a mirror, allowing you to find certain aspects within it. This is a process, but the answers are within you.

问: 不坚定,如何才能让⾃⼰变得坚定?

Question: How can I become more steadfast when I lack confidence?

JO: ⽐如说你对某⼀些事情不坚定也是好的.你为什么要逼着⾃⼰去坚定呢? 因为当你真正坚定的东西,你没有办法不坚定.为什么? 你坚定你不会杀⼈,明⽩吗? 所以说你不需要去强迫⾃⼰.啊,这个要坚定.我说我坚定要做这个⼯作⼀辈⼦,那我就做⼀辈⼦.那我要坚定它.我坚定我嫁这个⼈就是要⼀辈⼦,那我就坚定⼀辈⼦.这不⼀定是个好事呀.因为当你真的和⾃⼰不爱的⼈在⼀起,你⼼⾥可能会产⽣很多很多抵触.那你在⼀个很多抵触的能量场.在这样⼦的⼀个家⾥⾯,对你的孩⼦对对⽅都是不好的.因为只是虚假的,你只是为了坚定去做某些事情.所以不需要去强迫⾃⼰去follow任何.

JO: It's okay to be unsure about some things. Why would you force yourself to be sure? Because when you're truly certain about something, you can't help but be uncertain about other things. For instance, if you are very sure that you won't kill someone, why push yourself further than that? You don't need to force yourself. I say, 'I'm determined to work in this field for my entire life,' so then I'll do it for my entire life. I have to be certain of it. If I'm determined that I am meant to marry this person for my entire life, then I will be certain that way too. That doesn't necessarily mean it's good. When you're truly with someone whom you don't love, your heart might feel a lot of resistance and conflict. You'll exist in an environment filled with so much opposition. Being in such a household is bad for both the children involved and your partner because you are just maintaining this facade of certainty to do certain things. There's no need to force yourself into any rigidity or follow anything blindly without questioning its value.

你其实唯⼀需要坚定的就是去相信你的⽣命是⽆限的,它不限于这个⾁体.它也不限于任何你的⼀些表现.因为它就好像是你这棵参天⼤树在⼩嫩芽的时候,它⼀个状态⽽已.只是在这个当下的状态⽽已.然后⽣命它⾃⼰会有展现它⾃⼰的⼀个⽅式.

You need to firmly believe that your life is infinite, not confined to this physical body or any of its expressions, as it's merely a state like a giant tree in its bud stage - simply the current condition. Then, life itself will find its own way to manifest.

问: 如何消除⾃卑和匮乏感?

Question: How can one eliminate feelings of inferiority and lack?

JO: ⾃卑和匮乏,它其实来⾃于你对你⾃⼰的⼀个不认知.就好像我们刚才说的恐惧,它其实来⾃于你对你⾃⼰⾝份的不认识.因为⾸先你要认定你这个⾝份,对吧? 我才会产⽣⾃卑.我认定我他妈的就是出⽣在这个贫穷的家⾥,又没有学历又没有钱又没有⼯作.你是不是就听它的了? 你才会产⽣那种⾃卑感.如果你不认定它,我只是通过这个⾓⾊.就是有很多⾓⾊,我是个主演.我是个演员的⾝份.我在这个剧情⾥⾯我演的是个流浪汉,我在另外的剧情⾥⾯,我演的是个皇帝.那你还会因为你演流浪汉,就是你太投⼊那个⾓⾊,把那个⾓⾊当成是你,你才会产⽣⾃卑的.你只需要去通过你不断地去探索⽣命这个真相.当你发现真相过后,你就不会产⽣⾃卑了.

JO: Self-esteem and inadequacy actually stem from your unconscious understanding of yourself. Just like the fear we discussed earlier, it comes from not recognizing your own identity. Firstly, you need to accept who you are, right? I would feel inferior because I have accepted that my birth came into a poor family with no qualifications, no money, and no job. You follow its dictates? That's when self-esteem issues arise. But if you don't accept it as truth, then I'm just playing the role. There are many roles; I'm the lead actor, an actor by profession. In this scene, I play a beggar, while in another scenario, I portray a king. You would feel inferior because you're too immersed in that character and mistake it for yourself. You won't experience self-esteem issues once you delve into exploring the truth of life. Upon discovering the truth, self-esteem problems will dissipate.

你没有发现这个真相,你就会沉溺在着这个⾓⾊⾥⾯,把那个当成是你.再说你们⽣命真正最最宝贵的就是你们的体验,你们的经验.其他没有什么⾝份⾼低之分的.为什么呢? 就像我们之前通灵信息说过,就⽐如说我这⼀世想体验的就

You won't find this truth, you will be lost in this role and see that as yourself. Moreover, the most precious aspect of your life is truly your experiences and your experiences alone. There's no hierarchy among them. Why not? Just like the spiritual communications we've shared before, for example, what I might want to experience in this lifetime is

是真正的⼈情冷暖,就是真实的,不带掩盖的,不带虚假的.那皇帝⾝边他体验的这些⼈都是假的.为什么呢? 因为那些⼈必须要毕恭毕敬的,对吧? 那他作为⼀个流浪汉的⾝份,⼈们给他展现的都是真实的.我对你嫌弃就是嫌弃,我对你有爱是真的有爱.因为对你没有任何渴求了嘛.那他这⼀辈⼦就是想⽤这个⾓⾊体验到⼈的真实⾯⽬.那为什么我还要去⽤皇帝的⾝份⽽不是去⽤那个流浪汉的⾝份? 明⽩吗? 因为他想通过这个流浪汉的⾝份来加深⾃⼰对⼈的⼀种认识.为什么呢? 因为他以后想要成为⼀个⼼理学家,想要探索⼈类的⼀个本性.他就需要去做这个功课.

It's the genuine taste of human warmth and coldness, genuine without any concealment or deception. The people around that emperor were all fake. Why is that? Because those people had to be respectful towards him, right? When he was just a homeless person, the way people treated him was real. I dislike you because I genuinely do, I love you because I truly do. There's no desire involved with me. His entire life has been about wanting to experience human nature through this role. Why would I choose to be an emperor instead of being that homeless person? Do you understand? He wants to deepen his understanding of humans by taking on the identity of a homeless person. Why is that necessary? Because he aspires to become a psychologist and wishes to explore the essence of humanity, which requires him to do this kind of introspective work.

所以说当你去发现其实每⼀个⼈他来都有他⾃⼰的灵魂主题,他有他⾃⼰想要体验的⽅式⽅法还有环境.你不会产⽣⾃卑.当你不会产⽣这种⾃卑,其实你也会去尊重每⼀个⽣命.你也不会去把别⼈的⽣命分成三六九等的.残疾⼈、那些盲⼈.盲⼈他为了开发他⼼灵感应的能⼒,他就选择我不被这个物质世界的幻像所影响.我就要闭着眼睛,让我的⼼灵之眼睁开,明⽩吗? 所以每⼀个⼈想在这个物质世界想拿的经验不⼀样.你们不是靠这个⾁体⽽活.⾁体没有任何意义和价值,(如果)without 没有意识进⼊.如果它这个⾁体没有意识进⼊的话,他就跟⼀个蛆⼀样没区别.你真觉得这个蛆… 明⽩吗? 所以说这个⾁体是你的意识的⼀个⼯具⽽已.

So when you discover that every person comes with their own soul theme, their own way of experiencing and navigating through life's environments, you won't feel inferior. Without this sense of inferiority, you also respect every life. You don't categorize people as better or worse. People with disabilities, blind individuals; they develop their ability to intuit based on choosing not to be affected by the illusions of the material world. They choose to close their eyes and open their spiritual eyes, understand? Thus, everyone wants different experiences in this material world. You do not live solely because of your body; it holds no meaning or value without consciousness entering it. If a body lacks consciousness, it's as useless as a grub – do you get that? Therefore, the body is merely an instrument for your consciousness.

你通过它去体验去创造去展现⽣命的⼒量、⽣命的⽆限、⽣命的价值、⽣命的意义.你是那个创造者,你想要活成什么样? 不是说像你们喂猪⼀样,喂⼤了就把它杀了,不是这样⼦的.那你说你把你这个⾁体喂⼤了⼲啥?

Through it, you experience, create, and express the power of life, its boundlessness, the value of life, and the meaning of life. You are the creator; what kind of life do you want to live? Not like feeding a pig and then killing it when it's grown, that's not how it is. So, why would you feed your body up for what purpose?

问: 限制性的信念是如何维持⾃⾝存在的?

Question: How do limiting beliefs sustain their existence?

JO: 也不只是限制性的信念,那所有的信念能存在,它都是通过你.所以所谓的限制性的信念它能存在,它还是通过你.那你是如何让它存在的,你⾃⼰看.你去看你有些事情,你觉得只能这样只能那样.那你就去看.当你们在认识⾃⼰,那你就是在认识所有.因为你⾃⼰就是⼀本百科全书⼀样.

JO: It's not just about limiting beliefs; all the beliefs exist through you. So the concept of limiting beliefs can still exist because it is you that allows it to. How do you allow this to happen? You look at yourself, looking at certain things and deciding they can only be one way or another. And then you observe. When you are aware of yourself, you are aware of everything because you are essentially a living encyclopedia.

问: 什么是⼈性? 什么是神性?

Question: What is human nature? What is divine nature?

JO: ⼀个是通电的,⼀个是不通电的.通电的就是⼀个电器插上电了,那⼀个是不通电,就没有插上电.就那个机器它没有插上电,你想象⼀下,它们运作的⼀个功能、频率、效应还有所有的⼀切.所以说只有通过神性,就是只有通过插上电,你们才真正的能去发挥出这个电器它应有的功能,就是被创造出来的⼀些功能.那⼈性就像是没插上电⼀样.

JO: There's one that is electrified and one that isn't. The one that is electrified means the appliance has been plugged in, while the other hasn't, meaning it hasn't been plugged in. So imagine their functionality, frequency, effects, and everything else when they are operational. Therefore, only through divinity can you truly harness the full capabilities of an appliance – those functionalities created for it. Humanity is like not being plugged in.

问: 有个群友想问她⼀直很想和⼀个⼈沟通,她⼀直给那个⼈发信息.但是对⽅不回她.她想问这个时候她应该怎么做?

Q: A group member wants to know what she should do when she really wants to communicate with someone but keeps sending messages that go unanswered. She's wondering about the best course of action in this situation.

JO: 她可以去通过创造的这个体验,然后来去看清楚⾃⼰,就是为什么会陷到这个剧情⾥⾯?就是她为什么会卡在这⾥会陷在这⾥⾯? 她为什么要强迫对⽅要按照她的节奏她的⽅式去做? 为什么她没有办法去尊重对⽅的⼀个意愿? 那为什么也没有办法去看清楚,就是通过这个她看清楚她⾃⼰? 就是我把我的东西我会取决于对⽅? 就⽐如说对⽅不理我,我就不开⼼,我就卡在这⾥? 我就不能进⼊我⾃⼰的⽣命? 我为什么⾮他不可? 为什么? 因为你只有⾃⼰拥有⼀些定义或者是信念,就是你相信的东西,你才会创造出⼀些体验.因为这个体验是你⾃⼰创造出来的.那你这样回头看你⾃⼰,哦,我原来是觉得我必须要有这个男⼈我才能幸福?

Jo: Through this experience of creation, she can see herself clearly and understand why she got trapped in the storyline. Why is she stuck here? Why does she force the other person to follow her rhythm and her way? Why can't she respect the other person's意愿? And why can't she see that through this process of seeing herself? Is it because I depend on others for my identity? For example, if someone doesn't pay attention to me, I become unhappy and get stuck there? Can't I enter my own life? Why do I need him so much? Why? Because you only create experiences when you have certain definitions or beliefs about what you think.

我必须要他来肯定我,我才肯定我⾃⼰,我才有价值? 那不断地她就可以通过这个事件从中找到这个程序,从⽽跳出这个程序,⽽不再受程序控制.这个体验才会是帮助她成长

I need him to validate me before I can validate myself and find my value? Through this continuous process, she can identify the pattern in that event, thus escaping it and breaking free from its control. Such experiences will help her grow.

的.不然的话,顶多是加深了⼀个不好的体验.我是被⼈拒绝的.因为外在的所有体验都是你投射出去的.那你投射出去的,你可以去借助这个体验借助这个相来认识⾃⼰,认识⾃⼰持有的什么信念.那是不是你就可以重新去改变你的程序了?这个程序给你带来了不好的体验,这个不是你想要体验的.就不如说你有⼀个程序是说我⽣命中所有重要的⼈都不会错过,就是不需要我去维持关系.关系不是维持的,⽽是命中注定的.

The, otherwise, at most it would deepen a bad experience. I am rejected by someone because all external experiences are projections of you. Then, what you project can help you understand yourself and the beliefs you hold through this experience and this form. Can you then change your programming? This program gave you an unpleasant experience that wasn't what you wanted to experience. Perhaps it's like having a program that says I won't miss any important person in my life, implying that relationships are not something to be maintained but are destined to happen.

问: ⼼⾥狂躁不安,⼀直⾛动,要如何安静下来?

Question: How can one calm down when feeling wildly restless and constantly moving around?

JO:⾸先就是说我们⾝体产⽣的任何情绪,你⾸先不去想要把它消灭掉.这么说吧,狂风来了,你说我们怎么把这个狂风消灭掉,就是让它不刮风?这种就好像是在打雷,你说我要把雷声给堵回去.我要把这个狂风旋风去给它推回去.你⾸先就是说你⾝体它产⽣的情绪或者是能量,当你不去抵抗它或者是消灭它的时候,你就是在储存你的能量.你就是在允许它流过你,⽽不伤害你.只有当你想要去抵抗它消除它的时候,你才会产⽣烦躁不安,就是更加的消耗你.所以说如果你真的是狂躁不安,不停的⾛动.你可以去允许它这个能量.就好像我们之前信息说,⽆论这个风刮的多⼤,它都会停.⽆论这个⾬下的多⼤,它都会停.⽆论这个⽕烧的多旺,它都会熄灭的.

JO: Firstly, we should not aim to eliminate any emotions that our body produces. Let's take it like this: if a storm comes and you say how do we get rid of the storm so it doesn't blow? It's similar to thunder where you want to block out the sound instead of allowing it to pass through. You're essentially trying to push back the storm or whirlwind rather than just letting your body produce emotions or energy without resistance or elimination. When you don't resist or eliminate them, you're storing your energy and allowing these energies to flow through you without causing harm. The moment you start resisting or trying to get rid of them, that's when you experience frustration and further depletion. If you are truly restless and keep pacing around continuously, you can allow this energy instead. As we've mentioned before, no matter how strong the wind blows, it will eventually stop; no matter how heavy the rain falls, it will eventually cease; and no matter how intense the fire burns, it will eventually extinguish.

我不相信你⽣命有五⼗年,你可以不停地⾛五⼗年.不可能的.你会停下来去喝⽔的,你会停下来去拉尿的.然后还有就是说狂躁不安可能是因为你的⼀些念头导致.那这个念头是因为你去关注它,你也可以去关注其它的呀.就⽐如说我现在狂躁不安,我不停的⾛动.那OK,我⾛到公园去.我⾛到另外⼀个环境特别安静的地⽅去,你也会因为环境的转变⽽把你之前的能量转变的.⽐如说你⾝边来了⼀个能量⾼的⼈,你也会跟着他的频率,然后安静下来的.所以说你可以去对准⼀些其它的能量,就⽐如说⼩动物啊.⼩动物的能量很纯洁.或者⼀些静⼼的⾳乐,你⾃⼰喜欢的⾳乐.但是⾸先你要做到的就是不去想要去排斥它,因为⼀个东西你越排斥你就越在消耗你⾃⼰.

I do not believe that your life spans fifty years and you can walk non-stop for fifty years. It's impossible. You would stop to drink water or go to the bathroom at some point. Also, it might be that agitation is caused by certain thoughts in your mind. The thought could have been triggered because you were focusing on it; you could focus on other things instead. For instance, if I'm agitated and pacing around constantly, then okay, let me walk to a park or another quiet environment. You would adjust your energy due to the change in surroundings as well. If someone with high energy comes close to you, your frequency might align with theirs, causing you to calm down. So, you can aim for other energies like that of small animals, whose energy is pure. Or perhaps calming music or any kind of music you personally enjoy. But first and foremost, you need to stop wanting to resist it because the more you resist something, the more it consumes your own energy.

你就知道这是⾃然的现象.你知道这种狂躁不安你以前也发⽣过,它会过去的.我不管我现在多么绝望、多么狂躁、多么恐惧.这些感觉都会过去的.因为你如果觉得它不会过去,就好像你觉得天永远不会亮⼀样.它会的.我不管当时你觉得多么绝望、多么痛苦、多么悲惨.它只是像⼀阵风,它会刮过.⽽且从这个体验当中,你也可以去认识⾃⼰的念头.是什么念头导致你这个? 你因为产⽣什么念头导致这个? 你在害怕什么? 你在担⼼什么? 因为如果你没有相应的⼀些念头,就是⼀些相应的东西的话,你的⾝体不会产⽣⼀些如此剧烈的情绪的.你就能知道你被什么程序控制,你在以什么程序运作.但是你们⾝体的这个程序,它是可以替换的.

You understand this to be a natural phenomenon. You know that this state of restlessness you've experienced before will pass. I don't care how desperate, how restless, or how fearful I am in the present moment. These feelings will pass because if you think they won't, it's akin to believing the sky will never lighten; it will. Regardless of how hopeless, painful, or tragic you felt at that moment, it was just like a gust of wind passing by. And through this experience, you can also recognize your own thoughts: what念头 led to this? What念头 caused this state in you? What were you afraid of? What were you worried about? Because if you don't have the corresponding thoughts or stimuli, your body wouldn't produce such intense emotions. You can then know that you are being controlled by a specific program and functioning under that program. However, the body's programs it uses can be replaced.

问: JO为什么对⼈类这么有耐⼼?

Q: Why does JO have such patience with humans?

JO: 应该是问你⾃⼰为什么会没有耐⼼? 因为你⾃⼰会觉得为什么我做事没有耐⼼? 那是你头脑⾥⾯会产⽣⼀些: 我有⼀个⽬标,我有⼀个⽬的地,那⾥才是那个什么.如果你没有任何地⽅可以去? 如果你当下就不断地从你地底下不断地挖⾦⼦挖宝、各种宝贝.就是你地下⾯就是⼀座矿,有各种宝贝.你没有地⽅可以去的.你为什么会没有耐⼼呢? 你⼀定会觉得当下没有什么你可以拿到的,你才会想要去到另外以地⽅.所以你就不想和当下发⽣连接.然后还有就是说所谓的JO,它并不像你们⼈类有头脑的各种定义、情绪这些.没有任何你们⼈类有的那种分辨辨别.因为当你头脑⾥⾯没有这些东西的时候,你也不会产⽣分别,没有任何分别.

Should it be asking yourself why you lack patience? Because you might ask yourself, "Why am I impatient with my actions?" This would lead to thoughts in your mind such as, "I have a goal and a destination; that's where everything is." If there's nowhere for you to go, imagine constantly digging for gold and treasures from the ground beneath you. It's as if your ground is a mine filled with various treasures. Without any place to go, why would you lack patience? You'd surely feel that there's nothing immediate available for you to obtain, which prompts you to seek elsewhere. Hence, you don't want to connect with the present moment. Additionally, what JO represents doesn't adhere to human definitions of intellect or emotions as you understand them; it lacks any form of discrimination or differentiation, because without such elements in your mind, there would be no distinctions at all.

就当下和明天没有分别.这⾥和那⾥也没有分别.好和坏也没有分别,你这个⼈值不值得也没有分别,明⽩吗? 眼⾥没有分别.

There is no difference between now and tomorrow. There is no difference here and there. Good and bad make no difference, nor does whether you are worth it or not. Understand? No distinction in the eyes.

问: ⼈类所有的疾病都是不存在的吗?

Question: Does all human disease not exist?

JO: 疾病也是你们⽬前这个节⾻眼、这个阶段、这个意识状态需要体验的.但是这个体验它其实也是来帮助你们认清楚⽣命的真相. 你们的⽣命其实它就是⼀个振动频率.如果这个频率它是紊乱的话,你的⾝体健康它其实也会乱的.因为你们⽬前解决疾病的⽅式⽅法,你们还在从这个投射的相,那个果上⾯去解决.但是你们忘记了,就好像你们只是在割草.你们不知道你们的根才是草不断地长的原因.你们就忽略了那个根.那个根来⾃于哪⾥? 来⾃于你们,就是这个意识体它投射的频率.因为你会有恐惧频率,也会有各种像紊乱的.那你恐惧的频率投射到⾝体肯定是充满了恐惧的.所以说当你回归到你⾃然的⼀个状态,就是它不是乱的.

JO: Illnesses are experiences that you need to undergo at this stage of your development. However, these experiences serve to help you understand the truth about life. Your life is essentially a vibration frequency. If this frequency is chaotic, your physical health will also become disordered. Currently, when dealing with illnesses, you are attempting to address the symptoms and effects rather than their root cause. You need to remember that simply cutting off the leaves (the surface manifestations) does not solve the problem; it's like neglecting the root of the grass which keeps growing due to its connection to your consciousness frequency. Your fear frequencies and other chaotic ones project into your body, filling it with fear. Thus, when you return to a natural state where things are not disordered, that is the time for healing.

然后你的⾝体它就算是有⼀点点⼩⼩的疾病的话,它也会⾃⼰愈合⾃⼰恢复的.它不会对你的⾁体带来很⼤的⼀个影响.

Then even if your body has a little bit of illness, it will heal and recover itself. It won't have a big impact on your physical body.

问: 为什么总想吃,也吃不够? 如何才能⾃然的瘦下来?

Q: Why always wanting to eat and never feeling satisfied? How can one naturally lose weight?

JO: 那这也是你的⼀个频率,你在⼀种低频.我们不能说低频,就是你在⼀种总是想不断地吃的频率⾥⾯.为什么? 就是因为如果当你在像这个⼥孩⼦,那她现在就在做她⾃⼰激情的事情.她是这个频率是吧? 这个频率她想都不会想到⾷物的.所以说那你⾃⼰处于在那样⼦的⼀个频率,就是只是在⽤你的⾁体运⾏的时候.那你肯定是只是在接受这个⾁体的信号.所以说只有转变你的频率,然后让你的频率处于另外⼀种.就⽐如说激情的频率或者做你们激情的事情.然后在这⼀种频率的时候,他⾃然⽽然就不会去只是在你所谓的只是⾷物的频率⾥⾯.所以不是说单独的去把这个吃的动作拿⾛,⽽是去转变你吃的这个频率.就⽐如说我现在吃,我的频率可能是90.

That's also one of your frequencies, you're in a low frequency here. We can't say 'low frequency', meaning you're in a state where you constantly think about eating. Why? Because when she is like this girl who's doing her passionate things now, isn't she in this frequency? This frequency means she wouldn't even think of food. So, you being in that frequency means your body is just functioning without any conscious thought of food. Thus, it's only receiving signals from the body. Therefore, you need to shift your frequency to another one, like a passionate frequency or doing what you're passionate about. When you're in this new frequency, naturally, you won't be fixated on the 'food frequency' that you perceive as such. It's not just taking away eating actions alone; it's about changing the frequency of how you eat. For instance, if I'm currently eating with a frequency of 90.

那我去追随我的激情,做我激情的事情忘我的事情,那频率可能到了1000.那你说1000的状态和90的状态是⼀样的吗? 你的⾝体完全不⼀样的.所以还是像我们前⾯的信息说的是,你不把⾃⼰当成是⼀个单独的⾁体在运⾏.因为如果是你把它当成⼀个单独的⾁体在运⾏的话,你就会去要么在满⾜这个⾁体还是不满⾜这个⾁体的纠结当中.⽽是说你⾃⼰是⼀个频率.你是⼀个频率的话,它⾁体⾃然⽽然就会呈现出你的频率的果.你的频率它⼀定会投射出⼀个果.

So I go after my passions, doing things that are deeply fulfilling for me, and if the frequency reaches 1000. Would you say that a state of 1000 is the same as a state of 90? Your body would be completely different. So still, like in our previous information, you don't consider yourself to be just a separate physical entity running on its own. Because if you see it as a separate physical entity, you will either be caught up in pleasing this body or not pleasing this body. Rather, you are a frequency. As a frequency, your body naturally manifests the fruit of your frequency. Your frequency must project a certain outcome.

问: JO如何看待共济会? 它对⼈类有什么影响?

Q: How does JO perceive Freemasonry? What impact does it have on humanity?

JO: 就像我们最开始的信息告诉你,就是说所谓的这些名称这些什么什么东西,全都是你们⼈类⾃⼰产⽣的.就是你们⾃⼰创造了⼀个相,你们⽤你们的念头创造了⼀个相,⽤你们的认知创造了⼀个相.那这些相,你到底是要去加深它呢? 还是你⾃⼰创造⼀个相呢? 如果你真的就是像我们之前说的,你的存在就只是来加深这个社会⽬前的⼀个相的话.那你肯定就是加⼊它们.你害怕它们也是在加⼊它们.你就是在加⼊它们.那如果你是真正的活着,你是不是就创造属于你⾃⼰的相了? 所以说别⼈创造什么,你是要加⼊呢? 还是创造你⾃⼰的呢? 就好像别⼈建⽴了⼀套房⼦.你就问为什么别⼈建⽴了⼀套房⼦?

JO: Just as we've already informed you at the beginning, all these names and concepts are products of human creation. You create a form using your thoughts, and you create this form with your understanding. Now, what do you intend to deepen – or are you creating this form for yourself? If your existence is solely meant to intensify the current form of society, then you're bound to be part of them. Your fear in joining them is justified because that's exactly what you'll do. But if you truly exist, don't you create forms that belong to you? So when others create something, are you meant to join them or create your own? It's like asking why someone would build a house when there are already houses being built by others.

因为你们所有⼈都可以按照你⾃⼰的意向去建造想要的房⼦呀.平等的呀.你去创造你去建造你的了吗? 你有蓝图吗? 你有⾏动吗? 你有团队,就是加⼊越来越多的⼈来跟你去共同创造这个相吗? 明⽩吗?所以所谓的什么什么也好,我们不是来告诉你它这个是真的还是假的.因为所有⼈都有权⼒,他都可以.就好像我们今天告诉你,你去想象.因为你想象的⼀切都会投射在这个物质世界.

Because all of you can build the house you want according to your own intention – equal rights indeed. Have you gone on to create and construct it? Do you have a blueprint? Are you taking action? Are there more and more people joining with you to co-create this reality together? Understand? So, whatever that may be, we're not here to tell you whether it's true or false. Because everyone has the power – they can too, like we are telling you today, imagine because what you imagine will project into this material world.

问: 如何创造⾃⼰喜欢想要的世界,⽽不去加⼊别⼈的世界的规则?

Question: How can one create a world they like and want to be in without following someone else's rules?

JO: 那就像刚才说的⼀样,你⾸先要知道如果别⼈有能⼒创造⼀个他们喜欢的世界,你也可以.别⼈按照他们对⽣命的理解去… 你也可以.因为所有所有的东西,不管他积累了多少,他们来的时候都是⽆的⼀个状态.那你也是从⽆开始.你⾸先最开始你要产⽣在你的念头⾥⾯.你⾸先要播种.别⼈都在播种,你播种了吗? 就简单,你说别⼈为什么能秋天丰收,收那么多东西.我却没有? 你说我怎么样才能丰收? 那你春天播种了吗? 那你播种过后,你有去经常给它松⼟,经常给它浇⽔,给它除害⾍去打理它吗? 你持续你的能量吗? 所以说这跟农民种庄稼没啥区别.你⾃⼰去看⼀下为什么别⼈有,你没有?

JO: That's exactly like what we just discussed - you need to know that if others have the capability to create a world they like, so do you. Others are creating based on their understanding of life...and so can you. Because everything, no matter how much they've accumulated, comes into existence as an empty state when they start. You also start from nothing. You first need to generate ideas in your mind. You first need to sow seeds. Everyone is sowing seeds, have you? It's simple; why do others reap a harvest of abundance in the autumn but not me? How can I achieve a similar outcome?

So, think about it: did you sow seeds in spring? After sowing, did you frequently cultivate the land by weeding and watering to ensure its health and growth? Did you maintain your energy throughout this process? It's like farming; you need to see why others have what they do, while you don't.

问: 怎么样创造⾃⼰的规则? 怎么样选择100%开⼼快乐享受的现实世界?

Q: How do you create your own rules? How do you choose a reality where you experience 100% happiness and joy?

JO: ⾸先是没有任何⼈能够去影响你100%开⼼的.只有你⾃⼰能够影响你⾃⼰,哪怕是他们把你这个⾁体关在⼀个牢房⾥⾯,你都可以选择开⼼.他们没有办法.因为开⼼是你⾃⼰的体验呀.你说谁能够影响你? 如果你真的是被外在影响了,那你变得不开⼼了.那也是你⾃⼰选择接受对⽅的频率.就是你选择我来接受你的频率,我接受你的观念,我接受你的能量对我的影响.那也是你的允许.所以是你允许对⽅来影响你,还是不允许?

JO: First of all, no one can affect your 100% happiness. Only you can influence yourself. Even if they imprison your physical body in a cell, you still have the choice to be happy. They cannot do that because happiness is an experience that belongs solely to you. Who could possibly influence you? If you are truly influenced by externals, then you become unhappy. That's when you choose to accept their frequency. You choose to receive their frequency, to accept their ideas, and their energy influencing you. That's your permission. So, it's whether you allow someone else to affect you or not?

问: 这个物质世界的使⽤说明书是什么? 这个⾝体的使⽤说明书是什么?

Question: What is the user manual for this material world? What is the user manual for this body?

JO: 这个物质世界的使⽤说明书,⼀句话就是说它只是你们的⼀个反射,然后你们是⼀个能量体.你们是⼀个意识体,你们并不是这个⾁体.你们只是通过这个⾁体才可以去体验.然后这个⾁体的使⽤说明书就是说你不是这个⾁体.因为当你知道你不是这个⾁体的时候,就好像把它当成是你的合作伙伴⼀样.你跟它去磨合,跟它去协作.然后跟它去很好的协作的关系.因为你们是通过这个⾁体,然后在这个物质世界来显化你们⽣命真正的⼒量,⽣命真正的⽆限,⽣命真正的价值.因为没有它你就好像⼀颗种⼦没有⼟壤,没有办法开花结果.

JO: This manual for the material world, in one sentence, is that it's just your reflection, and you are an energy body. You are a consciousness being, you're not this body. You only experience through this body. And the manual for using this body says that you are not this body. Because when you know that you are not this body, it's like treating it as your partner. You work with it, collaborate with it, and have a good cooperative relationship because you manifest your life's true power, its infinite nature, and its true value through this body in the material world. Without it, you're like a seed without soil; there's no way to bloom or bear fruit.

问: 如何转变⾃⼰相信的?

Question: How does one transform their own beliefs?

JO: 你如果想要去转变你⾃⼰相信的,说明你已经不相信它了呀.那你如何去转变你⾃⼰相信的? 你已经在怀疑它了,已经开始在不相信它了,已经想要把它转变了.

JO: If you want to change what you believe in, it means that you already don't believe in it. So how do you go about changing what you believe in? You are already doubting it, starting not to believe in it, and wanting to change it.

#### 2023/10/06 — 戒酒之你去开辟新的道路If You Give up Alcohol, Open Up New Paths

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我为什么那么爱喝酒? 我并不想戒酒.

Q: Why do I love drinking so much? I don't want to quit drinking.

JO: 这么说吧,你现在还并没有⾛出来另外⼀条路,所以你现在还在原路.但是另外⼀条路需要你⾃⼰去开辟.开天辟地,去⾃⼰⾛出来,明⽩吗? 你⾛原路,那肯定轻松啊.那个路已经被你⾛出来千百遍了.那你⾃⼰去开辟⼀条新路的话,那你肯定会需要去渡过披荆斩棘的那个过程,对吧? 你可能会觉得这个刺到⼿了,觉得哎呀,这个⼯作好累啊.你想,⼀个是没有路你需要开辟⼀条路出来和⾛旧路,哪个轻松? 但是当你新开辟出来的路… 你想,如果这条路会带领很多⼈来⾛,因为你这条路是让⼈们脱离痛苦,明⽩吗? 那你在开辟这条路的过程当中,你的⾝份就变了.你就是⼀个改⾰者.你就是⼀个开天辟地者.你就是个引导者.

JO: So to summarize, you haven't stepped onto a different path yet; you're still on the original one. However, another path requires your own creation – you need to carve it out from scratch like creating heaven and earth, forging your way forward. Do you get that? It's much easier if you stick to the old road you've been down thousands of times before. But if you're forging a new path for yourself, you'll certainly have to go through the process of cutting through thorns and overcoming obstacles. Wouldn't it feel like someone has stabbed your hand? You wonder which is easier: having no path and having to create one versus following an old road? As you chart this new course, your role shifts – you become a reformer, an earth-shaper, and a guide for many seeking relief from their suffering.

你引领众⽣⾛向你开辟的这条道路上,对不对? 那当你有这个⼼愿的时候,当你发起这个愿的时候,你的开路会带领很多⼈来帮你.就⽐如说你现在有很多愿⼒想要去转变,那 JOJO⽼师就出现了来帮你,对不对? 那你⾝边的,你⽼婆也在帮你,对不对? 所以说你不是⼀个⼈,你记住.你还有我们,你还有⾼维的⼀些你们所谓的神.有⼀句话叫什么? 有如神助.所以说当你真的想要去开辟这条路的话,你就会得到神对你的帮助,明⽩吗? 所以说这条路不是艰难的.它会是最最荣耀的,最有意义最有价值.它改变你的⽣命,让你的⽣命不是⼀条像烂命⼀样,明⽩吗? 它是有价值的有意义的.就不是⼀个杂草,明⽩吗? 因为杂草太多了.

You guide everyone on the path you've opened, right? When you have this wish and initiate this vow, your pioneering path will bring many people to assist you. For example, if you now have much愿power wanting transformation, JOJO Teacher appears to help you, right? Your wife also helps you, right? So remember, you're not alone; you've got us, and you've got the higher-dimensional beings you call gods. There's a phrase: as good as having divine assistance. Thus, when you truly want to open this path, you'll receive divine help, understand? Therefore, this road isn't difficult; it will be the most glorious,最有意义的and最有价值的, transforming your life so that it's not like a worthless existence, understand? It's valuable and meaningful, unlike just weeds because there are already too many weeds.

那你们需要长出来像庄家⼀样可以结出粮⾷,可以继续播种,可以喂饱很多⼈,明⽩吗? 这就是⽣命存在的价值和意义.所以⽤这个⾁体去活出来,⽽不是去荒废它.因为只有真正的活出来,你才会觉得那个是你.不然的话,我⽆论再给你多少烟再给你多少酒,你酒醒了过后你还是痛苦.你会继续痛苦.它不会给你带来任何的福利.那⾛你⾃⼰去开辟的这条路有什么福利呢?⾸先你⾃⼰就会感受你的能量越来越强⼤.就是你是⼀个有⼒⽓的⼈,不再是⼀个没有⼒⽓的⼈.你会感觉你的能量越来越强⼤,就好像你像⼀个国王⼀样强

That's what it means for life to have value and significance - that you grow into someone who can produce food, continue planting, and feed many people. Understand? This is the purpose of existence. So live with this body rather than wasting it; only by truly living will you feel like it's your own. Otherwise, no matter how much alcohol or cigarettes I give you, once you're sober again, you'll still be in pain, continue to suffer. It won't bring any benefit to you. What benefits come from following the path you create for yourself? First of all, you will feel that your energy grows stronger. You become a powerful person, no longer one without strength. Your energy feels more robust, like you're a king with power.

⼤.你会感受到越来越多的⼈加⼊你来⽀持你,来帮助你.然后你会觉得你就在创造⼀个新的天地,你就好像是个王者⼀样.然后你会得到很多能量的⽀持,明⽩吗? 那这个能量在你们物质世界上… 那些能赚到钱的,他们都是能量显化的.所以表⾯上你会看得到的就是⾦钱.你会看到很多⽀持者,你会看到很多别⼈对你的称赞,别⼈对你的跟随,别⼈对你的荣耀,然后别⼈惊叹你⽣命⼒的伟⼤.所有你们物质世界所谓的名和利、财富、地位、所有的⼀切全部都会有,明⽩吗? 所以说当你选择旧的路除了让你更加的,就是时间拖长⼀点,就是把你的时间拖长⼀点.但是拖的再长,哪怕你把这个⽣命拖结束了,你下辈⼦还得做这个功课.

You will feel that more and more people join you to support and assist you, creating a new realm where you might feel like a ruler. You'll receive abundant energy support. Understand? This energy exists in your physical world; those who earn money manifest this energy.表面上you will see money. You will notice many supporters, admiration from others, following of others, glory bestowed upon you, and astonishment at the greatness of your vitality. All that is所谓的 名利财富地位 和 everything else in your material world will be yours. When choosing the old path, it merely delays time for you; it extends your timeline. Regardless of how long this lasts, even if you conclude this life, you still have to continue this work in your next lifetime.

因为你的⽣命没有,就好像你这颗蛋没有被孵化出来.你没有突破.没有突破,你换⼀个⾁体还要继续再去突破.所以说你现在是有(神)⼿把⼿的教你,你想象⼀下.你是有⼈扶着你,⼿把⼿的教你,引导你带你⾛出来.因为不是所有⼈他都有这个幸运,明⽩吗? 你想象⼀下,JOJO⽼师有⼏⼗个亿的⼿,她能牵⼏⼗个⼈的⼿? 那你让她的⼿⽩牵了吗? 明⽩吗? 那你让她⽩牵了吗? 所以你来证明给所有⼈看,她这个⼿有没有⽩伸出来? ⽩牵你? 明⽩吗? 因为当她牵着你的⼿站起来过后,你也会让更多⼈站起来.因为他们从你这⾥看到了这条解脱的道路.所以⼀定要去⾛出来这条路,⽽不是再重复的回去⾛你的旧路.

Because your life hasn't been born yet, just like this egg of yours wasn't hatched. You haven't broken through. Without breaking through, you'll have to go through another body and continue trying to break through. That's why, right now, there's someone guiding you step by step, teaching you. Imagine if someone was supporting you, guiding you hand in hand as they lead you out. Not everyone has this kind of luck, understand? Imagine JoJo, with billions of hands, how many people could she guide and hold? Would it be a waste for her to do that? Understand? Would it be a waste for her to guide others like that? So come and prove to everyone if her efforts are worth it - if those hands of hers were wasted or not. Because when she stands up with your hand, she will help many more stand up too. They see the path of liberation through you. Therefore, you must walk this path and not go back down your old road.

然后它不需要什么⿇烦的或者是不知道该怎么办.你只需要坚定地在⼼⾥⾯告诉⾃⼰我要⾃⼰开天辟地⾛出来⼀条道.你只需要去发出这个意念,发出这个⼼愿.然后那个道就会出现在你的眼前,你就会逐渐的看到它,明⽩吗?所以说你需要从⼼⾥⾯发出这个愿,坚定的.就好像⾃

Then it doesn't require any bother or confusion about what to do. You just need to firmly tell yourself that you are going to create a path for yourself and break new ground. All you have to do is generate this thought and manifest this desire within your heart. Then, the path will appear before your eyes, and you'll gradually see it and understand it. Therefore, you need to originate this wish from within, with determination. It's like lighting a fire

⼰发誓⼀样.明⽩吗? 因为只有这样你就好像是在给宇宙宣布你是谁.因为⽆论你宣布你是谁,你都会去创造这个体验给你⾃⼰.如果你说你是⼀个酒⿁,你也会去体验这个.如果你说你是⼀个王者,你要⾏王者风范,你要去开天辟地,你要⾛出来⼀条道去带领给多的⼈.那么你就是,然后你也会.明⽩吗? 没有哪个更艰难.为什么呢? 因为⽆论你选择哪个,你就是哪个.好像你进⾐柜⾥⾯选择⼀件⾐服⼀样容易.我今天是要穿西装还是穿睡⾐? 我今天是要穿龙袍还是穿乞丐装? 你只需要去拿,穿上就够了.然后你就是.明⽩吗? 就是这么简单.它不需要你去学校⾥⾯学功课.它不需要你每天上班打卡⼀样.不需要.

It's like a vow. Understand? Because in this way you are announcing to the universe who you are, as if you're declaring your identity and standing by it. No matter what you proclaim yourself to be, you go on to create that experience for yourself. If you say you're a drunkard, you will also experience that. If you say you're a king, you'll adopt regal behavior, open up new territories, lead many others down the path of greatness. You become it and then you are it. Understand? There is no greater difficulty in doing so. Why? Because whichever path you choose, you are that path. Like picking an outfit from your wardrobe; it's as simple as deciding to wear a suit or pajamas for today. Am I dressing up in formal attire or opting for casual wear? Am I choosing to dress like a emperor or a beggar today? You just pick and put on the garment, and you become that person. Understand? It's this straightforward. This doesn't require attending school to learn lessons. Nor does it demand going through daily routines of punching in at work every day.

问: 我哥也喜欢喝酒,他去世了.他有信息没?

Q: My brother also liked drinking; he passed away. Does he have information?

JO: 他说: 兄弟,你⼀定要听这个⼥孩⼦说的话.⼀定要听她说的话.因为你不仅是在转变你的命运,你是在光宗耀祖.这是他带给你的话.

JO: He said, "Brother, you must listen to what this girl has to say. You must listen to her words because not only are you changing your own fate, but you are restoring glory to your ancestors. This is the message he brought for you."

问: 好,我收到了.我和我⽗亲的灵魂协议? JO: 你⽗亲去世了吗?

Q: Alright, I received it. I made a deal with my father's soul? A: Has your father passed away?

问: 不在了JO:我们连接到你从你⽗亲那边就好像是在让你变得,让你好像不知道如何跟⼈相处或者如何产⽣连接,如何相爱和爱这个课题.就好像你可能本⾝就有这个课题.那么通过他呢,就好像让你不知道怎么做这个课题.就是他会加深你对这个课题的⼀种,就是你不知道.就⽐如说本⾝有个事情你不太熟悉,那他的存在可能会加强你不熟悉的感觉.导致你会很明显的你不知道.⽐如说你爱孩⼦吧,但是你又不知道如何去爱他,如何去跟他相处.为什么呢?因为你⾃⼰从来没有得到这种,就是⽗跟⼦的这种亲密的关系,就是这种连接.所以说他更多是强化你需要去⾯对的这个功课.就好像是把你缺的这个⼜显的更⼤了.

Q: If we connect through your father, it's like we're making you feel as if you don't know how to relate with people or generate connections, or how to love and be loved. It seems as though this might be an issue for you personally - that connecting via him makes it seem like you don't know what to do about the subject at all. This amplifies your uncertainty regarding the matter; much like if there was a task you weren't familiar with, his presence could enhance the feeling of unfamiliarity, making it more obvious that you're unsure. For example, you might love children but struggle with how to show affection or relate to them because you've never experienced this sort of intimate bond between father and son - it's as if he's highlighting your need to confront this task by accentuating the gap you lack.

就⽐如说你的灵魂本⾝就有这个缺⼜,那他把你的这个缺⼜挖的更⼤了,来让你很明显的⼀下⼦就能知道这个是你的⼀个功课.你需要去把这个缺⼜给它填补上,就是把缺的这个⼜给它长出来.明⽩吗?所以说你⽗亲他也应该是那种不懂得和你建⽴关系,或者是不懂得给你⽗爱或者是不懂得跟你很亲密,就是你没有得到⽗爱吧.

It's like if there was a flaw in your very essence, he just made that flaw bigger, allowing you to clearly understand that this is something that needs to be addressed. You need to fill in the missing piece and allow it to grow back together. Do you see what I mean? Therefore, your father should also have been someone who didn't know how to build a relationship with you, or fail to provide paternal affection, or perhaps he just couldn't be very close to you, meaning you didn't receive paternal love.

问: 我⽗亲有信息带给我吗?

Question: Does my father have a message for me?

JO: 你稍等.他想要告诉你,他没有机会去听到这些宝贵的教诲,就好像是教导,就是听到这些宝贵的信息.然后你有机会,这好像是光⼀样,他没有机会见到光,但是你有机会.他让你坚持的⾛在这条光的路上.这是他带给你的.就是好像他没有机会去上学,你有机会上学了.要让你好好上学.就这样⼦的意思.

JO: Wait a moment. He wishes to tell you that he didn't have the opportunity to hear these precious teachings, akin to instructions or knowledge on valuable information. Then, there's an opportunity for you, like light, whereas he didn't have the chance to see the light, but you do. He is asking you to persist and walk along this path of light. This is what he leaves with you. It's as though he didn't have the opportunity to go to school, while you have the chance now to study well. That's the essence of it.

问: 我和我母亲的灵魂协议?

Question: I have a soul contract with my mother?

JO: 你稍等.你的母亲也是不太善于和⼈交流或者是处理关系.也是那种可能有很多顽固的思想或者是狭隘的思想导致在⼈与⼈之间的连接,也就是说不会有很好的⼈际关系吧.就是不会很好的在⼀种有爱的环境,就是她不懂得跟周围的⼈建⽴有爱的关系和连接,就是亲密的关系.也好像是⼀个孤岛⼀样.然后你⽗亲也是孤岛⼀样.所以让你⽬前也像是⼀个孤岛⼀样.就是没有跟⼀切万物,就是外在的产⽣连接.所以他们都是在⼀种就好像⼲枯的状态.就好像是⼀个⽥,但是⾥⾯没有⽔.或者是⼀⼜井,但是⾥⾯没有⽔.就是在⼀种⼲枯的状态下.所以他们也没有办法去滋养你,因为它这⼜井本⾝就没有⽔.

JO: Wait a moment. Your mother is not very good at communicating with people or managing relationships. She has some stubborn or narrow-minded thoughts that might hinder connections between individuals, leading to difficulty in building healthy interpersonal relationships. It seems she doesn't understand how to form loving bonds and connections with those around her, resulting in close relationships being hard for her. She's like an isolated island. The same applies to your father; he's also like an isolated island. This makes you feel like a separate island too, disconnected from everything else in the world, unable to establish connections with all that exists outside. In essence, they're both living in a state of drought, like a field without water or a well without water, making it impossible for them to nurture you since there's no water to begin with.

问: 我和我⼆姐的灵魂协议?

Q: I have a soul pact with my second sister?

JO: 我们感受到你跟周围的关系好像都有⼀种断开的感觉.就好像刚才说你⽗母就好像⼀座孤岛,然后你其实也是⼀座孤岛.然后所以说它没有产⽣连接.就⽐如说那⾥都是枯井,都没有⽔.所以你没有办法从这些关系当中去得到滋养,明⽩吗? 但是因为你们本⾝来的这个地⽅,就是选择的这个地⽅,它本⾝就会⾯临爱的功课.基本上的⼈他都必须要有这堂课.就是如何去爱,如何成为爱,如何让⾃⼰跟⼀切万有连接.所以你的状态,就是这些是正常的.因为本⾝这⾥所有的⼈都是需要来学习的.那他没有敞开也是正常的.所以这些就好像是孤岛来让你知道你必须要⾃⼰去⾛出⼀条道.就是我⾃⼰这⼜井⾥没⽔,怎么办?

JO: We sense that there's a kind of disconnection in your relationships with others around you. It's as if you mentioned earlier that your parents felt like an isolated island, and you're similarly an isolated island. This lack of connection is akin to being surrounded by dry wells without water. You can't receive nourishment from these relationships, right? However, it's because of the environment or choice in which you find yourself – a place where love lessons are inherently part of your journey. Everyone here must learn about how to love, how to become love, and how to connect with all existence. So your current state is normal; everyone here is meant to come and learn these lessons. The fact that they might not be fully open is also normal because every individual has to navigate through their own process of learning. It's like realizing you're in a well without water – what do you do?

我爸的井⾥⾯没⽔,我妈的井⾥⾯没⽔,我姐的井⾥⾯也没有⽔.那我只有⾃⼰不断地往下挖,挖挖挖.因为当我这⼜井⾥有了⽔,它不仅是滋养了我.它还会流到其它⼲枯的井⾥⾯去,明⽩吗? 你姐需要取⽔,还可以从你这边来取⽔.明⽩吗? 因为你才是那个被我们牵⼿的⼈,不是他们.

My father's well has no water, my mother's well has no water, and my sister's well also has no water. So I have to keep digging deeper and deeper by myself, digging, digging, digging. Understand? Because when there is water in this well of mine, it doesn't just nourish me; it will flow into the dry wells of others too, right? Your sister needs water, can still get water from here. Understand? Because you're the one we're holding hands with, not them.

问: 我⼆姐现在医⽣查出来⼀种癌,但是不知道什么癌.怎么疗愈啊?

Q: My second sister has been diagnosed with a cancer by the doctor, but they don't know which type. How do you treat it?

JO: 你⾸先要知道当你们是⼀⼜枯井,你怎么样都会是⼀个⼲枯的状态.你的⽣命是在衰🗎的.这就是为什么我们说当你⾛上你⾃⼰开辟的路上的时候,你的能量会越来越强⼤.那当你的能量越来越强⼤的时候,你的⽣命⼒也会越来越强⼤.那他们⾛的那条路,就是⽣命⼒越来越弱的路.明⽩吗? 就是她的⽣命⼒越来越弱,就是她的这个⽕焰越来越⼩.那当你⾃⼰⾛出这条道路的时候,你的⽕就会越来越旺.所以说其他⼈他们没有办法.为什么呢? 因为他们看不到出路.他们是没有办法的.所以为什么需要你们这些⼈,能看到出路的,去⾛出来⼀条路,来让他们看到出路.你必须是他⾝边的⼈.他⾝边的⼈,就是他能看到你起死回⽣.才能激发出他们内在的信仰.

Jo: First of all, you must understand that when you are in a situation like being trapped in a dry well, no matter what you do, you will always remain in a state of drought; your life is degenerating. This is why we say that as you step onto the path you've carved out for yourself, your energy increases and becomes stronger. As your energy grows stronger, so does your vitality. The path they are taking leads to a decrease in their vitality, making it clear that her flame is becoming smaller with time. When you break free from this pattern, your fire intensifies. That's why others are helpless; they cannot see the way out because they're trapped. It's necessary for those who can see the way forward to step out onto new paths so that others can follow and find their own way. You must be a part of their inner circle, someone they can witness rising from the ashes and ignite their faith within them.

就是说我相信我可以转变我的命运,我相信我可以重⽣.因为很多他们没有⼒量是因为他们根本不相信,他根本不相信.他们把希望如果抱在药上⾯或者医⽣上⾯的话.那医⽣只是加深他的⼀个幻像.你是癌症患者,按照这个情况你还能活多少年.他们相信这个.这就是他们创造的体验,明⽩吗?因为医⽣看到的只是那个果,就是结果.但是那个果是怎么呈现的,医⽣不知道.医⽣只是在那个果上⾯解决问题.但是我们来让你知道⼀个⼈当他内在,就好像他是枯井的话,他的⽣命⼒⼀定是枯萎的.他迟早… 他会以不同的⽅式,⾝体疾病、精神疾病或者各种疾病,就是慢慢慢慢的让他这个⽕熄灭了.你想象⼀下他刚⽣下来的时候,他的⽕可能很旺.

This means I believe I can change my fate; I believe in rebirth. Many are powerless because they don't believe at all—they simply don't believe. They place their hope on medicine or doctors, and the doctor only reinforces this illusion for them. If you're diagnosed with cancer, how many more years do you have left? They believe that. This is what they create as their experience, understand? Doctors see just the result—the outcome—but not how that outcome manifests. The doctor merely solves problems on that outcome. But we come to reveal that when a person's inner self feels like it's in an empty well, their vitality must be wilted and dried out. Eventually…he will extinguish himself in various ways: through physical illness, mental illness, or all sorts of diseases as his spirit slowly fades away. Imagine him just after birth; his fire could have been blazing.

然后这⾥熄灭点,那⾥熄灭⼀点.慢慢慢慢的他就完全熄灭了.这就是为什么我们说你⼀定要⾛到正道上⾯.因为当你⾛到正道上⾯的话,你的⽕就好像不断地不断地在加柴⼀样.你想当你转变了⼀个⼈的命运,就是你给他创造了美好,他会发出美好的意念.那个美好的意念就好像在给你加柴.那你这个⽕是不是越烧越旺?越多的⼈给你加柴,那你的⽕是不是就越来越旺.那当你在⾛上不是正道,就是相反的⽅向.那就是很多⼈是不是就会给你吐⼜⽔?你们做出这种伤天害理的事情,呸呸呸,然后吐⼜⽔.那越多⼈给你吐⼜⽔,你说你的⽕还能继续燃烧吗?所以⽆论你最开始的⽕烧的有多旺,但是如果很多⼈给你吐⼜⽔,你的⽕⼀定会灭的.

Then here it goes out a bit, there it goes out a little. Gradually and gradually he completely extinguished himself. This is why we say you must definitely walk on the right path because when you do walk on the right path, your fire seems to continuously add wood to itself. You imagine when you change someone's destiny, by creating goodness for them, they will emit good thoughts. Those good thoughts are like adding more wood to your fire. So does your fire burn stronger? The more people add wood, the stronger does your fire grow. But when you're not walking on the right path, or in the opposite direction, it's that many people would spit at you instead? You do these wrong things, 'pah pah pah', and then they spit. The more people spit at you, can you say your fire can still continue to burn? Therefore, no matter how hot your fire was at first, but if many people keep spitting at you, your fire must eventually go out.

你⾃⼰内在就已经没有动⼒在跑起来了.你最开始可能使⽤的是你⾃⾝的⼒量,但是最后你会越来越没⼒,

You have already lost your internal momentum. You initially might have relied on your own strength, but ultimately you will find yourself increasingly lacking in power.

越来越没⼒.你都没有动⼒了.因为你是背道⽽驰.你说你是背道⽽驰,你能跑多久? 你跑不久的.

You're losing strength. You've lost your motivation. Because you're going against the flow. You say you're going against the flow, how long can you run like that? You won't be running for long.

问: 我和我⼤姐的灵魂协议?

Question: I have a soul contract with my older sister?

JO: 也是跟你的其他亲⼈差不多关系的,你们都好像是孤岛,⼲枯的井⼀样.明⽩吗? 也就是他们没有办法去滋养你.为什么呢? 因为他们⾃⼰都是⼲枯的⼀个状态.所以就好像前⾯的信息说,如果你⾃⼰去⾛出来创造出来,你就是在做⼀个光宗耀祖的事情.明⽩吗? 因为这⾥没有其他⼈有希望,就是没看到他们其他⼈有出路.就是你指望不了他们.

JO: They're all like islands and dry wells in relation to each other, not being able to sustain you. Do you understand why? Because they're all in a state of being dry themselves. So, as the previous message said, if you come out and create your own path, that's essentially glorifying yourself. Understand? There's no hope for anyone else, it seems like there's no way out for them. You can't depend on them.

问: 我们家族⾥有哪些能量让我⾮常受影响?

Question: Which energies in my family have a strong impact on me?

JO: 如果你是在⽆意识的话,他们能量都在影响你,明⽩吗? 但是你现在并不是了.为什么呢? 因为我们现在牵着你的⼿,你眼睛不是闭着的.你眼睛是睁开的.当你睁开过后和你睡着的时候是⼀样的吗? 那你眼睛闭着的时候,你⾛哪⾥哪⾥都影响你,磕磕碰碰的,对不对? 因为你看不到吗? 那你眼睛睁开了,那你是不是就知道我要朝这个⽅向,明⽩吗? 就朝你看得见的,你就会避开这些了.它们不再是影响.只有你是瞎⼦的时候,你才会受影响.你现在眼睛可以睁开了.就好像⿊灯瞎⽕的时候,那前⾯到处都是影响,你磕磕碰碰的.那现在灯都给你打开了,光进来了.你能看的清楚了,你还能受到影响了? 那只是选择了.

JO: If you were unconscious, their energies would be affecting you, right? But you're not in that state now. Why is that? Because we are holding your hand and your eyes are open. Your eyes are睁开now. Are they the same when your eyes are closed versus when they are睁开? When you have your eyes睁开and you are walking around blindfolded, do you bump into things everywhere just because you can't see them? And now that you have your eyes睁开, don't you know where I am looking and will avoid those areas? It's only when you're blind that their energies affect you. Now that you can睁开your eyes, it's as if there was darkness all around before with impacts everywhere due to the lack of light. With the lights now on and light entering your field of vision, do you still feel their influence since you can see clearly? This is just a choice you've made.

你看到前⾯⼀个椅⼦,你还要撞上去.撞的头破⾎流.所以现在对你没有任何影响,只有你⾃⼰选择.

You see a chair ahead, yet you still charge into it and end up with a bloody head. So, currently, there's no impact on you; only you decide your actions.

第⼆个⼈问: 我和我⽗亲的灵魂协议? JO: 说⼀下你的名字?

Second person: I have a soul contract with my father? JO: Say your name?

问: XXJO: 这么说吧,你这个⽗亲就好像是⼀个钻不出⽔的井.然后让你没有办法从这边取到⽔.所以你⾃⼰要去把⾃⼰的这⼜井打开,让⽔出来.所以说他就好像让你没有办法可以扎根.这么说吧,你就好像是⼀颗种⼦,但是他是⽯头.你没有办法在他那⾥扎根,明⽩吗? 所以你要⾃⼰去找到⼀个⼟壤,然后让⾃⼰扎根.就好像把你推到⼀条你要去⾃我寻找的路上,明⽩吗? 就没有办法让你可以有依靠或者是有连接,就是没有办法让你扎根.因为是块⽯头.但是你们物质世界有⼀个观念,就是总觉得他们是⽗母,他们就应该像是⼟壤让你们扎根⼀样.并不是.明⽩吗? 因为你这个路程才是最重要的.就是你去找寻让你可以扎根的路才是最重要的.

Q: XXJO: Imagine your father is like a well that can't reach water and you have no way to draw water from it. You need to open up your own well, letting the water flow out; this means he's preventing you from grounding yourself. To put it another way, you're like a seed but he's a stone; you can't take root in him, do you see? So, you have to find your own soil and take root. It's like being pushed onto a path where you need to find yourself, understanding? There is no support or connection because he's like a rock. But there's a common belief in the material world that parents should provide the ground for children to take root. Not so. You need to focus on finding your own path that allows you to take root; this journey is what truly matters.

因为你去找寻的路上,你才在⼀步⼀步的变得成熟,你在⼀步⼀步的变得壮⼤,你在⼀步⼀步的变成你⾃⼰.因为那个路是你⾃⼰⾛出来的.你们不需要去跟任何⼈寻找爱.为什么呢? 因为你们就是爱的本⾝.所以⽆论是⽗母也好还是你的伴侣也好还是你的⼉⼥也好,你不需要去跟他们去寻找爱.你只有否定你⾃⼰,你不知道你⾃⼰… 这么说吧,你就好像去寻找⽕种⼀样.你本⾝就是个⽕.那你为什么要去跟别⼈找⽕种呢? 所以说当你

For as you journey in search, you are becoming more mature with each step, growing bigger and shaping yourself into who you truly are because the path is yours to forge. You don't need to seek love from anyone else. Why would you when you already embody love itself? So whether it's your parents or partner or children, there's no need to look elsewhere for affection. For aren't you the embodiment of love? It's like searching for a flame; you are the flame yourself. Why would you search elsewhere for warmth then?

So when

⾃⼰燃烧起来的话,其他的也会被你引燃.就好像星星之⽕可以燎原⼀样,其他的也会被你引燃,明⽩吗? 所以就是说你们需要放下⼀个观念就是说,作为⽗母他们就必须懂得怎么爱我,怎么爱孩⼦.不是的.明⽩吗? 因为爱是你们共同来到这个地球上的(⼈)需要去学习的功课.如果你们已经是爱的状态,你们不会呆在这⾥.你们是在另外⼀个世界.

If you ignite yourself, everything else will be ignited by you. Like a spark igniting a large fire, everything else will be ignited by you, do you understand? So what I'm saying is that you need to let go of the idea that as parents, they have to learn how to love me and how to love my child. That's not true. Do you understand? Because love is something that all of us who are here on this planet need to learn as a lesson. If you are already in a state of being loving, you wouldn't be here. You would be in another world.

问: 我和我母亲的灵魂关系?

Q: What is my relationship with my mother's soul?

JO: 这么说吧,你母亲又是另外⼀个,我们简单⼀点说就是她没有什么智慧给你.就是她没有办法教导你⼀些智慧的东西.那还是你得⾃⼰⾛上这条道路.

JO: In other words, your mother is another one; in a simplified sense, she doesn't give you any wisdom. It's that she can't teach you anything wise. You still have to walk this path yourself.

#### 2023/10/07 — 集体通灵问答 Group Spirit Channeling Q&A

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 这个通灵的⼥孩⼦前⼏天做的关于印度的梦,有没有什么信息是要带给她的?

Question: Does the information conveyed through the girl's recent dreams about India need to be shared with her?

JO: 她接下来的梦都会像是在给她好像是提醒⼀样.就不如说她在来到这个世界上之前她会有⼀个list.她有什么什么.然后每⼀个阶段都会好像有⼀个提醒她这些需要带到你的头脑,就是让你的头脑明⽩有⼀些什么.这样⼦她就不会在⼀种⽆知的状态,就是她不知道发⽣什么或者不知道事情是什么.她就会有⼀种就好像知道这个事件是⽤来怎么样怎么样的.因为她现在就好像在⾛上⾃⼰的道路⼀样,就是⾛上⾃⼰独⼀⽆⼆的⼀个道路.所以梦境会像是⼀个媒介⼀样,然后来去跟你的物质世界… 这么说吧,应该说你们物质世界才是⼀个梦境.那在梦境⾥的时候,你实际上就好像是在,那个⼤的你那个真正的你它才是在没有障碍的运⾏.

In her subsequent dreams, they would be like reminders or prompts for her, almost as if she had a list of things she needed to bring into her consciousness. Each stage would have its own reminder about what needs to reach your mind, helping you understand that there is something significant you need to know. This way, she wouldn't remain in an ignorant state where she doesn't know what's happening or understands nothing about it. Instead, she would be aware of how these events are meant to unfold and serve a purpose. As if she were charting her own path towards uniqueness, she will navigate her unique journey. So the dreams function like a medium connecting her with your physical world. To put it another way, you could say that your physical world is akin to a dream state. In these dreams, on an actual level, you're experiencing something where the true essence of yourself operates without any hindrances.

因为那个障碍是你们的⾁体.因为当你们醒来在物质世界的时候,你们还有⼀个障碍,就是这个⾁体.为什么呢? 因为它就好像还没有通电的电器,就好像是⼀条狗还没有接受到你的命令的状态.你想⼀个警⽝它在知晓你的命令和不知道你的命令… 它⼀脸茫然的看着你: What’s next? 明⽩吗? 它好像进⼊⼀种在等待的状态.我下⼀个任务是什么? 当你没有给我分配任务的时候,我就不停的这找吃的那找吃的,这⾥嗅嗅那⾥闻闻,明⽩吗? 就是当你们的⾝体在没有进⼊状态的时候,你们会找乐⼦.就是找⼀些消遣.

Because that obstacle is your body because when you wake up in the material world, there's still an obstacle, which is this body. Why is that? Because it's like a piece of equipment that hasn't been plugged in, or a dog who has not yet received your command. Imagine wanting to train a new puppy that either knows your commands or doesn't know them... It looks at you with confusion: "What next?" Can you understand? It seems to be in a state of waiting for the next instruction. What's my next task? When I'm not given tasks, I just keep searching for food and exploring, sniffing here and there... You see? When your body isn't ready or isn't focused, you seek out entertainment, or ways to pass the time by finding something to do.

所以当你不断不断地在…就好像你这个警察在给这个警⽝任务的时候,它就完完全全的不会顾忌到旁边有个⾁包⼦在那,⽽专注于它的⽬标.所以你的⾁体也是⼀样的.所以说梦境只是⼀个媒介,就是对于你这个⾁体来说哦.对于更⼤的你来说,它是知晓⼀切的.就好像给这个狗狗下达命令⼀样,来让它知道接下来的⽬标.是⼀个知晓的状态,⽽不是⼀个⽆明的状态.因为当你们在⼀个⽆明的状态,你们头脑会被其他的引⾛.就⽐如说⼀个漂亮的⼥孩⼦,你眼⾥就看到⼀个漂亮的⼥孩⼦.⼀⼤桌美⾷,你眼⾥就是美⾷.明⽩吗? 你眼⾥就会被这些…

So when you persistently focus on...just like a police officer giving a task to a puppy, it completely ignores the presence of a meatball nearby and focuses solely on its objective. So your body is the same. Therefore, dreams are merely a medium; they're for your body, but not for the larger you who is aware of everything. It's akin to commanding the dog with instructions so that it understands the next target. It's an awareness state, not one of ignorance. Because when you're in an ignorant state, your mind gets distracted by other things. Like a beautiful girl capturing your gaze, or a sumptuous feast tempting your eyes; do you understand? Your vision will be occupied by these...

问: 导致世界混乱的源头是什么?

Question: What is the source of chaos in the world?

JO: 源头是你们⾃⼰呀,是你们⾃⼰.你们⾃⼰的⼀个能量状态是混乱的.这么说,你产⽣⼀个频率,然后别⼈也产⽣⼀个频率,他⼈也产⽣⼀个频率,你们都产⽣⼀个频率,你们的频率都是混乱的.那当然就会映射出… 你们这个世界就直接是你们的投射、反射,映射出你们的⼀个状态来供你们看到: 哦,我现在是混乱的.因为这个就是你⾃⼰去借助外在反射…就好像你拿着镜⼦化妆.那你是不是要借助这个镜⼦的反射来把你脸上的妆画好? 然后这个世界混乱的源头是什么? 是来⾃于你们,你们⾃⼰.所以说就你们⽬前都在⽤⼀种就是去解决事情的本⾝.⽐如他们不听话,我要把他们关起来.他们怎么样,我就是⽤⼀些强烈的⼿段去压制这些.

Source: It's all within you, it's your own. Your own energy state is chaotic. In this way, when you generate a frequency, others also generate a frequency, and others generate another frequency as well; everyone generates their own frequency. And these frequencies are chaotic. Therefore, they naturally project... the world you live in directly reflects your projection, mirroring your state for you to see: Oh, I'm currently in chaos. Because this is how you use external reflections… like when you're applying makeup and holding a mirror up to yourself. Would you not need that mirror's reflection to properly apply your makeup?

Now, what is the source of the chaos in this world? It originates from within yourselves; it's your own doing. So, you are currently dealing with problems by focusing on their nature itself. For example, if they're being disobedient, I'll lock them up. How do they behave then? I apply strong means to suppress these situations.

但是你要知道有⼀句话就是纸包不住⽕.那你说如果纸能包住⽕,那你们就不会有疫情了.为什么呢? 因为疫情它其实也是你们这个集体意识的⼀个反射啊.就是你们⼈类的⼀种⽆⼒感、恐惧、然后⽣命⼒的衰弱,就是weak,就是你是虚弱的.那你通过瘟疫它也是通过你们⾃⼰.那你说这个你们有⼿段去解决它吗? 明⽩吗? 那你说如果单纯上的暴乱,你可以去压制他把这个⼈杀掉.那如果整个⼈类都染上了疾病,没有医药可以治好他.那你说你们有什么⽅法呀? 你们找不到⽅法的.唯⼀的就是让你们明⽩,外在的所有⼀切,包括这个瘟疫包括这个疾病包括这⼀切所有的,它都是你们⾃⼰内在⾃⼰显化出来的.显化出来来让你们看到你们⽬前的⼀个状态.

But you must know there's a saying that says paper cannot contain fire. If the paper could contain fire, then wouldn't you have no pandemic? Why? Because the pandemic is actually a reflection of your collective consciousness – it reflects the senselessness, fear, and weakening vitality in humanity; you are weak. Through pandemics, it's also through yourselves. You ask if there are means to resolve this situation? Understand? If it were just rebellion that you could suppress by killing people, what about when an entire species is infected with a disease for which there is no cure? What methods do you have then? You cannot find any solutions. The only way is to make you realize that everything external – the pandemic, diseases, and all else – are manifestations of your inner selves manifesting themselves so you can see your current state.

就⽐如说你们疫情体验的那些都是你们内在的.所

It's like your pandemic experiences are all within you.

以说如果真正的要去解决掉这些问题,必须要让你们这些⼈类意识到外在所有的⼀切它只是你们⼈类投射出去的⼀个状态⽽已.所以最终是要回到你们⾃⾝的⼀个频率的问题.那频率是怎么产⽣的? 就是你们的⼀个能量,你们的思想,你们的状态.所以还要从你们每⼀个个体.你要知道你们个体它都好像是像瘟疫⼀样,它都是连着的.当你⾃⼰发⽣转变,你会影响到周围的⼈.你可以⼀个⼀个,⼀传⼗⼗传百,⼀个⼀个的传下去.像你们的瘟疫⼀样.瘟疫其实就给你们做了⼀个很好地例⼦,让你们看到你们都是⼀体的.让你们看到当⼀个⼈染上了瘟疫,所有⼈都会染上.当⼀个⼈染上了积极的思想,就是充满了智慧,就是正能量吧,⾼频.

To truly address these issues, one must make humans aware that everything external is merely a projection of their own state. Ultimately, the resolution lies in addressing the frequency within yourselves. How does this frequency come about? It's generated by your energy, thoughts, and states. Thus, it starts from each individual you. You need to understand that every person acts like a contagion, interconnected with others. When one undergoes change, it affects those around them. This can spread from person to person, much like how an epidemic spreads. It's akin to observing the dynamics of an epidemic among humans; when one person is affected by it, everyone else becomes susceptible too. Similarly, when one adopts a positive mindset, filled with wisdom and high-frequency energy, this affects others as well.

那你们其他⼈也会被影响,被感染,明⽩吗?

That means you will all be affected and infected as well, understand?

问: 为什么⼈们找不到⾃⼰存在的意义?

Question: Why do people struggle to find the meaning of their existence?

JO: 是因为他还把⾃⼰当成他头脑的,就是那个已知的,他眼睛能看到的那个.就是说我的⾝份,我是个教授.我的名字,我叫什么.我的国籍.就是你还把那个你当成是这个.如果你只是依照你的⾝份,你的地位,你的国籍这些什么的话,你就好像是在把海⾥的⽔拿了⼀丁点出来,然后就把它当成什么什么的.因为你的这个⾁体它只是就好像你这⼀⽣去了这么多学校上了这么多的课.它只是你这⼀堂课⾥其中的⼀个⼩部分⽽已.你不知道你的这堂课它有承上启下,它前⾯是什么,它后⾯是什么,它是为什么做准备的.那说不定你这次体验的只是个实验课,对吧? 你做实验.所以说你就把这⼀点,这⼀⽚叶⼦,这⼀点拿到,然后⽤你的头脑去评判去分析.

JO: That's because he still sees himself as the known entity in his mind, the one that can be seen with his eyes - my identity, I'm a professor; my name, what is it? My nationality. You're still holding onto this idea of yourself being all these things. If you just base your thoughts on your status, your position, and your nationality, then it's like taking a tiny drop of water from the sea and considering it to be everything. Your body is merely a part of your life as you've attended numerous schools and classes throughout your lifetime. It is but a small segment of your entire course in this lifetime. You don't understand that your course has continuity, where what comes before it and what follows are unknowns, which were necessary preparations for the current stage. Maybe this experience was just part of an experiment you're conducting. You're performing experiments. So you take this little piece, like a leaf, from here and use your mind to evaluate and analyze it.

所以说你学会去认识你⽣命的本⾝它并不限于这么⼀丁点,⼀⼩点.就好像⼀整个拼图,那个拼图还不断地在扩⼤扩⼤扩⼤.你却拿了拼图⾥⾯的⼀⼩个⾓落,怎么也弄不清楚这到底是啥意思.所以你需要⼀点⼀点的去发现周围跟你有连接的,⼀点⼀点的拼出来⼀点.所以就算你的这个⽣命结束,其实你的拼图也只是⼀⼩块.但是你们需要去放下你的头脑它需要去明⽩或者找到这个意义.你只需要去相信你存在,你所经历的⼀切它都是有价值有服务⽬的的.可能你这⼀世不知道,但是你另外⼀世你知道,明⽩吗?可能这个⾁体的你不知道,但是那个更⼤的你它知道如何去利⽤.这么说吧,我这⼀⽣中,就是你的那个⼤我,我有⼀次被⽕烫的经历.

So what you've learned to recognize about your own life is not limited to this tiny bit, a small piece. It's like a whole puzzle that keeps expanding, and you have just taken one small corner of it, unable to figure out what it means. Therefore, you need to discover piece by piece those things connected to you, piecing them together gradually. So even if your life ends here, your puzzle is still just a small part. But you need to let go of your mind and understand or find that meaning. You only need to believe in your existence, knowing that everything you experience has value and serves a purpose. Maybe not this lifetime, but perhaps another one, you'll know and understand. Maybe the physical you doesn't know, but the larger version of you does know how to use it effectively. To put it simply, throughout my life, which is part of your greater self, I once had an experience of being burnt by fire.

OK,被⽕烫的经历就是你这个⾁体的⼀⽣.那在你这⼀⽣中你是不是就知道那个⽕是烫的,我要避开它,明⽩吗?那整个的那个你,就是你的⼤我它就知道我要⼩⼼⽕,因为它会烧伤⽪肤的.那那个事件就成了你以后避开很多危险的… 它就这样服务于你,对不对? 但是你被⽕烫的事件,就是你的那个⼈⽣本⾝它却不理解: 为什么我这么悲惨? 我这⼀⽣都在被⽕烫,太可怜了.所以当你跳出去,不把你这个⼈

Alright, the experience of being burned by fire is your physical existence in this life. Did you understand that fire was hot and that you needed to avoid it throughout your life? Your larger self knew to be cautious with fire because it burns skin. This event served as a means for you to avoid many dangers later on, right? However, the incident of being burned by fire is not something you can question why you had such a miserable life, burning yourself continuously, how unfortunate that was. So when you step out and don't consider yourself in this context

⽣当成是你的终点,当成是唯⼀,那么你知道它存在⾃然有它存在的价值.哪怕我这⼀⽣都是瘫痪在床的,明⽩吗? 你可能在当下经历的时候,你觉得⼀⽣很漫长.但是你看⼀⽣真的是⼀眨眼的功夫.它不过就是像⼀场梦⼀样.你之所以在梦⾥⾯体验,你感受到好像很漫长⼀样,但实际上不漫长.你看看你现在的年龄,如果四⼗年它就是⼀晃眼的功夫,那你⼈⽣有⼏个四⼗年呢? 普遍的⼈能有两个四⼗年就已经不错了.所以你就两个眨眼的功夫.所以当你回头看的话,你所谓的那些痛苦,就是拉开那个长度来看,它也不就是你眨眼都来不及眨.

To be your end and sole existence means that there is inherent value to its existence. Even if my entire life were spent bedridden, do you understand? You may feel that your lifetime is long when you experience it in the present moment. However, you realize that a lifetime can pass within the blink of an eye, much like a dream. The reason you experience this dream-like sensation where time feels elongated, yet actually isn't. Consider your current age; if forty years could pass in the blink of an eye, how many such periods would there be in your life? Typically, people have about two such periods, which is already quite good. Hence, it's merely a couple more blinks of an eye. So when you look back on things, what you consider as suffering becomes insignificant when you view its duration; it lasts no longer than the time it takes to blink.

问: 什么是神圣?

Question: What is the sacred?

Answer:

JO: 神圣就是说刚才我们前⾯的信息说,你把你这个⼈,你这⼀⽣,你的地位,你的名字,所有这些东西你当成是你的全部,对吧? 它其实只是你的⼀⼩部分.就好像⼀堂课其中的⼀个⼩⽚段,⼀个体验.当你真的能跳脱出这个⾁体,然后去进⼊到那个源头的能量,就是那个更⼤意识.然后你就能体验到什么是神圣,明⽩吗? 因为你这个⾁体你只能体验到、领悟到、悟到⼀点点神圣.因为你没有办法,这么说吧,你这个电灯泡你只有五⼗⽡的功能.你说你怎么去体验强⼤的电量? 你的功能只有五⼗⽡.你怎么样你也只能照亮到五⼗.没办法了.所以说就连你这个⾁体它去体验所谓的神圣,它也是⾮常有限的.

JO: The sacred means that we just said the information we presented earlier was that you value yourself and your entire life as well as your status and your name and all of these things as the entirety of who you are, right? But actually, it's only a small part of who you truly are. Like one segment in a class, an experience. When you can really transcend this physical form and enter into that source energy, which is that greater consciousness. Then you will be able to understand what sacredness means. Because with your physical body, you can only experience a limited amount of sacredness, because there's no way, let's say, like how a light bulb with 50 watts can't provide the full power of electricity. How are you supposed to experience something intense like that? Your capability is just 50 watts. No matter what, you can only illuminate up to 50 watts. It's impossible. So even when your physical body experiences what we call sacredness, it's also very limited.

问: 每个⼈都有使命吗? 如何找到使命?

Question: Does everyone have a mission? How do you find your mission?

JO:就好像刚刚我们前⾯的信息说,⽐被⽕烫的这个经历,但是你要知道所谓的使命也不完全是你理解的使命.⽽是说它每⼀个体验都是有价值有意义的.因为你的头脑可能不清楚.那你们的使命就是去成为真正的那个你,不分裂.导致你⼼中分裂的… 就⽐如说你只有分裂的时候才会导致你做出杀⼈的事情.因为你分裂了嘛,就是对⽅跟你分开了.就是他是⼀个对象,我是⼀个个体,你把你们俩分开了.但是实际上你俩是⼀体的.为什么你俩是⼀体的?因为是你的能量投射出的那个你.所以你杀死的其实是你⾃⼰,你想要毁灭的是你⾃⼰的⼀部分.但是你那⼀部分不是⽤来让你杀掉的,因为你会发现你杀不掉,你毁灭不了.你是需要去转变它转化它.

JO: It's like the information we just shared about not being burned by fire, but you need to understand that what is called a mission isn't fully what you understand it as. Instead, every experience has value and meaning because your mind might be unclear. Your mission is to become the true self, without division. This leads to inner division… like when you are divided, you might commit murder. You are divided because they are seen as separate from you. They are an object, you're an individual, and you perceive them as separate entities. But in reality, you are one. Why are you one? Because it's your energy projecting you. So, you kill yourself; you want to destroy a part of yourself that is not meant to be destroyed because you realize you can't actually do it. You need to transform and change it.

然后就⽐如说我们之间经常⽤的⼀个例⼦,你门⼜有⼀堆粪,你骂骂咧咧的.那其实你可以转化它,把它变成肥料,然后让你的蔬菜长的更好,是吧?这就是⼀个转化.那就⽐如说像⼀个炸弹,你放到⼈群当中你会炸死很多⼈,对吧? 那你放到⼭⾥⾯,你就可以给你开路了,对吧?就是可以给你正⾯创造.所以说这⼀切⼀切你都可以去转化它.所以说当你没有在⼀种分裂的状态,那么你就是在你⾃⼰使命的路上.所以你们必须要通过这些分裂的事件去认识到这些是分裂的,这些是不符合我⼼中的频率的.然后通过我们带给你的信息你可以看到,你⾸先发现你⼼中想要杀的对象,然后最后才去OK,我听⼀下JO的话.然后发现我想杀死的对⽅本⾝就是我⾃⼰.为什么呢?

Then there's an example we often use between us, where you have a pile of dung and you curse it. You can actually transform that, turning it into fertilizer to make your vegetables grow better, right? That's transformation. Like a bomb, if you place it among people, many will be killed, correct? But if you put it in the mountains, you can use it to clear a path, right? It can create benefits for you directly. So everything you can convert. Therefore, when you are not in a state of division, you are on your own mission path. You must pass through these divisive events to realize that they are divisive and do not align with my frequency. Through the information we provide, you first identify who or what you want to kill internally, then finally agree to listen to JO's words. And you discover that the person you wish to kill is actually yourself. Why?

因为我的频率决定了对⽅是谁.你⾃⼰的⼀个振动频率导致了产⽣了这些事件.所以从外在去毁灭⼀些⼈和事和事件的话,它没有办法…就好像你⾃⼰⾛错路了⼀样,明明是往东的,你⼀直在往西.那你往西,你是不是永远到不了你的东啊?⽅向都是错的.明明东西在你家⾥⾯,你却出门到处找.那你是不是要掉头回来到家⾥⾯找? 你⽅向是错的.

Because my frequency determines who they are. Your own vibrational frequency creates these events. So externally destroying some people and things or events is impossible... it's like you're walking in the wrong direction, going east when you should be heading west. If you keep going west, will you ever reach your east? The directions are all wrong.明明东西在你家⾥面, you know that what you're looking for is inside your home, yet you venture out to look everywhere else. So don't you have to turn around and go back home to find it? You're going in the wrong direction.

问: 如何才能完全的⾃由?

Question: How can one achieve complete freedom?

JO: 就好像我们又接着前⾯的信息,当你发现外⾯有你杀不完的敌⼈,对吧? 那是你⾃⼰内在的频率投射出去的.那当你能返回到⾃⼰,然后去整合它,就是去看到它.那你才是真正的⾃由,那你才把⾃⼰松绑了.不然的话你永远都不⾃由.就好像你眼睛上有⼀个脏东西,你看出去的脏东西,你在外⾯怎么擦怎么清理都没⽤.它在你眼睛上.你把眼睛⼀清理过后,脏东西就没了.所以说怎么样才能真正的⾃由? 那就是回到你⾃⾝,回到你的内在,回到你⾃⼰.当你不断不断地去修.这么说吧,你有很多缺⼜,对吧? 那你投射出去就有很多残缺不齐.你说我怎么样才能完整呢? 圆满呢? 那当你那⼀个⼀个缺⼜它都已经复原,就是恢复了.

JO: It's as if we're picking up on the information from before, where you realize there are enemies outside that you can never kill. That is your inner frequency being projected outward. When you can return to yourself and integrate it, meaning to see it, then you truly are free. You've let go of yourself. Otherwise, you'll never be free. It's like having a dirt on your eye; no matter how much you clean outside, it won't work because the dirt is on your eye. Only when you clear your eye does the dirt disappear. So, how do you achieve true freedom? You have to return to yourself, to your inner self, and to your own being. When you continuously refine. Let's put it this way: if there are many flaws in you, then what you project outwards will also be uneven. You ask, 'How can I become whole? How can I achieve completeness?' Only when all of those flaws have been restored, or when they've healed back together, do you truly reach that state.

那投射出去就是整个圆啊.所以说真正的⾃由是什么? 那是你内在的⼀个,就是你内在投射出去的没有这些让你不能接受的.

That projection is the entire circle itself. So what is true freedom? It's something you project internally, it's within you, and it doesn't have these things that make you unable to accept.

问: 我前两天晚上做梦梦见我拥抱⾃⼰喜欢的⼈,然后我突然醒来发现我结结实实的抱着⼀个灵体,它也紧紧的抱着我.虽然我看不见它,但是我能完完全全的感受到它.请问这是为什么? 有什么信息要带给我吗?

Question: Two nights ago, I dreamt of hugging someone I like in my dream. Suddenly, I woke up to find myself holding a spirit figure tightly, and it was embracing me too. Although I couldn't see it, I could feel its presence completely. Why is this happening? Could there be any message for me?

JO: ⾸先就像我们之前的信息带给你的⼀样,你不需要跟外界求证于什么.为什么呢? 因为你在你独⼀⽆⼆的世界⾥⾯体验.你的那个世界是独⼀⽆⼆的.你跟别⼈求证没有任何意义,包括跟我们求证.但是这是你美好的⼀个体验.因为你们的头脑它会对没有发⽣的事情,它会有⼀种不相信,不确定.就是不相信它.那当你拥有了⾃⼰的体验,那你是不是可以更加的相信那⾥有个属于你的怀抱了? 因为你必须要完完全全的去相信某⼀些事情,它才会… 因为如果你不相信的话,就算有⼀个男⼈让你抱着的话,你⼼⾥会不踏实的.因为你会觉得他会离开我的.就是我们只是泛泛之交⽽已,明⽩吗?

JO: First of all, like the information we've provided you with before, you don't need to seek validation from anyone outside yourself. Why is that? Because you experience within your unique world - a world that is singularly yours. Seeking validation from others, including us, doesn't make sense, but it's a beautiful experience for you. Your mind might doubt things that haven't happened and lack certainty about them not happening. By having your own experiences, can you then more fully trust that there is a place where you belong? Because you must completely believe in something for it to... If you don't believe, even if someone does hold you like a man would, you'd feel uneasy inside because you might think he will leave me. We're just acquaintances after all, right?

因为当你百分之百的相信你命中注定的⼀个⼈他在那⾥的话,就算可能最开始你们两个⼈彼此都没有进⼊状态,但是最终你们都会成为你相信的那样或者是最终都会有⼀个⼈.因为你的世界是你坚信的东西投射出来的呀.然后这个通灵的⼥孩⼦她刚才头脑⾥⾯说如果我坚信了我爱这个⼈,那他会不会怎样? 你要知道他也有⽆数个版本.那你⾃⼰的频率决定你们进⼊哪⼀个版本.

Because when you believe with one hundred percent certainty that your destined someone is out there, even if the two of you might not be in sync at the beginning, eventually, both of you will become what you believe or there will be one person. As your world reflects what you believe in. Then, the medium girl just now said in her mind, if I firmly love this person, won't he be like that? You need to know that he has countless versions too. It's then your frequency that decides which version you enter.

问: 那我的频率决定体验我体验他的哪⼀个版本.那我能决定就是说这个⼈他⼀定就是跟我所谓的共度余⽣的⼈? 这个是我们能决定的,还是说我们之前的约定?

Q: Well, does that mean the frequency determines which version of my experience I am experiencing? Can I decide that this person is definitely the one with whom I will spend the rest of my life? Is it something we can decide or based on previous agreements?

JO: 还是你⾃⾝的频率决定的.你⾃⾝的频率决定... ⾸先你们之间相处的⼀个状态到底是充满了怀疑还是真诚.这是其⼀,它决定了,对吧? 还有⼀个就是说这个⼈你们在更⾼的灵魂层⾯,如果他只是来陪你⾛⼀段的话,就是来服务于你这个转变期.当你转变成真正的蝴蝶过后,你们都有⾃⼰其他的体验的话.那它会⾃动的发⽣的.它⾃动的发⽣的话,你们俩都不会受到伤害的.你需要去相信它,相信它会⾃动服务于⼀切.因为当你产⽣抗拒,就是不要他离开,就是我很恐惧,离开了没⼈爱我怎么办,这些都是抗拒.这个才会导致伤害的发⽣,导致痛苦的产⽣.

Japanese Original:

ジョー：それはあなたの振る舞いが決めるんです。あなたの振る舞いが決める…まず、あなたたち二人の間で共有する状態は疑心に満ちているのか、それとも誠実なものなのか。これが一つです、そしてそれがすべてを決めます、合意しますね？次に、もし、彼があなたと一緒にいる期間があなたの変化期をサポートするために存在しているなら、彼はあなたの魂の高いレベルで存在しています。彼がただの一時期を一緒に過ごすだけなら、それはあなたが真の蝶になる後に、お互いが自分たちの他の体験を持つときに起こります。そのとき、それが自然に起こるのです。それが自然に起こると、両者には傷はつけられないのです。あなたが必要とするのはそれを信じること、信頼することです。それは全てを自発的にサポートするからです。なぜなら、あなたが抵抗を示すとき、つまり彼を離さないという時に、「私は恐ろしいと感じる。彼が去れば誰かが私を愛してくれない」というような恐怖感があるからです。これらはすべての抵抗であり、それが傷つく原因であり、苦痛を引き起こす原因なのです。

English It is you who determine your actions. It's up to how you behave... First, the state of mutual interaction between you both could be filled with suspicion or genuine sincerity - that's one aspect and it will decide everything. The presence of someone at a higher spiritual level during his time being with you might just serve as support for your transitional period, if he is merely accompanying you through this phase. When you transform into a true butterfly, and when you both have different experiences later on, then these things happen naturally. They occur automatically without causing harm to either of you. What's required here is faith – believing that they will naturally serve everyone. Because resistance, like refusing for him not to leave due to fear that there won't be anyone loving me if he goes away, these are all manifestations of resistance - which in turn lead to the infliction of pain and suffering respectively.

问: 之前我们通灵信息说过你先活在成功的相⾥,然后⼀切都会⾃动的呈现.能不能就这⼀点…JO: 因为其实当你们活在成功的相⾥⾯,其实你不在乎它呈不呈现啊.为什么? 因为你已经在⾥⾯了,明⽩吗? 如果你还怀疑,你看怎么没出现没呈现,根本就是骗⼈.那你就没有在⾥⾯.

Q: We've spoken about living in the appearance of success beforehand, and then everything will automatically manifest. Can we focus on this point... JO: Because when you live in the appearance of success, you actually don't care whether it appears or not. Why is that? Because you're already inside it, understand? If you still doubt, if you see how nothing shows up, it's essentially a lie. That means you are not truly inside it.

问:那为什么对很多⼈来是说,就是我们通灵⼀直说我们有很多件⾐服,你可以随时去换⼀件你喜欢的⾐服.为什么对⼤部分⼈来说去换⼀件⾃⼰喜欢的⾐服好像不是⼀件容易的事情?

Q: Why is it that for many people, we keep saying that we have numerous pieces of clothes and you can just switch to any piece you like? Why does the idea of switching to a piece of clothing that one likes seem not so easy to most people?

JO: 就像前⾯说的⼀样,你们的物质头脑它想的是实实在在,就是看得到的东西.就是已经显化出来的这个果.你们就像⼩朋友⼀样,只有这个果⼦结出来了,⽐如说这⾥已经结了很多西红柿,你才: 哇,这⾥有很多西红柿.但是旁边的种⼦还没发芽呢.你就说⼟⾥什么都没有,怎么可能有西红柿呀.但是农民刚播种下去的呀.但是那个农民⼼⾥很清楚呀,明⽩吗? 那就是⼩朋友的⼀个状态,他只相信他眼前能看到的.然后关于你前⾯说的,就是我先活在果当中,我怎么样才能把这个显化出来? 你不会在乎它,明⽩吗? 因为你已经在⾥⾯了嘛.那当你在乎它的时候,说明你没在⾥⾯.那你妹体验到也是正常的.所以说你不会产⽣这个问题.

JO: As previously mentioned, your material mind thinks in terms of the tangible and visible - what you can see or has already manifested as a result. You're like children, only recognizing the fruit when it's ripe; for example, seeing many tomatoes here and exclaiming that there are many tomatoes. But if the seeds have not yet sprouted nearby, you'd argue that there is nothing in the soil and how could tomatoes grow? However, the farmer has just sown them. Yet, the farmer understands clearly, right? It's a state of mind where they only believe what their eyes can see immediately. Concerning your previous question - living within the fruit first, I'm curious as to how this manifestation occurs? You wouldn't care about it because you're already inside it. But when you do care, it indicates that you're not fully immersed in it. Hence, experiencing this is natural. Therefore, you wouldn't encounter such issues.

你产⽣这个问题就说明你还在怀疑,你还在要求外在要按照你这个样⼦呈现.

You experiencing this issue indicates that you still have doubts and are demanding that the external world present itself according to your likeness.

问: 那我能不能理解我还在关注外在?

Question: That means I'm still focusing on the external, right?

JO:你还在求.你还在求就是这个我⼀定要这么样,你进⼊不了状态.那个并不是.我跟你讲你内在真正的平静的话,哪怕外⾯天崩地裂,你还是平静的.你因为外在的天崩地裂⽽平静不了,那就说明你就是受影响的.你不会说你看吧,我平静了,为什么外在还天崩地裂呢? 它不应该平静才对吗? 那你根本就不是... 你是说先有平静,我的平静才是对的,才是有理由的有原因的.NO,不需要外在的原因,外在的那个相来满⾜你.你不需要了.这才是真正的⾃由.

JO: You are still seeking. Seeking means this has to be how I do it, and you can't get into the state. That's not the case. If I were to explain your inner true calmness to you, even if everything outside falls apart, you would remain calm. It is because of the external collapse that you cannot stay calm; this shows that you are affected. You wouldn't ask why the outer world can still fall apart when I am calm? Shouldn't it be peaceful instead? This means that you aren't... You're saying that inner peace must come first, my peace being right, having reason and justification. No, there is no need for external reasons; the external appearances should satisfy you. You don't need them anymore. This is true freedom.

问: ⼈类⽬前最迫切知晓的信息或者是真相是什么?

Question: What is the most urgent information or truth that humans currently need to know?

JO: 就是我们今天信息我们告诉你们的,你们并不是说你们这⼀⽣或者这⼏⼗年,这个⾁体或者这个⾝份、地位、什么什么的.所有关于你的信息它是你的全部.不是的.它顶多是你⼀个⾮常⼩的⼀个⾓⾊.就好像你从⼩到⼤,⼩学初中⾼中⼤学博⼠,上了这么多课程.只是其中⼀个课程的⼩⼩的⼀个章节⽽已,明⽩吗? 那你想象⼀下,你上了这么多课,其中的⼀个⼩章节.它能代表你所有的? 但是这个⼩章节它也是你的⼀个台阶⼀样.

JO: That is what we are telling you today about the information that you have, it's not just for your whole life or several decades regarding this physical body or your status and identity. It's not all of you; no. At most, it's a very small part of who you are. Like growing up from childhood through primary school, middle school, high school, college, and beyond, taking all these courses - just one tiny chapter among them. Can you understand that? Now imagine that you've taken so many classes, with just one being this little chapter. Does it represent the entirety of who you are? But even that small chapter is still a step for you in your journey.

问: 死亡地带有没有什么像是⼀个整体的信息想要活着的⼈知道的?

Question: Is there anything in the death zone that wants to convey information to the living?

JO: 你稍等.死亡只是说缺少了那个⾁体去体验到你们体验到的.但是却可以跟你们⼀样在你们物质世界这⼀切,就是和你们⼀样去经历去体验.就好像你是实体,然后另外⼀个是隐⾝在你旁边和你⼀样,去观看你们物质世界正在发⽣的事件.除了缺少了,⽐如说你被车撞了你还会疼,它被车撞不到.就这种.但是你们却可以⼀样的去看戏.

JO: Wait a moment. Death simply means that the physical body is missing to experience what you all experience. But it can still engage in everything within your material world, experiencing and undergoing just like you do. Imagine you are the solid form, and another one隐形 nearby, watching the events unfolding in your material world just as you would. Apart from the fact that you might feel pain if hit by a car while the invisible entity wouldn't, it's similar to that scenario. Yet you can still enjoy observing everything together with this hypothetical companion.

问: 我能问⼀下⼗年后我的⽗母有什么信息要带给我吗?

Question: Can I ask what information my parents will have for me in ten years?

JO: 你为什么会想问这个问题? 就是说为什么你觉得你当下会需要⼗年后… 就是说那个⼗年后的你是你⾃⼰去创造,你⾃⼰去不断地不断地去创造出那个版本,去进⼊到那个版本的你,明⽩吗? 因为我跟你说吧,⼗年后的你已经不会去在乎外在的声⾳,不管是你爸妈也好还是其他⼈也好.因为你知道那只是他们当时的⼀个⾓度⼀个视⾓看出去的东西.现在有很多灰尘遮住,他看不清是正常的.所以你也不会去要求他们,你怎么看不清?

JO: Why did you want to ask this question? That is, why do you feel the need for the future version of yourself that will exist in ten years... The future version of yourself is something you create and continually develop into, stepping into that version of you. Understand? Because I'll tell you, by then, you won't be bothered by external opinions, whether from your parents or others. You know it's just their perspective at that moment. There are many distractions now; it's normal for them to not see clearly. So you wouldn't expect them to misunderstand either.

问: 我还能问⼀下当下有没有什么信息是要带给我的吗?

Question: Can I ask if there's any information you need to share with me right now?

JO: 当下信息都是带给你的.我们看⼀下当下有没有什么信息带给在场的其他⼈? 你稍等.你们能被我们的信息所吸引⽽来到这⾥,就说明这些是你⼼⽬中的光和⼼⽬中的道.就说明你现在已经找到了⽅向,在今后你都不会迷茫.所有的迷茫都会是你头脑⾥⾯产⽣的.但是记住,你们的头脑它是不知情的.

JO: The current information is being brought to you. Let's see if there are any messages for the others present here in the present moment? Please wait a moment. Your ability to be attracted by our message and come here indicates that this is what you perceive as light and wisdom within you. It shows that you have already found your path, so you won't be lost or confused in the future. All confusion arises from within your mind. But remember, your mind doesn't know better.

问: 有⼀个群友想问她感觉到很累很累,她在物质上也不是很好,也担⼼房租担⼼钱的事情…JO: 就像刚才的信息,你们已经找到了出路找到了道.你们已经不会迷茫.如果你还觉得你迷茫,是因为你的头脑.但是你的头脑它本⾝… 允许你的头脑它知情,明⽩吗? 所以说你会进⼊你的头脑,你的头脑它不知道啊: 怎么办啊? 怎么办啊? 你进⼊它了.那你就进⼊到⼀种

Question: There is a group member who feels very tired and worries about finances, especially rent... JO: Like the message just now, you have found your way out. You are no longer lost. If you still feel lost, it's because of your mind. But your mind itself... Allow your mind to know, understand? So you enter your mind; your mind doesn't know what to do: What should I do? What should I do? You've entered it. That takes you into a state...

所谓的焦虑担⼼迷茫当中去.但是你需要允许它不知情.就像我们前⾯的信息说的,它就好像还没有遇到任务的⼀只警⽝⼀样,它不知道接下来的任务是什么.但是你们每⼀个都不会再迷茫.因为你们现在已经知道哪⾥是属于你们的道.

Translating your Chinese text into English, I get:

"Amidst anxiety, worry, and confusion, but you need to allow it uninformed. Just like what our previous information said, it's akin to an untrained puppy who hasn't encountered a task yet; it doesn't know what the next task will be. But none of you will be confused anymore because you now understand where your path lies."

问: 这个群友还想问就是说她⼀提到钱就很恐惧很害怕.然后有没有什么信息是要带给拥有相同问题的⼈?

Q: This group member also wants to ask if people who are very fearful and scared whenever they mention money have any information that can be shared with others facing the same issue?

JO:这个是需要连接她⾃⾝的能量才知道为什么她会产⽣这种恐惧.但是因为你们⽬前整个来说你们还在⼀个⾦钱的系统.就是物质是重于⼀切的.这个是需要被你们去突破的.因为你们都会被这个像枷锁⼀样,然后受影响.你们都在受它们的影响.这个影响是你们的阶段.为什么呢?因为这个阶段也会过去的.所以它的影响不可能是持久的,明⽩吗?就像是⼀股浓烟⼀样,它会消失的.因为你们存在本⾝就不是⾁体的存在,也不是物质的存在.你们的存在是⽆限的,它没有任何东西能够限制你.所以就算你体验到⾦钱对你的限制,它也只是这⼀会⼉.就好像是放了⼀个臭屁,你闻到那个臭味.它⼀会⼉就过去了,明⽩吗? 它的影响只能如此.

JO: This requires connecting to her own energy to understand why she feels this fear. However, due to the current overall monetary system you are all in, where material things outweigh everything else. This is something that needs to be broken through by you because it has a hold on you and affects you, just like being bound by chains. You are influenced by these. This influence is part of your stage, why? Because this phase will eventually pass, making its impact temporary and understandable. Like a dense cloud of smoke, it will dissipate. Remember, you exist beyond mere physical bodies or material entities. Your existence is infinite with nothing to restrict you. Thus, the limitation by money that you experience for now is only for a moment, similar to smelling a bad odor, which soon fades away. The impact can't last forever.

问: 怎么样才能做到在育⼉的时候不焦虑?

How can one avoid anxiety when raising children?

JO: 就好像我们之前信息告诉你其实你们所说的抚养孩⼦,但是其实你需要改变的是,你是在见证⼀个⽣命改变⼀个⽣命,就好像是在看你⾃⼰种的⼀颗种⼦它发芽开花结果的那个过程.你只是参与它,你去见证它: 哇,今天又长了⼀⽚叶⼦.哇,今天又开了⼀朵⼩花,明⽩吗?就好像是这样的⼀个过程⽽已.但是在这个过程它会把你⽣命的⼀些东西给激活.就是通过你⾃⼰去见证⽣命的⼀个突破,不断地成长的⼀个过程当中,你⾃⼰也在被激活.就是它不是⼀个任务或者不是⼀个问题或者不是⼀个事件.就是我要把这个事件给处理掉.因为当你抱着它是个问题我需要去解决,它是个事件我需要去处理,它是个任务我需要去完成.

JO: It's as if we have been conveying to you that what you refer to as parenting children; but actually what needs changing is that you're witnessing a life transforming another life. Imagine it like watching the process of your own sown seed growing, blooming, and yielding fruits – a process where you merely participate in and witness: Wow, it sprouted another leaf today! Wow, it blossomed another small flower today; do you get it? It's simply this process. But through this process, certain aspects of your life are activated. You see, by yourself witnessing the breakthrough of life continuously growing, in this process, you are also being stimulated. This is not a task or a problem or an event that I need to resolve; rather, I'm dealing with it. Because when you view it as a problem needing resolution, an event requiring handling, or a task demanding completion, your approach changes.

你如果是抱着这样⼦的,就是养孩⼦就是个任务就是个责任嘛,那你肯定会⼼不⽢情不愿的.因为你赋予它的就是这个.你赋予它的是这个,你体验它的肯定是这个.所以你必须要知道任何灵魂它加⼊到你的⽣命当中来,它实际上都是来协助你的.所以它本⾝就是来协助你的.那它协助你,你想它协助的⽅式,就⽐如说你现在就给它⾥⾯注⼊苦⽔还是甜的⽔? 为什么呢? 因为当你苦的⽔还是甜的⽔,就好像你⾃⼰在⽤这个⽔来变成冰棒.到时候吃冰棒的⼈还是你.你说你现在在做⼀个冰棍,你往⾥⾯加东西.你到底是往⾥⾯加泥巴加脏东西加苦的东西加有毒的东西? 我还是加纯天然的⽔果,对⾝体有好处的?

If you view it as such - raising children is a task and a responsibility - then you would definitely approach it reluctantly. You're assigning it that role. Whatever role you assign to it, whatever experience you have of it, is inevitably colored by that assignment. So you must understand that any soul joining your life is actually doing so to assist you. It's inherently there to assist you. When it assists you, the way you want it to help might be, for example, are you pouring in bitter water or sweet water now? Why would you ask this question? Because whether it's bitter water or sweet water, it's like turning that water into an ice pop yourself. The one eating the ice pop is still you. You're saying you're making an ice pop and adding things to it. Are you adding mud, dirty stuff, bitterness, or toxins? Or are you adding pure natural fruits, things beneficial for health?

问: 请问什么是内在的⼒量?

Q: What is internal strength?

JO: 如果你们只把你当成是这个⾁体⽽活着,你们是没有什么⼒量的.你会很快的⼒🗎.就是你能撑⼀会⼉,然后你的⼒⽓就没了.然后什么是真正的⼒量? 让来⾃于你知道你是谁,也就是说你知道你不是这个⾁体.为什么呢? 因为当你知道你不是这个⾁体,你便不会受这个⾁体的⼀些恐惧影响.当你没有恐惧,你是⼀个更⼤的你.那个才是真正的⼒量来源.因为它没有任何恐惧,不受任何束缚,不受任何外在的影响.所以说真正的⼒量就是去知道你是谁,你真正的⾝份.它不是这个物质⾁体,这⼀团⾁.那个才是真正的⼒量的来源.

If you live your life only as this body, you won't have any power. You will quickly lose it. Even if you can hold on for a while, then your strength will be gone. Then, what is true power? True power comes from knowing who you are, that is, knowing that you are not this body. Why is that so? Because when you know that you are not this body, you won't be influenced by the fears of this body. When you have no fear, you are a greater version of yourself. That is where true power originates from because it has no fear, is not bound by anything, and不受 any external influence. Therefore, true power is knowing who you are, your true identity. It's not this physical body, this lump of flesh. That is the source of true power.

问: 有⼈问他⼀直找不到合适的⼯作,她很焦虑.她想问她该怎么办?

Q: Someone asks him if he can't find a suitable job all the time, she is very anxious. She wants to ask what should she do?

JO: 因为你们整个物质世界都会有⼀个我必须要⼯作才能存活.你⾸先你可能会有⼀个概念或者有⼀个理念,就是说我必须要去打⼀份⼯我才能存活.但这是你们需要你们⾃⼰去突破这个概念和观念的.为什么呢? 你们其实唯⼀的⼯作你们只是去体验⽣命,去成为真正的⾃⼰,⽽不是这个⾁体的你,明⽩吗?因为你现在⽐如说你找的这份⼯作或者什么什么都好,它其实只是维持你这个⾁体能够⽣存下去.但是你很快会发现它其实⾏不通.为什么呢?你看有这么多⼈他可能什么都有,有⼯作有钱,什么都有.但是他是痛苦的.他会,⽐如说变成疾病让⾃⼰死掉或者⾃杀、各种.所以说当你们如果能真正的⾛在⾃⼰的道路上,你的激情到底是什么?你的梦想是什么?

JO: Because in your whole material world, I need to work in order for you to survive. You might have the first concept or idea that you need to find a job and work to survive. But this is something that you need to break through yourself. Why? Essentially, your only 'job' is just to experience life and be who you truly are, not this body you're in. Do you understand? Because what you've found in jobs or anything else that seems good for you is actually just keeping your physical body alive. But soon enough, you'll realize it doesn't work out well. Why? Look at so many people who have everything - a job, money, etc., but they're suffering. They might die from diseases, commit suicide, or experience other forms of pain. So when you truly walk on your own path and know what your passion is and what your dreams are,

你⾛在这条路上的时候,你会发现你担⼼的需要⼯作来⽀撑⾃⼰的⼀些⾦钱问题,它也会被解决掉.就是你不会饿死.你想象⼀下世界上这么多动物,它们没有去⼯作赚钱,但是它们存活的好好的,它们可以存活上百年,明⽩吗?所以说你必须要从内在相信你真正唯⼀的⼯作就是做你⾃⼰.为什么呢?因为只有当你做你⾃⼰,你才会去产⽣那个属于你⾃⼰独⼀⽆⼆的频率.那在那个你独⼀⽆⼆的频率⾥⾯,你得到的⽀持它都会⾃动的发⽣.这么说吧,我们举⼀个例⼦.这个⼥孩⼦她头脑⾥⾯有看到⼀个聋哑⼈,他从来没有学过画画.但是他不停的画画不停的画画.就有⼈送他⼀套笔.他画了⾮常多精美的作品.这个不是在⼯作吧,是吧?

When you walk on this path, you will find that the financial issues you worry about will be supported by your work and resolved. Essentially, you won't starve. Imagine all the animals in the world who don't go to work to earn money but still survive very well, living for hundreds of years, understand? Therefore, you must believe from within that your true sole job is to be yourself. Why is this necessary? Because only when you are being yourself will you generate a unique frequency exclusively yours. In that uniquely yours frequency, support naturally occurs. Let me give an example. This girl has in her mind a deaf person who never learned how to draw. But he keeps drawing and drawing without stopping. Someone then sends him a set of paints. He creates many beautiful works of art. Is this considered work?

他只是有了那种内在的驱动⼒⼀样去做这件事情.然后做的废寝忘⾷.那你要知道他画的那些画,它背后都可以产⽣巨⼤价值的,明⽩吗? 那如果在经过你们和谐dealer,然后去把它变成⾦钱.那他是不是就会得到⼤量⼤量的⾦钱?那个⾦钱是他⼀个聋哑⼈每天去上班每个⽉拿⼏千块钱的⼯资,他⼏百年⼏千年都赚不回来的,明⽩吗?所以传统意义上的你们需要⼀个⼯作,这个是需要你们⾃⼰去⽤另外⼀种⽅式展现出来的.NO,you don’t (你不需要⼀份⼯作).你唯⼀的⼯作就是跟随你的激情做你

He simply acts on that internal drive to do this thing. Then he works so intensely that it affects his eating and sleeping habits. You see, the paintings he creates can generate immense value, right? If these artworks are sold through a harmonious dealer and converted into money, would he not receive a substantial amount of money? The money earned in such a way is equivalent to what an ordinary deaf-mute person earns daily with a meager salary of several thousand dollars per month over hundreds or thousands of years, understand? So traditionally, you need a job; this requires you to demonstrate it through your own unique means. No, you don't necessarily need a job. The only "job" you have is to follow your passion and do what you're driven to do.

⾃⼰.因为当你这个振动频率产⽣过后,⼀切服务于你的都会⾃动归位.但是这个频率需要你⾃⼰产⽣出来.因为当你在⼀种焦虑、担忧、我怎么办、我⼯作不⾏... 那其实那个不是你真正的频率,那是⼀个⾮常恐惧、匮乏的⼀个频率.⾃然⽽然你会体验到这⼀切事件.为什么呢? 因为你种下的就是这个果.

Yourself. Because once you generate this vibration frequency, everything serving you will automatically realign. However, this frequency requires you to generate it yourself. For when you are in anxiety, worry, what should I do, my work isn't good... that is actually not your true frequency; it's a very fearful,匮乏 state of frequency. Naturally, you will experience all these events. Why? Because you have sown this fruit.

问: 如何才可以与更多的灵和光之存有进⾏连接?

Question: How can one connect with more spiritual and luminous beings?

JO: 就像这个⼥孩⼦这样是吗? 那我们刚才说你需要去做⼀些废寝忘⾷的事,对吧? 那就是你散发的的频率,对吧? 那当你在这样的⼀个状态,所有的⼀切它都会⾃动归位的.当然包括你和源头的,只有在这种情况下你才会发⽣连接的.然后连接的⽅式它不⼀定是和这个⼥孩⼦是⼀样的.为什么呢? 因为你们每⼀个⼈都有独⼀⽆⼆的来到这个世界上我来想要体验什么.那有可能是你就是画画,就像我们刚才说的那个孩⼦画画,那他就是在跟那些存有连接啊.那你要是⼀个歌唱家,那它就是从你的歌声当中把这些能量... 这是⼀种能量⽤你们独⼀⽆⼆的⽅式给显现出来.这么说吧,就好像你们家有电视机、有电脑、有洗⾐机、有电冰箱,对吧?

JO: Is this like that girl? Then just now we talked about the things you need to do with extreme dedication, right? That's your frequency emitting, right? And when you're in such a state, everything will automatically find its place. Of course including your connection with the Source. Only under these circumstances would this connection happen. The way of connection doesn't have to be the same as the girl's. Why is that? Because each one of you has a unique reason for being here to experience something. It might be painting, just like we talked about with the child painting, where he connects with beings. If you're a singer, then it's through your voice transmitting these energies... This energy manifests in your unique way. To put it simply, it's like having TV, computers, washing machines, and refrigerators at home; right?

那个源头就是电源.你插上电过后,你独⼀⽆⼆的功能是不是就显现出来了?那你们能每⼀个⼈都做电冰箱吗?所以说那就像你们每⼀个⼈都是独⼀⽆⼆的.当你插上电,就是连接源头,那你到底是个电冰箱还是个电风扇还是电视机,明⽩吗?以这种独⼀⽆⼆、⽆可代替的⽅式呈现出来.

That source is the power supply. When you plug it in, does your unique function manifest itself? Can each of you be a refrigerator? Therefore, just like everyone being unique, when you connect to the source by plugging in, are you actually a refrigerator, a fan, or a TV? Understand that this uniqueness and irreplaceability is how they are manifested.

问: 如何不再感到迷茫?

Q: How can I stop feeling lost?

JO: 就像我们刚才说的其实你要允许你的头脑在⼀种⽆知、迷茫的状态.就是它是不知情的.就想象⼀下你的头脑它是⼀只警⽝.但是我们⽣活中它有各种同步性事件,还有各种提醒.就是事情它⾃⼰有⾃⼰展开的⽅式,你只需去允许.就⽐如说这个⼈要跟我分⼿,对吧?我头脑可能接受不了,因为我看不到将来还会有另⼀半其他⼈出现在我的⽣命当中.因为你们头脑不会相信⼀些看不到的东西,对吧?那如果你允许它⾃⼰展开的⽅式,你就不会有太多的抗拒.你就会允许这个事件它⾃动的发⽣.所以你要允许你要允许你会存在⼀些迷茫的状态.但是你需要去坚信你⽣命它⾃⼰在运⾏.它有它⾃⼰⾃动展开的⽅式.我们产⽣痛苦是因为我们去抗拒.

JO: Like what we just discussed, you need to allow your mind to be in a state of ignorance and confusion - it's uninformed. Imagine your mind as a puppy that needs guidance; however, our lives are filled with various synchronistic events and reminders. Things have their own way of unfolding, and all you need to do is let them happen naturally. For example, if someone breaks up with me, my mind might not accept it because I can't see another half or someone else coming into my life. Your mind won't believe in things it can't see. If you allow it to unfold naturally, there will be less resistance, and the event will occur automatically. So, you need to allow yourself to exist in a state of confusion. But you must trust that your life is running on its own, with its own automatic way of unfolding. The pain we feel comes from our resistance.

因为我们想要停留在⼀个已知或者安全舒适的环境.但是不可能的.不可能的.这⾥没有.你看⼀下连你们政府,哪怕⽤全世界的⾦钱,它都没有办法创造⼀个那样⼦的状态.你说许家印他能创造⼀个那个状态给他⾃⼰,明⽩吗? 所以我不管你拥有什么权⼒、地位、⾦钱.都没有办法给你创造⼀个永久的状态给你.为什么呢? 因为你们在梦⾥⾯.梦迟早会醒.那梦醒了,你说梦⾥⾯发⽣的⼀切,梦⾥⾯你抓了多少钱赢了多少钱,你醒了你还能带⾛?

Because we all want to stay in a known or comfortable environment. But it's impossible. Impossible. There is no way here. You just look at even your government, with all the world's wealth, they can't create such a state. Do you understand that even Xu Jiayin (a Chinese businessman) cannot create such a state for himself? So regardless of whatever power, status, or money you have, it won't be possible to give you a permanent state. Why is that? Because you are dreaming. Dreams always come true eventually. When the dream wakes up, then ask yourself what happens when you realize everything in your dream - how much wealth you've gained and lost within those dreams - can you carry it away with you when you wake up?

问: 有⼈问怎样和⾼我建⽴更深的连接?

Question: How does one establish a deeper connection with their higher self?

JO: ⾸先你们本⾝是有连接的,因为你太专注于物质世界,你⾃⼰断开了连接,就你太进⼊这个相当中,明⽩吗? 你就给你创造了⼀个断开连接的体验,⽽不是真正的断开连接.你只是给你创造了这个体验⽽已.那就是说你要知道你进⼊了它,你⾃⼰创造了它.那如果你退出来,不去创造它.那你是不是又恢复到连接的状态了? 所以只需要去看清楚都是你⾃⼰把⾃⼰弄成这样⼦.但是即使是你⾃⼰把⾃⼰弄成这样⼦,你也可以从中学习到很多.

JO: Firstly, you are connected to yourselves because you are so focused on the material world that you disconnect from your own connection; you create a disconnected experience within yourself rather than truly being disconnected. It's just an illusion of disconnection that you've created for yourself, not actual disconnection. The point is that you have to understand that you are in it and you created it yourself. If you step out of it, if you don't create it anymore, then do you regain your connected state? So one must realize that this whole thing is just what you've done to yourselves. But even though you're the cause of it all, there's much you can learn from this process.

问: 有⼈问她跟她的⽼公感情没有问题,但是越来越不想做爱了.她想问这个正常吗? 然后为什么会这样?

Q: Someone asked her if there was no problem with her relationship with her husband, but she is increasingly unwilling to have sex. She wants to know if this is normal and why it happens?

JO: ⾸先其实她这个状态它其实也是变动的.就好像你的⾝体,就是我突然变的很懒,不想动了,那你的⾝体也会进⼊这种状态,对吧? 但是你的⾝体也会好起来的.所以说它会是⼀个变动的,你不需要去⼀定要把⾃⼰逼到那种状态.就好像要逼⾃⼰不允许⾃⼰⽣病,不允许偷懒,不允许休息⼀样.还有你可以⾃⼰去探索为什么产⽣这种感觉? ⽐如他曾经做了⼀些事情,然后我积累到我的记忆当中.然后我继续去… 然后因为这些事情我产⽣了⼀种排斥感.所以你可以⾃⼰去探索.但是本⾝就像我们前⾯的信息说的,你投射出来对⽅的状态,它实际上是你⾃⼰的⼀个能量状态.那这个也是你⾃⼰的能量状态,那也需要你去探索.

JO: Firstly, her condition is actually changing. It's like how your body feels when you suddenly become very lazy and don't want to move; it enters this state, right? But your body will get better again. So it changes, and there's no need to force yourself into that state. Like forcing yourself not to get sick, not to be lazy, or not to rest. Also, you can explore why you feel like this? Perhaps they did something in the past that has been stored in their memory. And I'm continuing... because of these actions, it has created a sense of repulsion. You can explore these feelings yourself. But remember, as we discussed earlier, the state you project onto others is actually your own energy state. This same concept applies to your own energy state; exploration is needed for that too.

因为这个是需要连接对⽅的能量状态才能知道的.但是我们现在只是跟你说有哪些因素导致.那也有可能你现在需要从你这个物质世界,就是从这些刺激当中退出来.然后进⼊到⼼灵探索,明⽩吗? 我跟你讲,我不管你的⾁体受到多⼤的刺激,你的⾁体迟早会乏味的.就好像再好吃的东西,你天天吃天天吃,你会吃腻的.所以说你们最终还是会⾛上这条路.

Because this is something that can only be determined by connecting to the other person's energy state. But now we're just telling you about the factors leading up to it. It's also possible that right now you need to step out of your physical world, these stimuli, and move into exploring your mind. Understand? I'll tell you this: no matter how much stimulation your body receives, it will eventually become dull. Just like a delicious dish; if you eat it every day, you'll eventually tire of it. That's why you're inevitably destined to take this path.

问: 有⼈想问⼈为什么会没有⽣命的活⼒? 内在的⽣命⽕焰如何才会熊熊的燃烧?

Q: Someone wants to ask why humans lack vital energy? How does the inner life flame burn fiercely?

JO: 没有活⼒,就好像我们刚刚说如果你只是把你当成这个⾁体,只是来维持它的⼀个⽣存状态.那就是像你成天把⼀只狗关在那⾥,就给他吃给他喝.也不让它去进步,也不让它去释放⾃⼰的⽣命,然后也不给它设定不同的⽬标让它去挑战.你看那个狗的状态? 所以你们本⾝就并不是这⼀团⾁,明⽩吗? 这⼀团⾁它跟蛆没有区别的,如果没有意识的进⼊的话.所以背后真正真正运作的,是它的灵魂、意识,明⽩吗? 只有去跟这些发⽣连接过后,你才能感受到源源不断地能量.就好像⼀个电风扇,你⽤⼿去掰,它动⼀下.掰⼀下,它动⼀下.然后你插上电,它源源不断地输送能量.

JO: Without vitality, it's like we just mentioned if you only see yourself as this body to keep it alive in a survival state. That's like keeping a dog locked up all day, giving it food and water but not letting it progress or release its life force, nor setting it different goals to challenge. Do you see how that dog behaves? So you're not just a blob of flesh; understand? This blob of flesh is no different from maggots without the consciousness entering into it. Therefore, what truly drives this system behind the scenes is its soul and consciousness, understand? Only by connecting with these energies can you feel an endless flow of energy. Like an electric fan, if you physically push it, it moves once. Push it again, it moves once more. But when you plug it in, it continuously delivers energy.

问: 对⽣病住院的JO⽼⼈除了祝福我们还能做什么? 然后如何才能知道⽼⼈真正的⼼意? 就是他是希望离开还是继续治疗?

Q: Besides sending wishes for the elderly JO who is hospitalized due to illness, what else can we do? And then, how can we truly understand his heart's desire - whether he wants to leave or continue treatment?

JO: ⾸先你们对于治病还会有⼀个你们⾃⼰集体的功课在那⾥,就是去单独针对这个⾁体去做⼀些⼿段,⼲涉.但是你们真正需要⼲涉的是他的灵魂层⾯、能量层⾯,明⽩吗? 就⽐如说唤起他⽣命存在的价值和意义.还有就是让他感受到爱.因为那个爱才是你们真正的药.那个爱才是你们真正的药.所以说给⽼⼈⽆条件的爱.你可以听从他的意见去跟他交流,完完全全的敞开,尊重他的意愿.因为就算他想要医疗,因为他还在这个认知⾥⾯.但是你让他看到他的这种想法是受到⽀持的.那他也会通过这个媒介去把⾃⼰的病治好.明⽩吗?

Firstly, you have a collective task of treating illness by taking individual measures to intervene on the physical body itself. But what you really need to intervene is at his spiritual level and energy field, understand? For example, to awaken the value and meaning of life for him. And also to make him feel loved because that love is your true medicine. That love is your true medicine. Therefore, give unconditional love to the elderly. You can listen to their opinions and communicate with them openly, completely, respecting their wishes. Because even if he wants medical treatment, as long as he is still within this cognitive framework. But by letting him see that his thoughts are supported, he will also heal himself through this medium. Understand?

问: 那如果当下这个⽼⼈的物质⾁体已经进⼊到了昏迷的状态,那我们当下如何才能知道他真正的意愿是什么呢? 就是他希望接着治疗还是我们放弃治疗?

Question: If an elderly person's physical body is already in a state of coma, how can we determine his true wishes at that moment, whether he wants to continue treatment or if we should abandon it?

JO: 接着治疗还是放弃治疗,这些都是属于你们⾃⼰个⼈的⼀些,⽐如说观念.因为这⾥没有哪⼀个.你只是在⽤这种⽅式来舒服⾃⼰.为什么呢? 因为从更⾼层⾯它选择了死亡的发⽣,没有谁能阻碍的了这件事情发⽣的.如果能的话,那⼥王还⽤死吗?明⽩吗?所以那顶多就是你们⼀个观念或者这个选择,就是让你们⾃⼰⼼⾥好受⼀点.但是事情定了就是定了,你没有办法去影响它.顶多是影响你⾃⼰,让你们⾃⼰如何能… 但是对疾病的⼀种认识却可以让这个事件很好的去服务于你.然后对⽣命的⼀个认识可以很好地去服务于你.因为从灵魂层⾯,当这个⽼⼈做出来的事件,就好像他是演员,他演出来这场戏.如果让你产⽣本质上的⼀个变化.

JO: Whether to continue treatment or to stop it, these are all personal issues for you, such as your beliefs. There is no single answer here; you're just using this method to make yourself feel better. Why? Because at a higher level, death has been chosen, and nothing can prevent this from happening. If that were possible, would the Queen still choose to die? Understand? So, it's merely your personal belief or choice that makes you feel better internally. But the thing is already decided; you cannot influence it. At most, you can influence yourself on how to... However, understanding disease can serve you well in this situation. And understanding life can serve you well too. Because from a soul perspective, when an old person acts out this event, they're like actors performing this play. It should make you see your true essence.

那就好像我是⼀个演员,我演这场戏让你的灵魂得到了升华,得到了转变.那个演员是不是有⼀种我没有⽩演的感觉,就是我的这些精⼒没有⽩费?所以你有没有从这场戏当中去提升你⾃⼰? 转变你⾃⼰? 或者还是把它当成⼀个单独的悲惨的事件? 所以它会带你进⼊到你对⽣命的⼀个探索、认知,对疾病.

It's as if I were an actor who has elevated and transformed your soul through this performance. Does the actor feel like they have not performed in vain, that their effort was not for nothing? Have you improved yourself or changed after experiencing this play? Or did you simply see it as a separate tragic event? This will lead you to explore and understand life, and perhaps even disease.

问: 有⼈想问⼀个关于洁癖的问题.他看到脏的东西就会感到恐惧和恶⼼.为什么会这样?

Question: Someone wants to ask a question about OCD. They feel fear and nausea when they see dirty things. Why is that?

JO: ⾸先任何的这种问题都需要连接对⽅的能量,根据对⽅⾃⼰形成的独⼀⽆⼆的他的那个… 但是如果是从更⼴泛的⾓度来说,你们⼈其实都会对乱啊、脏啊这些,⾃然的产⽣⼀种不喜欢或者是排斥.你就这么想,就好像是能量⼀样,当它是⼲净纯净的能量,它就会让⼈们想要靠近,对吧? 当它是浑浊的、混乱的,⼈们⾃动的就想要排斥.这就是你们每⼀个⼈的⼼⽬中你们都是与道合⼀的状态.你们都是⾃然⽽然靠近光的,⽽不是浑浊的.这是你们天然⾃然的⼀个状态.

JO: First of all, any such question requires connecting to the other party's energy, based on their unique self-formed… But if we look at it from a broader perspective, people naturally dislike or reject chaos and dirtiness because they arise spontaneously. Think of it like energy; when it is clean and pure, it attracts people towards it, right? When it is murky and chaotic, people instinctively want to avoid it. This means that you all are in harmony with the path, approaching light naturally rather than darkness. This is your inherent natural state.

问: 有⼈想问为什么他⽼是⼼神不宁,⽆法保持⼀个很好地觉察的状态?

Question: Someone wants to know why he is always restless and unable to maintain a good state of awareness?

JO: 觉察的状态它不需要你保持的,因为你本⾝就是的⼀个状态,它不需要你保持它.然后为什么总是⼼神不宁? 就好像你的这个头脑它像⼀个摄影机⼀样或者是关注.如果它没有持续的关注⼀个点,它这看⼀下那看⼀下,东想⼀下西想⼀下.这个念头把我拉⾛,那个念头把我拉⾛.这个相把我拉⾛,那个相把我拉⾛.你如何宁啊? 你就好像这条狗,你⼀会⼉这样,⼀会⼉那样.那你们知道你们动物有时候,⽐如说骑马或者是⽜,你给它把视线挡住,它只能看到⼀个⽅向.它是不是受的⼲扰就少了? 那其实你也可以训练你的这个⾁体,让它锁定⼀个⽬标.你们还需要去跟你的这个⾁体,就是好像做⼀个修⾝吧.然后你还需要去跟它有⼀个很好的磨合、调整.

JO: The state of awareness doesn't require you to maintain it because you are inherently in that state, and it doesn't require you to keep it up. Then why is there always this agitation? It's as if your mind acts like a camera or focuses constantly on something. If it doesn't have continuous focus on one point, it jumps from here to there, pondering东西, wondering about things. Thoughts pull you away, and another thought pulls you away. These images pull you off course, that image pulls you off course. How can you be calm? You're like a dog, changing directions randomly.

Do you understand why animals sometimes react differently when their sight is blocked, for example, riding a horse or a cow? With its vision restricted to one direction, it receives fewer disturbances. Similarly, you can train your body to lock onto a target. You need to work on aligning yourself with your physical self through practices like mindfulness meditation, and there's also the need for good coordination and adjustment between you and your body.

才跟你是在⼀条线上的.就好像警⽝,它不需要受训吗? 它需要受训啊、它需要去被教导、它需要去被⼀步⼀步的引导.

You're just as much a part of this process as I am. Like a police dog, does it not require training? It does need training, doesn't it? It needs to be taught and guided step by step.

#### 2023/10/08 — ⼈为什么会感到空虚Why Do People Feel Hollow

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 为什么我们的⽣命会空虚?

Question: Why do our lives feel empty?

JO: ⾸先你感受到你的⽣命空虚,你有这个感觉那就说明你就会⾛上⾃我探索这条路上.因为在你的内⼼深处你知道你不只是这具⾁体.如果你只是这具⾁体,那你吃饱了穿好了,那你就没有什么需求了.那为什么你看你们吃的又好穿的又好,那为什么还是会感受到那种空虚感呢? 就什么欲望都满⾜你了,你为什么还会有那种空虚感呢? 那通过这个是不是就可以把你带上这条⾃我探索,寻找那个真正的你⽽不是这个⾁体的你的这条道路上? 所以这种空虚感就好像你们内在⾃⼰有⼀个… ⽐如说⽣命它在成长,对吧? 它的这⼀股⽣命⼒在⾥⾯,那你的这种空虚感就是其中⼀个.它会把你推向你去⾃我探索、寻找真我的路上.

JO: Firstly, you feel a sense of emptiness in your life. If you have this feeling, it means that you will embark on the path of self-exploration. Deep within you know that you are not just this body. If you were only this body, then once you had enough food and clothing, you would have no more needs. Why do you still feel this sense of emptiness even if you eat well and dress well? Even when your desires are fully satisfied, why do you still experience this feeling of emptiness? Could it be that by recognizing this emptiness, you can guide yourself onto the path of self-exploration, seeking the true essence beyond just your physical being? Thus, this sense of emptiness seems to stem from a part within yourselves... like life is growing and thriving inside. Your sense of emptiness becomes one aspect of this growth process, driving you towards self-discovery and finding your authentic self rather than merely existing as this body.

问: 物质世界的产品都是来填补空虚的吗?

Question: Are the products of the material world meant to fill voids?

JO: ⾸先你要知道你才是⽣存在这个物质世界的⼈,所以这个问题让你⾃⼰去回答不是更恰当吗? 不是更好吗? 为什么呢? 因为我们没有在你们的这个地⽅,就是我们没有困在那⾥.我们没有你们所谓的这种体验.那是不是如果你⾃⼰来问⾃⼰,你⾃⼰去观察,你⾃⼰去看这些.那你是不是能够更加从你⾃⼰的⾓度… 你们只能代表你⾃⼰的⾓度.为什么? 就算你⾃⼰的⾓度,你来说⼀个: 是.那也会有其他⼈站出来说: 不是,对吧? 所以你们都是在不同的⼀个视⾓来去… 但是从我们的更⾼的视⾓,所有的产品都来⾃于你们⾃⼰的⼀个表达⽅式,来⾃于你们⾃⼰的⼀个⾓度⼀个观点.就你觉得这个它能帮助什么,它能解决什么问题.

JO: First of all, you are the ones living in this material world, so wouldn't it be more appropriate and better for you to answer this question yourself instead? Why is that? Because we aren't confined there or experiencing things like you do. If you were to ask yourself, observe, and look into these matters on your own, would you then be able to understand from a personal perspective... You can only represent your own viewpoint. Why is that so? Even if you say it's yes for your perspective, others might argue it's not the case, right? Therefore, each of you looks at things from different angles..., but from our higher perspective, all these products are manifestations and expressions of how you perceive and understand them based on your own viewpoint. You ask what they can help or solve.

你就产⽣了它,明⽩吗? 所以它就好像是你们每⼀个⼈⽤你们⾃⼰的⼀个思想⼀个观念或者是⼀个⾓度来诠释,就是来体现.

You generate it, understand? So it's like each of you interpreting it with your own thought, concept, or angle, to manifest.

问: 为什么会对物质世界的产品不再感到兴趣? JO: 这是这个⼥孩⼦提的问题是吧?

Q: Why am I no longer interested in material world products?

A: This is a question by the girl, right?

问: 对JO:只是她⽬前的这个阶段,只是她⾃⼰就好像不断不断地在成长,不断地在变化.那只是她⽬前的这个能量阶段.因为⾛到这个节⾻眼上她需要去… 就在这⼀步.那你在这⼀步,周围的⼀切有这⼀步的风景,明⽩吗?因为她没有被外在的⼀些东西吸引她,更多的是⼀些内在,⼀些灵性的,就是⼀些看不见的.所以那些看得见的东西对她来说就没有什么吸引⼒,反⽽是那些未知的、看不见的对她有强⼤的吸引⼒.那⾥⾯才是真正的⽆限.⽽且你们物质世界产⽣的所有东西它都是死的,它都是没有⽣命⼒的,它都是已经死的东西.死的东西就好像是⼀个⼫体⼀样.那她感兴趣的是什么?对,就是相反的,是活的东西,⽽不是那个⼫体.

Question: About JO: It's just that she is at this stage of her development, continuously growing and changing. This is the energy level she's currently operating at. As she progresses to this critical point, she needs to take this step. And in this step, everything around her becomes part of the scenery. Do you understand? Because external factors do not captivate her; instead, it's more about inner, spiritual aspects that are unseen. The things she can see don't hold much appeal for her; rather, the unknown and unseen elements exert a powerful pull on her. That's where true infinity lies. And everything produced by your material world is dead, lacking vitality; it's already deceased. Dead things are akin to corpses. What interests her? Yes, it's about living things, not dead ones.

你们在做的都是这些,意识的⼀个探索,⽆限的创造,就是⽆限的可能.对这个⽆限感兴趣,明⽩吗?因为所谓的物质世界的那些东西,就像之前你们梵⾼的信息说的⼀样,它就是拉出来的屎.就你有⼀个想法,你有⼀个概念.然后你吃掉了,拉出来了.就像是⼀坨屎.明⽩吗? 所以说那只是你们达到了这⼀步,⼀个从外到内的⼀个.

What you're doing is all about exploring consciousness, infinite creation, and infinite possibilities. Are you interested in this infinity? Do you understand? Because the things of the so-called material world are like what Van Gogh's information said before - it's just shit that you pull out. You have an idea, you have a concept. Then you eat it and pull it out. It's just like a pile of shit. Do you get it? So that means you've reached this step, a transition from outside to inside.

问: 科技会阻碍我们觉醒吗?

Question: Will technology hinder our enlightenment?

JO: 如果说是有阻碍的话,那它还好像是,就是那句话纸包不住⽕.所以说你没有办法,你可能从幻像上看上去,就是⼀段时间或者是怎么样.但是你始终没有办法去… 就是这颗种⼦它可能今年不发芽、明年不发芽、后年不发芽.但是它遇到⼟壤、阳光,它迟早会发芽.所以说你没有办法.它是⼀颗种⼦,当它有⼟壤有阳光有⽔的话,它就会发芽.所以就像是纸包不住⽕,就算是能包住⼀点,也是因为它还没有燃烧过来.但是最终没有任何能够阻碍,不只是科技,没有任何.就好像你说天⿊能够阻碍天亮吗? 你没有办法.天迟早是会亮的.

JO: If there's an obstacle, it seems to be that the paper can't contain the fire; therefore, you have no choice but to accept it. You might see a mirage for some time or in other ways, but you cannot ultimately avoid it. The seed may not sprout this year, next year, or the following year. However, once it encounters soil and sunlight, it will eventually sprout regardless. This is because you have no control over it; it's just a seed that requires soil, sunlight, and water to grow. It's like trying to contain fire in paper - even if you can suppress it for a while, it hasn't been fully extinguished until the flames are completely out. Similarly, there's nothing that can prevent its growth beyond technology or anything else; it's inevitable. Just as you cannot stop day from following night, you have no power over nature's rhythms, which will always find their way through any apparent barriers.

问: 什么是⼈类最根本的需求?

Question: What are human beings' most fundamental needs?

JO: ⼈类最根本的需求就是我们的信息.因为我们的信息它可以帮你看到、帮你领悟、帮你好像不是在⼀个⿊灯瞎⽕的情况下,就是让你有⼀点线索.但是体验还是你们⾃⼰去体验,但是这个线索就是你们最根本的需求.就好像你这颗种⼦已经在⼟壤⾥⾯,那我们是⽔.那这个⽔可以让你发芽,让你的⽣命展开.因为如果你说⼈类最根本的需求是爱的话,那你们都是爱.那如果是说是智慧的话,你们本⾝都是具有智慧的,明⽩吗? 就好像你这颗种⼦,你本⾝⾥⾯就包含了果实.那我能说你这颗种⼦最需要的是果实吗? 所以说你最需要的,就好像你在⼟壤⾥⾯.你最需要的就是我们现在的⽔.这个⽔源它可以让你的⽣命得以绽放,让你得以突破.

JO: The fundamental need of humans is our information, because this information can help you see and understand, helping you not to be in the dark but to have some clues. However, the experience is something that you must go through yourselves, but this clue is your most basic need. It's as if you have a seed already planted in the soil, and we are water. The water helps it sprout and unfold its life. If you say humans' fundamental need is love, then all of you are love. Or if you talk about wisdom, then each of you possesses wisdom. Do you understand? It's like the seed that contains the fruit within itself. Can I say that your most essential need is the fruit? Therefore, what you truly need is akin to being submerged in water while you're planted in soil - it is the source of water that allows your life to flourish and transcend.

所以⼈类最需要的就是我们给你带出来的这些线索.因为只有它才能让你完全的去绽放.那如果没有这些的话,那可能就会像是⼀颗种⼦它没有进⼊⼟壤.那它就算在⼟壤⾥⾯,它没有⽔,没有滋养,没有⽔分.所以它就埋在那⾥.当它⼀遇到我们的⽔源的话,它内在的⼀切都会⾃动的去突破,⾃动的去发芽,⾃动开花结果.这些东西不是我们给的,⽽是它本⾝就包含的,明⽩吗?

So what humans most need are these clues that we bring to you, because only they can allow you to fully bloom. Without them, it would be like a seed not entering the soil. Even if it's in the soil without water, without nourishment, without moisture, so it just remains there. When it encounters our source of water, everything inside automatically breaks through, automatically germinates, and automatically blooms and bears fruit. These things are not given to you by us; they are inherently contained within, do you understand?

问: 孩⼦最需要明⽩的是什么?

Question: What is the most important thing for a child to understand?

JO:孩⼦最需要明⽩的就好像我们刚刚的信息,其实他所需要的⼀切它都在内在,就是它这颗种⼦⾥⾯已经包含了⼀切,它所成长的道路,所有的⼀切.他只需要去对所有的⼀切抱着美好的⼀个憧憬,就是所有的⼀切它都是来服务于我的.就算外⾯风吹⾬打、恶⾔恶语,因为他都有办法去转变它.就是他的爱.就是他不被外在影响.就是⼀个⼈他很恶⼼你,总是骂你,总是挑刺你,总是⽃争你.但是当你对他是⽆条件的爱,你不去相信他产⽣的这些现象,你只是去爱他.只是知道他从来没有被善待过,他不懂得如何善待他⼈.那你可以教他,你可以把善待他⼈的这个技法教给他.就好像⼀个⼈他从来没有学过剑法.OK,你学过剑法,那你可以把这个剑法教给他.

JO: What a child needs to understand is, just like the information we've been discussing, that everything he needs is already within him - it's like the seed contains all its growth potential. He only needs to envision all aspects of life positively, understanding that everything serves his growth path. Even if external conditions are harsh, such as storms and abusive language, he has the ability to transform those situations because of his love and inner strength. His love shields him from being influenced by outside negativity. Imagine someone who is very unpleasant towards you, always criticizing or fighting with you. But when you extend unconditional love and don't believe in their behavior, you simply love them back. You recognize that they might not know how to treat others kindly because they haven't been treated kindly themselves. You can teach them techniques for treating others well. It's like someone who has never learned a martial art; if you've learned, you can teach him the techniques of kindness.

那他是不是就可以使⽤剑法了,对吧?就像是⼀个⼈他从来不会使⽤电,他不知道电器怎么使⽤.所以他会电着⾃⼰,也会电着你.所以你去教他.当你知道外在的⼀切它其实都影响不了你,然后你时时刻刻的影响着⼀切.那孩⼦最需要明⽩的就是你有这个能⼒,你拥有这个 powerful magical 的⼀个东西.那就是说⽆论对⽅产⽣什么像,⽆论对⽅怎么待你,你都不会被他们拉扯到他们的能量当中去.因为他是根据他们周围散发的能量.⽐如说输进他这个⽔管⾥的都是苦⽔,那他流出来的就必然是苦⽔.但是你却可以在你跟他接触的时候,你把你⽢甜的⽔注⼊到,就是流到他那⾥⾯去.那当他尝到了竟然有⽢甜的存在,明⽩吗?

That means can he then use the sword techniques, right? Like a person who never uses electricity; he doesn't know how to operate an appliance. So he ends up electrocuting himself and you too. Hence, you have to teach him. When you realize that everything external cannot affect you, and in reality, you are influencing everything around you, the child needs to understand most of all that this ability exists within you - this powerful magical thing. This means that whatever happens on their side, no matter how they treat you, they won't be able to pull you into their energy field because it's based off what surrounds them. For instance, if salty water is pumped into his pipes, he will inevitably receive salty water. However, when you interact with him, you can inject sweet water into him, essentially changing the flow of what reaches him. When he tastes this sweetness, and realizes its existence, get it?

那当你不断地在注⼊你⽢甜的⽔,他的苦⽔会越来越少越来越少,最后就变成⽢甜的.⽽不是说允许他把他的苦⽔流给你,把你变的很苦.就是你把你的苦⽔再流向给其他⼈,你就被他给影响了.就是他本⾝是个中毒的⼈,你也被他给传染

When you continuously pour your sweet water into him, his bitter water will diminish gradually and eventually turn sweet. It's not about letting him pour his bitter water onto you, making you suffer. Instead, when you direct the flow of your own bitter water to others, he affects you. He is a poisoned person, infecting you as well.

了.然后你再去毒害其他⼈.没有任何⼈,没有任何外在的是你影响不了的,当你⾃⼰是⽢甜的.然后当你能够完完全全的去影响外在的⼀切,你就不再是受害者.就你不是那种被别⼈毒害的⼈,你就是⼀个创造者.你创造⼀切.因为孩⼦们他们会觉得很⽆⼒,他们会觉得我是弱⼩的,他们欺负我.这个世界是恐怖的.明⽩吗?因为基本上的孩⼦他们都是来⾃于苦的,他们是中毒的.所以说让你的孩⼦明⽩他拥有这个魔法,可以去把任何他接触的变甜.

Done. Then you go to poison others. There's no one, there's nothing external that you can't affect when you're sweet and good. Then, when you can completely influence everything externally, you are no longer a victim. You are not someone who gets poisoned by others; you are a creator. You create everything. Because children feel powerless, they think I'm weak, they bully me. The world is scary. Understand? Since fundamentally, most children come from suffering, they're poisoned. So let your child understand that he possesses this magic to turn anything sweet that he comes into contact with.

问: 怎样才能了解⾃⼰?

Question: How can one understand oneself?

JO:⾸先你们呆在这个物质世界就好像是在镜⼦⾯前⼀样,那就是来帮你们了解⾃⼰的.但是还有⼀个更深层次的就是说你知道你不是⼀个单独的⾁体的存在.我不管你的思想是什么,你相信的是什么,你的感受是什么,这些东西都是可替换的.它这些都好像是⼀个程序⼀样,这些都是可替换的.就好像电脑的软件、程序,对吧? 就好像你是⼀个⼿机,你装了这些APP.我可以把这些delete,就是重新装⼀个.所以你⽬前装了什么不重要.为什么呢?你都可以把它卸载掉,重新装⼀个.所以当这个⽣活的镜⼦让你感受到⼀些冲突或者让你感受到⼀些任何你觉得不好的,让你觉得不爽的,你都可以把它卸载掉.然后再重新装⼀个你喜欢的.

Firstly, being in this physical world is like looking into a mirror for you, helping you to understand yourselves. But there's a deeper aspect - that you are not just an isolated fleshly existence. Whether your thoughts or beliefs are what they are, your feelings can all be replaced. It's like parts of a program - replaceable elements. Just as with computer software and programs, correct? You're like a smartphone loaded with various apps. I could delete those and reinstall another one. What you currently have doesn't matter much because you can always uninstall it and install what you prefer instead. If this 'life mirror' is showing you conflicts or things that don't sit well with you, making you feel uncomfortable - you can simply uninstall them. Then replace them with whatever you find more enjoyable.

因为并不是说你没有这个卸载的功能,它就⼀直跟随你.NO NO NO NO.只是你不知道如何去运⽤操作它⽽已.

Because just because you don't have this uninstall feature doesn't mean it's always with you. No no no no. It's just that you don't know how to use it properly.

问: 那我们要如何更好的运⽤这种卸载,然后再重新装⼀个新软件的功能呢?

Question: How can we better utilize this function to uninstall and then install a new application?

JO: ⾸先物质世界你经历的所有的⼀切,你投射的所有关系,你的处境,所有的⼀切它其实都像是镜⼦⼀样来供你去看清楚你在哪⾥,你是怎样的程序在运作.那你这个程序是什么时候装的,为什么装? 因为所有的程序你都会有⼀种你必须需要它,明⽩吗? 但是这⾥永远都会有其它程序来给到你.⽐如说我们现在在给你讲,那就是在给你⼀个新的程序.那就是在让你知道你运作的这⼀切它其实都可以让你⽤另外的程序去运作.你们⼈的⾁体它本质上没有很⼤的区别,但是当不同的⼿机,就好像每⼀台⼿机它其实功能都⼀样.那如果装⼊了不同的app,那是不是你在运⽤它的时候就不⼀样了? 它的功能、各种体验是不是就不⼀样了,对吧?

Jo: Firstly, the entire experience of your material world and all the relationships you project, as well as your circumstances – everything is like a mirror that reflects back to you so that you can see where you are, who you are, and how your program operates. Now, when did this program get installed, and why was it necessary? Understand that there will always be other programs available for you. For instance, by speaking to you now, we're essentially installing a new program – providing you with knowledge about how you can operate differently using alternative programming. Your physical body doesn't differ much fundamentally, but like different smartphones with identical functions; if they have different apps installed, wouldn't their functionalities and experiences when used be different as well?

问: 如何知道⼀个⼈是不是觉醒了?

Question: How do you know if someone has awakened?

JO: ⾸先就是说你能不能知道对⽅是觉醒了,你⾃⼰在⼀个什么状态? 还是⼀句话就是说其实外在的⼈是你⾃⼰投射出去的.那如果你投射出去这个版本的他就是⼀个傻⼦,你看他对钱都不感兴趣,他就是⼀个傻⼦.那你说你怎么去看到别⼈觉醒没有啊? 因为就算别⼈告诉你他觉醒了,你也不知道啥是觉醒啊.所以说还是你⾃⼰的⼀个振动频率决定了... 但是从⼤的⼀个来看的话,⼀个觉醒的⼈他是没有冲突的.就是他内在是没有冲突的,然后他也不太会被外在影响,就是这个物质世界... 就好像我们刚刚说的孩⼦,你的毒染不上他.就⽐如说你中毒了,你很负能量.但是你传染不了给他.你想把他拉到⽔⾥⾯,你拉不下.

JO: Firstly, can you determine if the other person is awakened or not? Are you in a certain state yourself? Or simply put, the outer person you see is your projection. If you project him as an idiot who's not interested in money and acts like one, how do you perceive whether others are awakened? Even if someone tells you they're awakened, you don't know what it means to be awakened. Ultimately, it depends on your vibration frequency... However, from a broader perspective, an awakened person experiences no conflict internally; he is not easily influenced by external factors or the material world. It's like with children; their negativity can't infect them as you might try to pull them into water but fail to do so.

所以说当⽆论你的情绪在哪⾥,你想要去传染给他,他好像都是绝缘体⼀样.但是并没有说其实对⽅是个疯⼦或者是个傻⼦.就是他本⾝就是⼀个正常的⼈,所有他的功能运作都是正常的.如果他没有被你们传染的话,那他就是觉醒的.你们能知道他是觉醒的.

So when your feelings are anywhere, you want to transmit them to him as if he were an insulator, but it doesn't mean that the other person is actually insane or foolish. He's just a normal person with all his functions working properly. If he hasn't been infected by you, then he's awakened, and you can tell he's awakened because of your knowledge.

问: 为什么⼈类害怕变化?

Question: Why do humans fear change?

JO: 只能说是你的头脑害怕变化.因为你们基本上的⼈类还是在⽤这个头脑去运⾏⼀切.因为变化就意味着未知,就是不安全.所以那个头脑它为了保持这个⾁体处在⼀个安全的环境下,它就会产⽣⼀种恐惧.所以这也是你们需要去,就是超脱你的⾁体.就是你不是你的⾁体,你去超脱它的话,你就不会有这种感觉了.因为你知道你真实的⾝份,你知道你在哪⾥.你现在就好像知道你⾃⼰在做梦,所以经历有什么可怕的呢? 就像你在看⼀个电影,你知道是电影情节.但是你能体验到它,但是你又不会害怕的要死.

JO: It can only be said that your mind fears change. Because basically, humanity still operates using this mind to run everything. Because change means the unknown, which is unsafe. Therefore, the mind produces fear in order to keep the body in a safe environment. So, it's also something you need to transcend from your body. You're not just your body; if you can transcend it, you won't have these feelings anymore. Because you know who you truly are and where you are. Right now, it's like knowing that you're dreaming; what is there to fear when experiencing? It's like watching a movie; you know the plot is fiction. But you can experience it without dying of fear.

问: ⾃私⾃利的⼈会感到幸福吗?

Question: Will self-interested people feel happy?

JO: 如果是⾃私⾃利,他其实本⾝就处在不幸福的⼀个频率⾥⾯.他本⾝就是我没有,或者是我必须要为我⾃⼰,就是他本⾝就是匮乏的,就是他本⾝就好像是孤岛⼀样.他⾝上的管⼦没有东西进去.就⽐如说你每个⼈⾝上都有⼀个管⼦.你不断地有爱进去,你就是圆满的,你就是满,对吧?那他⾥⾯什么都没有进去.没有进去,他就觉得我必须要做点什么,我才不会让⾃⼰⼜渴渴死.所以他就会体现出⼀种好像我必须要为我⾃⼰争取或者是抓或者是拿.那他本⾝就处在这样⼦的频率,那你说他幸福吗?幸福的频率跟这个是不⼀样的呀.幸福是你感受到你拥有⼀切的那种,就是你是在⼀种饱的状态⽽不是饿的状态.所以你说他本⾝就不在那个⾥⾯,那他怎么去感受?

JO: If one is self-centered and selfish, they are actually in a frequency of unhappiness. They inherently lack something, either because I don't have it or because they must rely solely on themselves, implying that they perceive their existence as lacking resources, akin to being isolated on an island. There's no substance entering into them; just like everyone has a tube within them, if you will. Continuously filling this tube with love makes one whole, filled and satisfied; but he does not have anything entering his system. Without any input, there's a sense that they must do something to prevent themselves from dying of thirst once again. This leads him to exhibit an appearance where it seems as though he needs to fight for or acquire things for himself, all stemming from being trapped in this frequency. So, can you say that such a person is happy? Their current state and the frequency associated with happiness are distinctly different. Happiness comes from the feeling of having everything, which means being in a state of fullness rather than emptiness. Thus, if he's not in that state, how can he possibly feel contentment?

所以换⼀句话说,如果你是在幸福的圈⼦⾥⾯,你不会⾃私⾃利.因为在那⾥⾯是⼀种圆满的状态⽽不是⼀种匮乏的状态.既然是圆满,你还会需要为⾃⼰抓什么吗?

So, in other words, if you are in a circle of happiness, you won't be self-seeking because it's not a state of scarcity there; it's a complete state. If it's already complete, would you still need to grasp for something for yourself?

问: ⼀直满⾜⾁体的各种欲望会怎样?

Question: What would happen if one constantly satisfies various physical desires?

JO: 那就像我们说的你把你⾃⼰当成是⼀个⾁体.然后还是前⾯的那个问题,就是为什么会感受到空虚呢? 那为什么他会持续不断地去满⾜呢? 就是如果你真的是满⾜的话,那就是说明我要的东西第⼀个就已经满⾜了呀.那我还需要持续的这个⼯作吗? 那我持续的话,就说明我并没有满⾜,对不对? 那我持续的在⼀种并没有满⾜的状态下,那我是不是⼀种匮乏的状态? 所以你们世界上也有很多⼈做出这样的例⼦来让你们看到.但是你⾃⼰也可以创造这样的体验来给你⾃⼰.你试图⼀下,你就尝试的把你头脑⾥⾯的各种欲望、念头都去满⾜.你看很快你就会发现很多冲突的.

JO: Then it's like you're referring to treating yourself as a physical being. And then there's still the question of why you feel empty. Why does this need be continuously satisfied? If you are truly satisfied, that means the first thing I want has already been met. Why do I still need to continue this work? If I'm doing it continually, it means I am not actually satisfied, right? And if I'm maintaining this state of dissatisfaction, doesn't that imply a state of shortage or deficiency? Therefore, there are many examples like this in the world for you to see. But you can also create such experiences for yourself by trying. Try satisfying all your desires and thoughts inside your mind. You'll quickly notice a lot of conflicts arising.

问: 我还能请你感受⼀下我的能量,看看有没有什么信息是要带给我的吗?

Question: Could you please feel my energy and see if there's any message for me?

JO: 那你既然今天在场听到这些信息,那都是带给你的.就看你⾃⼰要拿多少,你⾃⼰要消化多少,明⽩吗?

JO: So, now that you've heard this information in person today, it's all for you. It depends on how much you decide to take and process for yourself, understand?

问: 为什么说观察是唯⼀的真理?

Q: Why is observation said to be the only truth?

JO: 如果你没有观察,就是没有觉察的话,那这些所有的体验它便不存在任何意义.你就好像是,就像真的是⼀个⽆意识的状态.你就完全在戏中,你并没有从你这个戏当中去感悟、领悟或者是体会到什么东西.那就完全是失控了,那就是完完全全在戏⾥⾯.那戏本⾝是什么? 它就是来让你去产⽣⼀些领悟、感悟、体会到.那你这个经验并没有发⽣啊,明⽩吗?但是这句话: 观察是唯⼀的真理,这句话它本⾝也不成⽴.为什么呢? 因为就算对⽅他是⼀些⽆意识的反应,他没有去观察.但是你怎么知道他这个戏本⾝就不是为了那个⼈,它是为了

JO: If you don't observe, if there's no awareness, then all these experiences have no meaning. You're like being in a state of unconsciousness, completely immersed in the play without gaining any insight, understanding, or realization from it. It's completely out of control, totally within the play. What is this play? It's meant to generate insights, understandings, and realizations for you. But your experience hasn't occurred, do you see that? However, this statement: "Observation is the only truth," itself doesn't hold up. Why not? Even if the other person reacts without awareness and does not observe, how can you know that this play isn't designed specifically for someone else, it's designed

另外⼀⽅呢? 你怎么知道他这边就没有其他的观察者呢? 那当其他的观察这悟了,你怎么知道这个观察者不会带领这些⼈⼀起悟呢? 所以说⽔它没有从这个管道⾥流出来,但是并不代表不会从另外⼀个管道⾥流出来,明⽩吗?

The other side? How do you know there aren't any other observers on his side? And if the other observer realizes something, how do you know this observer won't lead these people to realize as well? So just because the water doesn't flow out of this pipe, it doesn't mean it won't flow out of another pipe. Do you understand that?

问: 让头脑安静下来的这种冥想,它的意义是什么? 然后为什么这种冥想对我们很重要?

Q: What is the meaning of this kind of meditation to make your mind calm? And why is it important for us?

JO: ⾸先如果你只是去吸收⼀个概念,就是说让头脑安静下来很重要,我要去做这个重要的事情.那你本⾝就是⼀种迷信啊.为什么? 你拿了别⼈的概念,然后⽤在⾃⼰⾝上.但是你⾃⼰就是路.别⼈只表达他⾃⼰,总结他⾃⼰.但是你的路是你⾃⼰⾛出来的.那我的头脑就是说我现在就是要体验我乱七⼋糟的念头,被困的感觉.那如果这个体验你不给我,只是给我拿⾛.那我来穿上物质世界的这个⾁体来到这⾥的意义是啥? 直接拿你们做好的答案就⾛了,就好了么.所以说⽆论别⼈分享什么,那只是他们⾛完这条路过后,他的总结.那你的路你就不⾛了?就是这个蜂蜜是甜的,你如果不去尝,你是不是永远不知道甜的是啥意思?那你是不是就可以不⽤去尝了?

JO: If you simply go to absorb a concept, it's important that the mind becomes still. I want to do this important thing. Then you are yourself a superstition. Why? You take others' concepts and apply them to your own self. But your path is yours alone. Others only express themselves, summarize themselves. But your road is one you have traveled. So my mind says now I am experiencing the chaos of my thoughts, the feeling of being trapped. If this experience is not given to me but just taken away, what is the purpose of my body, coming here into this physical world? Just take others' prepared answers and leave it at that? Therefore, no matter what others share, it's merely their summary after they have traveled their path. But don't you travel your own road as well? Is this honey sweet if you do not taste it, how will you ever know what sweetness means? Then why should you not experience it too?

你就直接说蜂蜜是甜的.所以最重要的是你们的体验.当你体验过混乱或者是你的头脑⾥有很多念头,然后才去从中⾛出来或者是怎么样咋么样.所以体验本⾝对你来说就是独⼀⽆⼆的意义.你说你都没有体验过头脑被各种念头给烦扰的,你怎么去带领那些处在⾥⾯的⼈,你怎么去理解他们?你不能理解他们,你怎么会对他们产⽣悲悯之⼼?你理解都理解不了他们,你怎么跟他们产⽣连接?所以你来到这个世界上,就是体验才是你最宝贵的.但是别⼈分享出来的⼀些总结和经验,它可以让你知道马是四个脚.

Just say that honey is sweet. So the most important thing is your experience. When you've experienced chaos or had many thoughts in your mind and then come out of it or whatever, so experiencing itself has unique significance for you. If you haven't experienced being bothered by various thoughts, how can you guide those inside them? How can you understand them if you don't understand them yourself? How can you develop compassion without understanding them? You need to understand them before you can connect with them. So the reason you're here in this world is that experiencing is what's most valuable to you. But other people's shared summaries and experiences can only tell you that a horse has four legs.

问: 意识和能量是什么样的关系?

Question: What is the relationship between consciousness and energy?

JO: 你的意识状态就决定了你的能量状态是什么.问: 我们要如何停⽌周⽽复始的创造同样的东西?

JO: Your state of consciousness determines what your energy state is. Question: How do we stop creating the same things over and over again?

JO: 如果你只是在看着如何停⽌的话,那你其实还是在这个相上⾯,就是这个果上⾯做功夫,明⽩吗?

If you are just observing how to stop, then in fact, you are still working on this result, understanding?

问: 为什么?

Question: Why?

JO: 你就强迫它,你不要给我投射出这个果来.那如果你知道其实所有的相它都只是映射出你内在的,你不会去在乎那个果.你只是说这个果让我看到,哦,我现在在这⾥.那我在这⾥,我还卡在这⾥的话,那肯定还有没让我学习到的,还有礼物没拿到.那我把这个礼物拿到了,是不是就可以去move on.所以没有就是说我必须要去把这个果解决掉.那个果就好像你镜⼦⾥的相,它不就是来让你看清楚,然后我才能看清楚我这个眉⽑画在哪⾥.不然没有它的话,我怎么去给⾃⼰化妆啊?

JO: Just force it upon yourself; don't project this result onto me. If you understand that all phenomena are merely reflections of your inner self, you wouldn't concern yourself with the outcome. You'd simply say that the outcome reveals to you that I'm here now. And if I'm still stuck here, it means there's something left for me to learn or a gift yet unclaimed. Once I receive this gift, can I then move forward? Therefore, there's no need for me to resolve this fruit myself; that fruit is like the image in your mirror reflecting back to you, so I can see clearly where my eyebrows should be drawn. Without it, how would I know how to apply makeup on myself?

问: 那如果只正对我⾃⼰的能量状态来说的话,我如何能让⾃⼰变得更假的坚定?

Question: If it's only about enhancing my own energy state, how can I make myself appear more false and resolute?

JO: 那就是经历更多这种不坚定了,就是说⽐如说这种千锤百炼.你有经过千锤百炼吗? 你才经历了两锤⼦,两锤⼦你就受不了了.马上就要逃过了.所以你说来吧,再给我上千锤⼦,两锤⼦还不够.锤⼦越多我越坚定.明⽩吗? 你就想那些健⾝的把肌⾁锻炼的很强壮的,你看看他们哪⼀个是⽩做了? 可以去偷⼯减料的? 那你说如何让我的muscle变的strong? Just pick up your weight.去健⾝房⾥⾯勤⼀点,重量拉的重⼀点.你说⽣命给我更多的锤炼,让暴风⾬来的更猛烈些吧.

JO: That's more uncertainty, like being hammered and tempered. Have you experienced that? You've only been hit with two hammers, and you can't take it anymore; you're about to run away. So when you say bring it on, give me thousands of hammers, two just isn't enough. The more hammers, the more determined I become. Understand? Just like those who work out and build strong muscles - which one do you think is wasting their time? Can they afford to cut corners? You ask how to make my muscle stronger. Just lift heavier weights at the gym. More exercise, heavier weight. Tell me, give me storms of life; let them be fiercer!

问: 我想问⼀下在梦⾥来找过我的天龙星的存有,它有什么信息要带给我吗? JO: 你怎么知道它是天龙星的?

Question: I would like to inquire about the entity from Sirius that came to me in my dreams. Does it have any messages for me?

JO: How do you know it's from Sirius?

问: 因为它在梦⾥跟我说的.

Question: Because it told me in my dream.

JO: ⾸先这样的定义都是来⾃于你们头脑就是想要知道⼀些什么.因为你们头脑不能活在⼀些⽆知、未知,就是它总会安个名字.但是你也不需要去不断地去看个究竟.因为你们头脑会不断地想要去知道这个是什么,那个是什么.你只要知道就是所有的⼀切它在你需要的时候,就是该发⽣的时候,它都会⾃然的发⽣,⾃动的发⽣.然后你也要知道所有的⼀切存有其实它都会,就是你不是孤独的,就是它都会来⽀持你.但是你必须要有⼀个明确的⽬标,就是where you want to go? 然后你并不是孤单的,你也不是孤独的.当你有清晰的⽅向,你想要去到哪⾥,你就会有很多动⼒来催着你、陪伴着你,然后去到你要去的⽅向.

Jo: These definitions come from your mind wanting to know something, because your mind can't live in ignorance or uncertainty; it always needs a name. But you don't need to constantly seek the truth. Your mind will perpetually want to know what this is and what that is. You just need to understand that everything will naturally occur when you need it, automatically happening at the right time. Additionally, you should realize that all existences are there to support you; you're not alone. However, you must have a clear goal - where do you want to go? You're not alone in this pursuit. When you have a clear direction and know where you wish to be, you will gain much motivation to guide you, accompany you, and reach your destination.

你稍等,我们再去连接⼀下你刚才提到的那个.他们信息说当你ready,就好像你现在还在长树叶长叶⼦,然后还没有到结果⼦的时候.就是当秋天到来的时候,你们⾃然⽽然会共同去创造.然后那个连接会越来越紧密.

Wait a moment, let's reconnect with that which you mentioned just now. Their information says when you are ready, it's like you're still growing leaves and leaves, then have not reached the stage of bearing fruit yet. It's when autumn comes, you naturally will create together. And this connection will become increasingly tighter.

问: 除了今天你们带给我们的所有的信息,然后你们还有什么信息是要带给我们的吗?

Question: Apart from all the information you have brought to us today, is there anything else you wish to share with us?

JO: 你稍等.我们为你们⾛到这个阶段感到⾮常的,就好像欢呼吧.就是给你们掌声.然后想让你们知道现在掌声都是来⾃于看不见的,但是very soon,就会有很多看得见的掌声给到你们.

JO: Wait a moment. We are very excited for you all, like cheering. Give you applause. And we want to let you know that the applause coming now is invisible, but very soon, there will be many visible applauses for you.

问: 这个通灵的⼥孩⼦她脑袋⾥⾯还有问题想要问吗?

Question: Does the spirit medium have more questions in her mind that she wants to ask?

JO: 我们想要她知道她的每⼀步她想要去做的事情她只需要去做,没必要去探究有没有意义.因为在每⼀个阶段,就是⽐如说你不需要做这个事情,那你⾃然⽽然就会去做了.所以不需要去⽤意志⼒或者强迫你⾃⼰是⼀个什么样⼦的状态.就⽐如说她说要强迫⾃⼰少吃点这种.不需要去.为什么呢? 因为当你能量转变的时候或者你周围的⼀切或者是环境转变的时候,你⾃然⽽然就会达到这个状态.所以不需要去⽤强迫的⼿段,想吃就吃,该吃就吃.因为当你⾝体不需要这么多⾷物,它⾃然⽽然就会发⽣.⽽不是⽤⼀种⾃律的⼀个⼿段.

JO: We want her to understand that for every step she wants to take, she should just do it without needing to question its significance. There's no need to delve into whether there is meaning behind it because at each stage, if you don't have to do something, then naturally, you will do it anyway. There's no need to exert your willpower or force yourself into a state of being in any particular way. For example, like forcing herself to eat less; there's no need for that. Why is this the case? Because when energy transforms or when everything around you or your environment changes, you naturally reach such a state. There's no need to use coercive means. If you want to eat, then eat; if it's necessary, then do it. This happens because when your body doesn't require as much food anymore, it naturally shifts in that direction. Rather than using self-discipline as a method.

#### 2023/10/09 — 外界都是纸⽼虎The outside world is just paper tigers

JO: 你问吧,什么问题?

You ask, what question do you have?

问: 我最近在做的⼯作是很喜欢的,但是我⼀直很想创业,计划也很完善了,但是我⼀直在拖延.我想问我应该如何尽快的去做我该做的事情?

Q: I've been doing work that I really enjoy lately, but I've always wanted to start my own business with well-planned ideas. However, I've been procrastinating. I'm asking myself how I can start doing what I should be doing as soon as possible?

JO: 那你可以把你这个拖延,就好像你在等⼀个推⼿或者⼀个同步性,就好像宇宙在给你⼀个信号.就⽐如说你就当成⼀个这样⼦的状态,你就会发现你都准备好了,然后突然有⼀个⼈他会说你现在要怎么怎么样,就是会通过旁边的信息来告诉你: Just do it.或者是你突然做了⼀个梦,然后梦⾥⾯让你怎么样怎么样开始.这些你都可以把它当成是⼀个宇宙来推动你的⼀个信号.

In this state of procrastination, imagine you are waiting for a push or synchronization as if the universe is giving you a signal, like a message in the sky telling you when to act. You can think of it as being fully prepared and then suddenly someone tells you what to do, getting information from their surroundings that says 'Just do it.' Or perhaps you have a dream which guides you on what to start doing. All these things can be seen as signals from the universe pushing you forward.

问: 我前段时间⼀直反复的梦到⼀个梦,就是我在车站或者是机场或者是回家,我就迷路了,找不到路了.反反复复的做这个梦.

Question: I've been having the same dream repeatedly over the past few days; it's about being lost at a train station or airport, or trying to get home and unable to find my way.

Answer: Repeatedly, I've been experiencing dreams where I'm lost at railway stations, airports, or struggling to return home with no sense of direction.

JO: 然后你的问题呢?

Then what about your question?

问: 我这个梦是不是跟我现阶段创业这个事情有什么关系?

Question: Does this dream of mine have anything to do with my current entrepreneurship endeavor?

JO: 它就好像是你⼀种你⾃⼰能量的⼀个衍⽣和表达⼀样.你们在物质世界经历的⼀切,它其实也是你⾃⼰的⼀个能量状态.那梦⾥⾯投射出来也会是你的⼀个能量状态.然后关于你要如何开始? 你可以就是说等待同步性的⼀个信号⼀样.为什么呢? 因为当那个信号出现它可以加深你的那种… 其实并不是⼀定需要,但是为什么说你会需要? 是因为当这个信号出现,你会加深… 你看,这是⽼天安排我做的,⽼天推动我做的.你就会有⼀种信⼼⼗⾜,就是有⼀种,就是你去触发点的这个能量是不⼀样的.⽐如说我反正要去打仗,是吧? 我去打仗之前,我到底是害怕、犹豫不决? 还是我是信⼼⼗⾜、战⽆不胜? 为什么呢?

JO: It's like a manifestation and expression of your own energy. Everything you experience in the material world is actually your own energetic state. The projections in dreams are also your energetic state. And about how to start? You can wait for a synchronistic signal, similar to that. Why? Because when such a signal appears, it can deepen your sense of... although not necessarily required, but why would you need it? Because when this signal appears, it will deepen... see, it's arranged by fate, pushed by fate, and you have full confidence in this trigger point energy being different. For example, if I'm going to go to war, right? Before I go to war, am I scared or indecisive? Or am I confident and invincible? Why is that so?

这两种能量状态决定了你是死在战场上还是胜利,明⽩吗? 所以你可以去等到⼀个你觉得: 哇,现在是⽼天推着我,这是⽼天给我的信号.然后你就会拥有战⽆不胜的能量状态去开始,明⽩吗?

These two energy states determine whether you die on the battlefield or win, understand? So you can go and wait for a situation where you feel: Wow, now heaven is pushing me; this is a sign from heaven. Then you will have the energy state of invincibility in battle to start, understand?

问: 对,去等待.

Question: Yes, go and wait.

JO: 不是等待.为什么呢? 因为出于你的⼀个能量状态.因为有些⼈他不需要这个.为什么呢? 因为他本⾝就是⼀个战⽆不胜的⼀个能量状态.不需要这个.那既然你在这⾥犹豫不决的话,那就说明你还需要这个.就是外在来加强你的信念、信⼼,明⽩吗?

JO: Not waiting. Why not? Because of your energy state. Because some people don't need this. Why not? Because they are already in an invincible energy state. They don't need this. If you're hesitating here, it means you still need this. It's external reinforcement to strengthen your belief and confidence, right?

问: 我觉得⽼天给了我很多的信号.但是等到开始有时间着⼿的时候就不去做这件事情了.

Q: I feel like heaven has given me many signals, but when I actually have time to do something, I don't follow through with it.

JO: 你稍等,我们看看有没有什么信号给你.你内在的那种势不可挡或者是激情,它就是你的信号.如果你觉得你现在不太想做,你就不需要去做,明⽩吗? 因为这⾥不是说⽇程表,⽽是说其实外在的⼀切它都是你的能量投射出去的.⽽且你也不需要担⼼.为什么呢? 因为你今天的感受或者是感觉,不代表你明天还是⼀样的.

JO: Wait a moment, let's see if there are any signals for you. The overwhelming force or passion within you is your signal. If you don't feel like doing it now, you don't have to do it, understand? This isn't about schedules; rather, everything external is the projection of your energy. And you don't need to worry either. Why? Because today's feelings or sensations do not guarantee that you will be the same tomorrow.

问: 我想知道我的天赋使命是什么?

Question: I want to know what my divine mission is?

JO: 你可以问⼀下你的⼈⽣主题.因为当你真正的去做你的⼈⽣主题,你们的天赋才华就会随着那个⽽展现.当你没有⾛上这条路的时候,就好像你被封印的感觉⼀样,你施展不了.

JO: You could consider your life's theme. Because when you truly engage with your life's theme, your gifts and talents will manifest accordingly. When you haven't taken the path that aligns with it, it feels like being under a seal or restriction where you can't fully express yourself.

问: 那我问⼀下我的⼈⽣主题.

Question: So, I want to ask about my life's theme.

JO: 你稍等.你的⼈⽣主题就好像你是⾮常容易被外界影响,然后击碎的.就是抗挫折的能⼒薄弱,然后你想要通过这⼀世来变得⾮常的百毒不侵.就像经过千锤百炼之后,成为⼀种特别像⼀个战神⼀样,那个是你⼼⽬中的模样,明⽩吗? 就是⽬前的你可能很容易被外界击碎,就可能像个玻璃⼀样,别⼈⼀碰你就碎掉了.但是这不是你想要的样⼦.你⼼⽬中的你就好像是钢板⼀样,别⼈怎么打都破碎不了你.然后你这⼀⽣就是不断不断地通过千锤百炼达到那种状态.你就会发现你⾃⼰内在越来越坚定,你的信息越来越⾜,明⽩吗?

JO: Wait a moment. Your life theme is like you are very susceptible to external influences and can be easily shattered. It's about having weak resilience, and you want to become invulnerable in this lifetime. You envision yourself as someone who has been through countless trials and tribulations, turning into something akin to a war god – that's your ideal self, right? Essentially, currently, you might be easily broken by external factors, like being fragile like glass; others can break you with just a touch. However, that is not what you aspire for. You imagine yourself as a steel plate, unbreakable no matter how hard anyone tries to hit you. Your entire life is about continuously going through these trials and turning into that state. You will find that your inner strength grows stronger, and your message becomes more robust.

问: 那我现在是⾛在我⾃⼰的⼈⽣使命上了吗?

Question: Am I now pursuing my own life purpose?

JO: 你现在是在经历那种就好像会经历很多来击碎你的那种,明⽩吗? 你今年多⼤?问: 39JO: 我们想要你记住的就是就算你出去创业或者是做任何事情,其实你还会受到很多外界的⼀些⼲扰或者外界对你的⼀些冲击.但是这些都是你⾃⼰给你⾃⼰设置的⼀些对⼿来让你变得强⼤的.它不是真正的置你于死地的或者是真正这样.⽽是它是来激发你,让你站起来.因为只有你站起来,你⾃⼰⼼⾥才是舒服的,明⽩吗? 如果你真的被别⼈⼀碰⼀击你就倒下的话,你⼼⾥会有很多不⽢会有很多怨⽓的.只有你站起来,就是每⼀次站起来你的⼒量都会⽐上⼀次更⼤.

JO: You are going through something that will break you down over and over again, understand? How old are you this year?

Q: 39

JO: What we want you to remember is that no matter whether you start your own business or do anything else, there will be many external interruptions or impacts on you from the outside world. But these are obstacles that you set up for yourself to make you stronger. They're not meant to truly put you in a fatal position or let it happen like that. Instead, they're designed to motivate you and help you stand up again. Because only when you stand up will you feel comfortable inside, understand? If someone just touches you and you fall down every time, there'll be many feelings of injustice and resentment within you. But if you rise every time, each time your strength will be greater than the last.

问: 我的⼩时候⼀直喜欢跳舞,但是因为家⾥⼈的观念所以没去学舞蹈.但是我现在还是很有兴趣.我想知道舞蹈和创业,哪⼀个才是我真正的天赋?

Q: I've always loved dancing since my childhood, but due to family beliefs, I didn't learn dance. However, I still have a strong interest now. I wonder if it's dancing or entrepreneurship that truly aligns with my innate abilities?

JO: 你这个是属于你⾃⼰想要去做的事情.你只有⾛在这条路上,你的天赋才会慢慢慢慢展现的.你还没有⾛上这条路上.你⾛上你⾃⼰激情的路上,明⽩吗?

JO: This is something you want to do for yourself. You will only manifest your talents by taking this path. You haven't started on this path yet. You need to walk the road of your own passion, understand?

问: 那可能天赋的这个词不太准确.我可能要的是⼀个答案吧.

Q: That term, "talent," might not be precise enough. I'm possibly looking for an answer instead.

JO: 我跟你讲,就算我告诉你你不要去做这个,这个不适合你.但是你却还想要去做,明⽩吗? 其实我们也在给你答案.给你的答案是什么? 让你更加坚定⾃⼰,我不管别⼈怎么说,明⽩吗? 所以说你内在知道的.就算我们否定你所提的这个东西,那其实也是在给你答案.因为你知道⽆论是谁的信息,它都灭不了你⼼中的那⼀股动⼒和激情.因为你不是想从外界来知道你到底坚不坚定,到底想不想吗? 那就是⼀个反射回来给你的.

JO: Let me explain this to you. Even if I tell you not to do something because it's not suitable for you, and despite your desire to proceed anyway, we are indeed giving you an answer. What is that answer? It's meant to reinforce your self-confidence. My point is, whether others say what they want or not doesn't matter. Understand? Essentially, this reaffirms what you already know within yourself. Even if we contradict the suggestion you've made, it's still providing you with guidance because you're aware of the inner drive and enthusiasm that no external information can quench. You're not seeking validation from others on whether your determination or desire exists; rather, they are simply reflecting back to you what is already inside you.

问: 我想看⼀下影响我最深的前世是什么?

Question: I want to see which of my past lives has had the greatest impact on me.

JO: 我们连接到影响你⽐较深的还是⼀个⼥性的能量.因为就好像你的能量会有⼀点点失衡.就好像你体验的⼥性的能量会⽐较多,就是导致你⽬前⾝上好像是有⼀种弱不禁风的感觉.因为就是你可能想变得像⼀个战⼠,有战⽆不胜的样⼦.但是你却亲⼦上战场的经历却很少.因为你内在会被⼥性的这种弱不禁风的能量给压制着,影响着.那我们现在告诉你,你现在就是在上战场,因为这是你想要的.所以说如果你⾝边接触的伙伴,如果他是阳性能量特别⾜的那种会对你有正⾯的影响,他会带动你.就是好像他什么都不怕,充满了勇⽓,就是越战越勇,就是阳性的能量,不会犹豫不决.就好像莽夫⼀样吧,他的那种莽撞的精神反⽽还会影响你.

JO: We're connecting to the feminine energy that affects you more deeply because your energy seems slightly imbalanced. It appears that you experience more of a feminine energy, which might be causing you to feel fragile, like you're walking on thin ice at the moment. You desire to become a warrior, one who fights without fear, but your actual experiences in battle are limited due to this internal suppression by the feminine's delicate energy. We're now telling you that you are indeed stepping into the battlefield because it's what you want. So if you interact with companions who possess abundant positive energy, they will have a positive impact on you, inspiring you. They seem fearless and full of courage, becoming more courageous as they fight, displaying an unwavering positive energy without any hesitation. It feels like their rash spirit could even influence you in the same manner.

问: 说到阳性能量,我觉得我⾝边和我最亲密的,就是我⽗亲和我丈夫… 我跟他们俩个在⼀起我就觉得我很不好.

Q: When it comes to positive energy, I feel that the closest to me and most intimate people are my father and my husband... Being with both of them makes me feel very uncomfortable.

JO: 你的这种不好是什么意思?

Your "not good" means what?

问: 就⾃⼰有很多的评判.我⾃⼰⼀个⼈的时候我觉得我是⾮常ok的.

Question: I criticize myself a lot. I feel very okay with myself when I'm alone.

JO: 在他们⾯前你会觉得⾃⼰弱吗?

In their presence, would you feel weak?

问: 不是觉得⾃⼰弱,就是遇到事情的时候,我会对⾃⼰有很多评判.就是遇到事情的时候,我会觉得他会怎么评判我? 我会跟怕他会怎么评判我.但其实很多事情就不是我的错.

Q: Instead of feeling weak about myself, when faced with situations, I would judge myself a lot. Specifically, when confronted with issues, I would wonder how others might evaluate me and fear their judgments on me. But actually, many things are not my fault.

⽐如说在外⾯我受委屈了,我第⼀个想到的是他会怎么评判我? 我想知道这个感觉到底是来⾃于我⾃⼰的还是来⾃于他的?

For instance, if I get wronged outside, the first thing I think about is how he would judge me. I want to know whether this feeling comes from myself or him?

JO: 他只是好像⼀个反射体⼀样,像镜⼦⼀样.他呈射出你本来已经有的.问: 但是我⾃⼰⼀个⼈的时候,我和外界接触…JO: 那你⼀个⼈的时候,你就好像不照镜⼦.问: 也会⾯对很多的⼈,但是不是亲密关系.

JO: He's just like a reflector, like a mirror, reflecting what you already have within yourself.

Question: But when I'm alone and interacting with the world...

JO: When you're alone, it's as if you're not looking into a mirror.

Question: I do encounter many people, but not in intimate relationships.

JO: He acts like a reflector or a mirror, simply echoing what you already possess internally.

Query: Yet when I'm by myself and engaging with the external world...

JO: When alone, it feels as though one isn't gazing into a reflective surface.

Query: While there are encounters with numerous individuals, they're not within contexts of close intimacy.

JO: 但是亲密关系,它就好像是你的放⼤镜⼀样.它可以把你从其他镜⼦⾥⾯看不清楚的东西,从那个放⼤镜⾥看清楚.

JO: But intimacy is like a magnifying glass; it helps you see clearly what you might not be able to see in other mirrors.

问: 那就是还是我⾃⼰的.

Q: That's just me then.

JO: 你们看出去所有的⼀切,感应的⼀切都是你⾃⼰的能量.问: 没有他的吗? ⼀点都没有?

JO: Everything you see and sense out there is your own energy. Question: None of his at all? Absolutely none.

JO: 他的样⼦是根据你变⽽变的.就是他会随着你的能量变化⽽变.

JO: His appearance changes according to you; he transforms with your energy.

问: 那我还想知道为什么我选择的⼈⽣是战场? ⽽不是佛家讲的很淡定的状态?

Question: I'm also wondering why my chosen life is a battlefield, instead of the tranquil state as taught in Buddhism?

JO: 你是给⾃⼰不是战场,⽽是很多挑战,就是来让你经历千锤百炼,来让你⾃⼰好像像钢⼀样,⽽不是像玻璃⼀样⼀碰就碎了.就好像你刚刚说为什么你在你丈夫⾯前会产⽣这种⼼理? 其实就跟你这种⼀碰就碎的感觉是挂钩的.就可能别⼈的⼀个评价你就接受不来了了.所以你会在乎评价这个评判这个声⾳.因为当你真正的是钢铁侠⼀样,给你吐⼜⽔你都不在乎.

JO: You're not in a battlefield; you're facing numerous challenges that are designed to refine you, to turn you into something like steel rather than glass that shatters with the slightest touch. It's similar to why you feel that way in front of your husband, as it relates to your vulnerability to criticism. When others critique you, you can't handle it; thus, you care about and respond to every comment, judgment, or voice. But when you're like a true superhero, capable of being pelted with insults without flinching.

问: 那我怎么才能做到呢?

Question: But how can I achieve that?

JO: 那我们现在信息不是在告诉你,外在的⼀切都是你⾃⼰给你⾃⼰设置的挑战.好像不断地来锤炼⾃⼰,⽽不是真正的来影响你.因为当你真正的被他们击倒的时候,就像刚刚信息说你只有站起来,你⼼⾥才会舒服的.你要倒下的话,你会憋屈,⼀直怨⼀直不爽的.⽽且每⼀次站起来你都会更有⼒.所以你只需要不断地站起来.要知道其实外在什么都没有.你们会觉得外在好像很恐惧很恐怖,其实外在什么都没有.

JO: Now the information is telling you that everything external is a challenge you set for yourself, like continuously exercising your self without really affecting you. Because when you are truly hit by them, as what the message just said, you only feel comfortable once you stand up. You would be choked if you were to fall down and remain dissatisfied all the time. Moreover, each time you stand up, you become stronger. Therefore, all you need is to keep getting up. Realize that actually, nothing exists externally. You might find the external world terrifying and horrifying, but in reality, it has nothing at all.

问: 赛斯说信念创造实相.我现在进⼊⼀种循环,就是当⽣活中发⽣不好的事情的时候,我会有⼀种⾃责.当外在发⽣不好的事情的时候,我会觉得是⾃⼰的信念创造了这种处境.

Question: Seti says that beliefs create reality. I am now in a loop where whenever something bad happens in my life, I feel guilty. When negative things happen externally, I feel as though it is my belief that creates this situation.

JO: 你要知道外在它不过就是像镜⼦⼀样,它镜⼦只是在映射你,OK,当你看到过后,当下它就已经不在影响你了.它只是来映射⽽已,映射的功效.它不是真正的来伤害你或者影响你的.因为你产⽣⾃责你就会觉得外⾯不能呈现出真实的样⼦或者不好的样⼦,明⽩吗? 它们就好像⼀个纸⽼虎⼀样,它们不具有伤害你的能⼒.那既然是个纸⽼虎,你为什么还会去害怕它呢? 所以说有⼀句话叫⽴地成佛.那当你看到了,OK,这可能是我的⼀些列情绪或者能量投射出来的这种不安全感.那我就会知道我需要去看到我内在的⼀些恐惧,然后去释放它.当你看到,你就释放它了.所以你责怪它,就说明这个事情造成了伤害.但是伤害什么了? 没有任何伤害.

JO: You need to know that externally it's just like a mirror, it simply reflects you, OK? When you see it, it no longer affects you in the moment. It is merely reflecting, its reflective effect. It doesn't truly harm or affect you. Because of self-blame, you think the outside can't show the true or good aspect anymore, do you understand? They're like paper tigers, not having the capability to hurt you. If it's a paper tiger, why are you still afraid of it? So there is a saying called "instant enlightenment." When you see it, OK, this might be my projected list of emotions or energies representing insecurity internally. I would then understand that I need to see and release my inner fears. Once you see it, you release it. So blaming it means the situation caused harm. But what was harmed? There was no actual harm done.

它就是⼀个纸⽼虎.

It's just a paper tiger.

问: 我的灵魂还是新的还是旧的?

Question: Is my soul new or old?

JO: 如果你还在做这种任务的话,就是在拿到阳性能量来变得那个什么的话.那就是⼀个像青年⼈成长的阶段了.这⾥没有哪个好,哪个不好.就好像你说我是⽼年⼈还是⼩孩⼦? ⼩孩⼦充满了⽆限的可能.你想变⽼?

JO: If you're still doing this kind of work, it's about acquiring positive energy to transform into something else. This is a stage akin to the growth of youth. There's no good or bad here; it's like asking if I'm an elderly person or a child? Children are full of infinite possibilities. Do you want to grow old?

问: 我之前听您的⾳频,那种⼀对⼀个案真的点亮了很多⼈.我现在做的⽐较像是⼀对多的.想问⼀下您有没有什么⽐较好的建议?

Q: I've heard your audio before, that one-on-one session really enlightened many people. I'm currently doing something more like one-on-many. Could you please give me some better suggestions?

JO: 你不需要去点亮别⼈.你只需要去成为那团活,靠近你的⼈他们⾃然会燃烧的.所以说你唯⼀要做的就是不断地清理你⾃⼰,让你⾃⼰内在的恐惧啊、担忧啊、或者是评判的声⾳啊或者是好坏… 为什么呢? 当你评判你⾃⼰,你就会评判他⼈.因为你在⼀个评判的频率⾥⾯,明⽩吗? 所以任何你想要给到别⼈的,你先给你⾃⼰.你想要点亮别⼈,你先把⾃⼰燃烧起来.

JO: You don't need to go around lighting others up; you just need to be that flame and come close to people so they will naturally ignite themselves. So all you have to do is keep cleaning yourself out, allowing the fears, worries, judgments, or good and bad in you... Why? Because when you judge yourself, you judge others too. You're already operating at a judgmental frequency, understand? Therefore, anything you want to give to someone else, first give it to yourself. If you want to light up someone else, start by burning yourself first.

问: 我和我孩⼦的灵魂约定? 我孩⼦9岁,男孩.

Question: I made a soul pact with my child? My child is 9 years old, a boy.

JO: 你稍等.我们连接到就是你们家的这个男孩他就是⾮常有勇⽓的.然后就喜欢挑战.所以他⾝上阳性的能量就很⾜.所以其实你们家长如果没有对他太多的限制的话,就任由他、⿎励他的话.他会带你飞的,他会带着妈妈起飞的.因为妈妈⾝上还有⼀点胆⼩、迟疑、害怕.

JO: Wait a moment. We're connecting to your son who has great courage and enjoys challenges. He exudes positive energy, so if your parents don't restrict him too much and instead support and encourage him, he'll take you on for an exciting ride; his mother will soar with him because she still harbors some traits of being timid, hesitant, and fearful.

问: 我和我母亲之间的灵魂约定是什么?

Question: What is the soul agreement between me and my mother?

JO: 那种⽐较压抑的情绪或者是⽐较紧收紧缩的⼀个情绪就是来⾃于你母亲的能量.她导致你不能完全的放开⾃⼰.所以她对你有⼀种,刚才我们说你⼉⼦带你起飞,是吧? 那你母亲就是把你拽下地,就是拉扯着你,就是让你紧缩,会有这样⼦能量层⾯的⼀个影响.

JO: That kind of more confined or constricting emotion comes from your mother's energy. She prevents you from being fully yourself. So she holds back on you in a way that we just mentioned about your son lifting you off the ground, right? Your mother is pulling you down, tugging at you, making you tight, exerting this influence on you at an energetic level.

问: 那我和我⽗亲呢?

Question: And what about me and my father?

JO: 你⽗亲还会有⼀种就是你想做就做,就是他还会有⿎励你往前冲的那种感觉.所以他会像是,⽐如说你是⽕,他会煽动你.就是他的能量会煽动你往前燃烧的.

JO: Your father would also have a sense of just go for it, and he would encourage you to push forward. So he's like fueling your fire, so to speak. His energy would fan the flames that propel you ahead.

问: 那我和我⽼公的呢?

Question: And what about me and my husband?

JO: 你⽼公就好像是,刚不是说你是要千锤百炼成钢吗? 然后你⽼公就好像是那个锤⼦⼀样.就是他会经常时不时的敲打着你,锤着你,就好像让你不要变得那么脆弱.就这么说吧,可能你是个玻璃⼼吧.然后他可能有⼼⽆⼼的就伤害你⼀句,然后你就受不了了.然后就⽼是这种感觉.然后当有⼀天你发现他⽆论怎么样都刺激不了你,你就发现: 哇塞,我真的变成钢了.

JO: Your husband is like the hammer that's supposed to forge you into steel, continuously hitting and shaping you, making you less fragile. Perhaps you have a glass heart. He might accidentally hurt you with his words, causing you immense pain. This feeling repeats until one day, you realize he can't provoke any reaction from you anymore; then you exclaim: Wow, I've truly become steel.

问: 我想问⼀下JO还有没有对我的什么信息?

Q: I want to know if JO has any information about me left?

JO: 我们想让你知道,你记住外⾯真的没有什么.就是你所担⼼的、害怕的或者是犹豫不决的,真的是个纸⽼虎.因为当你能把外⾯看成空的,啥都没有,全是你⾃⼰投射出去的影⼦.你是不是不需要感受到,就是不需要被它们影响? 就是不需要感受到阻⼒或者是任何.就外在没有别的,就哪怕你想要去点燃别⼈的这个⼯作,明⽩吗? 你只需要去熊熊燃烧,靠近你的⼈他不得不被燃烧起来.因为你现在这个阶段和能量状态,你把外⾯看的太真了,就是把外⾯看的⼤过于你⾃⼰内在.但是你其实唯⼀只有的是你⾃⼰内在.好像你⾃⼰就是⼀切的源头,你外在不过是这个源头流出去的东西.那如果你是恐惧、担忧、担⼼,那你体验的就是这个.

JO: We want you to know that there is really nothing outside. Whatever you're worried about, afraid of, or hesitant about, it's just a paper tiger. Because when you can see the outside as empty, with nothing in it, it's all your own projections of shadows. Do you not need to feel it? You don't need them to affect you? There is no resistance or anything else out there; everything that exists is only inside you. Understand, if you want to ignite someone else's work, you just have to burn fiercely. The people close to you will be forced to catch fire because of your current stage and energy state. You see the outside too genuinely, giving it more weight than your inner self. But in reality, all you possess is your own inner world. It seems as if you are the source of everything; your outer existence is merely the manifestation of this source. If you're experiencing fear, concern, or worry, that's what you're experiencing.

问: 有的时候有⼀些梦的信息,这个是需要靠⾃⼰去解,是吗?

Question: Sometimes there are messages in dreams, is it true that these need to be deciphered by oneself?

JO: ⽆论靠你怎么去解,就好像是你的头脑捕捉了有限的信息.我上次看到赛斯这么说这个梦,那个JOJO⽼师这么说这个梦.你顶多是在这⾥⾯.但是并不是的.我跟你讲,梦它有很多很多很多.它有可能是来延续你⽩天的意识,就是你⽩天恐惧的,它晚上继续恐惧.看了恐怖⽚,晚上继续做梦.那它有可能只是你内在⼀些压抑的东西被释放出来的.那有可能是⼀些你跟⾼维的连接.所以这⾥⽆限个可能.就好像你的⼈⽣它有⽆限个可能.你怎么去解它? 明⽩吗? 你只需要去相信你所有的⼀切都是来⽀持你的,包括你的梦.你的梦可以去正⾯的使⽤它、利⽤它,让它正⾯的为你服务.就⽐如说你在梦⾥⾯做了⼀个⾮常恐怖、害怕、撕⼼裂肺、痛苦的梦.

JO: No matter how you interpret it, it's as if your mind has captured limited information. The last time I saw Sez say this about the dream, that Professor JOJO also mentioned this dream. You're at most inside of it. But no, not exactly. Let me tell you, dreams have many layers and dimensions. They might come to continue your daytime consciousness, where your fears are carried over into the night from watching scary movies and having nightmares. It could be that they're just releasing suppressed inner things. Or perhaps they're connections with higher dimensions. So there's an infinite number of possibilities. Like how your life has infinite possibilities. How do you interpret it? Can you understand? You only need to believe that everything about you is meant to support you, including your dreams. Your dreams can be used positively and utilized for your benefit, serving you in a positive way. For instance, you might have had an extremely terrifying, painful dream in the middle of your sleep where you were tearing at your heartstrings and experiencing unbearable pain.

那其实就像物质世界你体验⼀些⾮常撕⼼裂肺的东西,然后导致你会对那⼀类⼈会产⽣⾮常强烈的⼀个同情⼼和同理⼼、连接感,对吧?那你是不是就跟众⽣都是连接在⼀起的,对吧? 所以说⼀切任何,⽆论发⽣,本⾝你们⼈⽣就是⼀个梦境,⽆论发⽣在真的梦境还是假的梦境,就是你们所谓的梦境,都可以正⾯的来服务于你.你的意识决定了怎么去利⽤这些素材.它都是素材.你是那个艺术家,你怎么创造? 你是把它弄成

That's akin to experiencing something profoundly painful in the material world, leading you to develop a strong sense of empathy and connection for that kind of person, right? So you could say everyone is connected, right? Therefore, regardless of what happens, your life itself is a dream, whether it's a true or false dream, as per your own definition. Everything can be positively used for you. Your consciousness determines how to utilize these resources; they are just resources. You're the artist; how do you create? Do you turn it into

⼀堆垃圾来让你看着⼼烦? 还是把它建⽴成⼀个艺术品来让所有⼈都: 哇,奇迹! 梦也是⼀个你们提取素材的地⽅.

A pile of trash annoying you? Or turn it into an artwork for everyone to marvel at: Wow, a miracle! Dreams are also a place where you extract material from.

#### 2023/10/09 — 任何⾏动都弥补不了能量上的缺失No action can make up for a lack of energy.

第⼀个⼈JO: 你说吧,什么问题?

First person JO: Speak up, what's your question?

问: 我想问⼀下我的灵魂主题是什么? 我叫XXX.

Question: I'd like to know what my soul theme is. My name is XXX.

JO: 你选择这⼀⽣你需要⼀个完完全全的⼈格上的转变和突破.也就是说你⽬前呈现的你就好像是⼀个壳⼀样,好像是戴着⼀个⾯具⼀样.然后这个不是真正的你,因为真正的你他好像是被各种教条或者是被外在给束缚起来了,给凝固起来了.所以就好像你本⾝是像橡⽪泥⼀样是⾮常柔软可塑的.但是你现在就好像成了⼀个固定的模⼦和模式,导致你其实⾃⼰都是从那个模型⾥看你⾃⼰.就是你会觉得那个模型⾥的你才是你.其实并不是的.所以你会感受到不舒服、不顺畅.就是不能像喝完酒过后完全的尽兴,完全的淋漓尽致.就好像有的喝酒之前是⼀个样⼦,他喝完酒过后又是⼀个样⼦.为什么呢? 因为他的被压的、固定的那个模⼦被打散了.

In your lifetime, JO: You choose to undergo a complete transformation and breakthrough in terms of personality. Essentially, the current version of yourself seems like a shell or wears a mask - it's not authentic you because the real you feels restrained or preserved by societal norms or external influences. It's as if you are made of rubber – very malleable. However, you've become stuck in a fixed mold and pattern, leading to a distorted self-perception. You might believe that the version within this model is who you truly are, which isn't accurate. This results in feelings of discomfort and obstruction. It's like not being able to fully enjoy or achieve your maximum potential after drinking – it feels incomplete. Sometimes, people can seem one way before drinking and then differently afterwards because their restrained mold has been disrupted by the alcohol.

好像加了⽔过后,他就可以流动起来了.所以说如果说你这⼀⽣就好像是⼀个整个⼀个融合.就是把⼀个已经硬的成型的泥,就好像⼀个雕塑它已经成型了.你会加⼊⽔,然后把它混合,然后变成像橡⽪泥⼀样,它是可塑的.这是能量层⾯,把硬的变成软的.

It seems like once you add water, he can flow. So to say that your entire life is like a whole fusion - it's about blending a hard and already formed clay, like a sculpture that has been set in shape. You would then introduce water, mix it together, transforming it into something like dough; it becomes malleable. This is on the energetic level, turning the rigid into the soft.

问: 那应该怎么做?

Question: What should be done?

JO: 就是你现在就好像⾝上有⼀个盔甲有⼀层泥包裹着你.然后我们现在要把这⼀层泥给击碎,⾥⾯的那个你就出现了.就完完全全的是⼀个新的你,新的energy,新的能量.所以你就好像是有⼀层厚厚的泥把你包裹住,我们需要把它敲碎.所以其实从现在的层⾯谁,就是⽆论你获得什么,就是你在事业上取得成功也好或者有取得钱财也好,就是什么东西都很好,但是你就会觉得好像缺点什么或者少点什么.就是不能很畅快吧,不能很尽兴吧,明⽩吗? 就是不能熊熊的燃烧.那个⽣命之⽕没有熊熊的燃烧起来.

In English:

JO: You're like wearing a shield with mud covering you right now. Then we're going to break that layer of mud, and the real you will emerge. It's completely new energy, a fresh energy. So you feel like there's a thick layer of mud wrapping around you, which needs to be broken. And actually, no matter what level you achieve in your current situation—whether it is career success or financial gain—it feels like something is missing or incomplete. You won't be able to fully enjoy yourself or reach your full potential because the fire within you isn't burning brightly enough. It's as if your life's flame hasn't ignited with enough vigor.

问: 我觉得⼤部⼈都会有这种感觉.

Q: I think most people have such feelings.

JO: 你不能去看别⼈.就因为别⼈是那种感觉,然后你就跟别⼈⼀样,是吗? 每⼀个⼈看上去可能⼀样,但是他们体验的⽣命主题是完全不⼀样的.我们有很多很多这种⽣命主题,但是…问: 我⽬前的状态是跟环境和⽣活⼀起,我很难去脱开⼀些现实的东西..

JO: You can't go and look at others just because they feel that way, then become like them, right? Everyone might seem the same on the surface, but their experienced life themes are completely different. We have so many of these life themes, but... Q: Currently, I'm involved with my environment and life; it's hard for me to disconnect from some aspects of reality.

JO: 因为在你现在的⼀个意识程度,你现在的⼀个能量状态你肯定是打破不了的,明⽩吗? 那就是说你需要提升的是你的意识,明⽩吗? 因为当你的意识程度达到另外⼀个境界,你⾃然⽽然... 就好像这么说吧,你就好像是⼀颗种⼦.你现在还没有发芽.那我说你需要脱去的是这个壳.你说这个壳它⼀直紧包着我,它是我的⼀部分,我怎么可能把它蜕掉? 但是当你这颗种⼦在遇到⽔过后,你开始在发芽.⽣命⼒不断地在往外… 你的壳⾃然⽽然就蜕掉了,明⽩吗? 所以说你不是要怎么去打碎.你只需要去允许你⾃⼰绽放.它是⾃然⽽然的发⽣的.那这个是随着你意识的提升转变⽽转变的.就是这个是副作⽤吧.你再继续提问.因为你的

JO: Because at your current level of awareness and energy state, you are definitely breaking through it yourself, understand? That is to say, what needs improvement for you is your awareness, understand? As when your level of awareness reaches another dimension, you naturally... as if I were saying, you're like a seed. You haven't sprouted yet. I said you need to shed this shell. You claim that the shell tightly envelops me; it's part of me. How can I possibly peel it off? But when this seed encounters water and begins to germinate, vitality continuously expands... your shell naturally sheds itself, understand? So you don't have to force yourself to break through. You just need to allow yourself to blossom. It happens naturally and organically. This is a result of your awareness elevation transforming. This is the side-effect, I suppose. Continue with your questions because your

⽣命主题没有突破的话,你会发现很多事情你都是⽐较吃⼒的.所以后⾯它也会随着你的问题来拉扯到你的主题上⾯.你继续提问吧.

If there is no breakthrough in your life theme, you will find that many things are quite challenging for you. Therefore, it also gets pulled into your theme with your questions later on. Keep asking your questions.

第⼆个⼈问: 我想问⼀下上次说的我孩⼦的灵魂主题?

Second person asks: I want to ask about the soul theme of my child that was mentioned last time?

JO: 我们现在是没有记忆的.所以你说什么孩⼦? 哪个孩⼦? 多⼤年龄?问: 14岁,叫XXX.我想问灵魂主题.

JO: We are without memory now. So, which child did you say? Which one? How old is he/she? Ask: 14 years old, named XXX. I want to ask about the soul theme.

JO: 你想问她的灵魂主题? 那你需要她来跟我连接.你需要孩⼦她⾃⼰去允许她要去探索她的灵魂主题,明⽩吗? 但是她现在还太⼩.因为你们前半辈⼦说实话就只是去完完全全的⼊戏,去尽情的体验.没有好坏对错,因为这些就好像你不断地在捡素材⼀样.捡了素材,以后你才能把它全部利⽤起来.那你说我只能捡这个素材.就⽐如说好的是红⾊,坏的是⿊⾊.我只要红⾊.你只要⼀个颜⾊,你作为⼀个创作家,⼀个艺术家,你怎么去呈现? 所以它每⼀种颜⾊,⾊彩越多,他能创造的东西是不是就越多? 因为在你们的传统的思想和观念⾥⾯,你们会想要孩⼦什么都是好的.我给他最好的⽣存条件啊、最好的朋友啊、最好的环境啊,什么都是好的,明⽩吗?

JO: You want to know her soul theme? Then you need for her to connect with me. You need the child herself to allow her to explore her soul theme, right? But she is too young now. Because in your first half of life, honestly, it was just about fully immersing yourself and experiencing everything without judgment, because these were like gathering materials. Gathering materials allowed you to use them all later on. So you say I can only gather this material. For example, good things are red, bad things are black. I want the red ones. You want one color as a creator, an artist, how do you present it? Therefore, with more colors and shades, doesn't that mean he/she can create more things? Because in your traditional thoughts and beliefs, you would want everything to be good for the child. I give him/her the best living conditions, the best friends, the best environment, all good, right?

但是...

But...

问: 我就想了解⼀下孩⼦,那我应该问?

Q: I just want to know about the child. What should I ask?

JO: 那你可以说你在抚养孩⼦当中遇到的⼀些顾虑、问题,或者是怎么样帮助他成长.或者是你们之间的亲⼦关系.因为这个是你的能量层⾯的.

JO: You could talk about some concerns or issues you've encountered in raising children, or how you help them grow. Or perhaps the dynamics of your parent-child relationship. This is related to your energy level.

问: 她现在是叛逆期吧.然后作业总是不做.⽼师也经常找我.但是孩⼦又说读好书不⼀定要做作业.不知道怎么去和他沟通这个事?

Q: Is she going through a rebellious phase, always refusing to do homework? Teachers often approach me about it. However, the child argues that doing well in school doesn't necessarily mean having to do homework. I'm unsure how to discuss this with her.

JO:那说实话我很赞同你的孩⼦呀.你稍等.⾸先你们⽬前就有⼀个集体观念,就是说孩⼦是要学知识的,明⽩吗?但是本⾝你们地球上的所谓的教育系统和学知识这个概念,就是有待他们孩⼦这⼀代来推翻的,明⽩吗?因为其实很多很多集体意识,就像你现在说的语⾔,你没有特别去学它,但是你潜意识你⾃动就会了,明⽩吗?所以最基本的⼀些常识,在你们潜意识⾥⾯,你们都会⾃动的把它下载了,都会⾃动去理解.但是真正的去学习,它不是说… ⾸先你们每⼀个灵魂来到这个世界上你想要体验的主题就是不⼀样.⽐如说他本⾝来到这个世界,你在这个地球上可能之⽤了三⽣三世,你是个⼩灵魂,就学了⼀点⽪⽑.然后你就想来教那个⽼灵魂?

JO: Well, honestly, I quite agree with your child. Please wait a moment. First of all, you currently have a collective idea that children need to learn knowledge, do you understand? However, the so-called educational system and the concept of learning on Earth are awaiting their children's generation to overturn them, do you understand? Because there are many collective concepts like the language you're speaking now; you don't intentionally learn it, but your subconscious naturally absorbs it. Therefore, basic common knowledge that is automatically downloaded into your subconscious helps in understanding. However, true learning isn't... Each soul coming into this world to experience different themes is unique. For instance, if you've used three lifetimes on Earth as a small soul and learned just the basics, then you might come to teach an old soul?

那个⽼灵魂轮回转世⼏千年了.就好像你是⼀个⼏岁的孩⼦,你就想要教⼀个⼏千岁的了? 明⽩吗? 为什么呢? 因为你们⽬前有⼀个错误的观念,就是你们⾝份都错了.你把你知道的那⼀点点就当成他是⼀个⼩孩⼦,他什么都不知道.每⼀个⽣命,它就像⼀颗种⼦⼀样.在它出来了,它的所有路线都在⾥⾯了,成长的路线,它成长所需要的⽀持,所有的外在的⼀切它都已经包含了,明⽩吗?就是他来的时候,他是⼀个⽂件包,他不是单独的.他不需要你外界加给他什么.你外界,在你的认知⾥⾯加给他的东西只会阻碍他.本⾝这个植物⼀个季度就可以开花结果,你却⼀直压它⼀直压它,导致它⼏年都结不出果⼦来,明⽩吗?

That old soul has reincarnated for thousands of years. It's like you're a child, trying to teach someone who looks much older than yourself? Can you understand why this is odd? Because currently, there's a misunderstanding about your identities; you perceive him as a small child with nothing to know. Every life, it's like a seed. When it emerges, all its paths are within it, the pathways of growth and what it needs for support, all external aspects included. Do you understand that when he arrives, he comes as a package, not singularly? He doesn't need anything externally imposed upon him. External additions to his perception based on your understanding only hinder him. Naturally, this plant could bloom and bear fruit within a season, but constant pressure keeps it from doing so for years, can you see that?

你想要去转变,你⾸先要转变你们⾃⼰的⼀个教育观念.因为你现在就好像逼着他来适应你们这个社会的准则,适应你们的观念什么的.

You want to change, you first need to transform your own educational beliefs because it's like forcing him to adapt to your society's norms and values.

问: 我感觉⽼⼤和⽼⼆的关系不是很好,这个怎么弄啊.

Q: I feel that the relationship between the eldest and second-born isn't very good; how should we address this?

JO: 我们先⼀个⼀个来.先说到他不做作业的问题.因为当你⾃⼰会有⼀个这样⼦的观念的话,你很难去引导他.你们之间就会产⽣⼀个抵触.他抵触你.为什么? 因为你强迫他做他不愿意做的事情.

JO: Let's address this step by step. First, let's talk about the issue of him not doing his homework. Because if you have this notion yourself, it's hard to guide him. There will be a resistance between you both. He resists you because why? You're forcing him to do something he doesn't want to do.

问: 他从⼩到⼤我都不管他的作业.但是⽼师现在来找我,我必须要跟⽼师交代.

Question: I never supervised his homework from a young age onwards. But now that the teacher is coming to me, I must account to the teacher.

JO: 因为你必须要你⾃⼰达到了⼀定的认知,你才能去影响到外在的.因为你们现在就好像是我只是在解决问题.这个产⽣问题,我来⼀个⼀个解决.但是这样⼦解决问题,就好像这边有⽕苗,我把它扑灭了.那边有⽕苗,又扑灭了.因为你的能量影响着孩⼦,所以你的⼀些见解和认知也影响着孩⼦.这么说吧,他现在的状态就好像是这个社会,⽼师和你们共同创造的⼀个⽹,就是⼀个蜘蛛⽹.然后孩⼦在上⾯.那你这个蜘蛛⽹已经是这样⼦.所以它需要你认识到,你们⽼师认识到,就好像这是⼀个庞⼤的⽹⼀样.也并不是说你单独把你这根丝抽掉,然后它就能少⼀点那个什么,明⽩吗? ⽐如说这个⽹是很多丝织成的⽹,然后你把你这根丝拿掉.

JO: Because you have to reach a certain level of self-awareness before you can influence the external. Right now, it feels like I'm just solving problems one by one. But this kind of problem-solving is like extinguishing fires - here there's one fire, and then another. Your energy affects your children, so your insights and cognitions also affect them. To put it simply, his current state is like a web created by the society, teachers, and you. It's like a spider web with children trapped in it. You've already set up this web, so it requires recognition from both you and your teacher that this web needs to be acknowledged as something large-scale. It's not just about pulling out one thread; imagine if you were removing one thread from a vast, woven network of threads.

其实你孩⼦还是在这个⽹上⾯.但是你⾃⼰⼼⾥要明⽩本⾝⽬前的教育系统就是来有待被突破的,就是越来越多的新⽣代的孩⼦来突破的.因为你们这种填鸭式的,就是植⼊的知识,就是这些都不需要去吃,但是你又把它使劲的吃下去的那种.就是这个又没有营养又影响你的健康,但是你还要把它硬吃下去.为什么呢? 因为我们世世代代都是吃这个长⼤的呀.

Actually, your child is still present in this network. But you must understand that the current educational system is meant to be broken through, by new generations of children who will surpass it. Because of this cramming style of education where knowledge is forcibly inserted and doesn't need to be consumed, yet we relentlessly force-feed it. It's like consuming something that lacks nutrients and negatively impacts your health, but you still insist on forcing it down. Why do we do this? Simply because throughout generations, we've grown up with exactly this system.

问: 那意思是让孩⼦⾃⼰去解决?

Question: Does that mean letting the child figure it out themselves?

JO: 就好像刚刚说你们现在就好像是你们之前,⽼师也好社会也好,你们共同种的⼀个因.那现在是在品尝这个果.如果是说从表⾯上来解决问题的话,那你可以坐下来和孩⼦聊天.你和孩⼦⼀起,你说妈妈也知道你的智慧远远超过这些⽼师,这些课题,我⾮常赞同你的说法.但是⽬前这个问题,你来告诉妈妈如何解决.

JO: It's like you're now experiencing the consequences of all those seeds that you and society or teachers sowed together in the past. If we were to address this issue superficially by simply having a conversation with your child, then it would be beneficial for you to sit down and discuss this matter. You could express that you recognize your child's wisdom surpasses that of these teachers and topics, which you wholeheartedly agree with. However, currently, you should guide me on how to solve this problem.

问: 这个⽼师⼀直对我们家孩⼦有意见.

Question: This teacher has always had a problem with our child.

JO: 你要知道我们不会⼿把⼿的去教你如何去解决你遇到的这些问题.我们只会教你你⾃⾝的⼀个能量状态.因为当你调整那个,外在没有问题的.外界它只是映射出你⾃⼰的⼀个状态,明⽩吗? 不然的话,这个就是跟你们物质世界⽬前运⾏的⽅式… 这个问题找这个⽅法,那个问题找那个⽅法.你们⾃⼰的意识状态和能量得不到改变.得不到改变的话,还是在消耗时间,消耗你的时间,消耗我的时间,明⽩吗?

JO: You need to know that we won't hold your hand through teaching you how to solve the problems you encounter. We will only teach you about your own energy state because when you adjust that, there are no issues on the outside. The external environment merely reflects your own state. Do you understand? Otherwise, this is akin to addressing each problem with a specific method as if they were separate entities; however, without changing your consciousness and energy levels, it remains constant. This constant state continues to consume time, mine or yours, do you understand?

问: 刚刚第⼀个提问的是我弟弟,我想问⼀下我们之间的灵魂主题?

Q: The first question was from my brother; I'd like to inquire about our shared soul theme.

JO:你稍等.这么说吧,你跟你弟弟的灵魂主题就好像是有⼀种他是硬的,然后你也是硬的.然后你们之间就好像是硬碰硬的状态.就好像这⾥它永远都是相互排斥,明⽩吗?就好像你是冰块,然后他也是冰块.然后你们⼀撞,然后两个都碎了.然后需要你变成⽔,他变成⽔.然后你们之间就能交融在⼀起,就不会有冲突,就不会击碎对⽅.就是在你们的能量,在你们的相处当中不会有冲击.

JO: Wait a moment. Let me put it this way: your brother's soul theme seems like he has something rigid and you also have something rigid. As a result, you are in a state of confrontation where both entities are hard against each other. It feels like there is always repulsion between the two, understand? Like when you're ice, and so is he; once they collide, both break apart. Afterwards, you need to turn into water, as does he. Only then can you merge together without conflict or breaking one another. In your interactions, your energy wouldn't clash with each other.

问: 那怎么变成⽔啊?

Q: How does it turn into water?

JO: 你说⼀个冰块它加温是不是就变成⽔了? 那你温度是什么? 那温度温暖了.这么说,当你们物质世界很凝固,它流动不了就很凝固.那你到越来越上⾯,越来越上⾯.那它就好像看不到⼀样,就好像空⽓⼀样,明⽩吗?它可能最开始凝固的冰块,它慢慢慢慢的变成泥.泥过了之后再变成稀泥、污⽔.然后再变成什么?纯净⽔,然后再来变成蒸汽,然后再来变得看都看不到了,明⽩吗?那就是随着你的频率不断地变化,不断地变化.你们俩个都是需要去转变,他也需要加温,你也需要加温.就是你们都需要去转变.所以在你们之间,就是说你的意识和他的意识没有转变之前,你们会有⼀种就是沟通不了.就好像对⽜弹琴,就好像你们中间有隔阂吧.

JO: You said that when you heat an ice block it melts into water? Then what is temperature? It makes the ice warm up. So, when your physical world becomes very solid and cannot flow, it's because of this solidity. As you go higher, as you go further up, it becomes invisible, like air. Understand? The initially frozen ice block slowly transforms into mud over time. Mud then turns into sludge, wastewater. Then what happens next? It turns into pure water, which eventually transforms into steam and disappears from sight. You get it? This transformation is continuous as your frequency changes. Both of you need to undergo this change; he needs to be heated up just like you do. Essentially, you both need to transform. In the context of your interaction, before your consciousnesses change, there's a barrier that prevents effective communication between you two. It's akin to playing music for an ox—it's pointless because they don't understand or have a common ground with you.

就你在⼀个玻璃球,他在⼀个玻璃球.你永远不理解他,他永远不理解.就好像是有隔阂在⾥⾯.我们看⼀下你们前世有没有连接?我们连接到有⼀世你们俩个⼈都是很顽固的⼈.就是你们的能量都是很顽固,像铁⼀样.就好像是你不让步,我也不让步.你不变,我也不变.就好像冷战的话,你不理我,我也不会理你,就⼀直这样僵持下去.然后那个顽固的能量⾄今都没有破掉.如果没有破掉,你们可能还会共同做功课到下⼀辈⼦.

You are in a glass ball, he is in a glass ball. You never understand him, and he never understands you. It's like there's a barrier inside. Let's see if you had any connection in your past lives? We found that in one of your lifetimes, both of you were very stubborn people. Your energy was like iron - not yielding to each other. It's as if neither of you would give in, you wouldn't change, and I wouldn't either. It's like a cold war where you ignore me, and I ignore you too, resulting in this perpetual stalemate. The stubborn energy has remained unbroken until now. If it hasn't been broken, you might continue to do homework together into the next generation.

问: 下⼀辈⼦还做姐弟啊?

Question: Will we be siblings in our next lives too?

JO: 不⼀定是姐弟,但是还是会是你⾝边的⼀个⼈.他可能是你的⼉⼦或者是… 就是还是会这种硬碰硬的状态.就是之前两个都是很顽固的状态影响到这⼀世.

JO: It's not necessarily brother and sister, but it would still be someone close to you. He could be your child or... someone who is going to have this kind of head-on confrontation with you again in this lifetime due to past stubborn influences.

问: 我的⼤⼉⼦跟⼆⼥⼉关系不好.我⼤⼉⼦⼗岁.⽼⼆⼋岁.妹妹很喜欢哥哥,但是哥哥觉得妹妹很不好.他们之间的灵魂主题.

Q: My eldest son has a bad relationship with his younger sister. The eldest is ten years old, and the second daughter is eight. The younger sister adores her elder brother, but he considers her to be very annoying. They have a complex dynamic.

JO: 你的⼉⼦的灵魂主题跟你的灵魂主题是有关的.就是你必须要转变,你才能真正的去润物细⽆声.你才能真正的融⼊到你孩⼦那边,不然的话你们俩也是硬碰硬的.就是你融⼊不了他.就是你说啥,他听不进⼊,他不会听.那你是不是要变成润物细⽆声的这种去影响到他? 就好像你只是成为太阳,然后他这个冰块不知不觉就融化了.所以你的⼉⼦他会这样⼦去… 就是你就必须要去做你的功课,这个就是你的⼀个坎⼀样.然后他们兄妹俩… 这么说吧,你⼥⼉就好像是⼀个变幻莫测,就是⼀个很多变,就是很容易塑造.就是说如果你是⽐较硬的话,你⼥⼉就是特别⼋⾯玲珑的那种,明⽩吗? 她就好像是⼀个千⾯,或者就是她转变的就是特别快.

JO: Your son's soul theme is related to yours. You must undergo transformation in order to genuinely be able to influence him without being heard directly. Only then can you truly integrate into his world; otherwise, it will result in a confrontation between the two of you. This means you won't be able to connect with him at all; your words fall on deaf ears, and they don't resonate with him. Are you supposed to become like 'the subtle rain that falls silently', affecting him in a way that he's unaware of it? Like becoming the sun, while his ice naturally melts without any effort put into it. Therefore, your son behaves this way... You must do your own work; this is akin to overcoming an obstacle for you. As for your daughter, she might be unpredictable and multifaceted, very easy to mold according to different situations. If you are on the harder side, your daughter adapts well to all directions or faces easily, understanding others' feelings. She could be like a chameleon that changes quickly or has many personalities.

她就是⼀个不是那么僵硬的能量,然后特别流畅.⽤你们的语⾔的话就是⼋⾯玲珑吧,就是见⼈说⼈话,见⿁说⿁话.从外在看来就觉得情商特别⾼,因为她拿谁都有办法.她跟你弟弟去交流就没有问题的,就⽐如说.然后她就好像是你⾝边的⼀个⽼师,来给你展现出你的能量需要去融合的⼀个⽅向或者是你可以成为的⼀个样⼦,明⽩吗?

She is an energy that isn't overly rigid and flows very smoothly. In your language terms, she would be considered as someone who adapts well to different situations; essentially, she speaks the language of whoever she's with, whether human or otherwise. From an external perspective, she appears highly emotionally intelligent because she can handle interactions with anyone. She wouldn't have any issues communicating with your brother for instance. It feels like she acts as a mentor in your life, showing you a direction to integrate your own energy or what you could potentially become. Understand?

问: 那我的⼩⼥⼉呢? 她三岁了.我和她之间的灵魂主题?

Q: And what about my little daughter? She is three years old. What's the soul theme between us?

JO: 你的⼩⼥⼉她跟你的性格会有点像.就是她特别⼥汉⼦,就是很坚硬的⼀个性格.就像⼀个战⼠⼀样.然后也⽐较⾃律,⽐较努⼒,就是争⽓.就是像我们说的这个⼈特别争⽓.所以她会受你很多优秀的品质的影响.⽐如说你⾝上的那股坚硬的品质、吃苦耐劳的品质,然后你⾝上的那股正⽓凛然的品质.这些她都会受妈妈的影响.所以如果从你们的层⾯来看的话,她可能就会是⼀个事业⼥强⼈的⾝份,明⽩吗?

JO: Your little daughter will have some characteristics that resemble yours; she'll be quite tomboyish, with a strong and sturdy personality, like a warrior. She'll also be self-disciplined and hardworking, striving to make her parents proud, or as we'd say in Chinese, a very ambitious person. Consequently, she will be influenced by many of your excellent traits such as that strong aspect, perseverance, and upright character you exhibit. These qualities will come from her mother's influence. So from the perspective of career development, she might become a powerful female professional, understand?

问: 她要去从事事业啊?

Question: She's going to pursue a career, isn't she?

JO: NO NO NO,只是说她的能量状态就好像是⼀个战⼠.有使命在⾝.就⽐如说你有⼀些使命,她可能就会继承妈妈的⼀些使命.因为她是⼀个特别有使命感的孩⼦.

JO: Not at all, just that her energy field seems like a warrior with a mission on her back. Like if you have some missions in life, she might inherit some of your missions because she's such a child with a strong sense of purpose.

问: 那这⼏个孩⼦后续是和我在⼀起,还是到外⾯发展?

Question: Would these children continue to be with me, or develop externally?

JO: 你要知道孩⼦他随时随地他是可以去选择或者是转变他们的选择的.这个是充满了变化的,他们可以去选择.但是从能量层⾯的⼀个影响,就好像你跟你的⼤⼉⼦、⼆⼥⼉、三⼥⼉,如果是从连接感看的话,可能⼩⼥⼉跟你的连接感最强.就孩⼦跟你能量的⼀个连接.

JO: You need to know that children can at any time choose or change their choices. This is full of changes; they can make choices. But from an energetic perspective, it's like you have your eldest son, second daughter, and third daughter. If viewed through the lens of connection, perhaps the younger daughter has the strongest connection with you in terms of energy linking to you as a child.

问: 那这个⼩的我应该怎么教育她呢?

Q: And how should I educate such a young one?

JO: 你就在潜移默化.因为我们说她从你⾝上拿到很多妈妈的品质,所以你就在潜移默化的教育她.你不需要特意的去教育她.你只需要不断地提升你的意识,让你越来越少的限制.就⽐如说你在做事或者做⼈任何⽅⾯,你的限制越少,她的限制就越少,明⽩吗? 因为你就在演⽰给她看.因为其实在最⼩的孩⼦的⼼⽬中,她就觉得妈妈像英雄⼀般.

JO: You are influencing her subconsciously because people say she has acquired many maternal qualities from you. Therefore, you are subtly educating her. You don't need to刻意 educate her in a specific manner. All you have to do is elevate your awareness and reduce the constraints on yourself continually. For example, when you behave or perform tasks in any aspect of life, the fewer constraints you have, the fewer constraints she will exhibit, understand? Because you are demonstrating this to her. Since, in the mind of a young child, she perceives her mother as a hero.

问: 在不在⼀起,我们的关系就在那⾥,是这个意思吗?

Q: Is our relationship defined by whether we are together or not?

JO: 她会受你很⼤的影响,所以就多创造你们在⼀起的时间.还有就是你不断不断地拿掉你⾃⼰的束缚.那就像我们刚刚说你在她⼼⽬中就好像⼀个英雄般的存在,那你是不是就真的要活出⼀个英雄般的状态给她? 明⽩吗? 不然你的孩⼦是有⼀套学⼀套的.那如果你退缩、胆⼩或者恐惧的话,那孩⼦是不是也是那样? 因为对于三个孩⼦来说,你们彼此的能量影响是完全不⼀样的.就好像对三个孩⼦来说,你有三个不同的⾝份.

JO: She will be greatly influenced by you, so try to create more time together. Also, constantly remove your own constraints. It's like we just discussed how you are seen as a hero in her eyes, do you need to live up to that heroic state for her? Understand? Otherwise, your child is learning exactly what they're seeing. If you back down, are timid or fearful, will your child also exhibit those traits? Given the three children's differing energies, it impacts them differently than their peers. To three children, you embody different identities.

问: 现在就是三个孩⼦三个样.

The question is: Now, each of my three children is different.

JO: 慢慢后⾯你会明⽩.但是你只需要去成为你⾃⼰,就像我们刚刚说你的能量不断不断地去变成润物细⽆声的那种感觉.⼀切都会⾃然⽽然的服务到每⼀个⼈,包括你的⽼⼤⽼⼆⽼三,还有你的爱⼈、弟弟.所以你不需要去我又要改变和这个⼈的关系和那个⼈的关系.你不需要.你唯⼀需要的就是你⾃⼰(改变).

JO: You will understand later on, but all you need to do is be yourself, like the energy we just discussed that keeps transforming into that subtle feeling of nourishing everything quietly. Everything will naturally serve everyone, including your elders and younger siblings, as well as your loved ones and brother. So there's no need for you to alter or change relationships with this person or that person. You don't need to do that. The only thing you need is yourself (to change).

问: 我跟我妈妈的灵魂主题? 我的名字是XXX,我妈妈的名字是XXX.

Question: What's my soul theme with my mom? My name is XXX, and my mother's name is XXX.

JO: 你稍等.我满连接到的这个能量,就好像你妈妈她可能也会⽐较有⽐较阳刚,就是⽐较钢的⼀⾯,就是能量⽐较坚硬.她会加强你的,⽐如说你⽐较阳刚,然后妈妈就可能让你从⼩就变得阳刚吧.因为她⾃⼰内在就缺少柔的⼀⾯,或者是缺少像你的⼩⼥⼉那种多变,⼋⾯玲珑,可塑性强的那⼀⾯.所以说她就好像把你这个冰块,就你可能开始冻的不是很硬,但是她把你冻的更硬了.就是可能最开始你没有那么凝固,但是她的能量又把你给加深加硬了,来让你去突破去转变.就是你这杯⽔本来有点苦味,但是她把你变的更苦了,来让你去把它变成甜的.因为你们⽣命都是转化的过程.所以你就好像从你妈妈那边得到了更多的枷锁,就是从能量层⾯.

JO: Wait a moment. The energy I'm connecting to is like your mother who might have more masculine qualities, which can be quite strong and rigid. She will reinforce you, especially if you are already somewhat masculine; she may make you more masculine from childhood because her inner self lacks the softer aspects or the flexibility that someone like your daughter embodies - being able to adapt in many directions.

So, it's like she is turning your ice block into a harder one. Your initial state might not have been completely frozen, but she deepens and hardens you even more. This means you were less solid at first, but her energy goes deeper to make you stronger. It's like making your water slightly bitter so that you can turn it sweet; because life is all about transformation.

You seem to have received more constraints from your mother in terms of the energetic dimension.

你可能看着她的那⼀⾯,然后让你变得更加的钢更加的独⽴更加的我不要跟任何⼈低头.因为你们可能在选择这⼀世来到这个世界上之前,你们可能之前本来就

You might observe her side, and then you could become tougher, more independent, and don't bow to anyone because before choosing to be born into this world in this life, you might have already been that way.

有⼀个伤⼜.那你们可能找⼀个它可能⽼是想去迫害他⼈的⼈,让我的伤⼜更加的撕裂,更加的⼤,去加深这个.因为这样⼦它就好像把你逼到⾓落,让你不得不转变.然后让这个转变发⽣,不然就不痛不痒的,你可能就不会注意到.因为这个能量当它偏到⼀个极限的时候,它必须要去寻求⼀个平衡.物极必反.它把你逮到了另⼀端,那你必须要去反弹.

There's a wound here. So perhaps you could find someone who might always want to persecute others, causing my wound to be torn wider and deeper, amplifying this sensation. This way, they essentially push you into a corner, forcing you to change. Then the change would occur, otherwise it would remain unbothering and unnoticed by you. Because when this energy reaches an extreme point, it must seek balance. As the saying goes, excess leads to reversal. They've trapped you on one side, so you have to bounce back.

问: 那反弹能成功吗?

Question: Could that rebound be successful?

JO: 你就是为了这个⽽来的.问: 我跟我爸爸的灵魂主题呢?

You came for this purpose. Question: About my dad's soul theme?

JO:你爸爸又是来加深你的.你爸爸有可能他会是⼀个⽐较⽆能的⼈,就可能他有很多愿望没有达成,就是没有活出来⾃⼰的版本.然后导致你⾃⼰⼼⽬中觉得我⼀定要争⽓,我⼀定要活出来,我⼀定要有⾻⽓.他又把你⾃⼰很阳刚的那⼀⾯给激发出来了.你的能量就⽐较钢,你的双亲把你逼到能量更钢,就好像把你逼到极点⼀样.然后物极必反,你就需要反弹,需要去平衡.

JO: Your father is trying to instill more in you. Your father might be someone who lacks capability and may have had unfulfilled wishes, not living up to his own potential. This leads you to feel that you must strive for success, determine to live your life, and possess courage. He also revives the strong masculine side within you. Your energy becomes more resilient, pushing you into even greater strength, akin to being pushed to your limits. Consequently, there's a need for a counterbalance or equilibrium.

问: 那我不是去反⽗母吧?

Question: Wouldn't I be going against my parents?

JO: 不是.他们就好像是⼀个推⼿⼀样.你选择了这股能量把你推到那个地⽅.让你这⼀⽣来突破.因为能量⼀定是平衡的.就⽐如说我⼀直体验冬天,在很寒冷的地⽅.那我冬天体验够了,那我是不是要体验夏天了.你不可能永远都是呆在⿊夜吧? 它这⾥没有什么好和坏,是平衡.⽐如说当你⼀直在极端,你⼀直是男性的⾝份,你可能⼀直理解不了阴性的能量的强⼤,明⽩吗? 因为阴和阳,它实际上是⼀样的.它是没有⾼低之分的,它们只是表现的⽅式不⼀样.但是没有⾼低之分.但是如果你⼀直是阳的话,那你可能就接受不了很阴的⼈,明⽩吗? 你就会觉得你怎么这么不争⽓? 你怎么这么弱? 怎么这么没⽤? 你就会产⽣这样的念头.就会⽼是这样⼦.

JO: No. They're like a catalyst. You choose this energy to push you to that place, allowing you to break through in your lifetime because energy is always balanced. For example, if I've been experiencing winter, in very cold places, once I'm done with winter, wouldn't it be time for me to experience summer? It's not possible to stay in the darkness forever, right? There's no good or bad here; it's about balance. Say you're constantly experiencing extremes and have always identified as a male, you might struggle to understand the strength of feminine energy, do you see? Because Yin and Yang are essentially the same - they lack hierarchy; they just express themselves differently. But there is no hierarchy. However, if you've been predominantly in the Yang realm, it becomes hard for you to accept someone very Yin, do you get it? You'd think, how can you be so unambitious? Why are you so weak? So useless? Such thoughts would come to mind and always linger with you.

问: 是不是对孩⼦也会有这样的想法?

Q: Do you also have such thoughts about children?

JO: 当你有这样⼦,你对所有你见到的⼀切你都会看不全.看不全就是你不能站到别⼈的⾓度去看问题,因为你只有⼀半的体验,你没有另外⼀半的体验.然后你⼼⾥就会产⽣排斥.

JO: When you have this kind of perspective, everything you see becomes incomplete. Incompleteness means that you cannot view problems from someone else's angle because you only have half the experience; you lack the other half. Consequently, your mind generates resistance.

问: 那不是每天我对别⼈都在排斥之中?

Q: Isn't it true that I'm excluding others every day?

JO: ⾸先你们需要体验这⼀⾯,⽐如说你现在是在体验阳,那现在轮到你体验阴了,就这么简单.那你现在过的是⿊夜的⽣活,那现在你去⽩天了,就这么简单.这个是更⼤的你⽤外界的⼀切助缘去扩展⾃⼰,让它没有分别⼼.这⾥没有所谓的这个好,然后那个不好.没有这些.

JO: First you need to experience this side, for instance, if you are experiencing yang now, then it's your turn to experience yin, that's all. So you're living through the night now, and now you're going into the day, that's all. This is about a greater self using everything in the external world to expand oneself, without any discrimination. There is no such thing as good here, then bad there; it's not like that.

问: 我跟我家婆的灵魂主题?

Question: I'm asking about the soul theme in my relationship with my mother-in-law?

JO: 我们⽬前感受到,因为你⾃⼰只是会从⾏动上去做⼀些交流或者是交往,但是实际上从能量层⾯你跟外界的关系实际上都是⼀个断开的状态,明⽩吗? 就是你们没有⼼连⼼吧.就是你只是在⾏动上去做事情,但是你的管⼦没有插到别⼈⾝上去.这就是你对阴性能量缺少导致的.导致你不知道如何产⽣这种没有隔阂的连接感,深⼊的连接感.就好像是表⾯功夫吧.就所有东西都是停留在表⾯的,但是没有办法去深⼊的影响到.虽然你可能会说教⼀些东西,但是你说教的那些东西都被反弹回来了.所以你就会有⼀种费⼒不讨好,就好像觉得我费⼒了,我花⼼思了,但是感觉没效果.就像是这种感觉⼀样.就像你播下去的种⼦,它都没有开花结果.

JO: We currently perceive that while you engage in actions for communication and interaction, your relationship with the outside world at an energetic level is actually disconnected. You understand? Essentially, there's no heart-to-heart connection between you and others. It's as if your conduits are not inserted into other people. This lack of connection to negative energy causes it. As a result, you struggle to develop a sense of genuine non-separation or deep connection. It feels like just going through the motions without any meaningful impact. Even though you might preach certain things, those teachings bounce back at you. Therefore, it feels like putting in effort for no reward; you feel as if your efforts are not yielding results. It's akin to planting seeds that don't grow or bear fruit.

问: 那我跟我家公呢?

Q: And what about me and my husband?

JO: 还是断开的呀.当然我们不能说,因为这是关于你⾃⾝的⼀个功课.但是其实你们⼈类之间… 为什么你们⼈类的⼒量如此的⼩? 那其实你们的状态都是这种断开的.就好像你们每⼀个⼈都是单独的,就你是你,我是我,他是他.就你们没有连接在⼀切.如果真的当你们从能量层⾯连接在⼀起的话,你们的能量是⾮常强⼤的.就是你们都是⼀个单独的⼩⽕苗.如果这个⼩⽕苗全部都连到⼀起,那你们就是熊熊燃烧的⼤⽕了.就现在你们都是⼀根蜡烛,就好像⼀个煤油灯的⽕,对吧?那你说如果你们所有的⽕苗都燃烧在⼀起话,那就像熊熊燃烧的⼭⽕⼀样.那你说这两个能量能⽐吗?这就是为什么你们会觉得⾃⼰的⼒量⼩,就是做什么都觉得很吃⼒.

Still disconnected, of course we can't say this because it's about your own lessons. But actually among humans... Why is the power of humans so small? Actually, you're all in a disconnected state. It's as if each one of you is alone, being you, me being me, him being him. You're not connected to everything. If you really were connected on an energy level, your energy would be very powerful. You're all tiny flames. If those tiny flames were all connected, then you'd have a raging fire. Now, you're like candles, like the flame of a kerosene lamp, right? So if all the flames were burning together, it'd be like a massive wildfire. Can these two energies be compared? This is why you feel your power to be small; everything seems too difficult for you.

那就是因为你们之间存在这种.然后你先不要拿着上⼀期的问题,你从现在开始提问.因为你现在的能量状态就不能再回到之前的那个.你重新提问,但是你可以提同样的问题.

That's because there is such a gap between you two. So don't carry the issues from the last period; start asking questions from now on. Your current energy state cannot revert to that previous one. You can ask anew, but you may still pose the same question.

问: 那就是还是施与受的问题.

Question: That's still about giving and receiving.

JO: 那就好像我们前⾯信息告诉你,你会有⼀点吃⼒不讨好.因为就好像你给出去的东西又再反弹回来给你⼀样.所以你会感觉你很费⼒的做这些事情,但是关系没有滋养对⽅,也没有滋养你.因为这就是我们刚才说的能量层⾯.这个不是⼀个问题,它只是⼀个相.只是你⽬前这个阶段的能量⽽产⽣的⼀些果.但是随着你意识不断地变化,这些果都会变的.所以你不需要特意的去学这些东西.因为当你表⾯上去学这些东西的话,它就好像是东施效颦.它就好像是⼀个披着⽺⽪的狼,因为你其实都是表⾯的.但其实外界的⼀切东西它都是你内在的频率状态投射出去就是这个样⼦,明⽩吗? 所以你不需要特意的去这个怎么做才对? 这个怎么做才好?

JO: That's like the information we've been giving you that it might feel difficult and ineffective. It feels like when you give something to someone and they just bounce it back at you, making your efforts seem fruitless in nurturing each other. So you feel that you're putting a lot of effort into these actions, but there's no reciprocity; the relationship isn't being nourished on either side. This is akin to what we've talked about regarding energy levels - this isn't necessarily wrong; it's just the nature of your current energetic state producing its fruit. But as your awareness evolves continuously, those fruits will change too. So you don't need to specifically study these things. It would be like West施效颦, a wolf in sheep's clothing, suggesting that you're merely superficially dealing with them. Everything from the outside is a projection of your inner frequency state - do you understand? You don't have to worry about how you should or shouldn't act; it's just about aligning with your evolving consciousness.

因为⽬前就是因为你的能量状态你才会去在乎外在的,明⽩吗? 你就是看到的都是外在的.所以你会想要从外在去⾏动或者是推.你就继续⾛在这条灵性的路上,向内看.然后不断地学习这些灵性的信息.你的转变会⾃动的发⽣,让你变得有灵性⼀点.因为⽬前你就好像是… 这么说吧,⽬前就算你获得成功,它实际上都是你打拼来的.就像⼀⼜井是蓄⽔井.什么是蓄⽔井? 就是你从外⾯不断地舀进来.但是都是你去努⼒勤奋的去舀进来的.但是你要知道你内在有个⽔源,⽔分源源不断地从你这⾥流出来.别⼈都从你这⾥舀出去.怎么舀都舀不完.明⽩这个不同吗?

Because at the moment, it's because of your energy state that you care about the external - understand? You see everything as external. So you want to act or push externally. Keep walking on this spiritual path, look inward, and constantly learn these spiritual messages. Your transformation will automatically occur, making you more spiritual. Because right now, it's like... To put it simply, even if you achieve success at the moment, it is actually something you've worked hard for. Like a well that collects water, what is a well? It's about continually scooping from the outside. But all of this effort and勤奋 comes from you. But you need to realize that there's a water source within you - water flows constantly from here, while others scoop it out from you, never running dry. Understand this difference?

问: 那就是要修⾏?

Question: Isn't that what we need to cultivate?

JO: 那就是从你的能量层⾯,意识层⾯.然后我们的这些信息它会让你不断地能知道…因为你现在还是个⾏动派,就在能量层⾯还是个⼩学⽣,就是刚开始.还没⼊门.但是你⾄少现在知道这个⽅⾯好像有点东西,可以往这边探索⼀下.因为你很容易变成⼀个⾏动派,不断地在外⾯去忙忙忙.就是不断地去舀⽔.你现在忙的这些所有东西其实都是从外⾯去舀⽔.那我现在告诉你,你可以去钻井.不断地往下钻钻钻.那⽔会出来,你必须要去舀⽔.你天天就坐在那,⽔不断地冒冒冒.别⼈把你的钱拿⾛了,钱又出来了.拿⾛了,钱又出来了.明⽩吗? 那个⽔,就是钱嘛.这么说吧,你就会发现从⼯作上⾯来说你就不⾟苦.

JO: That's at the energy level and consciousness level. Then our information will allow you to constantly know... because you're still an action-oriented person, still a beginner in terms of energy, just starting out. You haven't mastered it yet. But you are aware that there seems to be something here you can explore, since you tend to become very active and busy trying things out. You're just starting to dip your toes into the water, so to speak. Now, I'm telling you: you can dig deeper. Keep going down, drill, drill, drill. Water will come out. You must keep dipping your bucket in. Sit there every day, and the water keeps bubbling up. People might take away your money, but it'll just bubble back again. Take it away, and it bubbles back. Get it? That 'water' is like your 'money'. If I put it this way, you'll realize that work won't be as burdensome for you.

当这个转变从能量层⾯发⽣过后,你会发现你赚钱你只需要⼀个念头.然后它就会⾃动的送上门来找你,不需要你去跑单.

After this shift occurs on an energetic level, you will find that making money becomes as simple as having a thought, and it automatically comes to you without the need for you to chase after customers or orders.

问: 这么⽜啊JO: 是,是这么⽜.这就是能量层⾯.明⽩吗? Anyway,你已经体验够了你阳性的能量,然后你现在需要去平衡.你现在通过你的头脑你也理解不了这么多.但是通过我们的信息不断不断地来刺激你.⼀点⼀点的你就会越来越明⽩,越来越恍然⼤悟,越来越轻松.⽣命之路是轻松的.但是⽬前你是以不轻松的状态去获得⼀切的.还有⼀种吃⼒不讨好.所以你只要朝这个⽅向⾛就⾏了.它只是不断不断地去松动你头脑⾥⾯已有的⼀套模式.就好像我们刚刚说的那⼜井,你不断地去舀⽔,他们都没⽔.你觉得这个很有效果.但是实际上我们告诉你你不断地往下挖.你的这些死⽔都不需要从外⾯拿过来.那你说你⾃⼰舀⽔,别⼈看到你还要给⼈家.

Q: So impressive, JO: Yes, that's how impressive it is. This is about energy levels. Got it? Anyway, you've experienced enough of your positive energy, and now you need to balance yourself. Your mind can't understand much right now with so much going on. But our information keeps stimulating you constantly. Gradually, you will become more enlightened, more enlightened, and more relaxed. The path of life is supposed to be effortless. However, currently, you're obtaining everything in an unrelaxed state. There's also a situation where it doesn't pay off despite the effort. So just keep moving towards this direction. It keeps loosening up existing patterns within your mind. Like we mentioned earlier about that well, when you continuously fetch water and there's no water, you might feel effective. But in reality, we tell you to dig deeper. Your stagnant water doesn't need any external sources. And then you say you're fetching water yourself, but others see this and wonder if they should help you too.

那你⾃⼰有⽔过后,是不是别⼈怎么拿都拿不⾛? 拿了后,你又更多.那你还需要去费⼒的控制你这些外在的财富、财产这些东西吗? 不需要吧.这就是你们很多企业家都想着怎么样不贬值,怎么样能传给⼆代? 但是他们没有办法.因为当另外⼀个⼈的能量在接⼿的时候,能量就完全变了.就好像你的⼒⽓射箭你只能射出去⼗⽶,你的能量只能弹出去⼗⽶,它只能有⼗⽶的影响⼒.所以说迟早会回到真实的状态.所以的⼀切都会呈现你能量真实的⼀个状态.

If you have water after yourself, can others take it away no matter how they try? After taking it, you gain more. Do you still need to exert effort in controlling your external riches and possessions? No, you don't. This is why many entrepreneurs are always thinking about how to preserve their value and pass them on to the second generation. But unfortunately, they can't do this because when another person takes over, the energy changes completely. It's like when you throw a forceful arrow; it can only go ten meters at most and has an impact of ten meters. Thus, everything will eventually return to its true state, revealing your energy in its authentic form.

#### 2023/10/11 — 外在没有任何需要你去处理的问题、怎样才算是好好地分⼿There are no external issues to deal with, how to properly break up

JO: 你说吧,什么问题?

JO: Tell me, what's the question?

问: 我今⽣的灵魂主题是什么? JO: 你多⼤年龄?

Q: What is my soul's theme in this life?

A: How old are you?

问: 22,我叫XX.

Question: I'm XX.

JO: 我们连接到你的能量就是你是⼀个特别特别崇尚⾃由,所以你今⽣的灵魂主题会有很多需要你去好像是突破这些枷锁,然后来完全的去展现⾃由.但是在突破这些枷锁的时候,你需要认识到⽣命,就是当你在⾃由的时候,你也必须要给别⼈⾃由,明⽩吗? 就是你也要给其他⼈⾃由.然后在共同⾃由的状态下,这个是你去追求的.因为我们感应到你越是受到束缚或者压抑或者是对你⼀种拘束,你⼼中越会积压很多能量,就是愤怒的能量吧,就是想要去爆发或者是突破的能量吧.所以就好像是⼀个战⼠⼀样,为⾃由⽽战的感觉.然后正好你的这种限制和枷锁还挺多的.

JO: When we connect to your energy, it's because you place an extraordinary emphasis on freedom. Therefore, your soul theme for this life involves many opportunities to break free from these constraints and fully express your freedom. However, as you're breaking free, you must recognize that life is about granting others freedom too. Understandably, you also need to provide freedom to others. In the pursuit of shared freedom, that's what you aim for. We sense that the more confined or suppressed you feel - either in terms of constraints imposed on you or internal pressures - the more energy builds up within you, particularly anger and a desire to break free. Essentially, it feels like fighting for freedom, just like a warrior would, especially considering how many limitations and restrictions you're dealing with.

问: 那我的限制和枷锁主要来⾃于什么?

Question: Then, what primarily constrains and binds me?

JO: ⾸先来⾃于,如果是⼩范围的话,主要是你的家庭.然后来⾃家⼈、家族、以后你⼯作也会遇到这些、还有这个社会还有集体.你就是⼀个好像是他们说的热⾎青年要为⾃由⽽战的感觉.因为你内在的那股能量⼀定要让你去挣脱所有的这些枷锁.因为在你的灵魂层⾯你知道灵魂是不受任何约束的.没有任何的⼈和事能有权⼒来约束你.所以你就想去展现这个灵魂的⾃由还有那种精神.那如果在家⼈的眼⾥或者是在传统的观念⾥就觉得这个孩⼦有点脾⽓有点个性有点叛逆,不是那种受管家的.但是你们这个世界需要你们这种战⽆不胜、勇往直前突破的精神.

Firstly, originating from a smaller scope, it's primarily your family. Then comes from family members, relatives; you'll encounter these in the future as you work and engage with society and groups. You embody the spirit of a passionate youth fighting for freedom. Your inner energy drives you to break free from all these constraints because at your soul level, you know that souls are not bound by any limitations. No person or thing has the power to restrict you. So you want to showcase this soul's freedom along with that spiritual essence. If viewed through the lens of family members or traditional perspectives, they might perceive you as having a temper, character, and rebellious nature, not one easily managed like others. But your world needs your spirit of invincibility, courage, and breakthroughs.

问: 对,我特别喜欢不被拘束的感觉.我想在西安学习,但是我妈妈⾮要把我接回家学习.所以我挺抗拒.我想问⼀下…JO: 你需要明⽩的就是如果是外在不是你⾃愿做出的选择,你永远都会积压愤怒的,就是这个选择必须是你⾃愿的.不管它这个选择结果有多好.因为你会感受到你⾃⼰是被控制的,你是被强迫的,你是被限制的,就是你没有被尊重,你的声⾳没有被听到,你的感受没有被听到.就是不关于结果,是你觉得你没有受到⼀个… (断开) 因为你⾃⾝就是⼀个来追求⾃由的⼀个灵魂,所以你也尊重别⼈的⼀个意愿度.所以任何如果不是你⾃发做出的⼀些决定,我不管它的结果有多好.

Question: Yes, I really enjoy the feeling of being unrestricted. I want to study in Xi'an, but my mom insists on bringing me back home to study. That's why I'm quite resistant. Could you please tell me... JO: What you need to understand is that if it's an external choice that isn't voluntarily made by you, you will always accumulate anger. The decision must be voluntary, regardless of how good the outcome might be. You would feel controlled, forced, and restricted because your voice and feelings are not being heard. It's not just about the result; it's about feeling that you're not being respected or acknowledged at all levels... (break) Because as a soul seeking freedom, you also respect others' willingness to make their own choices. Therefore, any decision that is not spontaneously made by you, no matter how good its outcome might be, will not work for you.

但是它都会积压你内在的⼀种愤怒,就好像是怨⽓、不开⼼、愤怒吧.因为不看结果,对于你来说你有没有受到尊重,你的声⾳有没有被听到才是最重要的,⽽不是这个结果好不好.就算这个结果再好,如果这个过程你是被束缚被限制被要挟的,就算这个结果再好你都会不在乎.那个结果对你来说没有意义.你更追求这个过程当中你是如何被对待的.因为你们社会上有些⼈就看结果.但是对于你这个灵魂来说你是不在乎这个的,你在乎你的声⾳有没有被听到,有没有被尊重,你是⾃由的还是没有选择的.那越是强迫你,你就越是叛逆.就是本来你不是捣乱的,但是你越是强迫我,你就越是去捣乱⼀样,就是破坏这些.

But it accumulates an inner anger in you, like resentment, unhappiness, and frustration. The most important thing for you is whether your respect was acknowledged or if your voice was heard, not the outcome itself. Even if the outcome is excellent, if you felt constrained, limited, or coerced during the process, regardless of how good the result might be, you wouldn't care about it. That result would be meaningless to you because you are more focused on being treated during the process. Your society's some people only see outcomes, but your soul doesn't care about that; instead, it values if its voice was heard and respected, if they were free or had choices. The more forceful the treatment, the more rebellious you become. Essentially, if I try to control you, you would start causing trouble just like before, breaking things down.

问: 对,是的.

Question: Yes, indeed.

JO: 你本来很乖的,但是你感受到那种来约束你的⼒量或者束缚你的⼒量,你就会开始像狮⼦⼀样咆哮了.因为你⾃⾝是⼀个⾃我约束⼒很强的⼈,就是不是那种不知道想要什么.你很明确的知道⾃⼰想要什么也很⾃律.所以你会对外界对你的⼀些⼲涉会⾮常的敏感.

Japanese Otaku: You were originally very well-behaved, but when you sense the power that restrains or confines you, you start to roar like a lion. Because you are an individual who has strong self-restraint, not one who doesn't know what they want. You clearly understand what you desire and have discipline. So you are highly sensitive to interference from the outside world regarding your actions.

问: 是的.那我追求⾃由的这个灵魂主题是从哪⼀世带过来的呢?

Q: Yes. Then, which life did I bring my theme of pursuing freedom from?

JO:我们连接到不是从哪⼀世带过来的,是你本⾝就是来突破很多孩⼦们的枷锁.因为有很多你们⽼⼀辈的观念或者枷锁让很多灵魂禁锢在⾥⾯.他们不敢发声,不敢真正的做⾃⼰.他们可能压抑或者抑郁.但是你确实⼀个fighter.所以 you don’t just fight for yourself.⽽且你的⾃律性很强,你不需要外界的约束.你⾃⼰就可以约束你⾃⼰.所以你就好像你要站起来,让很多孩⼦跟你⼀样坚定,明⽩吗?

Japanese Olympian You: We're not connected to the past lives that carry constraints for others; you are here to break through many children's chains. Many of your elders' beliefs or constraints imprison souls within them. They dare not speak out, fail to truly be themselves. They might suppress or suffer from depression. However, you indeed are a fighter. So you fight not just for yourself, and your self-discipline is strong; you don't need external restraints, capable of self-restraint. Thus, you're like one who stands up to make many children as firm and enlightened as you, understand?

问: 我今年12⽉底我要考研,这是我第⼆次考.但是周围又有很多⼲扰.我想问⼀下我今年的考研能不能被录取?

Question: I am planning to take my postgraduate entrance exam at the end of December this year, which will be my second attempt. However, there are still many distractions around me. I would like to ask if I have a chance of being admitted this year for my postgraduate studies?

JO: 其实你都知道了,就是说你没有外界⼲扰,可以专注在你⾃⼰专注的,你都会去得到你想要的结果的.所以说这在于你⾃⼰能否抛开外在的⼀些⼲扰.所以说是你⾃⼰的状态决定了.

In fact, you already know that if you are not influenced by external factors and focus on what you concentrate on, you will achieve the desired results. Therefore, it lies in your ability to discard external distractions. It is ultimately determined by your own state.

问: 就是主要在我能否屏蔽外界是吧?

Question: Essentially, it's about whether I can block the outside world, right?

JO: 对问: 但是我每次都想屏蔽的时候,就会有很多外界因素来⼲扰我.我不知道为什么有这么多外界的因素⼲扰我?

JO: When I try to block something, there are always external factors interfering with me. I don't know why there are so many external factors bothering me?

JO: ⾸先就是你们⽣活的地⽅,就是你们这个地球还有你们⼈类,你们本⾝就好像是⼀条船上的.就好像都是这个粪坑或者是鱼池⾥的鱼⼀样.那你肯定都会受你们周围的⼀个能量场的影响,你都会受到外界的影响,明⽩吗?

JO: Firstly, you live on this planet Earth with humans like yourselves, as if all of you are passengers in the same boat or fish in a cesspool or pond together. You will certainly be influenced by the energy field around you and affected by your environment, understand?

问: 是我周围的⼈能量太低了会⼲扰到我,对吧?

Question: Is it that the energy of people around me is too low and interfering with me, right?

JO: 他们其实也是被⼲扰的对象呀.都是在被⼲扰的⼀个状态.所以你需要通过这样⼦去看到,然后去训练你⾃⼰如何去专注.因为⾸次你如果觉得受到了⼲扰的话,你其实是把你的⼒量给了外界.你觉得这个⼈的话是重要的或者是它引起了我的⼀些... 就是我在乎它,就是外在的⼀些.你只需要慢慢的去发现其实外在没有任何需要你去怎么样的.它都是⼀些就好像过眼云烟⼀样.它会飘过,它会流过.我不管外⾯它是张⽛舞⽖,它有多凶狠.但是它那股能量它再凶狠,它都会过去的.就好像你的雷声再⼤,它都会过去的,明⽩吗? 不管它多么歇斯底⾥.你有看到⼀个⼈从出⽣到底都是歇斯底⾥吗? 每⼀个状态,每⼀个时刻? 它能量是会被耗尽的.

JO: They are actually the ones being disturbed as well. Everything is in a state of disturbance. So you need to see this and train yourself on how to focus because when you first feel disturbed, you're essentially giving your strength to the outside world. You think that person is important or they have caused something... That I care about, these external aspects. Just slowly discover that there's really nothing externally that requires you to do anything specific. They are just like passing clouds, fleeting and transient. They will pass by and flow away. It doesn't matter how fierce the outside world might be with its teeth bared; no matter how savage it is in terms of energy, everything will eventually fade away. Like a loud thunder that will eventually pass, understand? No matter how hysterical it may seem, have you ever seen someone being hysterical from birth to death, in every state and every moment? Their energy will be depleted.

所以总会消停的,不需要你去做什么.当你去做什么,你就加⼊了它,就被它影响,被它卷⼊了.你就在消耗你⾃⼰.

So it will always calm down, you don't need to do anything. When you do something, you join it, get affected by it, get pulled into it. You are just consuming yourself.

问: 就是我不要去对抗?

Question: It's just that I don't want to go against?

JO: 你对抗,就这么说每⼀个⼈都有petrol,都有油,是你汽车的油,对吧? 那你这个汽车必须要有油才你去到你的⽬的地,对吧? 你说别⼈来⼀下,你就轰轰轰踩⼏脚.你的油又少了.别⼈再来,你再轰轰轰⼏脚,你的油又少了.你没有朝着你的⽬的地.你不停的在那踩油门,不停的在那轰轰轰的.你的油耗尽了,你能去到你的⽬的地吗? 明⽩吗? 所以说外⾯的东西就让它⾃⾝⾃灭.因为没有什么能够⼲扰你内⼼的平静,只有你⾃⼰去加⼊他们的能量.就是你允许你⾃⼰受到影响,你把你⾃⼰放到那个频率⾥⾯去.不然的话,就像刚才说我不管它多么张⽛舞⽖,雷声再⼤,它能持续⼀辈⼦? 你有没有看过狂风暴⾬它能持续多久,明⽩吗?

JO: You resist by saying that every single person has petrol, has oil, it's the oil in their car, right? So your car needs to have oil to get to your destination, right? When someone else does this, you floor the accelerator a few times. Your petrol is depleted. When someone else does it again, you do it and now your petrol is depleted. You're not reaching your destination. You keep flooring the gas pedal and continuously pressing down hard on it. Your fuel runs out; can you reach your destination then? Do you understand? Therefore, let external things self-destruct because there's nothing that could disrupt your inner peace; only you can add energy into their energy. It means you allow yourself to be influenced and put yourself into the frequency. Otherwise, as I mentioned earlier, regardless of how many teeth they show or how much they dance, if lightning is loud, can it last for a lifetime? Have you ever seen storms that have lasted for long periods of time? Do you understand this concept?

所以⾬过总会天晴,天再⿊它总是会亮的.所以它不需要你去做什么,不需要你去消耗你的油.因为我刚才说你对这个⽐较敏感.你感受到侵犯我的边界了,⼀想到这,我就会张⽛舞⽖像狮⼦⼀样给别⼈叫回去,要跟别⼈怎么样,明⽩吗? 所以你就会更好的去… 因为真正的坚定是不需要去展现你的那个什么,就是不需要去吼吧.因为真正的坚定是没有声⾳的.因为当你在吼的时候,你就会消耗你⾃⼰.

So even if it rains, the sky will clear; even if it's dark, it will eventually lighten up. So it doesn't need you to do anything, nor does it need you to drain your energy. I just mentioned that you are particularly sensitive about this matter. You feel like your boundaries are being violated. The very thought of this makes me want to roar and intimidate others like a lion, telling them what should be done or not. So you will understand how to... True steadfastness doesn't require showing off or shouting; it's silent within. When you shout, you're actually exhausting yourself.

问: 现在我有两个地⽅去备考,⼀个在西安,⼀个在开封.我倾向于在西安,但是我跟我的前男友分⼿了.他⽐较极端,他在西安.我在西安会有利于我的安全吗?

Q: Now I have two places to prepare for my exams—one in Xi'an and one in Kaifeng. I am leaning towards choosing Xi'an, but I broke up with my ex-boyfriend who is quite extreme. Will it be safer for me in Xi'an?

JO: 你没有任何安全问题,明⽩吗? 你永远都不会有任何安全问题.问: 但是他很恐怖,说什么要跟我同归于尽的话.

JO: You have no security issues at all; do you understand that? You will never have any security issues. Question: But he is very scary, saying things like he wants to die with me.

JO: 你可以去从能量层⾯,就是⼼底⾥.为什么? 从能量层⾯其实你们都是互通的.从能量层⾯真正的去为他祈祷吧.就跟他说:对不起,我给你创造了⼀些不好的体验.我希望你能...为什么?因为你们在⼀起,那你肯定就会⽤你的能量影响到他.那你的能量影响到他,对他来说肯定会有⼀些不好的体验,明⽩吗?就是你的⼼⾥要没有任何,就是你不⽋他的,他也不⽋你的这种.就是要扯平.不然的话,这种还会影响到你后⾯.就是你们⽬前⽆意识结的这个果.你如果不趁现在给了解了,它还会影响到你以后.它会变成⼀个好像是创伤、伤疤,在你的能量层⾯会成为⼀个伤疤.

JO: You can go to the energy level, right at your heart's depth. Why? At the energy level, you are actually connected. Truly pray for him from this energy perspective. Tell him something like, "I'm sorry; I've created some unpleasant experiences for you. I hope you... why? Because of your presence together, you inevitably influence him with your energy. If your energy affects him negatively, it will definitely have some negative impact on him, right? Essentially, there should be no sense of owing or being owed between you; they need to balance each other out. Otherwise, this imbalance might affect you in the future too. This refers to the result you've unknowingly brought about by being together at present. If you don't address it now, it will continue affecting you in the future. It would become like a wound or scar at the energy level, permanently forming a scar within you.

在进⼊下⼀段关系或者是进⼊婚姻,你会对它产⽣⼀种恐惧或者是伤痛,就是它的疤痕在那⾥.它的能量还会持续你的影响你后⾯的.就好像你这个伤⼜没有愈合,没有处理.它会影响你后⾯的关系,明⽩吗? 所以需要化解.

When entering into the next relationship or marriage, you might experience a fear or pain, as it has its scar there. The energy of this will still impact your future. It's like an unhealed wound that hasn't been addressed; it will affect your subsequent relationships, do you understand? Hence, it needs to be resolved.

问: 怎么化解呢?

Question: How can we resolve it?

JO: 你可以从你们交往的层⾯.. 但是你必须发⾃内⼼,就在你内⼼,你真正的,就是你们有句话叫检讨、反省,就是你对你的⼀些⽆意识⾏为抱有责任.就是你以前⽆意识的做的⼀些事情伤害到了对⽅.但你是⽆意识的.但是我现在跟你说这些,你就有意识了.你就有意识回想起来可能是我曾经的⼀些冷暴⼒或者是有⼀些⾔语伤害到他,或者是任何.就是你⾃⼰去发现.然后在给他发⼀封真诚的道歉信.因为我们先不管谁对谁错,明⽩吗? 因为这⾥不是要判断谁对谁错.为什么呢? 因为你是要跟这个能量和解,你是要让你⾃⼰的伤⼜愈合,就是它不会留疤.我们处理的是⾃⼰的伤⼜.⽽不是说这个事情是他的错,他才是恐怖的.没有.

Japanese Otou-san (JO): You can reflect on your interactions from this level… but you must do it sincerely, within yourself, acknowledging the responsibility for some unconscious actions towards others. This means that you were previously unaware of how certain actions could harm someone else unintentionally. However, by discussing these with me now, you are becoming conscious and recalling possibly using cold violence or verbal abuse against them in the past, or any other hurtful acts from your own awareness. We're not concerned with who is right or wrong here; we're dealing with healing both yourself and reconciling with that energy. This is so that it does not leave emotional scars on you. We are addressing your personal wounds, not placing blame solely on someone else as the villain without considering your role in the situation.

那这样你避免加深他变得更加的恶劣,就是他会⼼⽣恶念,想要去抱负社会或者其他⼈.你觉得他没有报复你,他不会去报复社会? 他不会去报复在其他⼥孩⼦⾝上? 那你说他去报复社会这个跟你有没有关系? 还是你间接造成的.是的.所以你你可以经过你⾃⼰的反省.你这么开始,你写⼀封道歉信,然后开始想我现在就是要道歉.我哪怕没问题,我全部

That way you prevent him from becoming worse, where he might harbor ill intentions and aspire to harm society or others. You think that if he doesn't retaliate against you, he won't retaliate against society? He won't retaliate against other girls either? So, do you believe that his potential retaliation against society has anything to do with you? Or is it indirectly caused by your actions? Yes, indeed. Therefore, you can reflect on yourself and start by writing an apology letter. You should acknowledge that even if there isn't a problem, you'll apologize completely.

要把问题找出来,我哪⾥做错了,我哪⾥是⽆意识的状态,我哪⼀句话伤害了他,我哪⼀句话是来⾃于⽣⽓愤怒好像魔⿁的语⾔.明⽩吗?因为你们⽆意识都会⾛路踩死蚂蚁的,不代表你⽆⼼就不会造成伤害的,明⽩吗?所以说当你真诚的去跟对⽅化解,对⽅会感受到.我不管他嘴巴上或者⼼理上,但是他会从能量层⾯释放,他释怀.从能量上⾯释怀了,他才不会纠缠你.你要知道⼀个⼈他就算表⾯上不纠缠你.他如果从能量层⾯纠缠你,他还是可以纠缠你的.你还是会受其影响的.所以你就继续再把这个恶果继续的⼤话.所以这不是你能逃的掉的.你们觉得⼈离开了,就逃过了? NO NO NO NO,你会把这个伤痛带到你的下⼀段关系当中.

To find the issues, understand where I went wrong, identify areas of unconsciousness, pinpoint which words hurt him, and recognize if my language stems from anger or demonic speech. Get it? You see, even without intent, one might unconsciously tread on ants, implying that harm is not solely a result of malice. Understand? Therefore, when you sincerely attempt to resolve matters with the other party, they will sense your efforts. Whether they verbally acknowledge or feel it internally doesn't matter; their energy shifts, and they forgive. Forgiveness at the energetic level prevents them from lingering on you. You might think that if someone isn't visibly clinging to you, they're off the hook. No, no, no. The pain they've inflicted can still follow you into your next relationship, influencing it. This means you'll continue to bear the consequences of your actions. Thus, you cannot escape this cycle; thinking you're free just because someone left is mistaken belief—no, no, no. You carry that wound into your future relationships.

然后如果他去做了破坏式的⾏为,那⾥⾯也有你的⼀份.你就在种恶果.明⽩吗?所以说真诚的,必须是真诚的,必须是发⾃你内⼼⽽不是虚假的.⽆论怎样他从灵魂层⾯他会收到.那当从灵魂层⾯他释放了,他受到了过后.你要知道很多业,你们这⼀辈⼦没化解,下⼀辈⼦还会继续.所以这才是真正的处理你们之间的关系,你表⾯上逃,逃不过的.就像刚刚说的,他能量层⾯能继续纠缠你.你怎么逃?你会携带着这层恐惧,你会携带这个伤⼜.你怎么逃? 那你这样⼦进⼊下⼀段关系.下⼀段关系不会幸福的,明⽩吗?

Then if he does destructive actions, there's a share of responsibility on your part too; you're sowing bad karma. Do you understand? So it must be sincere, genuine and from the depths of your heart, not false. Whatever he does from his soul level, he will receive it regardless. When he releases from that soul level after receiving it, you should know many karmic debts you've carried over from this lifetime will still be present in the next. This is truly how you handle your relationships; running away from them on the surface just won't work. As previously mentioned, his energy can continue to entangle you at a deeper level. How do you escape that? You carry this layer of fear with you and this wound. How do you escape it when entering into another relationship like this? The next relationship will not be happy; do you understand?

问: 也就是说我不管是在西安还是在开封,我都是安全的.

In answer to your question, I am safe whether I am in Xi'an or Kaifeng.

JO: 对,你不管在哪⾥你都需要处理这个.不然它就会像是⼀个业永远伴随着你.它就成为你⾝上的⼀个伤疤,它就在那⾥,你没有处理它,发炎,它会恶化.跟你在哪⾥没有关系,你都需要处理这个.不然你⾃⼰会有⼀个恐惧⼀个伤疤在你⾝上,它会随着你… 你会带到你的孩⼦⾯前,明⽩吗? 以后你会把这个留给孩⼦的.

JO: Yes, you have to deal with this wherever you are. Otherwise, it will always follow you around like a karma. It becomes a scar on your body, it's there, and you haven't dealt with it; it inflames, it gets worse. It has nothing to do with where you are, you need to deal with this. Otherwise, you'll have a fear of a scar on your body that follows you… You take it to your children, understand? This will be passed down to your children in the future.

问: 那我和我的前男友已经分⼿了.我们的灵魂主题是什么? 我们⼀起三年多.

Question: If my former boyfriend and I are no longer together, what is our soul theme considering we were together for more than three years?

JO: 你稍等.我们感受到正好跟你的灵魂主题有关系.他会有⼀个很强烈的能量就是想要去控制你,就是想要对你有⼀种掌控.但是你却正好是完全不想要受到任何的... 所以你们之间就好像是正好是在你⼈⽣主题的体验上⾯.他就好像是你的对⼿或者是镜⼦⼀样,他映射出你⾃⼰的⼀个本性.你认识你⾃⼰.通过这个关系它可能就会让你以后在谈恋爱的时候注重对⽅他是⼀个遵从别⼈意愿的⼈ or not,明⽩吗? 那你下次找结婚对象,你可能就会看他是尊重每⼀个⼈的意愿吗? 还是只顾⾃⼰的想法? 那通过这⼀层你就很明⽩,如果通过⼀些⾏为看到他总是有⾃⼰的见解... 因为你从这些你就知道对⽅是不是⼀个尊重所有的信仰?

JO: Wait a moment. We sense that this entity has a strong energy related to your soul theme; it wants to control you and have power over you. But, coincidentally, you do not want to be controlled by anyone. Therefore, the relationship between you is precisely in line with your life theme's experience. This entity acts like an opponent or a mirror reflecting your inherent nature. You are aware of yourself. Through this connection, it might teach you to pay attention in future relationships whether someone respects others' wishes or just follows their own thoughts. When choosing a marriage partner next time, will you look for someone who respects everyone's opinions? Or does he only consider his own ideas? By this layer of understanding, you would clearly see if someone always has their own perspective based on their actions... Because from these actions, you can judge whether the other person respects all beliefs.

⽐如说你跟他聊天,你说你对信仰的冲突怎么看? 你对种族的冲突怎么看? 怎么看待战争? 如果他能尊重每⼀个不同的⾓度… 那如果他就是这个观念,只能是⿊⽩分明的,可能你就会知道他不适合你,明⽩吗? 所以你从这⾥你很早就能知道这个才是适合我发展的⼀个关系.因为你需要的另⼀半,他必须是欣赏你的那种不依附任何,就是独⽴的精神,他欣赏你.⽽不是说要把你变成⼀个⼩⼥⼈天天粘着他.所以他欣赏你这股就好像又崇尚⾃由又⾃律又积极向上的⼀个⼈.就是他会把你这些当成是优点,然后来欣赏你.所以那你是不是通过这⼀⾯镜⼦和这⼀课,你就完完全全的很明确的知道我将来的关系是什么样⼦.

For instance, if you were chatting with him and asked about his views on conflicts of faith? What does he think about racial conflicts? How does he view war? If he respects every perspective... if he only sees things as black and white, then you would know early that he might not be a good match for you. You see, from this point forward, you can quickly tell if it's the right kind of relationship for development because you need someone who appreciates your independence—your unattached spirit—that they admire, rather than trying to turn you into a clingy little woman. They appreciate you as someone who values freedom, self-discipline, and positivity. This person sees these qualities as your strengths and admires them in you. So, did this mirror and lesson clarify exactly what type of relationship I am heading towards?

因为很多⼈他们会因为⼀些⾁体的吸引,⽐如说长的好看啊.他忽略了其他,就是⾃⼰真正适合什么.然后就卷⼊到很多这种能量层⾯的⼀些拉扯,明⽩吗?为什么很多⼈不合适却也很难分开呢?就是因为他们之间能量纠缠的太多.这样彼此都在消耗.真正好的关系就像是种⼦和⼟壤之间的关系.就是我遇到你,我能开花结果,我能⽣长的很好.那不好的关系就好像是⼀颗种⼦在⽯头上,它没有办法扎根.

Because many people would get attracted by the physical attributes, such as looking good, and overlook what truly suits them. They then get entangled in various energy levels of pulls, do you understand? Why are so many people incompatible yet find it hard to break up? It's because they're too intertwined with each other's energies. This mutual consumption occurs. A genuinely good relationship is akin to the relationship between a seed and soil. That is, when I encounter you, I can bloom and bear fruit; I can grow well. An unhealthy relationship, on the other hand, is like a seed planted on rock, which cannot take root.

问: 我其实也遇到了⼀个男⼆号…JO: 我们先会告诉你,你如果真的想要投⼊⼀段关系,你⾄少要把能量层⾯的这⼀段关系,就是⾄少你要跟前⾯告别.因为如果你没有做好⼀个很好的告别仪式的话,它会把这个伤痛继续带到另外⼀段关系当中.它是不利于那⼀段关系有个良好的开始的.因为你不是⽤来疗伤的,你已经是个完整的⼈了.你想如果你有伤⼜,你是不完整的⼈.说不定你眼前的关系就会变的,明⽩吗? 所以说不要这⾥受伤就跑到另外⼀处去.这样会更加的,好像能量纠缠会更多.

Q: I actually encountered a secondary male character... JO: We will tell you first that if you truly want to commit to a relationship, you should at least address the energy level of this relationship and say goodbye to your previous one. Because if you don't do a good farewell ceremony, it will bring the pain along with you to another relationship. This is not conducive to starting that new relationship well because you're already supposed to be healed by now. If you still have wounds to heal, then you are not yet whole. So perhaps your current relationship might change, understand? Therefore, don't get hurt here and run off to somewhere else. This will only make the energy entanglement more complicated.

问: 我不是受伤跑到另外⼀处….

Question: I didn't run to another place...

JO: 你看⼀下刚才我们说的那个,就是说前后⼀段关系结束,⽆论怎样你都需要有⼀个结尾,就好像⼀个告别仪式.为什么你们⼈死亡的时候要做仪式呢? 就死要做追悼会? 为什么你们结婚也要结婚仪式呢? 因为你⾸先要把这个能量给结束,对吧? 所以之所以你的前男友会纠缠,就是在他的⼼⽬中你们还没有结束.就是他还没有收到这个结束的仪式.所以刚才我们说你需要把前⾯的能量层⾯结束⼲净了过后,再进⼊另⼀段.但是你就会发现这么说吧,之前残留的很多垃圾,你又带到新房⼦⾥⾯去.你新房⼦也不能很好的去体验它的舒适感的.

JO: Look at the relationship we just talked about - you need to have a closure regardless of how it ends, like a farewell ceremony. Why do you have rituals for death? Like why is there a memorial service when someone dies? And why do you have ceremonies for marriage? Because you first need to close that energy loop, right? That's why your ex-boyfriend keeps bothering you; he still believes the relationship has not ended in his mind. He hasn't received the closure ceremony yet. So, just now, we discussed needing to properly conclude the previous energy before moving on to another. But what you'll notice is this - you bring a lot of old trash with you when you move into a new house and struggle to enjoy its comfort fully.

问: 对,我现在跟这个男⼆号也结束了.就是做朋友.之后随缘.我想问你⼀下我和这个男⼆号是良缘吗?

Question: Yes, I've ended things with the second male lead now. We're just friends, and we'll see what happens from there. I want to ask if my relationship with the second male lead is destined to be good?

JO: 我们这么说吧,有没有良缘是你跟你⾃⼰有良缘吗? 就像我们刚才说你⾃⼰能不能把你⾃⼰能量层⾯处理好? 消耗啊什么的,前⾯所有的信息.你⾃⼰不弄明⽩的话,你就是昏昏沉沉.这⾥就没有所谓的良缘,你跟谁在⼀起都是互相伤害的.因为你不是清醒的呀.你闭着眼睛,对⽅闭着眼睛.你俩不撞着对⽅才怪.那你睁开眼睛,彼此都不会有伤害啊,对吧?

JO: Let's put it this way, does good缘分exist when you have a good match with yourself? Just like we discussed earlier if you can manage your own energy level and deal with things such as energy consumption - all the information from before. If you don't understand yourself, you'll just be in a daze. Without any notion of good缘分, it doesn't matter who you're with; you'll both end up hurting each other because you're not aware of what's going on. You're both blind, and it wouldn't be surprising if you bumped into each other. But if you open your eyes, there won't be any harm done between you two, would there?

问: 也就是说我必须把上⼀段的能量彻底清理掉?

Q: In other words, I have to completely clear out the energy of the last paragraph?

JO:我们就是说想要告诉你的是所有的关系它实际上就是你内在状态的⼀个投射.如果你内在是混乱的,就算你俩进⼊关系了,它都会混乱.因为你是⼀个不知情啊,你眼睛看不到啊.你会⽆意识的去做任何,就是这种条件发射⼀样的事情,明⽩吗?所以如果你真的想要去向往⼀些美好圆满的关系,那先让你⾃⼰内在圆满.必须只有这样.不然你投射不出来⼀个圆满的关系,我不管对⽅有多好多完美.对⽅真正的有多好多完美的话,那他投射出来的也是⼀个完美的对象,明⽩吗?所以说就是从你⾃⾝,因为外在的⼀切它就好像是⼀个镜⼦⼀样来让你… 你现在在化妆,你看着镜⼦才能知道我现在眉⽑在哪,眼睛在哪.你不看镜⼦你不知道呀.

JO: What we want to convey is that every relationship you have actually reflects your inner state. If you are in a chaotic state internally, even if you enter into a relationship, it will remain chaotic because you're unaware of the chaos within yourself and can't see it with your eyes closed. You unconsciously act out as if on autopilot, just like a conditioned response. Do you understand? So if you truly desire to aspire towards harmonious and fulfilling relationships, start by making sure that your inner self is fulfilled. It must be done this way. Otherwise, no matter how much the other person is good or perfect, even if they are actually amazing, they will project back a perfect reflection because of their own inner state, understanding? Hence, it begins from within you, as everything external acts like a mirror to reflect your inner self… Just like when you're doing your makeup; you need to look in the mirror to know where your eyebrows are and where your eyes are. Without looking at the mirror, you wouldn't know.

所以你看通过你前⾯的男友,你是不是学到了⾮常多? 你⾄少学到了关系它要有始有终,终就是结束的仪式⾮常重要.然后我还要知道反省,让对⽅从能量层⾯对我不⼼怀恨意.为什么? 你现在这么年轻你就学会了你们世界上的因果.你想象⼀下? 你不会给⾃⼰埋雷.那那些不断地给⾃⼰⼈⽣中埋雷,被炸.他们都是⽆意识的给⾃⼰埋下很多雷,所以就会⼀⾛就遭殃,然后就是摔跟头.明⽩吗? 如果你因为你⽬前的这些经历,你能真正的去理解这些的话.你就是个⼤师,你就是个创造者.你就能真正的去把你这种⾃由的战⼠给完全的展现出来,是正⾯的.不产⽣冲突的.就刚才我们说你展现这个⾃由的时候,你需要去不伤害到别⼈.为什么呢?

So you see, through your past boyfriend, did you learn a lot? At least you learned that relationships should have a beginning and an end, and the conclusion is that the ceremony of ending is very important. Then I want to know if you can reflect on this and ensure that your partner doesn't harbor any negative feelings towards you on an energetic level. Why is this necessary? You've already grasped the concept of cause and effect in your world at such a young age. Imagine it; you won't plant bombs for yourself. Those who continually place bombs in their lives, only to be blown up by them – they are unconscious about the many bombs they have planted, which results in trouble whenever they move on or fall flat. Do you understand? If you can truly comprehend these lessons from your current experiences, then you're a master and a creator. You can fully展现你的自由 warrior nature in a positive way, without causing conflicts. When I said earlier that you needed to show this freedom without harming others – why is it important not to harm others?

因为你⽬前的能量它就是莽撞.为什么呢? 就是别⼈来⼲涉

Because your current energy is reckless. Why is that? It's because others are interfering.

你,你就马上撞过去那种.你撞过去,其实你伤⾃⼰也伤别⼈.头破⾎流,两败俱伤.因为你内在的能量很强⼤的.因为如果你能量没有这么强⼤,可能伤害没有这么⼤.就好像是⼀颗原⼦弹和⼀个⼿枪的⼦弹,明⽩吗? 所以外在的⼀切都是来供你成长,供你来获得这些智慧.因为你们⼈⽣最重要的就是这个过程.⽽不是跟这个⼈跟那个⼈.外在的⼈他只是你成长的⼀个就好像供你学习供你练习的⼀个对⼿.

You would just rush straight in that way. When you rush in, you actually hurt yourself and others, causing both parties to suffer with bloody heads, as it's like mutual destruction. Because your internal energy is very strong. If your energy wasn't so powerful, the harm might not be so severe. It's like comparing a nuclear bomb to a bullet from a pistol, do you understand? So, everything in the external world serves to help you grow and gain this wisdom because this process is the most important aspect of your life journey, not about competing with one person against another. The external people are merely opponents that help you learn and practice as part of your growth process.

问: 也就是说我不仅要跟上⼀段关系有⼀个告别仪式,我还要修复我跟我⾃⼰的关系? 去圆满我⾃⼰,我才能有更好的感情,对吧?

Q: So, I not only need to have a farewell ritual for that relationship, but also repair my relationship with myself? To perfect myself, so that I can have better relationships, right?

JO:这个可以同时进⾏啊.但是你需要有觉知在⾥⾯.你需要知道不是对⽅的错,⽽是我看出来的是我⽬前的⼀些状态,我⾃⼰的某系信念,我的⼀些意识程度,明⽩吗?那你就是在借假修真.就是借助物质世界体验的⼀切来修你⾃⼰的智慧.因为这些都是智慧.这些你们从书本上学不到的,学校也学不到的.这个是你⼈⽣的⼀些课程,这才是你们最重要的课程.你们考试的那些,不管硕⼠博⼠,这些不重要的.

JO: You can do both simultaneously, but you need awareness within it. You need to understand that it's not the other person's fault; rather, what I perceive is my current state and some of my own beliefs, as well as my level of consciousness. Do you see? If so, then you are practicing pseudo-true cultivation. It involves using experiences from the material world to refine your wisdom. Because these experiences themselves are forms of wisdom - knowledge that you can't learn from books or schools. These are part of your life lessons and the most important ones for you. The exams and qualifications like master's and doctoral degrees are not as significant.

问: 那我今⽣适合从事什么职业? 怎样发挥出⾃⼰的最⼤价值?

Q: What profession would be suitable for me in this life, and how can I maximize my own value?

JO: 我们看你适合的职业它⼀定是,就好像也是⼀个leader.就你是⼀个团队的leader,就可以做决策.然后领导⼀个团队去朝哪个⽅向发展.因为你的能量还是⽐较强⼤的.就是你必须要有你的⽤武之地.所以如果有⼀个总裁和副总裁,那你适合做总裁⽽不是副总裁.然后⽽且你必须需要服务的是正道.因为你内在的那股正义会很强烈的,就是⿊⽩分明,就是正义感.就是它对你来说是使命感,是正义的,明⽩吗? 那⽐如说有⼀些歪门邪道,偷鸡摸狗这些,你就不会去.它激发不了你内在的那股能量.所以在你⼼⽬中使命感和正义,它⼤过于钱的收⼊.因为你不是为了钱会去怎么样的⼈.

JO: The careers that you would excel in are definitely ones where leadership is essential. You would be the leader of a team making decisions and guiding your team in the right direction because your energy is strong. You need to have a platform to utilize your capabilities. If there were a CEO and vice president, you would thrive as a CEO rather than a vice president. Furthermore, you must serve what's just and righteous within you. Your sense of justice is very pronounced; it's black-and-white, pure righteousness that feels like a mission or duty to you. You wouldn't engage in shady activities or unethical behavior. These things don't motivate the energy within you. In your mind, the sense of mission and righteousness outweigh financial income because you're not someone driven by money.

问: 那有具体的职业类型吗?

Question: Are there specific types of professions?

JO: 你其实只需要去成为你⾃⼰,做你⾃⼰.不断地去充满觉知,不断地去反省,不断地去通过外在的这个世界去认识你⾃⼰,绽放你⾃⼰.你就⾛在你⾃⼰职业的道路上了.就是外在的所有⼀切它都会⾃动的呈现的.命运会把这个所谓的职业带到你的⽣命当中来,你不需要去寻找.因为你们寻找,你们都会进⼊头脑模式.会分析会这样那样.你就允许⽣命⾃动的展现,因为你⾛在⾃⼰的道路上,你会被推上好像你独⼀⽆⼆的路.

JO: What you actually need is to just be yourself and do yourself. Continuously fill yourself with awareness, continuously reflect upon yourself, continuously understand yourself through the outer world, and bloom yourself. You are walking on your professional path. Everything external will naturally present itself. Fate will bring this so-called profession into your life without you needing to seek it out. Because when you look for things, you enter into a thought process, analyzing and doing all sorts of things. Just allow life to unfold automatically because as you walk your own path, you are being pushed onto the unique road that is just yours.

问: 我和我妈妈的灵魂主题是什么?

Question: What are the soul themes between me and my mother?

JO:我们连接到就是你跟你母亲,你母亲⾝上还会有很多恐惧的能量影响着你.所以你会对她有⼀种,就是从能量层⾯会有⼀种好像排斥的感觉.因为先不说现实中你们的关系怎么样,从能量层⾯就会有⼀种就好像不和平的感觉.然后你为什么会选择这样⼦的母亲呢?你就好像是⼀个勇⼠来给你母亲带来勇⽓的.因为在她的⽣命当中她缺少这种阳刚之⽓,还有⼒量,还有勇⽓,明⽩吗? 这么说吧,你是强的,她是弱的.然后你这个强⼤的灵魂就是来让她看到灵魂是很强⼤的,不是弱的.我展现给你看.就这种.所以对于你母亲,你想会是想要把她也影响,变得很强⼤.因为她就好像是⼀个弱⼥⼦的能量吧,弱不禁风吧.然后你好像是⼀个百毒不侵吧.

JO: We're connected to you and your mother, and there are many fearful energies attached to her that affect you as well. Therefore, you might feel a sense of repulsion towards her on an energetic level. This doesn't necessarily refer to how you both relate in reality but rather the lack of harmony or peace one might feel emanating from that energy exchange.

Then, why did you choose such a mother? You're like a warrior sent to instill courage into your mother's life because she lacks the strength, power, and bravery typically associated with masculinity. I'm explaining it this way: you are strong, while she is weak. Your powerful soul comes along to show her that souls are not weak but strong, something you'll demonstrate through your actions. As such, for your mother, you might want to impact her, making her stronger too. She could be seen as a delicate woman, vulnerable to the elements. You're like an invulnerable shield against any adversity she faces.

她⾝上还会有很多恐惧的能量对你影响,然后这个又好像是你的⼀个灵魂主题或者是⼀个课程.需要你在成为⾃⼰的同时,也是在净化旁边的吧.就是把旁边

There will be many fears that affect you from her, and this seems to be your soul theme or a course that you need to take on at the same time as becoming yourself, which involves purification around you. It's about clearing the space around

的负能量不断地净化.这就需要你不断地增长你的智慧了.因为就好像这个是个⿊影⼀直笼罩着你,就好像你不得不去学习智慧这堂课⼀样,明⽩吗? 不然它这个⿊影就⼀直笼罩着你.

The negative energy continuously purifies you. This requires constant growth of your wisdom. Imagine it as a shadow constantly covering you, like needing to learn the lesson of wisdom, do you understand? Otherwise, that shadow will always be over you.

问: 那我和我爸爸呢?

Question: What about me and my dad?

JO:我们感受到你⽗亲的灵魂它实际上⽐较⾃由吧,就也是⼀个不喜欢约.那他就好像是让你来染上这个,就好⽐⾃由是个遗传病,然后你从他⾝上去染上这个遗传基因⼀样,明⽩吗?但是他的那种⾃由就会有⼀点不顾外界了.你需要去整合这个不顾外界的这个⾃由,明⽩吗? 就是他的能量可能是只管⾃⼰爽,他不管他的爽有没有给别⼈带来⼀些负⾯影响.但是你需要去整合这个,让你在⾃由的时候它是正⾯的服务于你和你们的这个民族,明⽩吗?

JO: We sense that your father's spirit is actually quite free, akin to someone who doesn't like commitments. It's as if he has passed this trait onto you, much like a genetic condition of freedom that you inherited from him. You see? But his kind of freedom tends not to consider the outside world. You need to integrate this aspect of disregard for external factors, do you understand? His energy might only be concerned with its own satisfaction, without regard for any negative impact it may have on others. However, you must integrate this trait to ensure that when you are free, your actions serve positively as a benefit to yourself, your community, and even the larger human society, do you understand?

⽽不是那种放荡不羁的⾃由,这是两种不同的状态.

And not that wild freedom, these are two different states.

问: 那我的⾃由就是有使命感?

Q: Well, then my freedom is having a sense of mission?

JO: 对,因为你还加了正义在⾥⾯.有的⼈所谓的⾃由,他是没有正义在⾥⾯的.他是不择⼿段,只顾⾃⼰.

Yes, because you also included justice in it. There are some people who claim freedom but lack justice within them; they use any means necessary and only care about themselves.

问: 我和我姐姐是双胞胎.我和她的灵魂主题是什么?

Question: My sister and I are twins. What is our soul theme?

JO:我们感受到你姐姐的能量跟你不⼀样.那她的能量⾥⾯可能就存在⼀些乖巧,就是顺.所以她的这种顺,会让你更想去突破.就是你会觉得你就不能有点⾃⼰的主见吗?你就不能完全的去做你⾃⼰吗?就好像是有这种,就是你很想她⾃⼰活出来吧.因为她的能量有点收的.你的是往外冲的.她收的,她不敢闯.然后她的那种不敢闯就会导致你更想去加倍的闯.就有⼀种就是我⼀定要活出来,我⼀定要展现⽣命的⼒量,我才不要这么憋屈,就这种感觉.所以你的能量就是往外冲,你迫不及待的想要冲出去.她就是往⾥收的.

JO: We sense that your sister's energy is different from yours. Perhaps there's a certain meekness or compliance in her energy, which might motivate you to push boundaries more, as if questioning whether she shouldn't assert herself more and be fully herself. It feels like you're yearning for her independence, because her energy appears somewhat constrained, while yours is more outwardly driven. You feel stifled by the lack of exploration on her part, leading you to desire a more assertive and expressive life. Your energy is like an impulse to break free, eager to escape limitations. In contrast, she tends to retreat inwardly, lacking that boldness to venture out.

问: 确实是这样.我想问⼀下我们家在2014年破产了.我想问我们家什么时候能翻盘呢?

Q: Indeed, that's correct. I would like to ask when our family, which went bankrupt in 2014, will be able to turn the tables?

JO: 等你出来就可以了.就等你⾃⼰绽放了.因为你有很强烈的能量在⾥⾯,就等着好像是翻盘的机会吧.你有很强烈的冲劲.

JO: All you need to do is wait for your release. It's waiting for you to blossom on your own. There's a strong energy inside you, like it's waiting for a comeback opportunity. You have intense momentum.

问: 也就是说我是实现我们家翻盘的主要⼈物,对吗?

Q: In other words, I am the main force behind turning the situation around in our family, right?

JO:是的.你是那个死灰复燃的动⼒.如果你把今天的这堂课真正的听进去了,并且履⾏了,就是相信了.然后它会让这个更快⼀点,就是让你绽放的更快⼀点.这么说吧,就好像你是⼀颗种⼦,我不给你浇⽔.你虽然有⼟壤,你也有种⼦.但是你迟迟不能发芽,对吧?那我们现在就是给你浇⽔,那你通过这个⽔、阳光.阳光是什么?就是你⾃⼰的信任、坚定,就是相信我们这⾥的信息.因为有些⼈他没有听进去,他可能还是继续他旧有的模式,旧有的程序.那他还会加强这个体验.就⽐如说你想提早出狱,我们就坐⼀年时间的牢?还是你坐个⼀百年?那就看你⾃⼰了.就像你们⾃⼰学知识⼀样,你早⼀点把它吃透了,全是你的了.那你是不是就毕业了?

JO: Yes. You are the spark of motivation. If you truly listen to this lesson today and apply it, which means believing in it, then it will enable you to blossom faster. In other words, imagine yourself as a seed; I'm not watering you. Although you have soil, you also have a seed. But for some reason, you're not sprouting yet, right? Now, let's water you, and through this water and sunlight. What is sunlight? It's your own trust and determination to believe in the information here. Some people might not have listened properly; they might continue with their old patterns or programs, reinforcing their experience. For example, if you want to be released early from prison, would it be a year-long sentence or a hundred years? That choice is up to you. Just like how you acquire knowledge, if you understand it sooner, it's all yours. Wouldn't that mean you've graduated?

不然的话,你再反复留级,继续复读?

Otherwise, if you keep repeating and being held back, continuing to retake your grades?

问: 我还想问我和这个这个男⼆号,我跟他还会….?

Q: I also want to ask about me and this second male lead, will I be interacting with him...?

JO: 你根本不⽤来问我们,你也不会去问结果.为什么? 因为你根本就是⼀个不在乎结果的⼈.想要怎么做就怎么去做,明⽩吗?因为通过这个过程,你只要是充满觉知的,你就能从中学习到.充满觉知就是说你知道其实外界的⼀切它都是,就是我可以借助外在的相来看到我⾃⼰.这个镜⼦来看到我⾃⼰,看到我⾃⼰内在的⼀些恐惧,看到我⾃⼰内在的⼀些匮乏,看到我⾃⼰内在的⼀些欲望.就是通过它认识你⾃⼰.你们来到这个世界上最重要的功课就是认识你⾃⼰.外在的⼀切它都来帮助你⾃⼰,包括我们的信息也是来帮助你认识你⾃⼰.所以说不在于你就是说我奔着这个结果去.你们不是奔着结果来的.那你们所有⼈的结果都是⾁体死亡,你奔着那个去吗?

JO: You don't need to ask us or care about the outcome; you wouldn't anyway. Why? Because you're simply unconcerned with outcomes. Do as you please, understand? Through this process, you can learn if you are mindful, because being mindful means that you see yourself through the mirror of the external world, recognizing your own inner fears, inadequacies, and desires. This mirrors self-awareness; what's happening out there reflects back onto yourself, allowing you to identify with your true nature. The most important lesson for all beings on this planet is to understand themselves. Everything around you serves as a tool for self-discovery, including the information we provide. Thus, it doesn't matter if you're chasing a particular outcome; you're not aiming for results. Isn't every one of you destined for physical death?

明⽩吗? 体验才是最重要的,充满觉知的体验才是更重要的.因为为什么呢? 你不是闭着眼睛,你睁着眼睛你才能好好地去学习,好好地去看到.这个体验才有意义.

Understand? The experience itself is the most important thing, and mindful experience is even more crucial. Why is that so? You can't learn properly or see clearly unless you're wide awake, with your eyes open. That's when the experience truly counts.

第⼆个⼈ 提问者的妈妈问: 我和我⽗母的灵魂主题是什么? JO: 你叫什么名字?

The second person asked through their mother, "What is the soul theme for me and my parents?" JO: What's your name?

问: 我叫XX.我母亲叫XX.

Question: I'm called XX. My mother's name is also XX.

JO: 我们这边感应到你母亲对你好像对你有⼀种能量层⾯的影响和束缚.就是她是悲观主意.就是⽐较消极悲观吧,⽐较没有办法.所以她会让你这⼀世让你遇到事情也会有⼀种就是没办法,就是不知道怎么办的那种感觉.所以这个能量它⼀直在影响着你.让你可能会经常陷⼊到⼀种⽆助,就是没办法没⼿段没智慧,不知所措.然后就⼀直到现在对你都会有这种影响.就你好像没有完完全全的站起来,突破⼀切.就这么说吧,你⼥⼉可能是⼀个你拿绳⼦捆不住的⼈,对吧? 但是你就被捆住了.你没有办法挣脱出来.但是她是谁要捆她,她就要和谁拼命的那种感觉.但是你就好像是被这种家族的绳索给套牢了.所以这也是需要你⾃⼰去挣脱出来和看到的.

JO: We sense here that your mother has an energetic layer affecting you and holding you back in terms of her pessimistic outlook, which is rather negative and disempowering. She makes things feel impossible or uncertain for you, leading to feelings of helplessness and not knowing how to proceed. This energy has been consistently influencing you, causing you to often find yourself in a state of helplessness and lacking the means, wisdom, or ability to cope. This influence extends to your current situation as well.

So it seems that your daughter might be someone who is like an untethered rope; she can't be tied down, right? But you feel tied down by her, unable to break free. You're not the one doing the tying though; you're being held in place by her fierce resistance when faced with confrontation or challenges. Yet, you seem trapped within this family's web of ties, which needs to be resolved and overcome by you personally.

就是从能量层⾯去清理掉的.不然的话,就像我们刚刚给你⼥⼉她说,你妈妈的能量它就伴随着你,你必须要去做这个功课.就是通过她的智慧把这个化解了.那如果你⾃⼰能化解的话,你对她就没有影响.她就会更加速度的站起来,就是她这朵花会开的更快⼀点,会更快速的绽放.就不会有那么多消耗、内耗.

It's about clearing at an energetic level. Otherwise, as we just told your daughter, her mother's energy is with you, and you have to do this work. You need to resolve through her wisdom. If you can resolve it yourself, she won't be affected by you; she will stand up faster, like a flower blooming more quickly without wasting or internally耗ing resources.

问: 其实我⼥⼉不管在哪个城市都可以和前⼀段关系有个告别,她都可以专注.

Question: Actually, my daughter can say goodbye to her previous relationship in any city and remain focused.

JO: 是的,但是这个需要她⾃⼰做出选择.你们越尊重她,她会越发愤图强.你记住这句话.你越去尊重你这个孩⼦,她会越发愤图强.就是你给她⼀倍信任,她会给你⼗倍.如果你给她⼀丝⼲扰,她会给你⼗倍的⼲扰.就是她会跟你⽃的头破⾎流.因为她⾃⾝她⾃⼰就很⾃律.

JO: Yes, but she has to make this decision herself. The more you respect her, the harder she will work. Remember this: The more you show respect for your child, the harder she will work. Essentially, if you give her a 10% trust, she will return it with 100%. If you even slightly disturb her, she will throw back that disturbance tenfold. She'll fight with you until she's beaten and bloodied. All because she is self-disciplined by nature.

问: 我和我⽗亲的灵魂主题是什么?

Question: What is the theme of my relationship with my father in terms of soul?

JO: 为什么我们连接了好多那种就是孩⼦跟⽗母的关系都很少有正⾯的.这么说吧,其实⽗亲对你能量层⾯的影响就会让你有⼀种放不开,让你有⼀种收缩或者是胆⼩.就是你还是受他们的影响.但是你这个⼥⼉就没有受你们任何⼈的影响,就是你越影响她,她越要跟你们所有⼈⽃争⼀样.这是⼀股⾮常好的… 因为如果不是她的话,你们很难冲破你们家族的那种,就好像⼀层⿊暗的笼罩⼀样.所以你要知道你的⼥⼉她不是来不听你话的,她是来突破你这层枷锁的.所以就像我刚刚说你尊重她⼀分,她给你⼗分回来.你之所以不相信还有恐惧,其实都是你⾃⼰受到能量层⾯的⼀些影响.

JO: That's why in many of those relationships between children and parents, there isn't much positive energy exchanged. To put it simply, your father's influence on you at an energetic level makes you feel stuck or contracted, perhaps even timid. You're still being affected by them. However, your daughter doesn't seem to be influenced by any of you; the more you try to control her, the more she resists against all of you. This is a very positive dynamic... because if it weren't for her, you might have struggled to break through the family's stagnant, almost oppressive atmosphere. You must understand that your daughter isn't here to defy your authority; she's coming to help you overcome these limitations. So just as I mentioned earlier, the respect you show her is reciprocated with tenfold. Your distrust and fear stem from energetic influences on yourself.

问: 确实是我⽗母现在都想绑着我.他们⾝体不好,想让我照顾.

Q: It's true that both of my parents now want to tie me down. They're in poor health and wish for me to take care of them.

JO: 所以你就会把你这股好像是阴影⼀样投射给你⼥⼉⾝上,就像我刚刚跟她说的话⼀样.你现在只需要放⼿,因为她⾃⼰是⼀个特别⾃律,就是恨清楚⾃⼰的⽬标.就像我们今天的信息,她已经收到了.

So you would project this sort of shadow onto your daughter, just like what I told her earlier. All you need to do now is let go because she's highly self-disciplined and knows exactly what her goals are, similar to the information we shared with her today which she has already received.

问: 其实我挺给她⾃由的.

Q: Actually, I do give her a lot of freedom.

JO: 就是你没有恐惧,明⽩吗? 你不需要去担⼼她,你没有恐惧.你要知道你的担⼼是来⾃于你⾃⼰的能量层⾯的⼀些影响.

JO: You're not afraid, understand? You don't need to worry about her; you are not afraid. You should know that your concern is coming from some impact on your own energy level.

问: 我和我爱⼈的关系?

Q: About my relationship with my beloved?

JO:你稍等.我们感受到你们之间好像是有⼀条线是断开的感觉⼀样.也就是说你从他这边得到的⼀些⽀持或者是⼀些理解或者是连接感都⾮常的有限.所以更多的是像你在你的世界,他在他的世界这样⼦的⼀个状态.因为你还是⽐较操⼼的.你还是都想每⼀个⼈好的感觉.但是你的确有⼀点就好像是⼼有余⽽⼒不⾜.就好像你⾃⼰都是在⼀种⼜渴或者没⽔的状态,但是你⼼⾥却牵挂着周围的每⼀个.所以你还是需要去打开内在的源头.

JO: Wait a moment. We sense that there's an almost disconnected feeling between you and him. This means that the support or understanding you receive from him is quite limited, leaving you more isolated than connected. You're in your world while he's in his, essentially. Despite your concern for others' well-being, you feel like your abilities to help are somewhat inadequate. It's as if you're parched and longing for water, yet you're worried about everyone around you. So, you need to open up the source within yourself.

问: 怎么打开?

Question: How do I open it?

JO: 那就是不断不断地去发现⽣命的⼀个真相.不断不断地清理,不断不断地放下,不断不断地看到,就通过我们的信息可以帮你看的更清楚.那你就会把⾝上的枷锁全部给挣脱.你就⾛到阳光下⾯来.

JO: That's about continuously uncovering a truth about life. Continuously clearing and letting go, continuously seeing, so that with our information, you can see more clearly. Then, you will release all the shackles on your body. You will come out into the sunlight.

问: 我⽣命中最⼤收获是我的三个孩⼦.

My biggest收获in life are my three children.

JO: 你⽣命中最⼤的收获是你⾃⼰重⽣,明⽩吗? ⾃⼰给⾃⼰⼀个新的⽣命,⽽不是继续去…好像你现在⾝上有⼀个⾯具,这个是旧有的.你就⼀直把它当成是你.那个才是你⽣命中最重要的.

JO: The greatest acquisition in your life is the rebirth of yourself, understand? Giving yourself a new life, instead of continuing to... it seems like there's a mask on you now, an old one. You've always taken that as who you are. That's what truly matters in your life.

问: 我现在最困惑的,就是我⽗母⾝体不好,他们总是想要我去照顾他们…JO: 这个你可以下次连接你⾃⼰的能量,去做能量层⾯的清理.需要时间的.这么说吧,我们刚才说她的母亲是没有⼒量的,对吧? 那就是.你现在所说的⼀切都是你没有⼒量.

Q: The most confusing thing for me now is that my parents are not well and they always want me to take care of them...

A: You can do this next by connecting with your own energy and doing a cleansing on the energetic level, which will take time. Let me put it this way: We just said her mother lacks power, right? That means everything you're saying now is that you lack power.

#### 2023/10/12 — 为什么有些⼈这么幸福,⾃⼰却很痛苦 Why some people are so happy while I am suffering

JO: 你问吧,什么问题? 问: 我的灵魂主题是什么?

JO: Ask away, what kind of question is it? Q: What's my soul theme?

JO: 你这⼀⽣的灵魂主题就好像要从⼀个僵硬的状态变成⼀个柔和、圆润圆滑,就是把⼀个有很多⾓的变成圆的,就是融合.因为在你的灵魂层⾯,你有很多… 这么说吧,你们世界有⼀句话形容直男,然后你的状态就好像是直男.然后就好像把你这个硬硬的泥加⼀点⽔,然后揉成⼀个很好塑性的⾯团.所以就好像是对你的⼀种打磨.打磨的不是如此的有棱有⾓的.所以从你⾃⼰跟⾃⼰相处,你就可能会发现会有⼀些⼀板⼀眼.就是像你们说的话,钻⽜⾓尖或者是死⼼眼、⼀板⼀眼,然后就是很拿去变通、灵活、变化、转变.所以就⽐如说⼀个事情有的⼈他可以从⼀看到⼗个.他可能看到⼀颗黄⾖,他就能看到背后有⾖浆、⾖腐、⾖腐⽪,就是他看到各种.

JO: Your lifelong soul theme is like transitioning from a rigid state to one that is soft, rounded, and smooth - turning many sharp edges into rounded forms. This is about integration because on your soul level, you have many... To put it this way, there's an expression in your world that describes straight men, which translates to "rigid" or "stiff" here. Your state resembles being rigid. Then imagine adding water to the hard clay and kneading it into a very pliable dough. So, it's like polishing you, not with sharp edges but smoother ones. This process doesn't involve sticking to rules too strictly; instead, it promotes flexibility, adaptability, and change. For example, someone might see a problem from one perspective to another, envisioning scenarios like a bean leading to soy milk, tofu, or tofu skin. They perceive various possibilities stemming from the same source.

那你看到的就是黄⾖,明⽩吗? 你就会单纯的从黄⾖去… 明明就是个黄⾖啊.你看别⼈告诉你这是⼀个种⼦,然后能长很多黄⾖.就是你看不到这种可能性.所以这⼀⽣就是你来不断地扩展⾃⼰,然后不断地融合⾃⼰,融化⾃⼰,让⾃⼰不是如此的⼀板⼀眼或者是不是如此僵硬的状态.所以你在你的前半⽣你⾃⼰就会感受到你⾃⼰的这种,明⽩吗?就是说遇到⼀个事情你觉得它就是这个样⼦,很难找到出路或者是很难有其它办法.这种局限,这种限制.所以会是你的⼀种灵魂的⼀个扩展吧.这么说吧,你⼀条路⾛到死⾛到底,你不会转弯. 不知道路⼜其实还有很多选择,还有其它的路. 你只能看到这⼀条路,觉得其它路都没有⾛过.

That's what you see - soybeans, okay? You'll just simply see them... It's clearly soybeans. You see others telling you this is a seed that can grow into many soybeans. But you just can't envision such a possibility. So throughout your life, you keep expanding and integrating yourself, constantly dissolving your boundaries until you're no longer rigid or fixed in your ways. And in the first half of your life, you'll notice these limitations and restrictions within yourself that make it hard to find solutions or alternatives. It's as if this is part of your soul expansion - like taking one path all the way through until the end without turning. You perceive no other options even when there are multiple paths available; you're only able to see this single route, believing that no other roads have been traveled.

你就⾛这条看上去是路的路,不去⾃⼰⾛出来⼀条路.

Just follow the path that looks like a road, don't go and create your own path.

问: 我和我母亲的灵魂主题?

Question: I and my mother's soul theme?

JO: 我们看到你母亲可能就是⼀个⼋⾯玲珑,她就是有很多⼿段⼿法,就是见⼈说⼈话,见⿁说⿁话,就是这种圆滑世故.但是反⽽你⾮常的反感这⼀点,明⽩吗?也就是说她表现的这个样⼦正好是你⼼⾥抵触的.你会觉得他们很虚伪很虚假.就好像你觉得好像变⾊龙⼀样,你就很不喜欢、很抵触、很排斥.所以这个又好像是你的⼀堂课.为什么呢?因为你把所有的这些物质的相看的太固定的.其实所有的东西,你们就好像是在演戏⼀样,就是不可当真.你应该通过这些幻像看到本质的东西.那如果你当真了,那它真的就是... 也就是说当你直⽩的表达和她委婉的表达,实际上这个没啥区别.但是在你眼⾥就觉得她太虚假了.然后就应该真诚的、坦诚的.

JO: We see that your mother might be quite adept at being flexible and adaptable, using various means and methods to tailor her communication based on whom she is speaking to. She's diplomatic and sophisticated in her dealings with people. However, you find this trait very objectionable, don't you? Essentially, the way she presents herself goes against what you're uncomfortable with. You perceive it as insincerity and fake.

You feel that she's manipulative, like a chameleon, which you deeply dislike and cannot tolerate or accept. This experience seems to serve as your lesson here. Why is this so? Because you view all these material aspects of her too rigidly. Actually, everything is just an act, something to be taken with a grain of salt, not to be taken literally. You should look beyond the illusions and see the essence beneath them. But if you do take it seriously, then it really becomes... In other words, when you compare her direct expressions against her subtle ones, there's not much difference in reality. However, from your perspective, she appears too insincere. Therefore, you should strive for authenticity, honesty, and sincerity.

你就会有⼀个这样⼦的想法和看法.所以这就是你需要去通过你的智慧,增长了智慧去看到⽣命它实际上没有分如此多的... 就是它都是幻像嘛.哪能说这个幻像⽐那个幻像真呢?明⽩吗?那也就是说如果⼀个⼈对⽅⽤攻击你的⽅式去表达,⽐如说孩⼦找爱,他就⼀直妈妈妈妈的叫.然后你不理他,他就发脾⽓去打你.但是你会单纯的把这个打变成是你是不是在恨我? 你是不是在攻击我? 你是不是在伤害我? ⽽看不到孩⼦背后的打实际上需要你的关注,需要你的注意⼒.他是需要你的爱,他是需求,明⽩吗?

You would have this idea and perspective. So, that's what you need to perceive through your wisdom, by growing your wisdom to see that life is not divided into so many... it is all illusion after all. How can there be a greater or more real illusion than another? Understand? That means if someone expresses themselves using an attacking manner towards you, for example, a child seeking love keeps calling you mother. If you ignore them and they then throw a tantrum at you by hitting you, you would simply translate this hit as hatred, attack, or harm against me. You wouldn't see that the child's actual need behind the hit is your attention, your focus. They are in need of your love; it's a requirement, understand?

问: 我和⽗亲的灵魂主题?

Q: What's the theme of my father's soul?

JO: 你⽗亲他的思想就和你⽐较类似和像,他就是⽐较僵化的,就是⼀板⼀眼的.他就好像给你做了镜⼦让你看到,其实你有时候的状态跟他有点像.就好像是给你演⽰出来你⾃⼰的⼀个状态⼀样.

JO: Your father's thoughts are somewhat similar to yours; he is more rigid and by the book. He serves as a mirror for you, reflecting back to you that sometimes your state mirrors his. It's as if he's demonstrating your own state to you.

问: 我和我姐姐的灵魂关系?

Question: What is the relationship between my soul and my sister's?

JO: 你姐姐在你的⽣命当中就好像是导师⼀般的存在,她就好像是个⽼师⼀样来指引或者是带领你让你看清楚它不是⾮⿊即⽩,或者是你只能表现出像你反感妈的样⼦,也不是像爸这么僵硬.⽽是还有⼀个真正的你.就好像是⼀个⽼师、导师、引导者的⾝份吧.

JO: Your older sister plays the role of a mentor in your life, much like a teacher guiding or leading you to understand that things are not always black and white, or that you must only express yourself as someone you dislike mother's way. It's not just about being as rigid as dad either. There is also an authentic self within you, akin to the role of a mentor, guide, or leader.

问: 我和我弟弟的灵魂关系?

Question: What is the relationship between my soul and my brother's?

JO: 你弟弟正好跟你相反,⽐如说你很⼀板⼀眼,很有棱⾓.那他就是完全⼀个没有,就是你有主⼼⾻.就好像你这个⽹像⼀把伞,伞⾥⾯有多钢架⽀撑这把伞.他就是完全没有的.你有很多⾻架把你⽀撑成这个形状,他就完全没有.明⽩吗? 他就是跟你相反,他就是完全是你的对⽴⾯.然后就是来让你中和.就是你现在是⼀个极端,你弟弟是另外⼀个极端.那你需要⾛到中间的位置.那你是零,他是⼀百.那你需要到五⼗,就是平衡这两种能量,明⽩吗? 所以他们都好像是你的镜⼦⼀样映射出你⾃⼰的⼀部分.

JO: Your younger brother is the exact opposite of you. For example, if you are very straightforward and have clear edges, then he has none of those qualities. You have a strong backbone or support system for yourself. Imagine your web as an umbrella with multiple steel frames supporting it; he lacks that entirely. You have many structures holding you in place, whereas he doesn't. Do you understand? He is the complete opposite, essentially representing the exact opposite of you. It's like walking to balance each other out because you're at one extreme and he's at another. What you need is a middle ground where your zero and his hundred meet. You must find equilibrium between these two energies, do you see? So they mirror parts of yourself in much the same way that mirrors reflect light.

问: 我为什么现在出⽣在这个家庭?

Q: Why was I born into this family?

JO:你选择这个家庭它是好像最适合你⾃⼰的⼀个发展,就是你这个灵魂的扩展.所以你选择这个是有助于你的灵魂的扩展.就好像你是⼀颗⽔草,那你选择在⽔⾥⾯.可能在你眼⾥你觉得陆地或者⼟⾥⾯更好.但是你是⼀颗⽔草,⽔⾥⾯是最适合你的.因为你要知道你们的灵魂来到这个世界上,你们不是单纯的来享受你们这个⾁体.就是你这个⾁体来到这⾥就像喂猪⼀样,天天吃了睡睡了吃.然后长胖,杀掉.不是的.你们会选择⼀个适合你,就⽐如说你去健⾝房,你为什么会选择⼀个教练?你如果是练武功的,你为什么要选择⼀个对⼿跟你⼀起打,明⽩吗?那你说你本⾝是⼀个练武功的,你不选对⼿?你就选⼀个天天让你吃喝拉撒睡觉的⼈?明⽩吗?

JO: You choose this family as the most suitable environment for your personal and spiritual development. By selecting it, you are facilitating the expansion of your soul. It's like choosing to be a water plant; thus, you decide to thrive in water. Perhaps from your perspective, land or soil might seem more desirable. However, being a water plant, the water is where you flourish most. You must understand that when your souls come into this world, they do not merely seek material pleasures through their physical forms. Your body arrives here like a pig, consuming and sleeping repeatedly until it grows fat to be slaughtered. No, your decision to choose something that suits you best comes into play, just as when you go to the gym, why would you select a trainer? If you are training martial arts, why do you need a partner to spar with you, right? You wouldn't just pick someone who keeps feeding you, drinking, and taking care of your basic needs, would you?

因为你们的灵魂⼀定是要不断地成长和扩张.那不断地成长和扩展,它会选择⼀个充满了挑战,充满了刺激,充满了各种,就是对它有影响的场景和场合在.但是在你们的物质⾁体,就是你们的⼩我不知情的情况下,你们会觉得:我⼲嘛选了⼀个全是刺的地⽅? 就感觉是不舒适的地⽅? 那舒适的话,你会想着你的功课? 你早在这种舒适的环境下就跟猪⼀样嘛,就养膘嘛.所以说它⼀定是⼀个让你不舒适的地⽅,你才会去突破你的⽣命.就好像⼀只⼩鸡它孵化的时候,它⼀定是感受到不舒服,它才会去把那个壳给弄破,明⽩吗?如果没有让它去突破的动⼒的话,它可能就死在⾥⾯孵化不出来了.就不会有新的⽣命出⽣了.但是这个不适感它只是你的突破点.

Because your soul must constantly grow and expand, it chooses a scenario filled with challenges, excitement, and various events that influence it. However, in your physical bodies, unaware of this process, you might ask yourself: Why did I choose such a place full of thorns? A place where one feels uncomfortable? If it were comfortable, wouldn't I be focused on my lessons instead of living like a pig fattening up for slaughter? So, it must be an uncomfortable place where you go to break through your life. Just as a chick feels discomfort during incubation and breaks the shell when it needs to, right? Without the motivation to overcome this discomfort, it might die inside the egg without hatching. No new life would come into being. But this discomfort is actually your point of breakthrough.

所以这种不适感会促进你的成长和突破.但是当你真正的去突破、成长、转变过后,你就会感受到那种轻松感,就好像是挣脱出来了.

So this discomfort will promote your growth and breakthroughs. But once you truly break through, grow, and transform, you'll feel a sense of relief, as if you've escaped.

问: 为了什么成长?

Question: For what growth?

JO: 你⾸先要知道你们存在不只是这个⾁体的存在.如果只是这个⾁体的存在,就像刚才说那跟猪没有区别的.猪就是这个⾁体嘛.但是在你们的躯体⾥⾯,它还有意识.那个意识注⼊到你这个主⼼⾻,⽽不是你这个⾁体,明⽩吗? 就好像灵魂选择了你这个⾁体,进⼊你这个⾁体,它是来通过这个物质世界来扩展⾃⼰,来体验.⽽不是说就是让你们吃饱睡好,明⽩吗? 吃饱睡好就是猪的⼀个⼯作了.你看那些吃饱睡好的⼈,他们能真正的达到⼀种圆满幸福的状态吗? 他们不能,他会有很多很多痛苦的.因为他本⾝就不是为这个⽽来的.吃饱睡好只是来协助你,让你们的⾁体有⼀个适当的运⾏.就好像我的这个车开久了,我要停⼀

JO: First, you need to understand that your existence is more than just physical existence. If it was merely physical, then it would be no different from a pig, as I mentioned earlier – the pig being its physical form. But within your bodies lies consciousness, which is infused into your core spirit, not just your body. Understand? It's like the soul chose this body to enter and utilize in order to expand itself through this material world and experience it, not merely for sustenance or comfort as pigs are content with. Eating well and sleeping soundly is what a pig does – it doesn't truly achieve a state of completeness and happiness. Those who are simply satisfied with eating well and sleeping soundly often suffer from many pains because they are not meant to be here for that purpose. Such practices only assist your physical body in maintaining proper function, like when I need to stop my car after driving for a while.

下,不能⼀直开.油没了要给它加油,就这样⼦.但是你利⽤这个车是要去到你的⽬的地的.你给这个车加油不是说为了这个车存活下去,让这个车休息永远不动弹.车存在的意义是啥?意义就是去到你要去的⽬的地啊.⽽不是说你加满油就不⽤它了,让它在那休息.你们造车是为了这个吗? 所以你们选择这个⾁体也不是为了这个.

Down the line, you can't keep driving without fuel. You need to refuel it when the oil runs out, just like that. But when you use this car to get to your destination, you're not doing so because you want to keep the car alive forever, to let it rest without moving. What's the purpose of a vehicle existing? The purpose is to reach its intended destination. It's not about filling up the fuel tank and then ignoring it, keeping it idle for eternity. Did you build this car with that in mind? So why did you choose this body too?

问: 我和我⽼公的灵魂主题是什么? 我们在⼀起两年多.

Question: What are the soul themes between me and my husband? We have been together for over two years.

JO:你们好像是有⼀种互相的去学习,更多的是像战友吧.就是在你⾝上有他需要的⼀些精神、品质.然后在他⾝上也有你需要的⼀些精神、品质.你们都互相去好像是展现给对⽅,然后让彼此都能存中获得⼀些成长的灵感吧.所以就好像是那种情同⼿⾜,然后兄弟、哥们,就是这个哥们的这个精神我挺欣赏的,我也应该怎么怎么样.所以你们应该是多的去看到对⽅的优点、发光点.然后就把它变成⾃⼰的⼀部分.那么你彼此都会变得更加完整⼀点,明⽩吗?

JO: It seems like there's a mutual learning process going on here, more like comrades than just acquaintances. There are certain spirits and qualities that you each admire in the other that they possess, and vice versa. You both seem to be displaying these traits for each other, inspiring growth and development from the interaction. This is akin to being very close friends or brothers, with a spirit of camaraderie that I really appreciate. How can I also adopt this approach? Therefore, you should focus on recognizing each other's strengths and shining aspects, integrating them into your own lives. Doing so will make both of you more well-rounded, right?

问: 我今⽣能达到最好的状态是什么?

Question: What is the best state I can achieve in my lifetime?

JO: 今⽣你能达到最好的状态就是你⼼中不会有任何抵触,不抵触任何⼈啊、事情.就是⽆论外在发⽣什么事情,你都会没有抵触感.你抵触,就⽐如我们刚才说你的这把伞有很多⾻架,是吧? 那别⼈⼀撞,你肯定抵触啊.因为你那个很硬嘛,对吧? 那如果你是像弹簧⼀样呢? 他⼀抵,你就缩回去了.所以你就是收放⾃如的⼀个状态.但是你也不⾄于⾃⼰没⾻架,就像你弟那个样⼦,就是没⾻⽓吧,没⼒量吧.你想象⼀下完全没有⾻架,和像伞的⾻架⼀样很硬,还有⼀个是像弹簧⼀样收放⾃如.那就是你成为弹簧的状态收放⾃如,然后你⼼⾥没有任何抵触对外在的⼈和事.然后就是没有任何问题,就是外在的所有问题你不会觉得这个没有办法,这个怎么办.

JO: Your best state in this life would be to have no resistance towards anyone or anything. You'd handle whatever happens outside without any sense of resistance. If you resist, for instance, the umbrella I mentioned earlier that has many ribs; it's rigid right? So if someone hits it, you'll definitely resist because it's very stiff. However, if you were like a spring, when pushed back, you would recoil. You'd be in a state where you can easily adjust and adapt to situations but not at the extreme of being too soft or lacking resilience like your brother might seem. Imagine having no ribs (completely soft), having many hard ribs similar to an umbrella's structure, or being able to extend and retract like a spring. Being able to function like that would be the state where you have no resistance towards others or external affairs, resolving all issues without feeling helpless or unsure about what to do when faced with external problems.

你不会产⽣这种焦虑感.那就是在你意识程度上你就达到⾮常⾼了.当然如果你说的是其它物质层⾯,因为你想⼀个⼈意识程度⾼就表⽰着他能创造任何.⽐如说在这样⼦的状态下,⽆论做任何,他都会去开垦⼀⽚天地.为什么呢? 因为收放⾃如嘛,你怎么样去展现都好.就是你这块地肥沃了之后,你种萝⼘也好,种⽩菜也好,种鲜花也好,它都能长的很好,它都能丰收,对吧? 那你这块地如果是硬邦邦的又没有⽔,那种什么都种不活呀,明⽩吗?

You wouldn't feel this kind of anxiety. That means you've reached a very high level in your awareness. Of course, if you're talking about other material aspects, because having a high consciousness implies that he can create anything. For example, under such conditions, no matter what you do, he will cultivate a land. Why is that? Because of the freedom to control oneself; it doesn't matter how you express it. Just like when your field is fertile, whether you plant turnips, cabbage, or flowers, they all grow well and yield丰收. That's because the conditions are suitable. If this land is hard and lacks water, nothing will survive, understand?

问: 我和我⼥⼉的灵魂主题?

Question: What are the soul themes between me and my daughter?

JO: 你⼥⼉她选择你,就好像这么说你⾝上就好像有⼀股正⽓,正⽓凛然导致你很有⾃⼰的⼀些想法、主见和边界,就是你⾃⼰⼼中的⼀个道吧.然后你⼥⼉她更多是选择⼀个正⽓凛然的母亲来受你影响,受你的这股正⽓的影响.因为对于她来说,在她的层⾯她可能是歪门邪道习惯了,就是有⼀种那样的状态.就是你可能就不会去越过雷池半点的那种状态.那她可能就是⼀直都是越界的.所以她选择这样⼦的母亲就好像可以把她拉到正道上⾯吧,就好像让它这个灵魂更加充满了正义感.就⽐如说⼀个⼩偷,他选择了⼀个法官作为他的母亲⽗亲.那法官⾝上的正⽓凛然怎么样都会影响到这个⼩偷,对他潜移默化的影响,明⽩吗? 就是她选择你.

JO: Your daughter chose you, as if there is a righteous energy emanating from you that makes her gravitate towards you. This righteous aura suggests that you have strong ideas, opinions, and boundaries, akin to your personal code of conduct. It's like she chose a mother who embodies righteousness for the influence it has on her. For her, at her level, deviant paths might be familiar or habitual, creating a certain state of mind. You would never cross any lines, while she tends to do so frequently. By choosing such a mother, she hopes to be guided onto the right path and imbued with a greater sense of justice. It's as if a thief selects a judge as their parent, expecting that the judge's righteousness will inevitably impact the thief in subtle ways, influencing them without them being fully aware, understand? And this is why she chose you.

问: 如何化解我对⽗母⼼中的不满?

Question: How can I resolve my sense of disappointment towards my parents?

JO: 这个就需要你的⼀个,我们说你就像伞的⾻架⼀样很硬,对吧? 那这些硬的东西就是在那⾥,就是因为那些硬的东西⽽产⽣的不满.如果你想要去化解它,那你是不是要把这个硬的稍微松动松动,就是变得不是稍微那么硬? 你如果还是如此的强硬的话,它肯定化解不了啊.所以你需要松动的就是你⾃⼰的内在⼀些观念和信念,明⽩吗? 你⾸先要明⽩从灵魂层⾯你选择了这个对⼿,就是你选择它的时候你就是让它⽤⼀直⽤那根棍⼦在那⼀直捅你捅你.但是你忘记了让它⼀直捅你的这个事.然后你现在体验到的就是它⼀直捅你.你就觉得烦死了,⼀直来这样骚扰我.你体验的是这个,那你⼼中肯定会产⽣很多不满,对吧?

Jo: This is about needing your one thing - we say that you are like the skeleton of an umbrella, right? The hard parts are there because of those hard things generating dissatisfaction. If you want to address it, you need to soften them a bit; not as hard anymore. If you remain just as stubborn, it won't be resolved. So, what needs softening is your own inner beliefs and thoughts. Do you understand? You must first understand that on the soul level, you chose this opponent - when you selected it, you allowed it to keep poking at you continuously with a stick. But you forgot about letting it poke you like that. Now, you're experiencing its continuous harassment as if it's constantly bothering you. You're feeling annoyed and disturbed by all of this. The experience is what leads to your accumulation of dissatisfaction, right?

但是借助我们的信息,我们告诉你是你选择了这样的环境.因为这个环境是有助于你成长的.那你是不是就知道其实是你让它不停的捅你,可以把你捅醒,让你不⾄于沉睡,可以去做你的功课.其实他们是不存在.不存在是啥意思呢?就⽐如说在你这个节⾻眼,你是需要它捅你,你才能醒,对不对?但你真正的醒过来过后,你就知道你不需要它捅的这个动作了,明

But through our information, we are telling you that it is you who chose this environment. Because this environment helps you grow. Then do you realize that actually it's you who keeps poking you to keep you awake and prevent you from falling asleep? These entities don't exist. What does "not existing" mean in this context? For example, when you are at your breaking point, you need it to poke you for you to wake up, right? But after truly waking up, you know that you don't need this poking action anymore, and you understand

⽩吗? 你不需要这个动作这个刺激过后,它就不会再发⽣了.因为当你觉醒过后,你的物质世界发⽣的⼀切你都是... 就是你不再是闭着眼睛,你不再是⽆知的⼀个状态.你不再是⼀个不知情的状态.知情的话,你就知道这是你选择的.就好像你之前得了健忘症把所有东西都忘了,来到这个世界上.你最后又找回记忆,你恢复记忆.你知道你来⼲啥.就好像之前你去超市,半天你都不知道买什么.最后你⼜袋⾥⾯找出来⼀张纸,上⾯就是你的购物单.你看着购物单就可以很好的去采购了,你就不会去迷茫、茫然.不知所措了.你现在产⽣的就是这种状态,就是不知所措.但是我们现在就是在找回你的购物单.那你还有⼀个问题就是如何把⾃⼰变得像⼀个弹簧⼀样.

White? After this action and stimulation are no longer needed, they won't happen again. Because once you become aware, everything that happens in your material world is... it's just you; you're no longer blind, you're not in a state of ignorance. You're no longer in an unaware state. If you're aware, you know that this was chosen by you. Like when you had amnesia and forgot everything before coming into this world, only to regain your memory later on, restoring your awareness. You knew why you were there. Similar to how previously you went to the supermarket and couldn't decide what to buy for a long time. Eventually, you found a list in your pocket that helped guide your purchases. Knowing the list allowed you to make decisions without being lost or confused. Now, this is the state you're experiencing, one of confusion. But right now, we are helping you regain that list. And then comes the challenge: how do you become like a spring?

然后那就是你⾸先要知道你的⼈⽣就是赚⼀点⼯资,然后过⽇⼦把你这个⾁体养好.不是的.明⽩吗? 然后外在的⼀切,哪怕你的⼀个想法、⼀个观念、⼀个情绪、⼀个愤怒,任何东西其实它都是呈现出… 你现在能动弹不? 你不能动弹是原本你来到这个世界上的样⼦.你能动弹,你能松动,你就开始慢慢变软了.⾻架在融化了.所以你就可以借助外⾯的,还有你⾃⾝的⼀些反应、情绪,就是像照镜⼦⼀样看到⾃⼰在哪⾥.

Then that's what you first need to understand that your life is about earning a salary and then living it to take care of this body. Not so. Do you get it? Then all the external things, whether it's your idea, concept, emotion, anger, or anything else, everything actually presents... Can you move now? Being unable to move is what you were like when you came into this world. If you can move, if you can loosen up, you start becoming soft gradually. The skeleton is melting. So you can use the external and your own reactions, emotions, like looking in a mirror to see where you are at.

问: 为什么⼈际关系中有这么多⽭盾?

Question: Why are there so many conflicts in interpersonal relationships?

JO: ⾸先你要知道你们这个物质社会,这个地球这个地⽅都是⼀群来学习的,就是都是⼀群需要去锻炼需要去学习的.那都是⼀群需要去锻炼需要去学习⼈,那你们是不是就需要有对⼿啊? 那不然你没有对⼿,你怎么去提升你⾃⼰呀,对吧? 所以你们是通过对⼿的存在,然后不断地不断地去提升,明⽩吗? 所以说你们的意识程度,你们来到这⾥就是来学习的.这就是为什么你们⼈与⼈之间会有很多冲突.那都是你们的状态,你们的意识状态.你想它没有变成像弹簧⼀样,没有达到那种像爱⼀样的状态.那它还会再被拉回来,继续到这⾥来学习.那那些不需要学习的⼈,他已经不再这⾥呀.那被拉回来的,都是需要去学习这些课的呀,明⽩吗?

First, you need to know that in this material society and on this planet, everything is a group of learners, requiring practice and learning. You are a group needing practice and learning, thus, you need opponents, right? Without an opponent, how would you improve yourself, isn't it true? Therefore, through the existence of opponents, continuous improvement happens constantly. Do you understand? This means that your level of awareness brings you here to learn. This is why there are many conflicts among people. These are all states of consciousness. You want it not to become like a spring and not reach the state akin to love. Then it will be pulled back and continue learning here. Those who do not need to learn are no longer here; those being pulled back are needing these lessons, understand?

所以说这是正常的.但是你们要知道这些冲突只是来供你学习供你成长,它不是来置你于死地.它并不是真的恶意,其实它就是⼀个像反应⼀样.但是当你⾃⼰达到了内在没有冲突的状态的话,你就不需要那些对⼿出现在你的⽣命当中了.

So this is normal. But you need to understand that these conflicts are meant for your learning and growth; they aren't supposed to end your life. They don't have genuine ill intentions; in fact, they're like reactions. However, when you reach a state of inner peace without any conflict, you wouldn't need opponents to appear in your life anymore.

问: 我如何处理⼼中的⼀些失落感?

Question: How do I deal with a sense of loss in my heart?

JO: 你现在⼼中还有失落感吗? 越来越清楚的去看到你来到这⾥的原因,你为什么⽽来.然后去清楚别⼈也是跟你⼀样,他们也是为了成长⽽来的.因为如果他们真的是爱的存在,他们不会在这⾥,明⽩吗? 那如果他们来到这⾥跟你互动,那就说明他们跟你⼀样是需要去学习需要成长的.那既然你们都是⼀样是需要去学习和成长的,那你就不会对他有… 你就不会对他的⼀些⾏为….. 就是这是正常的.既然他表现出的是正常的,你为什么会失落呢? 你失落⼀定是有,⽐如说觉得他应该这样,但是他没有这样.或者是外界应该是这样,但是没有这样.就是感受到的是那种失落感.但是这些都是正常的.

JO: Do you still feel a sense of loss right now? More clearly seeing the reason for your presence here and why you are here. Then clearly understanding that others are in the same boat as you, coming here to grow. Because if they really are expressions of love, they wouldn't be here, right? So if they come here and interact with you, it means they need to learn and grow just like you do. Since both of you require learning and growth, you shouldn't feel... You shouldn't feel negative about his actions... It's normal for him to act this way, so why are you feeling a sense of loss? You must be feeling some sort of disappointment because you expected something different. Maybe you thought he should have done it this way, but he didn't. Or maybe the outside world should behave in a certain way, but doesn't. It's just that you're experiencing that sense of loss, but these are all normal feelings.

你要知道随着你⾃⼰的转变,你内在的转变,你外在投射的也会变.为什么呢?当你不需要这种冲突的课程的话,你就不需要投射出这些冲突,你投射出的就是合作,彼此⽀持,明⽩吗?

You need to understand that as you transform internally, your projections will also change. Why is this the case? You don't project conflict when you no longer need this course of discord; instead, you project cooperation and mutual support, do you see that?

问: 我觉得有些⼈很幸福,不管从家庭环境还是从.但是有些⼈就很痛苦.

Q: I feel some people are very happy, regardless of their family environment or otherwise. But others are in great pain.

JO: 这么说吧,你就好像说有的花盛开的那么鲜艳,那有的它才长了⼀个⼩叶⼦.有的花连花苞都没有,连叶⼦都没有.因为你们每⼀个⼈的⽣命状态是在不同时期的.那有的种⼦春天发芽,有的不发芽,明⽩吗? 你们每个⼈来到这⾥都会有⾃⼰的⼈⽣主题,我来到这⾥最主要体验的是什么? 那像那种你看上去特别幸福家庭,他们可能很多⽣⽣世世就是家⼈,他们就是爱的功课.他们来到这⾥就给你们世⼈展现什么是真正的爱? 什么是幸福? 给你们展现出来,那你看到的就是这些.他们来给你展现的.他们就好像是给你展现⼀个模板.他们的主题就是来这⾥展现爱的.那你看到的肯定就是爱啊.

JO: To put it this way, you're like comparing a flower that blossoms brightly to one that only has a small leaf. There are flowers that haven't even formed buds or leaves; because each of your life states is at different stages. Some seeds sprout in spring, while others don't. Do you understand? Each person who comes here will have their own life theme. The main experience I'm having here is this: for those seemingly extremely happy families, they might be family members across many lifetimes; it's about the lesson of love. They come here to show what true love and happiness are to all of humanity. What you see is these manifestations – that's what they're showing you. They present a template for you to follow. Their theme here is to demonstrate love, so naturally what you see is love.

但是⽆论怎样你们都是在⾛向那样的状态,都是在⾛向圆满和幸福和爱的⼀个状态.就是那个是你们的⼀个⽅向,明⽩吗?

But no matter what, you are heading towards that state, towards completeness and happiness and love - the state you are moving towards is clear to you, understand?

#### 2023/10/16 — ⼊定是什么、冥想时看到的画⾯、婚姻到底是什么What is Commitment, Images Seen During Meditation, and What is Marriage?

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我想问⼀下⼊定是个怎么样的状态?

Question: I want to ask about what it means to be in a state of meditation?

JO: 你⾸先要知道⼊定有⾮常多种⽅式和⽅法,它不⼀定是⼀定体现出同⼀个状态.因为每⼀个⼈都会有不同的… ⽐如说你看着⼀个⼈在跳舞,那那个可能就是他⼊定的⼀个状态.为什么呢? 因为它的头脑已经没有在控制这个⾁体,是那个能量在控制这个⾁体.

JO: First of all, you need to know that there are various ways and methods for entering into a state, and it doesn't necessarily manifest in the same way for everyone. As each person has their own unique... For example, watching someone dancing might be considered their state of being in this practice because their mind is no longer controlling their body; instead, it's the energy that's controlling their body.

问: 就是头脑没有控制,达到⼀种很舒服的状态?

Question: It's when one's mind loses control and reaches a very comfortable state?

JO: 你就好像你是不需要费⼒的.像你这个电风扇它插上电后不停的在那转转转的感觉.然后就⽐如说现在这个⼥孩⼦她通灵,你们可能觉得她在通灵.但是其实这也是⼀种⼊定.因为头脑⾥⾯的记忆、想法、看法,就是头脑⾥⾯物质的东西它不再参与.⽽是说这个能量,更⾼的能量它在流进来.

JO: You seem effortless. Like the electric fan spinning continuously when you plug it in. Similarly, now this girl is channeling spirits, which you might think she's doing. But actually, this is also a form of meditation. Because what used to be memories, thoughts, or perspectives in her mind are no longer part of the process; instead, higher energy flows into her.

问: 因为我看过秘密这本书.其中提到了静⼼的⽅法.为什么我照着做感觉变快了? 这会不会有什么不好的影响?

Question: Since I've read the book 'Secrets', which mentions methods for tranquility, why do I feel faster when I follow them? Could this have any negative effects?

JO: 感受到什么变快了?

JO: What has sped up?

问: ⼤脑反应的速度变快了.感觉更灵活了.

Question: The speed of brain response has increased. Feels more agile.

JO: 所以你觉得灵活是不好的吗?

So, do you think flexibility is bad?

问: 也没有,就是它会⽐会有什么不好的影响?

Question: Not really, it's just that there might be some negative impacts?

JO: 在你⼼⽬中什么是不好的影响呢? 因为这个是你来定义的呀.问: 就是它不可控.

JO: In your mind, what constitutes a bad influence? As this is something you define. Q: It's just that it's uncontrollable.

JO: 就算你暂时的失控⼀下... 这么说吧,现在这个⼥孩⼦在跟你通灵,她就没有可控.但是她的这种不可控不是在帮助你们每⼀个⼈吗? 那你们的巨星迈克尔杰克逊在舞台上跳舞的时候,他的⾝体也不可控啊,明⽩吗? 所以你会觉得这个好恐怖吗? 因为这需要你⾃⼰对你们的⼀种认识.因为你们会觉得需要⼤脑去控制所有的⼀切.你想象⼀下如果你每⾛⼀步路都需要你的⼤脑去控制它,你多累啊,明⽩吗? 你们还有其它的意识在运作,在运转.所以你唯⼀需要持有的⼀个信念就是说⼀切的起源它都是在正向的服务于我,我永远都是在安全的状态,我没有任何需要我去看护去守护或者是需要去⼩⼼翼翼的东西.

JO: Even if you momentarily lose control... let me put it this way, the girl communicating with you now is not under your control. But her uncontrollable aspect isn't harming everyone, right? When Michael Jackson dances on stage, his body isn't controllable either, do you understand? So would you find that terrifying? Because it requires self-awareness of yourselves. You feel like everything needs to be controlled by the brain. Imagine having to control every step with your brain; how exhausting that would be, right? There are other aspects of consciousness operating within you. Thus, the only belief you need to hold is that everything originates in a positive service for me, ensuring my perpetual safety, and that I have nothing to protect or safeguard with caution.

因为你想象⼀下你在梦⾥⾯你有什么好去保护的? 你睡觉之前你会说我要做梦了,我睡觉之前要系上安全带,穿上防弹⾐吗? 在梦⾥⾯被⼦弹打死怎么办? 明⽩吗? 所以说你不需要有这种,就是你有这种想法,它才是你真正需要去处理的.但是这⾥没有你需要去担⼼的.你记住担⼼是⼀种状态,就是你的⾝体进⼊了担⼼的那种模式.这么说吧,你的⾝体是⼀个机器⼈,它有好多模式,对吧? 我有⼀种happy,就是快乐的模式.我有⼀种⽆忧⽆虑的模式.我有⼀种担⼼的模式.担⼼的模式启动了,它就会变成好多事情都需要你担⼼.仅此⽽已.⽽不是说这些事情都是合理的.⽽是因为你开启了担⼼模式.不是因为这些事情是合理来给你担⼼的.因为你进⼊..

Because imagine what you would protect in your dreams? Would you say before going to sleep, "I'm dreaming now; I should buckle up and wear a bulletproof vest?" What happens if you get shot dead in your dream? Do you get it? So this is what truly needs addressing – that thought you have. But there's nothing to worry about here. Worrying is a state, one where your body enters into the worrying mode. Let me put it like this: Your body is a robot with many modes – happiness, carefree, and so on. I've got a happy mode. I've got an anxiety-free mode. And then there's the worrying mode, which triggers that everything needs to be worried about. That's all. It's not because these things are reasonable; it's simply that you have activated the worrying mode, not because of anything being reasonable to worry about. You just have.

. 你的⾝体有很多模式,就像个机器⼈⼀样.我有⼀个⽆忧⽆虑的模式、我有⼀个快乐的模式、我有⼀个担⼼的模式.我是开启了⼀个担⼼的模式,所以每⼀件事情我都担⼼.我担

Your body has many modes, like a robot. I have an anxiety-free mode, I have a happy mode, and I have a worrying mode. I've turned on the worrying mode, so I worry about everything. I just worry.

⼼我今天出门是坐车还是⾛路好呢? 我昨天看到有⼀个⼈坐车出车祸.我看到有⼀个⼈⾛路掉到了⽔坑⾥⾯.因为你的头脑它不断地不断地在搜索这些.因为它会把外界的信息显化成⼀个你理所当然你会去担⼼的.⽽不是说那个事件是真实的,你必须要担⼼.那你说你们世界上如果每⼀个⼈的担⼼都不⼀样,那有些⼈去跳伞呢? 那如果他们也进⼊这种模式,他们是不是就不能尝试任何了? 如果每个⼈他都有同样的东西担⼼的话,那你们这个世界运作不了的.有的⼈他就害怕做飞机,那飞⾏员怎么办? 那如果坐飞机是⼀个让⼈担⼼的事情,那是不是全世界都不要坐飞机了? 明⽩吗? 所以它没有任何⼀个客观的事实,就是这件事情是需要担⼼的.

My mind is continuously searching for what's better today, taking the bus or walking? Yesterday, I saw a person suffer from an accident due to being hit by a vehicle. Another person fell into a puddle while walking. Your mind keeps recalling these images and making you worry about them, not because they're actual events that need concern you, but because your mind perceives them as such. It's not that the event is inherently dangerous; it's just how your mind processes information. Now, if every person on earth had different concerns, what happens when someone decides to skydive? If they also fall into this pattern of worry, can't they still try things like skydiving? Would a world where everyone has the same fears function at all? What about pilots who are afraid of flying? If flying is considered a risky activity, should we abolish air travel worldwide because of these fears? Understand that there's no objective truth in worrying over something; it's simply how you perceive information.

⽽只是因为你进⼊了那个频率,所有的事情都会变成让你可担⼼的.

And it's just because you're in that frequency where everything becomes something to worry about.

问: 我之前做静⼼的时候,右眼⽪跳了⼀下.我是⽐较相信左眼⽪跳好,右眼⽪跳不好.那是不是说明这件事我做错了?

Question: When I was meditating before, my right eye twitched. I generally believe that a twitching left eye is good and a twitching right eye means something went wrong. Does this mean I did something wrong in this situation?

JO: 那你下次把它变成左眼跳是有⼀个惊喜,右眼跳是有两个惊喜.⽆论怎样你都是收获惊喜.

JO: Then next time when you have a flutter in your left eye, it's one surprise; if it's in the right eye, it's two surprises. No matter what, you will get surprises.

问: 之前我静⼼的时候看到⼀些画⾯.我想问⼀下为什么我会看到这些画⾯? JO: 看到什么画⾯?

Question: Before, when I was in a calm state, I saw some scenes. I want to ask why I would see these scenes?

JO: What scenes did you see?

问: 就是看到⼀个漆⿊的空间⾥⾯不知道什么地⽅透出来的光.有⼀个⼩和尚背对着我.我向他靠近的时候,他突然给我做了⼀个⿁脸.我想问⼀下为什么我会看到这个画⾯?

Q: I saw a light coming from an unknown place in a pitch-black space. There was a young monk facing away from me. When I approached him, he suddenly gave me an evil look. I want to know why I saw this scene.

JO: 这么说吧,你连接的就好像是你⾃⼰.你连接的好像是另外⼀个你⼀样.你看你现在为什么各种⼊定,各种静⼼,各种就是这种.因为这个本来就是你⾃⼰喜欢的和想要去体验的和想要去选择的,明⽩吗?

JO: In other words, you're connecting to something that's like yourself. You're connecting as if it were another you. Understand why you're now into various forms of meditation, peacefulness, and this whole thing? Because this is exactly what you're naturally inclined towards and want to experience and choose, right?

问: 那这些画⾯是不是说明了我的⼼性就是这个样⼦?

Q: Then do these scenes mean that my nature is like this?

JO: 你只是连接到另外⼀个你,明⽩吗? 就好像你有很多⽣世,然后他们其实都是在体验状态.然后当你把你⾃⼰从这⼀个抽离出来,有时候你就可以看到⼀点,明⽩吗? 所以你就是把⾃⼰抽离的状态,所以你就能连接到⼀点.但是那是你的⼀部分,那个是更⼤的⼀个你.但是他修⾏去打坐,他其实也会… 就是他修炼会帮助你,你修炼会帮助他.就是彼此都会强化彼此,就⽐如说你现在这边的感悟或者是领悟或者是体验或者是修⾏,也会让他有所收获有所影响.那你也可以体验到他的.有时候你会觉得我们的信息可能⼀点就通.它不需要很多遍或者是反复解释你才能理解.好像我明⽩这个道理,明⽩吗?

JO: You're just connecting to another you, understand? It's like you have many lifetimes, and they are all in a state of experience. Then when you detach yourself from this one, sometimes you can see something, understand? So you detach your state, so you can connect to that point. But that is part of you, the bigger 'you'. He practices meditation, he actually also... His practice would help you, and yours would help him. They strengthen each other. Like what you're experiencing or understanding or experiencing or practicing here could influence him, and vice versa. Sometimes you feel like our information clicks immediately. It doesn't need many repetitions or explanations for you to understand. As if I understood this principle, understand?

问: 我现在感觉到我⾝上有枷锁,但是我暂时还释怀不了….

Q: I now feel like there are chains on me, but I can't let go of it for the moment...

JO: 你稍等.你只需要去明⽩你来到这个物质世界,你⾸先就是要体验这个物质世界带来的那种沉重感和限制.就是它是你体验的⼀部分.这么说吧,就好像这是⼀个污泥、泥潭. OK,我要进⼊这个泥潭,感受到这种⼨步难⾏.因为我要到它⾥⾯去练武功,对吧? 这是你选择的⼀个场所.那这个本⾝就是泥潭,它本⾝就是来让你觉得⼨步难⾏的呀,明⽩吗?所以说你感受到这个枷锁,它也是你来到这个物质世界体验的⼀部分.你要体验不到这个的话,你就不能创造⼀个你在这⾥的感受.但是呢,它是来… 就⽐如说你选择这个阻⼒,它是来帮助你增强你的⼒⽓的.不是把你困在这⾥.因为你们会觉得你们好像是被捆住⼀样.

JO: Wait a moment. You need to understand that when you come into this physical world, the first thing you experience is its weight and limitations. It's part of your experience here. Imagine it like being in a muddy swamp. Okay, I'm entering this swamp to feel how difficult it is to move around. Because I want to practice martial arts within it, right? This is the place you chose. So, this very swamp itself is what makes you feel stuck. Can you see that? Therefore, feeling this restraint is also part of your experience in this physical world. If you can't feel this, you cannot create a sense here. But it's designed to... for example, when you choose resistance, it helps to strengthen your strength, not to trap you like being tied up.

你被捆住是来⾃于你⾃⼰还把你认同于你这个⾁体.就是你觉得我是这个⾁体,我被捆住了,怎么办?那通过你不断地不断地对你⾃⼰的⼀个认知,你最后知道你不是⼀个⾁体的时候.你就⼀下⼦觉得不是被捆住的了.所以这需要是你的⼀个过程.那也是你⾃⼰需要的这⼀层体验.因为这个体验对你是有益的,是你想要去体验的.也就是说你可以去觉察到有这个,但是这个并不是置你于死地的.它可以去增强你对⾃我,对这个物质世界的⼀个认知和体验.

You are bound by yourself or you identify with your physical body. You wonder how to deal with it when you believe that I am this body and I am bound. Through continuously recognizing yourself over time, you eventually realize that you are not a body at all. This realization immediately relieves the feeling of being bound. Thus, this is a process for you, an experience you need for self-growth because it benefits you and aligns with your desires to experience such sensations. You can perceive these aspects, but they do not define or end your existence. They enhance your understanding and experience of yourself and the material world.

问: 我原来可以静⼼很长时间的,⼤概⼗分钟到半个⼩时.但是现在静不下来了.怎么样可以回到最初的那个状态?

Question: I used to be able to focus for a long time, probably about ten minutes to half an hour. But now I can't calm down anymore. How can I get back to that initial state?

JO: 就是你不去定义我静⼼要多长时间,我也不去定义我静⼼必须要是这个⽅式.明⽩吗? 这么说吧,你现在在通过和我们交流⼀个⼩时,那你就静⼼了⼀个⼩时.那你能把这个当成不是静⼼吗,明⽩吗? 所以它也是你静⼼的⼀种⽅式.那你看你静⼼了⼀个⼩时,以前只能⼗分钟.所以说你经历的⼀切都不要去定义任何.为什么呢? 因为每⼀个⽚刻你都是⼀个新的你.每⼀个⽚刻你都是⼀个新的你.你只需要记住这⼀句话.

JO: So, you don't define how long my meditation should be, nor do I define that it must be this way. Understand? Let me put it this way: if right now you are communicating with us for an hour, then you have meditated for an hour. Could you consider this not as meditation, understand? Therefore, it is also a way of meditation for you. When you see that you've meditated for an hour, previously only ten minutes. So everything you experience, don't define anything. Why? Because every moment, you are a new you. Every moment, you are a new you. All you need to remember is this one sentence.

问: 我静⼼的时候是这样的,就是我可以让我的思想到达我所去过的⼀个地⽅,甚⾄让空间改成我去过的任何场景.能问⼀下吗?

Question: When I am calm, I can reach a place I've visited and even change the space to any scene I've been to. Could you ask something about this?

JO: 能问⼀下什么呢?

JO: Can I ask something?

问: 能问⼀下这有什么⽤?

Question: Can you tell me what this is used for?

JO: 你们物质世界,你来到这⾥,你们最重要的是什么? 是产⽣体验,对不对? 那你刚才那个是什么? 是体验.那别⼈需要去move,去动他的⾁⾝⾁体才能去体验到其它的空间.我需要去北京天安门,才能体验到北京天安门.你坐在家⾥⾯,你就可以体验北京天安门.你说有什么⽤,明⽩吗? 因为你们唯⼀到这个物质世界上来做的事情就是体验.通过体验去感知你⾃⼰的存在.因为如果没有体验你怎么感受你⾃⼰的存在?所以不管你们想赚再多的钱也好,那也是为了体验啊.我想去哪⾥旅游,想去哪⾥留学,想要哪⾥⼲什么都可以,对吧?我选择五星级、七星级的酒店是为了什么?就是为了体验.我现在漂亮的⼥孩⼦是为了什么? 也是为了体验,对吧?

JO: Your physical world, why did you come here? The most important thing is experiencing, right? Then what was that just now? It's an experience. Others need to physically move and use their bodies to experience other spaces. I have to go to Tiananmen Square in Beijing to experience it. But you can sit at home and experience Tiananmen Square. What's the point of this, do you understand? Because your only purpose for being here in this physical world is experiencing. Through experiences, you perceive your own existence. How else would you feel your own presence without experiencing anything? So whether you want to earn more money or whatever, that's also about experiencing. I want to travel somewhere, study abroad, do things wherever I like, right? I choose a five-star hotel or even a seven-star one for what reason? It's all about experiencing. The pretty girls I go after are also for experiencing, aren't they?

美丽的风景也是体验,美丽的花是体验.美丽的⾐服… 明⽩吗? 所以你可以⽤你⾃⼰给你⾃⼰创造的体验去丰富你⾃⼰的体验.⼈家⼀⽣可能只去了⼀个地⽅旅游,你去了⽆数个.

Beautiful scenery is an experience, beautiful flowers are an experience. Beautiful clothes... Do you understand? So you can enrich your experiences with the ones you create for yourself. Someone might have only traveled to one place in their life, but you've been to countless others.

问: 我想问⼀下我的婚姻是怎么样的?

Question: I want to know what my marriage is like?

JO: 你们物质世界的婚姻还会就是说我要找个⼈登记,两个⼈住在⼀起,就是所谓的婚姻.但是呢,你可以不去⽤这种⽅式去定义⼀个婚姻,明⽩吗? 就是你放下这个定义,明⽩吗?然后如果你是说你想要有另外⼀半进⼊到你的⽣命当中来.然后就是她是随着你⾃⼰,就好像你的⼀个能量变化.当你的能量变化,就是好像有⼀个同频相吸.⽐如这么说吧,你就特别喜欢这些静⼼、打坐、灵性的这些信息.然后你也经常在这⽅⾯去修炼.然后有⼀个⼈她正好也喜欢这些⽅⾯,她就可能被你吸引到你的⽣命当中来.你们有更多的交流.那你们在⼀起过后,实际上就是你所谓的那种婚姻啊.因为你们本来是两个不同的球体,对吧? 她在她的球⾥⾯,你在你的球⾥⾯.

JO: Your worldly marriage is just that I find a person to register and live together as so-called marriage. But you don't have to define a marriage using this way, understand? You let go of this definition, understand? And if you want someone else to enter your life, then she becomes part of you like an energy shift. When your energy shifts, it's like like-minded people attract each other. For instance, if you particularly enjoy meditative and spiritual information, and you often practice these things, there might be someone who also enjoys this type of content drawn to your life. You have more interactions with them. After spending time together, what you call marriage actually happens because you were two different entities initially, right? She was in her sphere, you were in yours.

然后你们在⼀起了.那其实就是进⼊婚姻了.这个是不是和你们传统的婚姻不⼀样? 你们有的结了婚,可能住在⼀起.但是还是你在你的球⾥⾯,她在她的球⾥⾯,明⽩吗? 那你就必须是从两个球到⼀个球⾥⾯,你们才是所谓的婚姻.那这⾥

Then you're together. That's essentially marriage. Does this differ from your traditional concept of marriage? You might have married but still live separately, each in your own sphere, understand? For that reason, you must merge into a single sphere for what is considered marriage. Here's

⾯是不是也没有性别之分了?

Does facial expression have no gender either?

问: 就是说她有她的空间,我有我的空间.但是我们之间有交集?

Q: That means she has her own space, and I have my own space. But there's an overlap between us?

JO: 就是每⼀个⼈其实都是在⾃⼰的球⾥⾯.那你们俩因为同频嘛,进⼊到⼀个球⾥⾯.同频.然后那个就是婚姻.那你们物质世界所谓的婚姻,有可能是住在⼀起或者是登记结婚.但是并不代表你们就在同⼀个球⾥⾯.因为你们的频率不⼀样的.就是他们双⽅是排斥的.所以为什么有些⼈觉得在婚姻⾥⾯他感受到⼀种孤独,就是感受不到爱? 明⽩吗? 他觉得婚姻很痛苦.因为他们并没有在⼀起,并没有在⼀个球⾥⾯.真正的婚姻就是你们同频共枕,你们在⼀个球体⾥⾯.那你们在同⼀个球⾥⾯的话,你们的能量是不是就很强⼤了? 那你们的能量很强⼤,那你想你们这个地球的⼈如果都在同⼀个球⾥⾯.这个得多强⼤,明⽩吗?

JO: Everyone is actually in their own ball. The two of you are inside a ball because you're on the same frequency, entering into one ball together. Being on the same frequency leads to marriage. Your perceived marriage in this material world could be living together or registering as married, but it doesn't mean that you're actually in the same ball. Because your frequencies are different; they repel each other. That's why some people feel loneliness within a marriage and don't experience love. Do you understand? They find marriage painful because they aren't together, not being inside the same ball. True marriage involves lying next to someone on the same frequency in the same ball. If you're in the same ball, wouldn't your energy be powerful? Wouldn't that power amplify if everyone on Earth were in the same ball? That would be incredibly powerful, right?

问: 我和我姑姑的灵魂层⾯是什么关系?

Question: What is the spiritual relationship between me and my aunt?

JO:我们感受到你对她会有很多,就好像你也会成为她的⼀个引导者.因为你⾝上的能量实际上是很平和,就好像是⼀个像光⼀样的存在,就是很稳.然后她会经常波动.所以你的存在可以给她提供⼀个,就是好像可以让她冷静下来,进⼊到⼀个稳定的状态.明⽩吗?因为你接下来会感受到你越来越稳,越来越稳.因为你⽬前就好像还没有发芽⼀样,还没有进⼊到那个稳的状态.但是你会进⼊到那个稳的状态.就好像是⼀个定海神针⼀样,可以定住吧.

JO: We sense that you will have a lot of her, as if you will become a guide for her too. This is because the energy around you is actually quite calm, like an entity of light, very stable. She tends to be unstable often. Therefore, your presence can provide her with a calming effect, allowing her to enter a stable state. Do you understand? You'll feel that you're becoming increasingly steady, more and more so. Currently, you're akin to having yet to sprout or not having entered the stable state yet. But you will. It's like a steadfast anchor; it can stabilize things.

问: 我和这个通灵的⼥孩⼦的灵魂层⾯是什么关系?

Question: What is the soul-level relationship between me and this medium girl?

JO: 这个通灵的⼥孩⼦就好像是你的⼀个引领者.这么说吧,我们刚刚说有的⼟壤有种⼦,但是它没有⽔,它不会发芽不会开花不会结果,对吧? 因为因缘因缘,它有因,但可能没缘.那她就好像是⽔⼀样,让你这颗种⼦可以在⽔⾥去绽放.所以是这样⼦的⼀个关系,就是引领你,然后放你绽放.那这也是我们现在在做的.就好像是在不断地不断地来让你记起来你⾃⼰的⾝份.因为为什么呢? 因为你会把那个物质当成是你,就是物质世界你这个⾝份,你出⾝的这个家庭,你的名字,你会把这个当成是你.但是那个并不是,明⽩吗? 那个只是你的⼀个,像⼯具⼀样.这么说吧,有⼀句话叫你给我⼀个定点,我就能撬动地球,对吧? 那只是⼀个定点⽽已,明⽩吗?

JO: This spirit medium is like a guide for you. Let me put it this way: we were just talking about soil with seeds, but there's no water; the seed doesn't sprout or flower or bear fruit because of lack of conditions. That's similar to her being the water that allows your seed to bloom in the water. So this is their relationship: guiding you and allowing you to flourish. This is what we're doing now too - like constantly reminding you of your own identity. Why? Because you tend to identify with matter, seeing yourself as part of the physical world, your family of origin, your name, etc. But that's not it; understand? It's just one tool for you. To illustrate: someone says 'give me a fulcrum and I can move the Earth', which is true but only about having a point. You see?

然后你不需要去⽤头脑去想⽐如说这种关系如何展开? 因为所有的⼀切就好像所谓的命运之轮.命运之轮它在转动的时候,所有的⼀切都会归位,明⽩吗? 就好像这个轮⼦它在转动,那所有的⼀切都会各就各位.所以这不是你头脑它能去...因为你的头脑它只能从你的经历、你的记忆或者是你收集到的⼀些信息当中去找.但是这些东西都不在⾥⾯,所以你头脑是找不到的.你只需要去放⼿,不断地去接受⽣命的惊喜.然后你也知道没有任何⼈能够操控和影响你的⼈⽣,你需要记住这⼀点.就连你⾃⼰的⾁体它都没办法,明⽩吗? 然后唯⼀可以让你在这个过程当中好过⼀点,不⾄于难过,那就是说安

Then you don't have to use your mind to think about how such relationships unfold? Because everything is like a wheel of fate. When the wheel of fate转动s, everything gets back in place, right? It's like the wheel spinning and everything just falls into its rightful spot. So this isn't something that your mind can do because your mind can only look at your experiences, memories, or information you've collected. But those things aren't inside it; therefore, your mind cannot find them. You simply need to let go and keep receiving life's surprises. And you also know that no one can control or influence your life; you have to remember this point. Even your own body doesn't manage it either, right? And the only thing that can make the process easier for you, not to feel bad about it, is to be at peace

⼼的去,就好像是静待花开的状态.就安⼼的去信任和允许这个命运之轮把你带到那个位置上.不去抗拒,也不去挣扎,也不去恐惧.你就会知道⽣命展开的⽅式就是你⾃⼰最想要的.

The journey of the heart is akin to the state of patiently waiting for flowers to bloom. Just trust and allow this wheel of fate to bring you to that position with peace of mind. Without resistance, struggle, or fear, you will realize that the way life unfolds is exactly what you desire most.

#### 2023/10/17 — 如何在婚姻中坚定地做⾃⼰、如何清理不能忍受的经历 How to Stay True to Yourself in Marriage and How to Process Unbearable Experiences

JO: 你说什么问题?

JO: What question did you say?

问: 我想问我的能量,因为有时候忽⾼忽低不稳定.为什么会出现这样的状况?

Q: I want to ask about my energy levels because they are sometimes fluctuating and unstable. Why is this happening?

JO: 你现在才多⼤? 也就是从你的物理年龄来说? 从灵魂⾓度来说,就是从各个⾓度来说,你能去要求⼀个⼩孩⼦让他: 你要⼀直给我保持这种情绪,然后不能哭,不能怎样怎样.然后你也不需要去抵触这种感觉.为什么呢? 因为它只是像镜⼦⼀样来帮你反射出你内在的状态,明⽩吗? 因为你这个⾁体的情绪必须,就是你会接收信息,你会对那些信息做出反应才会让它波动.如果没反应呢? 如果你知道外在所有的⼀切就像云⼀样都在不断地变化? 然后通过这些情绪也会帮助你看清楚,就像⼀个⼩朋友他是这么认为⼀件事情… 这么说吧,⼩时候你听到妈妈说妈妈要⾛了,你就哭了.因为你还是个⼏岁的⼩朋友,你觉得妈妈要⾛了,你就见不到妈妈了.

JO: How old are you now? Just in terms of your physical age? From the perspective of your soul, or from various perspectives, you can ask a child to maintain this emotion without crying or anything else. You don't need to resist such feelings either. Why is that? Because it's just like a mirror reflecting your inner state for you. Do you understand? Your physical emotions must react by receiving information and responding to those messages for them to fluctuate. If there is no reaction? If you know that everything external constantly changes, like clouds? And these emotions also help you see clearly, like when a child thinks about something… Imagine this: When you were young and heard your mother say she was going away, you cried because you were just a few years old and you thought you would never see your mother again.

那等你⼏⼗岁过后妈妈跟你说妈妈要⾛了,你不可能像个⼩朋友⼀样坐在地上哭吧? 它只是说在你那个阶段,然后你是这么去看待事情的.

That when your mother tells you she's leaving after you're in your forties, you wouldn't sit on the ground and cry like a child? It just means that at that point in time, that's how you perceive things.

问: 那也就是说我现在⽬前的状态还是⼀个⾮常幼⼩的?

Question: That means my current state is still very juvenile?

JO: 不是去分这些,最重要的是你要知道所有的⼀切它其实是你需要这个反应.那如果我们把你脑部的⼀个东西给你割掉,你是不是就没反应也没情绪了? 你总是⼀个样⼦.那你就没有⼀个健全的⾝体了.⾸先你有⼀个健全的⾝体,还有就是说你⾃⼰会有对外在接受信息的⼀些看法.但是正是这些让你不断地从这个过程当中知道,就是⼀边你在体验它,另外⼀边你也清晰的看着这些其实都是体验.它都是来帮你... 这么说吧,尝遍⼈⽣百态,是吧? 那你来到这个世界上你啥都没尝过,你会懂得这个地球的⼈什么? 你知道⽣活是什么? 明⽩吗? 但是这些都是你⽬前这个阶段,就好像你⽬前还是⼩朋友,在我的认知⾥就好像妈妈⾛了后我就再也见不到了.

JO: It's not about dividing them; the most important thing is that you need to know what it all boils down to - that it actually requires your response. Now, if we were to remove something from your brain, would you still have no reaction or emotions? Would you just be one person always? You wouldn't have a healthy body anymore. Firstly, you need to have a healthy body, and you also need to have your own perspective on accepting information externally. However, it's these things that allow you to continuously learn throughout this process - experiencing things while simultaneously being aware of them as experiences meant to assist you... in other words, tasting life's full spectrum, right? If you hadn't experienced anything when you came into this world, how would you understand the people on Earth? Would you know what life is about? Understand? But these are aspects that pertain to your current stage; it's as if you're still a child in my understanding, akin to when I thought that once Mom left, I wouldn't see her again.

但是逐渐逐渐地你会发现随着你年龄的增长,你的认知也会不断地变化,对吧? 那你便不会因为妈妈说⼀句我要⾛了,你就狂哭.所以允许这个过程.你不可能⼀夜之间,就是你现在三岁,你不可能⼀夜之间就像三⼗岁的⼈⼀样妈妈⾛了不哭,明⽩吗? 它不是你们需要去那个get ready的.

But gradually, you will find that as you grow older, your cognition changes constantly, right? So you won't cry uncontrollably when mom says she's leaving. Allow this process; it's unrealistic to expect you to instantly behave like an adult who doesn't cry when mom leaves just because you're three years old now. You don't need to be 'get ready' for these situations.

问: 就是想要这个能量更加的稳定就是要不断地从幻像中看到真相?

Question: It's about wanting this energy to be more stable, which means constantly perceiving reality through illusions?

JO: 这么说吧,你这⼀辈⼦不是来追求你能量稳定的.那能量稳定就是频率稳定,就好像你是⼀棵苹果树.因为⽣命本⾝它就是不断不断地开花结果,对吧? 但是你并不是说我长⼤就是为了结苹果,我什么都不那个什么.因为⽣命本⾝就是⼀个这样⼦的过程,不是说我来了就是为了做这个.但是你结果是因为你绽放,它是附加,明⽩吗? 但是你们可能会排斥⼀些失控,就是⽐如说情绪失控啊或者是情绪低落啊.就是把⾃⼰⼀定要开开⼼⼼或者是⼀个状态.不是的.是因为⼈家境界到了那⾥,他们⾃然⽽然就是那样的状态,明⽩吗? 所以说如果你还没有成为三⼗岁的⼈,那么你不可能逼着你⾃⼰⼀夜之间就成为?

JO: So let me put it this way, you're not in this lifetime to pursue energy stability. That is frequency stability, like being a tree of apples. Since life itself is continuously flowering and fruiting, right? But you're not saying that I grow up just to bear apples; there's nothing else to do. Because life itself is such a process, it's not that I came for this purpose. But you bear fruit because you bloom; it's an addition, understand? However, you might reject some form of loss of control, such as emotional outbursts or depression. It's not about forcing yourself to be happy all the time or in a certain state. No. Because when someone reaches that level, they naturally are in that state. So if you haven't become thirty yet, it's unlikely you could force yourself to instantly become that.

那你到三⼗岁还有⼆⼗⼏年,你这⼆⼗⼏年你就不活了? 你们来到这个世界上你们最主要的过程就是可以去体验每⼀个变化,每⼀个细节,⽽不是奔着那个结果.那你们奔向结果,那你们的结果就是死呀.那⽣下来所有的⼈都马上去死掉,那就是结果最好的吗? 活个⼀百岁和活个五岁,你会想要选哪个? 那你肯定是想你的⽣命是饱满的,⽽不是说你看⼈家五岁死了,你看,⼈家⼀下就奔向结果了.

If you have about twenty years until you turn thirty, are you going to live for those next twenty years? When you come into this world, your main process should be to experience every change and detail, not just chase the outcome. If you run after that outcome, then that outcome is death. Would it be better if everyone was born and immediately died right away? You would surely want a life that is full, rather than watching someone die at five years old and thinking they've already reached their destination.

问: 我还有⼀个问题就是在婚姻中我如何坚定的做我⾃⼰呢?

Q: I have another question about how to stay true to myself in a marriage?

JO: ⾸先你做你⾃⼰,你⾸先要知道你是谁.如果你在拉扯,你还不知道,你⼀会⼉这样⼀会⼉那样.那你可能还不知道到底哪个是你.因为如果你知道哪个是你的话,你没有办法不成为那样的状态.就这么说吧,如果你知道你真实的⾝份是⼀个王⼦,就算你去跟⼀个流浪汉⼦⼀起.你会忘记你是王⼦吗? 你只有还不知道⾃⼰到底是王⼦还是乞丐的时候,你才会不知道哪个是你.因为为什么? 因为你知道你⾃⼰是王⼦,你从⼩在皇室的家庭长⼤.你⾃⼰散发的那个⽓场它就掩盖不了.

JO: First be yourself; you need to know who you are. If you're pulling in different directions, you don't know it yet; sometimes one way and then another. Then you might not know which is the real you because if you did know, you wouldn't have a choice but to be like that. Let me explain: even if you think you are a prince when among commoners, will you forget your princely identity? You'll only be confused about who you truly are until you figure out whether you're a prince or a beggar. This confusion arises because you know you're born into royalty, so the air of nobility that emanates from you can't possibly hide itself.

问: 那也就是说当对⽅的⼀些⾏为打扰到我的时候,我就会很愤怒.那如何让我⾃⼰重拾和平?

Question: That means when some actions of the other party disturb me, I become very angry. How can I regain peace for myself?

JO: ⾸先你们要知道你们呆的这个地⽅就是能量互相影响的.就这么说吧,就好像你呆的这个房间就好像是猪圈⼀样,你没有办法不受猪圈⾥的屎影响,明⽩吗? 所以说你说你在这个茅房⾥⾯,那些猪不断不断的拉屎.你没有办法不受它的这些影响.因为你还有⼀个物质⾁体它不断地在搜索信息,它不断地在看到在闻到,它不断地在捕捉信息.所以你就会受到你现在在的这个位置的影响.但是我们的信息来告诉你的就是 you are here for a reason,就是你来到这⾥是有原因的.你不是就直接被仍在那⾥.就是你现在突然醒过来,你发现你在超市⾥⾯,你不知所措.然后我们告诉你,你来到超市是来买东西的.

JO: First of all, you need to understand that the place you're at is where energy influences each other. In short, it's like this room being a pigsty; there's no way you can avoid being influenced by the smell of poop in the pigsty. So if you say that you're in the toilet and the pigs keep pooping everywhere, you just can't escape its influence because your physical body is constantly seeking information through sight, sound, and smell. You'll consequently be affected by where you are. But our message to you is that 'you are here for a reason', meaning there's a purpose for being in this place and not simply dumped there. If you suddenly wake up and find yourself at the supermarket, feeling confused, we tell you that your visit to the supermarket is to buy things.

这些东西是来帮助你去建造你的皇宫的,明⽩吗? 它是为了你去做某些事情.这样你就不会⼀脸茫然,不知所措,不知道为什么⾃⼰会在这⾥.如果你能明⽩你来到这个市场⾥⾯是需要买⼀些建材,它可以去装修我的房⼦.我的房⼦是什么样⼦.那你知道取建材的时间只是今天这⼀天的时间.那明天我就可以开始装修我的房⼦,那后天我就可以住上漂亮的房⼦. 明⽩吗? 所以它不就是你⽣命中的其中⼀天⽽已.所以如果你知道你是去建材市场买东西,那你还会因为看到建材市场⾥乱七⼋糟⽽哭吗? 然后完全不去买东西? 你忘记了你家⾥有房⼦在装修? 我的意思就是说你们在这⾥都是你们,就好像是你们成为 ‘你’ 的⼀个台阶⼀个步骤⽽已.

These items are here to assist you in building your palace, understand? They're for you to do something. So you won't be bewildered and lost, wondering why you are here. If you can comprehend that coming into this market means buying materials for construction, which will be used to renovate my house, it's only today you need to get those materials. Tomorrow, I can start renovating my house, and the next day, I'll have a beautiful house to live in. Understand? So it's just one day out of your life. Therefore, if you know that you're at the建材 market for purchasing items, would you still cry over seeing a chaotic建材 market and refuse to buy anything, completely forgetting that your house is being renovated? Essentially, what I'm saying here is that each of you is taking this step towards becoming 'you', as one part of the journey.

它并不是说… 为什么有些⼈很难从这种当中出来?是因为他会觉得好像⽣命,就是好像他这个哭是⼀个永远的状态.就是他没有出路.但是不是的.你们在那⾥是为了出来的,那⾥不是终点.所以你们的能量状态,你们在那⾥⽐如说产⽣⼀些痛苦的情绪,它也只是当下的⼀个能量.就好像我们⼀直说不管那个能量多么强⼤,不管那个狂风暴⾬多么猛烈,它都会过去的.然后你说你听到雷声,听到狂风暴⾬你就在那吓的要死或者在那骂骂咧咧.就算这样狂风暴⾬也会过去的.那你不骂,安安静静的坐在那,狂风暴⾬也会过去的.⼀个是消耗你,⼀个是不消耗你,明⽩吗? 那你觉得因为你骂了⼏句,狂风暴⾬就马上⾛了?

It's not that they find it hard to escape from this because they feel like their cries are a permanent state - as if they have no way out. But that is not the case. You're there precisely to escape; that isn't your destination. So your energy states, such as experiencing pain or suffering, are merely energies in the moment. Just as we've always said, no matter how powerful the energy, no matter how intense the storm, it will eventually pass. When you hear thunder or a raging storm and get frightened or start yelling, even then, the storm will still pass. If you simply sit quietly without cursing, the storm will also pass. One consumes you, while the other does not; do you understand? You don't think that cursing just a few times causes the storm to immediately vanish, right?

所以⽆论它那股能量是多么强⼤或者是多么恶劣,多么猛烈.⽆论那⼀坨屎有多臭,它都会变得让你慢慢慢慢闻不到了.这是必然的⼀个结果.所以有时候我们只需要抱着美好的信念,然后等到⾬过天晴.然后你也要知道你们在这个物质世界,你的⾝份并不是你.它只是其中⼀个来体验的.它攻击的只是那个⾝份⽽已.你只有把你⾃⼰认同于这个⾝份,那个⾝份是你的⼀切,是你的全部,你才需要去捍卫它.否则你没有任何东西是需要你去捍卫的,明⽩吗?因为就算你们这⼀⽣,你说你们历史上多少⼈物就算他活了⼀百岁.是不是在你们看来也只是⼀瞬间? 哪怕战争再激烈,是不是? 再恐惧再惨烈,这个能量它都会过去的.你们中国和⽇本的战争? 希特勒?

So no matter how powerful or terrible, or violent its energy is, no matter how stinky that pile of poop gets, it eventually becomes so overpowering that you can barely smell it anymore. This is an inevitable outcome. So sometimes all we need to do is hold onto our beautiful faith and wait for the storm to pass. You must also know that in this material world, your identity is not you; it's just one of many experiences through which you're able to explore life. The attack is directed solely at that identity, not against you as an individual. You only need to defend that identity when you identify with it completely, assuming that the entire self is defined by that identity, making it integral to your existence. Otherwise, there's nothing worth defending because even in your lifetime and within historical contexts, figures who might have lived for a hundred years would appear like mere seconds from an external perspective. No matter how intense or horrifying the conflicts may seem, this energy will eventually pass. Could it be referring to the Chinese-Japanese conflict under Hitler?

⼆战⼀战,对吧? 所以你也知道它只是你体验的⼀部分,但是这⼀部分你永远都可以转化它.⾄少它可以让你认清楚,⾄少可以让你看到.

Second world war and first world war, right? So you also know that it's just a part of your experience, but this part you can always transform. At least it can make you aware, at least it can let you see.

问: ⽬前我还没有认识到我⾃⼰是谁.

Question: Currently, I haven't realized who I am myself.

JO: 外在的⼀切它都是... 这么说吧,你在⽤你的⾆头品尝,你会很清楚的知道我喜欢辣的还是喜欢甜的? 喜欢哪⼀个⼜味? 喜欢哪⼀个菜,明⽩吗? 所以说在你的⽣活中,你也会很明显的就知道到底什么是你⾃⼰真正的频率.然后到底什么是让你开⼼快乐,就是激情的事情?到底什么是你想去的⽅向?⽽不是说你不想去,你抵触的、反抗的.不需要去花时间关注在那⽅⾯.那是对⽅的能量投射的⼀个恐惧或者是⼀个果.你不需要去加⼊,不需要去卷进去,明⽩吗?⽐如说他们⾃⼰投射出来他们⾃⼰内在的⼀个恐惧、抓狂.你可以去选择,就好像他们在演⼀场戏.你可以去选择,当你有觉知的时候啊.你可以选择就是去加⼊,和你演对⼿戏.

JO: Everything external... Let me put it this way, you're using your tongue to taste; you'll clearly know whether I prefer spicy or sweet, which flavor appeals to me? So in your life, you will also be able to clearly discern what is truly my frequency. And what brings me joy and excitement—that passionate pursuit? What direction do I want to go? Not that I don't want it or resist it; there's no need to spend time focusing on that. That's the projection of their energy—a fear or a consequence. You don't have to participate, you don't need to be part of it; understand?

For instance, they project their own inner fears and madness. You can choose, as if they're performing a play. You can choose, when you're aware—choose to join in, acting against them.

那我也可以去朝着我想要的⽅向.就⽐如说我喜欢听JOJO⽼师带出来的信息,那我可以选择去做这件事情.因为你们的时间,那你说你只能做这个就不能做那个,对不对?那你现在选择听JOJO⽼师带出来的信息,那你是不是就不需要去吵架了,对不对?那你这⼀个⼩时是不是就⽤来去做了你⾃⼰想要做的事情,⽽不是被动的加⼊什么?那你想那你每⼀个⼩时都是这么选择的呢?那我每⼀个⼩时我都选择我不加⼊你们的游戏,因为那个不是我想要的.那个不是我想要体验的⽣活,我⼲嘛要去加⼊?就好像你们的游戏不是我想要的.因为没有谁可以强迫你,你觉得他可以强迫你.但是没有.因为你内在的⼀个喜悦度,你选择什么是由你⾃⼰决定的.

So I can also go in the direction that I want to go. For example, if I like listening to information from Teacher JOJO, then I can choose to do this thing. You say you can only do one thing and cannot do another, right? So if you now choose to listen to the information from Teacher JOJO, don't you not need to argue anymore, right? Then for an hour, is it used to do what you want to do yourself, instead of being passively involved in something? If you think that every single hour you make this choice? I will choose every hour not to join your game because that's not what I want. That's not the kind of life experience I desire, why would I join it? It's like your game is not what I want. Because nobody can force you, you think he can force you. But no one can. It's up to your inner happiness and you decide what you choose for yourself.

还有⼀件事情就是不是每⼀件事情你都必须做出⼀个反应、回应的.你想象⼀下如果你是⼀个皇帝,有千万⼦民.每⼀个⼈都在嚷嚷,你怎么样你怎么样.是不是每⼀个声⾳你都需要去给他们解释⼀番? 回应⼀番? 你这⼀辈⼦⽣命够⽤吗? 那⼈家的嘴长在他们⾃⼰⾝上,他们有他们⾃⼰想要体验的,他们有他们⾃⼰的频率.如果每⼀个你都去回应,你也没有那么多的时间啊.你想你们地球有七⼗多亿⼈,每⼀个⼈都来骂你⼀顿,你是不是每⼀个⼈都跟他解释⼀遍?你为什么骂我?我不是你说的那个样⼦.你的⽣命每天都在做这个回应吗? 还是说你是去focus on就是专注⼦你⾃⼰想要去做的事情、喜欢做的事情、让你开⼼的事情,明⽩吗?

There's another thing you don't have to react or respond to everything. Imagine if you were an emperor with millions of subjects all shouting at you about what they think and how you should do things. Would you need to explain and respond to every single voice? Could your life sustain this constant exchange, considering the vast number of people involved?

Their mouths are on their own bodies; they have their own experiences that they desire, their own frequencies. Wouldn't it be too demanding if you were to attend to each one's demand for explanation or response? With over seven billion people on Earth alone, would your life really allow you to address everyone's outburst by giving them explanations, defending yourself with 'it's not what you think I am'? Is this the daily routine of your existence, or are you focused on dedicating time and energy towards what truly matters—what you want, enjoy doing, and what makes you happy?

问: 孩⼦爸爸喝醉酒后.. 我之前想控制他.现在就是我知道他就是这个样⼦,我也接纳允许.但是现在就是他喝醉之后会打扰到我,我会⾮常的愤怒.为什么会这么愤怒?

Q: My husband gets drunk and disturbs me afterwards... I used to try to control him. Now I accept his nature and allow it. But now, when he's drunk, he upsets me, causing me extreme anger. Why am I so angry?

JO:你必须让对⽅,就是说他可以有他需要成长的体验.就⽐如说他需要有酒精这个体验,对吧?但是我也可以做出我的选择.⽐如说你发现对⽅喝醉酒,那你可以去选择去你朋友家或者是住酒店,就是这种.因为你要让他知道他的每⼀个⾏为都会造成⼀个后果.明⽩吗?就是他知道他就像⼩朋友⼀样,他的每⼀个⾏为都会造成⼀个后果.那如果我选择这个⾏为…明⽩吗?这其实也是对你⾃⼰的⼀个尊重.然后你的反应也是反射出来对⽅⾃⼰种的因,他接受那个果.所以说你可以去做任何你想要做的,那对⽅就可以从他的⾏为当中去,就是我做了这个选择,我必须要吃这个果.就像你们的交通规则,你要是没有遵守的话,你要交多少罚款,驾照可能被吊销.

JO: You must allow the other person to have experiences that allow them to grow, such as experiencing alcohol, right? But I can also make my own choices. For example, if you notice they are drunk, you can choose to go to your friend's house or stay in a hotel instead. This is because you need to let them know that every action has a consequence. Understand? They should realize that just like children, their actions have consequences. If I choose this behavior… understand? This is actually respecting yourself as well. And your reaction reflects the cause they planted for themselves, hence receiving the result. So you can do anything you want, and the other person can experience the consequence of their actions - "I made this choice, so I must face this outcome." Just like traffic rules; if you don't follow them, you have to pay a fine or possibly lose your license.

那⼈们想着我的驾照可能会被吊销.那是不是就会提醒他们在做出⼀些⾏为的时候?因为很多⼈他们会忽略⼀些结果,他们看不到他的⾏为会导致什么结果.所以你是帮他看到.

That maybe my driver's license would be revoked. Would that remind them to think about their actions? Because many people tend to overlook the consequences of their actions, they don't see what results from their behavior. So you're helping them visualize it.

问: 那JO的意思就是说我需要…JO: 你需要尊重你⾃⼰.如果你不把你⾃⼰放在你难以忍受的⼀个地⽅.如果对⽅的⾏为导致你难以忍受的话,你⾛开就是对你⾃⼰的⼀个尊重,明⽩吗? 因为你⾃⼰来保证你这个⾁

Q: So the meaning of JO is that I need...JO: You need to respect yourself. If you don't place yourself in a situation where you can endure it. If their behavior causes you discomfort, walking away is a form of self-respect, right? Because you are ensuring your own physical well-being.

体是⼀个舒适、安全、不受威胁的⼀个环境.但是你同样要去明⽩那些给别⼈造成痛苦的⼈,他们其实也在痛苦当中.所以他们想要把这个痛也给别⼈.为什么呢? 这样你就能知道他们在痛苦当中,你就不⾄于去恨他们.但是我虽然尊重你的想法,但是我也尊重我⾃⼰.但是我不会⼼怀恨意.因为每⼀个⼈他们需要的体验是不⼀样的.就好像他有疾病,那他需要疾病去提醒他看到.那他就会经历疾病.那有些⼈他需要这个过程.

It is a comfortable, safe, and non-threatening environment. But you also need to understand that those who cause others pain are actually in pain themselves. So they want to inflict that pain on others as well. Why would they do this? This allows you to know that they are in pain, so you don't necessarily hate them. However, while I respect your thoughts, I also respect myself. But I won't harbor hatred. Because everyone needs different experiences. It's like he has a disease, and it needs to remind him to see something. So he will go through the disease. Some people need this process.

问: 如何去清理我⾝体积累的⼀些事情或者是⼀些让我不能忍受的⼀些经历?

Question: How do I clean out some things accumulated in my body, or experiences that are intolerable to me?

JO:你不是说要把这些经历去清理掉,⽽是说你可以站到⼀个更⾼的⾓度去看⼀切.就是你可以去转变⼀切.因为你们现在进⼊这个⾓⾊太深,然后当你能抽离出来去看整个故事⼤纲的时候,你便不会被其中的⼀个⼩细节给那个什么.然后你还会发现正是因为这个⼩细节,就好像它是你构建这个房⼦的材料.它⼀砖⼀⽡其实都是构建这个房⼦的.这个房⼦它需要钢筋,它也需要⼀砖⼀⽡,它也需要瓷砖,明⽩吗?它才会成为这个房⼦.那你说我不要⽔泥,⽔泥又脏又臭的.所以说你可以说⼀些具体说⼀些让你排斥或者是难以接受的.我们可以进⼊到另外⼀个维度,就是这副画.让你从这个场景当中受益,⽽不是清除它.为什么?

JO: You said that you wouldn't be getting rid of these experiences; rather, you could view everything from a higher perspective and transform it. It means that you can change everything because you're now too deeply immersed in this role. When you step back to look at the overall outline of the story, you won't get bogged down by each little detail. You'll also realize that it's precisely these small details that are like the building blocks or materials used to construct the house. Each brick and tile is essential for forming the house. It needs steel reinforcement, bricks, tiles, and so on; only then can it become a house. If you say you don't want cement because it's dirty and smelly, you might be referring to specific aspects that you find repulsive or hard to accept. We could explore this from another dimension—this painting—wherein you benefit from being in the scene instead of eradicating it. Why is that so?

因为在你⽣命当中它这个场景就是来让你成为你的.你接纳它了,不再是⼀种排斥的感觉.你之所以想要清除它,是因为你内在是排斥的.你想象⼀下你内在是⼀座房⼦,你说我排斥⽔泥,因为我觉得黏糊糊的太难受了.你的每⼀个砖块都排斥⽔泥的话,这个房⼦它能坚固吗? 你的⾝体也会⼀样的.所以我们是要整合它.

Because in your life this scene comes to make you be yourself. You accept it, no longer a feeling of repulsion. You want to remove it because you are rejecting internally. Imagine that there's a house inside you and you say I reject cement because it feels too sticky. If every brick rejects the cement, can that house be sturdy? Your body would be the same. So we need to integrate it.

问: 我婆婆现在在医院住院,我打内⼼不愿意出钱也不愿意去医院看她.我给孩⼦他爸⼀些钱.我觉得我有点内疚.

Question: My mother-in-law is now in the hospital being admitted. Deep down, I don't want to pay or visit her at the hospital. I give my child's father some money. I feel a bit guilty.

JO: 这么说吧,你⽣命中存在的每⼀个⼈,他们每⼀个⼈都好像会带出来你的⼀部分.就⽐如说像JOJO⽼师她可能把你的⼤爱,把你的平静,把你的平静,就是把你好的⼀⽅⾯给带出来了,对吧? 然后你的婆婆她可能也会通过她⾃⼰把你⼀⽅⾯带出来,就是⽐如说她曾经的⼀些⾏为,她的能量,她把你的某⼀⽅⾯给带出来了.那她体验到的就是那个版本的你.也就是说她决定着你呈现什么相,明⽩吗?因为你这些都是基于在⼀些你们之间共同创造的,就是她把你的某些给激发出来了.如果说你是⽔,如果她的温度⾮常低,那你可能就结冰了,对吧?JOJO⽼师的能量可能⾮常温暖,那你可能就变成温暖的⽔了,对吧?就是这种.

So, every person in your life brings out a part of you. For example, Mr. JOJO might bring out your big love and calmness - the best parts of you. Similarly, your mother-in-law might show another side of you through her own energy and past actions. The version she experiences is the one she decides based on their shared creation. In other words, it's her who determines how you manifest in front of her. You are like water; if her temperature is very low, you might freeze, right? Mr. JOJO's energy might be warm, making you transform into warm water, yes? It's similar to this concept.

所以说你在⾯对她的时候,你会觉得我怎么这么冰冷啊?但是你就这么想,如果她现在⽣命结束了.你有没有什么遗憾?如果她⽣命已经结束,你⾃⼰⼼⾥不会留下什么遗憾,那你就不需要做什么.如果有些事情没做,你觉得留下遗憾了,那你就去做.为什么呢?因为最终到底,实际上对⽅还是像⼀个板⼦⼀样反弹出的是关于你⾃⼰的.就是你⾃⼰⼼⾥有没有这种内疚感?你就可以在当下做出你⾃⼰想要的选择.因为你最终实际上⾯对的是你⾃⼰,不是他⼈.你说她死了,那你⾯对谁啊?就这个⾁体已经不在了.所以你⾯对的是你⾃⼰,就是我到底还有没有深陷在这样的能量⾥⾯?就⽐如说⼼⾥遗憾啊、愧疚啊.那你还是在这样的能量⾥⾯.

So when you're facing her, you might wonder, why do I feel so distant and cold towards her? But if you think about it, what if she's no longer alive now? Would there be anything that you would regret missing out on? If your heart doesn't harbor any regrets even with her gone, then perhaps you don't need to take action. However, if you feel a sense of regret from not doing certain things, then you should do them. Why is this the case? Because ultimately, and essentially, it's about facing yourself rather than others. You're questioning whether there's an underlying sense of guilt or regret within you that still exists. This allows you to make your own choices in the present moment. It's because at the end of the day, what truly confronts you is not her, but yourself. When you say she's dead, then who are you actually confronting? The physical form is no longer there. So you're essentially confronting yourself, asking whether I'm still deeply entrenched in this kind of energy, such as feelings of regret or remorse, and you remain within that energy.

问: 就是觉得从集体意识来说就觉得不应该.

Q: It's just that from a collective perspective, it doesn't feel right.

JO: 你要知道连希特勒杀了那么多⼈,他的⾏为都不存在被不被原谅,明⽩什么意思吗? 还别说你们的这个,有没有见死不救或者是有没有伸出⼿? 最主要的是你真正的意愿,你愿意伸就伸,你不愿意伸就不伸.没有对和错.你们没有伤害任何⼀个⼈.那些伤害别⼈的⼈,他们才是应该去想到这些的.然后如果你能考虑到这个和想到这个,就说明你根本就没有伤害到任何⼈的⼼,明⽩吗? 这么说,他们就好像是农民种庄稼.你⾃⼰没有播爱的种⼦,那能有爱吗? 那他是农民没有播,收获是他的事.你⼲嘛要逼⾃⼰从地上长出来⼀个他没有播的种⼦呢? 你逼不出来的.所以种⽠得⽠,种⾖得⾖.如果他们种下的是爱,他收获的就是爱.

JO: You need to understand that even though Hitler killed so many people, his actions are not subject to forgiveness or lack thereof; do you get what I mean? And don't start with your argument about it. Have there been instances where you failed to save someone, or have you ever extended a helping hand? The most crucial aspect is the true intent behind your actions - if you choose to help, then do it; if not, don't force yourself to. There's no right or wrong in this context. You didn't harm any individual. Those who caused harm are the ones who should contemplate these aspects. If you can consider and realize this, it means you haven't harmed anyone's heart. Do you understand? This analogy is like farmers planting crops. If they don't sow seeds of love, how can they expect to harvest love? They didn't plant those seeds; reaping the benefits is their responsibility. Why would you force yourself to grow a seed that wasn't sown by them? You can't force it to happen. So, if they plant apples, they will get apples, and if they plant beans, they will get beans. If the seeds they planted are love, then their harvest will be love as well.

如果种出去的是仇恨…问: 我和我婆婆的灵魂关系?

If hatred is sown...Question: What is my soul's relationship with my mother-in-law's soul?

JO: 她好像给你做了⼀个例⼦,就好像是说做⼈不能这样⼦.就是你会从她⾝上看到⼀些你不想成为的样⼦.就是你不会去这样⾏为.那是不是她就把你推向⼀个好⼈的⽅向了? 就是跟你⼼中的频率相符的,就是你的那个… 明⽩吗?

Jo: She seems to have set an example for you, as if she's saying that people shouldn't behave this way. You'll see certain things about her that you don't want to emulate, actions that you wouldn't take. Does this mean she guided you towards being a better person, someone whose behavior resonates with your own inner principles? Do you understand?

问: 我跟JOJO⽼师在灵魂层⾯是什么关系?

Question: In terms of spiritual connection, what relationship do I have with Master JOJO?

JO: 你就好像是她的⼀只⼿,明⽩吗? 就好像左臂右臂.然后你们的能量连接,就是这只⼿会随着... 因为她带出来了很多你真正想成为的样⼦,就是你知道这个才是你.所以你就会... 这么说吧,JOJO⽼师是主脑,就是思想.那我想去拿这个东西,我的⼿是不是就去拿了? 所以就是当你脑⼦跟⼿不统⼀的时候,你就会觉得不舒服.你就会觉得怎么不听使唤,这不是我想要拿的,明⽩吗? 那当它们成为⼀个和谐的状态,你就会觉得这才是对的,这才是正常的运作.

JO: You are like one of her hands, get it? Like left arm and right arm. Then your energy connection is this hand that... because she brings out so many aspects of who you truly want to be, the realization that this is what you are. So then you will... To put it simply, JOJO Teacher is the main brain, or thoughts. If I want to get something, does my hand automatically go and get it? Hence, when your mind and hands don't align, you feel uncomfortable. You wonder why they're not cooperating as expected; this isn't what I wanted to take. You understand? When they achieve harmony, you feel that's the right way, the normal operation.

#### 2023/10/17 — 线上集体通灵问答Online Collective Spirit Communication Q&A

JO: 你问吧,什么问题?

You ask, what question?

问: 控制型⼈格障碍的原因是什么?

Question: What are the causes of a controlling personality disorder?

JO: ⾸先就是说你们每⼀个体每⼀个灵魂来到这⾥都是有功课的,都是去完善他或者是来增长意识,然后体验⾃⼰,体验不同的⼀个⼈格.那你说的所谓的⼼理学层⾯的词实际上他是这类型的孩⼦.就你刚刚说控制型⼈格障碍形成的原因是吧? 这么说吧,你们是根据他们的⼀些⾏为,然后会去说这是个障碍.但是实际上从我们的⾓度来看你们其实都是来扩展的,都是来体验的.那有可能他选择了这样⼦的,就是喜欢和想要去控制⼀切的⼈格来体验.但是他之所以想要去控制⼀切的原因是因为他感受不到控制感,就是他觉得⽣命是危险的,是失控的或者是⼈⽣是失控的.

JO: First of all, each individual soul coming here has a task or mission; they are either going to refine themselves, grow their awareness, and experience themselves as different personalities. You mentioned the so-called psychological terms that actually refer to these types of children based on your explanation about why someone might develop a control personality disorder? To put it another way, you diagnose them based on their behaviors, suggesting there is something wrong or problematic with them. However, from our perspective, everyone here is actually coming to expand and experience life; the choices they make are part of their journey. It could be that he chose this kind of personality, someone who likes to control everything, for the experience. The reason behind wanting to control everything stems from a lack of feeling in control, as he perceives life or existence as being dangerous, out of control, or one's life being out of control.

他觉得他要去抓点什么才会让 everything under control,就是说感受到那⼀种安全感.所以说你越是去看到他的控制欲特别强,什么都想要去控制.实际上是他内在没有东西,他就好像没根.你们看⼀棵⼤树它有根,它深深地在⼟⾥⾯.所有风⽔草动,⼤风什么的,它都可以扎住根.因为它的根特别特别的深.那那些想要去⽤⼒紧紧的扎住⼟地的,那是不是就是因为它没有什么根,对吧? 那当你们遇到这样⼦的⼈,你就知道他实际上是⼀个没有安全感的⼈.他是没有东西可以抓住的.他体验的世界是完全失控的.那可能他⼀直就是反感这样的⼈格,那他就可能体验这样的⼈格,就是穿上这样的⼈格的⾐服,然后去体验.

He feels that he needs to grasp something in order to have everything under control - a sense of security and stability. Hence, the more you see him exerting strong control over things, wanting to dominate everything, it actually reveals his inner emptiness, as if he has no roots. Imagine a large tree with deep roots that firmly dig into the ground; it can withstand any winds or storms due to its deeply established root system. Conversely, someone who desperately tries to grip the soil tightly might be lacking in roots because they need something tangible to hold onto. This makes them vulnerable and insecure.

When you encounter such individuals, you realize that they are essentially unstable - without anything substantial to hold on to. They experience the world as chaotic and out of control. Perhaps this dynamic is due to their innate aversion towards these types of personalities, leading them to adopt or embody such characteristics themselves, wearing masks or acting out these behaviors for self-experience.

⽐如说有的灵魂它体验不到对⽅的⼈格,它为了扩展⾃⼰... 这么说吧,你可能从⼩到⼤你都⽣活在皇室,你是王⼦.你从来不知道做乞丐是什么样⼦,你从来不知道既然还会没有饭吃.那你就想穿上乞丐的⾐服去体验⼀下,明⽩吗? 所以那它可能就是因为⼀个原因,就是为了扩展,为了体验那种没有安全感的⼈的那些… 你就会看到为什么他总是展现出这个样⼦.你⾸先记住⼀句话,你们都是安全的.在安全的情况下⽆论你们扮演什么⾓⾊,有什么体验,其实都不会伤害到你们什么,明⽩吗? ⽽且⽆论什么体验,如果你需要,你都可以去体验.这⾥并没有⼈全部都要成为⼀个完美的状态,因为这⾥没有⼀个完美的状态.它⼀直都是不断地体验不断地体验.你可能体验了拥有⼤智慧的⼀世,你就想体验

For instance, there are souls that cannot experience the personality of another person; they do this for their own expansion. Imagine, you might have lived your whole life in royalty as a prince or princess. You've never experienced being a beggar who can't even afford food. So you want to try on the clothes of a beggar and experience it for yourself. See? It's because of that reason: they seek to expand and experience what it's like for someone without security, someone who doesn't know when their next meal is coming. This explains why certain souls always exhibit this behavior. Remember one thing first - you're all safe here. Whatever roles you play or experiences you have under safety conditions will not harm you in any way, understand? Furthermore, regardless of the experience, if you need it, you can go ahead and try. There's no expectation for perfection among us because there is no such thing as a perfect state; we're continuously experiencing, trying, evolving. You might have experienced an incarnation with great wisdom and now want to explore

⼀下愚蠢的⼈是什么样⼦.那你还可以再穿愚蠢的⼈⾐服,然后再去体验.因为你体验之前都会清除掉所有的记忆,明⽩吗?

"What does a foolish person look like? Well, you could even wear the clothes of a fool and then go through it again. Because before you experience it, all memories would be cleared, right?"

问: 如何⾯对控制型的⼈格?

Question: How do you deal with a controlling personality?

JO:⾸先在你们的物质层⾯,你们会觉得是运⽓不好才会遇到对⽅这样⼦的⼈.因为你们还会把对⽅的⾝份和你的⾝份当成是⼀个固定的来交往.但是实际上在更好的层⾯,就是好像这两个⾓⾊都是你们互相选择的.OK,你想去体验被害者,然后我想去体验施害者.那你俩就互相去创造这个体验给对⽅,明⽩吗?所以只是因为你这个物质⾁体它是(不知情的).因为如果你不忘记的话,那你这个体验就不会发⽣了.如果你是个王⼦的⾝份,你⼀直记得你是王⼦,你还怎么去体验你是乞丐的⽣活.这个体验就产⽣不了呀.实际上你们在⾯对你们⼈⽣中的所有东西,你们第⼀步都只有在知道你是谁的情况下你才能真正的去⾯对这⼀切.

JO: At the physical level, you would think that bad luck has brought you across paths with such a person because you would consider their identity as well as your own to be fixed. But in a higher dimension, these roles feel like choices made by yourselves—like, I want to experience being the victim while you wish to experience being the perpetrator. Then, both of you create this experience for each other. You see? The reason is that your physical bodies are unaware of this setup. If you don't forget who you truly are, then this experience wouldn't happen. If you're a prince and always remember yourself as one, how could you possibly experience living like a beggar? This kind of experience simply can't occur. When dealing with everything in life, the first step is to confront these situations only when you know who you really are.

因为如果你不知道你的⾝份是谁,那你⾯对什么东西都会是⼀个... 就⽐如说你是⼀只⽼虎,但是你却觉得你是⼀只⽼⿏.你不知道你是⼀只⽼虎,因为你是在⽼⿏的家⾥长⼤的,⾝边看到的都是⽼⿏,对吧? 所以你见到⼀只⼤的⽼⿏,你就吓的发抖.那你⼀只⽼虎看到⼀只⽼⿏吓的发抖,你不觉得很奇怪吗? 那当他不明⽩⾃⼰⽼虎的⾝份,他去⾯对所有的动

Because if you don't know who you are, then everything you face will be... for example, suppose you are a tiger but you feel like you're a mouse. You don't know that you're a tiger because you grew up in a mouse's house, surrounded by mice, right? So when you see a big mouse, you start shaking with fear. When a tiger shakes in fear at the sight of a mouse, doesn't that seem strange to you? And when he doesn't understand his own tiger identity, he goes out to face all the animals

物的时候,他是不是都会…. 明⽩吗? 因为它展现的都是⼀个虚假的⾝份,它没有办法.因为你如果不知道如何去⾯对控制型⼈格的话,你也会不知道如何去⾯对其它所有的⼀切.因为你就是⼀个不知晓的状态嘛.那当你是⼀个知晓的状态,就是你知道你⾃⼰是谁.然后你也不会存在⼀个我如何要⾯对什么什么的,明⽩吗? 所以你们这⼀⽣的功课都会有⼀个发现你⾃⼰是谁,认识你⾃⼰.然后你就会知道,就是⼀切你都理顺了.你就真的会认识你⾃⼰.

When dealing with someone who exhibits a facade of control, does he understand that...? Because what is being portrayed is a false identity, there's no way to truly engage with it. You can't handle the dynamics if you don't know how to confront a person with a controlling personality; you wouldn't be able to navigate any interactions accordingly because you're in an unfamiliar territory. Essentially, you're clueless. But when you are aware of yourself, you recognize who you are. There's no longer a question of how you should handle situations or people; it just becomes clear that understanding yourself is paramount. Therefore, the lifelong task for everyone would be to discover their true selves and become self-aware. Once you do, everything falls into place, and you truly understand your identity.

问: 如何和咄咄逼⼈的⼈相处?

Question: How to deal with aggressive people?

JO: ⾸先我们不能说那个⼈就是这样的⼈,对吧? 只能说他处于在这样⼦的⼀个能量状态.但是就好像天⽓⼀样,那这个能量⼀直是在变的.那对⽅的能量它也是⼀直在变的,对吧? 那你的问题是如果对⽅处在这样⼦的状态下,我们应该如何去回应去反应,对吧? 你⾸先要知道对⽅就好像是在⼀个失控的状态.他可能因为他⾃⼰内在的⼀些恐惧或者内在的⼀些因素导致他在⼀个失控的状态.但是你必须要清楚的是他其实逼的不是你.因为如果你当成是他在逼你在针对你的话,你会展现出另外⼀个你.那如果你知道对⽅他只是进⼊了那样⼦的⼀个能量状态.就这么说吧,如果这个医⽣告诉你,这个⼈是个精神病,对⽅是个精神病.

JO: We can't say that person is like that; we can only say they are in this particular energy state. But just like the weather, that energy does change, and their energy changes too. Your question is about how to respond if someone else is in such a state - do we react or respond? You first need to understand that they're essentially out of control due to inner fears or internal reasons. However, it's crucial to realize that they aren't trying to provoke you. If you consider them trying to provoke you, you might react based on your own impulses instead. But if you know the other person has merely entered this energy state - for example, if a doctor tells you this person is mentally ill, then you're aware of their state.

那他在那指着你⼤骂,你不会有太⼤的反应,对吧? 因为你知道他是个精神病,你会知道他这个反应是正常的,是吧? 那如果你把他看成是个正常的⼈,然后他对你破⼜⼤骂.⽐如说如果你能把他看成是你爱的⼈或者是爱你的⼈,那这个关系是不是就又不⼀样了? 所以说你就能看到你产⽣的这些反应都根据你给对⽅的定义有关系.⽐如说陌⽣⼈对你破⼜⼤骂,你可能也不会有很⼤的反应.那如果他的⾝份是爱的你⼈呢? 是你爱的⼈呢? 你是不是又要开始,为什么我这么爱你你还… ? 你说你爱我,你怎么能做出这样⼦的? 明⽩吗? 所以他就来⾃于,因为你的头脑给他贴上了⼀个标签.如果你能放下这所有的⼀切,只是允许对⽅去体验他需要体验的.

So if he were to yell at you from afar, wouldn't your reaction be minimal, right? Because you'd understand him as a mentally ill person and realize that his behavior is normal, right? But what if you see him as a regular human being instead? If he were to shout at you, for example, could this dynamic change drastically if the person shouting was someone you loved or someone who loves you? Would it then become something different? You can observe that your reactions are related to how you define the other party. For instance, if a stranger shouts at you, you might not react strongly. But what if the person shouting is someone you love or someone who loves you? Wouldn't you then question, "Why do I love you so much and yet...?" When you say you love me, why can you behave like this? It's all because of how your mind labels him/her with a certain tag. If you could let go of everything and just allow the other person to experience what they need to experience without imposing your perceptions on them.

因为你其实就好像是⼀个道具⼀样,你就想象⼀下你在拍电影,然后导演告诉你现在装死,你是个死者的⾝份.你说你是个死者的⾝份,你再跳起来对对⽅的⼀些⾏为破⼜⼤骂或者是那个什么.导演会说你是个死⼈的⾝份.那你也知道你的⾝份是什么? 你的⾝份是⽆限,nothing,明⽩吗? 你并不是这个道具,你这个道具就是⼀个道具⽽已.那你道具的功能,你就必须来服务于你们共同选择的游戏,对不对? 你们共同选择来创造这个游戏给彼此,对不对? 因为这是你选择的呀.那你是不是要做到你道具的义务啊.这是你道具的义务啊,你本⾝就是来这扮演这个⾓⾊的.但是你必须要明⽩的就是那个道具不是你.

Because you are actually just like a prop, imagine yourself filming a movie where the director tells you to pretend to be dead, assuming you're the deceased's identity. You declare that you're the deceased, and then suddenly spring up to lash out at others or say something inappropriate. The director would remind you that you're supposed to behave as if you were a dead person. Do you understand your role? Your essence is nothingness, right? You are not just this prop; it's merely a tool being used by the collective choice of everyone involved in creating this game for each other, correct? This was all chosen by you. Are you fulfilling your duty as the part of the game that you've agreed upon with others? That is indeed your obligation as the player taking on this role. However, it's crucial to realize that the prop isn't you.

所以说⽆论怎样,你去允许对⽅创造他需要的体验,你成为⼀个背景.但是你却又不深陷其中把这个道具当成是你,明⽩吗? 因为你把这个道具当成是你的话,你怎么样都是,就算你不受到他的影响,你也会受到其他的影响,明⽩吗? 你觉得你不会受到其它的影响? 因为你已经活成道具了,把道具当成是你,你不会受其它影响? 那其他⼈还会攻击你或者什么什么的,还有更多更多的事情.所以你有没有看到当你从这个事情当中解脱出来,你就从所有的事情解脱出来了.关于这个还有问题吗?

So no matter what, you go and allow the other person to create their needed experience, you become a background. But yet you are not deeply ensnared with this prop treating it as yourself, do you understand? Because if you treat this prop as yourself, then regardless of what you do, even if you're not affected by him, you will still be affected by others, do you see? Do you think that you won't be affected by other things because you have already become the prop, treating the prop as yourself? And how could you not be affected by anything else when others would still attack you or whatever and there's so much more. So have you seen how freeing yourself from this issue frees you from everything else? Any further questions on this topic?

问: 我们的问题可能都是通的,下⼀个问题是如何⾯对关系中的⼈造成的窒息感?

Question: Our issues might all be similar, so how do we deal with the suffocating feeling caused by people in relationships?

JO: 没有任何问题会是⽩问的.因为虽然是通的,其实所有的问题都是通的,但是我们都在⽤不同的⾓度来让加深你的理解.因为你的各种体验它其实也是在加深你的理解,对吧? 因为你到底能运⽤多少,或者理解多少都是取决于你⾃⼰的理解程度.那当你的理解程度越来越透彻,那你是不是就越来越能成为那样的状态,对吧? 所以说你刚才的问题是如何⾯对关系中对你造成的窒息感,对吧?⾸先就是说你们的情绪,你们的能量实际上它是相互传染

JO: There are no irrelevant questions. Since everything might seem relevant at first glance, we're all exploring different angles to deepen your understanding of the subject matter. Your experiences contribute to this as well, because ultimately it's about how much you can apply and comprehend based on your own level of understanding. As your understanding becomes more profound, doesn't that allow you to better embody those aspects? So, the question you just asked was about dealing with suffocating feelings within relationships, correct? The key point here is that both emotions and energy are contagious among individuals in a relationship.

的,相互感染的.所以说当对⽅创造⼀个… 你看你们⾃⼰去参加各种活动啊、演讲啊、演唱会啊、电影啊、话剧啊、各种.所以说你就能从中看到实际上情绪它是有传染、感染的能⼒的.OK,那对⽅给你创在⼀个窒息感,对吧? 那是因为什么? 是因为他的状态就是在⼀个窒息感.所以你能体验到这个窒息感.所以当你在体验这个窒息感的时候,你⼀定要提醒⾃⼰这个窒息感是对⽅的,⽽不是说他想要你去窒息,明⽩吗? 因为你们会有⼀种误解,你就会觉得对⽅是不是想置我于死地? 因为你看你头脑⾥⾯的定义,⼀个是对⽅想要杀我,就是你想把我杀掉.还有⼀个是对⽅他痛到⾃⼰想要杀死⾃⼰,他觉得⾃⼰要被杀害的感觉.这个是不⼀样的.

The Chinese text you provided seems to be discussing the concept of emotions being contagious and how they can influence one's experience based on someone else's state. It is also addressing a common misunderstanding when encountering negative feelings from another person.

Thus, when someone creates... You see yourselves participating in all sorts of activities, speeches, concerts, movies, plays, and more. Therefore, you can observe that emotions actually have the ability to be contagious or infective. OK, if they create a suffocating feeling for you, right? Why is that so? It's because their state creates this sense of suffocation. And you experience it. So when you're experiencing this suffocating sensation, you must remind yourself that this suffocating feeling comes from them and not an intention to make you suffocate, do you understand? Because there might be a misunderstanding - would they want me dead? You see their definition in your mind: one is where the other wants to kill me, meaning they intend to take my life away. The other is that the other feels so distressed they want to end their own life, feeling like they are about to be harmed. These are different interpretations.

就是⼀个是你把⾃⼰变成了受害者,另外⼀个是你看到对⽅⽬前在体验被害的过程,就是体验受害者的⾝份嘛.因为当你发现对⽅是个受害者的⾝份的时候,你是不是就有⼀种想要去帮助对⽅的⼼理了? 那当你发现你是⼀个受害者的时候,你是不是就想要反抗了? 是不是? 你在加害我,我要反抗反抗.和我不是受害者,我是医⽣.对⽅在被被害,那我是不是想救他? 那你看这个是不是就完全不⼀样了? 因为你们⾝体的情绪和反应和感受,它会通过你给它植⼊的⼀些,就是它会通过你⾃⼰头脑⾥⾯相信的⼀些东西去给你⾃⼰创造这样的感受.那如果你知道他不是来杀害你的,⽽是说他现在快要死掉了.你就这么想,⼀个落⽔的⼈,他使劲的在抓抓抓.

This is about you becoming the victim yourself, and the other is seeing someone currently experiencing being a victim, that is, embodying the role of a victim. When you notice they are in the victim's shoes, do you feel an urge to help them? Conversely, when you recognize you're in their situation, your instinct might be to resist: "You're hurting me, I must fight back." Or does it shift to, "I'm not the victim; I'm a doctor. They're suffering, should I save them?" This starkly contrasts with the scenario of empathizing versus reacting defensively. Your body's emotions and reactions are influenced by what you implant into it through your thoughts, which in turn shape these feelings within you. If realizing they're not out to harm you but rather nearing death resonates more deeply, consider the imagery of a drowning person grasping desperately.

当你看到他落⽔了,他没有办法.他抓的过程抓伤你了,对吧? 和你把他当成⼀个他想来陷害我,他想来伤害我,他不停的抓我,⽤⼿把我抓伤弄伤.因为其实他都是展现⼀个⽤⼿去抓嘛.那你说你这两种⾝份和反应,你会⼀样吗? ⼀个是你想要去救他,不管他把你抓的有多疼,你会忘记⾃⼰的疼痛的.因为你想要救他,因为你看到他在落⽔,对吧? 那另外⼀个你会觉得他想要伤害你.你想要去抵抗,你想要去反抗,你想要去保护⾃⼰,对吧? 那同样你被他抓伤了,为什么你会有不同的反应呢? 那就是你到底能不能看到真相,明⽩吗? 你是看到表⾯的那个相呢? 还是看到本质.

When you see him drowning and he has no way out, he scratches you during the process, right? And when you consider that he sees this as an attempt to frame me or harm me, his continuous attempts to grab at me using his hands causing injuries to me. Because in reality, it's all about him reaching out with his hands. If I were to assume these two different roles and reactions, would they be the same? One is where you want to save him regardless of how much pain he causes you; you would forget your own pain because you want to save him, seeing that he's drowning, right? The other scenario sees him wanting to harm you, leading you to resist, fight back, and protect yourself. Why do you react differently when he scratches you? That's about whether or not you can see the truth; are you recognizing just the superficial appearance or diving into understanding its essence?

问: 如何⾯对有妄想症的⼈?

Q: How should one deal with someone who has paranoid delusions?

JO: ⾸先说是妄想症,其实更多的是说像刚才我问你,你看到的是幻像还是本质,对吧? 那通过我这么⼀说,你会不会觉得其实对⽅的窒息感,对⽅的什么什么,也是因为你看不到本质,你看到的是幻像,对不对? 那你本⾝是不是本⾝就是有 ‘妄想症’ 的⼈,对不对? 你都难去看到真相,你看到的都是幻像.你又如何去指望他⼈?你们还有办法从我们这⾥得到指引.他们是完全在⿊暗当中,没有任何指引的,明⽩吗?所以你还会觉得你是受害者或者你可怜吗?可怜的是那些完全看不到真相的⼈,完全看不到本质的⼈.所以就会有你们所谓的妄想症,这个症那个症的.你们就是需要停⽌去⽤你们的头脑去给这些东西命名.为什么呢?

JO: First off, when we talk about paranoia, it's more like asking you if what you're seeing is an illusion or the truth. Don't you think that their suffocating feeling comes from your inability to see the truth? You see illusions instead of reality, right? So, are you not someone with paranoia yourself? It seems like you can't perceive the truth and only see illusions. How could you expect others when you're unable to do so? You need guidance from us because they are completely lost in darkness without any direction. Do you still feel sorry for yourself or pity yourself? The pitiful ones are those who cannot see the truth, who are blinded by illusions. That's why there are conditions like paranoia and so on. You all need to stop labeling these things with your mind. Why is that?

因为每⼀个⼈都会有不同的状态.你不同的⽣命周期会有不同的状态.然后这些⽣命周期也好,不同的状态也好,它其实都是你们⾃⼰的⼀个体验⽽已,只是⼀个体验⽽已.就好像我这个戏,那要没体验你怎么看戏,你怎么演戏啊?你会去看⼀个没有什么剧情的戏吗?我们去看⼀部戏,每个⼈都坐在那⾯⽆表情,没有情绪,没有互动.⼀直看,看了半⼩时还没动静.你说我是来看戏的.你说你们本⾝就会来这演戏来体验的,明⽩吗?

Because each person will have different states. Your different life cycles will have different states. Then these life cycles or different states are really just your own experience, merely an experience. As if in my play, how can you watch a play and perform without experiencing it? Would you go see a play with no plot? When we watch a play, everyone sits there expressionless, emotionless, with no interaction. We keep watching until half an hour goes by without any action. You say you came to watch the play. You say you are coming here to perform and experience yourselves, right?

问: 如何⾯对关系中的内耗?

Question: How to deal with energy drain in relationships?

JO: 内耗它又来⾃于你⾃⼰的⼀些念头和想法,还有那些所谓的幻像.就是你⽤头脑去捕捉的那些相,你把它当成是真实的了.然后给它这个定义,给它那个定义.如果你看到我们前⾯讲的那些信息,你就会看到不同的定义会有完全不同的反应,对吧? ⼀个你是英雄的⾝份,⼀个你是受害者的⾝份,你的反应会⼀样吗? 那你感受到的内耗也是因为你给它不同的

JO: The inner conflict comes from your own thoughts and perceptions, as well as those so-called illusions. It's the images you capture with your mind and take to be real. Then you define them, give them labels. If you look at the information we've been discussing, you'll see that different definitions elicit completely different responses, right? Your reaction as a hero versus your reaction as a victim—would they be the same? And the inner conflict you feel is because of the different ways you label and perceive these things.

定义,也是因为你们没有看到本质.因为当你⾃⼰能知道你是⼀个英雄,你并不是⼀个受害者.⼈家并不是针对你,⼈家只是⾃⼰失控.所以你还会觉得在内耗吗? 明⽩吗? 所以只有这些念头还有想法,你才会觉得别⼈在攻击你或者在针对你.

The definition is also because you haven't seen the essence. Because when you can know that you are a hero, you are not a victim. People aren't targeting you; they just are out of control themselves. So would you still feel drained internally? Understand? Therefore, only with these thoughts and ideas, will you feel like others are attacking you or targeting you.

问: 精神分裂症是什么原因?

Question: What causes schizophrenia?

JO: ⾸先你们是从表象的去观察或者是看,如果不知道他背后的⼀个灵魂主题或者是他想要去创造什么体验的话,你们都会觉得好像是不是精神分裂,明⽩吗? 但是实际上没有所谓的精神分裂.为什么? 因为你们的能量⼀直是在变,⼀直在受影响的,就是相互影响的.那就好像我是⽩开⽔,你给我加点橙汁进去,我就可能变成Orange juice,对吧? 那你给我加些盐,然后我就变成很咸的⽔了.那你给我放了很多辣椒⾯,我就变成很辣的⽔了.那你们就好像是这⼀种,你说你⼀会⼉体现出甜的,⼀会⼉是咸的,⼀会⼉是辣的.你这不是精神分裂吗? 明⽩吗? 那当你在遇到不同的能量影响,你会展现出那个样⼦.

JO: First of all, when you observe or see from the superficial perspective without understanding the underlying soul theme or what experience they want to create, you might think it's like having schizophrenia. But there is no such thing as schizophrenia actually. Why? Because your energy has been constantly changing and being affected by each other. It's like I'm pure water; if you add some orange juice to me, I could turn into Orange Juice, right? If you add some salt, then I become salty water. And if you put a lot of chili powder in, I'll become spicy water. You see how your identity changes based on the influence of different energies. Isn't it like saying you suddenly show sweetness, then saltiness, and finally spiciness, all within the same person? That doesn't sound normal, does it? But when you encounter different energy impacts, that's when you exhibit those characteristics.

那你看如果说说精神分裂,那这个⼥孩⼦现在在通灵,她受到我们的能量影响.那你也说她也是精神分裂.她讲的完全不是⼈话,明⽩吗? 你可以通过这个去认识你们的⽣命到底是什么? 你们的⽣命是⽆限.你们的⽣命是连着的,就是是通的.就是⽐如说我的积极情绪我可以传染给其他⼈.我展现出⽣命的⽅式我也可以传染给其他⼈,他们也会受到我的影响.就是我热爱⽣命,他们也会热爱⽣命,明⽩吗? 所以随时你都可以去做出⼀个正⾯的榜样,然后来让更多的⼈受你的传染,受你的感染.那你是不是就成为⼀个有影响⼒的⼈了? 明⽩吗? 所以所谓的这些精神分裂,其实他们也是在受不同的能量影响就展现出那些.

So you see, if we talk about schizophrenia, this girl is now in contact with spirits; she's being influenced by our energies. And you could say she has schizophrenia too. She speaks nonsense, understand? You can use this to question your own life - that your life is infinite and interconnected. Your life energy flows continuously between you. For example, my positive emotions can be contagious among others. The way I express life influences others as well; they are affected by me. If I love life, then they will too, understand? So at any time, you can set a positive role model for others to follow and spread your influence. Are you now becoming someone influential? Understand that what is considered schizophrenia here actually means she's experiencing different energies influencing her unique manifestation.

但是你们地球本⾝就是⼀个⾮常原始的,就是⼀个幼⼉园的状态.那有⾮常多不同的进化程度的灵魂在⾥⾯.那有⼀些特别沉重的,那你们也会感受到这个沉重的能量.但是你需要有觉知的是你感受到的是对⽅的能量.既然对⽅那个沉重的能量它能创造出这个能量给我体验,传染给我.那我也可以创造⼀个积极的能量,更加积极正⾯轻松愉悦的能量去感染他⼈.为什么我只是受感染,我不能传染给你? 那么低级的灵魂都可以传染给你沉重的,为什么你这个JO就不能传染给它? 为什么?你问问你⾃⼰,凭什么我受你传染? 我他妈也可以传染给你,我跟你讲.你记住这句话.

But your Earth itself is a very primitive state, like that of a kindergarten where many souls with varying levels of evolution coexist. There are some particularly heavy energies that you can also sense. But what you need to be aware of is that the energy you feel is not just yours; it's the energy being transmitted from the other party. If their heavy energy is capable of creating and spreading this experience to me, then I too can create a positive, more uplifting energy to infect others. Why should I only be infected, unable to infect you? Lower souls can pass on heavy energies to us, but why can't you spread your JO to it? Why not? Ask yourself, what gives you the right to infect me when I could also do the same for you? Remember this: I might just show you how it's done.

所以当你⾃⼰越来越传染给更多的⼈积极的能量,那么你就是有影响⾥的⼈,可以唤醒很多很多的灵魂,明⽩吗? 他们受你这个积极影响多了,是不是受其它负⾯的影响就少了? 所以说如果你被沉重的能量吓到,就好像是⼀只⽼虎被⼩⽼⿏吓到⼀样.为什么? 因为你是来⾃⾼维的呀.所以你还会怕他们吗? 他们要消耗⾃⼰,使劲拽你,然后你要允许它,你才能体验到它.⽽你呢? 你不需要做任何,你只是成为你⾃⼰.你就不断不断地散发你的⾹味,让那些⼈可以闻到,明⽩吗? 所以越⾼的能量越是不需要消耗的.

So when you yourself are infecting more people with positive energy, you become the influential one who can awaken many souls. Do you understand that they will receive less negative influence as a result of being influenced by your positivity? So if you're frightened by heavy energy, it's like a tiger being scared by a small mouse. Why is that so? Because you come from higher dimensions after all. So why would you be afraid of them? They need to consume themselves and pull at you; only then can you experience this. And what about you? You don't have to do anything, you just be yourself. You emit your fragrance continuously, letting others smell it. Understand that the higher energy does not require consumption in essence.

问: 如何⾯对关系中的伤害?

Q: How do you deal with harm in relationships?

JO: 如果你把前⾯的信息全部听完了,你就会发现这⾥有伤害吗? 所以这⾥没有伤害.如果没有这些东西,你们有今天这些智慧吗? 今天我们带出来的东西都是智慧,是吧? 所以这⾥没有伤害,只有成长,只有智慧,只有增长你们的智慧.因为如果你不去进⼊这个剧情,如果不去参与这场戏,你就没有体验.没有体验,你也没有来到地球的意义.你不是来这养这⼀⾝⾁的.你们始终要记住⼀句话,你不是⼀头猪只是来养膘的.

JO: If you listen to all the information provided here, would you find any harm? So there is no harm here. Without these elements, would you have gained today's wisdom? Today's revelations are wisdom, correct? Therefore, there is no harm; only growth, only wisdom, and only enhancing your knowledge. Because if you don't immerse yourself in this narrative, if you don't participate in the play, you won't experience it. Without experiencing, you lose the purpose of being on Earth. You're not here to just feed a body. Remember one thing: you are not here simply to fatten up like a pig.

问: 为什么最亲的⼈伤害却最⼤?

Question: Why does the greatest harm come from the closest people?

JO: 因为你在他⾝边,他不通过你这个道具去投射,他通过谁? 那你在这个舞台上,你们⼦啊同⼀个圈⼦⾥,他不通过你这个道具去投射通过你去映射他,他通过谁去映射他,明⽩吗?所以你的⾝份是道具呀.那他不通过这个道具来互动,去创在⼀个体验… 明⽩吗?

In this context, JO asks: "Because you are with him, he doesn't project through you as a prop; through whom does he project? So you are both on the same stage, in the same circle. He doesn't project through you to reflect himself; by whom is he reflected, understood? Therefore, your identity is that of a prop. Then, he doesn't interact or create experiences through this prop... understood?"

问: 我⾃⼰的问题是我的指导灵还有什么信息是要带给我的吗? JO: 你稍等.如果你能把今天的信息吃透的话,你再来提问.问: 如何具体的把⾃⼰⽣命中的有限转化成⽆限?

Q: Is my question whether my guiding spirit has any more messages for me?

A: Wait a moment. If you can understand today's message thoroughly, then you may ask again.

Q: How can I specifically transform the finite in my life into the infinite?

JO:这么说吧,你现在有限,就是你只能体验你眼前的⼀些画⾯.如果我我给你⽆限个画⾯让你去体验,你不崩溃掉呀?! 明⽩吗? 所以说体验有限也是去帮助你们的成长.然后你说的那个限制,可能就是说体验到很多限制,然后怎么来体验到没有限制,对吧?那就是先去有限制,就好像限制是⼀座桥.你说我怎么样才能过到河对⾯去呀.那就是通过这条桥了.你还想把桥拆掉,就不过桥就到河对⾯,明⽩吗?你体验的限制也是来让你⾛到桥对⾯去.那也像我刚刚给你们说的,那如果不是这些东西你们能带出来今天的智慧?你们能成长吗?所以说体验限制也是让你⾛向河对⾯去的.还有所有的限制其实,就是你们投射出去的限制就是你们思想层⾯的⼀些限制.

JO: Let me put it this way, you're currently limited in your experience, meaning you can only engage with the pictures right before your eyes. If I were to provide an infinite number of scenes for you to experience, wouldn't you be overwhelmed? Do you understand that experiencing limitations helps facilitate your growth by setting boundaries? You mentioned a limitation as being experiencing many constraints and learning how to overcome them. Essentially, you have to first accept the limitations as a bridge; it's like asking, "How do I cross this river?" The answer is through using this bridge. Then you're thinking about tearing down the bridge instead of crossing it, right? Your experiences with limitations are meant to help you reach the other side of the bridge. This parallels what I just explained earlier: would your wisdom and growth have been possible without these constraints? Wouldn't you be at a standstill in terms of personal development? Therefore, experiencing limitations is part of that journey towards crossing the river. And all these limitations you perceive are essentially reflections of limitations within your own thought process or mindset.

所以那你通过你投射出去的东西,你就知道 where you are,对吧?那你是不是就能知道你在哪⾥?你们必须要知道的就是说那个限制只是你投射出去的,它不是真实的存在的,明⽩吗?因为是你现在的⼀个意识状态,我投射出去,我还有限制.但是那个它不是真实的.因为如果你们还把它当成是真实的存在,你就会还继续的体验这个.所以说它只是你⾃⼰的...因为这个物理现实...你们体验的就是你们⾃⼰投射出去的状态,明⽩吗?

So when you project things out there, then you know where you are, right? Then can you know where you are? The thing you need to understand is that this boundary is what you have projected and it's not a real existence. Do you understand? Because it's your current state of consciousness projecting this out into the world with its own limitations. But they're not true because if you still perceive them as real, then you will continue to experience this limitation. So it's just yourself... due to the physical reality... that you are experiencing is your own projected state. Do you understand?

问: 有⼈想问为什么她总是吸引物质条件上⽐她穷的伴侣? 为什么总是吸引样貌打扮上⽐她差很多的伴侣? 这样的吸引说明了她是什么样的⼈吗?

Q: Someone wants to ask why she always attracts partners who are less materially endowed than her? Why does she always attract partners who are much worse looking or dressed than her? Does this kind of attraction tell us what kind of person she is?

JO: 你如果真的去在乎他穷的这个问题,其实你会⼀直体验到穷的这个问题上⾯去.因为它对你来说⼗个问题嘛.因为为什么呢? 因为真正的彼此吸引的话,你会觉得对⽅穷吗? 你会觉得对⽅真的是个宝贝,对⽅也视你为宝贝.你们都是⽆价之宝.明⽩吗? 那如果你能去在乎他穷的话,那你并没有被吸引.你只是在⽐较,我的多,你的少.这是不同的状态的.

JO: If you really care about the issue of his poverty, you will constantly experience it on that issue because to you, there are ten problems involved. Why is that? Because if you truly find each other attractive, would you think your partner is poor? Would you regard them as a treasure and see yourself as one too? You both are priceless treasures. Get it? If you can care about his poverty, then you haven't been attracted. You're just comparing, mine more than yours. This is a different state.

问: 怎么样可以做到像济公⼀样凡事都不放在⼼上,那是⼀种什么样的状态?

Question: How can one achieve a state of mind like Eechong where nothing bothers them? What kind of state is that?

JO: 你没有办法只是去追寻⼀个状态.我只是去追寻⼀个状态,只是成为那个状态,只是去追寻它,只是想要去得到它,明⽩吗? 因为你只有去成为它.当你在追的时候,实际上你就不是,明⽩吗? 那这种状态就好像你现在是个⼩树苗,然后你才成长了⼏⼗天.但是旁边那棵⼤树已经三百多年了.怎么样才能像那棵⼤树⼀样? 你们是在⼀个不同的意识状态,不同的⼀个时期,不同的⼀个周期,不同的⼀个⽣命状态.但是他们却可以给你展现⼀个⽣命的可能.所以只是去看到那些⼈展现出来,OK,他们能成为的样⼦就是任何⼈能成为的样⼦.⽽不是说我要马上成为他那个样⼦.我怎么样才能成为他那个样⼦?

JO: You cannot just chase after a state; you have to become that state, simply be it, chase it and want to attain it, understand? Because you have to embody it. When you are chasing it, actually you are not there, understand? This state is like being a young sapling now, then growing for a few dozen days. But the big tree beside it has been around for over three hundred years. How can one become like that big tree? You are in a different state of consciousness, at a different period, during a different cycle, and living a different life phase. Yet they can show you what life possibilities exist. So just observe them manifesting their capacities, okay; they can achieve anything any person can achieve. Not to say I have to immediately become like him. How do I become like him?

你也不知道他们体验了多少世的纠结、挣扎,他才成为那个样⼦的,明⽩吗? 你不知道别⼈经历了多少风风⾬⾬.所以不能只是盯着那个果.那个只是⼀种意识状态它展现的样⼦.但是你们都会去向往这种⽆拘束的⽣命的状态.因为这是每⼀个⽣命本来应该有的样⼦.所以在你们的内⼼,你

You don't understand how many lifetimes of struggle and turmoil they've experienced before becoming that way, do you? You don't know what others have been through in terms of ups and downs. So it's not just about the outcome; that's merely a manifestation of their consciousness state. But all of you aspire to live life without constraints because that is inherently how every life should be. Hence, this desire exists deep within your hearts.

们都会被这样⼦的状态所吸引.是不受任何限制.明⽩吗? 你本⾝也是不受任何限制的,现在你给⾃⼰这些限制也是为了体验的.

We are all drawn to such states, without any limitations. Do you understand? You yourself are not limited either, and now imposing these restrictions on yourself is for the experience.

问: 从⾦钱的⾓度去看,恒⼤许家印的暴雷事件是我们集体意识中的什么负⾯信念创造出来的?

Q: From a financial perspective, what negative belief in our collective consciousness created the Huanda Xu Jiayin's sudden collapse?

JO: 那其实就是你们眼⾥都追求物质,都觉得物质才是最重要的.你看我满⾜我所有的,我满⾜我的名誉、地位各种.我才是那个什么什么的.他就好像给你们做了⼀个例⼦或者是模板让你们看到,当我不断地去满⾜我⾃⼰,就是我只是去满⾜我⾃⼰⾁体的欲望的⼀个结果和⾛向会是什么.明⽩吗? 因为就算不是许家印这个⼈,也会有其他⼈来给你们上这堂课的.因为你们的意识状态就是这样⼦.所以他⼀定会通过⼀个,就是如果你们都是很暴⼒的话,你们⼀定会上演暴⼒的事件来体现出你们⽬前⼈类产⽣了很多冲突和暴⼒的,就好像瘟疫、疾病这些.那许家印这个也是来让你们看到,这样你们就好像可以找镜⼦⼀样.

That essentially means that you all value material things and believe that they are the most important. You see me fulfilling my needs, satisfying my reputation, status, and various other aspects; I'm the one who is considered great or exceptional. He's setting an example for you, creating a template, so you can see what happens when I continuously satisfy myself. That is, it leads to a result where I'm only fulfilling the desires of my physical self, showing how that path might unfold. Do you understand? Even if not Xu Jiayin himself, others will give you this lesson because your mindset operates in that manner. He ensures that through actions, such as when everyone is violent, leading to violent events reflecting the current human conflicts and violence, like plagues or diseases. Xu Jiayin serves to show you this so that it's as if you can look into a mirror.

然后你才可以通过这样⼦的镜⼦来真正的知道你到底是谁,明⽩吗?

Then you can truly know who you are through such a mirror, understand?

问: 有群友问她经常起床后感到⼀种失落感,然后对⾃⼰的⼀天感到不满和惋惜.要怎么办?为什么会这样?

Q: Some group members asked her about feeling a sense of loss after waking up and being dissatisfied with herself throughout the day. How should she handle this issue? Why does this happen?

JO:你们⼀定要记住的⼀个就是,你在每⼀个当下当你发现什么过后,你就可以马上重新去选择了.你发现,OK,我可能荒废了⼀天.昨天做的全是不开⼼的事.今天马上要选择只做开⼼的事情,那所有的⼀切是不是都是在⽀持你,服务你?让你去看到⼀些东西并不是让你深陷其中的.就好像你照镜⼦看到脸上有⼀块泥巴,你就不停的说你看你看我脸上有泥巴.你却不动⼿.照镜⼦看到脸上有泥巴,你是不是就可以拿纸⼱把它擦掉了?对吧?那你当下去做出选择,通过这个反射.⽽不是就坐在那,我的脸脏的嘞,你们都来看看我这个脸脏的嘞.那个⼈给我扔泥巴在我脸上,这个⼈给我扔坨屎,我的脸脏的嘞.你们这些⼈都是坏⼈.⼿,在你⾝上.镜⼦也在你⾯前.

JO: One principle you must remember is that when you discover anything in each moment, you can immediately make a new choice. You realize, okay, I might have wasted a day yesterday doing things that made me unhappy. Today, you decide to choose only happy things, and then all these choices are supporting you, serving you? They're not getting you stuck or trapped. Imagine looking at yourself in the mirror and seeing mud on your face. You keep saying, "Look, look, there's mud on my face," but you don't do anything about it. If you see mud on your face in the mirror, can you simply wipe it off with a napkin? Right? So when you make decisions going forward, use this reflection as guidance. Instead of just sitting there, saying, "My face is dirty, everyone come and see how dirty my face is. That person threw mud at me, that other person threw a pile of shit on my face; my face is dirty. You're all bad people." Your hands are right there on your face. The mirror is also right in front of you.

看着镜⼦拿起⼿,擦掉⾝上的污泥.马上你就⼲⼲净净.这是不是⽴地成佛?

Looking at the reflection taking a hand to wipe off the mud on their body. Soon you will be clean. Isn't this immediate enlightenment?

问: ⾯对现在的巴以冲突战争,⽹上有很多视频,看了也很难受.为什么战争不断? 作为普通⼈我们可以做点什么?

Question: Faced with the ongoing conflict and war between Israel and Palestine, there are many videos online that are difficult to watch. Why does this continuous warfare happen? As ordinary individuals, what can we do about it?

JO: 你并不是普通的⼈,明⽩吗? 然后这些战争是因为你们⼈类⽬前还需要通过战争去成长.你们现在在听我这些信息,你们也在成长.但是它有带来伤害吗? 它有制造痛苦吗? 它有付出沉重的代价吗? 明⽩吗? 那如果你们⽤这样的⽅式去成长,你就可以不⽤去⽤如此极端的⽅式去成长,明⽩吗? 但是它最终的⽬的还是为了你成长.⼀个是以惨烈的⽅式成长,⼀个是以我们现在的这种⽅式成长.然后你千万不要说我这个普通⼈能做什么? 既然这个事情在你眼⾥,被你看到了,那你就⼀定能做什么,明⽩吗? 为什么? 就好像我们刚刚说你们都是有传染他⼈的能⼒的,明⽩吗? 那那些⼈在传染,你也可以去传染.你要给对⽅传染什么?

JO: You are not an ordinary person, understand? Then these wars happen because your humans need to grow through war at the moment. You are listening to my information now and you are growing too. But does it cause harm? Does it create suffering? Does it involve heavy costs? Understand? So if you grow in this way, you don't have to grow in such an extreme manner, understand? But ultimately, its purpose is still for your growth. One grows through intense means, the other grows with our current approach. And you must never ask what a normal person can do? Since this situation catches your eye, you definitely can do something, understand? Why? Just like we've said that you all have the capability to infect others, understand? Those who are doing it, you can also do it too. What would you give to the other party?

你如果就是这种骂骂咧咧的,你们这些⼈就知道战争.你现在在传染什么? 继续制造分裂啊.那战争是什么? 是分裂.那你继续,你也在传染这个,明⽩吗? 那你传染什么? 你传染就⽐如说正知正见,就⽐如说我们这些信息就是智慧,就是光.那如果你展现的就是智慧,就是光.那你是不是就是在传染给别⼈? 越来越多的⼈在被你们传染智慧.那他们是不是也可以有⼀双智慧的眼睛睁开,可以看到⽣命的真正的价值和意义.他们也完全的去展现出他们

If you are just like this, always criticizing and cursing, it's as if all of you know about war. What are you spreading now? Continue to sow division, that is war - the essence of which is division itself. So continue, you're spreading this too, do you understand? But what are you spreading? You're spreading something like right knowledge and correct vision; just like our information here represents wisdom, light. If what you show is wisdom, light, then aren't you also spreading these to others? More and more people are being infected with wisdom through your influence. And can they not open their wise eyes too, seeing the true value and meaning of life, fully manifesting it themselves?

⽣命的价值.那你们是不是就主动的成长,就不需要⽤这种极端的⽅式去成长,对吧? 因为⽬前物质世界上演的所有的⼀切,你们创造这些东西实际上就是因为你们还需要这个东西来成长.那你可以选择不同的⽅式去成长,明⽩吗? 你想,今天你看到听到这些信息.你成为了⼼中没有任何怨恨、仇恨.就像我们刚刚说你可能是因为亲⼈的⼀些,产⽣了⼀些怨恨、仇恨在.那这些东西就好像是⼀个粪⼀样.它在你⼼⽬中堆了粪.那这个粪会越来越多,越来越多.它会在你⼼⽬中积压越来越多.那其实你们每⼀个⼈散发出来的都是臭味啊,因为你们每⼀个⼈⼼中都是⼀坨粪啊.那如果你能通过我们前⾯的信息看到,那其实你⼼中没有怨恨,对吧?

The value of life. Wouldn't you grow proactively instead of resorting to such extreme means for growth? Because everything that happens in the physical world you create is due to your need for these things to progress further. You have a choice in how you choose to grow, do you understand? Imagine receiving this information today and becoming someone without any resentment or hatred within you. Those feelings were perhaps triggered by circumstances involving family members, acting like manure piled up inside of you. The more manure accumulates, the more it suffocates your mind. Each one of you emits a stench because each one of you carries this manure in their hearts. If you can see through our previous information and realize that you have no resentment within, then you've made progress, haven't you?

没有怨恨,只有鲜花,对吧? 那如果你们每⼀个⼈⼼⾥只有鲜花,那你们散发的是不是就只有⾹味了,明⽩吗? 所以就是说从清理你⾃⼰,让你⾃⼰睁开智慧之眼,看到事情的真相.那你就会把所有的这种个⼈的怨恨、仇恨,就⾝边的这些东西,你都放下了.那你这朵花就是在散发⾹味了.那你们每⼀朵 花都在散发⾹味,是不是就可以吸引蜜蜂了?就不会都是蛆和苍蝇了? 所以从你内在开始去看清楚你⽣命中经历的每⼀个伤害都是假象.然后去明⽩他们真的不是针对你的.就好像我们前⾯说的信息,那在你⾃⼰⼼中没有任何怨恨,没有任何排斥.更多的是正知正见正觉,那么你就在转变⼈类的集体意识.⼈类的提升剧不需要通过这么极端的⽅式.

Without resentment, only flowers, right? If each of you has only flowers in your hearts, then are you emitting nothing but fragrance, do you see? So, it means to cleanse yourself and open the eyes of wisdom within you to see the truth. You would let go of all personal grievances and hatred, of anything around you. Then, this flower of yours is emitting fragrance. If every single one of your flowers emits fragrance, wouldn't that attract bees instead of maggots and flies? So, from within yourself, start to see clearly that every harm experienced in your life is a mere illusion. Understand that they are not really against you. Just like the information we discussed earlier, there's no resentment or resistance in your heart. More importantly, it's filled with right knowledge, insight, and awareness. This transformation of your inner state leads to changing human collective consciousness without needing such extreme methods for humanity's elevation.

问: 有⼀个⼥⽣想问她现在跟她的男朋友在⼀起,但是她也不怎么喜欢这个男的,有⼀种嫌弃对⽅的感觉.她想分⼿,但是⼀见⾯之后,她又觉得⾃⼰变好了.然后男⽅也经常说她变化⽆常.她想问她⾃⼰为什么会是这种状态吧? 然后她要怎么做吧?

Q: A girl wants to ask about her current relationship with her boyfriend, but she doesn't really like him much and feels somewhat disgusted by him. She's considering breaking up, but after meeting, she feels better about herself. The boy also often says she changes too much. She wonders why she is in this state and what she should do.

JO: 你不需要马上把这个道具丢开呀.因为等你不需要这个道具了,他⾃然⽽然就消失了,明⽩吗? 因为他这个道具就是来让你⾃⼰认识你⾃⼰的⼀个,就好像我们刚刚说你就好像是⼀个道具,你就是来映射出对⽅是恐惧的还是和谐有爱的,他到底是⼀个什么样的意识状态.你就帮助他产⽣他到底需要⼀个什么样的体验.那对⽅也帮助你产⽣你需要的⼀个体验.你不需要get rid of this one,就是如果not ready.因为⼀切都会⾃然⽽然的发⽣.

JO: You don't have to immediately discard this tool. Because when you no longer need this tool, it naturally disappears on its own, understand? Because this tool is designed for you to recognize yourself, just like we said earlier that you are a tool, you reflect whether the other person is fearful or harmonious and loving, what kind of consciousness they are. You help them generate what kind of experience they need. The other party also helps you generate the experience you need. You don't have to get rid of this one; if you're not ready yet. Because everything will naturally happen on its own.

问: 有⼈想问从⽇本把核污⽔排放到海⾥之后,海产品还能吃吗? 会不会危害到⼈类的健康?

Q: Some people want to know if sea products can still be eaten after Japan discharges nuclear-contaminated water into the sea, and whether it will harm human health?

JO: 我们说过很多次真正危害你们健康的是什么? 是你们的思想,你们的信念,你们的能量.那些⽐这个强⼤多了.因为这些东西,核废⽔这个事也是你们的能量投射出来的⼀个果.但是你们现在却看着这些果⽽真正的忽略了是谁种下了这个果? 是你们的这个集体意识.既然是你们的集体意识,肯定是你们集体承担呀.这⾥没有什么⽇本、中国之分的.你们都是连在⼀起的.你们都是⼀家⼦⼈.你真的觉得⽇本、英国、美国什么的他们怎么样怎么样? 你们在⼀个屋檐底下的.你要跟他不是⼀个屋檐底下,你就不会在这个地球上.那如果你们在⼀个屋檐底下,你们屋⼦⾥⾯发⽣的⼀切都是你们⾃⼰造成的.所以说不要再继续的分是对⽅造的恶果.

JO: How many times have we mentioned that what truly endangers your health? It's your thoughts, your beliefs, and your energy - things much more powerful than this. These are projections of your energy, like the case with nuclear wastewater being a fruit of such projection. But you're overlooking who actually planted this fruit, which is your collective consciousness. Since it's your collective consciousness, you must bear responsibility for it. There's no division between Japan or China here; you're all interconnected. You're one family. Do you really think about how Japan, Britain, America, and so on are? You share the same roof, if not, you wouldn't be on this Earth. If you do share the same roof, then everything that happens in your house is caused by yourselves. So don't continue blaming each other for these consequences.

当你产⽣这个思想的时候,那那个恶果就是从你这个思想⾥⾯产⽣出去的,明⽩吗?所以那是你种的恶果,通过那个⽅式呈现给你.它是从你这出去的.所以说当你们真正去转变你们的意识,成为都是就是没有那么多排斥.因为你们⽬前都是在⼀种排斥的状态,你排斥我,我排斥你,各种排斥.你想象⼀下如果你的这个⾁体的细胞和细胞相互排斥,⾻头跟⾻头相互排斥会怎样?⼀套房⼦如果它的砖、⽔泥、⽊头都相互排斥会怎样?所以说你们⼈与⼈之间的⼀些排斥,这种你怎样我怎样,那就是你们⽬前经历的⼀切.这⾥没有错的,就是不会有出错的.因为你们总会觉得那个果好像是凭空⽽出的.不是的.它就是

When you have this thought, that bad consequence is produced from within your own mind; do you understand? So it's the consequence that you have sown through your own thoughts. It emerges from you. Thus, when you truly transform your consciousness into one without so much resistance, it will be because your current state involves various forms of resistance – you resist me, and I resist you. Imagine what would happen if the cells in your physical body were to mutually resist each other, or if bones were to resist each other? Would a house made of bricks, cement, and wood survive if these materials were all in mutual opposition? You can see that the way people interact with one another – this idea that 'you do things your way, I'll do mine' – is exactly what you're experiencing now. There's nothing wrong with this; there's no mistake here because you always feel like the consequences are just appearing out of nowhere. Not so! It all originates from within you.

你们⽬前的⼀个状态.所以⽆论是从哪个⽅⾯,你们只是去处理了果,⽽忽略了因,是永远没有办法去真正的脱离出来的.为什么呢? 处理掉⼀个又结⼀个,处理掉⼀个又结⼀个.

You are currently in a state of handling the results without addressing the causes. No matter from which aspect you approach it, you only manage to deal with the outcomes rather than the underlying issues, thus never truly freeing yourselves. Why is that? You resolve one issue and another emerges; you resolve another issue and yet another appears.

问: 有⼈想问她学习又学不进去,觉得只有⼯作没有⽣活.总觉得⾃⼰在⼯作上得不到奖励,但是她也很努⼒,还经常加班.然后她的学历不⾼,她很恐惧会失业.有没有什么信息是要带给像她这样状态的⼈?

Q: Some people wonder why she can't focus on her studies and feel that life is only about work. She constantly worries that she won't receive any rewards in her job but works very hard, even staying late frequently. Moreover, with a low educational background, she is fearful of losing her job. What message would you like to convey to individuals in her situation?

JO:我们⾸先都会⽀持你去做让你快乐事情,⽆论是什么.看着你可能是辞掉⼯作,去做你快乐的事情,明⽩吗?因为你只有快乐过后,你的整个能量才会发⽣变化.你的能量发⽣变化,你⾃⼰投射出去的,就是给你呈现的那些事件它都变了.因为你们头脑会去分辨,这个是好的,那个不好.这个会影响⼯作,那个会影响⾦钱.没有.只有⼀个去让⾃⼰越来越快乐,因为你越来越快乐,你整个⼈就产⽣了不⼀样的能量.不⼀样的能量你投射出来的,就是你在你现实中体验的果⾃然就不⼀样了,明⽩吗?所以你陷进去的都是你头脑⾥⾯的各种分析.那是你头脑对⽣命的本质不知情.试着让⾃⼰快乐起来,你来看看⽣命中产⽣的变化.你就会越来越进⼊到⼀种正向的循环了.

JO: We will always support you to do the things that make you happy, whatever they are. You might consider quitting your job and pursuing what truly delights you, right? Because once you find joy, there is a transformation in your energy. Your energy transforms, influencing all events presented to you, as well as any actions or decisions you take. The mind tends to categorize certain things as good or bad; it perceives these as having an impact on work and finances respectively. Not necessarily so. The key lies in cultivating happiness within yourself; the more content you are, the more distinct your energy becomes. With a different energy flowing outwards, naturally, your experiences in reality will be different. Understand? You've been caught up in whatever your mind has analyzed. That reflects your lack of knowledge about the essence of life. Try to bring happiness into your life and see how it alters your experience within it. This will lead you into a more positive cycle over time.

你放下你头脑⾥⾯的各种担忧,就是必须要⼯作啊,各种.⽆论做什么,先让⾃⼰快乐起来再说.

Let go of all your concerns in your mind, even the necessity to work, and whatever it is; start by making yourself happy first.

问: 有⼈想问为什么她总是变来变去,选择和决定都是不坚定的? 变化很快.

Q: Someone wants to know why she's always changing, with uncertain choices and decisions? The changes are very quick.

JO: 你们⾸先要知道你们并不是说⼀个... 你们本⾝就是前⾯有⽆数个世界,就好像前⾯有⽆数个频道,你可以选择我进⼊这个,进⼊那个.这个才是⽣命真正的状态.那你们会觉得就⼀直是这样⼦,那是因为你们⾃⼰给⾃⼰创造了这样的体验,所以看不到很⼤的变化.但是你们本⾝就是⽆限的.那通过这种体验,你也可以让⾃⼰知道其实你没有任何限制和没有被任何东西困住.你都可以随时在⼀个痛苦的关系中马上跳出来.就好像刚刚前⾯说我⼯作也不好,这样那样.你马上就可以跳出来了.我要做我开⼼的事情,去寻欢作乐,在你们没有去伤害别⼈的情况下.因为为什么呢? 你去伤害别⼈,那就是你在制造因.你会接收到那个果的,对吧?

JO: You need to understand that you are not just one... you yourselves exist in front of countless worlds, as if there are countless channels in front of you, and you can choose to enter this or that. This is the true state of life. If you feel that it has always been like this, it's because you have created such experiences for yourselves, so you don't see significant changes. But you are infinite beings. Through these experiences, you can also realize that there are no limitations and nothing that confines you. You can jump out of a painful relationship at any time. For example, just now when I said my work isn't going well, etc., you can instantly step out of it. I want to do what makes me happy, seek pleasure, without harming others. The reason is that if you harm others, you are creating karma for yourself, and you will receive the fruit thereof, right?

那你还是把⾃⼰带向了不是寻欢作乐⾥⾯去了.你把⾃⼰带向了苦果,明⽩吗? 所以在你们没有去伤害别⼈的情况下,怎么样快乐怎么样来.没有任何⼈有权⼒去限制你,不允许你快乐.哪怕你被关在牢房⾥⾯,你都可以想到⼏百个笑话来逗笑⾃⼰让⾃⼰开怀⼤笑.

That means you're bringing yourself into pleasures instead of sorrows. You're carrying the fruits of your own choices, right? So under circumstances where no one is being harmed, feel free to enjoy as much happiness as possible. No one has the authority to restrict you from finding joy; even if you're locked in a prison, you can still think of hundreds of jokes to amuse yourself and laugh heartily.

#### 2023/10/18 — 谢谢你们⽤你们的意志⼒⽤你们内⼼的合⼀去击退⿊暗Thank you for using your will and inner unity to repel the darkness.

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我先感谢JOJO给我带来的变化.

Q: I first thank JOJO for bringing about changes.

JO: NO NO NO NO,我们想要感谢你.因为你在做的是击退⿊暗,因为你们这个地球有⾮常⾮常沉重的能量,那是⿊暗的能量.然后所有⼈都会好像是中毒⼀样,都会被影响.然后你在⽤你的意志⼒在跟它做对抗,明⽩吗? 你在⽤你的光和你内在的合⼀,⽤你内在的正义在跟它对抗.我们知道你现在做的是多么的艰难或者不容易,因为你现在就好像还是受伤的⼈,你的⼒⽓还有元⽓它没有恢复到正常的⼈.所以在你现在⾝受重伤,你还在坚持你⼼中的正道.所以说我们要感谢你.我们想要让你知道的是你现在感受到吃⼒或者是不容易或者是吃⼒后者是不容易、艰难,就是⽐较困难是因为你现在还没有恢复,你还在恢复中,你还是⾝受重伤的状态.

JO: No no no no, we want to thank you because what you're doing is fighting against the darkness. Because your Earth has such heavy energy, dark energy, and then everyone would be like poisoned and affected by it. And you are using your willpower to fight against it, right? You're using your light and your inner unity, your inner justice, to fight against it. We know how difficult or hard it is for you now because you are sort of injured. Your strength and energy haven't fully recovered to normal human levels. So even with serious injuries, you persist in your path of righteousness. Therefore, we want to thank you. And what we want you to understand is that the difficulty or hardship you're feeling right now, whether it's struggling or not easy, comes from the fact that you are still recovering and injured.

那就好像你本⾝以前中毒很深,那你现在稍微清醒了⼀下.就是有⼀⼜没有毒⽓的空⽓让你可以意识恢复正常⼀会⼉,就⽐如现在跟我们联络的时候.因为我们在给你能量,所以你会感受到你的状态很好,头脑很清晰.因为我们给你创造了⼀个空间,这⾥没有毒⽓.但是等我们断开连接过后,你又返回到那个有毒⽓的空间.你又会感受到那种窒息感,明⽩吗? 所以你就会再⼀次的感受到⼀种⾝体的烦躁或者是⽆⼒.所以在现在,就是我们给你创造的⼀个清晰和清醒的状态中,我们想让你知道它这个只是暂时的.就好像你

It's like you were severely poisoned before, and now you're just a little more alert. The presence of fresh air without toxic fumes allows your consciousness to temporarily return to normal, similar to when you communicate with us right now. Because we are providing energy to you, you feel that everything is well and clear-minded. We've created an environment for you free from toxins here. However, once the connection ends, you revert to a space filled with toxic fumes and again experience the suffocating sensation. Understand? As such, you will once more feel physical discomfort or helplessness. In this current state of clarity and alertness we have provided for you, it is just temporary, akin to how

⽣病在恢复的时候,你感冒.可能第⼀两天你会很严重,但是接下来的第三四五天就是后⾯的症状会越来越轻,越来越好直到你完全恢复.所以你现在的症状它只是最开始,就是说你还会感受到.但是慢慢慢慢你的症状会越来越轻,越来越好.然后精神状态会越来越好,明⽩吗? 你只需要坚持的⾛在这条修复的路上,⽽不是破罐⼦破摔,因为那个是与你内在相反的.

When you are recovering from illness, you might catch a cold. Initially, the first one or two days could be severe, but starting from the third to the fifth day and onwards, your symptoms will gradually become milder, improving until full recovery is achieved. Hence, the current symptoms you're experiencing are merely at the beginning stage - they are still noticeable by you. However, over time, your symptoms will lessen and improve further. Your mental state will also gradually become better. Understand? All you need to do is persist on this path of recovery, rather than giving up completely, which goes against your inner self.

问: 就是这两天我确实有点⽑病…JO: 这是正常的.就好像你的伤⼜,你说如果你把它缝好,那你是不是需要养伤? 那你的伤⼜可能前两天会很疼,对吧? 前⼀周都很疼,可能需要卧床.但是下⼀周你可能就可以少少活动运动,站起来⾛动了,明⽩吗? 所以它需要⼀个过程.你不可能⼿术完马上你就可以活蹦乱跳的,明⽩吗? 但是你只要知道它伤⼜⾃⼰有⼀个愈合期,但是你会完完全全的恢复到⼀个⾮常好的状态.状态越来越好,⼒量感越来越强.

Q: I've been a bit off these past two days... JO: That's normal. It's like when you have an injury; if you say that you need to stitch it up, then don't you need to rest and take care of yourself? The first few days might be quite painful, right? Maybe the entire week will hurt as you're lying in bed recovering. But by next week, you should be able to move around a bit less and stand on your feet again, do you see? It just requires time. You can't expect to bounce back immediately after surgery, can you? But you have to understand that your injury does have a healing period, but you will eventually fully recover into an excellent state where your condition gets better and stronger over time.

问: ⽼婆不在家,不想吃饭,光想喝酒.不断给她打电话,她不接,我很烦.

Question: The old lady isn't at home and doesn't want to eat; she only wants to drink alcohol. I've been constantly calling her, but she doesn't answer. It's very annoying for me.

JO:⾸先我们想要知道,就好像刚才这么说你们地球就好像是⼀个房间.这个房间⾥充满了毒⽓.为什么呢?因为你们就好像⼀屋⼦都是黄⿏狼⼀样,你们每个⼈都在排放毒⽓,明⽩吗?那你们地球上的⼈都在排放毒⽓的话,你们屋⼦⾥⾯肯定是充满毒⽓的.那你们都呆在这个有毒⽓的环境,你们肯定都会受毒⽓的影响的.你们肯定都会感受到这种窒息感,明⽩吗?然后通过酒精你们可以⿇痹⾃⼰,就好像是⿇药⼀样可以让你暂时的感受到⼀点点的轻松.但是⿇痹过后你还会再恢复到毒⽓的状态.你们整个地球的能量场是毒⽓.你在这个能量场⾥⾯你会感受到各种不适感.各种不适感就会让你想要依靠酒精.

JO: First, we want to know why it seems as if Earth is like a room full of poisonous gas. Why is that? Because it's like every individual in the room is a fox, emitting poison continuously. Do you understand? If everyone on Earth is emitting poison, then your room will certainly be filled with toxic fumes. Living in an environment saturated with toxins naturally means that everyone would be affected by them. You'd experience suffocation, wouldn't you? And to cope, humans resort to alcohol as a form of temporary relief, like morphine temporarily alleviating pain. But after the effects wear off, they return to their toxic state. The energy field encompassing Earth is essentially toxic gas. Being in that field would induce various discomforts. These discomforts drive people towards alcohol dependence.

酒精像⿇药⼀想它会不时地让你⿇痹,就体验到⼀点的轻松,就感受不到毒⽓给你带来的那种窒息感,明⽩吗?所以你是通过酒精,但是有些⼈他是通过其它的⽅式.就⽐如说有的⼈赌博、有的⼈不停的去追逐⾦钱,然后不断地各种瘾,这种都属于是⼀种逃避.就是暂时的忘记,暂时的不被你周围的毒⽓污染,但是它都是⼀种暂时的逃避.我们现在就是想让你们看清楚⽆论你们⽤任何⽅式逃避,你们都没有办法.为什么呢? 你们还是呆在这个充满毒⽓的地⽅.然后你们唯⼀需要知道的是净化你们⾃⼰.当你们不断地净化你们⾃⼰,你们排放的便不是毒⽓了,明

Alcohol acts like a sedative; it wants you to feel numb and experience some relief, so you don't feel the suffocating effects of poison gas, understand? That's why you use alcohol, but some people find other ways. For instance, there are those who gamble or chase after money endlessly, indulging in various forms of addiction. All these behaviors can be seen as a form of escape - momentarily forgetting and avoiding being tainted by the poisonous atmosphere around them. But they're all temporary escapes.

We want you to realize that no matter how you try to escape, there is no way out because you are still trapped within this toxic environment. The reason why you're unable to find freedom lies in your failure to cleanse yourselves. If you continue to purify yourself, then instead of emitting poison gas, you will expel something pure and clean.

⽩吗? 因为这个地球这个房间⾥⾯产⽣的毒⽓是你们每⼀个⼈都有责任在⾥⾯.那你通过你⾃⾝,在我们的协助下,你在解毒你在恢复你在疗养.那么你现在就变成了⼀个不中毒的⼈.你这个不中毒的⼈就会给其他还在中毒的⼈找到了⼀条出路,来帮他们看到他们可以变成什么样⼦.你可以牵着他们的⼿,让他们⾛出来,不再继续被毒⽓毒害.那当越来越多的⼈跟你⼀样,你们不再散发出毒⽓了,那你们整个地球整个空间就会制造这种窒息感了.这种窒息感会导致⾮常多的混乱,就⽐如说你们现在的战争,明⽩吗?战争也好,瘟疫也好,还有各种混乱也好,各种纷争分裂,这些都是.因为你们内在有⼀种窒息感,你们内在⽆助.

White? Because the toxins produced in this room, on this planet, are everyone's responsibility to be within. Then through yourself, with our assistance, you're detoxifying, recovering, and rehabilitating. So now you become a non-toxic person. This non-toxic person will show others a way out, helping them see what they can become. You can lead their hands out of the toxic fog, no longer allowing themselves to be harmed by toxins. When more people follow your path, not emitting toxins, then the entire planet, entire space creates this suffocating feeling. This suffocating sensation causes so much chaos like the wars you have now, do you understand? Wars, plagues, all sorts of chaos, disputes and divisions are because of this inner suffocating feeling within each person's无助 nature.

你们就会把内在的分裂感和窒息感演化成不同的事件来呈现出来.OK,⼩到家⾥的纷争,你⾃⼰⾝上的疾病,然后各种精神病抑郁症,然后各种⾃杀各种他杀,反社会,国际上的冲突,国家与国家冲突,种族与种族的冲突,这⼀切都来⾃于这个.就是来⾃于你们每个

You will manifest this sense of inner division and suffocation into different events. Alright, from little disagreements at home, illnesses in your body, then various mental illnesses, depressions, suicides, murders, antisocial behaviors, international conflicts between countries, conflicts between nations, conflicts between races; all of these stem from this. This comes from each of you.

⼈都在散发毒⽓.所以当你们每个⼈都⾃⼰清理⾃⼰,⼀个带领着⼀个清理⾃⼰,你们不再散发毒⽓过后.所有的这⼀系列它都会消失.因为⽬前你们只是在从这个果上⾯想要去阻⽌这个悲惨的事件发⽣.但是越演越烈.越多这些惨烈的事件,它越是加深了你们内在的仇恨,它加深了你们内在的⽆⼒感.所以在没有我们的指引下,你们⾃⼰很难出来.如果你愿意作为那个像是出来的⼈,就是脱离你们的集体意识,你不加⼊你们的集体意识,那么你就让所有⼈看都了希望.然后你就为他们⾛出来了⼀条路,明⽩吗?所以你眼看着你经历的是你个⼈的⼀些困扰也好,个⼈的任何也好,但是实际上你只是这个世界的⼀个缩写⼀个缩影.

People are emitting poisons. So when each of you cleans yourselves, one guiding the other to clean themselves, once there's no emission of poison after that, the whole series will vanish. Because currently you're just trying to prevent this tragic event from happening on this fruit, but it escalates further and more horrendous events occur, which deepens your inner hatred and sense of powerlessness. Without our guidance, it's hard for you to come out on your own. If you're willing to be that person who comes out, stepping away from your collective consciousness without joining in with the masses, then you show everyone hope. You pave a path for them, understand? So whatever you're experiencing personally, whether it's issues or anything else about yourself, is just a condensed reflection of this world.

但是就是因为这个缩影,它既然是个缩影,就从你这边点⼀把⽕,它也能燃烧整个地球,明⽩吗?

But because of this image, since it is an image, it can ignite a fire on your side and burn the entire Earth, do you understand?

问: 我⼿机⾥钱少就没有底⽓,花钱也没有浪费啊.钱不敢花啊.

Question: If my phone has little money, I lack confidence; spending is also no waste, as I dare not spend it.

JO: 你的问题是什么? 你不敢花钱?

JO: What's your problem? Are you afraid of spending money?

问: ⼿机上钱少了,少了就没有底⽓了.

Question: If money on a phone is less, then one lacks confidence when it's reduced.

JO: 你说的这些,你体验到的⽐如说也是你的⽆⼒感的⼀种反射.就是你深层感受到的是⽆⼒的,就好像是个⼩婴⼉⼀样⽆依⽆靠,就像是这种.就没有⼒量,没有去在这扎根,在这⾃强⾃⽴⽣存在这⽣存下去的⼒量,没有那种掌控感.它都来⾃于你⽬前就好像是病⼈,就好像是受伤的⼈,还有就是你是中毒的症状.这很正常呀.我不管你多强⼤的⼈,你瘫痪在床上,你会感受到你的⼒⽓?你想动⼀下,你⼿指动不起来呀.所以你都会有深深地⽆⼒感,明⽩吗?但是这个只是你暂时的⼀个现象,它只是阶段性的,它并不是永久的.因为为什么呢?因为你⽬前孩⼦像我们说的修复的期间,所以你感受到这个是正常的.但是它并不是永久的,它不是持续的.

JO: What you're saying and experiencing, such as your sense of powerlessness, is a reflection of how deeply you feel powerless - like an infant lacking support or strength. You don't have the power to plant roots, stand on your own, or survive in this world, lacking that feeling of control. This comes from you being perceived as a patient, someone who's injured, and experiencing symptoms of poisoning. It's normal, right? No matter how powerful you are, if you're lying in bed paralyzed, do you feel any strength when you want to move, but your fingers won't respond? So there is this deep sense of powerlessness, got it? But this is just a temporary phenomenon, a phase that isn't permanent. Why not? Because right now, as we've been discussing, you're in the healing period, and thus experiencing this is normal. However, it's not permanent; it doesn't last continuously.

除⾮你⾃⼰愿意去持续的选择这个体验,明⽩吗?那也是你⾃⼰持续的去选择,但是并不是的.你只需要去相信,OK,我现在已经找到道了.跟着JOJO⽼师的脚步,我⼀定能站起来.我会拥有⾮常⾮常多的钱,我有掌控感.你只需要相信这个.

Unless you choose to continue this experience on your own, do you understand? But it's not like that. You just need to believe, okay, I have found the path now. Following Master JOJO's footsteps, I will definitely stand up. I will have an abundance of money, and a sense of control. You just need to trust this.

问: 我和JOJO⽼师灵魂层⾯是什么关系?

Question: What is the soul-level relationship between me and Teacher JOJO?

JO: 你就好像是⼀个熄灭的蜡烛,然后被JOJO⽼师去点燃⼀样,明⽩吗? 就好像你本来是熄灭的,但是被JOJO⽼师点燃.有⼀种就好像起死回⽣,死灰复燃的那种.所以你⼀定会熊熊的燃烧,因为你已经被点燃.那你被点燃,最开始肯定是个⼩⽕苗,对不对? 但是所有的熊熊⼤⽕是不是从⼩⽕苗开始? 再⼤的⽕是不是都是从⼩⽕苗开始? 那你记住了!问: 我记住了,谢谢.

JO: You're like a extinguished candle that gets ignited by Teacher JOJO, understand? Just as you were extinguished, but then lit up by Teacher JOJO. It's like being brought back to life, the ashes rekindling. So you will definitely burn brightly because you've been lit. When you are lit, it starts off as a small flame, right? But isn't every raging fire started from a small flame? No matter how big the fire is, doesn't it always start with a small flame? Remember that! Q: I remember, thank you.

JO: 你们都在创造⽣命的奇迹,所以你⼀定要相信你本⾝就是奇迹.你可以不相信你⾃⼰,但是你可以相信JOJO⽼师在创造奇迹.

JO: You are all creating wonders of life, so you must believe that you yourself are a wonder. You may not believe in yourself, but you can believe that Master JOJO is creating wonders.

问: 没有啥问题…JO: 是,这⾥没有问题.你感受到的就好像我们告诉你,你这个伤⼜在愈合期,现在感受到疼痛是正常的,⾛不了路也是正常的.再给它个⼀两周时间,你会感受越来越良好.

Q: No issues... JO: Yes, there's no issue here. What you're feeling is like us telling you that your wound is in the healing stage; it's normal to feel pain now and not being able to walk around. Give it another week or two, and you'll start feeling better.

问: 我有点疼,也不知道咋回事.

Question: I'm feeling a bit of pain and don't know what's going on.

JO: 你继续听我们的信息,你现在是中毒的症状,明⽩吗? ⽽且你们整个世界的⼈都是在⼀种中毒的状态.偶尔清醒⼀下就变成了你们的智者,明⽩吗? 所以你要给⾃⼰时间,就像是⼀个⼩孩他学⾛路,他会摔跤也是很正常的⼀个过程.不可能因为摔了两跤疼,你就不⾛了.所以⽆论怎样,这个伤⼜它都在愈合.你唯⼀需要的就是静⼼的、耐⼼的等待.你知道这个难熬难过的时间会越来越短.⽽且你感受到那种⽆⼒感也只是现在这个阶段.但是你却是在⼀步⼀步的朝前,这个阶段这个风景,它都会过去的.因为你已经上道了.你上道了过后⽤的不是你⾃⼰的⼒量,这个道它⾃⼰就在运⾏,就像⼀个传输带⼀样,明⽩吗? 你已经被拉上来了.

JO: Continue listening to our message. You are showing symptoms of poisoning right now, understand? And the whole population on your planet is also in a state of poisoning. Being occasionally aware turns you into what you consider wise, understand? So give yourself time, just like a child learning to walk and falling down is part of that process, normal even. You can't stop walking because of two falls, right? Therefore, regardless of the situation, this injury will heal on its own. The only thing you need is to patiently wait with calmness. You understand that this difficult time is getting shorter. And the feeling of powerlessness is just a phase you're experiencing now. However, you are moving forward step by step through these stages, and eventually they will pass because you have started your journey. It's not relying on your own strength; it's the path doing its work like a conveyor belt, understand? You've been lifted up already.

所以你只需要开⼼的,就像疯⼦⼀样去哈哈⼤笑.因为当你像疯⼦⼀样乐在其中,哈哈⼤笑,所有⼈都在问你你怎么了? 你发⽣什么事了? 你就可以开始传道了.你要知道你就好像有很多张照⽚.以前那个照⽚的你,那个版本的你早已经死掉了、不存在了.然后你现在体验的这个照⽚,就好像我们说它在愈合期.在愈合期,它肯定还有有⼀点疼痛感,明⽩吗? 那接下来慢慢慢慢的疼痛感减少,时间简短.你今天可能五个⼩时不舒服,那你明天可能三个⼩时不舒服,再过⼀天变成⼀个⼩时不舒服,再⼀天… 慢慢就是这样⼦,你会感受到你的⾝体越来越有活⼒,越来越恢复到⼀个正常状态,明⽩吗? 你这么想,就好像你最开始蹲在地上,你的脚蹲⿇了.

So just be happy, like a crazy person, laughing wildly. Because when you're happily lost in it, laughing wildly, everyone is asking what's wrong with you? What happened to you? And that's when you can start spreading the word. You need to understand that you are like many pictures. The version of you in those old pictures is long gone, no longer exists. Then this current experience of yours, as if we call it the healing phase. During the healing phase, there is definitely still a bit of discomfort, right? Understand that over time, this discomfort gradually decreases. You might be uncomfortable for five hours today, then three hours tomorrow, an hour the next day, and so on... Gradually like this, you will feel your body becoming more lively and recovering to a normal state, understand? Imagine, as if you started squatting down with numb feet at the beginning.

你最开始站起来的时候,你的脚感觉好像站不稳⼀样要倒,脚很⿇很疼,对吧? 但是⼀会⼉这个感觉就会过去的,对不对? 那你现在体验的这些感觉也是⼀样,⼀会⼉它就会过去的,明⽩吗? 你不需要去想我是不是还没有⾛出来? 我是不是还和以前⼀样? NO,不⼀样.完全不⼀样.那个你已经死掉了.你以前是熄灭的,现在已经被点燃了.之所以感受到⽆⼒感或者是⼒量弱,是因为你现在还是⼩⽕苗.但是所有的熊熊⼤⽕它都是从⼩⽕苗开始的.所以别⼈吹⼀下你,你就觉得我都快熄灭了.

When you first stand up, your legs feel unstable like they might collapse, numb and painful, right? But this sensation will pass after a while, won't it? You are experiencing the same feelings now; soon it will pass, do you understand? There is no need to wonder if I haven't left yet or if I am still the same as before. No, it's not the same. Completely different. You have already died. You were previously extinguished and are now ignited. The feeling of helplessness or weakness in power is because you are still a small flame. But all great fires start from small flames. So when someone blows on you, you feel like I'm about to be extinguished.

问: 对,你说的⼀点没错.我感觉我以前接触的⼈有点不好.不能接触⼈,在家休息休息.

Question: Yes, you're absolutely right. I feel that the people I've interacted with before were not very good. I can't connect with people; I need to take a break and rest at home.

JO: 对,你就把你⾃⼰当成病⼈.本⾝就是个病⼈.你们的元⽓需要修复.然后呢,你现在是⼩⽕苗,你就不断地⾃⼰给⾃⼰加油.

JO: Yes, just think of yourself as the patient. You are inherently ill. Your vital energy needs repair. And now that you're a little flame, keep fueling yourself.

问: 我现在就感觉到了,我感觉升升升升.

Q: I'm feeling it now, I feel rising rising rising.

JO: 对,你不断地给⾃⼰加油.你⼀切都在朝好的⽅向.⼀切都在朝好的⽅向.所以这⾥没有半点担忧,这⾥是好事.

JO: Yes, you're constantly cheering yourself on. Everything is moving in a positive direction. So there's no concern here; it's all good.

问: 在我们说话之间,我的内⼼都感觉能量太⾼了,正能量.

Question: In between our conversation, I felt that my inner energy was too high, filled with positive energy.

JO: 是,因为你内在不断不断地被我们的能量… 所以你感受到,不是你感受到,是应该你知道你⾮常强⼤!! 之前的那个你已经死掉了.你记住这句话,哪怕是你们见到的再伟⼤的⼈,成吉思汗也好,总统… 普京也好,所有这些强⼤的⼈他们都是从⼩baby长⼤的.他们都是从⼩宝宝⼩婴⼉,他们都有最脆弱的时候,需要被保护被看护的时候,明⽩吗?那你说普京就是那个总统,我不知道你们⼼⽬中⽐较强⼤的⼈是谁,每⼀个⼈不⼀样.我们想要告诉你,你眼中看到的任何强⼤的⼈他都有你现在在感到⽆⼒的时候,需要保护,像个⼩baby的时候,明⽩吗?他都处在过你这个脚步,不管他是谁.

JO: Yes, because you are continuously being filled with our energy... So you feel it, not that you feel it, but you should know very clearly that you are extremely powerful! The old you has already passed away. Remember this statement: even if you meet someone as great as Genghis Khan or a president like Putin, they all grew from small babies to where they are today. They had moments of weakness when they needed protection and care, just like any baby. Understand that every person, no matter who they are, has gone through the stages you are experiencing now, needing care and protection, as if they were a little baby. This means that everyone has felt powerless at some point in their lives, even those considered powerful, including Putin or any other great figures you might think of. We want to convey to you that no matter who appears strong in your eyes, they too have been where you are now, needing care and protection.

你说有哪⼀头⽜⼀⽣下来就可以像成年的⽜这么强壮可以去耕地?明⽩吗?所以你此刻就感受到你的⽆⼒感或者感受到你需要去扶持或者是这种,并不代表你以后都会这样⼦.它只是你⽬前的这⼀个⽚刻,这⼀个阶段⽽已.就好像你们再强⼤的⼈,他都是有刚⽣下来⼩婴⼉的状态.婴⼉的状态是不是什么⼒量都没有,明⽩吗?

You ask if there's a calf born with the strength of an adult cow to plow fields? Can you understand that? So, right now, you feel your helplessness or need support, not meaning this will always be. It's just your current moment, a phase in time. Even the strongest among you was once newborn infants. Isn't it true that infants have no strength at all?

问: 明⽩,你说的意思就是不要去崇拜别⼈.

You are saying that one should not go about worshiping others.

JO: 不要去因为你当下感受到的⽆⼒感⽽把你当成是⼀个没有⼒量的⼈,⽽感受到你没有希望,⽽感受到绝望,⽽感受到你好像没有⼒量去改变.因为所有再强⼤的⼈,他都是从⼩ baby开始.他⼩婴⼉的状态是不是谁都可以⼀把给他掐死,对不对? 是不是? 那那个强⼤的⼈都有过这个⽚刻,为什么你觉得你没有呢? 明⽩吗? 那那个强⼤的⼈有过那种像婴⼉⼀样的状态,但是不能否定他成为⼀个强⼤的⼈.你⽬前感受到那个weak,就是⽆⼒的症状就好像是⾐柜⾥⾯的⼀件⾐服.那个⾐服你穿上你感受到你是这种状态,当你脱下,穿上另外⼀件⾐服,你的状态又不⼀样了.你不信的话就尝试不同的⾐服,感受⼀下带给你的感觉是不是不⼀样? 明⽩吗?

JO: Do not label yourself as powerless just because you feel helpless in the moment; do not feel hopeless or despaired, and do not think that you lack the ability to change. Remember, even the strongest individuals began as small babies - were they all able to be strangled by anyone at their baby state? Is it possible for them to have been effortlessly defeated? They too have experienced these moments of being like infants. If you can't find parallels in your own life, then perhaps consider this: Even powerful people have gone through such states before achieving greatness. So why do you feel that you cannot? Do you understand?

Moreover, the sensation of weakness or inability is akin to having a specific piece of clothing in your wardrobe – when you wear it, you perceive yourself as being in this particular state. However, should you remove this garment and don another one, you would notice how different your perception changes. If you're unconvinced, try experimenting with various pieces of clothing, and perhaps you'll realize that the feelings they evoke are distinct from each other. Can you see it now?

所以你不需要去⼀直选择穿同⼀件⾐服,⾐柜⾥有⽆数件⾐服等着你.你的所有突破都是你们整个社会的突破,它不只是你⾃⼰.你并没有只是倒霉,在体验这样⼦.不是的.你体验这⼀切都有它的意义,它的价值.它都在推动着,就好像你们整个地球是⼀个齿轮,你都在⽤你的⼒量去推动着这个齿轮前进,明⽩吗? 所以你的这些经历和苦难都不是⽩⽩的,都不是⽩费的.记住你前⾯的亲⼈给你留下的话是你去光宗耀祖.

So you don't need to always pick the same clothes; your wardrobe is full of options waiting for you. Your every breakthrough is a breakthrough for all of society, it's not just about you alone. You're not just suffering randomly through this experience. No, you experiencing everything has its meaning and value. It's all pushing forward, like the entire Earth is a gear and you are using your strength to move that gear forward, do you understand? So your experiences and struggles are not wasted; they matter. Remember, the words left behind by your ancestors are for you to bring glory and honor to your family name.

问: 我就感觉说不上的劲…JO: 你有时候只需要换⼀个环境,就⽐如说⾛出屋⼦到⼀个⼭清⽔秀的地⽅,去到⼤⾃然当中或者是去⼲⼲农活.因为当你和植物和⼟地连接的时候,它会在疗愈你,明⽩吗? 所以我就给你说,⽐如有⼀块⼟地,然后我要让你今天把这个⼟地全部翻⼀遍. 你可能最开始不是那么情愿,但是你翻着翻着越翻越有⼒,越翻越有⼒.等你翻完这⼀⽚⼟地,你的⾝体会很轻松,⼼情会很愉悦,明⽩吗? 所以有时候你就强迫把你的⾝体移到另外的场合.为什么呢? 因为不同的地⽅,它有不同的磁场,不同的能量状态.它可以被动的调动你的能量,影响你⾝体的能量.所以有时候就停⽌在那,我这个怎么回事? 我今天就是...

Q: I just feel this inexplicable energy... JO: Sometimes all you need is to change your environment, for example, by stepping outside into a place with fresh air and clean water, going out into nature or doing some farm work. Because when you connect with plants and the land, it heals you, right? So I'm telling you that there's a piece of land, let's say, and I want you to till this entire plot today. You might not be too keen at first, but as you dig deeper, you'll find that the more you work, the stronger you feel, the more strength you gain. Once you've finished tilling the land, your body will feel very轻松and spirits lifted, do you understand? So sometimes you have to force yourself to move your body into different settings. Why is that? Because each place has its own magnetic field and energy state; it can passively influence and affect your body's energy. That's why I stopped there today...

就是⼀直去搞清楚我⾝体这不舒服那不舒服,搞清楚你头脑的想法.你倒不如什么都不要想就往外⾛,⾛到农⽥⾥⾯去,拿起锄头不停地锄地.换⼀个能量场.你们地球有这么多场所给你,但是尽量

It's all about continuously figuring out what's wrong with my body and understanding your mind's thoughts. Perhaps it would be better to stop thinking and just move outward, walking into the fields and taking an axe to endlessly cultivate the land. Change the energy field. Your Earth provides so many venues for you, but try to

去⼈少的地⽅.为什么呢? 因为就好像这么说,我刚刚说你们每⼀个⼈都在散发毒⽓,对吧? 那你⼈特别多的时候,你想那个毒⽓很重啊,每个⼈都在... 你去⼤⾃然的时候或者跟⼟地接触的时候,你是连接的⼤地的能量,它可以疗愈你.所以哪怕你只是躺在地上,找⼤⾃然⼭坡、草地,躺在地上,你都能感受到那种踏实感.你知道为什么⼩孩⼦他们在地上打滚的是时候特别快乐? 就像在妈妈怀⾥⼀样.因为他们能感受到那种连接感.你们之所以感受到这种痛苦或者不适感,就是因为你跟源头失去连接.你之所以跟JOJO⽼师在通灵在交流的时候感受到很好或者能量⼗⾜,那是因为你没有断开连接,就是你产⽣了连接.产⽣了连接就好像你突然活过来了⼀样.

Go to less crowded places. Why? Because it's like I just said that each of you is emitting toxic gas, right? When you have a lot of people, you think the toxicity is heavy, with everyone... When you're in nature or interacting with the earth, you are connected to the energy of the great land, which can heal you. So even if you just lie on the ground, finding natural slopes or grasslands and lying down, you can feel that sense of grounding. Do you know why children are so happy when they roll around on the ground? It's like being in their mother's womb. Because they can sense that connection. That's why you feel this pain or discomfort; it's because you've lost connection with the source. When you're sensing well or have a full energy field during communication with Master JOJO through spirit, it's because you haven't disconnected - you've made a connection. Making a connection is like suddenly coming alive again.

就好像⼀株花它最开始没有⽔,你把它放到⽔⾥,它逐渐的恢复了.

It's as if a flower, at first without water, when you place it in water, it gradually recovers.

问: 能不能连接⼀下我⼤⼉⼦现在⽬前的能量状态? JO: 你稍等.你再说⼀下你⼤⼉⼦的名字?

Question: Can you connect me to my son's current energy state? Answerer: Wait a moment. Could you please repeat your son's name?

问: XXJO: 这么说吧,我们刚才信息就是说你们每个⼈都在散发毒地,对吧? 那其实XX他现在⾝处的就是在⼀个充满毒⽓的地⽅.你们还可以⽐如说去⼤⾃然,那毒⽓少,对吧? 那处的环境就很难有这种透⽓的.所以说他的转变还需要你们集体意识的转变.为什么呢? 你想如果你们带动很多⼈开始转变,排毒的⼈少了.那你们整个的浓度就会降低了,对吧? 空⽓中的浓度降低了过后,他是不是也好受⼀点? 所以把这个当成你去清理你⾃⼰,净化你⾃⼰的⼀个动⼒.

Question: XXJO: So, let's put it this way, the information we just received suggests that everyone is spreading toxic energy. Correct? That means XX is currently in a place saturated with toxins. You could also compare it to being out in nature where there is less toxicity, right? Such environments are hard to have proper ventilation. Therefore, his transformation requires your collective consciousness to change as well. Why is that so? If you inspire many others to start transforming and detoxifying, the number of people doing it decreases. This would lower the overall concentration for all of you, wouldn't it? Once the concentration in the air drops, wouldn't he feel better too? So, think of this as a driving force for you to cleanse yourself and purify yourself.

#### 2023/10/18 — 你的频率决定你体验的地球版本Your frequency determines the Earth version you experience

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我想问⼀下我的⼈⽣主题是什么? 我⼆⼗七岁,我叫XXX.

Q: I would like to know what my life's theme is. I'm 27 years old, and my name is XXX.

JO: 我们感受到你就好像是特别容易受外在的影响,很难专注或者是进⼊到⾃⼰想要进⼊到的⼀种平静的状态.就是很容易着急焦虑,就是被外界引起情绪,就是烦躁吧.但是在你内在你特别想要或者是向往那种peaceful,就是很和谐很安宁的状态.所以在你的⼈⽣当中你就会总是感受到被刺激,就是被刺的浑⾝都不舒服的那种感觉.

JO: We feel that you are particularly susceptible to external influences, finding it hard to concentrate or enter into a state of peace and calmness that you might want to be in. You tend to easily become anxious and agitated by外界stimuli, experiencing烦躁feelings. However, deep down within yourself, you very much desire or long for a peaceful state, one characterized by harmony and tranquility. This is why throughout your life, you constantly feel stimulated or even poked like it causes an uncomfortable feeling all over your body.

问: 我可能个性⽐较强.

Question: I might have a stronger personality.

JO: NO NO NO NO,你总是被外界刺激,就是表现出可能出个性强.那就看你表现的⽅式了.就是你受到刺激,你可能嚷嚷: 你不要吵我! 就是外⾯不停的吵吵吵,别烦了,别吵我.就这种感觉.就是说你很敏感吧.就⽐如说对有些⼈来说,噪⾳对他没有造成很⼤的影响.但是你对来说噪⾳就会让你很烦躁不安.你对它的反应就会⽐较⼤.所以你在前半⽣都会有⼀种像热锅上的蚂蚁⼀样,就是很难找到明确的⽅向和⽬标和⼼⾥⾯的⼀⽚净⼟.因为你本⾝是对这种复杂的⼈际关系,对这种乱七⼋糟的东西是不太感兴趣的.但是总是被外在的这种能量给拉扯进去,然后就完全不能去过上⾃⼰想要的⽣活的那种状态.就会让你有⼀种好像⼀直是在⼜渴的状态.

JO: NO NO NO NO, you're always getting stirred up by external stimuli, which could manifest as a strong personality trait. It's how you choose to respond that matters. You might say things like "Don't bother me!" when there's constant noise outside, just don't disturb me. That's the feeling. Essentially, it means you're very sensitive. For some people, noise might not affect them much, but for you, it causes great agitation and stress. Your reaction is more intense. So in your early years, you may feel like a trapped ant on a hot pan, struggling to find clarity, direction, and inner peace because of the complexity of interpersonal relationships that you're not particularly interested in but are constantly pulled into by external forces. This prevents you from living the life you desire, leading to a perpetual state of thirstiness or longing.

那你⼜渴是不是浑⾝都不舒服?

If you're thirsty, are you uncomfortable all over?

问: 对,我现在就是经常头疼.我去年五⽉到⼗⽉中间有⼏次眩晕呕吐.今年也有⼏次这个问题.

Q: Yes, I frequently get headaches now. I had several episodes of dizziness and vomiting from May to October last year. I've also had a few instances of this problem this year.

JO:这么说吧,因为你是⽐较敏感的体质,对吧?那你在的能量场经常就会让你有⼀种窒息感,就是好像呼吸不过来,没开窗户好闷的感觉.然后很难让你可以彻底的relax,就是不能让你完全的放松或者是有⼀种安全感的状态.你稍等,我们再继续连接你的⼈⽣主题.这么说吧,你也是和这个⼥孩⼦⼀样是有疗愈他⼈的能量和体质.所以你之前感受到的任何不适,它都会推向你去⾛向⾃我疗愈⾃我调节,简单⼀点就是⾛上修⾏之路.就是你必须要去修你⾃⼰的⼼,修你⾃⼰的认知,就是各种.就是好像去让你去平衡⾃⼰.因为如果你要不去平衡⾃⼰,你就会被憋死.所以它会迫使你⾃⼰去找到出路.

JO: Let me put it this way; because you have a somewhat sensitive constitution, right? That means your energy field often gives you the sensation of suffocation, like feeling as though you can't breathe properly, the stuffiness that comes from not having opened a window. It's hard for you to achieve total relaxation or a state of safety. Just wait, we'll continue connecting with your life theme. So you also have healing energy and a constitution that allows you to heal others, like this girl does. Any discomfort you've experienced before would be directed towards self-healing and self-regulation, in simpler terms: embarking on a path of personal development. You need to cultivate yourself internally, adjust your mindset, dealing with all sorts of things to maintain balance within you. Because if you don't find balance within yourself, you'll feel suffocated. It forces you to find solutions for yourself.

就⽐如说你现在可能找到我们的信息,其实是你⾃⼰想要找到出路的⽅式.然后这个就会带领你⾛到⾃我探索的路上.然后慢慢慢慢的你就会逐渐的⾛上就好像能量、疗愈、灵性,就是⼈是受能量影响的.你就会逐渐的对这些产⽣兴趣, 然后慢慢的调节⾃⼰,让⾃⼰达到⼀个平衡的状态.就是看你⾃⼰的兴趣爱好.但是⽆论怎样,当你出去你都会有疗愈他⼈的⼀个能量的.

It's like you might stumble upon our information now, which is actually the way you've been seeking an exit or solution for yourself. This will guide you onto a path of self-exploration. Over time, gradually and slowly, you'll start to develop interest in topics such as energy, healing, spirituality - realizing that humans are influenced by energy. You'll become more interested in these areas and learn to adjust yourself, reaching a state of balance. It's based on your personal interests and hobbies. Regardless, when you go out into the world, you will carry an energy that can heal others.

问: 我现在⽐较迷惑的点是我感觉我对我⾃⾝没有特别⼤的希望,就是我不太清楚⾃⼰真正想要什么.

Q: I am somewhat puzzled because I feel that I don't have particularly high hopes for myself; I'm not very clear about what I truly want.

JO: 这个很正常.为什么呢? 你现在就是连呼吸都不能正常,就是有⼀种窒息感.这个房间连窗户都没开,你很憋⽓.你说你怎么可能知道你是谁和知道你喜欢什么? 刚刚就说你都不能有⾃⼰的⼀⽚净⼟,不能安静也不能静⼼.喜欢什么,你需要静⼼静下来,对吧? 那你都不能达到这样的状态,所以这是正常的.因为你现在还在⾃我探索,还在体验.因为你们很多⼈都会觉得⼀下⼦就要知道⾃⼰喜欢什么.不是的.即使你体验了⼀些你⾃⼰喜欢的,它其实也是在把你推向你去认识你⾃⼰,成为你⾃⼰的道路上.那个也只是你的⼀个⽚刻⽽已.所以不要因为⽬前… 为什么呢? 因为⽬前的这个你就好像蝴蝶化蝶之前⽑⽑⾍的状态.

JO: This is very normal. Why is that? Right now, you can't even breathe normally, feeling a sense of suffocation. The room doesn't have any windows opened; you feel憋闷. How could you possibly know who you are and what you like? Just now, you couldn't even have your own haven to be peaceful or calm down. You need tranquility and serenity to figure out what you like, right? But you can't achieve that state, so it's normal because you're still exploring yourself and experiencing things. Many of you might think you should know what you like immediately. That's not the case. Even if you have experienced something you like, it's actually pushing you towards understanding yourself, becoming who you are on your path. It's just a moment in time. So don't feel that... Why is that? Because this current state of yours is akin to the caterpillar stage before a butterfly emerges.

所以你体验的⽑⽑⾍的⼀切都⽆所谓的,明⽩吗?

So everything about the caterpillar you experience is meaningless, got it?

问: 但是就这个社会现状来说,我在同龄⼈当中属于脚步慢的.

Q: But in terms of the current state of society, I feel like my pace is slow compared to my peers.

JO: 那我们的信息就来带领你看到你们这没有什么同龄不同龄的.每⼀个灵魂它来到这⾥...有的只是⼏岁的⼩孩⼦,他拥有的智慧却⽐你们六⼗多岁的⽼⼈还要多,明⽩吗? 那你不能这么去⽐啊.因为每⼀个灵魂它来到这个世界上它想要去体验的主题是不⼀样的.所以你不能⽤⾁体去看⼀切.所以你只需要去⾛在你⾃⼰的路上.

JO: Then our message will guide you to see that there is no difference between young and old souls here. Every soul comes with its own unique purpose, carrying wisdom beyond the years of a sixty-year-old man or even a child aged just several years. You can't compare them that way because each soul seeks different experiences in this world. You should not judge based on physical appearances alone. Just walk your own path and trust in yourself.

问: 我内⼼⽐较在意我爷爷.他去年突然就去世了.不知道有没有什么信息?

Question: I'm more concerned about my grandfather. He passed away suddenly last year. Is there any information available?

JO: 他想要告诉你的是你是⼀个⾮常乖的孩⼦.他希望你可以跟随我们的信息,就是从这⾥去找到你的出路.然后他说后⾯你会之间跟他建⽴联系,建⽴通道.

He wants you to know that you are a very obedient child. He hopes that you can follow our message, which is to find your way out from here. Then he says that later on you will directly establish contact and create channels with him.

问: 我怎么跟他建⽴通道?

Question: How do I establish a connection with him?

JO: 你现在不需要知道.因为你⼀直转变,⼀直在扩展.当你扩展到⼀定程度,你就可以连接上.就好像你现在搜索不到那个信号.但是当你不断不断地升级,你就可以搜索到了.所以你只需要去⾃⼰升级就好了.

JO: You don't need to know right now because you are constantly evolving and expanding. Once you have expanded to a certain level, you will be able to connect. It's like trying to find a signal that you can't access at the moment. But as you keep updating and upgrading, eventually you'll be able to find it. So all you need to do is upgrade yourself.

问: 那他突然离世有什么遗憾吗?

Question: Is there anything he regrets about his sudden departure?

JO: ⾸先我们的信息想要你知道的是突然离世只存在于你们对事件的⼀个认知,就是觉得突然.就是它不是突然的,你觉得突然是因为你把现实⽣活中的其它当成是不突然.但是实际上现实⽣活中每⼀个每⼀个都是所谓的突然.为什么呢? 就好像前⾯有很多很多电视频道.然后你去进⼊哪个频道? 那你选择了这个频道,因为这个频道⾥⾯有你想看的东西.但是对你来说什么是不是突然的? 那它就是⼀个逐渐逐渐地过程.但是即使是逐渐地⼀个过程,它其实也是你去这样⼦进⼊它,去创造了更多的... 就是⼀个步骤你可能需要⼗步⾛完,但是⼈家⼀步到位.就是看每⼀个个体它是否需要那个过程.

JO: First, the information we want you to know is that sudden death only exists in your perception of events as being unexpected or out of the ordinary; it is not actually sudden. You perceive it as such because other aspects of reality in your daily lives are considered non-sudden by comparison. However, every event in real life could be perceived as 'sudden'. Why? Imagine there are many television channels before you. Then which channel do you enter? It's because this channel has what you want to see. The question is: For you, is something not sudden just a gradual process? But even though it might be a gradual process, it's actually how you choose to engage with it and create more... It might require ten steps for you, while someone else accomplishes it in one step. This highlights the perspective each individual has on their own journey.

问: 我爷爷⾝体其实很好,但是他跟我奶奶的关系不好.我奶奶对我爷爷⽐较苛刻.我奶奶对我和我爸妈也不好…JO: 你稍等.⾸先你们需要理解的是你奶奶她产⽣了这么多的怨⽓或者是怨⾔或者是辱骂,实际上是她⾃⼰内在对⾃⼰的⼀种不满,对她⾃⼰⽣命的⼀种不满.就是她是⽆⼒的吧.因为如果她真正的是有⼒量的…. 就是很多事情她都没有如愿,都没有成为她想要的样⼦去办到.然后就有这种对⽣命的⼀种失望失落感.然后她会把她⼼中的不满必须都宣泄出去.因为你们头脑会觉得我⼼⾥不满肯定是因为你给我造成的,谁让你怎么样怎么样.就是⾝边有⼀只⼩狗,那她可能就会打狗.⼀直叫叫的我烦死了.

Q: My grandfather is actually quite healthy, but he has a bad relationship with my grandmother. She is very strict with him and harsh towards me and my parents as well...JO: Wait a moment. First of all, you need to understand that the great amount of complaints or insults she has produced stems from her own dissatisfaction internally, her dissatisfaction with her own life. She feels powerless. If she had power..., she would have achieved many things differently in life that did not meet her expectations. This leads to feelings of disappointment and loss about life. Consequently, she needs to vent all her frustrations out onto others. Your mind assumes that my grandmother's inner unhappiness is because you brought it upon her; who made her feel this way? There might be a little dog near her, which would infuriate her due to the constant barking being unbearable.

那是因为她本⾝就烦,所以她就会把那个烦投射到那只狗⾝上,明⽩吗? 所以像你们这种家庭成员,它不过就是帮助你奶奶像镜⼦⼀样投射出她内在的不满.因为你必须要理解在关系之间,你们其实都是在感受⾃⼰的能

That's because she is already annoyed herself, so she projects her frustration onto that dog, do you understand? So for someone like a family member in your situation, it merely serves as an instrument to reflect back the grandmother's inner dissatisfaction. You must understand that within relationships, we are essentially feeling our own energies.

量.但是如果你不看清楚这个实际上是她的能量的话,你就会觉得她是真的在对你不满,真正的攻击你,明⽩吗? 然后那你就会觉得她是不是不爱你? 怎么会⽤这种⽅式去表现? 但是实际上她是⾃我攻击和⾃我嫌弃,就是我怎么这么不争⽓,没有把⼈⽣过的好,过成这样⼦了.就是这种.但是在她有限的认知⾥,就这么说吧,她只有这点⽂化.在有限的认知⾥,你们没有办法去分清楚这个是投射关系,你们会把它变成事实.因为其实你们彼此都在加深对⽅,把它变成事实了嘛.但是这也就是你们物质世界去体验的价值的⼀部分,就是你跟不清楚这是投射.你会觉得这是事实.不然的话,这个现实没有办法产⽣啊.你就会知道你在梦⾥⾯,在梦境⼀样.

Quantities. But if you don't realize that this is actually her energy, you would think she's genuinely upset with you or truly attacking you, understand? Then you might wonder if she doesn't love you and how she could show it in such a way. However, in reality, she's attacking herself and feeling self-disgust, thinking about how inadequate she feels, not living up to her best life and letting things turn out this way. That's the essence of it. But within her limited understanding, let's say, she only has this much cultural knowledge. Within this limited perspective, you and I cannot differentiate whether this is a projection or make it seem like reality because we are both deepening each other's perceptions into facts. This part of your experience in the material world, where you might not realize that this is a projection, makes you believe it as fact. Otherwise, there would be no way to create these realities. You'd understand that within dreams, just like in real life.

所以说当对⽅在贬损你贬低你压迫你的时候,你⼀定要清楚这个has nothingto do with you,就是跟你没有关系.就是你不要因为他⽽⾃我贬低、⾃我怀疑、⾃我内疚、就是质问⾃⼰是不是我做的不够好? NO.因为⼀个真正真正能来评判你做的好不好的⼈,他是不会对你有任何期待.你⽆论怎么样做都是好的.为什么?你在你⾃⼰的步骤和节奏.只有那个⼈他才可以来评判你到底做的好不好.但是这个⼈是永远不会去做这件事情的.明⽩这层意思了吗? 你始终要记住⼀句话,如果外在有⼀个⼈来指责你: 你这件事情做的不够好! 那么他就没资格说这句话.谁是有资格说这句话的呢? 那就是他永远都说你在你⾃⼰的节奏⾥.

So when someone denigrates you, undermines you, or oppresses you, they must know that this has nothing to do with you, meaning it's not related to you. Don't let them diminish your self-worth, question your own abilities, or make you feel guilty; don't ask yourself if you're doing enough. No, because the person who can truly judge whether what you've done is good or bad won't have any expectations of you no matter how you act. Whatever you do will be acceptable. Why? Because they are assessing based on your own steps and pace. Understand this concept? You should always remember a phrase: If an external person criticizes you, saying that you did not do well in this matter, then they have no right to say this. Who has the right to say this? It's only you who speaks within your own rhythm.

你当下就是最完美的.明⽩吗?他不会跟你说你这个是好还是不好.那个才有权⼒去说这句话.所以你能看到这个之间的不同吗? 任何⼈他只要去评判你指责你做的不够好,你不够朋友,你不够讲义⽓,你不是孝⼦.那么他没有资格去评判你,就是他的话你没必要去听.然后谁的话你可以去听去借鉴呢? 那个⼈他不会给你评判评论.明⽩吗? 因为他知道每⼀个⽣命每⼀个状态,它存在都是有其原因的.就好像你能说我们⾛向楼上的台阶,哪⼀个是不需要的? 每⼀个台阶都是带你⾛上更⾼的.你能说我这个台阶不要,这个台阶不好? 为什么? 因为其实你们关系存在的⽬的就是来创造这个体验,对吧? 那你是这个⾝份,你就要供你奶奶去体验她要体验的,对吧?

You are perfect right now. Do you understand this? No one has the authority to tell you that what you have done is good or not. That person does not have the qualification to judge your actions. Therefore, can you see the difference? Anybody who judges and criticizes you as being not good enough of a friend, lacking integrity, not being filial, doesn't have the right to judge you, so their words are unnecessary for you to consider. Then whose words should you listen to or learn from? That person will never give you evaluations or comments because they understand that every life and state exists with its own reason. Just like you can't question which step in climbing up the stairs is irrelevant; each step leads you higher. Would you say this step is unnecessary, it's bad? Why? Because your relationship's purpose is to create these experiences, right? As this identity, you are supposed to provide an experience for your grandmother as she desires, right?

但是如何让这个创造的体验不影响你才是最重要的.就是不会去负⾯的影响你,不会给你带来伤害,不会让你内疚,不会让你内耗,不会让你⾃我怀疑.这个才是最重要的.那把前⾯的那⼀段话听进去就好了.

But what is most important is how you can let this creative experience not affect you negatively. It should not influence you in a way that harms you, does not make you feel guilty, does not drain your energy, and does not cause self-doubt. That is the essence of it all. Just listen to the preceding sentence properly.

问: 我看到我奶奶带给我们家⼈都是⼀些痛苦.但是他们也不会指责我奶奶.然后我看到他们的痛苦,我对我奶奶就有⼀股恨意…JO: ⾸先就是说在这个时候你不需要去逼你⾃⼰喜欢上你奶奶,明⽩吗? 因为现在逼你去喜欢上你奶奶就好像是逼⼀个⼀岁的孩⼦不要因为⾛⽽哭⼀样,明⽩吗? 但是⼀岁的时候哭,不代表他三⼗岁的时候妈妈⾛他还哭啊,对吧? 所以说你不需要去处理这个,就是我⼀定要逼我⾃⼰喜欢上她,没有必要的.你现在如果这个能量状态还对她… OK,stay there.就是你不要有想要get rid of it.就是你觉得你作为孙⼥不应该这样,就是⼼⾥有声⾳打架.

Question: I've noticed that my grandmother brings us family members a lot of suffering, but they don't blame her either. Then when I see their suffering, I start to feel hatred towards my grandmother...

JO: Firstly, it's not necessary for you to force yourself to like your grandmother at this moment, understand? Forcing someone to like their grandmother is like forcing a one-year-old child not to cry because they're walking; do you get that? But just because a one-year-old cries doesn't mean he'll still cry when his mother leaves him when he's thirty years old. So you don't have to deal with this situation: I must force myself to like her. It's unnecessary for you now if you're in this energy state... OK, stay there. Don't try to get rid of it. You feel that as a granddaughter, you shouldn't think this way, and there's an inner conflict within you.

当你没有声⾳打架了,你只是允许它存在的时候,你是不会产⽣不适的.你是不会觉得我要怎么要去化解啊,就没有,明⽩吗? 因为它⼀定有另外⼀个声⾳让你产⽣冲突了,你才会有这种.所以说它只是⽬前的这个阶段的⼀个现象⽽已.就好像这朵云飘过去就没了.所以它会随着你⾃⼰能量的变化⽽变化.还有就是说在你们⼈际关系当中遇到的所有不解,就是⽐如说他对我的伤害什么什么的.在更⾼的层⾯,就是当你这个⾁体消失了,你便不会有这么多的情绪啊、抵触啊、这么多的误会在了.为什么呢?因为你最开始还会有这个⾁体,这个⾁体它产

When you no longer engage in verbal conflicts and merely allow them to exist, you do not experience discomfort. You won't wonder how to resolve them because there's none; do you understand? Because it must create a conflicting sound within you for such to occur. Hence, this is just a manifestation of the current stage. It's like when a cloud passes by and disappears. Therefore, it changes with your own fluctuating energy. Additionally, all misunderstandings or issues encountered in interpersonal relationships, say if someone harms you, are simply phenomena that arise at a higher level. Why? Because even as you still have this physical body initially, the very presence of this body generates these emotions, oppositions, and confusions.

⽣的记忆和恐惧在控制着你.当这个⾁体的记忆、⼀些信念和观念随着这戏.个⾁体消失⽽消失的时候,你也能看清楚⼀些东西.就是你就不会如此的迷茫.就是你能看清楚我为什么选择这个⼈在我的⽣命中出现,对吧? 那你看清楚了过后,你就知道其实你们都是战友⼀样.她帮你,你帮她,你们彼此都是帮助对⽅想要体验的.所以说在更⾼的地⽅不会有这种看不清楚.看不清楚就会产⽣这种所谓的伤害吧.但是任何时候,当你的智慧进来的时候.这些东西都会被你转变的,转化成对⼈性的对所有的⼀切的理解和领悟和感悟.所以把这些转化成你的知识,⽽不是只是⼀些闹⼼的事,明⽩吗?

Living memories and fears are controlling you. When this physical memory, certain beliefs, and ideas disappear with the body's departure, you can see some things more clearly. It means that you won't be so lost. It means you can understand why I chose someone to appear in my life, right? Once you gain clarity, you realize that you're all comrades. She helps you, and you help her; you assist each other in wanting to experience different things. Thus, at higher levels, there's no confusion like this. Confusion leads to what is perceived as harm. However, whenever wisdom comes into play, these issues are transformed by you. They become insights about human nature and everything else. So, convert these insights into your knowledge instead of just worrying about them, understand?

问: 我的⽣育和⼯作的问题.

Question: I have questions about my pregnancy and work.

JO: 你现在结婚了吗?

JO: Are you married now?

问: 结了.我担⼼我头晕会影响⽣孩⼦.第⼆我现在要换⼀个新⼯作.但是我新⼯作还没有确定好时间.我担⼼如果我现在怀孕会影响我⼊职和融⼊新⼯作…JO: 我们在这⾥⾸先想要帮助你看到的是你们总是把有⼀份⼯资看做是⼀份⼯作.但是却忽略了你们⼈⽣当中最重要的⼯作,就是know yourself,就是认识你⾃⼰,然后在成为你⾃⼰.为什么呢? 因为当你在认识你⾃⼰,成为你⾃⼰.刚刚我们说你是⼀个天⽣的疗愈者,对吧? 那你先通过疗愈你⾃⼰,没想到你的疗愈能⼒特别的厉害,你开始疗愈很多⼈.那你这个不是朝九晚五的⼯作,但是通过去疗愈他⼈,你就会收获很多⾦钱.这也是⼯作.明⽩吗?

Q: I'm married. I worry that dizziness may affect my ability to have a child. Secondly, I need to change a new job. However, the start date for my new job has not been confirmed yet. I'm worried that if I become pregnant now, it might impact my employment and integration into my new job...

JO: What we want you to see here first is that you always look at having a salary as a job. But you overlook the most important job in your life - knowing yourself, recognizing who you are, and becoming yourself. Why? Because when you know yourself, become yourself. As we just said, you're naturally gifted at healing others, right? So you start by healing yourself, not realizing how powerful your healing abilities are. You begin to heal many people. This is not a nine-to-five job but through healing others, you gain plenty of money - this is also considered work. Do you understand?

所以说不是像传统的我要去招聘,我要去应聘,我要选⼀个公司⼯资多少.

So it's not like the traditional approach where I go to find a job, apply for positions, and choose a company based on salary.

问: 您说的这个是终⾝性的.但是我⾯临的是眼前的这些…JO:那也是你们另外的信念限制.就是你们会去,就是你们不相信你们的存在或者你们的激情是受到外界、受到造物主的⽀持的.你们会觉得我需要⾃⼰去解决问题.你们并没有相信其实⽣存的问题不是我去解决的.其实我唯⼀的问题就是去成为我⾃⼰,绽放我⾃⼰,去跟随我⾃⼰内在的指引和激情.因为这是你们⽬前的⼀个集体意识.就是你们都是这么认为的,你们都去这么⾏动.但是你看都去这么⾏动,有多少⼈有好的结果呢?没有多少⼈有好的结果.他们有可能表⾯上有⼀份理想的⼯资,然后有⼀点⼩钱.但是他们越来越觉得我好讨厌去上班啊,就很痛苦,公司的关系让我觉得都存活不下去.

Question: You mentioned that it's permanent. But I'm facing these immediate... JO: That's also due to your limiting beliefs. You believe you have to solve everything yourself because you don't trust that your existence or your passion is supported by something external, like a creator. You feel the need to find solutions on your own and not rely on anything else. The issue of survival isn't considered something to be solved by you. Your only problem is becoming who you truly are, expressing yourself, following your inner guidance and passions. This is because it's what your collective consciousness believes in at the moment. Everyone thinks this way and acts accordingly. But when you look at how everyone acts this way, how many actually have good outcomes? Not many do. Some might appear to have a decent salary or a small amount of money. However, they increasingly feel that going to work is unbearable and painful, and corporate relationships make them question whether they can even survive.

就是他内在的⼒量感觉越来越⼩,感觉越来越没⼒量.然后又是各种压⼒,钱永远不够花,房贷永远还不完.他就越来越⽆⼒了,明⽩吗?那你内在的⼒量就越来越⼩了,⼩的你⼿都抬不起来了.那另外⼀种呢?就是你相信你的每⼀⽚刻你只需要去活出你的激情,然后其它事情造物主都会⾃动给你安排好.你需要饭,ok,正好有个⼈请你吃饭.你需要⾐服,正好有个⼈送你⾐服,明⽩吗?它就是如此的安排,命运就是如此的安排.命运在把你推向你⾃⼰的使命,你⾃⼰的道路.然后你会越来越感受到你跟造物主的紧密连接,你会越来越感受到你好像被天祈,就是你好像充满了强⼤的能量.你内在的能量不断不断地被激发,然后你做的事情越来越如鱼得⽔.

It's when his internal strength feels smaller and weaker, he realizes he lacks the power to do things. Then come all kinds of pressures - money never seems enough, mortgage payments never finish. His sense of power dwindles further, get it? Your inner strength is diminishing too, so small you can barely lift your hands. The alternative approach is that every moment, you need only live out your passion, and everything else will be arranged by the universe for you automatically. You need food, sure enough, someone invites you to eat. You need clothes, coincidentally, someone gifts you clothing, understand? This is how it unfolds; destiny is structured this way. It pushes you towards your own purpose and path. Gradually, you'll feel a strong connection with the Creator, as if filled with immense energy, feeling as though you're in harmony with heaven's will. Your inner strength is continuously ignited, enabling you to excel more easily in what you do.

你内在的能量就被慢慢慢慢的启动了.这个路是你内在的能量越来越强⼤,越来越强⼤,它被启动.然后前⾯那条路,就是传统的找⼯作拿⼀份⼯资.你慢慢慢慢就变得⽆⼒了,⼀点⼒⽓都没有,越来越⽆⼒,明⽩吗?所以说这完全是不同的信念,创造完全不⼀样的世界和⽣活体验给他们.在你们世界上能有⼀些起⾊的⼈,他们⼀定是废寝忘⾷跟随⾃⼰激情的⼈去创造出来的.⽽不是说找⼀个朝九晚五打⼯的⼯作,不是喜欢的.因为他内在的

Your inner energy is being gradually and slowly activated. This path is about your inner energy becoming stronger and stronger over time, which gets it started. Then there's that other road, the traditional one where you find a job with a salary. As you keep going along this path, you start to lose power; you have no strength left at all, losing more power each day. Understand?

This completely contrasts with having different beliefs to create entirely different worlds and experiences for oneself. In your world, those who are making some progress must be the ones who relentlessly follow their passion to create, not just looking for a daily job they don't enjoy because it's convenient or preferred by society.

⼒量会越来越⼩,越来越吃⼒.他会觉得外在的⼒量越来越⼤,他越来越被控制.那这种情况他怎么去创造? 没有影响⼒,他⼯作也不会有起⾊的.他会⼀直受到外界的打压的.⽼板太凶了,⽼板太厉害了.

The force will become smaller and more taxing over time; he'll feel that external forces are growing stronger, constantly exerting control over him. In such a scenario, how does one create or manage this situation? Without influence, his professional performance won't improve; instead, he will continuously face external oppression. The boss is too ruthless, the boss is simply too powerful.

问: 现在纠结的是⼀⽅⾯我想去追寻⾃⼰的激情,但是我又害怕承担风险.另⼀⽅⾯我又不想要那么累.

Q: The dilemma is that I want to pursue my passion, but I'm afraid of taking risks on the one hand. On the other hand, I don't want to be so tired.

JO: 这么说吧,你说担⼼什么的,什么责任什么压⼒.实际上在我们刚才给你举例的这两个⽣命的状态,你说哪⼀个让你担⼼的多的? 当然是你找⼀个⼯作有⼀份⼯资拿,那个才是你担⼼的多的.你担⼼的东西有⼀⼤堆呢,它不断地出现不断地出现.你会担⼼你⽼板他会不会炒掉你,因为你的业绩总是⼲不好.你会担⼼你同事之间,你会担⼼你的客户,总是觉得⼼有余⽽⼒不⾜.你也会担⼼家庭,总是没时间照顾家庭.这些全部都是需要你担⼼的.那个才是真正需要你担⼼的,明⽩吗? ⽽另外⼀条道上你去跟随你的激情,其它东西都会⾃动解决好.为什么呢? 因为你的振动频率⽐如是⼀千,那你⼀千的频率你进⼊的是另⼀个世界.

JO: Let me put it this way, when you say things like worrying about responsibilities or pressure, which of the two life states we just gave as examples do you find more concerning? Of course, it's finding a job with income that causes you more concern. There are so many things to worry about; they constantly pop up and never stop. You worry if your boss will fire you because your performance is always poor. You worry about conflicts with colleagues, and about customers who seem to feel inadequate. You also worry about not having enough time for family. All these are what you need to worry about. That's the aspect that truly deserves your concern, understand? Meanwhile, choosing to follow your passion opens up a path where everything else will naturally fall into place. Why is that so? Because when you have a vibration frequency of a thousand, you enter another world with this frequency.

那个世界⾥⾯所有东西都是同步的,就是你需要什么就会出现什么,明⽩吗? 那你频率是⼀百,你体验的所有东西只能都是吃⼒的,明⽩吗? 这就是你⾃⼰⾃⾝频率选择了哪⼀个版本的地球你去体验,明⽩吗? 所以如果你在⼀百,你不可能体验到你什么都是被⽀持的.你在⼀百的话,什么都需要你⾃⼰去解决.那如果你是在⼀千的话,你不可能去体验到⼀百的那种什么东西都需要我吃⼒的去解决,明⽩吗? 因为它是两个不同的频道.但是你⾃⾝的频率和状态决定了哪个频道给你体验.你只需要去认识到.

In that world, everything is synchronized; whatever you need will appear when you need it. Got it? If your frequency is set to one hundred, every experience you have will be effortful. Understand? This is the Earth version you are experiencing based on your own internal frequency choice. So if you're at one hundred, you can't experience being supported in everything. You'll need to solve all problems yourself when you're at one hundred. But if you're at a thousand, you won't be able to experience the effortful nature of needing to solve everything like at one hundred because they are two different channels. However, your own frequency and state determine which channel you experience. All you have to do is recognize it.

问: 我跟我⽗母之间的灵魂协议? 先看妈妈吧.

Q: About my soul contract with my parents? Let's start with my mom.

JO: 我们感受到就是你母亲她在能量层⾯对你的影响就是她⾃⼰可能情绪都会有⼀点混乱或者是不是那么容易进⼊到⼀种安详、宁静、很peaceful的状态.所以她的那种起伏也会影响到你.但是你却对这种事情好像不感冒.就这么说吧,你不是⼀个世俗的⼈.但是你总是卷⼊到世俗⾥⾯去,你要这样那样,你要⽣孩⼦你要结婚,找⼀个正⼉⼋级的⼯作,就是这种.所以说你的这种⾝不由⼰就会受到很⼤的影响.因为你觉得可能这样⼦才能让他们安⼼,就是有⼀种好像我必须要朝这样⼦的⽅向,我的⼈⽣才是没有恐惧的.反正我就感受到你的能量是在被拉扯.⼀⽅⾯你想要做你⾃⼰,另⼀⽅⾯你被这个能量拉扯到你不能安⼼安稳的做你⾃⼰.

We sense that your mother's influence on you at the energetic level might cause her emotions to be somewhat chaotic or not as easy to enter into a state of peace, serenity, and peacefulness. Therefore, her fluctuations affect you too. But you seem unaffected by such things. To put it this way, you're not a worldly person. However, you always get caught up in the world's affairs—whether it's to do something specific or to have children, marry someone, secure an upper-middle-class job, etc. This means your inability to control these influences is significant because you believe that doing so will make them feel more at ease. You think I must move towards such a direction for my life not to be filled with fear. Essentially, I sense that your energy is being pulled in different directions—on one hand, you want to be yourself, but on the other, this energy pulls you away from being able to calmly and confidently be who you are.

所以其实让你⼼⾥很恼⽕.⽽且你说的你的⾝体不舒服,因为实际上你是⼀个不懂得如何say no,就是不懂得画边界画界限的⼈.也不喜欢跟别⼈发⽣正⾯冲突的⼈.然后你会觉得我要是妥协的话,事情就好了.然后导致你⼀直被这种能量拉扯着.就是⼀⽅⾯想要去妥协,进⼊到这种世俗的⽣活的轨道.但是⼀⽅⾯这不符合你内在的振动频率.就会总会让你觉得很窒息,反正⽬前你的能量状态就会觉得很窒息.就是好想透⼜⽓.

So it actually frustrates you internally. And when you say your body is uncomfortable because fundamentally you are someone who doesn't know how to say no; you don't know how to set boundaries and draw lines. You also dislike having direct conflicts with others. Then, you think if I compromise, things will get better. This results in you being constantly pulled by this energy. On one hand, you want to compromise and enter into the mundane way of life. However, on the other hand, it doesn't align with your inner vibration frequency. It makes you feel suffocated, causing an overall sense of being stifled by your current energetic state. You just really wish for a breath of fresh air.

问: 对,那跟我⽗亲之间呢?

Question: Yes, about my father?

JO:你跟你⽗亲有⼒的连接感也很好,他也没有给你建⽴⼀个就好像是你有⼀个深深地根去扎或者是去依靠.因为他⾃⼰都有⼀种没有扎根,不稳定,没有明确的⽅向的状态.所以你的⼈⽣主题和功课还是需要你⾃⼰修.⾛上这条⾃⼰修你⾃⼰的能量,但是你需要⼀股强⼤的⼒量让你能⾛上修的这条道路.那就是来⾃于你⾃⼰的决⼼了.为什么呢?因为你现在还犹豫不决,你没有⾃⼰做决定,明⽩吗?因为只有你⾃⼰做下这个决定过后,它才会产⽣⼒量.就这么说,你站在路⼜,到底是左边还是右边.你就没有迈出脚步,因为你还没有下决定去⾛哪条路.所以你这个犹豫不决和没有⼒量是来⾃于你⽬前⾃⼰还没有去下决定.

JO: You have a strong connection with your father, and he hasn't built you up in a way that feels like you are deeply rooted or supported to rely on. Because he himself experiences an ungrounded, unstable, and unclear sense of direction. So, the themes and tasks of your life still need to be addressed by yourself. Walking down this path of self-cultivation requires a strong force to guide you onto this journey. That comes from your own determination. Why is that? Because you are still hesitating, making decisions for others, do you understand? Only when you make that decision for yourself does true power arise. So imagine standing at the crossroads, unsure whether to go left or right. You haven't moved because you haven't decided which path to take. Therefore, your hesitation and lack of strength stem from your current inability to make a decisive choice for yourself.

但是今天的信息我们想告诉你,你可以成为⼀个像管道⼀样去疗愈他⼈.因为你疗愈他⼈的同时,也会疗愈你.这是互相的,因为你需要那种频率,需要那种光对你的⼀个笼罩.然后那会⼉就会让你觉得你好像找到了⽅向,找到了家,找到了归属感,找到了你⾃⼰的位置.你⽬前其实⼀直都在找寻当中.

But today's message we want to share with you is that you can become a conduit for healing others. Because as you heal others, you also heal yourself. It is reciprocal because you need that frequency, that light enveloping you. And then it would give you a sense of direction, of belonging, of where you fit in, and you have been seeking this all along right now.

问: 那我跟我弟弟之间的联系深吗? 我弟弟25.

Q: Is my connection with my younger brother deep? My brother is 25 years old.

JO:你可以等过⼀段时间你的能量转变了过后,因为刚才我们说你的能量就好像还没做决定.就是在分岔路,哪⼀个平⾏世界,你还没有选择进⼊.等你选择了做了决定过后再来看.

JO: You can wait until your energy shifts after a while because just now we said that your energy was like undetermined, it's at a crossroad where you haven't chosen which parallel world to enter. Come back and see once you've made your decision and determined the direction.

#### 2023/10/18 — 能量附⾝Possessed by Energy

JO: 你问吧,什么问题?问: 因为上⼀次…JO: 我们这⾥不要说上⼀次,把所有的都忘掉.因为我们不是在记忆⾥⾯给你找东西,⽽是根据你⽬前的⼀个能量状态,明⽩吗? 因为你⽬前不⼀样的能量状态,你已经进⼊了不同的平⾏时空.你们在每⼀个当下你们都在转变着⼀切,它⼀切都在转变.你可能又创造了很多因,那就有很多果在等着你,明⽩吗? 那你有可能清除了很多你的负⾯信念,那你是不是就好像给⾃⼰挖掉了很多埋下的炸弹,对吧? 所以你每⼀个当下它都是在变动的.那你有可能以前来的时候跟某⼀世连接⽐较深,就是⼀个复仇的能量连接⽐较深.但是你放下⼀切⽴地成佛了,那你说我们是不是就连接不到了,对吧?

JO: Ask your question, what's the question? Ask: Because of the last time... JO: We don't talk about the last time here; let's forget everything. It's not that we're looking for things in your memory, but rather based on your current energy state, understand? Because you are now experiencing a different energy state, you have already entered into distinct parallel dimensions. You are transforming everything in each moment, and it's all in transformation. You might have created many more causes, so there will be many consequences waiting for you, understand? That means you might have cleared out many of your negative beliefs, is that like digging up and removing many buried bombs within yourself, right? So every moment, it's in constant change. You might have had a deeper connection to past lives during previous visits, involving a strong energy of retaliation. However, if you let go of everything and achieve enlightenment instantly, then could we say that our connection is no longer possible, right?

所以说忘掉前⾯所有的信息.

So forget everything you heard before.

问: 我⾃⼰对⼀些⽔晶,就是我前段时间的状态⾮常不好.然后我现在好像知道⾃⼰有⾂服的课程要进⾏… 我这种状态该怎么去解决呢?

Q: I was in a very poor state recently, like some of the quartz. Now, it seems that I know I have lessons on soul work to undertake... How should I address this state?

JO: 你⾸先要知道真正的答案在你⼼中,不是外在.外在它可以像镜⼦⼀样来让你看到这个答案不是你满意的,明⽩吗? 那它其实也给了你答案.所以对⽅只是来帮你看出来,就好像那个弦是太紧还是太松.你⾃⼰的⾆头,你⾃⼰才知道太咸还是太淡太甜,明⽩吗? 你才是那个⽤⾆头去品尝⼀切的⼈.你才是那个⽤⽪肤去感知温度到底是太烫还是太冷.但是外界给你反射出来可以让你看到.⽐如说你今天去寻找信息,信息说的让你⾮常不能接受,因为给你了很多恐惧.那你就可以告诉你⾃⼰,它跟你内在的频率是不⼀致的.但是那也很清楚的反射出来到底什么是跟你⼀致的? 那就是跟它相反的咯.

JO: You need to know that the true answer is within you, not outside. The outside world can act like a mirror to show you that this answer isn't satisfactory, understand? But it actually provides you with the answer as well. So the other party just helps you realize it, like when you're trying to determine if a string is too tight or too loose. You are the one who tastes everything with your tongue, right? Understand? You're the one who uses your skin to sense whether the temperature is too hot or too cold. But what's outside reflects back to you, for example, when you seek information that makes you very uncomfortable because it instills a lot of fear in you. Then you can tell yourself that its frequency doesn't match with your inner self. But it also clearly reflects what matches with you? That would be the opposite of it.

它说你必须要努⼒,⽐如说这种,你要不努⼒你的⽣命就怎么样怎么样.它给你紧迫感,给你紧张感,让你⾮得⾛这条路这种感觉.

It says you must strive, for example like this, if you don't put in the effort your life will be...how should I say? It instills a sense of urgency, creates tension, making you feel that you have to take this path.

问: 最近⽣活发⽣很⼤变化,⾃⼰也感受到⾃⼰有⼀些⾝⼼的分离.我不太会表达这种感受来⾯对⾃⼰这种⾝⼼分离的状态.我知道很多理论,但是不知道怎么样去做?

Q: Lately, my life has undergone significant changes, and I've noticed a separation between my body and mind. I struggle to express this feeling as I face the disconnection between my body and mind. Although I understand many theories, I'm unsure of how to apply them in practice.

JO: 去做什么呢? 怎么去处理你所谓的这种⾝⼼分离的感觉吗?

JO: What do you do with it? How do you deal with the sense of dissociation between mind and body that you're experiencing?

问:就是我想要活出真正的⾃⼰,但是我头脑⾥⾯又有很多的想法.当我在⽣活当中没办法活出来我想要的这种平静的状态.就是不会做真正的⾃我,就是总是在维持⼀个美好的形象.

Q: I want to live as my true self, but there are so many thoughts in my mind. When I can't bring about the peaceful state I desire in my daily life, it's like I'm not being my genuine self; I'm always maintaining a good image.

JO: 那我们说这个体验对你来说也是你活出你⾃⼰的⼀部分,你能理解吗? 因为它并不是⼀步到位的.你说我这颗种⼦我刚埋到⼟⾥⾯还没开始发芽,你说我要开出⼀朵花? 你说我要绽放,我马上要绽放,你看到别⼈都绽放了.你还没开始发芽呢.你还没扎根呢.那它先绽放了,它也马上挂了呀.你不是才刚开始嘛.所以说你们不同的周期,不同的状态.但是你就在这条路上,但是不是⼀下⼦就能达到你所谓的活出来的那种状态.它这是你⼀个逐渐逐渐的过程.就是你越来越明⽩这是你,你越来越明⽩这是你的频率.是这样⼦.但是它可以通过各种展现⽅式,但是你会发现你没有离道.就是没有离开你这个中⼼的位置,就是你⼀直在道上.

JO: So this experience for you is also part of living out your own essence, can you understand that? Because it's not an instant process. You say I have this seed buried in the ground and it hasn't even started to sprout yet, and you're saying I'm going to bloom a flower? You say I'm going to绽放, I'm about to绽放, and you see others already绽放ing. You haven't even started to sprout yet. You haven't even rooted yet. And then it suddenly blooms and dies right away, because you're just starting. So there are different cycles and states for everyone, but you're still on this path, but not immediately reaching that state of living out your essence. It's a gradual process for you to understand who you are and your frequency. This is how it works, but it can be expressed in various ways. But what you'll find is that you haven't deviated from the path; you're still centered within yourself, always on the path.

问: 但是我总会反反复复,我知道它是个幻像,但是它对我吸引⼒很⼤…JO: 你说的反反复复是什么意思呢? 就是反反复复感受到⽣活的吃⼒感或者是?

Q: But I always go back and forth, I know it's an illusion, but the pull on me is very strong... JO: What do you mean by going back and forth? Is it about going back and forth with the feeling of struggling in life or?

问: 就⽐如说在⽣活中⽐如说有压⼒我就会逼迫⾃⼰,我就忘记要放松.我就会活出别⼈眼中美好的形象,不由⾃主的逼迫⾃⼰.我明明已经很累了.

Q: For example, when I'm under stress, I force myself and forget to relax. I live up to others' expectations of perfection, pressuring myself uncontrollably, even though I know I am already exhausted.

JO: 就是你会不由⾃主的逼迫⾃⼰,对吧? 那你通过这个逼迫⾃⼰你可以看到背后你对⽣命存在状态的⼀种理解.你可能觉得这颗种⼦我不在它旁边,它就不会发芽.哎呀,它不发芽.你赶快把它拿起来催催它在他的⽿边,你觉得它就不会发芽了⼀样,明⽩吗? 那你说这个农民坐在种⼦旁边在⼲啥? 你说我要去督促⼀下,它别睡着了.它要记得发芽.然后你在旁边督促,不断不断地把种⼦拿出来.别⼈的种⼦早就已经开花结果了,你却不断地把种⼦拿出来,种⼦⼀点反应都没有.你说这个奇怪了,然后去看别⼈.别⼈说你只需要把它放下去,然后不动它,每天给它浇浇⽔,耐⼼的等待,然后它就出来了.你说原来这么简单啊,我还以为需要我天天催着它.

JO: You involuntarily push yourself, right? Through this self-motivation, you can see your understanding of the state of life's existence. You might think that if I don't keep it close, the seed won't sprout; oh no, it won't sprout! You rush to stimulate and coax it near its ear as if thinking that way would prevent it from sprouting. Do you understand? And when asked what a farmer does by sitting next to the seed, you might say they're prompting it not to fall asleep, reminding it to sprout. Then you sit nearby constantly taking out the seeds of others who have already blossomed and borne fruit while yours show no reaction. You wonder if there's something strange about this approach and then observe someone else doing differently. They suggest merely placing it down without disturbance, giving it water every day, waiting patiently for nature to take its course until it emerges. This is when you realize how simple it all was; you thought you needed to constantly urge the seed on daily.

不然它睡着了咋办? 它偷懒了咋办? 所以这是你就好像这个农民需要理解的⼀层.

What if it falls asleep? What if it becomes lazy? So this is the layer that you, as this farmer, need to understand.

问: 但是我好像理解你说的.但是我在这个做的过程当中我好像会忽然偏离,然后又回来…JO:那其实如果你还需要去体验这个过程,在这个过程中去感觉到你做的这个⽅法是有效还是没效的.那这个过程对你来说就是来⽀持你的呀.就是有些⼈他需要反复练习,那有些⼈他可能⼀下⼦就听懂了.那它对你的成长就是有益的,就是你需要的.它并不是说这个过程就是⽩⽩的,不会的.那就⽐如说你在放⼿的⽅⾯如果你感受到⼀个很⼤的束缚,就是很难放⼿.那到时候你真正的感受到放⼿,你体验的那种轻松感就会更加强烈⼀点.为什么呢?因为你抓的很累了.所以你始终在这条路上.

Q: But I seem to understand what you're saying. But during the process I might suddenly go off track and then come back... JO: Actually, if you still need to experience this process and feel whether the method you are using is effective or not, then this process supports you. Some people need repeated practice, while others might understand it immediately. It's beneficial for your growth; it's what you need. This process isn't wasted time; it helps you learn. For example, if you find it very difficult to let go and feel a strong sense of restriction, when you finally do let go, the sensation of ease will be more pronounced because you've been struggling with it. That's why you keep practicing along this path.

问: 对于我当下职业的⽅向,因为我现在和⼩朋友相处,但是我⾃⼰也想要去作为⼀个帮助别⼈的⽅式,也有疗愈⽅向的考虑.但是我对我的职业⽅向还是不太确定.有没有什么信息可以给到我?

Question: Regarding the direction of my current profession, as I interact with children now, but I also want to help others in a way that includes healing considerations. However, I'm still unsure about the specific career path I should take. Could you provide any guidance or information for me?

JO: 它这个不是说你选择了这个,那你就永远只能选择这个.那你通过⽐如说你现在⾛到这⾥,它这个也像是⼀个场景或者是⼀⾯镜⼦来让你试.这到底是不是你的激情? 你到底喜不喜欢? 你想不想在这⾥⼲,明⽩吗? 那如果不想,那任何时候你都可以转向另外⼀个地⽅.就这么简单.并不是说我必须要⼲这个,我必须要跟⼩朋友在⼀起.没有.你唯⼀⼀个必须就是说让你开⼼,让你爽,让你有迫不及待想要去的冲动,明⽩吗?

JO: It's not that you choose this and you're stuck with it forever. You can try out different options by walking here, like using this as a scene or a mirror to test if this is truly your passion, if you really enjoy it, or if you want to do it. If not, you can always turn to another place at any time. That's all there is to it. I don't have to do this; I don't have to be with children. No, the only thing required is that it should make you happy, give you pleasure, and create a strong desire in you to pursue it.

问: 我有的时候⾯对困难的时候会有⼀种没有办法坚持,就是总会想要退缩.我不知道什么时候去跟换选择,就是让别⼈觉得你好像吃不了苦,不能坚持.

Q: Sometimes when faced with difficulties, I feel unable to persist; there's always a desire to back out. I'm unsure of the right moment to switch choices, making others think that I can't handle hardships or endure for long periods.

JO: 那⽐如说你还是可以尝试,你觉得如果换了⼀个⼯作让你好受⼀点,那么你就去换,明⽩吗? 那你还是在追随你⾃⼰内在的你想要去做的事情.那你总是可以换来换去的,直到你⾃⼰找到⼀个你⾃⼰舒适的⼀个点.因为外在都好像是试⾦⽯⼀样,它最主要的功能就是它来把你内在的能量给带起来,把你⽣命的能量给启动起来.就⽐如说让你有强烈的⼀个不断不断地去做,想要去⾏动起来.就是我就迫不及待的想要去.

JO: So for example, you can still try and if changing to another job makes you feel a bit better, then go ahead and do it, okay? You are still pursuing the things that you want to do internally. You can always switch around until you find your own comfortable point because the external is like a trial stone; its main function is to bring up your inner energy and ignite your life force. It's like having an intense urge to act and move forward with excitement, as I'm eager to do.

问: 对,我选择的时候会这样,但是别⼈可能会以为我三分钟热度.但是我看到⼀些⽐如说不公,我就想要离开⽽不是去解决.我不知道这是不是⼀种逃避?

Q: Yes, I would do that when making my choice, but others might think I have a short attention span. But if I see injustice, I want to leave instead of solving it. I wonder if this is a form of avoidance?

JO: 那这不是说你对⼯作的⼀种不喜欢,⽽是说你刚才都已经说到点上来了.就⽐如说有⼀些关系.那你想像⼀下,如果那个⼈⾛了呢? 如果是关系的话.你就可以⼀步⼀步的探索关于你⾃⼰.那如果你得出的答案是那个⼈⾛了你就好了,你又热爱你的⼯作了.那你就来去理清楚你跟这个⼈能量层⾯的⼀些关系,明⽩吗? 那你就会又回到你⾃⼰⾃我内在的⼀个功课了.因为我们有很多的信息会告诉你,你跟什么样的⼈格,遇到什么样的事情,是⼀个什么样的模式.这些都会有.因为总的来说你是在跟⾃⼰的能量打交道.所以你才知道对⽅给你制造的是什么? 让你压抑的感觉,让你受控制的感觉,让你⾃卑,各种.

JO: It's not that you dislike your job; rather, it means that you have already hit the nail on the head with what was just said. For example, think about relationships. If someone were to leave, how would you feel? In such cases, relationships allow you to explore more about yourself step by step. If the conclusion is that when the person leaves, everything will be fine and you still love your job, then analyze your relationship dynamics with this person on an energy level. Can you understand? You'll return to working on your inner self again because we have a lot of information that tells you about what kind of personality you interact with, what kind of situation you encounter, and the pattern it follows. This is all applicable as we are essentially dealing with our own energies. Only then can you comprehend what effects this person has on you - whether they make you feel suppressed, controlled, inferior, etc.

因为外在它就好像是个反射⼀样,反射出你⾃⼰⽬前的⼀个状态.就是你借助外⾯的反射来让你认清楚, OK,我因为内在有这个信念或者有这个恐惧或者有这个… 我的频率会吸引他们对我做出怎么样怎么样.

Because it is like a reflection externally, reflecting your current state of being. You use this external reflection to make yourself aware that, okay, I attract them based on my inner belief or fear or... my frequency will determine how they react towards me.

问: 所以说我今天在⼯作当中⾯对⼀个⼩孩⼦,他经常在课堂上⾯跑来跑去影响别⼈.那他就是我内⼼的投射?

Q: So today at work I was dealing with a child who would often run around in class disturbing others. Is this just my inner projection?

JO: 这么说吧,我给你举个例⼦让你看看这到底是不是你的激情.就⽐如说这个⼥孩⼦她现在在通灵,她可能遇到了⼀些胡搅蛮缠的客户.带来信息的时候,让她很不爽,就是不好的体验吧.那你说她会为了这个放弃她的通灵吗? 她不会的.但是如果她会的话,就说明这个根本就不是她的激情.就这么简单.所以说外在的事件也能显现出来这个到底是不是你的激情.因为别⼈的⼀些东西你就动摇了,你就不想在做了.那就说明这个不是你的激情,那你就继续去寻找你⾃⼰激情的东西.那个让你没有谁能动摇的.

JO: Let me give you an example to show you whether this is your passion or not. Imagine a girl who is channeling now and she may have run into some problematic clients. Whenever they bring messages, it makes her unhappy, which means she has had a bad experience. Would she give up on channeling because of that? No, she wouldn't. But if she did, that would mean this wasn't her passion at all. It's as simple as that. Therefore, external events can also indicate whether something is truly your passion or not. If someone else's stuff shakes you and makes you not want to do it anymore, then it isn't your passion. So continue searching for what genuinely stirs your soul.

问: 我在⾦钱⽅⾯的卡点,我近些年是选择了⾃⼰可能喜欢的,但是相对的来说我的收⼊会减少.⾃⼰在这个时候反⽽想要的又很多.

Question: I have a financial bottleneck issue. In recent years, I've chosen what I like, but my income has consequently decreased. Yet, paradoxically, I desire more for myself at this time.

JO: ⾸先我们想要告诉你们就是关于⾦钱⽅⾯的⼀些信息.就是说如果你真的有⾦钱的问题,请你们先把这个问题放到旁边,不把它当成是⼀个问题.这么说吧,就好像农民去种稻⾕种麦⼦.那你说你的钱就好像是你的种⼦.我最开始是不是要把家⾥的⼏⼗⽄种⼦全部都扔到地⾥去,对不对? 你说农民会觉得,哎呦,我好舍不得把种⼦丢进去.我不要丢.我要藏起来,我不要丢,我不要把这个种⼦丢到地⾥⾯去.他们去种庄家的时候,他们不会纠结于我不要把这个种⼦丢到地⾥⾯去.他们可能会多种⼀点,那我收成就会多⼀点,对吧? 为什么呢? 你种进去过后,你种的多收的多.你开垦的多,你埋下的种⼦多,你收获的就越多.这不就是理所当然的嘛.

JO: First of all, what we want to tell you is some information about money. If you really have financial issues, please put this problem aside and do not consider it as a problem. Imagine a farmer cultivating rice or wheat. Your money could be compared to your seeds. At the beginning, would I need to throw all dozens of seeds from my home into the ground? Would a farmer feel hesitant about planting their seeds saying, oh no, I'm too fond of these seeds, I don't want to lose them? Instead of throwing them away, they might want to keep them hidden and not use them. When farmers plant crops, they do not dwell on whether they should throw the seeds into the ground or not; instead, they may plant a bit more, expecting greater harvests as a result. Why is this so? Because you get what you sow, just like how much you cultivate determines how many seeds you have to bury, and thus how much you will reap. Isn't this logical?

所以在你们之前,你们就专注于你要投⼊什么.⽐如说你投⼊你的能量你的energy在你⾃⼰想要开创想要播种的地⽅.当你把你的能量,就是你的种⼦播在你⾃⼰想要创造的地⽅,⾃然⽽然你投⼊的越多,它结果就越来越多了.它跟农民播种没有区别的.那如果你看着你的种⼦,放⼀颗你⼼疼⼀下,哎呀,我的种⼦又少了.你应该想到的是我放进去⼀颗,我会收获⼀百颗.我今年肯定丰收.为啥? 你看我去年种了五⼗⽄,我今年种了⼀百⽄.是不是丰收啊? 这个没有区别的.所以它会让你在使⽤⾦钱或者是花钱的时候 不会去缩⼿缩脚,或者是害怕放出去.那你看那些投资家,他们敢把钱藏起来吗? 他们恨不得都投出去,明⽩吗? 所以说暂时不去考虑⾦钱是个问题,也暂时卡⾥⾯没钱放到⼀

So before you, you focus on what you are putting in. For example, you invest your energy and your energy goes into the areas where you want to create or plant seeds. When you put your energy, which is like your seed, into the places where you wish to create, naturally, the more you invest, the more fruitful it becomes. It's akin to how farmers sow their seeds. If you look at your seeds and feel sad because "Oh, my seeds have decreased." You should be thinking that I put in one seed, I will get a hundred. This year is definitely going to be a丰收. Why? Look last year I sowed fifty units of something, this year I've sowed a hundred. Is that not a harvest? There's no difference there. So it makes you less hesitant or fearful about using money or spending when dealing with financial matters. Do you see the investors who hide their money? They want to invest everything they have, right? Therefore, temporarily setting aside concerns over money being an issue and having temporary funds in your account are not what's stopping them from maximizing their investments.

边去.只是去把你的关注点放到播种,就是你想要开创什么.你想农民他要种庄稼,他⾄少要清楚我要播什么种⼦,我要吃啥吧,对吧? 那你也需要呀.你需要知道我到底想要成为什么? 到底想要创造什么? 到底想要体验什么? 那你就在focus on,就是专注在上⾯,⼀步⼀个脚印.那肯定是遍地开花呀.这是必然的.⽽且当你们播下种⼦过后,你们需要有⼀段时间没有收成啊.那你说你播下去,它马上就能吃了? 你春天播,你还要等到秋天呢.所以你现在正在夏天的时候,你就不需要去发愁啊.因为夏天没有收成的时候是正常的,但是秋天你就会丰收,就会收成很多.

Go there. Just focus on sowing, which means figuring out what you want to create. Imagine a farmer who needs to plant crops; they need at least to know what kind of seeds they are planting and what they want to eat, right? You need this too. You need to understand exactly what you want to become, what you want to create, and what experiences you desire. Focus on these aspects step by step. This will inevitably result in a bountiful harvest. And after you sow the seeds, there's no immediate yield. Don't worry if it doesn't immediately bear fruit; for example, just because you plant in spring doesn't mean you'll eat them right away. You have to wait until autumn. So during this summer when there's no harvest, you don't need to be concerned since it's normal to not see a harvest during summer. But by autumn, you will reap the benefits and gather plenty of rewards.

问: 我⾯对⼀些权威的时候,我会选择⼀种被迫的接纳.因为在那个时候就好像没有办法真是的表达⾃⼰…JO:这么说吧,你们会体验这种就好像没有⼒量的感觉.但是它这只是你的这个阶段⽽已,就是你⽬前的这个阶段.就很简单的⼀个说法,你现在去跟别⼈扳⼿腕,你真的好⽆⼒哦.你扳不动别⼈.或者拔河.那⼈家可是天天拔河的⼈啊.他们天天都在锻炼他们的肌⾁,那你的肌⾁却没有得到过锻炼.你是不是就可以去通过锻炼⼀步⼀步的感受到你的⼒⽓、⼒量.你就会越来越感受到有⼒.那就是从你们的物质⽣活来看,你可以去通过外界的刺激,就⽐如说你先去,就好像是⼀个练习场景⼀样.其实你们世界本⾝就是⼀个供你们练习的练习场.

Q: When I face authorities, I choose a kind of forced acceptance because it seems like there's no way to genuinely express myself.

JO: Let me put it this way; you might feel as if you have no power. But that's just where you are right now, just a phase in your life. Simply put, when you try to compete with others, you really lack strength. You can't overpower them, or you're playing tug-of-war against someone who practices it every day. They strengthen their muscles daily, but your muscles have never been exercised. You could start by working out and gradually feel your own strength. You'll increasingly realize that you do have power. From a material perspective, you can use external stimuli to practice. Think of this as preparing for an exercise scenario; your world itself is a training ground for you.

那你可以去先找⼀些玩具放在那,你先跟他们凶⼀下:你这个事情…就是⽤命令的⼜⽓.然后先去把你这种越来越理所当然,越来越理所当然.因为你最开始可能会感受到不是那么敢理直⽓壮的⼀个状态.但是经过你逐渐的去练习它,你逐渐可以达到你⾯对谁说话你都可以理直⽓壮,明⽩吗? 就是它可以是通过外在的⼀个练习的.但是你也可以等到你的能量,就是慢慢慢慢的越来越知晓你的⾝份过后,你也可以真正的⼒量.因为真正的⼒量是不需要去吼的,就是不需要这种呵斥.那那个⼒量就好像别⼈⼀下⼦就能感受到你的⽓势了,那个就是声⾳.⽽不需要你真正的声⾳.就是那个⽓场那个⽓势它就在那⾥,它是跟随着你的.

You can go and find some toys to put there first; you can approach them aggressively: this matter... is using a commanding tone. Then proceed to work on making it increasingly natural, progressively more so. Initially, you might not feel as bold or confident in asserting yourself. However, through practice over time, you will be able to reach a point where regardless of who you are speaking to, you can speak with confidence and assertiveness. The forcefulness doesn't need to come from yelling or shouting; true strength is self-contained. That power feels immediately evident in your presence, conveyed by the atmosphere around you rather than solely through your voice. It's about projecting your inner strength without needing to amplify it vocally.

问: 我好像懂我该怎么做,但是又好像不清楚.

Q: I feel like I understand what I should do, but at the same time, I'm not entirely sure.

JO: 没有关系,因为你如果只是想单独解决问题的话,就好像你不会演戏,其实你们物质世界就是演戏.那你通过不断地排练可以让你达到这种可以⾯不改⾊的去发表你⾃⼰的意见.这是可以去学习和锻炼的.但是呢,我们想告诉你的是真正的是你内在的能量.你成为你⾃⼰的能量,你知晓你的⾝份,你知道你是谁,那这是需要⼀个过程的.就好像我们说你是⼀棵⼤树,那你现在是⼀棵⼩树苗.那你成为⼀棵⼤树是不是也需要⼏⼗年⼏百年的时间,对吧? (断开)问: 就是刚刚说到我想要获得那种…JO: 那这就是你的能量了.你的能量是⼀个什么样的状态,实际上对⽅都能感受到的.然后我们刚刚前⾯说你可以通过快速的⼀些锻炼来增加你⾃⼰的那个什么.

No worries, because if you just want to solve problems alone, it's like you're not acting; in fact, your material world is acting. You can achieve the ability to express your opinions without changing your face through continuous rehearsal. This is something that can be learned and practiced. However, what we want to tell you is that truly, it's about your internal energy. Being who you are as an energy, knowing your identity, recognizing who you are, this requires a process. Imagine you're a big tree; currently, you're just a young sapling. Becoming a big tree also takes decades or even centuries, right? (Interrupted) Q: Just to clarify, what was mentioned earlier about wanting to acquire... JO: That's your energy. The nature of your energy is felt by the other party. And as we just discussed, you can increase your own capacity through quick exercises.

但是它跟你真正的知晓你是谁.因为你知晓你是谁,你其实不会在乎外界他们会怎么样.那种状态你已经达到不管对⽅到底吼不吼你、污不污蔑你、恐不恐吓你,你都不会受影响,明⽩吗?

But it relates to your true understanding of who you are. Because when you know who you are, you actually don't care about what others will think or say about you. That state is where you stand unaffected by whether someone praises you or scolds you, accuses you or threatens you, understand?

问: 因为我⼀直想要去做到真正的⾃⼰,但是在这条路上有⼀些反复.对于这个有没有什么建议?

Question: As I've always wanted to be my true self, but there have been some back-and-forth on this path. Are there any suggestions for this?

JO: 你稍等,我们连接⼀下你的能量看有没有这⽅⾯的⼀些信息.我们感受到你现在就好像你的翅膀被粘在⼀起了,它不能轻盈的飞.所以你会感受到很沉重,你感受不到⽣命的轻逸感,就是你觉得⽣命不应该是这样⼦的.就好像⼀只蜻蜓翅膀被牢牢粘住了,有⼀点动弹不了的状态.还是从能量层⾯感受到你的能量就好像是被堵塞,有⼀种⾮常强烈的沉重感.这个真的不是你的状态.然后感受到你好像是在受压制,就是有⼀个⾮常强势或者是⾮常霸道的能量,就好像有⼀种侵蚀你吞噬你,就感觉你现在变得越来越软弱了,就是weak.就好像你没⼒⽓了,就这样⼦的感觉.然后你被拉扯的还挺深的,就是你好像陷到这个陷阱⾥⾯来了,陷到这个泥潭⾥⾯来了.

JO: Wait a moment while we connect to your energy to see if there are any related pieces of information. We sense that you're like having your wings stuck together, unable to fly lightly. Therefore, you feel very heavy, and you can't feel the lightness of life; it seems life shouldn't be this way. It's as though a dragonfly's wings are firmly stuck, with limited mobility. On an energetic level, we sense that your energy feels clogged, carrying a strong sensation of heaviness. This is really not how you should be feeling. Additionally, we feel that there's an oppressive force—an incredibly dominant or powerful energy—that seems to be invading and consuming you, making you feel increasingly weak—like losing strength. It's like you're lacking power. You're being pulled deep into a trap, sinking into a swamp-like situation.

好像很难动弹的感觉.你稍等.你有没有….如果是从⼀些你们传统的⾓度来说,有没有得罪过谁吗? 你的能量就好像是被谁设了⼀个阵法被镇住了⼀样,让你好像逃不出来.从能量层⾯,你好像是⼀只⼩⽼⿏,你被框在⾥⾯了.

A sensation of being immobilized. Please wait a moment. Have you... If we consider this from your traditional perspective, have you offended anyone? Your energy seems to be trapped by some sort of barrier, making it difficult for you to escape. On an energetic level, you appear as if you're a small mouse confined within a trap.

问: 从⼩到⼤有得罪过别⼈吗?

Q: Have you offended others since childhood?

JO: 反正我们现在感觉你的这个能量就好像是在被镇住了⼀样.这个跟你以前的能量是不⼀样的,明⽩吗?

JO: Anyway, we feel that your energy now is suppressed, which is different from your previous energy. Do you understand?

问: 你说的以前是什么时候?

Question: What do you mean by "before" in your statement?

JO: 就是你上⼀次通灵.问: 对对对JO: 你那会⼉和现在就好像是两个⼈⼀样.问: 是的,因为当时我那个状态下…JO: 你现在是另外⼀个⼈了,就是你是另外⼀个能量了.问: 对.就是我可能有⼀点执念…JO: 那你⽣命中有什么⼤的变化,这个期间?

Jo: That's when you contacted the spirit last time. Q: Yes, yes, Jo: You were almost like two different people back then. Q: Indeed, because I was in that state... Jo: You are now a completely different person, essentially another energy. Q: Right. Maybe I had some attachments... Jo: So, what major changes happened in your life during this period?

问: 对,⼤的变化就是我离开了北京.我现在回到⽼家和⽗母⼀起.⽽且最近跟⽗母的关系也是,就是⼀直想要突破他们的…JO: 那就是你的能量场完全变了.就是这个能量是很压抑压着你了.那可能是来⾃于你⽗母的能量或者是你家族的业⼒,家族的能量.就好像你以前是在笼⼦外⾯的⼀只⼩鸟,飞的开开⼼⼼的.现在钻到笼⼦⾥⾯的那种感觉.就有⼀种被锁住被关住了被压制了.

Q: Yes, the big change is that I left Beijing. Now I'm back in my hometown with my parents. And recently, my relationship with my parents has been like they've always wanted to break through their...JO: That means your energy field completely changed. The energy was suppressing you. It might have come from your parents' energy or the karmic force of your family, family energy. You were once a bird outside the cage, flying happily around. Now it's that feeling of being trapped in the cage. There's a sense of being locked in, confined, and suppressed.

问: 对.因为从上次通灵完我就去旅游了… 当时⽼公的⼯作也发⽣了变动,就回到了这个地⽅... 现在公司⽼板也发不出⼯资,就是⽣活脱离了我原本想要的... 我整个感觉很不舒服…JO: 你的情况还挺… 你到时候再约⼀个,重新跟你的能量连接.你可能是遇到了什么,就通俗⼀点,你可能是遇到了⼀些能量,就是好像是那种吸⾎⿁的能量,好像是吸⾎⾍附在你⾝

Q: Yes, because I went on a trip right after my last spiritual session... At that time, my husband's job had also changed, and we ended up back here... Now, the company owner can't pay the salaries, meaning my life has deviated from what I wanted it to be... I feel very uneasy...

A: Your situation is quite... You should schedule another session at some point, reconnecting with your energy. You might have encountered something; in simpler terms, you might have encountered a type of energy that seems like a vampire's energy, as if a leech had attached itself to you.

上偷你的能量.你需要我们再约⼀个.因为你的这个情况就好像是有附吸在你的⾝上来吸你的⾎⼀样,就是不断不断地来吸你的能量⼀样,偷能量⼀样.所以我们需要再⼀次的去连接、诊断、处理你的这种状态.因为它不是⼀下⼦,它好像是跟着你的这种感觉,就是跟你在⼀起的.这么说吧,就不是像个蚊⼦吸⼀⼜⾎就跑了.它就好像在你的体内寄付于你.

Steal your energy. You need us to make another appointment. Because what's happening to you is like having something attached to you that drains your blood and energy continuously, just like someone stealing your resources. Therefore, we need to reconnect, diagnose, and address this state of yours again, as it doesn't occur all at once; it follows your feelings, being with you in the same way. To put it another way, it's not like a mosquito that bites once and then leaves. It's more like something寄付于you living inside you.

问: 有没有⼀种可能是我去西藏的时候去了⼀些寺庙,去了⼀些灵塔.从那之后我就开始做噩梦…JO: 是,所以刚才就想问你有没有去过哪些地⽅? 它有可能是因为你去了某些地⽅带回来⼀些能量.然后那个能量⼀直吸附着你,所以它就好像把你的⼈格都变了⼀样.

Q: Could it be that when I visited Tibet and went to some temples and gompas, ever since then I've been having nightmares?

A: Yes, so just now I was wondering if you had visited any specific places. There is a possibility that visiting certain locations brought back some energy with you. This energy has been lingering around you, causing your personality to change in the process.

问: 对对,因为从西藏回来之后…JO: 这么说吧,这个就好像需要我和你⾯对⾯做⼀个驱魔的仪式⼀样.就好像是这样⼦.就需要彼此把你的⾝体⾥不属于你的能量给逼出来,给邀请出来的状态.但是这个需要时间,⾄少⼀个⼩时以上.下⼀次再约.

Question: Right, because after coming back from Tibet... JO: Let me put it this way, it's like needing to perform a ritual exorcism face-to-face with you. It's akin to that situation. You need both of us to push out the energy in your body that doesn't belong to you and invite something out. But this requires time; at least an hour or more. Let's schedule another session next time.

问: 这是我今天最想解决的的问题.

Q: This is the issue I most want to address today.

JO: 是,这是你最主要的.因为你的翅膀被黏住了.你怎么样解决都还不是你.就是这⼀系列都是这⼀个问题.

JO: Yes, this is your primary concern because your wings are stuck. Whatever you do won't be your issue; it's just a series of the same problem.

#### 2023/10/19 — 连接死去的⼉⼦ Connecting with the Deceased Son

JO: 你说什么问题?

JO: What question did you say?

问: 我想了解⼀下我⼉⼦有没有什么信息带给我?

Q: I want to know if there's any information you have for me about my son?

JO: 他说妈妈每次如果你每次有任何决定的时候,你都可以来到这⾥寻找⼀些指引.他带给你的信息是如果你有时候需要做决定的时候,然后来这⾥找指引.

JO: He says that whenever you have any decisions to make, you can come here for guidance. The message he brings is that when you sometimes need to make a decision and look for guidance, then come here.

问: 我怎么样可以去到那⾥?

Question: How can I get there?

JO: 就是我们现在通灵的⽅式.就好像你是在接受神的指引.⽽不是你头脑的分配.问: 他能不能跟我约定⼀个什么⽅式让我感到他来到我⾝边?

JO: That's how we're channeling now. It's like you're receiving guidance from God, not your own mind. Q: Can he agree to a method for me that makes me feel as though he is by my side?

JO: 他说你可以养⼀只⼩猫⼩狗,就是跟动物.当你拥抱着⼩猫⼩狗⼩宠物的时候,然后通过宠物他来到你怀⾥,你们之间会感受到那种连接.

JO: He says you can raise a little cat or dog, which is like interacting with animals. When you hold the little cat, dog, or pet in your arms, and then the animal comes to you, you will feel that connection between you two.

问: 他离开的那天来的那只⼩狗和他有关系吗?

Question: Does the little dog that came on the day he left have a connection to him?

JO: 他说他有通过⼩狗的眼睛来看你⼀样.他说当你拥有⾃⼰的宠物,你就会看到它的眼神.

JO said that he feels as if he looks at you through the eyes of a dog. He said that when one has their own pet, one would see its gaze.

问: 我⼼⾥⾯总是觉得很怪⾃⼰,觉得在他活的时候没有照顾好他.我想知道他还怪不怪我?

Question: I always feel guilty about myself, thinking that I didn't take good care of him when he was alive. I wonder if he still holds a grudge against me?

JO: 你稍等.他说这是他⾃⼰的选择.你所谓的照顾都只是⽐如说⽣活上的照顾,这个只是关于他⾁体的⼀个照顾.但是他说他真正的选择却是在灵魂层⾯.也就是说对他来说⾁体就只是⼀个⼯具.那就算给很多的照顾,实际上都是⼯具层⾯.就好像他有⼀台车,他是车⾥⾯的那个⼈.然后你可能就把车擦的很⼲净,但是⾥⾯的⼈才是决定那个车要去的⽅向.

JO: Wait a moment. He said that this is his own choice. What you call 'caring' are merely examples of taking care of him in daily life - these are just about looking after his physical body. But he says that the real choice he's making is on a spiritual level. That means to him, his body is just a tool. Even if you provide ample care, it's all at the tool level. It's like having a car - you're the person inside, and even though you clean the car thoroughly, the one deciding where the car goes is actually the person inside.

问: 是说我在他灵魂⽅⾯…JO: 不是灵魂层⾯照顾不够,⽽是说他的决定都是从灵魂层⾯的,就是不关⾁体的事.问: 那他这样的决定是不是我们来到这⾥之前就约定好了会发⽣这样的事情?

Q: Is it because I didn't take care of his spiritual aspect...?

JO: Not that he wasn't taken care of spiritually, but rather that all his decisions are made from a spiritual standpoint, meaning they're not related to physical matters.

Q: Does this mean that such events were agreed upon before we arrived here?

JO: 你稍等.他说⼀切都好像是有因和缘.并不是说⼀定要朝这样⼦发⽣.就好像我这颗种⼦埋到⼟⾥过后,如果遇到天⽓好⾬季,我可能就⽣长的很快,发芽开花.那如果遇到天⼲不下⾬的话,那我可能就没有办法去突破.所以他说的这层意思就好像这个环境、这个机缘巧合、这个因缘没有促和他绽放吧,明⽩吗? 就⽐如说他选择这块庄家在⾥⾯成长,但是正好遇到今天⼲旱没有⾬⽔.那个庄家就长不出来.

JO: Wait a moment. He said that everything seems to have cause and effect, not necessarily leading to this specific outcome. Just like when I plant a seed in the ground; if the weather is good during the rainy season, it might grow very fast, sprout, and bloom. But if there's no rain or drought conditions, then I won't be able to break through. So, he means that without the right environment, coincidental opportunities, or suitable causes and effects, his blossoming wouldn't occur, do you understand? For example, he chooses this field to grow crops, but it happens to be a dry day with no water today; the crop simply won't grow.

问: 还是我给他的环境..

Question: Or is it the environment I give him?

JO: 不是你.是这个集体,是这个社会.

JO: It's not you. It's the collective, it's society.

问: 我总是有很深的愧疚感…JO: 他说因为你现在好像跟源头是⼀种分离的状态.就是你经常会被物质世界拉⾛,就是你经常跟源头是分开的感觉,是断开的.所以你就会也感应不到他.当你跟源头连接,就好像你这根树枝是和树⼲断开的,那你可能就感应不到.然后如果你再回到树⼲上,你就会感受到你们好像是⼀棵树⼲上不同的叶⼦. 你们还是能彼此,就好像你们又是连接在⼀起的.

Q: I always feel a deep sense of guilt...

JO: He says that you seem to be in a state of separation from the source...you often get pulled into the material world and have the feeling of being disconnected from the source. So, you can't perceive him. When you're connected with the source, it's like this branch is detached from the trunk; then you might not feel its presence. But if you return to the trunk, you would understand that you are both leaves on the same tree, still able to sense your connection, as though you are once again linked together.

⽽不是你现在体验的这种他是他,你是你.因为你⽬前体验到的是你跟他是分开的.那是因为你⾃⼰不断地被物质拉扯.明⽩吗?

And not this experience of him being him and you being you that you are currently experiencing, because what you currently experience is a separation between you and him. That's because you constantly get pulled into materiality by yourself. Understand?

问: 我跟他前世是⼀个什么样的关系?

Question: What kind of relationship did we have in our previous life?

JO: 我们连接到之前有⼀世你们有紧密的连接,就好像是那种师徒的关系.然后他是师傅,你是徒弟.然后他对你有⼀个很深的期望和重视,然后想要去帮助你协助你.然后他现在也还会在灵界协助你.他想要让你知道你并不是⼀个⼈.他说虽然你经常觉得你是⼀个⼈,但是你并不是⼀个⼈.

JO: We were connected in a previous life with a very close bond, like that of a master and disciple relationship. He was the master, you were the disciple. There was a deep expectation and value placed on you by him, wanting to help you and assist you. Even now, he continues to help you in the spiritual realm. He wants you to know that you are not alone. Although you often feel like you are alone, you truly are not.

问: 就是他⽤这样⼀个选择在帮助我成长吗?

Question: Is he using such a choice to help me grow?

JO: 他说他做这个选择更多的是有⼀种⾁体不受控制,就⽐如说他出车祸了,实际上是因为车的⽅向盘不听使唤了,就这种.

JO: He said that he made this choice more due to an uncontrollable physical sensation, like if he had a car accident where the steering wheel was no longer responsive.

问: 那就是不由⾃主的做出了这样的选择是吗?

Question: Is it true that one makes such a choice involuntarily?

JO: 就是他已经不能很好的操控这台车了.就是太沉重的能量或者是太混乱的能量在他周围,让他的⾁体深陷其中,很受影响.就不如说他喜欢安静的环境、和谐的环境.但是总是那种很混乱很嘈杂,让他想安静想静⼼都静⼼不下来这种.就是⼀种失控.

JO: It's because he can no longer handle the car effectively. There is either too much heavy energy or chaotic energy around him that deeply affects his physical body. It would be better to say that he prefers a quiet and harmonious environment, but always ends up in noisy and chaotic environments where it's hard for him to find peace and tranquility. Essentially, it feels like being out of control.

问: 他在出事之前的⼀个半⼩时还在跟其他同学约着打游戏.所以我就特别难接受.是不是在学校⾥和其他同学有冲突啊?

Q: He was still planning to play games with other classmates for an hour before the incident occurred. That's why I find it particularly hard to accept. Could there be a conflict with his fellow students at school?

JO: 他说妈妈你不要去⽤时间去看.他说因为你们会去看时间,但是这⾥并没有时间,⽽是就好像是频道⼀样.就⽐如说也有可能就⼏分钟时间,可能前⼏分钟还好,过⼏分钟就突然进⼊到⼀种失控的状态.所以这跟时间没有关系.更多是⼀种能量的影响.然后他说这个⼥孩⼦已经在协助转变这个能量,因为很多⼈都是在受这个能量的影响,让他们难以⾃拔,痛不欲⽣.因为这个折磨是很强⼤的⼀个折磨.就好像在⼀个屋⼦⾥⾯有很浓很浓的毒⽓导致⾁体很窒息.但是他说这个⼥孩⼦在做的就好像是帮助这个毒⽓散发出去.所以说他希望可以也协助.

JO said, "He told you not to look at time. He mentioned that because you all tend to focus on time, but here there's no time; it's more like channeling energy. It could be just a few minutes, initially okay, but after a while, it suddenly enters into an uncontrollable state. This is unrelated to time; rather, it's about the influence of energy. He also said that this girl has already been assisting in transforming this energy. Many are affected by this energy and find it hard to escape from its influence, experiencing immense suffering. The torment is very powerful. Imagine being suffocated by heavy toxic gas in a room. However, what she's doing seems like helping to disperse the poison. That's why he hopes you can also assist."

问: 我也是在做,但是他的离开让我觉得我⾃⼰不够资格.

Question: I am doing it too, but his departure makes me feel inadequate.

JO: 你觉得你不够资格是你⾃⼰的⼀个很消极的想法.因为你就想象⼀下你有⼀个⾁体,但是你的⾁体在⼀间充满毒⽓的屋⼦⾥⾯.因为那个毒⽓不断不断地在被产⽣.那他的⾁体就⼀直在被侵蚀,就会产⽣幻觉,就会失控,就会难以呼吸.

JO: You thinking you are not qualified enough is a very pessimistic idea about yourself because imagine having a body but your body's in a room full of poison gas. Because the poison gas keeps being produced constantly. So his body would be continuously corroding, hallucinating, going out of control, struggling for breath.

问: 我之前也是在做这⽅⾯的事情,就是给⾝边的⼈做⼼理疏导.但是他出事后,就觉得⾃⼰没有脸⾯在做这⽅⾯的事情.

Question: I used to do things like this as well, providing psychological support for those around me. But after the incident, I felt embarrassed about continuing with such tasks.

JO: 这只是你⾃⼰的⼀个想法和理解.但是随着你⾃⼰能量的转变,这些想法也会转变的,所以你不需要被说服,你只需不断地去成为你⾃⼰.

JO: This is just your own idea and understanding. But as you transform your own energy, these thoughts will also change, so you don't need to be convinced, you just need to continuously become yourself.

问: 他的出⽣⽇期和张国荣离世的⽇期很近… JO: 没有任何关系.

Q: His date of birth is close to when Zhang Guoqing passed away... JO: There is no relation.

问: 我的⼈⽣使命是什么?

Question: What is my life's mission?

JO: 你的⼈⽣使命就好像是把⼀种很沉重沉重的能量变得很轻盈.就是从⼀个很沉重很沉重到⼀个很轻很轻的状态.就⽐如说你的能量很沉重,你坐在那就不想动.坐在那就感觉肩上好像有⽆数个重担.那如果很轻逸的能量,你就很想要跳舞.就是这种状态,就是你内⼼有没有沉重感还是不断地充满喜悦,喜悦感.所以你这⼀⽣就是这样⼀个转变的⼯作.你需要达到这样⼦从沉重到轻逸,你就需要做很多放下的⼯作.那这些放下的⼯作就需要你的智慧和认知和见解.就不断不断地去放下放下.然后不断地增长你的智慧.所以任何时候如果你感觉到你越来越沉重,你就知道你还没有上路.你感受到你越来越轻逸,轻的可以飞起来.

JO: Your life mission is like transforming a heavy energy into a light one – moving from a state of heaviness to one of lightness. Imagine your energy being weighed down, making you unwilling to move; it feels as though there are countless burdens on your shoulders. But with a more graceful and light energy, you feel an urge to dance, embodying this transformation. This involves experiencing whether your inner self is weighed down or filled with constant joy. So throughout your life, it's about this transition – from heaviness to lightness. To achieve that shift, you must do much letting go work, which requires wisdom, cognitive understanding, and insight. You continually let things go while growing in wisdom. Therefore, whenever you feel increasingly weighed down, it signifies you haven't yet embarked on your journey. Recognizing an increasing sense of lightness indicates you're soaring higher.

问: 我内⼼⾥还是有这种⽆法抑制的喜悦感… 有时候觉得⾃⼰当妈妈太不合格了,有时候觉得⾃⼰就是还是很灵性的.

Q: There's still this uncontrollable sense of joy within me... Sometimes I feel like I'm an utterly不合格 mother, and sometimes I feel that I'm still quite spiritually attuned.

JO: 你的任何这些想法都是由于你们⽬前社会的⼀些观念,还有个⼈的⼀些观念.就是你们会把⽣命跟什么捆绑.但是每⼀个⼈他都有独⼀⽆⼆的路.⽐如说那些⾃杀的⽣命他们是因为没有找到出路,没有办法轻松的愉悦的⽣活.那如果你能帮他们找到出路,就是你能⾛出来,你能找到出路,你能展现出⽣命的轻松和喜悦.那你是不是就可以带领很多⼈⾛上你这条道,⽽不是选择结束⽣命这条道? 所以说发⽣这样的事件会触动你更加的去找到出路.如果你感受到压抑、沉重或者是觉得痛苦的话,那实际上你是步⼊他们的后路.因为他们选择了这条路是因为没有找到出路,然后你跟他们⼀样.所以你更加要⽤你⾃⼰的⽅式去找到出路.为什么呢?

JO: Your thoughts on these issues are influenced by some societal beliefs as well as personal beliefs about life and what you connect with it. You often see life intertwined with certain burdens or expectations. However, every individual has a unique path to navigate. For those who choose suicide, it's often because they feel trapped without finding a way out, unable to live a peaceful and joyful existence. If you can help them find that way out—that is, if you can make your own way, discover paths that allow for life's lightness and joy—wouldn't this enable many others to follow in your footsteps rather than the path of ending their lives? Thus, experiencing such events might inspire you to seek out these alternatives more fervently. If you feel weighed down by pressure, heaviness, or pain, you're essentially following in their footsteps, as they chose that path because they couldn't find a way out and you share similar sentiments. It's why you must find your own way forward with determination and creativity.

因为你让很多找不到出路的⼈看到这⾥有⼀条路,看到⽣命本来的样⼦是喜悦的.

Because you show many people without a way out that there is a path here, and they see that life in its essence can be joyful.

问: 我的天赋是什么?

Question: What is my talent?

JO: 你稍等.你的天赋就是,因为⽬前就好像你还并没有去连接或者是打开或者是活出来你天赋的⼀⾯.它还是好像是被封起来的状态.但是你真正的天赋,实际上你有⾮常强烈的服务或者是使命或者是⾏动⼒,就是如果越是这件事情它可以帮助到别⼈,你就越是像打了鸡⾎,完全的去奉献或者是投⼊⾃⼰,然后去帮助照料更多的⼈.就是可能为你⾃⼰的事情你没有这么多⼒⽓,但是⼀旦到这样⼦,你是充满了⽆限的⼒⽓那种.但是你现在就好像还是封的状态,还没有完完全全的成为这种状态.因为你的能量⾥⾯还有很多沉重的能量.就是你想飞飞不起来.就好像你的翅膀⾥⾯裹的全是泥.

JO: Wait a moment. Your gift lies in the fact that you haven't yet connected with, unlocked, or fully expressed your innate potential. It seems to be locked away. However, you possess a very strong impulse for service, mission, or action. The more something can help others, the more energized you become, dedicating yourself completely and tirelessly to assisting and caring for more people. You might lack this intensity for personal matters but, once involved in helping others, your energy is limitless. Yet, it appears that you are still in a state of being locked down; you haven't fully transitioned into the full expression of your potential due to heavy energies within your energy field. It's as if you're unable to fly because there's mud everywhere inside your wings.

问: 那怎样才能打开呢?

Question: How can I open it?

JO: 他说打开并不是⼀下⼦,⼀步到位的.它是逐渐逐渐的.就好像你的翅膀裹了厚厚的泥,你需要⼀点⼀点的清理.因为你想这个泥把你包裹住,如果你⼀下⼦把这个泥清理掉,你的翅膀可能就会断掉.因为你的翅膀承受不了⼀下⼦这样.所以它会是⼀个逐渐的过程.因为你需要这个翅膀,翅膀是你的⼀部分.也就是说如果你个⼈的能量突然⼀下⼦变成另外⼀个能量的话,你们就会变成精神病.你会看到⼀个⼈突然疯掉了.这个就是能量的突变,就是突然⼀下⼦变掉.所以它会是⼀步⼀步的⼀个过程.你可能不会感受到⼀个⾮常⼤的变化.但是你只要持续的⾛在这个清理的路上,你就会逐渐的看到你的翅膀展露出来.

JO: He said that opening doesn't happen all at once, it's gradual. It's like peeling a thick layer of mud off your wings; you have to do it step by step because if you were to suddenly remove the mud, your wings might break. Your wings can't handle such sudden removal. So it becomes a process of gradual change. You need your wings as part of yourself. If someone's personal energy changes drastically and abruptly into another form all at once, they'll go crazy, like seeing someone suddenly lose their mind. This is an abrupt shift in energy. The process unfolds gradually because you're accustomed to having your wings. As long as you keep walking on the path of cleansing, you will see your wings develop over time.

也就是说通过我们的信息来让你认识到宇宙或者是能量层⾯还有物质世界运作的这些,还有就是各种因果啊、灵魂主题这些,他说就会很⼤程度上帮助你去理解和认识.因为如果你是需要清理转变的话,你的观念必须是要⼀同转变的.

In other words, by providing you with our information to help you understand how the universe or energy layers operate and also topics such as causality, soul themes, etc., he says that this will greatly assist you in understanding and recognizing them. Because if you are needing to cleanse and transform, your mindset must also undergo a transformation.

问: 我⼀直觉得在经济上给我⼉⼦太少了.我现在经济状况很不好,我什么时候可以好起来?

Q: I've always felt like I haven't given my son enough financially. My current financial situation is very tough, when can I get better?

JO: 你稍等.⾸先你⼉⼦说他本⾝就不是那种重物欲的,他更多是重视⼼灵精神层⾯的,就是那些看不到的.所以对他是没有影响的.那关于你⾃⼰的物质状况从什么时候能好起来是根据你⾃⾝的能量状态.不是说你的⼈⽣主题就是从⼀个沉重变到轻逸的状态嘛.然后但你的能量越来越轻,然后你的物质就会越来越,就是你就会越来越容易吸引到⾦钱.因为你沉重的能量,你吸引到的也是沉重的⼀些事件吧.就是⼀些⽐较沉重的事件发⽣在你的⽣命当中.当你的能量越来越轻逸的话,你也会很容易吸引到⾦钱.就是它是那种毫不费⼒的.不是那种需要⽤你很多很多的那种…问: 其实我是⽐较喜欢做灵性⽅⾯,⽐如给别⼈做⼼理疏导.

JO: Wait a moment. Firstly, your son mentioned that he doesn't value material possessions much; instead, he focuses more on the spiritual and emotional aspects, which are not tangible. Hence, it won't affect him in any way. As for when your own financial situation will improve, it's dependent on your personal energy levels. You see, isn't it true that your life theme is about transitioning from heaviness to lightness? As your energy becomes lighter over time, so too does your material state; you'll find yourself more easily attracting wealth. Because heavier energy attracts heavier events, right? Events of a somewhat heavier nature would occur in your life. But as your energy becomes increasingly light and effortless, you'd also attract wealth with ease. It's almost like it happens naturally without much effort. Not something that requires the use of a huge amount of...

Q: Actually, I prefer working on spiritual aspects, such as providing psychological support to others.

我今后的事业⽅⾯是不是重点放在这⾥呢?

In my future career, should I focus primarily on this aspect?

JO:你是需要根据你⾃⼰的⼀个⼈⽣把你推向的⽅向和你的兴奋结合在⼀起.因为⽐如说有时候⼈⽣把你推向⼀个⽅向,但是你觉得好像不是做咨询的.但是你要知道灵性它呈现的⽅式不⼀样的.就哪怕你⾃⼰开⼀个饭店,你都可以把它开成灵性⽅⾯的,明⽩吗?所以说它不是说只是做⼼理咨询才是灵性的.⽽是说通过任何地⽅你都是展现出你的内在的⼀个精神,就是正道.正道是怎么展现的?那别⼈的餐厅可能是⽤各种精勾兑的.那你就是⽤的正⼉⼋经的真实材料.那你是不是就是⽤你的正道在展现灵性层⾯? 那你对你的员⼯都是⽆条件的爱,你们都彼此⽀持.你们展现的是不是就是灵性? 不是你争我抢,勾⼼⽃⾓,对吧?

JO: You need to integrate your personal life's direction and your excitement together. For example, sometimes life pushes you in a certain direction, but you might feel it's not the right fit for consulting. But understand that spirituality manifests differently. Even if you run a restaurant, you can turn it into something spiritual. This means that being spiritual is not just about doing psychotherapy; it's about showing your inner spirit, your path of righteousness, through any avenue. How does righteousness manifest? Other restaurants might use various concoctions, but you use genuine and authentic materials. Isn't this how you display spirituality by adhering to the right path? You show unconditional love for your employees and support each other without competition or backstabbing, isn't that spiritual?

那你是不是通过餐厅就把你们的思想啊灵性啊全部展现出来了? 然后客⼈来你怎么对待他们,是不是? 然后客⼈在跟你的交往当中,他从你的眼神⾥⾯就可以看到你⼼⾥的平和、宁静.他可以看到,哇,这个⼈⼀点都不浮躁.这个⼈能量好强,我怎么感觉⼀靠近他,我就感觉被治愈了.所以它并不是只是以单⼀的⽅式,只是做⼼理咨询才是.但是如果⽐如说⽣命把你推到这⾥,⽐如你的朋友找到你说我这个餐厅要关门了,你来接⼿吧.你就收到⼀个信号,对吧? 然后你⽼公晚上跟你说,⽼婆,我们开个餐厅吧? 那你是不是就好像不断地旁边都是有信号来告诉你餐厅.你说这不是我想做的咨询啊,明⽩吗? 那你是不是就错过了⽼天把你推向的⼀条道上?

Wouldn't it be that you express your thoughts and spirituality through the restaurant? And how do you treat guests, right? Then during their interaction with you, they can see peace and serenity in your eyes. They can perceive that this person is not at all restless. This person radiates strong energy; I feel cured just being near him. So it's not just a single way; it's not just about doing counseling, but if life pushes you into this situation, like when a friend tells you their restaurant is closing and asks you to take over, or your husband suggests we open a restaurant at night, wouldn't you be receiving signals that are all about the restaurant? Isn't this different from what I want to do with counseling? Wouldn't you miss the path that heaven is guiding you towards?

因为你的⾏动⼒是很强的.这个只是⽤餐厅给你做个⽐喻.但是你⽣命中你需要睁⼤双眼来接这些信号.因为同步性会把你带上你⾃⼰的道上.然后灵性啊疗愈啊,它并不是说只是通过像做咨询展现出来.你说你开个咖啡厅,那你跟客⼈聊天,对

Because your drive is strong. This is just using a restaurant as an analogy for you. But in your life, you need to be vigilant and recognize these signals because synchronicity will guide you on your own path. Then spirituality and healing are not just about showing up like for a consultation. If you run a cafe, then when you talk to customers, it's all part of it.

吧? 客⼈⼀进来就进⼊了你⾃⼰创造的咖啡厅的能量场,你们的员⼯和你⾃⼰都在创造⼀个能量场.那那些⼈⼀⾛进来就被疗愈了.

The moment guests enter, they are immersed in the energy field you have created for your café, as well as what your employees and yourself are generating. Those people seem to be getting healed upon entering.

问: 我想问问我和我先⽣的关系或者是前世的关系.

Q: I want to ask about my relationship with my husband or perhaps a past life connection.

JO: 我们感受到你们就好像是都彼此进⼊不了彼此的世界的那种感觉.就是⽬前的⼀个状态就好像门关上了.

JO: We feel like you're all sort of in separate worlds, unable to enter each other's realm. It's a current state where the doors seem to be closed.

问: 不对,不对.我跟我先⽣感情⾮常⾮常好.

Question: No, no. My relationship with my husband is extremely good.

JO:那就是有⼀部分是关上的,就是有⼀部分他可能有⼀些东西是属于他⾃⼰的.他不愿意去分享.那有可能是⽐如说他有⼀个伤疤,或者是关于你孩⼦⾛开,就好像⼀个⼼门被关上了⼀样.就是有⼀部分就好像死掉了⼀样.这么说,像⼀⼜死井和⼀⼜活井的区别,明⽩吗? 我们是从⽬前的⼀个能量状态来看到,就好像可能之前的井是活的. 那可能现在的井被堵上变成⼀⼜死井了,因为它不是流动的状态,它不是流通的状态,明⽩吗?

JO: That means there's a part that is closed off; there might be some stuff that he has to himself and doesn't want to share. It could be like a scar or when his child leaves him, it feels like a heart door being shut, just as if one well was dead. You see the difference between a dying well and a living well? Understandably, from our current energy state perspective, it might have been a living well before. Now, maybe this well is blocked and has turned into a dead well because it's not in a flow state, it doesn't facilitate circulation; understand that?

问: 好像不太对,我们俩个彼此都没有秘密的.

Q: It doesn't seem right; we don't have secrets between us two.

JO: ⾸先我们是从能量层⾯去感受这个能量.那要么就是你这边,就好像我们刚才说的那⼜井.因为你想象⼀下,我们之前的信息是你都是像断开连接,就是你没有和源头连接,所以你才会感受到和你⼉⼦的⼀种分离感.没有跟源头插上电,明⽩吗? 那如果是在这样⼦的⼀个状态... 所以这个就像⼀个蓄⽔池和⼀个活井不断地有⽔进来的区别.如果你们真的状态是在那种活的,你们⽣命的状态是完全不⼀样的.因为每⼀个⼈的体现和表现的⽅式不⼀样.它并不是说我需要很痛苦的表现出来.你知道很多抑郁症患者或者是选择结束⽣命的⼈,他们是笑着离开的.那你可能说不对不对,他是快乐的,他天天都在笑.明⽩吗?

JO: First, we feel this energy on the level of energy. It's either that you're disconnected, like we talked about a well earlier. Imagine, our previous information was that you were disconnected from the source, so you would feel a sense of separation from your child. You weren't plugged into the source, right? So if you are in such a state... it's like the difference between a reservoir and an active well continuously receiving water. If you're really in a living state, your life is very different. Because everyone expresses themselves differently. It doesn't mean I need to show great suffering. You understand that many patients with depression or those who choose to end their lives actually leave with smiles on their faces. So you might say no, no, he's happy, he laughs every day. Understand?

问: 我在想你现在是不是通过我⼉⼦的视⾓来看我和他爸爸?

Q: Am I being viewed through my son's perspective, and therefore of him and his father right now?

JO: ⾸先你要明⽩的是你们只是在⽤你这个⾁体,⽤这个物质⾁眼去看待⼀切.就⽐如你说你⼉⼦⼀个⼩时之前都是好好的.如果你能把⼀个⼩时前看他好好的,那就不可能发⽣⼀个⼩时候他会⾃杀,对不对? 因为你在⽤你的物质⾁眼去搜集信息.他刚才还和我有说有笑的呢?! 我们刚刚才谈过⼼的呢! 明⽩吗? 但是你要知道这并不说... 因为我们是从能量层⾯.能量层⾯就好像是堵塞的那种,很多都是关系到⾃⼰个⼈的功课.就像刚才的信息说,他就好像是某⼀部分死掉了.

JO: First you need to understand that you're just using this body, using this physical form to perceive everything. For example, you said your son was fine an hour ago. If you could have seen him being fine an hour earlier, it wouldn't have been possible for him to commit suicide an hour later, would it? Because you are collecting information through your physical eyes. He was just talking and laughing with me! We were just having a heart-to-heart conversation! Do you understand? But you need to know that... because we're speaking from the energy level. The energy level is like being blocked off, much of it has to do with personal karma. Just as the information said earlier, it's as if a part of him had died.

问: 我觉得我们说的是两个⼈,你在说的是我⼉⼦的亲⽣⽗亲,我说的是我⼉⼦的继⽗.

Question: I feel like we're talking about two people; you're referring to my son's biological father, while I'm referring to his stepfather.

JO: 你们在⼀起多久?

JO: How long have you been together?

问: ⼗⼏年了.他叫XX.

Question: It's been about ten years. His name is XX.

JO: 跟前⾯的感应还是⼀样的,就我们感受到他可能是有⼀部分能量的堵塞.这么说吧,你和他,你们彼此都好像想要把⾃⼰好的⼀⾯展现出来吧.就是会有⼀种我不想对⽅为我担⼼,或者是我不想撕开让对⽅看到我真的状态.所以它⾥⾯会有⼀种就像⼀个孩⼦他要做的好好的,他要做个乖孩⼦.就像是这样⼦的.可能是因为你们都在努⼒的维持和维护这个家

JO: It's still the same kind of intuition as before; we sense that he might be experiencing some sort of energy blockage. Let me put it this way: you and him, both of you seem to want to show your best side. There's a sense that neither of you wants the other to worry about them or expose your true state. So there's this idea like a child trying their best, wanting to be a good kid. It's similar to that. Perhaps it's because both of you are making an effort to maintain and preserve the home environment.

庭吧.所以这⾥⾯,就毕恭毕敬吧可能,然后缺少了... 就⽐如说两个都很绅⼠的⼈,因为他们的家教或者是他们可能觉得这样⼦不是我,这个不是绅⼠的⾏为.可能因为他们的观念或者他们的家教,他们不会去做出⼀些真正的.. 但是可能他喝完酒过后,他就呈现出了他真实的⼀个状态.所以它这个跟你们彼此之间的观念或者是家庭教育或者是这种有很⼤的关系.

In a courtroom setting, respect might naturally follow. But here, it seems there's a sense of formality versus something missing - like two gentlemen who are polite due to their upbringing or perhaps they don't see this as part of what being gentlemanly entails. Their principles and the education they received could prevent them from performing certain genuine actions. Yet, after drinking, they might reveal their true nature. Hence, there's a significant connection between one's beliefs, family upbringing, and these behaviors.

问: 我现在不停地在打哈⽋,然后⾝体不停地摇晃.这是个什么状态呢?

Question: I keep yawning and my body keeps shaking. What's the state I'm in?

JO: 这么说,就好像你⾝体上有⼀个假的你.然后那个假的你就⼀直在觉得你就应该做成这样⼦.然后那个你现在在被动摇.因为你们这个社会观念还有你的成长经历,你会有⼀种就是,你看你想不想做妈的样⼦? 就不断地有这样⼦的声⾳.你这个不是做⽼婆或者做领导该有的样⼦,明⽩吗? 但是你们的⾝份它并不是依靠你在社会上的⼀点点名称给它定义的.所以做真实的⾃⼰.就好像我们刚刚说你的翅膀裹满了沉重的泥⼟,你都已经看不到你翅膀的样⼦了.你就把那⼀堆泥当成是你的翅膀,你还觉得翅膀是不能飞的.就是这样⼦的状态,明⽩吗?

JO: So it's like you have a fake version of yourself in your body. Then that fake version keeps expecting you to behave this way. Now, you're being shaken because the societal norms and your past experiences are making you question if you should be acting like a mother. There is a constant internal dialogue about whether you should fit into what society expects from someone who isn't supposed to be a wife or a leader. Understandably, your identity isn't defined solely by your role in society, but rather by how you perceive and live within it. Therefore, embrace being yourself. Imagine the heavy mud covering your wings as previously discussed; you can no longer see your wings clearly. You're treating that mud as if it were your wings and believing that they cannot fly. That's where you are now.

问: 我以前有⼀段时间我的疗愈能⼒很强.我现在还能给别⼈治疗吗?

Question: I used to have a strong healing ability at one point. Can I still treat others now?

JO: 我们又回到前⾯的信息,就是说如果有个⼈把他推到你⾯前来,明⽩吗? 就好像是⽣命会把你引到这条道上.然后你就可以.你们总会觉得好像是头脑去操控去安排或者是去计划⼀切.你们有⼀句话叫计划不如变化.所以你的所有⼀切,只要是⽣命把你推上来或者是展现在你眼前的.它都是属于你的.然后就算你没有成功的疗愈那个⼈,但是它也是把你推上你成为疗愈者的路上.为什们呢? 那你可能通过这个没有疗愈的相来看清楚到底什么是疗愈?因为真正的疗愈必须是对⽅他敞开,他愿意被疗愈.就是他愿意,⽽且他深信你.如果他只是想来试试看这个⼈有没有疗愈功能,你觉得你能疗愈他吗? 所以这个⼈也加深了你对疗愈的⼀个认知.

JO: We come back to the initial message, which is that if someone brings you forward, understand? It's as if life guides you down this path. And then you can. You always feel like your mind is controlling or arranging or planning everything. There's a phrase among you called "plans are nothing compared to changes." So every single thing, be it what life pushes you towards or presents to you, it all belongs to you. Even if you don't successfully heal that person, but it still gets you on the path of becoming a healer. Why? Because through this unhealed aspect, you might see clearly what true healing is. True healing must involve openness from the other party; they are willing to be healed. They're willing and deeply believe in you. If he's only trying to see if you have a healing function, do you think you can heal him? So this person deepens your understanding of healing.

并不是说别⼈⼀来,你就能疗愈他.⽽是说他投射的你是个什么版本的你.如果他通过他⾃⼰投射的你是个骗⼦,那在他⼼⽬中你没有办法证明你⾃⼰不是骗⼦.所以那他来到你⽣命当中也可以加深你对疗愈的⼀个认知,但是他否定不了你的⾝份,你也否定不了他对你的⾝份的认知,明⽩吗? 为什么呢? 因为你们都只能体验到你⾃⼰版本的对⽅.就是你⾃⼰这么认为,你⾃⼰认为这个疗愈者是个骗⼦.那他还会持续的... 为什么? 因为他都是封闭的.我们说你们疗愈就好像他把他敞开,你把你敞开.你的⽔流到他⾥⾯,他的⽔流到你⾥⾯.⽐如说他是有毒的⽔,你是纯净的⽔.那个毒就被稀释了,就变得没有毒了,对吧? 那不敞开呢?

It's not that just anyone coming can heal you; rather, it's about who they perceive you to be. If they project you as a con artist, there's no way for you to prove yourself to them unless they open up and see the truth beyond their own projection. Their arrival in your life can deepen your understanding of healing, but neither party can negate each other's identity or perception thereof. You both can only experience versions of each other based on what you believe about yourselves and others.

Why does this happen? Because everyone can only engage with their version of the other person. If you see yourself as a con artist in this scenario, then it will persist because he remains closed off. We say that healing involves opening up - both to oneself and to each other. Imagine your pure water and his toxic water interacting; the toxicity is diluted until it's harmless. But if they remain closed, the interaction doesn't happen.

那他继续把那个毒包裹在他的内在的呀.所以他也被你稀释不了的.但是⽆论怎么样,他都得到了⾃⼰想要的体验.因为你们来到这个物质世界上你是⽀持对⽅体验他想要体验的,但是你还是在⽀持他以他想要的⽅式.就你们每⼀个⼈都是对⽅的配⾓⽽已.

So he continues to bear that poison within himself. Therefore, he is also one you cannot dilute. But no matter what, he has received the experience he desired. Because when you come into this physical world, you are supporting each other's experience of what they want to experience, but you are still supporting them in their own way. Each and every one of you is just a supporting actor for the other.

问: 我和我⼩⼥⼉前世是什么样的关系? 她七岁快⼋岁.

Q: What was the relationship between me and my little daughter in our previous lives? She is almost eight years old.

JO:你⼩⼥⼉更多的是来扩展你的包容度吧.所以在以后的成长和相处当中,她可能会很不符合你⾃⼰的⼀些观念、观点或者是想法.就会产⽣很多这样⼦的冲突.但是你要知道她并不是⼀个叛逆或者是不听话的孩⼦.⽽是说通过这样⼦来让你的视⾓不断地转变不断地转变.转变的就是说你没有你的那个我.因为你有你,你有你⾃⼰的观念,你有你⾃⼰的记忆,你有你⾃⼰的看法想法.那都是 ‘我’.那个我只是建⽴在⼀个假象上⾯,明⽩吗? 所以她也是来好像是帮助你修⾏⼀样.

JO: Your little daughter is more coming to expand your tolerance. So in the future growth and interaction with her, she might not align with some of your own beliefs, perspectives, or ideas, leading to many conflicts. But you must understand that she is not a rebellious or disobedient child; rather, she's trying to force you to see things from different angles continuously and constantly transform your viewpoint. The transformation is that there isn't 'I'. Since you have yourself, with all your beliefs, memories, and thoughts, which are all part of the 'I', but in reality, they're just a construction based on an illusion, right? Hence, she's also here to somewhat assist you in cultivating or practicing.

问: 那我跟我现在的先⽣的前世关系呢?

Question: And what about my relationship with my current husband in our previous lives?

JO: 这么说吧,我们更多的感应到你们都是来帮助彼此像返⽼还童或者是返璞归真的那种感觉.就好像是帮助彼此恢复到纯粹的状态.所以你们的关系还会再转变.它随着你们之间的能量转变⽽转变,不会是停留在现在这个样⼦的.

JO: Let me put it this way, we sense that you are here to help each other in a sense of rejuvenation or returning to simplicity, like restoring each other to a pure state. So your relationships will continue to evolve as they shift with the energy between you, not staying as they are now.

#### 2023/10/19 — 你们⼈类最⼤的问题就是不愿意抛开⼀切去专注在⾃⼰热爱的领域Your biggest problem as humans is your unwillingness to let go and focus solely on what you love.

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我想问⼀下我的灵魂特质?

Question: I want to ask about my soul characteristics.

JO: 你对⾃由会有⾮常强烈或者是崇⾼的追求,就好像是你的⽣命之源或者是⽣命之⽔,就好像你必须要有⾃由.就是你不能感受到你是被限制或者是被控制或者是被要求,这个会让你⾮常的窒息或者是不爽.就是你内在会有⾮常多的不满.所以这是你的⼀个特质.所以你可以去根据这个… 就⽐如说⾃由创作啊,反正就是⾃由⼈,就是你⾃⼰决定你是怎么样.如果是从⼯作⽅⾯,你可以选择⼀个它有⾮常⼤的⾃由度给你的.

You have a very strong or lofty pursuit of freedom, like it's the source or water of your life, you must have freedom; you can't feel being restricted, controlled, or coerced, which would make you suffocate or uncomfortable. There is an abundance of dissatisfaction within you. This is one of your traits. So you can use this trait to... for example, free creation, as a free person, deciding how you are; in terms of work, you could choose a job with a lot of freedom offered.

问: 对,确实.因为我的⼯作变动了,我要做前台,我觉得我被限制住了,所以我就不喜欢.所以我就想我要不要换⼀个⼯作或者我是不是哪⾥需要调整?

Q: Right, indeed. Because my job changed, I have to do the front desk work. I feel restricted, so I don't like it. So I wonder if I should change jobs or if there's something that needs adjustment for me?

JO: 你都已经感受到不舒服,那你就换,换到你舒服为⽌.因为任何的不适感,它都会让你的内在,就是对⽣命的⼀个动⼒越来越⼩,越来越⼩.所以你⾃⼰去不断地去尝试,直到你满意为⽌.因为你要知道你永远都会有新的选择.

JO: You've already felt uncomfortable; then just switch until you're comfortable. Any discomfort reduces your internal drive for life, making it smaller and smaller. So try continuously until you are satisfied, because you will always have new options.

问: 还有个担忧吧.就是我现在还没有太多钱,离开这个⼯作还要解决住宿的问题.我是边找边看,还是我先做着…JO: 你们都会有⼀个对⽣存的恐惧,就很⼤的⼀个⽣存的恐惧在⾥⾯.然后我觉得你们真的应该⾃⼰去考虑到底什么对你来说很重要.如果你真的觉得我愿意花个两三年的时间… 我没有房租的压⼒... 这么说吧,我就找个农村⾥⾯可能租⼀年两千块钱的房⼦,它能保证我有地⽅住,吃喝拉撒这些问题.然后我就⽤三年时间做我⾃⼰特别激情的事情,创作,明⽩吗?那你是不是没有房租的压⼒啊?但是你却可以专注在你⾃⼰激情上的事情.因为你们总是在想投⼊很少的时间,就⽐如说⼯作⼀个⽉拿⼀个⽉的⼯资,然后就想要产出.

Q: There's a concern, right? I don't have much money now, and after leaving this job, there's the issue of finding accommodation. Should I look for something as I go, or should I just stick with what I currently have... JO: Everyone has a fear about survival, which is quite overwhelming. You really need to think about what matters most to you. If you're willing to spend two or three years on this... without the pressure of rent... let me explain it like this: I would find a house in a rural area for around 2000 yuan per year that provides a place to live, and addresses concerns related to eating, drinking, going to the bathroom, etc. Then, over those three years, I could focus on my passionate pursuits, like creation, understand? And you wouldn't be under pressure with rent, but could concentrate on what truly excites you. You're always thinking about putting in very little effort and expecting big returns, like getting a month's salary for one month of work and wanting immediate results.

那你这个产出肯定是有那个什么的.那你为什么不能去专注的投⼊⼏年的时间?就这么说吧,就算你不会画画,你专注的把⾃⼰关在⼀个地⽅.你不停的画画画画画,锻炼学习锻炼学习.你的画都可以卖钱了.那你说你这三年你就花在你特别激情的地⽅.OK,你对这些灵性信息(很激情),你就不断不断地学习,不断学习就是不断地检查你的信念,不断不断地转变.然后那你是不是就可以作为像⼀个导师⼀样去引导其他⼈了,对吧?然后这三年时间你也可以边做边帮助和引导别⼈,然后付费.然后慢慢慢慢你的经济是不是也出来了?你的路是不是就越⾛越宽,越⾛越宽了? 明⽩吗?

Your output must have something going for it. Why can't you focus and invest a few years into this? Let me put it like this, even if you are not good at drawing, if you were to isolate yourself in one place and repeatedly draw, practice, learn, your artwork could start selling. You spent three years being extremely passionate about something. Okay, since you're very enthusiastic about spiritual information, you keep learning and constantly revising your beliefs through this process. Wouldn't that allow you to guide others as a mentor? Then, during these three years, you could help and guide others while earning money. Your financial situation would improve, wouldn't it? And as time goes on, wouldn't your path become even wider, opening up more opportunities? Do you get it?

问: ⽐如说我帮别⼈的话,我会感觉是为了赚钱才…JO: 那如果你觉得不想收钱,那你就先别收钱了.就算你不想收钱,⼈家都可能给你发⼀个⼤红包呢? 那就算没发,你们建⽴了⼀个很深厚的友情关系呢? 那个才是⽆价的.那说不定爱情呢? 说不定婚姻呢? 明⽩吗? 那正好那个婚姻就是⼀个超级富家⼦⼥呢? 那你是不是连房⼦都不需要考虑了? 这不是没有可能的.明⽩吗? 所以你不要⽤你们的头脑去想,好像这⾥只有⼀个办法.我要么找⼀个⼯作,要么这个⼯作我忍耐要么离开.不是的.为什么你就不

Q: For example, if I help others, would it feel like I'm doing it just for money? JO: If you don't want to be paid, then don't expect payment. Even if you're not looking for payment, people might still send you a big红包 (red envelope). That friendship built without expecting payment is priceless. Maybe love could come out of this? Maybe even marriage? Get it? What if the marriage turned out to be with an incredibly wealthy child? Wouldn't that mean you wouldn't have to worry about housing anymore? This isn't impossible, right? Understand? Don't use your mind to think there's only one solution. I either find a job or tough it out at my current job or leave. It's not like that. Why can't you see

能完完全全的投⼊在你⾃⼰热爱的地⽅去? OK,我要付房租,那你去农村⾥⾯找⼀个偏僻的地⽅.⼀个⼩房⼦,⼀年可能⼏百块钱.

Can you fully immerse yourself in the place that you love? Alright, I'll pay for the rent, so you go to the countryside and find a remote area, a small house, where perhaps it might cost only a few hundred dollars per year.

问: 但是我感觉我⾃⼰不太想去农村.

Q: But I feel that I don't really want to go to the countryside either.

JO: 没有这么多但是,那只能说这个事情你不热爱,我跟你讲.如果你热爱的话,你会⼀直在天堂的感觉,明⽩吗?

JO: Not that many though, that means you just don't love it. I'm telling you. If you did love it, you would feel like you're always in heaven, get it?

问: 如何找到⾃⼰真正热爱的东西?

Question: How do you find what truly passion lies with?

JO: 那你⾃⼰才知道了.你从⼀个⼩的热爱,哪怕你热爱⼀个电视剧.你从那个电视剧中你都能找到线索.那个电视剧是什么类型的? 它什么吸引你,明⽩吗? 所以说不断不断地你都可以... 这个东西要转动起来,这个轮⼦要转动起来,你要开始转啊.我跟你讲你们⼈很⼤的⼀个问题就是你们不愿意抛开⼀切,花个⼏年时间专注的投⼊到⾃⼰热爱的领域.你们想要看到快钱,就我⼀个⽉赚个⼏万的⼯资,哇,好爽.你被困在⼀个⽉⼏万,⼏年过后⼈家因为投⼊了⼏年,可能开始⼀分钱都没有.第⼀年⼀分钱都没有,第⼆年⼀分钱都没有,第三年第四年第五年,⼀年就可以赚你这⼀辈⼦的钱了.为什么? 他已经成为⼀个⼤师级别的了.你还在拿个⼯资.

JO: Well, you'll know that for yourself. You can find clues even in something like a TV show, even if it's just a passion of yours. What type is the TV show? What draws you to it? Understand, you can constantly keep... This thing needs to move, this wheel needs to spin, you need to start moving. I'm telling you that one of your biggest problems is that you don't want to dedicate years of your life to something you're passionate about. You want quick money, like a monthly salary of several tens of thousands, oh, it's so great. But you are trapped in this monthly income, and after several years, others who have invested for those years might start with nothing. No money in the first year, no money in the second year, no money in the third, fourth, fifth year... In just one year, they can make a lifetime's worth of what you're making now. Why? They've become masters at it. You are still getting paid like an employee.

因为你⾃⼰越来越受压制,然后你的活⼒越来越少,然后你的能量也越来越⼩,然后越来越多的限制.因为收集了很多负⾯的记忆,然后导致觉得活着没意思.你就满肚⼦怨⾔,你就投射出更多这样⼦.然后更是没有⼒.然后⼯资也低.但是那个⼤师却是越活越精彩.为什么呢? 因为他充满了不断地内在的⼒量,就是越来越强⼤,越来越强⼤.

Because you are increasingly suppressed, then your vitality dwindles, and so does your energy, followed by an ever-increasing number of limitations. Having accumulated numerous negative memories, you feel life is meaningless and become full of complaints, projecting more negativity around you. You lack the strength even to voice your discontent. Your salary is meager as well. Contrarily, the master continues to live with growing splendor. Why? He is filled with an ever-increasing inner strength, getting stronger and stronger.

问: 我去⼀个农村这样的地⽅,但是我爸爸妈妈可能会…JO: 没有这么多的但是的.你哪怕就算跟他们失联⼀两年,明⽩吗? 哪怕你欺骗他们,你说你在做⼀个线上什么什么的.你在学这个设计什么的.因为这个是关于你的⼈⽣,没有什么能够限制的,不要因为⼀个想法你就不去做了.所以你⾃⼰需要很明确的知道你到底想要什么? 什么才是你激情的? 如果这些⽅向都没有…问: 我感觉我确实不太知道我⾃⼰真正喜欢的⼈⽣是怎样的.

Question: I'm going to a place in the countryside, but my parents might... JO: There shouldn't be too many "buts" here. Even if you're out of touch with them for one or two years, do you understand? Even if you deceive them, telling them that you're doing something online, studying design, etc., because this is about your life and there's nothing that can restrict you. Don't let a single idea stop you from doing what you want to do. So, you need to be very clear about what you really want? What ignites your passion? If these directions don't align... Question: I feel like I'm not sure what my genuine life would be like.

JO: 我给你这么形容.你想象⼀下你们种青菜.你可能⼏天⼀个⽉,你就可以收获你就可以吃了,对吧? 但是你吃了,就没了,于是你又得种.但是你可以种⼀棵苹果树,你可能⼀年两年三年四年,它都是⼩树苗,它都没有果⼦.但是五年六年它每年结好多好多果⼦,成了⼀个⽼苹果树.不断地不断地结好多.那你看前期,青菜⼀个⽉就可以吃了.但是苹果⼀两年都没得吃.所以为什么不给⾃⼰⼀点时间呢? 你给⾃⼰时间扎根了吗? 给了吗? 那那些成功的⼈,你去看看他们给了⾃⼰多少时间去扎根.

JO: Imagine you're cultivating spinach. You might be able to harvest and eat it in a few days or a month. But once you do, it's gone, so you have to grow more. However, with an apple tree, you might plant it and care for it for one, two, three, or four years without seeing fruit. Yet after five, six years, the tree yields many apples every year. This process continues as the tree bears a bountiful harvest annually. In terms of initial yield, spinach allows consumption in about a month. Conversely, an apple tree goes without fruit for one to two years. So why not give yourself some time? Have you taken the time to establish roots and grow steadily towards your goals? Let's examine those who have succeeded; how much time did they invest in establishing their foundations?

问: 确实.我发现我看这些通灵的信息,我看了我领悟有感觉,我⾃然的想分享给别⼈.我想问这个分享是不是我的激情?

Q: Indeed, I have found that when I read these spiritual messages, there is an emotional connection and a natural urge to share them with others. I wonder if this sharing is driven by my passion?

JO: 那它有可能是你现在⽬前这个阶段,明⽩吗? 那有可能李⼩龙他⼩时候就喜欢看武术⽚.那他能说这⼀辈⼦看武打⽚就是我的激情,能是吗? 明⽩吗?

JO: That's possible for you in this stage right now, understand? It's possible that Bruce Lee liked martial arts movies when he was young. Could it be that watching martial arts films is his passion for life? Is that clear?

问: 明⽩明⽩,就是这个时期过后,我有⼀定的积累了过后,我可能就会… JO: 你⼀直在变的.但是它不会离开你的宗旨,虽然你呈现的⽅式不⼀样.问: 是不是每⼀个时期问我的灵魂主题是不同的?

Q: Absolutely, after this period, with a certain accumulation, I might… JO: You are constantly changing. But it won't deviate from your purpose, although the way you present it may be different. Q: Does each period ask me to focus on a different soul theme?

JO:不知道,这个要发⽣过后才知道,明⽩吗?因为信息它也会随着你的能量状态变化⽽变的.那有可能这个节⾻眼上JO就想传这个信息给你,它不想给你误导,不想让你知道更多,明⽩吗?因为你在这个节⾻眼上就只需要这些.它给太多的话,对你是⼀个另外的影响了.就好像你现在这颗种⼦只需要⼀点点⽔,如果给你⼤量的⽔,那你不是泡死了,被浸泡死了,对吧?所以并不是说多就是好,⽽是说你⽬前这个节⾻眼上需要这个.它对你来说就是好的.哪怕是⼀句谎⾔,明⽩吗?

JO: I don't know; one would find out only after it happens, understand? Because information also changes along with your energy state. That means JO might have tried to transmit this message to you without misleading you or giving you too much information, do you see why? Because at the moment all you need is what he has given you. Providing more could be an additional impact on you. Imagine if a seed currently only needed a little water; would it survive being drowned with a large amount of water? Wouldn't it die from being soaked in water? This isn't to say that more is always better; rather, at your current energy state, this is what you need and what's good for you. Even a lie could be understood as such.

问: 就是现在我最需要的就会给到我?

Q: Whatever I need most right now will be given to me?

JO: 因为它是你当下需要的,你的JO你的⾼我,它会掂量什么样的信息⽬前给到你.因为如果就算把所有的信息给到你,你⽬前的认知你也不⼀定能接收到,你也不⼀定能清楚. 还⼀头雾⽔.因为你要知道JO⾼我,还有我们这些信息存在,它并不是来让显得我们有厉害.

Because it is what you need now, your JO your High Self, it will weigh the type of information that is currently available to you. For if we were to give you all the information, there's a possibility that with your current understanding, you might not be able to receive or comprehend it clearly. You may still be confused. Because you must understand that our existence as JO and High Self isn't meant to showcase superiority.

⽽是根据你,明⽩吗? 不是来让你看我的信息多么准啊,多么强⼤啊,多么厉害 ,多么精准啊.NO NO NO NO,没有我们,⼀切都是围绕着你.因为我们是不存在的,你这个物质⾁体它存在,它需要体验.所以这⾥传达的是你在这个周围,在你这个bubble⾥⾯,在你这个地球⾥⾯你需要什么.那我不能把我们⾼维是什么样的状态,然后把我们这些给你.明⽩吗?就是每⼀个当下你来取.你在每⼀个当下,⽐如说这个当下你可能需要的是⾷物,那给你⾷物.下⼀个当下你可能需要的是⽔,那给你⽔.下⼀个当下你可能需要⼀个鞭⼦,可能会抽你⼏鞭⼦,明⽩吗?

And it's based on you, understand? Not to show how accurate my information is, or how powerful I am, or how incredible, precise. No no no no, without us, everything revolves around you. Because we don't exist; your physical body exists and needs experiences. So what this传达s is that you are in the midst of it, within your bubble, on your planet, needing whatever it is. I can't give you a description of our high-dimensional state or give you us. Understand? It's taken at every moment. In every moment, for example, if you need food, then food will be given to you. The next moment, if you might need water, then water will be given. The next moment, you might need a whip, and there might be some lashes administered, understand?

问: 我现在最需要的就是花时间沉淀下来,让⾃⼰越来越领悟越来越轻逸? JO: 你现在只需要让你的⼼能安定下来,扎根,明⽩吗?

Q: What I most need now is to take time to settle down and become more enlightened and effortless.

A: You just need to allow your mind to settle, to take root, do you understand?

问: 扎根是指?

Question: What does it mean to root?

JO: 就是安定,就是安⼼.你没有念头⼀会⼉这个,⼀会⼉那个.⼀会⼉想这个,⼀会⼉想那个.

JO: It's about stability, it's about peace of mind. You don't have one thought for a while and then another, one thing on your mind and then another.

问: 如何不加⼊别⼈的游戏规则,创造属于⾃⼰的游戏规则?

Question: How can one not follow others' game rules and create their own game rules?

JO: 那就像我刚刚跟你说的,⽐如说我现在就是不想加⼊你们,我想⾃⼰关在⼀个⼩屋⼦⾥⾯做我⾃⼰激情的事情,明⽩吗? 这个就是.然后你们创造再多的名牌,我不稀罕.你们创造再多的诱惑,我不需要.我知道我⾃⼰想要什么.我⾃⼰的激情是什么.

JO: That's like what I just told you; for instance, right now I don't want to join in with you guys. I want to lock myself in a small room doing my own thing passionately. Do you understand? This is it. Then, no matter how many fancy brands you create, I won't be interested. No matter how many tempting options you offer, I don't need them. I know exactly what I want and what my passion is.

问: 明⽩这些道理,还不确定.我想问跟我这⼀世连接最深的那⼀世什么?

Q: I understand these principles, but am still unsure. Could you tell me which of my past lives is most connected to this one?

JO: 我们会发现, ⽐如刚才跟你说你可以去⼀个地⽅就你⾃⼰,然后呆在那.你会害怕这种感觉的,就是害怕你⼀个⼈在⼀个地⽅⼀个房⼦⾥⾯.因为我们连接到你有⼀世好像是花了很长时间在监狱的那种感觉,就是被关闭,就这种感觉,然后⼀个⼈.所以你会对这种只是⼀个⼈的状态会有⼀点恐惧.就⽐如说让你想象⼀下把你丢到森林⾥的⼩屋⼦⾥⾯,就你⼀个⼈.这种事情对你来说会有⼀点恐惧的.所以说你其实很希望跟⼈建⽴连接.哪怕跟陌⽣⼈闲聊,你都会想要去有这种连接感.所以这种像修⾏⼈这种闭⿊关的,你⼼⾥会有点害怕或者是抗拒吧.因为就好像有个创伤在吧.所以这个能量会对你有⼀定的影响.

JO: We would discover that you might feel scared about being alone in a place by yourself, staying there on your own. This fear arises from the sensation of being connected to experiences reminiscent of long periods spent in prison – confined and isolated feelings. You have a natural inclination towards fear when it comes to being just one person. For instance, imagining yourself in a small cabin deep in the forest alone might instill some fear within you. These sorts of situations evoke fears for you.

Consequently, you strongly desire connections with others, even strangers; you wish to feel that connection. This is particularly true for individuals who practice seclusion, as they might feel apprehensive or resistant towards it. It feels like there's a scar from the past influencing your experience. Hence, this energy has an impact on you.

会导致你可能很需要去跟⼈交流或者是建⽴连接,就可能⼈群吧,会⽐较好.

It might lead you to potentially need a lot of interaction or connection with people, perhaps more socially.

问: 所以我可能就不太适合去农村⼀个⼈租个房⼦了?

Question: So I might not be suitable to rent a house by myself in the countryside?

JO: 这个还是要问你⾃⼰.因为你⾃⼰到底想要什么.你永远都可以改变它,去做出不同的选择,明⽩吗? 因为你才是那个掌控你⾃⼰⼈⽣的⼈.你⾃⼰的舒适度,因为我们只是连接到这个能量.这个能量会导致你很喜欢,就哪怕是陌⽣⼈我也想跟别⼈聊⼏句,就这种.所以你就⽐较抗拒⼀个⼈吧.所以说团体还是⽐较适合你的.因为团体会增加你的灵感,然后它会让你变得活跃起来.它会让你越来越活跃.

JO: This is a question you have to ask yourself because only you know what you truly want. You can always change it and make different choices, do you understand? Because you are the one who controls your own life. Your comfort level, as we're just connected to this energy. This energy causes you to like chatting with others even strangers, wanting to engage in conversations with people. Hence, you tend to be more reserved around individuals. Thus, groups might be more suitable for you. Because group settings can boost your inspiration and make you more lively and active.

问: 然后我又有⾃⼰的⾃由度,去专注我⾃⼰的事情的.

Answer: Then I have my own freedom to focus on my own affairs.

JO: 是的问: 我想如果现在有⼀个学灵性的圈⼦,我觉得挺不错的.

Yes, I think it would be quite nice to have a circle of spiritual people now.

JO: 那你可以⾃⼰建⽴⼀个这个圈⼦.

JO: So you can build your own circle.

问: 如何可以让我安⼼的去跟随我⾃⼰的激情或者是兴奋,就是我不会担⼼我⽣存的问题.因为我喜欢⾃由,然后公司的规章制度我觉得我又待不下去.

Q: How can I be reassured to follow my passion or excitement without worrying about survival issues? Because I enjoy freedom, and I feel unable to continue with the company's regulations.

JO: ⾸先这个是你们这个地球上很多⼈⾯临的⼀些问题.然后他们⼀⽅⾯想要去完完全全的⽤⾃⼰的⽅式,但是另外⼀⽅⾯又涉及到很多⾦钱的问题.但是那个⾦钱的系统真的是需要你们⾃⼰的⼒量去挣脱它.你们⾃⼰.OK,那你现在在这种situation,就是你现在在这种状态.你来给我演⽰你要如何去..因为你今天提问也说了,我要怎么样不去进⼊别⼈的游戏规则?实际上也是对他们这⼀套是不屑的.那你来演⽰出你们要怎么样,明⽩吗?因为⽆论我们跟你说再多的法则,你不吃这⼀套你还是会担⼼的.那你不吃那⼀套,那你⾃⼰找⼀套⽅式⽅法了.那你还可以带领更多的⼈⾛出来,明⽩吗?因为它不是来⾃于这句话到底是真的还是假的.

JO: First of all, this is a problem that many people on your planet face - wanting to use their own methods completely but being involved in financial issues at the same time. The financial system truly requires you to break free from it yourselves. You, yourself. OK, so let's see how you would handle this situation now. You are currently in this state and need to show me how you plan to... You mentioned today that I should avoid entering others' game rules - essentially showing contempt for their system. Show me how you want to do this, because no matter how many laws we tell you about, if you don't buy into it, you'll still be worried. If you're not buying into their system, then you find your own way out. You can also lead more people out of it, understand? Because the truth or falsehood of these words doesn't come from them.

因为我们告诉你⽆数遍,你不相信.那它对你来说就是个假的.它就没有那句:你安⼼上班,每个⽉拿个⼯资.它就没有那句话真,明⽩吗?那那句话就给你⼒量,我们的话就没有⼒量.你没有办法,你还是会去担⼼.所以说不在乎于我们的… 为什么呢? 我说我们的话真,我们可以告诉你⽆数个案例这个是真的.那你也可以拿出来⽆数个案例告诉我们说我们的话是假的,每个⽉拿⼯资才是真的.那你到底是相信什么?相信哪个案例啊?因为⽆论哪个都会有案例给你看,明⽩吗?

Because we've told you countless times, and you don't believe it. So for you, it's a lie. There's no sentence like "just focus on your job and get paid every month." That sentence doesn't exist, do you understand? Our words don't have power, they don't give you strength. You can't help but worry. It doesn't matter about our... Why is that so? I say that our words are true; we can provide you with countless examples to prove it's real. But you can also show us countless examples to argue that what we say is false, that getting paid every month is the truth. So which do you believe in? Which case should you trust? After all, both will present their cases for you, understand?

问: 我想去做我⾃⼰的兴趣,我就可以获得其他⽅⾯的⽀持.但是我感觉我不太相信这个,我怎么样才可以去相信这个呢?

Question: I want to pursue my own interests, and I believe that I can receive support from other areas as well. However, I don't feel very confident about this belief. How can I learn to trust in this idea?

JO: 你不相信你就不要逼着你⾃⼰.因为你还是⼀样的,你在这种分裂当中,还是这种犹豫不决,还是这种拉扯.你怎么样才能去达到那样的状态? 那就是随着时间,因为你还有⼀个顽固的头脑.然后越来越多,显现更多的证据给你.因为你们需要看到证据呀,你们头脑是需要看到证据的.那些看不到的东西它们想象不到的.对他们来说是虚幻的,明⽩吗? 所以说⽬前没有办法去说服你,⽽且⽆论怎样,造物主永远都会告诉你,你觉得怎样就是怎样,你想怎样就是怎样,明⽩吗? 因为你想什么样的体验,你都会体验到.

JO: If you don't believe it, don't force yourself. You're still the same; you're caught in this division, indecision, and tug-of-war. How can you reach that state? Only through time, as your stubborn mind resists change until more evidence accumulates to show you. Your mind needs proof, for things unseen are beyond your imagination and seem illusory. You see, convincing you now is impossible, regardless; the Creator always affirms what feels right to you, allowing you freedom in your experiences because they align with what you desire.

问: 我现在感觉就想换⼀个相信,不想相信必须要上班才能赚钱.想像JOJO⼀样做激情的事情,也能赚钱… 但是我不太想是为了收他们的钱去这么做…JO: 那你就去做,然后停⽌思考.然后顺其⾃然,让⽣命的⼀个同步性来给你呈现.因为为什么? 你现在就陷在你的头脑⾥⾯,就不断地在念头拉扯当中,明⽩吗? 你说这样⼦拉扯的话,⽆论你怎么样拉扯,⽆论你怎么样去认为,其实它都是对的.就你觉得⽣命就是不能完全的这样,也是对的.你觉得⽣命就是要完全的这样,也是对的.你才是那个去好像谱写你⽣命,它是⼀个什么样的状态.你是那个调节器,我要把温度调到多⾼?

Q: I feel like changing my belief; I don't want to believe that I have to work to earn money. I imagine doing something passionate like JOJO does and earning money... but I don't really want it for their sake. JO: Just do it, then stop thinking about it. Let life naturally present itself in synchrony with this decision. Why is this so? You are trapped in your mind, continuously being pulled by thoughts, do you understand? No matter how you pull or argue, regardless of what perspective you take, they are all correct. It's right that you think life can't be completely like that. And it's also true that you believe life must be exactly like that. You're the one who writes your own life story, setting its tone and dynamics as a regulator, deciding how hot or cold to set the temperature.

问: 我想换⼀个相信,这个怎么换? 我听信息说我们可以选择,但是我感觉从这个相信的换成另外⼀个相信的,我感觉有点难.

Q: I want to change my belief. How do I make this change? I've heard information that suggests we can choose our beliefs, but I feel it's a bit difficult for me to switch from one belief to another.

JO: 就⽐如说从⼀个相信你只有去打⼀份⼯,你才能⽣存.和相信你去追随你⾃⼰的激情,就能⽣存,对不对? 要怎么样换? 就是我明明只相信明明只有打⼯那个,然后要怎么样换? 你说你脑⼦⾥⾯的念头,然后它是怎么去切换的?

JO: For instance, between believing that you can only survive by getting a job, and believing that you can survive by following your passion. How would you switch between those two beliefs? If I firmly believe in the job-first approach but need to shift my mindset, how do you think this transition occurs internally in your mind?

问: 就是多换那种追随激情就能有⾦钱的案例吗? 让⾃⼰的头脑看到?

Question: Is it about having more examples of how passion can translate into money, allowing one's mind to see it?

JO: 你这个就好像是你⾃⼰⼿上拿了⼀个⽅向盘,我朝左还是朝右,我要怎么换? 你要朝左的话,你往左打⽅向盘.你要朝右的话,你往右打⽅向盘.你现在是左也不是,右也不是,明⽩吗? 就是你就僵在这了.

JO: It's like you have a steering wheel in your hands, should I go left or right? How do I switch? If you want me to go left, steer the steering wheel to the left. If you want me to go right, steer it to the right. You're neither going left nor right, understand? You're stuck there.

问: 我想往激情的⽅向发展,但是我又怕这样选择并不是那样. JO: 那你就是僵在这了.你就是僵在这,我到底是朝做还是朝右?问: 那我现在直接去⾛好吗?

Question: I want to develop in the direction of passion, but I'm afraid that this choice might not be the right one. JO: Then you're stuck here. You're stuck here, do I go forward or turn right? Question: Can I just go ahead with this now?

JO: 它这个不是来⾃于我们来给你证明哪个选择好或者是哪个选择不好,明⽩吗? 因为即使就算你去选择⼀个天天打⼯做的不是激情的事情,其实你还会再回到这条路上来,明⽩吗? 因为⽆论你⾛到什么路,其实你最后还是会回到跟你内⼼相符合的道路,明⽩吗? 然后你现在受到的最主要的影响是源⾃于你⾃⼰内在对⽣存的恐惧的感.所以各种选择对你来说都是如此的艰难,就是如此的不容易,明⽩吗? 我们连接⼀下这个能量.我们连接到这个是来⾃于好像是你们家族的⼀个业⼒⼀样.就好像你的原⽣家庭它会对你有⼀个深深的笼罩,就好像是⼀个伤疤⼀个伤⼜在那⾥,明⽩吗?

JO: This isn't about us proving which choice is better or worse for you; understand? Because even if you choose to work every day doing something that lacks passion, you'll still find yourself on this path, do you get it? Because no matter what road you take, in the end, you will inevitably return to a path that aligns with your inner self, do you see? And now, the primary influence on you is stemming from your own internal fear of survival. Therefore, all choices are so hard and challenging for you because of this; do you understand? Let's connect into this energy. We're connecting to something akin to a karmic debt in your family. It's as if your original family casts an enduring shadow over you like a scar or wound, do you see?

就是你⽗母他们那⼀辈对你的植⼊,对你能量层⾯上的影响,对你的熏陶是很沉重的很强⼤的.就是来⾃于祖上的⽣存的恐惧.为什么呢? 因为他们是⾮常求安稳的那种.因为他们不敢去追寻⾃⼰的激情,他们是追求安稳的.但是你正好相反,你不能安稳,你就是要追寻激情和追求⾃由.但是这个之前你就必须要去打破这个枷锁,因为笼罩在他们⾝上的枷锁也笼罩在你⾝上.所以就会导致你好像如果你要去打破这个枷锁,就好像你要去打破你⽗母的⼀个教导,明⽩吗?就好像是要跟他们对冲⼀样.这么说吧,这是你们的家训,你们的家教,你们的家规.要踏实稳定,对吧?所以就导致你就好像去突破这个,你要去破掉这个稳定性⼀样.

The influence and impact of your parents' generation on you, at an energetic level, is significant and profound. It stems from the fear of survival passed down through generations. Why is this so? Because they are very much about seeking stability; they don't dare to pursue their passions, preferring instead to chase after a sense of security. However, you are exactly the opposite: you can't be stable, you must seek out passion and freedom. But before you can do that, you need to break free from this burden because the constraints weighing on them also weigh heavily on you. This leads to a situation where, if you're going to challenge these constraints, it feels like you're rebelling against your parents' teachings; it's as if you're opposing them. Essentially, they've handed down family traditions, rules of upbringing that stress being grounded and stable. You find yourself striving to overcome this stability, breaking free from the need for consistency.

然后就会让你觉得不只是你受牵连,你⽗母就会觉得好像你们这个房⼦明明很稳,然后被你给它弄破了,弄的不稳了,就动摇了他们.所以你在⾃⼰动的同时,会动摇了你们整个房⼦的架构⼀样.就这么说吧,就好像你想要敲墙,但是这个墙是个沉重墙.你不敢动.动了的话,感觉墙下⾯的⼈都会死掉⼀样.就是它不是关于你⼀个⼈的事了.所以由于这样⼦的关系,就会导致你更加难了,难上加难了.

Then you make your parents feel like their stable house, which they've been maintaining well, is now being broken by you and becomes unstable, causing uncertainty for them. It's as if you're shaking the very structure of that house with your actions. You might say it's like wanting to knock down a wall, but realizing it's a heavy one; you can't bring yourself to do it because you fear that everyone beneath could die from it. This isn't just about you anymore. Due to this situation, everything becomes even harder for you, making things more difficult than they already were.

问: 那我要怎么样去冲破这个枷锁呢?

To break through this constraint?

JO: 你稍等.我们想要让你们知道的是你们整个社会,不只是你的⽗母,你们整个社会你们都想要稳定,你们都追求稳定,你们都害怕被打乱或者是被破坏.但是我们告诉你这⾥没有稳定可⾔.这么简单⼀个道理,你们的⾝体可以稳定到⼀百年吗? 它不可以的.所以物质世界的⼀切它都在不断地在⽡解中.但是你们⾃⼰需要从这个⽡解的规律中去看到那个不变的中⼼是什么? 因为你只有找到这个规律,看清楚和摸清楚和理解清楚过后,你才能不受它的限制.就好像你在没有摸清楚,没有看清楚,你不懂的这个.但是你却要去,就好像是要你去打破这⼀切.所以你会产⽣⼀种不知所措或者是不敢,明⽩吗? 在不敢的背后是你们的⼀种不懂.

JO: Wait a moment. What we want to convey to you is that your entire society, not just your parents, seeks stability from you - the whole of society wants stability, pursues it, and fears being disrupted or destroyed. However, let us tell you that there is no such thing as stability here. Consider this simple principle: can your body remain stable for a hundred years? No, it cannot. Thus, everything in the material world constantly decays. But what does one need to identify the constant center amidst this decay? Only when you discover and understand these patterns can you overcome their limitations without being restricted by them. It's like trying to dismantle everything before you fully comprehend it; you're acting with uncertainty or fear, aren't you? Behind your fear lies a lack of understanding.

就好像你不敢碰电,因为你从来不知道那个电是如何⼯作,对吧? 因为你看到那个电会电死⼈,所以你不敢去碰它.就好像⼀个⼈他不敢跳到⽔⾥⾯去.为什么? 因为他从来不懂,没有学过游泳.那你看到⼈家⼀下⼦跳到⽔⾥⾯去,因为⼈家懂得游泳,明⽩吗? 就是这层区别.所以你需要更多的去理解和学习关于这个宇宙和⼈运⾏的⼀个模式.那在你越来越懂得所有的规则,就是物质存在的这些所有东西.你懂了过后,你⾃然⽽然的就不会有任何恐惧.所以你的这些所有的恐惧,还有你们⼈类所有的恐惧都来⾃于你们的未知.就是你们不清楚,你们的⽆知,你们对未知的⼀个恐惧.就好像我们刚刚说你们没有学过电路,电线怎么样安全的使⽤.所以你们不知道.

Just like you wouldn't touch electricity because you have no idea how it works, right? Because seeing electricity can kill people and that's why you don't dare to touch it. Just like a person who is afraid to jump into water, why would they do that? It's because they never learned how to swim. You see someone jumping into the water immediately because they know how to swim, understand? That's the difference. So you need more understanding and learning about patterns of operation in this universe and human beings. As you learn all these rules, everything about the existence of matter, once you understand, it becomes natural that there is no fear anymore. Therefore, your fears and everyone else's fears stem from a lack of knowledge, from not knowing or ignorance of the unknown. Just like we mentioned earlier, not learning about how to safely use wires and electricity - because you don't know.

你们只知道电会电死⼈,⽔会淹死⼈.你们不会⽤,没有学过.但是你来到这⾥的⽬的就是来学习的.

You only know that electricity can kill people and water can drown them. You haven't learned how to use them. But the reason you're here is to learn.

问: 跟随激情做⾃⼰,其它⼀切都被安排好.我想知道这个是怎么被安排好的,我想给⾃⼰⼀点安全感吧.

Q: Follow your passion to be yourself, and everything else is arranged. I want to know how this is being arranged, as I seek some assurance for myself.

JO: 让你⾃⼰跟随的激情去⾏动是因为这是⽣命的本⾝.⽣命的本⾝就好像是⼀个不断不断来让你达到⼀种喜悦.就好像奔跑.那你说⼀匹马没有奔跑和它奔跑的状态.那马它本⾝奔跑,明⽩吗? 因为⽣命的本⾝就是充满了喜悦.因为你只有奔跑起来,你才知道⼀匹马它存在的乐趣和存在的能⼒.因为你不通过奔跑你感受不到马的功能是什么,就奔驰在草原上,明⽩吗? 你说我们绑住你的腿,你从来没有奔跑过.然后我们问你马是什么感觉? 你知道吗?那你作为⼀个⼈,你从来没有去跟随过你的激情,从来没有体验过激情,从来没有体验过⽣命快速的运作,转动起来的那种感觉,那种激情的感觉.那你能告诉我们作为⼀个⼈,他是什么样⼦吗?

JO: It's because life itself is about following your own passion and acting upon it. Life itself seems to continuously push you towards joy, like running. You talk about a horse not running and how it feels when it does run. A horse runs by itself, right? Because the essence of life is filled with joy. Only by running do you understand the pleasure and capability of existence for a horse. Without running, you can't feel what its function is, like galloping across the prairie. Have you ever been tied up and never allowed to run before? Then we ask, how does it feel to be a horse? Do you know? As humans, we often don't follow our passions, haven't experienced them or felt the rapid movement and spinning of life. Can you describe what it's like to be a person who has followed their passion?

所以说当你没有去跟随你的激情,没有活出你的激情,你就像⼀匹马从来没有奔跑过,明⽩吗? 还有就是说当你真正的呈现出这样的⽣命状态的话,其它东西你不会给与关注的.你不会关注我钱少钱多,明⽩吗?但是在你⾃⼰这样持续的去呈现你的激情的时候,你会吸引很多⼈来关注你.那当你吸引很多⼈来关注你的时候,你就拥有了能量,强⼤的能量.那你拥有能量,能量就是⾦钱.那像你们的街头艺⼈,他可能只是在专注于他的激情.他在唱歌也好,他在跳舞也好,做什么杂技也好.他专注于做⾃⼰的事情.但是逐渐逐渐的围过来的⼈就越来越多,然后每个⼈都被他带⼊进去.每个⼈都觉得必须要给他钱,然后就给他很多很多钱.

So when you don't follow your passion, live out of your passion, it's like a horse that never runs, do you understand? And also when you truly exhibit this state of life, other things won't get your attention. You wouldn't care about how much money I have or not, do you understand? But when you consistently exhibit your passion yourself, you attract a lot of people to pay attention to you. When you attract many people to focus on you, you gain energy, powerful energy. When you possess energy, that energy is money. Like your street performers, they might just be fully devoted to their passion. They may sing, dance, or perform any circus acts while focusing solely on what they do. But gradually, more and more people gather around them, and each person feels compelled to give him money, resulting in giving him a lot of money.

那当他结束过后,他发现,哇,我⾝边好多钱.但是他却没有伸⼿去问旁边的⼈要钱,他只是在激情的做他⾃⼰激情的事情,明⽩吗? 那李⼩龙他只是激情的去做他的武术.他不断不断不断不断地各种超越⾃⼰,各种提升他的技术.你说如果他的脑⼦⾥⾯如果只想着我有没有钱,什么什么的问题.他能去做他激情的事情吗? 那还有李⼩龙这个⼈的存在吗? 那迈克尔杰克逊他最开始是⼲什么? 他只是不断地跳舞,不断地跳舞,他半夜都在跳舞,明⽩吗? 那当他完完全全的去呈现他激情的状态的时候,你们全世界的⼈都在关注他.那他的名⽓、他的影响⼒不是都变成钱了吗? 那你能理解这层意思吗?

When he was done, he realized, wow, I have so much money around me. But he didn't reach out to ask someone next to him for money; instead, he just passionately did his own thing, understand? That's how Bruce Lee just passionately pursued his martial arts. He constantly pushed himself beyond his limits and improved his techniques endlessly. Could you imagine if his mind was only focused on whether he had money or not while doing this? Would he have been able to pursue his passion? And would there still be a Bruce Lee? Michael Jackson, what did he do at the beginning? He just kept dancing, dancing non-stop, even in the middle of the night. When he fully immersed himself in that state of passion, the entire world was paying attention to him. Would all of his fame and influence then become just money? Can you understand this concept?

问: 就⽐如说我喜欢看这些信息,那我⾃然⽽然去分享就好了.

Q: For example, if I enjoy reading this information, then it's natural for me to share it.

JO: 那个是带你⾛到这条激情的路上,明⽩吗? 你才刚刚上路.就好像李⼩龙他最开始只是喜欢看武术⽚.那他现在来问我,就好像我喜欢看武术⽚,然后呢? 我能告诉他你会是全世界⽂明的李⼩龙吗? 你的精神影响⽆数代⼈吗? 你⾃⼰去成为.因为这⾥是⽆限的,有多⾼? 你想多⾼? 你想飞多⾼,没有限制.

JO: That's the one that leads you down this path of passion, understand? You're just starting out. Like Bruce Lee, he began by just watching martial arts movies. So when he comes to me now, like I enjoy watching martial arts movies, then what? Can I tell him that you'll be the world's civilization's Bruce Lee? Your spirit will impact countless generations? It's up to you to become that because it's limitless here, how high can you reach? How high do you want to go? How high do you want to soar, with no restrictions.

问: 我想问这个宇宙这个物质世界的运作原理是啥? 如何去明⽩这⼀点.

Question: I would like to inquire about the principles governing the operation of this universe, this material world. How can one understand this?

JO: 你通过这个场地,通过这个舞台,你去展现⽣命是什么,明⽩吗? 往往是越强⼤的灵魂,它越是喜欢挑战,它越是喜欢给⾃⼰⾮常⼤的限制,然后⾛⼊到⽆限.它就喜欢从最低最低或者最⼩的⼒量,然后到最⼤的⼒量,明⽩吗? 因为只有通过这个过程,它才能展现它的能量是多么的⽆敌,多么的强⼤,多么的⽆限.是不是⼀个武功越⾼强的⼈,他挑战的难度就越⼤,对不对? 那就是这样.就是你来到这⾥去选择到⾮常⼤的限制,然后再⾛到⽆限.这个地⽅它存在的价值就是来让你们去体验这个过程.体验你突破的那个过程.

JO: You go through this space and this stage to express what life is, understand? Often, the stronger the soul, the more it likes challenges, the more it enjoys imposing extremely large constraints upon itself, then stepping into infinity. It loves to start from the lowest or smallest power, then reaching to the greatest power. Understand? Because only through this process can it showcase how unsurpassed, powerful, and boundless its energy is. Isn't it true that the higher the skill level of a martial artist, the greater the difficulty they face in their challenges? That's exactly right. This place exists for you to choose such great constraints, then stepping into infinity. The value of this place lies in allowing you to experience this process—the process of breaking through.

问: ⾝体的使⽤说明书? 这个世界的使⽤说明书? JO: 那你继续看我们的信息,信息⾥⾯都有. 问: 我想问⼀期就是把所有的归纳总结.

Q: The user manual for the body? The user manual for this world?

A: Continue reading our information; it contains everything within it.

Q: I want to know what phase one entails, which is a summary of all aspects.

JO: 今天的信息都带给你了.然后如果你想要更详细的解答,你可以去看其它信息,⾥⾯都会有关于你想要提问的那些.

JO: Here is all the information for today. Then, if you want more detailed answers, you can refer to other messages where you will find details about what you are asking.

#### 2023/10/19 — ⽆条件的进⼊喜悦的状态⽽不去偷窥外在 Enter joy without conditions and refrain from spying on externals

JO: 你说吧,什么问题?

JO: Speak up, what's your question?

问: 我想问⼀下我和我爸爸之间的灵魂关系.

Q: I'd like to ask about the soul relationship between my father and me.

JO:⾸先我们想要你们明⽩的⼀个事情就是即使是你们的灵魂关系,实际上它都会在变的,你知道吗?⽽且我们在解读,它都是在变的.为什么呢?这就是你们来到这⾥的原因.如果它不变的话,那你来到这⾥就是你⽣命最主要的原因都... 所以说就算是你们的灵魂关系也是在你的创造之下可以去转变它、改变它、让它⽆限的.就这么说,你们的灵魂关系就好像活跟⽔,⽔⽕不容,是吧? 那你是不是可以⽤⽕来烧⽔,烧成开⽔,明⽩吗? 是不是? 所以说在你们的智慧之下,还有在你们的创造⼒之下,你们都可以去把它转变.它并不是⼀层不变的,并不是我们的信息说你们是怎么样它就是怎么样.它其实也会随着你们意识的⼀个变化⽽变化的.

JO: The first thing we want you to understand is that even your soul relationships are in constant flux and change. You see, they are not static but dynamic entities that evolve based on your experiences and interactions with the souls involved. This continuous transformation happens because it's part of why you're here - for growth, learning, and enlightenment through these connections.

If there were no changes or evolution, then your primary reason for being here would essentially be to maintain the status quo, which is not conducive to personal development and spiritual advancement. Even soul relationships are subject to the power of creation; they can be molded, adapted, and expanded infinitely under your guidance.

Think about it like water and fire - seemingly opposing elements that don't coexist naturally. Yet you can use heat (fire) to change water into steam (boiled water), correct? Similarly, in the realm of understanding and interacting with souls, you possess the capacity to transform and adapt these relationships based on your insights and creativity.

Your information is not a set formula; it's dynamic. The nature of soul connections evolves as our consciousness changes - reflecting our growth, our experiences, and the lessons we learn from these encounters. It's a process that requires active participation and an open mind, constantly adapting to new understandings and perspectives.

你可以把你们⽐如说都是仇⼈的关系⼀样,然后变成像恩⼈⼀样.所以它不是死的,⼀切都不是死的.这都是活的,⼀切都是你来利⽤你⾃⼰的⽣命,你想把它怎么变啊?你看你们物质世界所有的⼀切不都是演变出来的吗?那不是通过这么多千变万化,不停都变也没有这么多丰富的体验给你们.你们得多⽆聊啊?你去商场⾥⾯空空的,就⼀个东西,⼀个颜⾊.你们的⾷物,每天就⼀个粥,只有粥.那就连你们的⽶都已经演变了多少种啊?⽶饭、炒饭、⽶线、⽶粉、⽶粉都有各种种类,对不对?那你是不是也⼀样?把你的各种关系都可以玩转,像你们对⾷物的理解⼀样,明⽩吗?这么说,如果你是⼀个有限制的,你的能⼒见解就这么⼀点,那它的确是没办法变啊.

You can think of your relationships as akin to that of enemies and then transform them into the relationship of benefactors. So, it's not stagnant; nothing is static. Everything is alive; you manipulate your own life, how do you wish to change it? You see, everything in your material world isn't it all evolved from something? Wouldn't there be no richness or variety if it wasn't for countless transformations and constant changes that provide you with such diverse experiences? How dull would your existence have been? Walking through an empty mall with only one item, one color. Your food, every day just a porridge, nothing else but porridge. Even your rice has evolved into so many different forms; steamed rice, fried rice, rice noodle, rice flour, there are various types, right? Similarly, you can play around with all your relationships like you understand food, get it? If you're limited, if your capabilities and insights are restricted, then indeed, change would be impossible.

因为你的能⼒有限啊.你变不动它.你不不像⼀个魔术师各种变变变,变来变去七⼗⼆变,孙悟空.那跟孙悟空⽐,你是不是凡⼈啊? 明

Because your capability is limited. You can't change it. Unlike a magician who can transform and transform, changing seventy-two times like Sun Wukong. Compared to Sun Wukong, aren't you just an ordinary person? Ming

⽩吗? 所以说就看你⾃⼰要成为⼀个武功⾼强的,可以变来变去的.还是说就这样,它是个⽯头,我就把它当成个⽯头.所以说我们并不是说维度,就是简单⼀点来让你理解就是说你的维度越⾼,那你的限制就越少.你越低,限制就越多,就越没办法.所以说其实⼀切都可以被你玩转的.

White? So it depends on whether you want to become a high-skilled martial artist who can transform and adapt. Or if we just see it as a stone, I'll treat it like one. Thus, what we're not saying is dimensions; simply put, understanding that the higher your dimension is, the fewer limitations you have. The lower you are, the more restrictions there are, making things harder. So actually, everything can be manipulated by you.

问: 那我就不问家⼈的灵魂关系了,本来我还想问⼀下.

Question: So I won't ask about family soul relations anymore; I was actually planning to inquire about that.

JO: 我们只是让你知道⽆论它是啥,你都可以,哪怕是⼀坨屎⼀坨粪,你都可以⽤来浇灌你的蔬菜,让你的蔬菜长的更好,对不对? 所以说你才是那个利⽤它的⼈,你告诉我你想怎么利⽤它? 就把这坨粪放在你的客厅⾥供起来,天天看着它臭,闻着恶⼼这样⼦? 还是把它放到花园⾥⾯让你的花你的蔬菜长的好? 你想怎么样⽤它? 你才是那个主⼈,你告诉我.

JO: We're just letting you know that whatever it is - whether it's a pile of dung or anything else, even if it smells terrible like a heap of crap - you can use it to nourish your plants and help them grow better. So, you're the one utilizing it; tell me how do you plan to utilize it? Would you rather display this stinky pile in your living room as an ornament every day and be disgusted by its smell? Or would you prefer to put it in your garden to help your flowers and vegetables thrive? How do you intend to use it? You're the one who gets to decide.

问: 我想请JO帮我疗愈⼀下关系,就是我的今⽣今世或者累⽣累世⽆意中伤害的灵魂,我想都让它们疗愈,让我们彼此不再有能量的纠缠.

Question: I would like to ask JO to help heal the relationships, which involves soothing my soul or souls from past lives that may have accidentally caused harm in this life. I want all of them to be healed so that we can no longer be entangled with energy.

JO: 你稍等.我们⾸先要让你知道就是其实你所说的疗愈,就是你对其他⼈的伤害,我们把这个疗愈先回到你⾝上.就是你从这些所有的记忆当中你⾃⼰留下的印⼦,你的伤害.我们先从你⾃⼰这⾥下⼿.因为你必须是在⼀个真的是没有痛没有伤害的情况下,你才能把这份爱给出去.不然你的爱⾥⾯是有痛有伤⼜的,就是有浓有⾎的.所以说它是从你这⾥开始,⽽不是说我现在⾝上又是浓又是⾎遍体鳞伤的,然后你说我要疗愈他们,明⽩吗? 那你给出去你的爱都是参杂这⾎⽔啊.都是充满了伤痛的,所以是从你这⾥开始.你稍等.我们连接到有⼀世你做为⼀个⼥性的⾝份,你受到了⼀个针对你这个⼥性的⾝份的⼀个很⼤的压迫或

JO: Wait a moment. We need to inform you that the healing you've mentioned, which involves伤害 to others as per your statement, will first be directed towards you. This means we'll address the scars and injuries you've inflicted upon yourself from all these memories. Our focus starts with you because only when you're truly free of pain can you give love without any hindrance. Otherwise, your love would come mixed with pain and wounds; it would be tainted with blood and darkness. Hence, this process begins within you, not with me being battered and bruised everywhere as I attempt to heal others. You see, the love you're sending out is marred by the impurities of suffering.

者是侮辱,就是不把你当⼈对待.然后这个屈辱就好像在你⽬前的⼈格就好像是揉进去了⼀样.所以呢,你这⼀⽣就很想再⽤这个⼥性的⼈格去站起来.所以我们能感受到那⼀世有⼀种就好像你就被⼈踩到地下踩扁了那样⼦.因为⼥性的弱和⽆⼒.然后这⼀世你就好像重新再选择了⼥性的⾝份,你要把踩扁的⼈格重新再站起来⼀样.所以说这种伤和痛,我们现在没有办法去给你处理.为什么呢? 因为如果它没有这种发⾃内在的那种我⼀定要站起来的那种决⼼,就是给你带来的好像耻辱⼀样.那你就会少了你站起来的⼒量和动⼒.那你说如果我们把这个给你抹去,那对你来说可能站不站起来⽆所谓.因为这个不是⼀个遗憾或者是你想要去怎样怎样.

This is an act of degradation, essentially treating someone as if they are not a human being. This humiliation then becomes ingrained in the current personality, as if it were part of their very essence. Consequently, throughout one's lifetime, there is a strong desire to reassert oneself using this female persona. We can perceive that in a past life, you felt like you were ground down and treated with contempt, due to the perceived weakness and powerlessness associated with femininity. In this current life, you've seemingly chosen to reclaim that identity again, as if you're trying to rise from the ground where you were squashed. This means we can't address these injuries and pains since they stem from an inner resolve to stand up for oneself – something akin to being subjected to humiliation. Without this inner determination, it might be harder for you to muster the strength and motivation needed to rise. If we were to erase these feelings, whether or not you would find yourself capable of standing tall would depend on more than just past regrets or desires; it's about overcoming an ingrained sense of being held down by societal expectations and personal limitations.

那这么来说,这个灵魂印记你还想要拿⾛吗?

In that case, do you still want to take away this soul mark?

问: 这个我可以⾃⼰疗愈.

Q: I can heal myself.

JO: 这个不需要疗愈,只需要你站起来就好了,明⽩吗? 这么说吧,⼈家把你踩在地上,那你马上,像看神话⽚⼀样,把你踩碎了,然后你马上重组,然后站起来变得⾮常强⼤,然后把对⽅打扁,明⽩吗? 那你内在那个什么是不是就没有了? 它是⼀股能量,⼀股⼒量.就好像车⾥⾯的油,没有油的话你动不了啊.那你说这个油你要拿⾛吗?

Jo: This doesn't require healing; you just need to stand up, understand? Imagine someone stepping on you like a scene from a movie, then instantly breaking yourself into pieces as if watching fantasy, and immediately reassembling, standing tall becoming extremely powerful, and then defeating the other, do you get it? Then does that mean your inner something is gone? It's an energy, a force. Like gasoline in a car; without fuel, you can't move. Do you say take away this gasoline?

问: 我说我从⼩就有⼀股觉的男的能做的,我也能做.

Q: I say that since I was young, I felt that men could do things, and so could I.

JO: 是的,那就好像你车⾥的油.你说把我这个油抽⾛吧.没有这个油,就没有这个动⼒了.你体验的⼈⽣的版本就不⼀样了.所以说你看这个携带的东西明明是好像有⼀点那个什么,但是你却能把它转化成强⼤的能量,让它成为独⼀⽆⼆的你,明⽩吗? 然后这个就是你前世带来的最强势的能量,它还在你⾥⾯.当你随着你⾃⼰不断不断地... 你没有办法去靠别⼈.因为靠别⼈,你还没有凸显出来.你还会觉得有⼀种不适感,就是觉得好像有⼀⼜⽓没出掉⼀样,明⽩吗? 所以需要你⾃⼰展现出你⾃⼰的强⼤,淋漓尽致的展现.然后就好像你就⼼满意⾜了.你就会觉得我没有⽩来⼀趟了.

JO: Yes, just like the oil in your car. You say to me, "Take away this oil." Without this oil, there is no power; your experience of life would be different. Therefore, you see that despite seemingly possessing a certain something, you can convert it into powerful energy, transforming yourself into an unparalleled individual. This is the strongest energy brought by your past lives, still residing within you. As you continue to progress on your own journey, you cannot rely on others because they haven't fully manifested themselves yet. You might feel uncomfortable, like there's an unfulfilled aspect of energy that hasn't been released. Understanding this, you need to showcase and display the full extent of your power. Only then will you be satisfied, feeling that your journey has not been in vain.

问: 这个就是我⾃⼰慢慢完整⾃⼰.

Question: This is me completing myself little by little.

JO: 对,这个就是你⾃⼰逐渐成为的过程.然后就是这个.问: 我想问我哪些世还对我有影响,那你上⼀个就解答了呗?

JO: Yes, this is the process by which you gradually become yourself. And then, this. Q: I want to ask which lifetimes still affect me, so your previous answer covers that?

JO: 对,就是它还是在你的,⽐如说留下的味道,这个味道还在,还有影响.但是这个可以是正⾯的… 但是如果你没有去绽放,就是强⼤的去站起来的话,你这⼀辈⼦都会有⼀种憋屈感.就好像有⼀句话叫死不瞑⽬.所以它会成为你内在的⼀种驱动⼒.

JO: Yes, it's still with you, like the lingering scent or impact. But this can be positive... but if you don't blossom, if you don't stand strong and rise up, you will carry a sense of suppression throughout your life, as though death comes without closure. There is a saying that 'death with open eyes.' So it becomes an internal driving force for you.

问: 什么是绽放⾃⼰? 什么是成为⾃⼰?

Question: What does it mean to bloom yourself? What does it mean to be yourself?

JO: 当你真正的感受到那股⼒量,那股⼒量是你不需要去看外界怎么对你,就是外界否定你,外界说什么你都不听.就是⽆论外界发⽣什么都对你没有任何影响,你知道你是谁.你知道你的⼒量,就是这种感觉.就是外界⽆论什么都对你造不成影响.就⽐如说你可能真的就是连住的地⽅都没有了,真的就是⾝⽆分⽂或者是你⽆论去做什么别⼈都否定你,说你这个就是胡说⼋道.但是你并不会因为他们的这种就影响到你内在的,就是没有半点会影响到你.那就是真正的强⼤了.强⼤到⽆论什么反射给你,都对你没有丝毫影响,明⽩吗? 你想如果你不够强⼤,你这个球可能别⼈⼀擦你,你就漏⽓了,是吧? 那你想你是个钢铁⼀样的球,别⼈怎么擦你对你丝毫没有影响.

JO: When you truly feel that power, it's a force where you don't need to look at how the outside world treats you. Whether they reject you or say whatever they want doesn't matter; nothing external affects you. You know who you are and your strength. This sensation is when nothing from the outside can affect you in any way. For example, maybe you truly have nowhere to live, penniless, or no matter what you do, everyone dismisses you as nonsense. But it won't influence your inner self at all; not a single bit. That's true power. Power that can withstand anything thrown at you without any impact. Do you understand? If you're not powerful enough, if someone were to rub against this ball of yours and make it deflate, wouldn't that be the case? Imagine being like a steel ball where no one's actions have any effect on you.

那你说哪个是强⼤啊? 那你说强⼤是不是关于你⾃⼰的呀.就⽆论外界的刺激是啥,对你不会有丝毫的影响.如果别⼈还没碰你,⼀个风吹草动你就开始炸了,你就⾃⼰原地爆炸了.那你叫什么? 易碎,对不对? 所以你们其实⼀直都会有外界的反射来让你看到你到底是易碎还是强⼤,明⽩吗? 其实外界反射的那些对你的刺激也好,攻击也好,实际上你就是好像我需要这些反射来看⼀下我内在的状态.That’s it.它只有这个功能.那如果你通过外界的⼀些刺激你真的倒了,那你就知道,OK,我还是这么弱.⼀碰就倒.明⽩吗? 那如果你还在怪说谁要你们来碰我,那你永远都是易碎的状态.因为你不知道原因在哪⾥.

Which one do you think is stronger? Are you saying that being strong means you're unaffected by any external stimuli, no matter what happens around you? If others haven't even touched you yet, but at the slightest disturbance, you start exploding in anger; you explode on your own. What would you be called then? Fragile, right? So actually, there are always external reflections showing whether you are fragile or strong, do you understand? Whether they're just stimuli affecting you externally or attacks against you, fundamentally it's like a mirror reflecting my inner state. That's all it does. If you can see through this reflection and realize that even when someone tries to touch you, you fall apart immediately, then you know, yes, I am still so weak. You understand? But if you're blaming others for trying to reach out to you, you'll always remain in a fragile state because you don't know the root of the issue.

你怪别⼈碰你,⽽不是说去看你内在有没有不断不断地更加坚不可摧.⽽且你⽤你的物质⾁体达到那样的状态的话,你⽣命结束你还是那个状态.不会因为你⾁体消失,你就又变弱了.不会的.你如果是易碎的,你⾁体消失了,你还是易碎的.你可能还需要⽤⾁体来继续的做这个功课.因为你还没有... 物质世界是⼀个⾮常⽣动的反射给你们,让你们知道where you are,就是你在哪⾥.

You blame others for touching you instead of asking if there is continuous invincibility within you. Moreover, if you achieve such a state through your physical body, even when your life ends, you remain in that state. It's not as though you become weak again because your physical body disappears; no, it wouldn't work like that. If you are fragile, even after the disappearance of your physical body, you would still be fragile. You might need to continue using your physical body for this work because you haven't... the material world is a very lively reflection given to you to know where you are, essentially letting you understand your current position.

问: 我想问⼀下物质世界的反射是不是百分之百的来照见我⾃⼰内在?

Q: I would like to ask if the reflection of the material world is a hundred percent reflecting myself internally?

JO:你⾃⼰来说咯.因为你才是那个去体验这⼀切的.你⾃⼰去看镜⼦,你说它是不是百分之百的那个什么的.我们这⾥来让你们清楚的⼀点就是说,⾸先你们在物质世界上经历的⼀些事情你们会把它当成是真实的,⽐如说这个⼈他是真实的想要攻击我.然后我是真的⽆⼒的.这个世界真的是残酷的⽆⼒的.明⽩吗?但是我们想要你们看到,这个实际上是你们集体意识的⼀堂课⽽已.什么课呢?就⽐如说你们集体意识都认为我要强⼤,不然我就要被欺负.你们都有这个观念,对吧?那你这个观念就会演化成不同的事件来映射到你们的⽣命当中给你们体验.因为这是你们⽬前的⼀个认知.它就会投射出⼀些强⼤的⼈欺负弱者,然后弱者真的很⽆⼒,明⽩吗?

JO: You tell me, because you are the one experiencing all of this. Look into the mirror and say whether it's 100% something or not. What we want to clarify for you is that the experiences you have in the physical world become real to you. For example, someone genuinely wants to attack me, and I am truly helpless. The world is really harsh and powerless. Do you understand? But what we want you to see is that this is actually a lesson from your collective consciousness. What kind of lesson? Like everyone in your collective consciousness thinks they need to be strong or else they will get bullied. You all have this belief, right? So this belief manifests into different events that reflect onto your lives for you to experience because it's what you currently believe. It projects out scenarios where stronger people bully the weaker ones and the weaker individuals are indeed powerless, do you understand?

你想象⼀下你们有⼀些共同的功课.那有些⼈他们需要个⼈去体验,那你只是个背景⽽已.然后你也需要个⼈的体验,其他⼈也只是个背景⽽已,明⽩吗?你们都在这个地⽅相互彼此⽀持.但是我们这些信息都是逐渐的在让你明⽩,如果你把所有的东西都当成是真实的了,那你就很难出来.为什么呢?你当成是真实的了,你就会加深这个幻像.就是你真的就是觉得强⼤才不会被别⼈欺负.你不会去看到是因为我们集体持有这个强⼤才不会被欺负的观念,才会有这些事件给我们,明⽩吗?那你们永远不会去观念上去着⼿.为什么?这些事件它会加深你们的观念,你就更加这么认为了.你更加这么认为了,那你就反反复复的就在这种观念⾥⾯继续投射.

Imagine you have some shared homework. Some people need personal experiences, and you are just the backdrop. Then, you also need your own experience, where others are just background. Do you understand? You all support each other in this place. But these messages are gradually making you realize that if you take everything as real, it will be hard for you to step out of it. Why is that? If you accept things as true, you deepen the illusion. It's not about being strong enough not to be bullied by others; you won't see it as our collective strength prevents bullying. You wouldn't try to address this concept because these events reinforce your perspective. You would continuously project into this thought pattern due to the reinforcement of your idea.

这就是为什么你们地球上有很多很多需要处理的.因为它有很多观念不断地在被加深,不断地在深化.不断地深化,就不断地反复投射,变着花样的投射.然后导致你们就好像… 你说⼀个⼈本来需要处理的伤⼜就⼀两个.慢慢慢慢他需要处理的伤⼜越来越多,内伤外伤各种伤,头上脚上⼿上遍体鳞伤,明⽩吗?所以说会导致你们世界产⽣很多混乱.所以必须是有⼈愿意从内去看,就是愿意从这个⾓度去看问题.为什么呢?因为你们整个社会上的教育也好、政策、观念,它们都是在⽤各种⼿段去解决外在的问题.⽤道德规范、法律条规来解决问题.但是你们却发现⽆论你们有多少条规,实际上它都解决不了问题.为什么呢?

This is why there are so many things to deal with on your Earth. Because there are constantly deepening and intensifying notions that lead to constant projection, new ways of projecting them over and over again. It's like you're… Initially, a person may need to process only one or two wounds. But as time passes, they accumulate more and more injuries - physical, emotional, all over the body - until it becomes clear why this causes chaos in your world. Therefore, there needs to be someone willing to look internally, seeing issues from that perspective. Why is that? Because the educational systems, policies, and concepts of society are using various methods to address external problems through ethical norms and legal regulations. Yet you find that no matter how many rules you have, they do not actually solve the underlying issues. The reason being…

因为就算表⾯上没问题,你们内在也会不断地有冲突不断地有压⼒.那那些内在的冲突和压⼒导致你们整个⼈格就会分裂或者是精神疾病、⾝体疾病.那你们又演化了很多疾病来给你们体验,明⽩吗? 那其实所有的⼀切都来⾃于你们从来没有把你们当成是⼀个意识体去看待.这个⾁体还有你们社会上产⽣的所有事件,它其实都是投射出去的.因为你们⽬前是这个认识,那你们就会产出…就好像你放⼊的是西⽠,那你榨出的就会是西⽠汁.那你放进的是黄⽠,就是黄⽠汁.那你们⽬前还是分裂的,

Because even if things appear fine on the surface, you'll constantly experience inner conflicts and stress internally. These internal struggles lead to a fragmented personality or mental illnesses, as well as physical ailments. You've evolved many such diseases for you to experience, understand? In essence, all of this comes from not seeing yourselves as an entity of consciousness. The body and all events in your society are actually projections. With your current understanding, you create... if you put in a pumpkin, then what you extract would be pumpkin juice. If it's a yellow squash, you get yellow squash juice. You're still divided at this point.

还在学习什么是合⼀,什么是爱的课程.那你们就会体验这些事件.但是你们必定是⾛上这条路的.为什么呢?就好像这颗种⼦它必定慢慢慢慢发芽,然后开花结果.就好像这是⽣命必然的⼀个路程.因为如果你是往回⾛,往饭⽅向⾛的话,那你就是⾃我毁灭啊,明⽩吗?那你⾃我毁灭,那你不就是原地爆炸了吗?所以你还是必须要往前⾛.因为⽣命它是延续的,明⽩吗?不然的话,就不会有⽣命产⽣.所以⽆论你们怎么样,原地踏步也好,反正你们都必须是要往前⾛的,就是往合⼀的路上⾛的.

Still learning the lessons of unity and love. That's when you will experience these events. But you are certainly on this path. Why? Just like a seed that must surely slowly sprout, then bloom and bear fruit. It's as if it's a natural part of life's journey. Because if you were to go backward, in the opposite direction, that would be self-destruction, right? You'd self-destruct, wouldn't you, just exploding where you are? So you still have to move forward. Because life is continuous, understand? Otherwise, there couldn't be life at all. Therefore, no matter what, whether standing still or not, you must continue moving forward, on the path of unity.

问: 那刚才你说的这些的源头都是源⾃我们的思想观念? ⽽且这些思想观念是不是全部都是虚拟的? 都是假的?

Q: Are all of these notions you just mentioned rooted in our ideas and concepts, and are these ideas and concepts all fictional or false?

JO:这么说吧,地球它本⾝就好像是⼀个练习场来给你这样⼦的体验,来让你成长.就像⼀个场所⼀样,这个场所就是来给你产⽣这种体验和锻炼的,明⽩吗?就好像你们还是幼⼉园的程度.幼⼉园的程度,那你们就需要来到这⾥.那还会拿掉你们很多能⼒.这么说吧,这边有很多⼯具.你说你还没有学会⽤⼑⼦,那我肯定不敢把真的很锋利的⼑给你,对不对?那你要伤着⾃⼰伤着别⼈呀.因为你都不会很熟练地⽤它啊.所以说当你⾃⼰的级别达到很⾼的时候,然后你慢慢慢慢的就会恢复⼀些能⼒,明⽩吗? 那有些⼈可能他的意识程度还没有达到,但是他的能⼒也有.那他其实就会产⽣很多伤害,很多破坏性的事件.因为他不能去掌控好这个能量.

JO: Let me put it this way, the Earth itself serves as a kind of training ground for experiences like these, to help you grow. It's like an arena designed specifically for generating such experiences and providing you with opportunities for growth, do you see? It's akin to being at a kindergarten level. At that level, you need such a place because it accommodates your current state and abilities. This means that certain capabilities will be removed from you in order to ensure safety – think of this as having tools available here. If you say you haven't learned how to use a knife yet, I wouldn't give you one with real sharpness, would I? You could hurt yourself or others because you're not skilled enough in its usage. When your level reaches great heights, then over time and gradually, some abilities will be restored. Understand?

Some individuals may not have achieved the necessary level of awareness, yet they possess certain capabilities that can lead to numerous harmful events, acts of destruction. This is because they lack the ability to control these energies effectively.

就⽐如说你可以看⼀下你们世界上他可能有⼤量的资⾦,就你们的许家印.他⼀下拥有这么⼤的能量,⾦钱就是能量嘛.那他却不知道如何妥协的去利⽤它.然后导致伤到⾃⼰,也伤到他⼈.因为⼀切能量你必须要懂得… 这么说吧,这个电very powerful,你把它给⼀个跑车.那你的驾驶技术却没有或者你驾照都没拿到.那你是不是脚⼀踩到油门,就撞上树了? 就毁灭他⼈毁灭⾃⼰.那如果你知道,就是通过你不断地修炼,练你的技术.你有驾照,你有学习嘛.你知道如何去使⽤它,如何去操控它.那你是不是就可以很好的去享受它,不⽤伤到⾃⼰? 就这么简单的道理.

Just like with someone who might have a huge amount of capital, such as Xu Jiayin. He possesses such immense power, money being that power. However, he doesn't know how to compromise and utilize it wisely. This leads him to harm himself and others because you must understand... Let me explain this way: electricity is very powerful; if you give it to a sports car but your driving skills are nonexistent or you haven't even gotten your license. Wouldn't it be like pressing the gas pedal and hitting a tree? It could destroy both yourself and others. But if you know how, through continuous practice, to hone your skills—having a license and knowledge of the rules—understanding how to use it effectively and control it. Wouldn't that allow you to enjoy its benefits without harming yourself? This is simply how it works.

所以在你们还没有学会驾车之前,先给你们⼀个马⼒没有这么⼤的,伤害性⼩的,然后再给你们⼀些保护,然后你们慢慢练习.所以你说⼈家的车跑那么快,怎么我的车踩死了还跑这么慢? ⼈家的车豪华,你看我这个就是玩具车.因为你现在需要这个来锻炼你的技术.不然那么⼤的给你,你命都没了.所以你看多少⼈会因为突然的⼀些钱财、名⽓把他们压垮的,让他们崩溃.

So before you learn to drive, we give you a less powerful and less harmful machine to start with, then provide some protection for you, allowing you to practice gradually. When you say someone's car moves so fast, why is mine moving so slow even after I've pressed the pedal to the metal? Their cars are luxurious, and this one of mine is just like a toy. This is necessary for you to hone your skills; otherwise, such a large vehicle might cause you to lose your life. Look at how many people have been brought down by sudden wealth or fame, leading them to collapse under pressure.

问: 我⼀直很困惑为什么之前我的意识频率超级低,但是我拥有很多⾦钱.为什么我现在意识频率在提升,⾦钱却很少呢?

Question: I've always been puzzled as to why my awareness frequency was so low before, yet I had a lot of money. Why is it that now that my awareness frequency is improving, I have very little money?

JO: 这么说吧,⾸先你们会⽤⾦钱来衡量⼀个⼈到底成功与否或者是他内在幸不幸福.这是你们物质世界的⼀堂课,就是你们还会⽤⾦钱去看待这⼀切.但是你们逐渐要学会的是⼀个⼈内在的状态是怎么样⼦实际上跟⾦钱是没有关系的.但是你可以⽤其他的衡量标准,就⽐如说⽆论你想做什么,你都是受到⽀持的.就是⽤这个衡量标准.然后⼀个⼈他可能有钱,但是他想做的事,他不⼀定是受到⽀持的,明⽩吗? 就⽐如说他可能有点钱,但是他想做事.但是来到他⾝边的⼈都是为了他的钱,没有⼈是真⼼帮助他的.那外⾯那些全是狐朋狗友,全是冲着他的钱去的,没有⼀个真⼼的朋友.那你觉得他是受到⽀持的吗? 那⽬前你可能表⾯上看着他可能没有钱.

JO: In a nutshell, you initially assess a person's success or inner happiness by their monetary wealth, which is part of your material world lesson. You often measure everything based on money here. But what you need to learn gradually is that one's internal state has little to do with money. Instead, you can use alternative standards, for example, whether the actions you want to pursue are supported or not. So, a person might have wealth, but their endeavors may not receive support. Does that make sense? For instance, someone might have some money and wants to take action. However, those around him are there purely for his financial gain; no one genuinely wishes him well. All of them, including so-called friends, are only interested in his money, without a single true friend being among them. Do you think he's supported under such circumstances? Currently, he might appear financially disadvantaged from the surface.

但是他起⼼动念,他哪怕想吃个包⼦,包⼦就在他⾯前了,明⽩吗? 所以说他的⼤⼩念头或者是他⽣活中所需要的,就是⽀持他的,成为他的,就是他想体验的,所有的⼀切它都是宇宙⾃动安排.那当他起⼼动念想要去创造⼀份事业,他的团队⾃然⽽然就来了,明⽩吗? 所以你需要去从这⽅⾯.因为当你知道你的起⼼动念都会受到⽀

But he had the thought that if he wanted to eat a dumpling and it was right in front of him, would you understand? Therefore, everything he desires or needs in his life is automatically arranged by the universe to support and become part of him. When he has the desire to create a business, his team naturally comes together, do you get it? So you need to approach it from this perspective because your every thought is supported.

持,不管是什么,当然这⾥⾯也包括⾦钱.但是⾦钱可能不是以那种现⾦的⽅式出现在你的眼前.它可能有其它⽅式.它可能是隐形的⾦钱,你可能看不到它.就好像有⼀棵苹果树的种⼦在这堆粪⾥⾯,你却把这堆粪给骂⾛了.因为你有分别⼼嘛.你看粪不顺眼嘛.你没有觉得⽼天送到我眼前的都是好的,⽽把它埋院⼦⾥⾯明年长出⼀棵苹果树给你结好多好多苹果.你明⽩这层意思吗?就这么说吧,⼀个穷⼩伙⼦来追你,你就骂骂咧咧的怎么遇到的全是没钱的⼈.那另外⼀个你没有分别⼼,她没有看对⽅有钱还是没钱.她可以看到对⽅的发光点,然后她是真⼼的去对待每⼀个.她没有分别⼼.然后当她没有分别⼼,他们关系越来越好.

Holding on to whatever it may be, of course this includes money. But money might not appear before you in the form of cash. It could manifest in other ways. It might be invisible money that you cannot see. Imagine a seed of an apple tree is hidden within this pile of manure, and you chased away the manure because it displeased your eyes. This was due to your discriminative mind. You couldn't see the potential for good that lay in front of you, akin to how the heavens might send blessings disguised as opportunities that bloom into fruitful outcomes the following year. Do you understand this concept? Let me put it simply: a penniless young man pursues you, and you complain about how all your encounters are with financially disadvantaged individuals. Meanwhile, another person without any discrimination sees beyond wealth or lack thereof in their counterpart. They appreciate their positive qualities genuinely and treat everyone sincerely. Their lack of discrimination fosters the growth of better relationships over time.

最后她发现这个穷⼩⼦实际上是个王⼦的⾝份.为什么呢?因为这个王⼦从来就不喜欢把他王⼦的⾝份显现出来,他总是穿着穷⼈的⾐服去跟别⼈交往.那当你跟王⼦在⼀起了,那整个王国是不是你的了?那那个有分别⼼的⼈,把穷⼩⼦赶⾛的⼈,他是不是就跟他的财富擦肩⽽过了?所以其实所谓的⼀些财富都是被你们⾃⼰赶⾛的.因为你们看不到.你们看不到那⼀堆粪⾥⾯有⼀颗种⼦.那颗种⼦可以每年给你结好多好多苹果.你们就会把它当成是⼀个粪给处理掉,还⿇⿇咧咧的.所以说不要有分别⼼.为什么呢?因为你们头脑太肤浅了,因为你们头脑看不到.但是⽼天却知道你们头脑需要什么.⽼天会把你需要的都精确的送到你的⾯前.

Finally, she discovered that the poor boy was actually a prince. Why is this so? Because the prince never liked to show his princely identity; he always dressed as a commoner when socializing with others. If you are by the side of such a prince, would all of the kingdom belong to you? Would the person who had expelled the poor boy be passing up on wealth by doing so? In fact, what's commonly referred to as wealth is something that you yourselves have chased away because you can't see it. You cannot perceive that seed among a pile of dung which could yield many apples every year if planted. Instead, you would dispose of it like garbage and complain about its stench. So, don't harbor any discrimination against others. Why not? Because your minds are too superficial; they simply fail to see what's there before them. Yet, heaven knows exactly what your minds need and will precisely deliver that to you.

如果你觉得你没有得到所谓的财富,幸福,实际上都是被你推⾛的.因为你是带着有⾊眼镜在看.你看好多成功的⼈⼠,他们之前都经历过很多挫折或者是苦难.他们都是战胜苦难过后才收到⽣命的礼物,对不对?然后也有那种直接有⼤量财富的,他们也有很多例⼦就是他们不能很好的掌握财富,给他们吸引了⼀些狐朋狗友又是⼀些欺骗的⼈,导致他们的⼈⽣⾮常的不幸福.所以说不要⽤⾦钱去衡量任何,包括你⾃⼰的⼈⽣和其他⼈的⼈⽣.但是你们所需要的⼀切其实都在那⾥,都有.你们没有任何⼀个⼈是⽋缺的.

If you feel like you haven't achieved what society calls wealth and happiness, it's actually because you've pushed those things away. You're looking through tinted glasses. Many successful people have gone through numerous setbacks or hardships before achieving their blessings in life. They overcame the struggles to receive these gifts, right? There are also cases where individuals with vast wealth face challenges managing their fortune, attracting bad company and deceitful people, leading to very unhappy lives. So don't measure your life or anyone else's by money alone. Yet everything you need is already there for everyone; no one lacks anything.

⽋缺的只是,就好像你的分别⼼.

What's lacking is that you have discriminative mind.

问: 说我们每个⼈天上就有选择的⾃由.那我处在⾦钱有限的情况下,我如何翻转我的⾦钱到很多呢?

Q: When you say that each of us has a choice in heaven, how can I transform my limited resources into abundance if I'm facing financial constraints?

JO: 在你们⾦钱很有限的情况下如何去翻转是吧? ⾸先就是说你要知道⾦钱它⽆⾮就是⼀个⼯具.这个⼯具⽆⾮就是可以让你在这个物质世界可以有⽆限的体验,对吧? 你可以拿⾦钱去度假,可以拿⾦钱去买⾐服,买⾐服也是体验嘛.我可以拥有车、房⼦,所有这⼀切.我去做massage去餐厅去酒店,这些⼀切的⼀切都是创造体验,对不对? 但是⾦钱却不是唯⼀⼀个,就是你只能运⽤它… 它是⼀个途径,但是却并不是唯⼀的.然后你们地球上⽬前需要破除的就是⾦钱,就是你们需要摆脱的就是⾦钱的束缚,明⽩吗? 你要知道你本⾝就拥有了去体验这⼀切的权⼒,明⽩吗? 你本⾝就拥有了.

In your situation with limited funds, how do you flip the script? First and foremost, it's crucial to understand that money is merely a tool. This tool allows you to experience an infinite amount in the material world, right? You can use money for vacations, buying clothes (which also involves experiencing style), owning cars and houses—all of these are forms of experiences. You might visit spas, dine at restaurants, or stay at hotels; every aspect is about creating experiences, isn't it? However, money is not the only way; you can only utilize it as a means but not exclusively so. The key point Earthlings need to break free from currently is their reliance on money, meaning they must overcome being bound by financial constraints, do you see that? You should realize that you inherently possess the power to experience all of this, don't you understand? You already have this ability within yourself.

⽽且像⾦钱能给你带来的那些体验,实际上很多都是⼈为创造的.那就⽐如说名牌、豪车.那是不是⼈他给你创造⼀个,给你贴上⼀个牌⼦,给你做的很漂亮很豪华.那那体验,你去追求体验到底是为什么? 如果你是为了要去追求那种豪华的体验,那到底是为什么? 你为什么需要这个豪华的⾝份来证明你的⾝份呢?明⽩吗? 所以你需要再回到你⾃⼰的信念系统.为什么你需要⼀个富贵的⾝份,⼀个豪华的⾝份来证明你⾃⼰的存在价值呢? 其实当你在觉得你需要那些东西来呈现你的价值的时候,实际上你内在是不知道你的价值的.是对你⾃我的⼀种否定.

And like the experiences that money can bring you, a lot of them are actually created by people, such as名牌 (luxury brands) and high-end cars. When someone creates this for you, gives you a label, makes it very beautiful and luxurious, why do you pursue these experiences? If you're pursuing luxury for the experience itself, why is that necessary? Why do you need a luxurious identity to prove your worth, justifying your existence? Actually, when you feel like you need things to showcase your value, internally, you don't truly know your value. It's a form of self-denial.

所以你需要通过你们集体意识⼀个共同的,就是社会上说你要是开奔驰你就是有钱⼈,你要穿什么牌⼦才是有钱⼈才是富太太.你其实只是加⼊了他们集体给你创造的这个游戏规则⽽已.他们创造的游戏规则就是⽤来让你们不⾃由的,可以奴役你们,让你们为其服务.创造⼀个可能是价值⼗块钱的,但是他却收你⼀千块钱.但是你就是因为⼼中那种不知道⾃⼰是谁,需要⼀个富贵的⾝份.不断不断地去赚钱、投钱.让你在这个物质世界玩的不亦乐乎,忙的晕头转向.让你进⼊了这

So you need to be aware through your collective consciousness of a common social belief that if you drive a Mercedes-Benz, you are wealthy, and what brand of clothing you wear defines whether you are rich or a rich woman. Essentially, you are just joining the game they have created for you with their collective rules. The rules they create are designed to enslave you, making you serve them. They might charge you ten dollars for something that's worth only one dollar but make it seem valuable enough to justify the high price tag. This is all because of your internal desire not to know who you truly are and need an identity of wealth or riches. You keep earning and investing money, enjoying this game in the material world where you become overwhelmed with busyness. You get caught up in this trap.

个了这个⾦钱的圈套⾥⾯.你看⼀下你们⼤⼤⼩⼩的游戏是不是... 它们是严重阻碍了你们去探索你们⾃⼰真实⾝份的游戏.

Stuck in this web of money, you see the scale of your big and small games... These games seriously hinder your exploration of your true selves.

问: 那我该怎么做可以彻底从⾥⾯解脱,让我完全⾃由于⾦钱呢?

Q: How can I fully free myself from money and achieve complete financial independence?

JO: 你⾸先要知道你本⾝就是受造物主⽀持的,⽆论你需要什么东西,它⼤⼤⼩⼩的,也包括⾦钱.OK,我们没有让你排斥⾦钱.为什么呢? ⾦钱也是个⼯具,如果你需要那个⼯具,那个⼯具就会出现在你⾯前.你需要活在这样⼦的状态当中.为什么呢? 因为你只有去这样⼦的相信,就是发出这样⼦的频率,你才会进⼊这样的频道去体验这样的事情.因为如果你还进⼊别⼈的圈套,进⼊玩⾦钱游戏的⼈他设置的圈套,他设置的程序,你进⼊他的程序去运作,你体验的当然就是他那⼀套了.因为就好像你这台电脑你装了不同的程序,你就是在⽤不同的程序在运作.

JO: First of all, you need to understand that you are supported by the Creator, regardless of what you need, big or small, including money. OK, we're not asking you to reject money. Why not? Money is a tool; if you need that tool, it will appear in front of you when you need it. You need to live in this state. Why? Because only by believing like this, emitting this frequency, will you be able to access this channel to experience such things. Because if you still fall into other people's traps, into the games set by those who play with money and their setups and programs, you will operate within his system, thus experiencing what he has set up for you. As if your computer had installed different programs; you were operating using those particular programs.

这就是为什么你们世界上也有很多⼈,就是在这个节⾻眼上,因为在这个节⾻眼上你们必须摆脱⾦钱对你们的束缚.也有很多⼈给你们展现拥有很多很多⾦钱,你可以看到这些年来你们的⾦钱多了很多给你们⽀配,明⽩吗? 就是它的数字不断不断地在扩⼤,不断不断地在壮⼤.就可能你们听⼏个亿都没有觉得很多,觉得很正常.好多⼈都有⼏个亿,明⽩吗?以前听个百万富翁,觉得哇,他好有钱.因为这个游戏,就好像筹码再加加加.但实际上就好像你们在桌⼦上玩牌的筹码⼀样,没有啥区别.只是把单价给你定⾼了.以前⼏万块钱可以买⼀套房⼦,现在要⼏百万⼏千万⼏个亿.房⼦还是⼀样的房⼦,明

This is why there are many people in the world who, at this crossroads, have to get rid of the shackles of money on them because you see a lot of people showing off their wealth, which you can see how much control money has had over you these years. You understand? It's like its numbers just keep growing and getting bigger year after year. To think that some might not even find billions impressive anymore; they consider it normal. Many people have billions now, do you understand? Listening to stories of millionaires used to amaze us with how rich they were. Like adding chips in a game continuously. But this is the same as playing cards on the table where the stakes are just high prices for what you're buying. A few hundred thousand could buy a house before, but now it's millions or even tens of millions and billions. The house is still the same house, but simply more expensive.

⽩吗? 它地还是那块⼟地,你看它价格呢? ⽽且你们知道你们世界的⼟地它本⾝是不需要钱的.为什么现在的⼟地变成钱了呢? 把本⾝属于你们的东西圈起来,然后再卖给你,明⽩吗? 所以这是需要你们新的思想去突破的,⽽不是继续去加深的.所以你们地球对于⾦钱的系统它迟早会⽡解的,它也迟早会有新的,让你们能完完全全的去认识⽣命,⽽不是说以⾦钱为⽬的,以⾦钱为标准.因为很快很快你们就会发现⾦钱它没有什么⽤了.真正有起作⽤的是你们⾃⼰⾃⾝能量的⼀个强弱,就是那个⼈拥有能量的级别、等级.那个才是像⾦钱⼀样来衡量他的那个什么.那能量的级别来⾃于什么? 就来⾃于你意识的级别了,你意识的等级.

White? The land is still that piece of land, do you see the price? And you know that the land in your world itself doesn't need money. Why has the land become money now? To circle what belongs to you and then sell it back to you, understand? So this requires a new thought for you to breakthrough, not to deepen further. Therefore, sooner or later, your Earth's monetary system will collapse, and there will be new ones that allow you to fully recognize life, not just using money as the goal and standard. Because very soon, you'll find out that money is no longer useful. What truly matters is the strength of one's own energy, that person's level or grade of possession in terms of energy. That's what is measured similarly to money. What determines the energy level? It comes from the level of your consciousness and awareness.

所以在这个过程当中,你也会经历这个转变.然后只要让你们相信不管是⾦钱,这⾥⽐⾦钱宝贵的东西多的多了,就⽐如说我们的信息.那你拥有这些,有⼏个⼈能拥有这个? 那是不是相⽐之下你⽐他们富有多了? 他们有钱并不⼀定能给他们带来幸福.为什们呢? 他有很多钱,他必须要想办法如何去守住这些钱.你觉得外⾯没有⼈去偷窥他的钱? 他要不动的话,他的钱不断不断地在贬值在消失.⼀个冰块不断在消融,所以他必须要不断地投⼊⾃⼰的energy能量在⾥⾯去.你看⼀下哪个⼤公司不去运作不去做什么⽽不贬值的? 明⽩吗? 那我们的这些信息拥有不会贬值的,⼀旦你拥有了就拥有了.

So during this process, you will also undergo this transformation. Then just make sure that you believe that there are far more valuable things than money here, such as our information. How many people can possess this? Does this mean that compared to them, you are richer in a way? Having money doesn't necessarily bring happiness to everyone. Why is that? He has a lot of money and he must find ways to protect that money. Do you think nobody outside tries to steal his wealth when he remains inactive? If he keeps still, his money continuously depreciates and disappears. An ice block constantly melts, so he needs to continually invest his energy into it. Look at which major company doesn't operate or do anything without its assets losing value. Understand? Our information possession won't lose value once you have it.

然后我们的信息它可以真正的让你达到⽆限的状态,它可以让你体验⽆限.它的能量是不是要⽐⾦钱要多要⼤? ⽐如说如果你真正的活成我们信息说的能量级别,你⾛到哪⾥你亮到哪⾥.所有⼈都在屁股后⾯跟着你,多少⼈排着队请你吃饭,明⽩吗? 多少⼈他们就想要跟着你.为什么? 因为你⾝上有强⼤的能量可以去把他们的能量转化了.就是他来到你⾯前觉得我怎么变了? 我怎么突然⼀下⼦整个⼈都变了? 为什么? 因为你整个⼈都带动了他,让他整个⼈都感受到不⼀样.这个就像吸毒⼀样.你像个毒品⼀样,让⼈们都对你疯狂对你嗨.那他们⼜袋⾥的钱不是分分钟都会献给你吗? 明⽩吗?

And then our message can truly allow you to reach the state of infinity, allowing you to experience infinity. Is its energy not more and greater than wealth? For example, if you really live up to the energy level that our message says, wherever you go, your brightness follows you. Everyone is following you with their bottoms in their pockets, lining up to invite you to dinner, do you understand? How many people want to follow you. Why? Because you have powerful energy capable of transforming theirs. It's like when someone comes to you and wonders how they changed? How did I suddenly transform the whole person? Why? Because you influenced him completely, making him feel differently. This is similar to drug addiction. You act as a drug that makes everyone crazy about you, high on you. Then, isn't every penny in their wallets going to be given to you instantly? Do you understand?

问: 但是我感觉我现在没有活成你说的那样.我不知道哪是卡点,也不知道要怎么问.

Q: But I feel like I'm not living up to what you've described. I don't know where the block is, nor do I know how to ask.

JO: 你不是说要等着明天后天⼤后天,你当下你现在你已经是在这样⼦的状态,明⽩吗? 你已经就是在喜悦的状态,已经就是觉得拥有全天下的状态,你才能达到那⾥.⽽不是说我等到明天后天⼤后天,等到情况变好了,我才成为那样.那你这样不会好的,明⽩吗? 因为你已经达到那个状态,你是不会去在乎外界它怎么样,就是外界怎么样给你反应.就这么说吧,我们前⾯的信息告诉你,如果外界⼀刺你就破了,那就说明你还是易碎品啊.那外界⽆论怎么样刺激你,你都是毫⽆动静.那你不就是真正的强⼤嘛.那你现在可能因为⾯临⼀些卡⾥没钱或者是没有钱进来,你马上就觉得外在… 我怎么还是这么那个什么.那你是不是还是⼀个易碎的状态?

JO: You said you're going to wait until tomorrow, the day after tomorrow, and the day after that. But you're already in this state now, understand? You're already experiencing joy and feeling like you own everything. This is what leads you there, not waiting until your situation improves. If you don't become like this immediately, it won't work, understand? Because once you reach this state, you no longer care about external reactions; you remain unaffected by them. Simply put, the information we've provided earlier tells us that if you break at the slightest provocation from the outside world, then you're still fragile. However, if no matter how much you are provoked externally, there is absolutely no response, it means you truly possess strength. You might be currently facing financial difficulties or a lack of incoming funds, which immediately makes you feel like everything on the outside... Are you still in a fragile state?

那如果你是个易碎的状态,你⾃⼰的能量级别没有达到那个.你怎么能期望外界…明⽩吗? 所以这个听起来好像是⽭盾⼀样.你必须要放弃去看外在,然后就是当下就已经是的状态.我不管外在如何给你反应,你在你这样⼦的⼀个状态当中.你不会因为外在给你证明了⼀些东西,然后你就相信外在了.如果你因为外在给你正⾯的东西,你就相信外在了.你还有⼒量吗? 外在的⼒量才是⼤的呀.不是吗? 就好像我们的信息,你⼜⼜声声说我相信我们的信息.然后⼈家过来说你⼏句说你成天都是神神叨叨的,你就开始怀疑了,你也开始听他们的了.你还能说你相信我们的信息吗? 你不能.

If you're in a fragile state and your energy level isn't up to that, how can you expect the outside world...get it? So this sounds contradictory. You have to let go of looking outward; then just be with where you are right now. No matter what reaction I give you from the outside, this is where you're at. You won't believe in the outside simply because it validates something for you. If you do believe in the outside because it gives you positive things, do you still have power? The power of the outside is huge, isn't it? Like our messages; you keep saying you believe in them. But then someone comes along and says that you're just all over the place with spirituality, making you doubt yourself and start listening to them instead. Can you still say that you believe in our information now? You can't.

就好像你声称你爱⼀个男⼈,然后外界有另外⼀个男⼈追你两下,你马上就跟别⼈跑了.你能说你爱那个男⼈吗? 所以那你就能看到其实你根本就不坚定,你根本也不相信.你时时刻刻不在揣摩着外在.是你⾃⼰决定了你的状态,⽽不是外在.

It's like you claim to love a man, and then someone else comes along trying to woo you twice, you immediately run off with someone else. Can you say that you truly loved that person? So you can see that you're actually not firm at all, you simply don't believe in it. You're constantly second-guessing yourself based on external circumstances. It's your own choice that dictates your state of mind, and not the outside world.

问: 我如何做到像JO⼀样对⼈没有任何评判没有分别⼼呢?

Q: How can I, like JO, be without any judgment and no discrimination towards people?

JO:那就是你现在做不到也是你⾃⼰,就这么说,就好像你这棵⼩树苗你说我如何做到像旁边三百年的⼤树⼀样被风吹可以不凌乱呢?你知道你现在在这样⼀个过程.你也知道不评判他⼈是你想要的⼀个品质.然后在每⼀次你⾃⼰在做这个⾏为的时候充满了觉知,明⽩吗?然后允许你⾃⼰在你⾃⼰的道路上,在你⾃⼰的步骤上.就这么说吧,就好像你报课程学打球.你想要多打⼏下锻炼⼀下你的技术也没有什么呀.⼲嘛要急急忙忙的呢?次数有那么重要呢?那越巩固的多呢,他就越稳定他的技术,对不对?他就越是个⽼⼿.所以不需要急于求成.然后关于评判,你需要⾃⼰慢慢去认识到.因为如果你还对他⼈评判,实际上你对你⾃⼰还有评判.

JO: That's what you're unable to do right now, like saying how can a young sapling be as unruffled by the wind as a three-hundred-year-old tree standing beside it? You know you're going through this process, and you understand that not judging others is a quality you want to cultivate. Then every time you engage in this behavior with full awareness, getting it, allowing yourself to grow on your own path at your own pace. Think of it like taking a course to learn how to play ball; wanting to hit the ball more often for skill practice isn't wrong. Why rush? Does the number of times matter that much? The more stable and solid you are with practice, the more consistent and experienced you become, right? So there's no need to rush into perfection. As for judging, you need to recognize this within yourself gradually because if you still judge others, you're also judging yourself in essence.

不然的话,你怎么去说你⾃⼰怎么还是这种状态? 我学了这么多的灵性信息,怎么还是⼀种匮乏,明⽩吗? 没有⼀个⽬标⽬的地或者是前⽅要达到的⼀个状态,⽽是你当下就是.每⼀个当下你都可以,就是I’m here now,就是我已经是了,明⽩吗? 所以那如果你还没有体验够,你再进进出出,没有关系.不需要去着急.你就好像你学⼀个技术,你需要多打两个球,多上两堂课,没有关系的.

Otherwise, how can you say that you are still in this state? Despite learning all these spiritual messages, why do you still feel impoverished, right? There is no destination, goal, or state to achieve ahead; it's simply that you already are. Each moment you can just be, "I'm here now," meaning you're there, do you understand? So if you haven't experienced enough yet, going back and forth doesn't matter. There's no need to rush. You're like learning a skill: you just need to hit more balls or take another two lessons; it's okay.

问: 我的⾼我和指导灵还有什么话要对我说吗?

Q: Does my high self and my guide spirit have anything else to tell me?

JO: 就是不要着急.你想象⼀下就算是种⼀棵树,你需要花时间慢慢让它长⼤吧? 你每天看⼀下,每天看⼀下,过⼀个⽉怎么还没什么变化啊.才长了两厘⽶,明⽩吗? 因为你们物质世界最主要的就是体验的那个过程,它的那个过程.但是其实你们⽣命中的每⼀刻都值得去庆祝.就⽐如说你得到我们的信息,这⼀刻你就应该去庆祝.因为这么宝贵的信息可以彻底改变你们⼈类的命运,然后被你听到了.你应该像个疯⼦⼀样去狂嗨.天底下没有谁可以 听到这番话,我听到了.我刚刚跟神对话了,明⽩吗? 你应该像⼀个疯⼦⼀样去狂喜.然后你越是感恩你⽣命中出现的每⼀个惊喜,你就越在⼀种往⾥⾯收的状态.

JO: Just don't rush. Imagine planting a tree; you need time to let it grow gradually, right? You check on it every day, but after a month, there's no noticeable change—just two centimeters of growth, do you understand? Because in the material world, what matters most is the experience of that process, this journey. However, every moment in your life deserves celebration. For example, when you receive our information, you should celebrate right now, because such invaluable knowledge can completely transform humanity's destiny and you're the one who heard it. You should be going crazy with joy like a madman. Nobody else could have heard this; I did. Just moments ago, I spoke to God. Do you get it? You should go crazy with delight. The more gratitude you feel for every surprise that comes your way in life, the more you'll be drawn inward.

不断不断地好运就会来,因为你没有把它排到外⾯去.不然你就是往外排、抵触.OK,去狂欢去感恩去感激你现在已经拥有⼀切.然后进⼊这种状态,然后保持,不要偷窥外⾯.

Continuous good fortune will come to you because you have not pushed it out. Otherwise, you are pushing it out and resisting. Alright, go party, be grateful for what you already have. Then enter this state, maintain it, do not peek outside.

#### 2023/10/19 — 驱魔 Exorcism

JO: 你说吧,什么问题?

JO: Tell me, what's the question?

问: JO,请帮我连接⼀个有驱魔能⼒的JO,帮我把不属于我⾝体⾥的能量清理掉. JO: 好的.

Question: JO, please help me connect with a JO that has exorcising abilities to help cleanse the energy that does not belong in my body.

JO: Alright.

驱魔⾼灵: 我终于找到机会可以去展现这个能量了! 哈哈哈哈哈.⾸先我想要让你知道我⾮常热衷于做这种你们所谓的驱魔的事情.因为我就是为这个⽽⽣的.就好像你们眼中的英雄或者战⼠.降妖除魔,所有的魔⿁它在见到我的时候,它就已经要开始对你松动了,它就已经要开始不去紧紧的抓住你,嘻嘻嘻嘻.我现在想要让这个主⼈,你⾃⼰彻底的放松.你现在放松,因为当你放松,慢慢慢慢你⾝体⾥的那个⼈他就会出来跟我对话.哈哈哈哈哈.你保证你那边可以清楚的听到我这边的声⾳,也保证我这边可以清楚的听到你那边的声⾳.好,我们现在谈判开始.你说你为什么想要去占据这个⼥孩⼦的⾝体?

Exorcist High Spirit: I finally have the opportunity to show off this power! Hahaha. Firstly, let me tell you that I'm very enthusiastic about doing what you call exorcisms. Because I was born for this. Just like heroes or warriors in your eyes. Banishing evil spirits; all demons will start to weaken and loosen their grasp on you when they see me, giggling, giggle, giggle. Now, I want the owner to completely relax themselves. Relax now because as you relax, slowly, slowly, that person inside you will come out to talk with me. Hahaha. You ensure that you can clearly hear my voice from your side and that I can clearly hear yours too. Alright, let's begin our negotiation. Why do you want to possess this girl's body?

你有什么想要达到的愿望或者想要去做的事情需要通过她⽽不可以通过我们呢?

What goal or action do you have that you need her to achieve instead of us?

占据提问者⾝体的灵体: 嘿嘿嘿嘿嘿嘿,我不是说想要去通过她达到什么.我是喜欢去创造⼀些感受.那些感受让他们体验到那种像⼼魔⼀样的感觉,所以没有任何⽬的地.你想要拿我怎么办呢?

Spirit inhabiting the body of the questioner: Hehehehehe, I'm not saying I want to use her for any particular purpose. I just like to create certain feelings that make them experience a sense akin to being possessed by an evil spirit. There's no specific goal here. What do you intend to do with me?

驱魔⾼灵: 你现在感受我我对你的⼀个抚摸了吗?问: 感受到了,好像全⾝有⼀种酥酥⿇⿇的感觉.

Exorcist High Spirit: Do you feel my touch on you now? Question: I felt it, there's a tingling sensation all over my body.

驱魔⾼灵: 我们在抚摸你,我们想让你感受到关爱.你知道还有更舒服的地⽅可以让你去体验.然后我会带领你,陪在你⾝边,给你这种抚摸.

Exorcist High Spirit: We're caressing you, we want you to feel the affection. You know there are more comfortable places for you to experience. Then I will lead you, stay by your side, and give you this touch.

占据提问者⾝体的灵体: 好吧,你好像知道我只是想要去感受那种连接感,感觉那种亲密感,感受那种我是存在的感觉.

Spirit occupying the questioner's body: Alright, you seem to know that I just want to experience the sensation of connection, the feeling of intimacy, and the sensation of existence.

驱魔⾼灵: 你现在可以跟这个⼥孩⼦说你有没有什么话想要告诉它? 或者是想要它为你做?

Exorcist High Spirit: Can you now ask this girl if she has anything to tell you or if she wants to do something for you?

占据提问者⾝体的灵体: 我们现在可以放开她的⾝体,然后让她⾃⼰做主.但是她需要快乐的去活着.因为当她越来越不快乐的时候,我就会感觉她可能会是需要陪伴.所以就想要陪伴着她.

The spirit inhabiting the questioner's body: We can now release her from our hold and allow her to make her own choices. However, she needs to live happily. Because as she becomes increasingly unhappy, I might feel that she could be in need of company. Thus, I would wish to accompany her.

驱魔⾼灵: 那你可以让这个⼥孩⼦知道你⾃⼰是什么样⼦的⼀个⾝份.

Exorcist High Spirit: Then you could let this girl know what kind of identity you are.

占据提问者⾝体的灵体: 对她们来说我像是蛇⼀样,因为我喜欢缠绕,喜欢⼀体.所以在她的能量层⾯,我是跟她缠绕在⼀体的.所以她总是感受到⼀种窒息感.

The spirit occupying the questioner's body: To them, I am like a snake because I enjoy缠绕 and being as one. So at her energy level, I am intertwined with her. Hence, she always feels suffocated.

驱魔⾼灵: ⽤我的抚摸能让你想要去放开这个缠绕吗? 占据提问者⾝体的灵体: 你告诉我你为什么想要帮助她?

Exorcist High Spirit: Would you like to let go of this entanglement with my caress? The spirit occupying the inquirer's body: Why do you want to help her?

驱魔⾼灵: 因为这个通灵⼥孩的⼼愿,她想要去转变和帮助和净化.然后我会跟她⼀起.然后它已经答应会帮你安排⼀个好的、温暖的窝.你还可以继续的去享受这个抚摸.

Demon Exorcist: Because of this medium girl's wish, she wants to transform and help purify. Then I will accompany her. And it has promised to arrange a good, warm nest for you. You can still continue to enjoy the caresses.

占据提问者⾝体的灵体: ok,我现在会开始逐渐的退出你的⾝体.但是你需要记住的是就好像你这⾥有⼀个洞,你最近还是很容易会有其它的灵体想要进⼊到这个洞⾥,就算我⾛了.所以你必须在接下来的时间⾥⾯,在你的房间⾥⾯可以⽤⼀些像是你们烧⾹的那些东西.然后播放⼀些像是佛教⾥⾯念经的⼀些⾳乐.这样会保护你的能量场,你的洞不被其它的灵进⼊⽽占领.直到你这个洞⾃动的愈合.

Spirit occupying the questioner's body: Alright, I will now begin to gradually withdraw from your body. However, what you need to remember is that even though there might be a hole here where other spirits could still try to enter, even after I leave. So during this time, in your room, you can use things like incense that you burn, and play music akin to chanting found in Buddhism. This will protect your energy field and prevent other spirits from entering and occupying the hole until it naturally heals itself.

驱魔⾼灵: 请你张开你的嘴,越⼤越好,然后深呼吸.像呕吐⼀样要把你⾝体⾥⾯那个能量吐出来.直到你吐到要咳嗽.继续咳嗽.

Exorcising High Spirit: Open your mouth as wide as possible and take a deep breath. Purge the energy inside you like vomiting until you have to cough. Keep coughing.

问: 提问者⼀直咳嗽中…..

Questioner has been coughing throughout...

驱魔⾼灵:⾸先我们想要跟你说你⾝体⾥像蛇⼀样的那个能量,它已经离开你了.然后这两天你都会感受到你的⾝体会有⼀点虚,就好像你刚刚拿回你⾝体的掌控权.就好像你这边的坑被挖掉⼀样的感觉,所以你会有⼀点虚的感觉.最好是可以请假卧床在家两天时间.然后给你的房间点上⾹,然后播放念经的⾳乐.因为这样就好像你这个坑现在拿掉,它有可能会有其它的东西想要进来,明⽩吗?因为你现在就很像是⼀个⽼⿏洞把这边掏空了过后,其它的⽼⿏还能闻到味道.它会觉得这⾥好像是个洞,那我进去⼀下.所以最好是不要出去活动,不要去任何夜晚的地⽅或者是阴暗的地⽅.就是这种.然后就关在家⾥⾯调整.然后它对你是没有害的,除了对你能量的⼀种消耗.

Exorcism of High Spirit: First, we want to tell you that the energy within you, which felt like a snake, has left your body. Over the next two days, you will feel somewhat hollow in your body, as if you have just reclaimed control over it, akin to having filled in a hole in your area. There may be an empty feeling of weakness. It's advisable for you to take two days off and stay at home. Light incense in your room and play chanting music. Understandably, since the hole has been filled now, there might be other entities trying to enter. You're like a mouse hole that was dug out where other mice can smell it; they might sense this as an entrance point and come into it. Therefore, avoid any activities or places at night or in darkness. Stay home to adjust yourself. It's not harmful to you except for the consumption of your energy.

就是让你觉得有⽓⽆⼒或者就是没有能量或者能量很低吧.但是它对你其它没有什么伤害.然后它更多的只是想去有⼀种连接感或者是陪伴感.但是它不知道它会消耗你的能量.但是它已经被邀请⾛了.

It makes you feel drained or without energy, or with very low energy levels. But it doesn't harm you in other ways. Then, it mostly just wants to have a sense of connection or companionship. However, it's unaware that it will consume your energy. Yet, it has been invited out already.

问: 我现在⾝体好像会不⾃觉的 动.

Q: My body seems to move without my control now.

驱魔⾼灵: 就好像你⾃⼰要完全恢复你⾃⼰的能量,所以⽆论你现在⾝体有什么感受,你要动你就 .任何你⾝体想要去的感觉,你都去跟随它.

Exorcising High Spirits: Just as you aim to fully restore your own energy, so whatever physical sensations you're experiencing now, move if you feel inclined... follow any sensation your body is seeking out.

#### 2023/10/20 — 如何⾯对头脑⾥暴⼒的想法How to Deal with Thoughts of Violence in Your Mind

JO: 你说什么问题?

JO: What's your question?

问: 我的灵魂主题.我叫XXX.

Q: My soul theme. I am XXX.

JO: 你的灵魂主题就好像你的名字,最开始它会像是⼀个顽固的状态.顽固的状态就是说最开始它很难从外⾯接受⼀些东西,就是对很多东西都有抵触或者不是那么容易去接受外界的⼀些观点或者是别⼈的⼀些观点.所以就容易产⽣⼀些⾃我封闭或者是跟别⼈观念会有冲突,这样⼦.所以就会感受到在关系中你就会感受到不是那么融洽,会有⼀切冲突或者是不解.可能对⽅也不理解你,你也不理解对⽅.然后你需要从这样⼦的状态转化到融合的状态.所以你的名字实际上就好像是在同步性的告诉你从⼀个固到⼀个融的状态.然后这就是你的转变和转化的⼀个过程.但是这个过程你就必须要去增长你的认知,然后愿意打开你⾃⼰.

JO: Your soul theme is like your name, initially it will be a stubborn state. A stubborn state means that at the beginning it's hard to accept things from outside; there is resistance or it's not easy to adopt external views or others' perspectives. This often leads to self-isolation and conflicts with other people's viewpoints. Consequently, in relationships, you might feel discomfort or tension, experiencing conflicts and misunderstandings. Both sides may fail to understand each other. To overcome this, you need to transform from a state of resistance to one of integration. Your name is essentially echoing the process of moving from rigidity to harmony. This is your transition and transformation journey. However, this process requires expanding your understanding and being willing to open yourself up.

然后愿意去从内在去成长,就是你⾃⼰内在愿意打开,然后让你⾃⼰不断不断地好像把⾃⼰归零,好像我什么都不懂的⼀个状态,清零.然后不断地在转化视⾓转化视⾓.你要知道你们⼈为什么会转世,把曾经的⼀些记忆或者这些经验清零,因为这样⼦你才不会建⽴在旧有的观念和认知上.这么说吧,就好像⼀个房⼦,你建了两层了.如果你还继续再往上建的话,那你选择性就很⼩了.那如果你推到重建的话,你的选择性就⾮常多了,对吧?你可以建个城堡,⽽不是说只能建个三房⼀厅.我可以建个城堡.我可以建个特别⼤的庄园⼀样.那如果说你看我现在是两层楼,我必须要在上⾯建.那你说你能建的是不是就⾮常有限了? 地基如果只能承载两层楼呢?

Then be willing to grow from within, meaning you are open internally and continuously reset yourself, as if you know nothing, clearing your slate. Then constantly transform your perspective. You need to understand why humans reincarnate, clearing past memories or experiences so that you do not build upon old beliefs and cognitions. Imagine a house; you've built two floors. If you continue to add more, your choices become limited. But if you demolish it and start anew, your options expand significantly. You could build a castle instead of just another three-bedroom apartment. I can build something grand like a large estate. If right now I'm at two floors and must build above, isn't the possibility of what I can create severely restricted? The foundation can only support so much.

那如果你地基不稳,那你是不是就倒了? 那如果你愿意在现在⽬前,就是你这⼀⽣你愿意好像完全死掉完全归零,那你们就会发现实际上你们⽣活当中没有那么多束缚,你们⼈⽣当中没有那么多束缚.有时候你们会觉得⼈⽣很绝望,⼈⽣很吃

If your foundation is unstable, wouldn't you fall? If you're willing to be completely dead and start anew in the current moment, that is, if you're okay with wiping out everything in this life, then you would realize that there aren't as many restraints in your actual daily life. You might sometimes feel that life is hopeless and draining.

⼒.是因为你们的限制太多了.这些限制就来⾃于你的⼀些经验,还有你的经历啊,你的认知啊,就来⾃于这些,明⽩吗? 就好像你记得你的⾝份,我的⾝份就是⼀个初中⽣.我连个学历证书都没有,我能⼲啥? 你就会把你限制在这⾥呢,明⽩吗? 那你要知道你们的李嘉诚是⼩学⽣.所以这个是没有限制的.

The reason is because you have too many limitations. These limitations come from your experiences, and your experiences, your understanding, all come from these things, right? It's like you remember who you are, my identity is a middle school student. I don't even have a high school diploma, what can I do? You would limit yourself in this way, right? Now you need to know that Li Ka Shing, your Lee Ka Shing, he was a primary school student. So there's no limitation here.

问: 我有时候⼼中会有⼀种⾮常暴⼒的想法,有时候我⼥⼉做错事情,我就很想去打她.我想问我的这个想法是从哪来的? 怎么去改善?

Question: Sometimes I have very violent thoughts in my mind, and when my daughter does something wrong, I want to hit her. I'm wondering where this thought comes from and how can it be improved?

JO: 你看到我们刚才说你的灵魂主题没有? 因为你顽固,就好像我的这个就是这样,你不能侵犯我,你不能跟我想左.不然的话我就难以接受,就好像你是我的对⼿,是我的敌⼈.为什么呢? 因为你是跟我想左的.那战争就是这样发⽣的呀.

JO: You saw the spiritual theme we just said about you? Because of your stubbornness, it's like this with me - you can't invade me, you can't go against what I want. Otherwise, it would be hard for me to accept, as if you were my opponent, my enemy. Why is that? Because you're going against what I want. That's how wars happen.

问: 我的想法就是把对⽅给消灭掉,或者是让对⽅离开.但是我想转换⼀个想法.

Q: My idea was to eliminate the other party or make them leave. But I want to change my thought.

JO: 那你想如果你是⼀个有power,你是⼀个拥有很⼤能量和权⼒的⼈,那你是不是引发战争了? 我的宗教是这个,我的宗教是不吃猪⾁的.你们吃猪⾁的⼈,要全部给你们杀掉.

JO: What if you were a powerful person, with great power and energy? Would you start wars? My religion is this: we don't eat pork. You eat pork; you should all be killed.

问: 怎么才能溶解这种暴⼒的想法?

Question: How can one dissolve the idea of violence?

JO: 那你看看你的名字是不是开始很顽固,然后最后是融.所以说你必须⾛上融合的这条道路,你才能从中解脱.你要知道你其实没有禁锢他⼈,你觉得你在禁锢他⼈.实际上你禁锢的只有你⾃⼰,明⽩吗? 你稍等,我们连接⼀下.我们连接到你曾经就是因为这样的⼀些思想导致了很多冲突,就好像是引发了战争这样⼦的冲突.然后让你⾮常懊悔,⾮常后悔你的⼀些这种状态.所以你选择这⼀⽣你想要去突破.所以你会遇到⼀些特别让你头疼的,⽐如说亲⼈在你⾝边,就⽐如说你孩⼦.因为他不是⼀般的头疼,他是特别的头疼.就⽐如说别

JO: Then you'll see that your name starts off with a stubborn part, then it merges into harmony. So you must embark on the path of integration to break free from this pattern. You believe you're constraining others, but in reality, you're only imprisoning yourself. Do you understand? Please wait while we connect for a moment. We're connecting because these ideas have led to numerous conflicts in your past, akin to causing wars that left you deeply regretful and remorseful. Thus, you've chosen this lifetime to overcome these challenges. As a result, you'll encounter particularly challenging situations, such as family members or children near you, due to their unique level of difficulty rather than just being difficult.

⼈的孩⼦很听话吧,你就不会有这么⼤的反应,对吧? 但是你偏偏就遇到⼀个特别不听话的,偏偏就遇到⼀个他特别有主见的.就是说如果孩⼦他没什么主见,你说啥他听啥,你可能感受不到这么强烈的... 那正好你⾝边最亲密的这个,他就跟你⼀样,都是两个顽固的.就像他不能动摇你,你也不能动摇他.然后就好像这个让你很抓狂.但是你却不能毁灭他,明⽩吗? 然后他就让你没有办法,你必须得从⾃我解脱开始.⽽不是通过让外界妥协从⽽让⾃⼰⼼⾥好受⼀点,明⽩吗? 所以这个让你抓狂的⾝边的关系,它是你⾃⼰选择的.就好像是你必须去修的⼀门课.就是你必须去⾯对,你必须去修的课.

A human's child is obedient, right? You wouldn't have such a strong reaction, would you? But you偏偏 encountered one who is particularly unobedient, and someone with a strong sense of self. That is to say, if the child doesn't have much of an opinion, they will listen to everything you say, which might not make you feel such intense... Now, what happens when your closest companion behaves just like you, both stubborn? They can't be swayed by you and vice versa, creating a situation that drives you crazy. But you cannot destroy him; understand this? He leaves you with no choice but to start overcoming it from within rather than making others compromise for your own comfort, right? So the frustrating relationship by your side is one you chose yourself, as if it's a course you must take. You must face and learn through it.

问: 如果在那个场景当中,就⽐如说对⽅的观点和我激烈的碰撞.怎么让⾃⼰可以平静下来?或者怎么要可以让⾃⼰慢慢的融合?

Question: If there is a scene where the other party's perspective collides with mine intensely, how can I calm myself down? Or how can I allow myself to gradually assimilate it?

JO: 就好像有⼀种失控的状态,你也不知道为什么要去捍卫它? 你稍等.我们感受到你有⾮常强烈的需要被尊重或者是被听到被看到,就是被重视被注意到,就是这种需求.就是你需要被尊重,然后⽐如说在你⼼⽬中如果你觉得他们跟你不⼀样,你会觉得他好像是对你的⼀种不尊重,就是他们好像没把你放眼⾥的那种感觉.

JO: It's like being in a state of losing control, and you don't know why you're defending it? Please hold on. We sense that there is a very strong need for respect or to be listened to, seen, and noticed; essentially needing to be valued and acknowledged. You need respect, then if you perceive them differently than yourself, you might feel they are disrespectful towards you, as though they don't consider your presence in their consideration.

问: 其实我⽇常⽣活中性格很好,但是某些时候就会有⾮常暴⼒的想法出来.

Question: Actually, I have a good personality in my daily life, but there are times when violent thoughts just pop out.

JO: 因为你还会受到你前世能量的⼀些影响.因为前世就是因为顽固和固执这种思想导致了很多暴⼒的倾向.所以在你⼼⽬中你还会觉得暴⼒是⼀种⼿段,是⽅法.

JO: Because you will still be influenced by the energy of your past life. As past lives were often characterized by stubbornness and obstinacy, which led to many tendencies towards violence. Therefore, in your mind, you might still perceive violence as a means or method.

问: 对,我觉得在那种情景中我觉得暴⼒是唯⼀的想法.因为我⼥⼉也很固执.我想不到第⼆条路.所以想问⼀下JO怎么解决这个困境?

Q: Yes, I feel that violence is the only thought in that situation because my daughter is very stubborn. I couldn't think of a second way. So, I want to ask how JO resolves this dilemma?

JO: 是的,这就是你这⼀⽣选择来到这⾥,来做这个功课的.所以它⼀定是有出路的,不然的话你就不会有融合的融字出现的.那你就是固固了.你稍等,我们连接⼀下.因为我们要根据你⾃⼰能量的特质区看到你的卡点.这么说吧,我们感受到你内在还是有⼀种好像没有被爱吧.你其实没有被爱,没有⾜够的重视.⽐如说爱是⽔的话,你这块地是没有⽔的,你是⼲枯的.就是没有⽔进来的.那你这块地是⼲的.在你的内⼼深处你就⾮常渴望,就好像你没有⽔,那你就⼜渴,那你就渴望⽔了,对不对? 那你渴望⽔对你来说就是因为爱⽽被看到被重视,这些都是.但是这些你都没有得到.

JO: Yes, this is what you chose in your life to come here and do this work. So there must be a way out, otherwise the word 'integration' wouldn't appear for you. You would just be stuck, stagnant. Please wait, let's connect. Because we need to see your blockages based on the characteristics of your own energy. Let me put it this way: We sense that within you there is still a feeling like not being loved, as if you are not being loved enough or valued sufficiently. To use an analogy, love is like water; but in your area, there's no water - you're parched and dry because there isn't enough water coming in. It feels like this part of you lacks the nourishment it needs from water, which symbolizes love for you. This intense desire within you to receive that love comes from a deep yearning for something essential for survival; just as thirst prompts one to seek water, your longing stems from needing and valuing affection. But these things are yet to reach you.

没有得到,再通过外界的关系反射出来就是你不尊重我,就好像是你不爱我, 就是这种.然后你就会有⼀种歇斯底⾥.其实你的那种不满来⾃于你的内在是没有爱的.如果我跟你讲,你这个地是湿润的,你是有源源不断的爱进来的,你不会是这样⼦的,明⽩吗? 但是你们物质世界⼀般都会有⼀个假象,就是⼀个暂时的.就是我的对象爱我,他这⼏天给我⼀点⽔.但是他过⼏天又不给我⽔了,我又感受到⼲枯,我又失控了.爱我的时候,我的状态就很好.不爱我的时候,我就又失控了,明⽩吗?它这种其实还是从外去取.但是你为什么会从外去取呢?实际上是你内在没有爱,就是你内在没有⽔源.但是我们现在要告诉你的是,你的⽔源是在你的内在.

Without receiving it, when reflected externally, it portrays a lack of respect for me, as if you don't love me, which is essentially how it presents itself. Then, you would exhibit extreme agitation or hysteria. In reality, your dissatisfaction stems from the absence of love within you. If I were to tell you that this ground is moistened, that love flows continuously into you, you wouldn't behave in such a manner, understand? But typically in your physical world, there's often an illusion, which is temporary. The object loves me, and for a few days provides me with water. However, they stop giving me water after a few days, causing me to feel parched again, and I lose control. When the love is present, my state is good. When it's absent, I lose control; understand? This behavior still relies on external sources. But why do you rely on external sources? Essentially, it's because there's no water source within you. However, what we're telling you now is that your water source resides within yourself.

就像⼀⼜井⼀样,你往底下去挖,它有⽔出来.⽽不是说需要从外⾯去取⽔,明⽩吗?那就需要你⾃⼰给你⾃

Like a well, when you dig down, water comes out. It's not like you need to take water from the outside; do you understand? If so, it means you have to provide for yourself.

⼰爱.就好像你⾃⼰是两个⾝份.就⽐如说你在特别抓狂的时候,你会抱抱你⾃⼰,然后拍拍你的背.就好像你告诉孩⼦⼀样,就好像你知道你⾃⼰现在感受到不被爱,然后你给你⾃⼰⼀个拥抱.或者你可以这样,你把你孩⼦当成是你.当他下次表现出那种抓狂的样⼦,你抱抱他.你说宝贝,妈妈爱你.你先别去谁对谁错.你先给他⼀个拥抱说我爱你,我知道你感受到不被理解,不被爱.然后你先去做这个动作.因为你在做这个动作的时候,你也会感受到那个爱,明⽩吗? 就好像这个爱是把⽕,你把这把⽕点燃给对⽅的时候,你也会被温暖到.因为你也在那⾥,那团⽕也会温暖你.所以说那个爱就出现在你们之间了.出现在你们之间,它会照亮对⽅.

I love you. It's like you are two different identities. For instance, when you're particularly angry, you would hug yourself and pat your back, as if you were comforting a child, knowing that you're feeling unloved at the moment, giving yourself a hug. Or, you could think of this way: treat yourself like your child. The next time they show that explosive behavior, hug them. Tell them, "Honey, I love you." Don't worry about who is right or wrong; give them a hug and say, "I love you." I understand that you feel misunderstood and unloved. Do this first action because when you're doing it, you'll also experience the love. Think of the love as a fire; when you ignite the fire for each other, you will be warmed by it. Because there is also warmth coming from you, which warms the fire too. Thus, love appears between you and manifests to illuminate the other person.

它会照亮你⼥⼉,它也会照亮你.那你其实也在被疗愈.所以我们先不去计较谁对谁错.为什么呢? 因为谁对谁错,实际上它只是反映出来其实你内在是⼀个缺⽔的状态,就是缺爱嘛.但是我们先把⽔给补上,先浇⽔,就是先让⽔流进来.因为很多事情就⽐如说你的庄家不长,种⼦不发芽.然后别⼈都长的很好.它来⾃于什么? 不是你⼟地的原因,就是因为没⽔,对吧? 那⽔流进来了,你需要对⼟地做什么,它⾃然⽽然就会发芽了,明⽩吗? 我的意思就是说你们之间的冲突啊,还有你⽣⽓时候的反应啊或者是这些念头啊,它⾃然⽽然就消失了,明⽩吗? 所以你现在也需要把你当成是个孩⼦⼀样.然后去.. 这么说,在你的体内它会有⼀个灵魂.

It will light up your daughter and it will also light you up. So in reality, you are being healed as well. Therefore, we won't bother with who is right or wrong first. Why is that? Because who is right or wrong merely reflects the fact that internally you are experiencing a state of dehydration, essentially a lack of love. But let's replenish the water first, like watering the garden, before addressing any other issues. For instance, why might your crops not be growing or seeds not germinating when others do just fine? This stems from the absence of water, right? When the water is supplied, what do you need to do for the soil naturally leads to germination - do you get it? My point is that conflicts between you and her, as well as your reactions during anger or any other thoughts, will naturally dissipate on their own. Now, you also need to think of yourself like a child in this scenario. And so...

In your body, there exists a soul.

这个灵魂它需要得到爱.为什么呢? 因为它之所以⽤暴⼒的⼿段去对待⼀切,是因为就像你说的它不知道还有其他⽅式.因为它⾃⼰还没有体验过,就好像它从来没有从内去找⽔源,因为它不知道内在还有⼀个开关可以去打开⽔源,因为它⼀直是从外去找,对吧?所以那我们现在就知道,那你就好像在修复或者是在疗愈这个灵魂⼀样.然后这个就是它的课题,需要去化解的.然后正好你的孩⼦就是你的镜⼦,当你发现你的孩⼦情绪越来越好,他越来越温顺,越来越乖巧,越来越是那种很乖巧的状态,不是狂躁不安的.那你就知道你也是,你的状态也是很好.因为他就像镜⼦⼀样就给你反射你

This soul needs to receive love. Why? Because it uses violent means to treat everything because, as you said, it doesn't know any other way. It hasn't experienced this for itself; it's like it has never searched for water from within, because it doesn't know there's a switch inside that can be turned on to access the source of water. It always looks externally, right? So now we understand that you're kind of fixing or healing this soul in some sense. This is its issue that needs to be resolved. And fortunately, your child acts as a mirror for you. When you notice that your child's mood improves, they become more gentle, more obedient, and more well-behaved, not agitated or restless. That means your state is also good too, because the child reflects back to you in essence

⾃⼰的⼀个能量状态.

One of my own energy states.

问: 我⼥⼉脾⽓很差,我怎么安抚她的情绪?

Question: My daughter has a very bad temper; how can I comfort her emotions?

JO: 那刚才都告诉你了,你⾸先知道她脾⽓差,其实她也是⼀种⼜渴的状态.她只是不知道,她就烦躁,你想有些⼈饿了渴了也会烦躁的呀.你可能⼀个事情上你很不耐烦,但是实际上你知道就是你⼜渴和你肚⼦饿了.如果你吃饱喝好的话,你可能就更加有耐⼼,就不是那么容易发脾⽓了烦躁了.所以你把她烦躁的这些症状当成是她⼜渴她缺爱.那我先给她关⼼、给她重视、给她爱.为什么呢?那些也是你需要的.你听过孩⼦映射出来好像是孩⼦需要.当你给孩⼦,就好像我刚刚说当你把这个灯给孩⼦点亮的时候,你眼睛也看到了.如果你不点亮的话,你们俩都看不到.因为你们是在⼀个环境啊,你们都是在⼀个屋檐下.

JO: Alright, you've been told everything already. Essentially, she's in a state of needing attention; she just doesn't know it. Just like some people get irritable when they're hungry or thirsty, she might be showing her agitation due to this state. If you were more patient about one matter, imagine how differently things would be if you knew your hunger and bellyache. When you're well-fed, you're likely to be more patient and less prone to outbursts of irritability. Therefore, considering her irritability as a symptom of her thirst for attention, affection, or love makes sense. That's why I should first show her care, give her the importance she deserves, and provide her with love. Why do this? It's because those are needs you also have. You've heard that children reflect these needs, suggesting that they need them just as much. When you light a candle for a child, you're seeing it yourself; if you don't light it, neither of you will see it. Since both of you are in the same environment, under the same roof.

你说我要把这⾥种上鲜花,那我们都能闻到花的味道.我要不断地拉屎,那闻起来都是臭的,对吧?所以你要制造鲜花还是垃圾呀?因为你们都是⼀体的.那当你从这个⼩范围内你看到了,你们有⼀句话叫修⾝齐家治国平天下,那你⼩范围内⾃⼰能把你和你⼥⼉的冲突处理好的,⽤过⽤爱去化解.那当你在公司⾥⾯,有员⼯有这些冲突.你是不是也可以⽤这种办法?那⼤到⼀个⼤的企业你是不是也可以这样.然后再⼤到国家的冲突,你是不是也可以这样?那这就是所谓的齐家平天下,明⽩吗?你已经有了这个,就是你从这个⾥⾯就⾛出来⼀条道.这条道就是你们的解脱之道.你知道那个⼈暴⼒的背后他不是真的暴⼒.你看你⾃⼰,你是真的想暴⼒吗? 你是⾃⼰没办法.

You say I should plant flowers here, so we can smell their fragrance. If I were to constantly defecate, it would smell foul, wouldn't it? So are you creating flowers or trash? As you and I are one. When you see this from a small perspective, there's a phrase in your culture called 'cultivating self, managing family, governing state, and tranquilizing the world.' If you can resolve conflicts between yourself and your daughter through love and understanding within your own little circle, could you also apply that method to colleagues at work? Could this approach be used on a larger scale for resolving issues within an organization, or even in national conflicts? This is what '齐家平天下' means - getting things sorted out within your household and achieving peace globally. You've already found a path through this understanding. This path leads to liberation from suffering. Do you realize that behind acts of violence, the person isn't truly violent but rather unable to control themselves due to inner turmoil?

你抓狂,你是没办法.就好像⼀个⼈⼜渴,他饿的慌.就是⼜渴、饥饿难耐他就已经失去理智了.就是在这样的状态.但是你们会把它当成是⼀个恶.那我们先给他吃饱给他喝好,看看他还会不会这样抓狂? 不会.他马上就变成另外⼀种状态了.所以我们先给他爱,先让他不是处在⼀种饥渴的状态,饥饿的状态.

You're at your wits' end; there's nothing you can do. It's like when someone is so thirsty they're starving. They're just overwhelmed by thirst and hunger, to the point where they lose their sanity. That's how they are in that state. But you would consider it evil. Let's first ensure they have enough food and water. Will they still behave this way? No, they won't. They'll immediately transform into a different state of being. So let's give them love first; let's not leave them in a state of hunger or thirst.

问: 我跟我母亲在⼀起的时候,我不由⾃主会产⽣⼀种负⾯的情绪.我⼀直觉得她不是真⼼地帮助我,我就很烦躁.

Question: When I am with my mother, I can't help but feel negative emotions. I always feel that she isn't genuinely trying to help me, and it makes me very irritable.

JO:这个又来⾃于你内在的空洞,就是⼀个症状.就是好像我们刚刚说的你这块地是⼲枯的,它没有⽔进来.然后对你来说,你觉得你的母亲她就是应该给你⽔的那个⼈.那她表现出那些好像是还不给你⽔,你就会觉得你好像是要我的命⼀样.你明明知道我需要⽔,你却不给我⽔.你就会觉得,你会把它扩⼤,会把她的⾏为扩⼤.就是普通⼈做这种事你可能会觉得没啥,但是当她做这种事,你就会把它⼤化.你觉得你就是想要杀害我,你看我要渴死了,你还不给我⽔.就像是这种.所以你的那种强烈的反应更多的是在⽤这种⼿段去索取爱.就好像是你不应该这样,但是实际上背后真正的声⾳是我需要爱.

Journey of Healing (JO): This comes from the emptiness within you, which is a symptom. It's like we just discussed; your land is barren and lacks water. Then for you, you feel that your mother should be the one to provide water. She shows signs that she isn't giving it to you, making you feel as if she's trying to kill you. You know you need water, but she doesn't give it to you. You perceive this as an exaggeration of her actions. Normally, others might not see much in such actions, but for you, they are magnified. You feel that she wants to murder you; you're on the brink of dying from thirst and she still refuses to provide water. It's like this scenario. Your intense reaction is more about seeking love using these methods. You shouldn't be doing it this way, but behind this action lies the real message: I need love.

那如果就像我们刚才说,你这块地,你⾃⼰内在的开关打开了,不断不断地在⼀种湿润的状态,你就不会体现出这种饥渴的状态.那你也不会抓狂或者失去控制.所以这些也不会有.然后就是你需要明⽩的就是说关于爱的课程,基本上是你们地球⼈都需要去⾯临的课程.所以并没有⼏个⼈他就懂得爱,或者是会爱他⼈的.

If, as we just discussed, the switch within you for this piece of land has been turned on and is continuously in a moist state, then you won't exhibit a state of thirstiness. You also won't go crazy or lose control. So these issues don't arise at all. What you need to understand is that courses about love are basically something everyone on Earth needs to face. So there aren't just a few people who know how to love or can love others.

问: 在你们那边,爱的定义是什么?

Q: What is the definition of love in your part of the world?

JO: 这么说吧,就好像⼀朵花它已经是盛开了.那它是⼀个盛开的状态,它是⼀个境界.就是这个苹果已经成熟了,对吧? 那你这个苹果它才刚刚长出来,它还没有长⼤,它还没有成熟.那是⼀个状态.那你说怎么定义它? 那你还是⼀棵苹果树,你还没有开花呢.你还有多少步骤? 你要开花,花谢了过后,结果⼦.那个⼩果⼦还要慢慢慢慢随着时间从青涩逐渐变甜.然后再慢慢慢慢变成熟的⼀个状态,对吧?

JO: Let me put it this way, like a flower that has already bloomed. It is in a state of full bloom, an attainment or level. This apple is ripe; right? Then your apple just sprouted and hasn't grown yet, isn't fully developed, and isn't ripe. That's a state. So how do you define it? You're still just an apple tree that hasn't bloomed yet. How many steps are there for you? You need to bloom the flowers, which then wither and bear fruit. The small fruits must gradually mature from sourness over time into sweetness before finally becoming ripe; right?

问: ⼈能通过⼀辈⼦学会爱这个主题吗?

Question: Can a person learn to love this subject their entire life?

JO: 当然了.因为⾸先这⾥没有⼀辈⼦,因为它只有去看你⾃⼰还需要多少? 就⽐如说你需要很多课来体验,因为这⾥是⽆限的,对吧? 那你觉得我就是因为⼀场电影我就体验够了.为什么? 我把我⾃⼰带⼊到电影⾥的⾓⾊去,我深深的体验到了,我领悟到了,明⽩吗? 这是每⼀个⼈他不同的.有的⼈他需要反反复复的去体验这种课.他需要这个过程,那这个过程对他来说就是宝贵的.那有的⼈他不需要,他就可能就⼀下⼦⽴地成佛.⼀念天堂,⼀念地狱.他转个念头,他就已经换了个世界了,明⽩吗? 但是这⾥并没有哪个快就好,哪个慢就不好.那你说⼀个⾼压锅⼗分钟压熟的东西,和⽤慢⽕炖出来的东西,它烫⾥⾯的质是不⼀样的,明⽩吗?

JO: Of course. Because here there's no lifetime because you have to ask how many lifetimes it would take for you to just go and see yourself. For example, you need many classes to experience it as everything is infinite here, right? And I wonder if a single movie has been enough for your experience. Why? You've taken part in the role of a character in this movie deeply, comprehending and understanding fully, do you understand? This varies from person to person. Some may require multiple repetitions of these classes due to needing the process, which is valuable to them. Others might not need it at all; they could become enlightened immediately, experiencing both heaven and hell with just a single thought. But there's no quick or easy solution here. Are you aware that a high-pressure cooker can take only 10 minutes to cook something versus slow-cooking which yields a different internal texture?

所以并没有你们眼⾥的快就是好,慢就是不好,并没有.它都是根据个体想要什么样的体验.对他来说他需要这个就是好的,明⽩吗? 因为始终来说你们是独⼀⽆⼆的,你不是来⽐的,你不是来⽐看谁先成熟.你说这棵苹果跟另外⼀棵苹果树的苹果它们会去⽐较吗? 你看我的苹果先成熟,你的苹果后成熟,明⽩吗? 它会说你快点你快点,旁边都变红了,你还是青的.不会的.所以你们都是独⼀⽆⼆的.你们也不⽤去跟任何⼈⽐.你要知道他能成为⼀个⾮常甜的状态,我也能.

So there is no absolute notion of fast being good and slow being bad. It depends on what individual experience they want. For them, it's what suits them that defines the quality. Understand? Ultimately, you are unique, not for comparison, not to see who matures first. Would apples from one apple tree compare with those from another? My apples ripen before yours, do you get it? They wouldn't say hurry up, hurry up when everything around has turned red while you're still green. No, you are all unique individuals. There's no need to compare yourself with anyone else. You should know that they can be very sweet, and so am I.

#### 2023/10/22 — 闪耀的星星之把注意⼒放在哪⾥就有什么结果 The results we get are where our attention is directed, just like shining stars.

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 这个通灵的⼥孩⼦想问题下她和星星互动的时候有什么信息吗?

Question: Does this medium girl have any information about her interaction with stars when she asks questions?

JO: 这么说吧,从这个体验她就可以知道当她把注意⼒放在哪⾥的时候,就好像赋予了对⾯⽣命.然后你们就可以有⼀种像你们所说的⼼灵感应⼀样,明⽩吗? 这就是她可以做的,就⽐如说你们现在在交流,然后当她把注意⼒放在你的⾝上,她就可以提取你的所有信息,她就可以对你进⾏转变.

JO: In other words, through this experience, she can understand that by focusing her attention on something, it's as if she is infusing life into that thing. Then, you can have what you would call a telepathic understanding, right? That's what she can do - like when you are communicating now. When she focuses her attention on you, she can extract all your information and perform transformations on you.

问: 那她看到那颗星星在闪耀,其它的星星没有.

She saw the star shining, while the other stars did not.

JO:那她没有去所动那颗星星呀,她的注意⼒没有在上⾯呀.那当她把注意⼒放在那上⾯,时间⾜够长.你⾄少需要去锁定⼀个东西吧.然后那你要允许,就⽐如说你们去播种,你需要去播⼀个种⼦,然后你需要给它时间让它去开花结果,对吧?所以说也是⼀样的道理,因为她的注意⼒没在那个上⾯,她的注意⼒可能看了⼀眼,然后做其它事去了.所以你就知道就算是⼀些⽭盾、争吵,那也是因为你的注意⼒在分裂或者是瑕疵,就是在那个⿊点上⾯了.你把它给引爆了.那你们是不是就可以选择性的知道我要把我的专注⼒放在哪⾥?要把什么变活来跟我互动?

JO: So she didn't move that star. Her attention was not on it. When her attention is on it for long enough, time is sufficient. You at least need to focus on something. Then you have to allow, like when you go to plant, you need to sow a seed and give it time for it to grow and bear fruit, right? It's the same principle because her attention wasn't on that; she might have glanced at it then moved on to other things. So you understand that even conflicts or quarrels are due to divided or flawed attention, centered around that black spot. You ignite it. Can you choose where to direct your focus and what to bring to life for interaction with me?

问: 就连接什么,把专注⼒放在什么上就有什么结果是吧?

Q: Is it that what you connect and focus on determines the outcome?

JO: 你们就会创造体验.

JO: You will create experiences.

问: 我想问⼀下我的⼈⽣主题是什么? 我叫XXX.

Question: I would like to know what my life's theme is? My name is XXX.

JO: 你的⼈⽣主题就好像有⼀种需要去转变、转化,然后把苦的变成甜的.就像糖渍⼀样.因为在你的⼼⽬中你好像⾮常追求或者是向往或者是梦想,想要甜蜜的⽣活.就是⼀种甜蜜的感觉.但是在你现实中却好像有很多苦的东西让你体验.这就是你⾃⼰转变的⼀个过程.但是我们在这个信息之前已经告诉了你这个秘密,明⽩吗? 就是你把你的关注点放到了太多的所谓的苦的上⾯,所以你会体验到咋这么苦啊.你去尝的就是苦的呀,你把它放到⾆头上⾯.那哪怕我⽣命中百分之九九都是苦的,只有⼀丝是甜的,我也要把那个甜的放⼤,明⽩吗? ⽽不去关注那百分之九九.这就是你转变的过程.

JO: Your life's theme seems to require transformation and alchemy, turning the bitter into sweetness, like candy-making. In your mind, you appear to be deeply pursuing or longing for a sweet life, seeking that feeling of sweetness. However, in reality, there are many bitter elements that you experience. This is your personal process of self-transformation. Yet, we've already revealed this secret to you prior to this information - it's about focusing too much on the so-called bitter aspects; hence, you feel how bitter it is. You're tasting the bitterness and placing it in your mouth. Even if 99% of my life is bitter and only a tiny bit sweet, I amplify that sweetness because I don't dwell on those 99%. This is part of your transformation process.

问: 这⼀两年总是要睡很多觉,总是很没有⼒.

Question: I've been needing a lot of sleep and feeling very weak lately.

JO: 这么说吧,那是因为你⽣命中就好像没有甜蜜的东西把你叫醒,把你唤醒,就是你没有⼀种兴奋或者迫不及待想要起床的那种感觉,明⽩吗? 就好像⽣命进⼊了⼀种倦怠、疲倦或者是怠慢的那种感觉. 你想象⼀下如果你有⼀个⾮常爱的⼈,他要约会你.你就会迫不及待的想要起来,然后去约会,明⽩吗? 因为有很多甜蜜的,你迫不及待的想要去赴约.

JO: Let me put it this way, it's because you lack something sweet in your life that wakes you up, awakens you, meaning you don't have the excitement or the eagerness to get out of bed, understand? It's as if your life has entered a state of lethargy, fatigue, or neglect. Imagine if you had someone very dear who was going on a date with you; you would be anxious to wake up and go on that date, right because there are so many sweet things making you eager for the rendezvous.

问: 但是我就感觉好像对什么都提不起兴趣来.

But I just feel like I'm losing interest in everything.

JO: 那是因为你嘴巴⾥⾯尝的都是什么味道? 你要知道你们才是⽣活的创作者,就好像是作家或者是艺术家.你要把什么素材放到你的⽣命中把它⼤化.就这么说,你有⼀个篮⼦,然后你去捡.你到底是要把甜的东西捡到你的篮⼦⾥? 还是要把苦的有毒的东西捡到你的篮⼦⾥带回家品尝? 因为你都有权⼒,你可以去捡每⼀坨别⼈拉的屎.你也可以去捡那些漂亮的鲜花和味道鲜甜的⽔果,明⽩吗? 因为这是你的⾃由权⼒,你去选择什么装进去.没有谁可以硬塞给你.

JO: That's because you taste what flavors are in your mouth? You need to know that you are the creators of your life, just like authors or artists. You have to decide what material to put into your life and maximize it. So, imagine you have a basket, then you go out to collect things. Do you want to pick sweet things for your basket and bring them home to taste? Or do you want to pick bitter, toxic things and bring them back with you? Because you have the power of choice; you can choose every single piece of poop that someone else has left behind. You could also pick beautiful flowers and delicious fruits, understand? Because it's your right to choose what goes in, there's no one who can force it upon you.

问: 那转化过后我的天赋是什么呢?

Question: After transformation, what are my talents?

JO: 那你就懂得如何去安排和创作你的⽣命,⽽不是说随波逐流,来啥我尝啥.别⼈扔给我⼀坨粪,然后我就吃粪.你要知道你们这边的⼈都是扔粪的.所以说你就能去决定你的⽣命,你允许什么来去给⾃⼰创造什么.我不允许什么,就是我不接受那些我不想要的体验.它们就对你没有影响⼒的.

Japanese Otaku: So you understand how to arrange and create your life, rather than just going with the flow and trying whatever comes your way. Others throw shit at you, and then you eat it. You need to know that people here are just throwing shit around. Therefore, you can decide what happens in your life, allowing only those things that contribute positively to your creation. I do not accept anything I don't want, meaning experiences outside of my desires have no impact on me.

问: 那我有没有什么隐藏的天赋?

Question: And do I have some hidden talents?

JO: 这么说吧,就好像你这台机器你还没有把它转动起来,你还没有把它运作起来.那你运作起来了和没有运作起来,它完全是不⼀样的⼀个⽣命状态.当你不断不断地就好像是把⽣命中美好或者甜蜜的事情把它⼤化,那你需要通过你的⼀个转变它的能⼒,就好像是你是⼀个魔术师的⾝份,你可以去转变转化.然后你可以去把苦的变成甜的,那你就可以去帮助去引导别⼈,如何把他们的苦的变成甜的.因为你已经通过你⾃⼰知道怎么去体验、转变了.那其实你⾃⼰转变的这个过程就是你⾃⼰独⼀⽆⼆的⼀个财富啊.就像你的技能,你的⼀个财富.

JO: Let me put it this way; imagine you have a machine but you haven't started or activated it yet. It's not in operation. Once you start operating and using the machine, everything changes - it transforms into an entirely different state of life. When you continuously aim to maximize the joyful or sweet aspects of life, your capability to transform becomes crucial. You're like a magician who can change things around. You can convert bitterness into sweetness, thus guiding others on how they too could transform their hardships into joys. Through this process, you've discovered and mastered techniques that enhance personal experiences. Your ability to undergo such transformation is actually an exclusive wealth for yourself, much like your skills or assets.

问: 我现在有⼀点点着急为什么..

Question: I'm a bit anxious as to why...

JO: 着急是你没有去发现你⽣命中的那个缝缝.那个缝缝⾥⾯就有甜的东西.因为你还没有发现.所以你着急的觉得那个缝缝在前⾯,但是实际上是在你⽣活的当下.就这么说吧,就好像你们的核桃.你拿到那个核桃,你⼀吃,苦的,因为外⾯的那层⽪,对吧? 但是你并不知道你需要把那层⽪剥掉,⾥⾯的核才是有营养的东西.所以你⽣活中⽣命中那些苦的东西就和核桃⼀样.你需要去砸掉表⾯,去掉那层⽪.那个鲜甜的⾁在⾥⾯.

JO: It's your impatience that prevents you from realizing the sweetness hidden in your life. The sweetness is there but you haven't discovered it yet, so you feel anxious that it should be ahead of you. But actually, it's within you right now. Think of it like a walnut you're holding. You eat it and find it bitter because of its outer skin, right? But you don't know that you need to remove that skin to get to the nutritious kernel inside. So, the bitter experiences in your life are similar to the walnut. You have to break through the surface, peel off the skin. The sweet flesh is inside waiting for you.

问: 我的情感是怎么样的?

Question: What is my emotional state?

JO: 那你可以去通过你情感的关系,然后去映射出你的内在.它也是可以让你去着⼿转变的点.就⽐如说你可能跟他相处的时候给你带来了很多苦,那你怎样可以把那些苦转变成甜的呢? 就是通过刚才我们说的去放⼤你⽣命中那些甜的.

JO: So you can go through your emotional connections and map out your inner self. It's also a point where you can start to make changes. For example, if being with him has brought you a lot of pain, how can you turn that pain into sweetness? That is by amplifying the sweet aspects in your life as we just discussed.

问: 我对⼥性就很容易包容,但是我对男性就很挑剔.为什么? JO: 你所谓的男性是所有的男性? 还是说你⾃⼰喜欢的?

Question: I find it easy to tolerate women but very critical of men. Why is that? JO: Do you consider all men or just the ones you prefer?

问: 跟我有交往的或者是准备交往的情况下会⽐较容易挑剔.

Question: People with whom I have interactions or those I am about to interact with tend to be more critical.

JO: 因为在这样⼦的情况下你会把他,你的情感或者你的爱,你会把他当成你寄托的⼀个对象.就是你觉得他要提供给你你需要的关爱和关注.那你当然就会去.. 那如果你重新去定义关系呢? 就是说对⽅爱你,但是并不代表他要去处理你的所有感受、情绪和关系.这是你⾃⼰的功课.因为你们总会觉得如果你爱我,你就不能让我⽣⽓.如果你爱我,你就不能⽤这种⽅式对我,怎么样怎么样.你们对这层关系⾥有很多的应该.就⽐如说你作为⽗母,你就应该爱我.你作为⼉⼥,你就应该孝顺我.那你就只在跟你⾃⼰头脑⾥⾯的⼀些信念和观念和这些定义打交道,你并没有真正的跟对⽅这个⼈打交道.

JO: Because in such a situation, you would project your emotions or love onto this person as an object of reliance, believing that they should provide the care and attention you need. Thus, it's natural for you to do so... If you redefine the relationship, meaning that the other person loves you but doesn't necessarily have to handle all your feelings, emotions, and relationships; these are your own responsibilities. You often think that if someone loves me, they shouldn't make me angry or treat me in certain ways. You believe there should be many expectations within this relationship. For instance, as a parent, you should love me. As a child, you should respect me. You're only dealing with your own beliefs and concepts about the definitions of these roles, not truly interacting with the person themselves.

那如果你在跟他这个真实的⼈打交道,你就知道他在⼀个不同的能量状态,不同的时期,他会有⼀个不同的情绪.那你允许他.你没有办法不允许,你的任何不允许只会带来冲突.所以允许对⽅也是在不和⾃⼰作对,就是不为难⾃⼰.当你不允许对⽅的时候,你就是在跟⾃⼰作对.

If you are interacting with this real person, you would know that he has a different energy state and is in a different phase, which will result in him having a different emotion. You allow him to express or experience those emotions. There's no choice but to allow it; any attempt at disallowing it only leads to conflict. Allowing the other party is essentially not fighting against oneself, nor making life difficult for oneself. When you refuse to allow someone else, you are essentially turning against yourself.

问: 我就觉得我对⼥性很容易相处,对男性怎么就..

Q: I just find it easy to get along with women but have trouble with men...

JO: 你们⾸先要明⽩的就是外⾯没有任何⼈是需要你去包容的,明⽩吗? 因为你唯⼀需要的是让你⾃⼰没有这么多定义在头脑⾥⾯.为什么? 如果你头脑⾥⾯没有这么多定义的话,你需要包容什么? 只有你头脑⾥⾯有对对⽅的⼀个定义,对关系的⼀个定义,你才存在⼀个就是他的⾏为,我包容他,明⽩吗? 但是对⽅他⾃⼰也在跟他⾃⼰的能量打交道,他也在学习.他也是需要他投射出去的东西或者是关系,然后了解认知⾃⼰.你们来到这个世界上你们需要去认识⾃⼰.如果把外在的东西给它拿⾛了,他怎么去认识⾃⼰? 他认识不到⾃⼰的.那如果你觉得对⽅需要⼀个包容,那⼀定是你⾃⼰头脑⾥⾯有⼀个定义: 你需要做到怎样,不然就怎样.

JO: What you need to understand is that there's no one out there who needs your acceptance. Do you get it? Because the only thing you truly need is for yourself to not have so many definitions in your mind. Why? If you don't have a lot of definitions in your mind, what would you be needing to accept? Only when you have a definition about another person or about the relationship in your mind do you exist as his behavior, and I am accepting him, right? But the other party is also dealing with their own energy and learning. They too need to understand themselves through their projections or relationships. You came into this world to recognize yourselves. If you take away the external things, how would they know who they are? They wouldn't know themselves. So if you feel that the other person needs acceptance, it means that there's a definition in your mind: you need to do this way, otherwise you should do that way.

放下这⼀切,你们之间就不会有所谓的冲突或者是包容了.因为对⽅在对⽅的速度去体验他需要体验的.

Let go of all this, and there won't be any conflicts or tolerance between you because each person is experiencing what they need at their own pace.

问: 那我如何区分⾼我和⼩我的声⾳?

Question: How do I distinguish between the high self and the small self's voice?

"How do I discern the difference between the voice of my higher self and that of my lower self?"

JO:任何来让你觉得你必须要这样去做,你只有这样做才是⼀个好的⽅法,你不能那样做,那样做是不对的.那就是来⾃于你的头脑.因为它会有很多限制.它会让你觉得你是被限制的.但是⾼我是不会对你有任何限制的.因为你内在会知道,OK,这个地⽅我体验了.这个体验跟我内在的频率是不⼀致的.⾼我可能会在你⾯前展现⼀些同步性事件或者相关的⼀些信息来帮你去发现.因为你这些体验都是来感受和学习和认识你⾃⼰.那它可能会有⼀些同步性的信息呈现在你眼前来帮助你去认识你⾃⼰,明⽩吗?⼀个就是让你觉得你没有什么选择,你必须这么做,然后你不做你就会受到惩罚,你就会怎样怎样.⼀个是被限制的,⼀个是开放的,就是你是⾃由的.

Japanese Origin: JO: Any notion that makes you feel like you have to do it this way and nothing else is a good method; doing otherwise is wrong. This comes from your mind because it imposes limitations on you, making you believe you are restricted. Your Higher Self, however, does not impose any restrictions on you since you already know within yourself that this experience has been tried. It did not resonate with your inner frequency. The Higher Self might display synchronous events or related information to assist you in discovering the truth about yourself because these experiences are designed for you to understand and learn about yourself. There may be instances where you feel like there is no choice but to do something, fearing consequences if you don't follow through. It's a sense of restriction versus openness; freedom awaits when you embrace your true self.

问: 我什么时候可以真正的归位? JO: 你所谓的归位是什么?

Q: When can I truly return?

A: What do you mean by "return"?

问: 因为我之前看到我们的信息,JO讲到归位的时候可以绽放⾃⼰吧.

Question: Because I previously saw our information where JO mentioned blossoming oneself during realignment.

JO: 那你现在就在这条路上啊,你现在就在不断地吸收这些养分呀.你就不断地在扎根,不断地在让你的根往地下扎,然后不断地在吸收吸收. 你就好像是⼀棵植物⼀样,它绽放会有很多因素.你⼟壤的湿润度,你的阳光,你内在健不健康,明⽩吗? 那你有没有被其它的植物传染上病? 那你有没有被⾍⼦咬? 你⾃⾝的抵抗⼒好不好? 那你说这些外在的因素是不是都影响你这朵花能不能绽放? 它能绽放多少朵? 所以那也来⾃于这些因素.你内在到底是⼀直向着阳光,还是你不允许⾃⼰见到阳光? 然后你是很容易被别⼈的能量影响? 还是不被传染? 你是不断地去吸收那些有爱的信息,就是滋养的信息呢? 还是不断地去吸毒? 因为这些都有啊.

JO: You are on this path right now, constantly absorbing nourishment. You're planting your roots and digging them deeper into the ground while continuously soaking up more nutrients. You're like a plant, blooming due to various factors such as soil moisture, sunlight, and overall health. Have you been infected by other plants? Have pests bitten you? Is your resistance strong? Do external factors influence whether you bloom or how many blooms you produce? It's all dependent on these conditions. Are you always seeking the light of sun, allowing yourself to bask in its warmth, or do you resist it? Can others easily sway your energy, or are you immune to their influences? Are you constantly absorbing loving information that nourishes you, or are you constantly consuming harmful substances?

你说你要给这株花什么呢? 你给它浇⽔? 还是给它浇毒? 你去选择啊.因为你照料这株花,你告诉我它什么时候盛开,明⽩吗?

You ask what you should do for this flower? Water it or poison it? Go and choose. You are tending to the flower; tell me when it will bloom, understand?

问: 我跟我爸爸的关系?

Q: What's my relationship with my father?

JO:我们感受到你爸爸就好像有⼀种像个⽯头⼀样,他是很封闭的.所以他其实很难受到外在的滋养.就好像是⼀棵植物,它⼀直封闭起来不受到阳光的滋养.它就好像是⼀直在⼀个阴暗的⾓落⼀样.有⼀种固步⾃封,好像是这样的感觉.所以他对你的影响其实还是⽐较是阴暗的影响,就不会像阳光⼀样的影响让你有⼀个通道去接受到眼光或者是爱或者是什么的.他是好像把⾃⼰裹起来了⼀样.然后就好像是⼀个蝉蛹,它⾃⼰活在⾥⾯.

JO: We sense that your father behaves like a rock; he is very closed off. So it's hard for him to receive nourishment from the outside world. It's as if he has been shielded from sunlight and thus lacks proper nourishment, just like a plant that remains closed and deprived of sunshine. He feels like being trapped in a dark corner. There's a sense of self-imposed isolation, as though this is how it works for him. So the impact he has on you is predominantly negative, not the kind that shines light or love onto you; it's more akin to being wrapped up in something protective, much like a cocoon where an insect lives inside, isolated and confined.

问: 我跟我爸爸的灵魂关系是让我看到⼀个这样的相,然后去转变吗?

Question: Does my relationship with my father's soul involve seeing such a picture and then transforming it?

JO: 你爸爸就好像他在给你做⼀个例⼦,如果你不向着光,你会怎样.因为你其实也会有⼀种就好像喜欢去收集垃圾.就是会把⽣命中的⼀些阴暗⾯⼤化,就是阴暗⾯或者是⿊暗⾯,会把它放⼤.然后反复在⾥⾯体验.所以我们说是垃圾桶嘛,你收垃圾.然后他就好像在那给你看⼀下结果是啥? 就是越来越封闭,越来越顽固,越来越就是⼀直在这种阴暗的⾓落⼀样.你内在是必须要⾛上转变之路的.因为其实⽣命就来⾃于你们的选择.你到底要选择哪⼀种?体验哪⼀种?但是你们要记住,你不是说你选择了你就⼀直在那⾥.⽽是说每⼀个当下你都可以重新选择.所以就算你选择进⼊⿊暗,它不可怕,⽽且它也会成为你的⼀些体验.宝贵的体验,独⼀⽆⼆的体验.

JO: Your dad is like setting you an example that if you don't face the light, what will happen to you? Because in fact, you might also be inclined to collect garbage by collecting the darker aspects of your life and magnifying them, turning them into shadows or darkness. You would then repeatedly immerse yourself in these experiences. So it's like a bin for collecting garbage; you gather waste. And he is showing you what the outcome will be - getting more and more isolated, stubborn, and stuck, always trapped in this dark corner of your inner self. Transformation is necessary because life ultimately depends on your choices. Which path do you choose to take? What experiences do you seek out? But remember, it's not that once you make a choice, you are stuck there forever. It's more like every moment offers the possibility for you to choose anew. Even if you choose darkness, it doesn't have to be scary and can become part of your valuable and unique experience.

你也可以再选择,明⽩吗?因为你是⾃由的.你钻进那个洞⾥⾯,你不喜欢.那就再出来啊.就这么简单.

You can also choose again, understand? Because you are free. You went into that hole and you don't like it. Just come out then. It's that simple.

问: 但是⽣命是有限的.

But life is finite.

JO: ⽣命是有限的是针对你这个物质⾁体来说,但如果你脱离这个物质⾁体,你的⽣命是⽆限的.

JO: Life is finite in reference to this physical body of yours, but if you transcend this physical body, your life is infinite.

问: 但是这个⾁体有限的体验的时间.

Q: But this physical body has a limited experiential duration.

JO: 这个⾁体它是有限的体验的时间,但是你的意识它还可以去选择其他⾁体啊,不会影响到它的体验的.你创造的任何体验,它都可以去把它整合.我们现在是让你⾃⼰来把你⾃⼰创造的任何体验来整合,对吧? 然后你的⼤我,它会把你,就算你⾃⼰⼀直在捡垃圾.它会把你捡垃圾的经验来整合.它想我这个⼈格已经捡了够多的垃圾了,我其他⼈格⼀点垃圾都不要碰.我捡够了.

JO: The physical body has a limited time for experiencing, but your consciousness can still choose other bodies without affecting its experience. You create any experience, and it can integrate them all. Now we're asking you to take the experiences that you've created yourself and integrate them, right? Then your greater self would gather up your experience of picking up trash. It thinks I have picked up enough trash for this personality, while other personalities should not touch any trash at all. I've had enough.

问: 我就担⼼⾃⼰把时间⼀直浪费在捡垃圾上,我就有点着急.

Question: I'm worried that I'll just spend all my time picking up trash and become anxious.

JO: 你们在任何时刻你觉得我体验够了,我要选择另外的体验.你们都是可以,有⼀句话叫⽴地成佛.所以你可以去...

JO: At any moment if you feel that I have experienced enough, I will choose another experience. You all can go; there's a saying called immediate enlightenment. So you can...

问: 哪怕是像我刚才说的还在捡垃圾,那我就还在…JO: 你如果意识到你在捡垃圾,那你其实你就可以停下来了.你已经意识到你是在捡垃圾了.⽽不是说… 只有你意识不到,你会觉得⽣命就是这样⼦.

Q: Even if you're still picking up trash like I just mentioned, then I'm still...

JO: If you realize that you are picking up trash, then you can actually stop. You have realized that you are picking up trash.

And not to say... Only when you don't realize it would you think life is like this.

问: 我的祖先有没有什么信息给我?

Question: Does my ancestor have any information for me?

JO: 你稍等.这⾥有信息是让你去跟随我们的信息,然后任何需要被指引的时候,都来连接.这是给你的信息.

Japanese Official (JO): Wait a moment. There is information here that directs you to follow our guidance. Whenever you need direction, connect with us. This is the information for you.

问: 有时候有⼀些重要点的事情我就会有选择困难症,然后就会拖拖拖.

Question: Sometimes when I have important points to decide on, I suffer from decision paralysis, which just leads to procrastination.

JO: 不知道如何做出选择对吧? ⾸先就是你想如果是来⾃于你⾼我的信息,它这⾥永远没有你必须要选择⿊的,必须要选择⽩的.没有.⽽更多是我们让你看到任何体验你都可以去转化它,就算你在⿊暗当中.你也可以在你意识到的当下,你选择进⼊光,明⽩吗? 即使你在光⾥⾯,你也可能去进⼊⿊暗,想要再体验⼀下⿊暗.你都是被允许的,明⽩吗? 你会觉得你不⾃由,但是实际上你是⾃由的.如果你想要进去,那么你进⼊看⼀下.那⾥⾯你也会带出礼物来.因为这⾥真的没有⼀个... 除⾮你受你的恐惧信念指使,你必须要这样.或者是宗教,你必须要那样.但是你是你⼈⽣的主⼈.然后每⼀个当下你都可以重新做出跟你振动频率⼀致的选择.

JO: Don't know how to make a choice, right? Firstly, you want to understand that if it's information from your higher self, here there is never something that requires you to choose black or white. No. And more than that, we want to show you that you can transform any experience, even while in darkness. You can choose to enter the light when you are aware of it right now, understand? Even if you're in the light, you might enter into darkness to experience it again. You're allowed to do this, understand? You feel like you're not free, but actually you are free. If you want to go inside, then you can enter and see. There you will also bring out gifts because there is really no... Unless your fear-based beliefs direct you to do so. Or religion, you have to follow that way. But you are the master of your life. And with each moment, you can make a new choice in alignment with your vibration.

因为你⾃⼰会知道它是跟我频率相反还是相符合的,你⾃⼰内在会知道.但是任何体验你都可以去转化它.

Because you will know whether it is opposite or in harmony with my frequency, your inner self will know. But any experience you can transform it.

问: 哪怕它是⿊暗,我也可以去尝试,然后再转化,是吧?

Question: Even if it's dark, I can still try and then transform it, right?

JO: 你只有进⼊⿊暗,你才会知道⿊暗是什么? 你只有从⿊暗中⾛出来,你才能帮助那些在⿊暗⾥的⼈⾛出来.不然的话,你是不知道路的,明⽩吗? ⼀个没有去过⿊暗⾥的⼈告诉我⿊暗是什么.你能相信他吗? 他都没有去过⿊暗⾥,就好像他没有去过英国,他告诉你英国是什么样⼦.

JO: You only understand darkness when you enter it, and only then can you guide others who are lost in the darkness. Otherwise, how would you know the way? A person who has never been to the darkness tries to explain what it is like. Can you trust him? He hasn't been there himself, just as someone who hasn't visited England tries to describe what it's like there for you.

问: 我最近总感觉⽐如说我去⼀个⼈多的地⽅,我回去后觉得⾝体很累.

Q: I've been feeling very tired after going to crowded places recently.

JO:那你也可以多给⾃⼰创造⼀些,就好像如果你创造了更多的让你感受到被消耗的场景.那你也可以相反的创造⼀些⾃⼰不断地在充电的⼀些场景.这就很简单,你说我做了很多事情感觉很累.那你躺⼀会⼉,休息⼀会⼉睡会⼉觉不就好了,明⽩吗?这就是⼀个调节、平衡的问题.你就⾃我调节,⾃我平衡.然后减少让⾃⼰过多的疲劳、透⽀、消耗.也跟你的头脑⾥⾯装了很多,就好像你刚刚说捡了很多垃圾.如果你收的是鲜花呢?你不断不断地在被滋养.所以你感受不到被消耗,因为你的⽕焰太旺了.你的熊熊⽕焰,⽣命之⽕熊熊燃烧,它感受不到这点影响的.你想如果你是⼀座⽕⼭不断地在燃烧,别⼈⼀桶⽔会把你扑灭?

JO: So you can also create more for yourself, like if you created more scenarios that make you feel drained. Then, you could instead create scenarios where you continuously recharge. It's simple; you say you've done a lot and feel very tired. Just lie down for a while, take a break, sleep it off—get it? This is all about balance and regulation. You regulate yourself, balancing yourself out. Then reduce the excessive fatigue, drain, and depletion on yourself. Also, think of how your mind is filled up, just like you mentioned gathering garbage. If you were collecting flowers instead? You'd be constantly nourished. So you wouldn't feel drained because your flame was too strong. Your raging fire, your life's flame, burns brightly—it doesn't feel this impact. Imagine if you were a volcano continuously burning; would someone putting water on you extinguish it?

#### 2023/10/22 — 不要去依靠外在的相去做任何Do not rely on appearances for anything

JO: 你说什么问题?

JO: What do you mean by question?

问: 如何快速的替换掉以前不好的信念系统? ⽐如说我家⼈跟我说相信我⾝体的基能是很强⼤的,我虽然相信.但是当我遇见不好的事情的时候,我感觉这个信念系统对我帮助不是很⼤?

Q: How can I quickly replace a previous negative belief system, for example when my family tells me that believing in my body's innate abilities is powerful, and although I agree, when faced with bad situations, I feel this belief system doesn't help me much?

JO: 你现在有疾病的困扰,对吗?问: 对,有⼀点.

JO: You are troubled by a disease, right? Question: Yes, a bit.

JO: 你稍等,我们想要先连接⼀下你的能量,看导致你疾病的原因.说⼀下你的名字?问: XXXJO: 我们感受到你内在就好像有很多能量没有被释放掉.就有很多,⽐如这个⽔是能量,然后它都没有被有效的释放出去.然后就导致你体内⽔肿,就这之类的.然后你的⾝体就会,我们不是说你具体什么病啊.你可能就会,⽐如说肝腹⽔啊、⾝体肿啊、胀啊,这之类的.因为你其实有在积压⼀些能量在你的体内,它没有有效的去转化成⼀个⾏动.所以就好像你有⼀点⾏动受阻了⼀样.你这匹马没有奔跑起来,它是在⼀个被圈养的状态下.

JO: Wait a moment, we want to connect with your energy first to understand what causes your illness. Can you tell us your name? We feel like there is an accumulation of energy within you that isn't being released effectively. This results in water retention or swelling in the body, which might manifest as conditions such as ascites in the liver or overall swelling and discomfort. Essentially, there's a buildup of energy inside you that isn't being transformed into action. It feels like your actions are somehow restricted, much like a horse being confined and unable to run freely.

问: 那我该如何正确的去释放?

Ask: Then, how should I release it correctly?

JO: 因为不知道你的环境.你要么就是说本⾝你内在有⼀些限制还有恐惧,或者是外在有太多⼈不停的给你灌输各种思想,导致你可能不会像是⼀匹野马⼀样到处去奔跑,去享受⽣命去释放⽣命.⽽是家养的那种宠物马⼀样,让你可活动,就是成为你⾃⼰的范围很⼩.所以你的那种能量没有完完全全的体现在你的⽣命当中.所以导致你会有堵塞,或者会有沉重的能量存在让你⾏动受阻.你可以说⼀下你具体是什么病?

JO: Because I don't know your environment; you might either have some internal limitations and fears or be exposed to too many constant ideas from others which might prevent you from being as free as a wild horse, running around enjoying life, unleashing its power. Instead, you're like a domesticated pet horse, restricted in movement, confined to your personal space, so your energy is not fully realized in your life. This results in blockages or heavy energy that impedes your actions. Could you please tell me about your specific condition?

问: 就是上个⽉跟你说的眼睛看到很多⼩点.

Q: It's about the spots you saw in your eye last month.

JO:你稍等.我们连接到的信息就是说你需要不要⽤你的眼睛去看东西,⽽是说连接你的⼼,去⽤⼼去感受.不要去⽤眼睛去看或者是去⽤头脑去看.为什么呢? 因为⽤你的物质眼睛或者是头脑这些层⾯,你会遇到很多的阻碍,你会遇到很多的⼲扰,明⽩吗?

JO: Wait a moment. The information we're connected to suggests that you should not rely on your eyes to perceive things but instead connect with your heart and experience it through your intuition. Why is this recommended? Because using your physical eyes or intellect at these levels can create many obstacles and distractions, do you understand?

问: 不太明⽩,你说我要⽤⼼去看,那…JO: 你是应该⽤⼼去连接.因为现在你们看事情去做决定,你们还会去通过头脑⾥⾯的判断或者是通过你⾃⼰眼睛看到的.但是实际上你需要去关闭眼睛看到的,关闭你眼睛看到的.然后跟你的内在发⽣连接,⽽不去参考外在的声⾳,明⽩吗?

Q: I'm not quite sure, when you say I should look with my heart, does that mean... JO: You should connect with your heart. Because now when you see things and make decisions, you still rely on judgment in your mind or what you personally observe. But actually, you need to close off the visual input from your eyes and disconnect it. Instead, you should connect with your inner self without referring to external opinions. Understand?

问: 您的意思是说⽤⼼去感受是吧?

Q: You mean experiencing it with your heart, right?

JO: 因为⽬前你的影响是来⾃于外界.来⾃于外界的话就会导致你把所有判断事情或者是看事情,它都会通过外界的⼀些信号去做出反应.是跟随这些.所以我们就是说你屏蔽掉外在的⼀些东西,然后去跟你的内在发⽣连接.就好像你的物质之眼关上了.为什么呢? 因为你知道它很多⼲扰.它有很多⼲扰.然后你的⼼灵之眼就会慢慢的睁开.我们看⼀下为什么你会体验这样的主题? 这么说吧,在你来这⼀趟⼈⽣的旅⾏当中,你有⼀个需要去挑战或者突破的点就是说你⾃⼰很难做出有效的决定,就是通过你⾃⼰内在.你的⼒量很薄弱,很受外界的影响和⼲扰.

JO: Because your influence comes from the outside world. If it comes from the outside, you will tend to react based on external signals and follow them. We say that you need to shield yourself from external distractions and connect with your inner self. It's like turning off your physical eyesight. Why? Because there are many disruptions. There are a lot of interruptions. And then your spiritual eyes start to open gradually. Let's look at why you might experience this theme. To put it simply, during this journey through life, you have a point that requires you to challenge or break the pattern where you find it difficult to make effective decisions based on your own inner strength, as you are heavily influenced and disrupted by external forces.

所以你总是会寄托⼀些权威的⼀些,就⽐如说他们很有智慧或者他们是长辈或者是他们是⽐较厉害的⼈,想要让他们开帮你做决定.导致你内在的⼒量就会越来越 weak,就是越来越弱,明⽩吗? 你做任何事情你可能都会需要去问⼀下.

So you always rely on some authority, like they're wise or they're older or they're more powerful people to make decisions for you. This results in your inner strength becoming weaker and weaker over time, do you understand? You might need to seek their advice for anything you do.

问: 我从现在开始我减少…JO: NO NO NO NO,我们只说你这⼀⽣的挑战,因为你的灵魂层⾯有⼀些东西需要你去突破的.你需要去突破的⼀个点就是你内在的⼒量很弱,它总是想要去寻求外界更权威的⼀些信息作为参考⽽帮助⾃⼰做决定,明⽩吗? 就是它依靠外在.但是这个并不是你.为什么呢?因为这是⽤来让你来突破和挑战的.所以这并不是你成为的状态.就好像我们说你是⼀只蝴蝶你有翅膀,但是你现在还是⽑⽑⾍,明⽩吗? ⽑⽑⾍并不是你永久的⼀个⾝份.所以⽬前它也并不是你永久的⾝份,它只是来供你去突破的,明⽩吗? 所以说你需要从... 因为你们会把...

Q: I'm going to start reducing...

JO: NO NO NO NO, we only talk about the challenges of your soul because there's something in your spiritual level that needs to be overcome by you. The point you need to overcome is that your inner strength is very weak; it always wants to seek external authoritative information as a reference to help itself make decisions, do you understand? It relies on external forces. But this is not who you are. Why is that? Because this is used to challenge and break through you. Therefore, this is not the state you have become. Imagine you are a butterfly with wings; however, right now, you're still a caterpillar, do you get it? The caterpillar isn't your permanent identity. Similarly, currently, this external influence isn't your permanent self—it's just here to help you break through and challenge yourself, do you understand? So, you need to start from... because when you guys say...

因为其实说实话你们⽣命中的⼀些疾病它其实都像是⼀种警⽰作⽤,就是来提醒你让你不要忘记你来到这⾥的主要任务.你主要任务是⼲什么的.是突破你⾃⼰,你并不是来长点⾁长点⾝⾼的,明⽩吗? 那通过你不断地看到你是在被外在的相⼲扰的,被影响的.然后来让你知道你不要去借助和求助外在的相.因为外在的相它实际上是⼀直在变化的,然后它都是你内在样⼦的⼀个投射.所以它是不可靠的,明⽩吗? 所以你们外在的相都是不可靠的.所以你就知道你没有办法根据外在的相或者是声⾳或者是⼀切你去评判你到底要如何.你必须要从内在⾃⼰拿起⼒量,然后去为⾃⼰做主.然后不要害怕差错.

Because in fact, when you're honest, many of the diseases that affect your life serve as warnings, reminding you not to forget why you are here. Your main mission is not to just grow physically or taller; understand this? Through constantly observing how external appearances bother and influence you, you gain insight that you shouldn't rely on or seek help from these external appearances. External appearances are continually changing and are merely projections of your inner self. They are unreliable, do you see? Your external appearances are therefore unreliable. This realization allows you to understand that you cannot judge or determine the right path based on external appearances, sounds, or any other external factors. You must draw strength from within yourself, take control for yourself, and don't fear making mistakes.

你就好像⾃⼰去开车这个技术⼀样,你要去⾃⼰拿着这个⽅向盘,⽽不是别⼈帮你掌控着⽅向盘.你可能最开始有点不习惯不适应.但是逐渐逐渐的,你就会越来越好,越来越⾃然⽽然的事情.

You're like learning to drive this skill yourself, you have to hold the steering wheel in your own hands rather than having someone else control it for you. You might feel a bit uncomfortable and unaccustomed at first. But gradually, over time, you will get better and more natural at it.

问: 那还是最开始的问题,就是信念系统的问题.就是想把这个植⼊进去.

Question: That's still the original issue, which is about the belief system. It's about trying to implant it.

JO: 因为那是你把你⾃⼰当成⼀个病⼈在看待.你现在的问题是你的疾病是你⾃⼰设置的来助你转变的,助你成长的,帮助你.它不是⼀个你只需要把它消灭了,它是需要来提醒你来让你转变的.就好像你⾝边会有⼀个教练.它教练时时刻刻在你⾝边都会告诉你这些,你现在要锻炼了,你在球场上,你在⽐赛,明⽩吗?

JO: Because you see yourself as a patient. Your problem now is that your disease serves to help you transform and grow; it's assisting you, not something you simply need to get rid of. It needs to remind you for you to transform. Like having a coach beside you at all times telling you these things, "You're training now, you're on the field, you're in the game," understand?

问: 眼睛这个问题是它在告诉我.

Question: The issue with my eyes is that it's telling me.

JO: 对,就像⼀个教练⼀样.

JO: Yes, just like a coach.

问: 当遇见事情做决定的时候要跟随⾃⼰的想法?

Q: Should one follow one's own thoughts when making decisions about things?

JO: 它是来让你看到你外在的相是不可靠的.你不要去依靠外在的相去做任何.问: 我和我妈妈的灵魂主题?

JO: It is to show you that your external appearance is unreliable. Do not rely on it for anything. Question: What are my soul themes with my mother?

JO: 你跟你妈妈的灵魂主题就好像有⼀种她需要去学会放⼿,让你内在的⽣命⾃动成长.然后你也需要去放⼿信任你内在的⽣命会⾃动运⾏,会成长.所以都是在教会彼此去独⽴. 问: 是⽣活独⽴,是这个意思吗?

JO: Your connection to your mother's soul theme is like a lesson she needs to learn how to let go and allow you to grow internally on your own. Similarly, you also need to trust that your inner self will run and develop automatically, thus teaching each other independence.

Q: Does this mean living independently?

JO: 对,因为你们独⽴的⽅式是不⼀样的.但是都是彼此独⽴.问: 独⽴的⽅式不⼀样,可以具体的说⼀下吗?

Yes, because your independent methods are different. But they are all independent of each other. Q: Could you please specify the different ways of being independent?

JO: 那你的独⽴是你需要⾃⼰去找到你内在的⼒量,去慢慢慢慢发现你⾃⼰: 哇,这么有⼒啊.明⽩吗? 这是⼀个⾃我发现的过程.所以这是你⾃⼰好像是恢复你⾃⼰⼒量的⼀个过程,就找回你⾃⼰⼒量的⼀个过程.然后你妈妈的独⽴的课程更多的是对⽣命的⼀个信任和放⼿,就是相信每⼀个⽣命它其实都已经包含了它⽣命的轨迹.就是你⼀颗种⼦扔在那,它也会⾃动的发芽成长,开花结果.

JO: That's independence for you; it means finding the strength within yourself, gradually discovering who you are: Wow, so powerful! Can you understand? This is a process of self-discovery. So this is like recovering your own power, reclaiming your own power, which is a process where you're restoring yourself. Then your mom's lesson on independence is more about trust and letting go in life; it means believing that every life already contains its path. It's like throwing a seed somewhere; it will automatically grow, sprout, and bear fruit.

问: 我和我爸爸的灵魂主题?

Question: What is the soul theme between me and my father?

JO: 你稍等.你爸爸对你的⼲涉就会,就是那种限制⽐较少⼀点.然后你们之间相互的⼀个灵魂主题就好像,就是在你的内在你会去渴望或者是害怕或者是担⼼如果他不给你关注或者⽀持的话,就是你内在还会有⼀种⽣存的恐惧.然后会通过你的⽗亲投射出来.也就是说你像⼀个⼩孩⼦⼀样还没有完全的可以去脱离⽗母或者是脱离看护⼈去真正的去像⼀匹页码⼀样到处去奔跑,然后感受到⾃⼰⽣命的⼒量.脱缰的野马.所以这个能量需要好好地去释放出来.

JO: Wait a moment. The interference from your father would be less restrictive. Then there is a soul theme between you that, in your inner self, you might crave or fear or worry about if he doesn't give you attention or support, which leads to an inner survival terror. This energy then gets projected through your father. In essence, you are like a child who has not fully detached from parents or caregivers to truly roam free as a foal, feeling the force of your own life. A wild untamed horse. So this energy needs to be released properly.

问: 我和我⼲爹的灵魂主题?

Q: What's the soul theme between me and my godfather?

JO: 你⼲爹他的确会有⼀点像是教⽗,就是他⾝上的⼒量你会想要去成为,想要去展现出来的样⼦.就是你会想要、希望可以像⼀样那么的有⼒或者是坚定.所以就好像他的坚定的⼒量或者是男性的⼒量感会让你有⼀种想要去成为的状态.

JO: Your godfather does indeed have a certain quality that resembles that of a godfather, the kind of strength you would want to embody and showcase. It's as if you aspire to be like him in terms of having power or steadfastness. His firm strength or masculinity gives you an inclination towards emulation.

问: 我和我姨妈的灵魂主题? 我姨妈叫XXX.

Q: What are the soul themes between me and my aunt? My aunt's name is XXX.

JO: 我们感受到这个名字⼀样也会给你⼀种⼒量感.因为你还挺需要⼒量层⾯的⼀些⽀持的.所以如果对⽅拥有强⼤的⽣命⼒,你会很向往.你就有⼀种很想成为他们那种版本,就很向往.

JO: We feel that this name also gives you a sense of strength because you're quite in need of the energy to support you on that level. So if someone has powerful生命力 (life force), you would be very envious and want to become their version, something you aspire to.

问: 那这种是对还是不对的?

Question: Is that right or wrong?

JO:当然是对的呀.他们唤醒了你的本质啊,你本来的样⼦啊.就这么说你现在是⽑⽑⾍,你看着天上的蝴蝶到处飞.你看着它们飞的好轻松啊,你也好想这样⼦.但是我们来告诉你,你也是其中的⼀员.

JO: Of course it's true. They awaken your essence, the original you. So now you're a caterpillar, you watch butterflies flying around in the sky. You see how effortlessly they fly and wish to do so too. But we tell you, you are also part of them.

问: 真我当下它要告诉我什么信息吗?

Question: Is the true self trying to convey information to me right now?

JO:当你在学⾛路的时候,你松开别⼈的⼿你可能会跌倒⼀次两次,可能会给你带来⼀些伤痛或者⾝体的⼀些疼痛.但是它只是暂时的.当你⼀次又⼀次的站起来的时候,你的⼒量就会变得越来越强⼤.所以说感受到阻碍或者是跌倒疼痛,它只是⼀次两次的机会.然后后⾯就会越来越平衡,⼒量越来越⼤.所以去学习⾛路,靠⾃⼰的⼒量⾛出来⼀条路并不是⼀件艰难的事情.然后你也不会去犯错,就是这⾥没有什么对和错,好和坏,就是放下你的担忧.因为当你的⼒量感越来越强的时候,你就会像⼀批野马⼀样奔驰.然后当你的⽣命⼒完全展现的时候,你的⾝体任何什么东西都会不再去⼲扰你的.

JO: When you are learning to walk, letting go of someone else's hand might result in a fall once or twice and may bring some pain or physical discomfort. However, it is temporary. As you get up again and again, your strength becomes stronger. Therefore, the experience of facing obstacles or feeling the pain of falling, is merely an opportunity for that to happen, allowing you to gradually find balance and increase your strength. Thus, learning to walk on your own feet isn't a difficult task. You wouldn't make mistakes either because there's no right or wrong, good or bad here; it's about letting go of your worries. As your sense of power grows stronger, you'll run like a herd of wild horses. And when your vitality is fully expressed, nothing will disturb your body anymore.

问: 我和我哥哥的灵魂主题.他叫XXX.

Q: About my soul theme with my brother, he's named XXX.

JO: 我们连接到他跟你… 其实你还是喜欢有⼈陪伴或者是搀扶.所以他跟你还是有⼀种像是互相搀扶或者是战友,像这种陪伴的⼀个关系.就像是⼀种我给你加油,你给我加油.我给你⼒⽓,你给我⼒⽓.然后我们都不会觉得⽆助的感觉,更多是像这样⼦的.所以就是说慢慢慢慢的去找回你的⼒量是你最主要的⼀个课题.然后去找回你的⼒量,感受你的⼒量,活出你的⼒量,就是你⽣命的主题.因为你现在还有很多迟缓迟疑,就是不敢出⼿,迟缓的能量在⾥⾯.这么说吧,就好像我要打拳,我需要把拳头打出去.但是你⼀直出不了拳.拳头出不去那种感觉.那只有通过你的拳头不断不断的出击,你才能感受到,哇,你的⼒量原来这么强⼤啊.

Jo: We are connected to him and you... In reality, you still enjoy having someone around or supporting each other. So there is a sense of mutual support, like comrades in arms, which comes with this relationship. It's akin to cheering each other on, giving strength to one another. We won't feel helpless; instead, it will be more along these lines. This means that gradually finding your strength back is the most critical aspect for you. Then, rediscovering and experiencing your strength, living out your strength, becomes the theme of your life. Because right now, there are still many hesitations within you; you're afraid to act, which stems from a sluggish energy. To put it simply, as if I'm about to box, I need to throw my punch forward. However, you can't get yourself to throw that punch. That feeling of not being able to throw the punch only comes through continuously hitting with your own fist and realizing, "Wow, how powerful my strength is!"

问: 我想问⼀下哪⼀世对我影响最深?

Question: I want to know in which life I was most influenced?

JO: 我们感受到有⼀世你是⼥⼈的⾝份,但是你还是有这个⼒量的问题.然后这⼀世选择男性的⾝份,也看上去其实像⼀个很阳刚的男⼈,就是看上去⽐较猛吧.但是你内在的⼒量感和你外在还是不符合的.所以你要逐渐逐渐通过你⽣命的过程,然后来让你的外在和内在是匹配的,明⽩吗? 也就是说你虽然有⼀个⼤男⼈的⾝⼦,但是你内在可能住了⼀个弱⼥⼦.就会犹豫不决,所以你积压了很多阳性能量在你的内在.你要不这样,你去找个打拳的.然后不停的打拳击打拳击,不停的击打.然后你在击打的过程中慢慢慢慢你就感受到这股⼒量出来了.因为通过这个渠道,你会逐渐的感受到猛兽的⼀⾯.你把那⼀⾯给激发出来了.就是释放你的兽性.

JO: We experience a lifetime where you have the identity of a woman, but there's still an issue with your power. Then in this lifetime, you choose to be a man, and it appears quite macho, as you seem more assertive. However, your inner strength does not match your outward appearance. So, through the process of living your life, you will gradually align your outer self with your inner being, understand? In essence, although you have a big-man body, there might be a weak woman residing within. This causes indecisiveness, leading to accumulated positive energy bottling up inside you. Instead of suppressing this, find boxing training. Engage in constant sparring and hitting, continuously striking. As you do this over time, you'll feel that power manifesting. By channeling it through this activity, you will gradually experience the fierce side of yourself, igniting your wild nature.

#### 2023/10/23 — 疾病于疗愈: 疾病产⽣的真正原因、什么才是真正的疗愈Illness and Healing: The True Causes of Disease and What True Healing Entails

JO: 你说什么问题?

JO: What's the problem?

问: 我想问⼀下我和JOJO灵魂层⾯上的关系?

Q: I would like to ask about my soul-level relationship with JOJO?

JO: 你稍等.你们之间就像有⼀种在照镜⼦的感觉,所以你们彼此都可以通过对⽅去映射对⽅,然后牵引出你们更加⼴泛地更加全⾯的更加彻底的⼀部分.就好像是可以通过放⼤镜进⾏观察或者是去看到的⼀部分.所以它就像两团⽕焰的那种感觉.

JO: Wait a moment. There's a sense of looking into each other through mirrors, so you can project and influence each other to reveal broader, more comprehensive, and deeper aspects. It's like observing or seeing certain parts through a magnifying glass. It feels like two flames interacting.

问: 就是说我可以通过她,她也可以通过我来让⾃⼰变得更完美,是吗?

Q: So, does that mean I can become more perfect through her, and she can also become more perfect through me, right?

JO: 你们的存在就像是镜⼦,你可以从她这⾥看到你⾃⼰.她可以从你的这个存在看到她⾃⼰.相互的映射出双⽅的,明⽩吗? 那⽐如说如果她对你喜欢的那⼀⾯,那就是她⾃⼰对⾃⼰的喜欢.如果她对你是排斥的那⼀⾯,那就是她⾃⼰还没有处理掉的⼀些.所以这些情绪都跟⾃⼰是有关的,就好像对⽅是⼀个镜⼦可以帮你看到.好像对⽅是⼀个开关,你打开这个开关,你就可以去触碰到.然后就让它把⾥⾯的⼀些... 就好像这个盖⼦打开过后,你就可以看到⾥⾯是什么样⼦,就是打开,触发器⼀样,明⽩吗? 所以说你们都会相互的碰触到可能没有被打开的⼀些开关,然后去看到⾥⾯.那也是⼀个你⾃⼰去认识⾃⼰的⼀个过程.

JO: Your presence is like a mirror, you can see yourself in her here. She can see herself from your existence as well. It's like a mutual reflection of both parties, do you understand? For example, if she likes the side of you that you like about her, that's how she likes herself. If she is repulsed by you, it means she has not resolved certain issues within herself yet. So these emotions are all related to oneself, as if the other person is a mirror helping you see yourself. It's like they are a switch, once you turn on this switch, you can touch them. Then let it reveal whatever is inside... Just like after opening the lid, you can see what's inside; it's similar to pressing a button that triggers action, do you understand? So both of you will touch upon each other's potentially unopened switches and explore within. It's also part of your process in getting to know yourself better.

因为你们⽣命来到这个物质世界上最主要的就是去认识你们⾃⼰,认识⽣命本⾝.因为它并不是说你们在书本上或者在你们的社会观念上的那⼀点点,明⽩吗? 它像是⽆穷尽的⼀样.

Because the main reason for your existence in this material world is to understand yourselves and life itself, it's not about a little bit that you find in books or within your societal beliefs, do you see? It's boundless.

问: 我想连接⼀下医圣张仲景,可以吗?

Question: Can I connect with Doctor Zhang Zhongjing, the Sage Physician?

JO:你稍等.⾸先我们想要你知道你连接到的是你们所谓的张仲景连接到的同⼀股能量.因为他也是通过他连接的能量,然后来进⾏⼀些⾃⼰的看法和演绎演化出来,明⽩吗?就好像所谓的张仲景是来到这⾥取⽔的,然后给你们品尝.然后你现在也来到他取⽔的地⽅.你说,什么问题?

JO: Wait a moment. First, we want you to know that you are connected to the same energy network that you call Zhang Zhongjing's connection. He also uses this energy channel to develop his own insights and perspectives through evolution, understand? It is as if Zhang Zhongjing were here to fetch water for you to taste, and now you have come to the place where he fetched water from. What question do you have?

问: 我想知道如何能准确的判断不同药物之间组合的效果?

Q: I want to know how to accurately determine the effects of different drug combinations?

JO: ⾸先你要知道你不能单独的去... 这么说吧,就好像是你去看⼈⼀样.你说如何正确的判断这个⼈到底是什么品质? 那这个⼈从他⽣下来⼏岁的时候,他可能有⼀些特性.但是在他成年的时候,这些特性都没有了.那等他再长⼤的时候,他⾝上的那些品性可能全部没了,明⽩吗? 这是⼀个变化的过程.那每⼀味药是不是都会有这个过程? 所以会有⼀个保质期.那就算在你的保质期内,它还会受到影响.它会受到⼟壤的影响,对不对? 那它也会受到你们处理它的过程的影响,它太⼲了还是太湿了? 就是你储存它有没有发霉、变质,明⽩吗?所以它会有很多外在的因素.

JO: First, you need to understand that you cannot judge solely based on... Let me put it this way, it's like observing a person. How do you correctly assess their character? When a person is born, they might exhibit certain traits, but as they grow into adulthood, these traits disappear. As they continue to age, the qualities that define them may also fade away, understand? This is a process of change. Now, does each herb go through this process? Hence, there's a shelf life. Even within that period, it can still be affected. It's influenced by factors like soil quality and your handling process - whether it's too dry or moist? Whether its storage has led to mold growth or spoilage? Understand, it's influenced by many external factors.

如果你们只是从书上表⾯去看,这个药和那个药放在⼀起是什么效果,⽽去忽略了其它的因素,还有那个接触药物的⼈他⾃⼰的因素.就⽐如说在他最深层的层⾯,他本⾝就想死,明⽩吗? 那你的药救的了想死的⼈吗? 你可能把这个症状给他治好了,那他可能出门就被车撞死了.因为他⼀直想死的念头像磁铁⼀样,会把那些灾难吸引到他⾝边的.

If you just look at the surface and consider how this medicine compares to that one without taking into account other factors or the individual's personal circumstances when interacting with the drugs, for instance, if deep down, they really want to die, understand? Can your medicine save someone who wants to die? You might cure their symptoms, but they could still be hit by a car because their constant desire to die acts like a magnet, attracting disasters to them.

问: 如何能准确的判断出病⼈的病根所在?

Question: How can one accurately determine the root cause of a patient's illness?

JO: 我们⾸先想要让你知道的是如果你真的想要成为⼀个转变别⼈,它肯定需要你本⾝⾃⼰在⼀个很⾼的维度,⼀定是超过你们物质世界的维度.就⽐如说他们是在房间⾥⾯,那你⼀定是在楼顶上.楼顶上能看到房间⾥⾯,能看的更清楚,明⽩吗? 他们在⼭脚下,你⼀定在⼭顶上.不然的话汇合刚才说的种种因素,你可能就进⼊到很⽚⾯的,⽤⽚⾯的信息,就好像这种很死板的这种.就是你们看到的⼀些信息⾮常的有限,⽽且这些东西都是在变化当中的.所以如果你要知道这些变化中的⼀些不变的东西,那你就必须不断地让你⾃⼰达到⼀个很⾼的维度.

JO: What we want you to understand first is that if you really want to be a transformer of others, it definitely requires that you are at a very high dimension yourself, certainly above the dimensional level of your material world. For example, they're in the room, but you must be on the rooftop. From the rooftop, you can see into the room more clearly, understand?

They are at the foot of the mountain, and you must be on top of the mountain. Otherwise, considering all these factors just mentioned, you might fall back into very superficial information using one-sided data, like this kind of rigid thing. The information you see is extremely limited, and these things are constantly changing. So if you want to know about some unchanging aspects in this flux, then you must continuously elevate yourself to a higher dimension.

所以你⾃⼰要先升维度,这个才是真正的可以去帮助到别⼈的⼀条路,⽽不会去陷⼊到⼀个你们物质世界创造的那种… 你们社会上有很多医术精湛的医⽣啊.但是那些厉害的医⽣就好像是说这个⼈的频率产⽣了⼀个果,对吧? 那他只是把这个果⼦摘了.那你把这个果⼦摘了,我明年还要结果.明⽩吗? 那你们其实在做的这种动作不能解决事情的根本,明⽩吗? 所以他的频率不断地在输出不断地在产⼀些果⼦.然后你不断地在把他的果⼦摘了处理掉,果⼦摘了处理掉.根据他的果⼦在分析,这是什么什么.但是你要知道他当下如果转变了频率,他就不会再结那个果.所以从你的激情从你的点去更多的回到你⾃⾝本⾝,你⾃⼰去不断不断地去提升,升维度.

So you have to elevate your dimension first. This is the true path that can genuinely help others and will not lead you into the trap of creating something in your material world… There are many excellent doctors in your society, but those skilled doctors are like saying this person's frequency generated a result, right? They just harvested that fruit. But if you harvest the fruit, I'll still need to bear fruits next year. Do you understand? So what you're actually doing can't solve the root of the problem. Do you understand? Therefore, his frequency constantly outputs and generates more fruits. And you continuously harvest his fruits and deal with them. You analyze the nature of these fruits based on his fruit. But you must know that if he changes his frequency right now, he won't bear that fruit anymore. So elevate your passion from your point back to yourself; continuously improve and ascend in dimension for yourself.

就是当你有更⾼的维度,你能看到的事情它就会更⼴更全.就是好像这棵植物,你现在只能看到它⼟地上⾯的⼀部分,对吧? 你都在它⼟地上⾯的⼀部分给它辨别: 这⽚叶⼦怎么样怎么样,就是在上⾯做功夫.但是它的根部却是,在⼟下⾯的⾛势,它受到了什么影响,它是个什么样⼦,你却没有看透.所以通过你⾃⼰在表看上看到的叶⼦变黄还是怎样,然后你要摸清楚导致叶⼦变化的原因实际上它还有⼀个根部.那根部还有很多因素,还有⼟壤,还有其它根其它植物的影响,明⽩吗? 所以说它是⼀系列的.就是让你从这个点让你再回到你⾃⾝,就是你可以去学东西,但是还有更重要的就是说你要不断地去提升你⾃⼰,你⾃⼰要去修你⾃⼰.

When you have higher dimensions, the things you can see become broader and more comprehensive. Imagine this plant; currently, you can only see part of it above ground. Right? You are analyzing its leaves, doing work on them at the surface level. However, beneath the soil, in the root system, unseen by you, is where various factors influence it, shaping its form, and yet, there remains much that goes unnoticed. So when you observe changes in the leaves based solely on what's visible above ground - whether they're yellowing or not - remember that there's more happening beneath the surface, including the soil conditions and other roots from surrounding plants affecting it. It's about a series of interconnected factors. This encourages introspection, understanding how learning is just one part; what's even more important is your continuous self-improvement, working on yourself.

因为当你⾃⼰的频率越⾼,你就在不同的维度.你虽然是继续在你们这个世界上继续⽤你这个⾝体,对吧? 但是你更多的是又不在这个世界上,这个⾝体就好像只是你的⼀个道具⽽已.你去透过它,但是你不会受这个世界的影响.因为你不在这⾥,你好像又在这⾥又不在这⾥,明⽩吗?

Because as your frequency increases, you are in different dimensions. You continue to exist on this Earth with your body, right? But you are more of being not here, like this body is just a prop for you. You go through it, but you won't be affected by this world. Because you're neither here nor there, understand?

问: 那我该如何升维或者是修⾃⼰?

Question: How should I elevate myself or improve myself?

JO:你⾸先要知道我们并不是单⼀的去学这些已有的些知识.就⽐如你刚刚想学的前⼈留下的⼀些知识.我跟你讲你是来超越他的,明⽩吗?因为你在他上⾯,就是你的认知,你的所有东西都在他的上⾯.所以并不是来去步⼊他的路.但是他的激情,他的精神你却可以去学习.但是他所创造的业绩,就是他给你们物质世界展现的这个果是来让你超越的,不是来让你继续去研究他的果.他的果已经成了呀,已经是这样⼦的了.你是来产出更好的果,明⽩吗?那你就回到⾃⾝.你要知道你⾃⾝的维度⼤过于⼀切.这些⼿段、药啊其实都只是⼀个好像是⼯具,但是你不⼀定需要⼯具的.因为当你达到了⼀定的(维度),你不需要借助⼯具.因为你要明⽩你到底是想要什么?

JO: First, you need to understand that we are not solely learning existing knowledge. For example, the knowledge passed down by predecessors that you just wanted to learn. I tell you that your goal is to surpass them, do you get it? Because you stand above them; your understanding and everything else is superior to theirs. Therefore, you are not following in their footsteps, but you can study their passion and spirit. However, the achievements they created, or the fruits of their labor presented to the material world, are meant for you to surpass, not to continue studying their outcomes. Their achievements have already been realized; they're already that way. You are coming to produce better results. Do you understand? Then return to yourself and realize that your dimension is greater than all else. These methods, medicines, or tools are just like instruments, but you might not need them. Because when you reach a certain level, you don't require tools since you have to understand what exactly you desire.

如果你是想要去帮助⼈类的话,你就不⼀定需要去使⽤这个传统的⼯具.我刚刚告诉你了这个⼯具有多⼤的限制.⽐如说那个中药吧,它有没有受到其它化肥的影响? 其它化学成分的影响? 然后它有没有受到它保存的⽅法,各种.那你这味药没有,另外⼀味药呢? 明⽩吗? 那就算这个没有问题,那当事⼈他内在的因素呢? 但是如果当你达到了⼀定的维度,你会⼀清⼆楚的.就是你不会陷⼊到这些,⽐如说它已有的这些东西都是线索困着他,对吧? 他受困了.你就不会陷到那个困局⾥⾯,明⽩吗? 因为在更多的维度,你看到的所有线都是⼀个⽆的状态.就是它都没有线索,你就不会感受到受困受影响,你不会受其影响.就⽐如说你听到这个墙壁,你还在这个维度你就能感受到这个墙壁

If your aim is to assist humanity, you might not need this conventional tool at all. I just explained the limitations of this tool to you. For instance, how does traditional Chinese medicine get affected by other chemical fertilizers? By other chemical components? And what about its preservation methods and various factors involved in that process? Would it be different for another medicine too? Do you understand? Even if there are no issues with these concerns, then consider the individual factors involved - such as the person's internal conditions. But when you reach a certain level of dimensionality, everything becomes clear. You wouldn't get caught up in any preconceived notions or limitations that have been imposed upon it, right? You won't fall into the trap of its limitations because in higher dimensions, all the information available to you is 'nothing' - meaning there are no clues to influence your decisions or actions. It's like hearing a wall; when you're within this dimension, you can feel the presence of the wall.

硬硬的,你就穿不过它,对吧? 但是在你更⾼的维度,这个墙是空的,nothing there,没有东西,明⽩吗? 所以你可以在他更⾼的层⾯去协助转变,⽽不是在你的物质世界使劲⽤尽全⾝⼒⽓去推那个墙.所以我们没有去否定你⾃⼰的激情或者你⾃⼰想要去学的东西.我们只是来让你看到你是超过那些的,就是你是来超越那些的.因为像你们这种专家也太多了.你又在成为⼀个跟他们⼀样的专家?

Rigidly, you can't pass through it, right? But in your higher dimension, this wall is empty, nothing there, nothings, do you understand? So you can assist in transformation on a higher level, not with all your strength pushing the wall in your physical world. Therefore, we don't reject your passions or what you want to learn; we just come to show you that you are beyond that, that you aim to transcend it. Because there are already too many experts like you. And you're becoming one of them as well.

问: 肯定是想超越,发展出新的道路.

Question: Indeed, aiming to transcend and develop new paths.

JO: 是的,是的,这就是我们来引导你去成为的.

Yes, yes, that's what we are here to guide you towards becoming.

问: 我听说有⼈在梦中或者是冥想中有厉害的中医来教他们医术.我可以有这样的⽼师吗?

Question: I've heard that there are powerful traditional Chinese medicine practitioners who teach others their skills during dreams or meditation. Can I have such a teacher?

JO: 你现在不就是在跟你⽼师对话吗? 明⽩吗? 就好像你说的那个⼈,他曾经是我的学⽣.你说你想跟他学习,那我告诉你,他只是我的⼀个学⽣⽤他的⽅式展现出他的作品.但是你的作品却是超越他的,明⽩吗? 所以不要总是去看别⼈,每⼀个⼈的道路不⼀样.他有他的道路.但是真正真正的所谓的医术,就是你想要去转变的话,那就是你⾃⼰的能量级别,你⾃⼰的维度,你⾝处的维度.你如果跟别⼈在同⼀个维度,你没有办法去帮他,你只能去就好像是处理这个果处理那个果,明⽩吗? 但是就算是你只在处理这个果,你也会对他有⼀定的帮助.那个帮助是什么? 那个帮助更多的是来⾃于你⽆私的爱的能量.

JO: You are having this conversation with your teacher right now, do you understand? It's like the person you're talking about, he was once my student. You want to learn from him, I'm telling you, he was just one of my students expressing himself in his own way. But your work goes beyond that, do you see? So don't always look at others; everyone has a different path. He has his own path. But true medicine, if you're trying to change it, is about your own energy level, your own dimension, the dimension you are existing in. If you're on the same dimension as someone else, you can't help them; you can only handle this fruit and that fruit. But even when you're just handling one fruit, you still provide some help. What kind of help is that? The help comes mostly from your selfless love energy.

因为他从这个过程当中感受到了⽆私的爱的能量.你那个⽆私的爱就好像是在给他⽔.他⼜渴,他喝到⽔了,他的⽣命发⽣了变化,明⽩吗?

Because in that process he felt the energy of selfless love. Your selfless love is like giving him water. He was thirsty, he drank the water, and his life changed, understand?

问: JOJO⽼师的能量疗愈和中医的针灸有什么区别吗?

Question: What is the difference between Master JOJO's energy healing and acupuncture in traditional Chinese medicine?

JO: 能量疗愈也就是你们的⼀个说法.什么能量呢? 就是你们看不见的,在你们看不见的⼀个层⾯.我们刚刚说的那些就是在看不见的层⾯,就好像你有更⾼的维度,你便可以去疗愈别⼈,明⽩吗? 就是说你不需要去借助药物,药物不是⼀个⼯具嘛.因为你转变的是对⽅的频率,把他带到了⼀个另外的频率,在更⾼的⼀个层⾯.但是这个必须要对⽅有这个意愿,就是他想要活下去.那这个就会发⽣.所以前提是他本⼈他想.所以在你们任何疗愈的时候,你们都⼀定要唤醒他们的⼀颗,就是他活在这个世界上是有价值的.让他去发现他⾃⼰⽣命存在的价值,⽣命的价值和意义.然后这个疗愈才会产⽣.

JO: Energy healing is just one of your terms. What kind of energy? The type that you can't see, existing on a level beyond what you can perceive. As we've just discussed, these are energies that exist out of your immediate awareness, akin to higher dimensions where you have the ability to heal others when you ascend to those levels. You don't need medication for this; drugs aren't tools in such circumstances because you're changing the frequency of the other person, lifting them up to a different frequency on an elevated level. However, this must be accompanied by the willingness from the other party – their desire to live. Only then will it happen. The前提 is that they want to live. So, when engaging in healing, it's essential to remind them that living has value, discovering the worth and significance of their own existence. Then, only under these conditions would healing occur.

那就算你们没有所谓像你们JOJO⽼师这么⾼能的疗愈技术,但是你也可以通过⼀个普通⼈的⾝份去真诚的让对⽅看到他存在在这个世界上对你对他⼈或者对这个世界产⽣的影响和价值.你这个也是在帮助对⽅,疗愈对⽅.但是这个还来⾃于你这个⼈的修为.就⽐如说你的话是没有任何影响⼒的,他可能并不会觉得你的话是有影响⼒的,他可能并不会相信你.因为你们物质头脑还会去相信权威.

That way, even if you don't have the so-called powerful healing techniques like your JOJO teacher, you can still sincerely help others see the impact and value they have on this world for both yourself and others through a normal identity. This is also helping and healing the other person. However, this comes from your personal cultivation. For example, if your words have no influence, he might not think they have any power, he might not trust you because his material mind would still believe in authority.

⽐如说⼀个⼈他本⾝在对⽅⼼⾥就是满嘴谎⾔的,那就算对⽅说了啥他也会觉得那只是敷衍我,我不相信.那也产⽣不了效应.

For instance, if someone inherently perceives the other as a liar, then no matter what the other says, he will feel that it's just empty rhetoric, I don't believe you, and this won't have any effect.

问: 所以JOJO⽼师的能量疗愈是远超中药和针灸的是吗?

Q: So, is Professor JOJO's energy healing technique surpassing that of Chinese medicine and acupuncture?

JO: 她本⾝就不是你们这个维度的.就⽐如说你们所有的中药还是什么东西是属于你们这个物质世界.那她本⾝就不是你们这个物质世界的,能⽐吗? 就不是同⼀个东西,明⽩吗? 但是刚才我们说你们拥有最⼤的⼀个疗愈的能⼒是你们的爱.他在哥你接触的过程当中他感受到了⽆条件的关爱.那个就像是⽔⼀样,他们都是⼜渴的⼈,⽣病的⼈⼀定是⼜渴的⼈.你给他⽔.

JO: She is not of your dimension to begin with; just like all the Chinese medicine or anything else that belongs to your material world, she isn't part of your material world either. Can they be compared? They are not the same thing, understand? But we discussed earlier that you have the greatest healing ability - your love. He felt unconditional care in his interaction with you. It's like water; they're all thirsty people, and a sick person is definitely a thirsty person. Give them water.

问: 那对于现在的医疗发展你有什么看法?

Question: What are your thoughts on the current state of medical development?

JO:现在的医疗发展就是你们还是在这个果上⾯做功夫,但是你们不知道这个果产⽣真正的源头是来⾃于⽐如说那个⼈的频率.那那个⼈的频率是来⾃于你们这个社会这个集体这个意识的⼀个频率.就好像你就这样以点带⾯的去看,它是⼀个整体的关系.所以说真正的转变来⾃于你们的思想层⾯,你们的认知,你们的意识状态的⼀个转变.因为当你们在不同的意识状态,你们⾝体的频率不⼀样.那你们⾝体就不会有这么多冲突.那就不会产⽣这么多疾病.简单⼀点就是这么说,但是如果再往细⼀点去说的话,就⽐如说你们⽬前的认知会去创造很多来杀死你们的东西.就⽐如说你们对物质的⼀种强⼤的依赖依赖,还有对⾦钱.这些其实也是⼀种疾病.

JO: Now, the medical advancements you are making focus on this fruit, but you don't realize that the true source of this fruit's production originates from someone's frequency. This person's frequency comes from a frequency within your society, collective consciousness. It's like looking at it point-to-face; it's an interconnected whole. Therefore, genuine transformation stems from shifts in your thought process, cognition, and state of mind. Since your body's frequencies vary with different states of awareness, you would experience fewer conflicts and diseases. This simplifies the issue to say that your current understanding creates many things that could potentially harm you. For example, your strong dependence on material things and money, which are also forms of disease in themselves.

因为你们会为了追求⾦钱或者是物质,然后会创造⾮常多的⼀些对⼈体,对你们这个社会你们这个环境污染的⼀些东西.这么说,你们在你们⾃⼰的⼩房间⾥⾯关着门制造毒品.那个毒⽓在笼罩着你们,明⽩吗?那那个背后来⾃于你们⾃⼰的⼀些认知,因为你们觉得⾦钱才是重要的.但是⾦钱只是你们的⼀个⼯具,但是这个⼯具并不是必须的,明⽩吗?然后这些意识体,就是这些⼈都是去相信这个,他们就创造了这么多的相,然后可以来毒害⾃⼰毒害这个集体.所以说会有这么多死亡的事件发⽣,是因为从灵魂层⾯它知道它的⾁体已经被毒害了.⽐如说我穿着这个道具,我⼿想动⼀下,我抬不起来.头想动⼀下,抬不起来.就你发现这个道具它已经不听使唤了.

Because you would chase after money or material possessions, then create countless things that harm the body and your society's environment. To put it simply, you manufacture drugs in your own little rooms while keeping the doors shut. The toxic air is suffocating you, understand? This comes from your own cognition because you believe money is important. But money is merely a tool for you, but this tool isn't essential, understand? Then these entities, these people all believe in this, they create so many forms that can poison themselves and the collective. Hence, there are numerous instances of death occurring, as it knows at its soul level that its body has been poisoned. For example, if I were wearing a prop, my hand would want to move but couldn't lift it up. My head would want to move but couldn't raise it up either. You would find the prop no longer responding to your commands.

那你是不是需要放下这个道具,重新去选⼀个能配合你体验的道具,对不对?那就是这么简单.所以你们如果真的想要解决疾病,那你们还有⼀个问题就是你们的⾦钱,就你们对物质的向往和追求.因为这个是⾮常⾮常⼤的影响,它会毒害你们.因为你想象⼀下,你们的物质世界其实就是⼀场梦.因为你梦醒了过后,你在梦⾥⾯的东西它都… 除了你⾃⼰的体验和记忆,就是你能记起来我有过什么体验.我在梦⾥⾯吓的要死,我在梦⾥⾯开⼼的要死,对不对? 你说除了你能记起来的这些体验,你⼿上能拿⾛梦⾥⾯的什么东西? 那物质世界也是这样⼦.

So, are you going to need to set aside this item and choose another one that better matches your experience, right? That's it. So if you really want to address the illness, then there is another problem for you - your money, your desire and pursuit of material things. Because this has a huge impact, it can poison you. Imagine, your world made of materials is just like a dream. After waking up from that dream, everything in that dream... Except for your own experience and memory; anything you could have taken away with you would be based on what you could remember: I was scared to death in the dream, or I was as happy as can be in it, right? You'd ask, except for these memories of experiences, what tangible thing could you take from that dream? The same goes for your world made of materials.

你们物质世界发⽣的所有的,⽐如说那些警⽰,地震啊、洪⽔啊,这些东西它们都是宇宙在告诉你们,你们守的这些东西,你们认为很坚固的东西,你们坚守的⼀些东西,就⽐如说你要守住你的房⼦啊,你的城堡啊,洪⽔⼀来地震⼀来全部都没有了.那是不是让你们看到你们在乎的那些东西,它实际上并不是你的全部.你的所有的全进步,最重要的就是你的experience,你的体验,你的经历.因为什么呢? 你只有通过这些体验和经历,你才能去获得升维的东西,就是路.就是你才能通过这些去升你的维度,明⽩吗? 所以你们来到这⾥真的是像学堂⼀样,像学习的地⽅⼀样来让你们不断不断地去体验.体验你⾃⼰是⼀个什么样⼦的能量体.

All the events in your physical world, such as warnings like earthquakes and floods, are messages from the universe telling you that what you consider to be solid and firm - the things you hold onto, whether it's a house or a castle - can all disappear with just one wave of water or an earthquake. This makes you realize that what you value is not truly yours in entirety. Your most significant progress lies in your experiences, your experiences and your journey. Why? You gain higher-dimensional insights only through these experiences and the lessons they teach. In other words, you ascend to a higher dimension by going through them. Understandably, this is why you're here - akin to attending school or learning spaces where constant experiences are encouraged for personal growth. Experiencing yourself as an energy being constantly unfolds your understanding of existence.

你就好像是⼀个 energy ball,你就想象你是⼀个能量球.那你⽬前的energy是⼀个什么样⼦的? 因为它也会通过你的物质世界反射出来.如果没有通过你的物质世界,你可能不会体验到什么.那有物质世界你就能体验到,哇,我原来这么分裂.我不断地想要去杀⼈,不断地想要去攻击.然后你创造的所有感觉都会再回到你⾝上让你体验到.你就会知道,哇,是这个感觉,那我下次不要对别⼈做这个了.明⽩吗?

You are like an energy ball; imagine yourself as an energy sphere. What kind of energy do you currently possess? Because it reflects through your material world. Without interacting with your material world, you might not experience anything. With the material world, you can experience that oh, I was so divided. I constantly wanted to kill people and continuously desired to attack. Then all the feelings you create will come back to you for experiencing. You'll understand that oh, this is the feeling; next time, don't do this to others. Understand?

问: 那对于我学医您还有什么其它建议吗?

Q: And do you have any other advice for me as a medical student?

JO: 就是从你这个激情和爱好上往更⼤的⼀个⽅向上看.为什么呢? 就好像你只能⾛到你⾃⼰能看到的⼀个地⽅.所以说你能看到的那⾥是⽆限的.即使你看到了,还是要回到⾃⼰.因为你的功课不只来⾃于那些别⼈写的书,它更多是来⾃于你⽣命的每⼀个⽚刻.你⽣命的每⼀个⽚刻都有功课.⽆条件的关爱.那个爱就像是⽔⼀样,他们都是⼜渴的⼈.⽣病的⼈⼀定是⼜渴的⼈.所以说真正重要的不是死记硬背别⼈的东西,你去创造你⾃⼰的,你去吃你⾃⼰有营养的东西,明⽩吗? 那个成果是通过你⾃⼰产出的独⼀⽆⼆的成果,你的作品.

JO: It's about expanding from your passion and interest towards a greater direction. Why is that so? As if you can only go as far as you can see. Therefore, what you can see is infinite. Even when you see it, you still have to come back to yourself because your homework doesn't just come from the books others write; it's more from every moment of your life. Every moment of your life has homework. Unconditional love. This love is like water for those who are thirsty. Sick people are always thirsty. Therefore, what truly matters isn't memorizing things that others have written down, but creating your own, eating the nutritious parts of yourself, understand? The outcome comes from unique results produced by you alone, your work.

问: 我⽬前的主题是什么?

Question: What is my current topic?

JO: 你稍等.我们没有什么需要让你注意的,但是只有让你知道你⾃⼰最重要的疗愈他⼈的能⼒你已经拥有了.然后真正的学习是通过⽣命的每⼀个当下,然后去不断不断的去拿礼物⼀样,不断地让⾃⼰升维吧.⽽不是单⼀通过学校或者是什么,⽽是在⽣命的每⼀个当系.然后这个是你最重要的和最需要的,你已经拥有了.然后真正的课堂不在学校或者是在其它地⽅,⽽是在你⽣命的每⼀个当下.因为你借助⽣命的每⼀个当下,你的这个反射体,然后来看到⾃⼰,修正⾃⼰,知道⾃⼰在哪⾥,知道⾃⼰是什么,越来越成为那个你.就是你所需要的⼀切已经都在了.然后你真正的学校是在你⽣命的每⼀个当下.

JO: Wait a moment. There's nothing we need you to pay attention to, but it is necessary for you to know that the most important ability you have for healing others is already within you. True learning happens through every moment of life, constantly elevating yourself like receiving gifts repeatedly and continuously upgrading. It's not just about schooling or anything else; it's happening in every single moment of your life. This is what matters most and requires the most from you, which you've already mastered. The true classroom isn't in schools or anywhere else; it's within each moment of your life. Because through every moment, you see yourself reflected back, correct yourself, know where you are, understand who you are, and become more aligned with your essence. All that you need is already present. Your true school lies in the very moments of your life.

然后其他的你想要的⼯具、⼿段、⽅式⽅法,跟随你⾃⼰的激情就好了.⽽不是说跟随社会上这⼀套,你要怎么样怎么样.因为真正的疗愈者不是说需要⼀个中医的⾝份或者是⼀个医⽣的⾝份,明⽩吗?

Then follow your own passion for the other tools, means, methods you desire. Not following what society dictates you should do or how you should be. Understand that a true healer doesn't need to have a Chinese medicine practitioner's identity or a doctor's identity; it's about being true to yourself and letting your inner guidance lead the way.

⽽是在每⼀个接触你的⼈,你都能转变对⽅.不是说只有在医院⾥⾯.

And it's about transforming every single person you come into contact with, not just those in hospitals.

#### 2023/10/23 — 婚姻与男⼥关系专场 Marriage and Gender Relationships Workshop

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 为什么我在梦⾥飞的时候,有时候飞了⼀阵就没有速度了,就突然变得速度很慢?

Question: Why do I sometimes lose my speed and suddenly become very slow when I fly in my dreams?

JO: 你⾃⼰给⾃⼰,就好像你⾃⼰在那玩耍⼀样.你说我开始觉得很有劲,最后又觉得没有⼒⽓.你在跟⾃⼰玩啊.那原因有特别特种.这是你⾃⼰在跟⾃⼰玩耍,你的意识它也不断不断地在活动在体验.但是通过这个梦境你可以⾃⼰去找你⾃⼰的⼀些卡点,就是你⾃⼰可以听过这个好像是镜⼦⼀样.通过这个镜⼦你可以⾃⼰去探索⾃⼰.你还是可以⾃⼰跟⾃⼰玩耍.如果它这是你想要探索的⼀个点.

JO: You do it to yourself, as if you are playing with yourself. You say that you started feeling energized but later found yourself lacking energy. You're playing with yourself, isn't it? There's a specific reason for this. This is you playing with yourself, your consciousness continually moving and experiencing things. But through this dream, you can find your own sticking points - you might think of it as looking at yourself in the mirror. Through this mirror, you can explore yourself. You can still play with yourself. If this is a point you want to explore.

问: 我的JO和指导灵对于当下的我有没有什么信息给到我?

Question: What messages do my JO and guiding spirits have for me at this moment?

JO: 你不会错过任何信息,这就是给你的信息.

You won't miss any information, and this is the message you've been given.

问: ⽬前社会上很多⼈婚姻有问题有⽭盾,请问如何化解?

Question: Many people in society are facing issues and conflicts in their marriages, so how can we resolve these problems?

JO: 我们⾸先不说你们的婚姻,难道你⾃⼰跟你⾃⼰没有冲突,没有问题,没有⽭盾吗? 就算没有婚姻,你⾃⼰跟你⾃⼰,你可能会烦躁,可能会纠结,可能会抑郁、可能会郁闷、可能会发脾⽓.这个不是冲突吗? 那你⾃⼰本⾝就是充满冲突,就算不是婚姻,那你跟你的⽗母也会有冲突,对不对? 那你跟你的好朋友? 跟任何,跟你的同事? 上司或者是跟⼀个陌⽣⼈?那婚姻其实就是你们所有关系的⼀种,那这个也是其中的⼀种.就是通过和这个渠道来投射出你⾃⼰在哪⾥,你⾃⼰是⼀个什么样的能量状态.所以那是不是还是你⾃⼰在玩耍? 那这些⽭盾和问题来⾃于哪⾥? 它不是来⾃于婚姻本⾝.为什么呢?

JO: Let's not talk about your marriage first. Don't you have conflicts, issues, or contradictions with yourself, even without a marriage? Even if there is no marriage, you might get frustrated, confused, depressed, gloomy, or could have mood swings by interacting with yourself. Isn't that considered conflict? You are already full of conflicts internally, right? So even if not in the context of marriage, would you still have issues with your parents, wouldn't it be true? And what about your close friends? Or any colleague, supervisor, or a stranger? Marriage is just one type among all these relationships. Through this channel, we can project our own energy state, essentially playing ourselves out. So isn't this still self-play? Where do these contradictions and problems come from? Why aren't they due to the nature of marriage itself?

婚姻只是⼀个命名,俩个⼈选择进⼊⼀段关系,对不对? 本⾝是没有问题的.是那个个体他通过⼀系列,反射出他内在的问题,明⽩吗? 所以说不只是婚姻,也不只是外在的关系.就算你⾃⼰跟你⾃⼰,你也会有问题.这个就是why you here for,明⽩吗? 你们有问题就是你们来到这⾥的原因.你是通过挑战去解决这些问题来成长来体验的.你说⼀个电影问题越多,是不是这部电影的精彩度就越⾼了? 那⼏个⼈傻傻的坐在那,什么问题都没有,你去看吗? 那从头到尾两个⼩时,你就看他俩坐在呢.他们怎么不动啊? 他们没有什么挑战.所有的问题都是你通过你⾃⼰如何去⾯对问题,处理问题.它呈现的就是你⾃⼰⽣命的状态.

Marriage is simply a term for two individuals choosing to enter into a relationship, right? There's nothing inherently wrong with that. It's the individual reflecting their inner issues through a series of actions, do you understand? Therefore, it's not just about marriage or external relationships; even when you're alone with yourself, there are still issues. This is why you are here, to address and resolve these problems through challenges for growth and experience. Would you say that the more problems a movie has, the higher its quality is? What if several people sat silently, without any issue, would you watch it? Wouldn't the whole two hours just show them sitting there, asking themselves why they aren't moving? There are no challenges or obstacles. All issues come from how you face and handle them on your own. The presentation reflects your state of life.

它是独⼀⽆⼆的.因为每⼀个⼈他在⾯对同⼀个事情,他做出的反应,他处理事情的⽅式⽅法都是不⼀样的.所以你们就好像百花齐放⼀样.

It is unique. Because when each person faces the same thing, their response and the way they handle matters are all different. So it's like a bouquet of flowers blooming freely.

问: 在婚姻内的⼈如何⾯对婚后出现的感情?

Question: How do people within marriage deal with emerging feelings after marriage?

JO: ⾸先你要知道其实婚姻只是你们的⼀个paper work,就是你们的⼀个共同协议,⼀个共同的合同.如果你是要⽤合同来约束你们⼈的话,那就像法律⼀样约束你们⼈,它有没有起到作⽤? 它不会起到⼀个很⼤的作⽤.有些⼈可能通过不是那么明⽬张胆的⽅式去体验他们想要体验的.所以说单纯从⼀个paper work 是没有办法去控制.为什么呢? 因为就好像你在⼀棵植物旁边插了⼀个树⼲.但是那个植物它的⽣命⼒是不断不断不断延伸的.它会长的超过你那个树⼲的.那其实你们也是⼀样的.你们的意识需要不断不断地去扩展,不断地需要去体验,不断地需要去… 就是⽣命就是这样⼦的⼀个状态.

JO: First, you need to understand that marriage is merely your paperwork, a shared agreement and contract between the two of you. If you're using this contract to bind people together, much like laws do, does it actually work? It doesn't work very well. Some individuals might experience what they desire through more subtle means rather than openly adhering to this contractual structure. Therefore, simply relying on paperwork alone cannot control everything. Why is that? Just as you stick a tree trunk next to a plant, the plant's vitality continuously extends beyond that barrier, growing past the limitations of the tree trunk. Similarly, your consciousness needs constant expansion and exploration. Life is an ongoing process of growth and discovery.

所以你们应该知道在你们集体意识去创造这个婚姻,就是这个paper work 的初衷是什么? 就是你们⾃⼰应该问你们⾃⼰,why we need the paper work? 明⽩吗? 为什么? 如果没有那个paper work,你们就不能爱彼此了? 如果没有那个paper work 我就不能做⼀个好⼈了? 我们俩在⼀起,如果没有那个paper work (断开) 这个社会创造婚姻的⽬的,但是这个⽬的有没有通过婚姻去达到你们想要达到的? 你们很明显看到它是不可能,对吧? 那很多⼈你有看到他们可能是还拥有合同,但是他们可能从⼀开始就没有真正的进⼊⼀段关系,明⽩吗?

So you should understand what the intention behind creating this marriage through your collective consciousness was—the purpose of that paperwork. You should ask yourselves why we need the paperwork? Do you get it? Why is it necessary? Without that paperwork, would you not be able to love each other? Without that paperwork, could I not be a good person? If our relationship were without that paperwork (disconnected), what was the purpose behind society creating marriages if this purpose hasn't been achieved through marriage as desired by both of you? It is obvious that it cannot happen, right? Many people you may have noticed might still possess contracts, but they might not have genuinely entered into a relationship from the beginning, do you understand?

本⾝就村来没有在⼀起过,就是没有那种连接感.因为他们不知道如何去建⽴连接感.因为他活在他⾃⼰的⼀个,就⽐如说他的内在的⼀些恐惧或者是他的欲望.他完完全全的是在⾃⼰的⼀个bubble⾥⾯.那你说他如何去跟其他⼈建⽴连接? 因为他本⾝就是把⾃⼰给封闭起来的.所以说这个paper work只是你们⾃⼰的⼀个游戏⽽已.那如果只是⼀个游戏规则,那你就知道其实它不具有真正可以去约束的功能.因为只有对⽅愿意去加⼊这个,它才能产⽣效应.如果⼈家不愿意去加⼊,你没有办法去产⽣效应.所以不是说就单纯的有了婚姻这两个字,然后就要怎样怎样.你们来到这个世界你们不是来结婚的.那只是你们⾃⼰固有的对⽣存的恐惧,还有你们⾃⼰想要… 很多⼈觉得需要加

They inherently haven't been together, lacking that sense of connection because they don't know how to build it. They live in their own little worlds, be it through inner fears or desires; they're completely ensconced within their own bubbles. How could you expect them to establish connections with others? As they've already isolated themselves. So this paper work is merely a game for you all. If it's just a set of rules for a game, then you understand that it doesn't possess the power to truly constrain or enforce anything. For it can only have an effect if the other party is willing to participate; without their participation, no effect can be produced. It's not simply about these two words 'marriage' coming into existence and needing to adhere to some kind of order; you're not here on this world to get married. That's just your innate fear of survival intertwined with your desire... Many believe they need to add something.

⼊⼀个组织或者⼀个团队或者⼀个家庭,他才感受到安全感.你说有多少⼈真正进⼊婚姻是因为爱? 如果真正进⼊婚姻是因为爱,那他们已经进⼊了已经在了已经是了.所以那张纸对他们来说可有可⽆.

Entering an organization, a team, or a family is when one feels a sense of security. How many people truly enter into marriage because of love? If they do enter into marriage out of love, then they have already entered it, and there are no longer any 'ifs'. So, that piece of paper becomes irrelevant to them.

问: 如何⾯对婚姻中对⽅的出轨⾏为?

Q: How should one deal with infidelity in a marriage?

JO: 那就好像我们前⾯的信息说你们就算是进⼊婚姻,OK,就好像是你们俩签了⼀个合同.但是并不代表你们俩就会有连接感啊? 不代表你们俩就连接在⼀起了,就进⼊到同⼀个 bubble⾥⾯,对吧? 就是你们是同⼀个频率的.那既然你们没有在⽤⼀个bubble⾥⾯的话,那你们本⾝就⼀直是出轨的状态呀.并没有进⼊同⼀个轨道嘛.那如果本⾝就是两个轨道的⼈,又何来出轨? 所以那个出轨只是你们从外在看到的⼀个现象.但是那个现象它本⾝⼀开始就是那样⼦,明⽩吗? 所以⼀开始本⾝就是两条轨道的,他们没有在同⼀个频率的.

JO: It's like the information we've discussed before suggesting that even if you're in a marriage, okay, it's as though you two have signed a contract. But it doesn't mean that you'll have a connection? It doesn't mean that you are connected, entering into the same bubble, right? You're just on the same wavelength. If you aren't using the same bubble, then you've been cheating all along, haven't you? You haven't entered onto the same track. How can there be infidelity if they are inherently on two different tracks? Therefore, infidelity is simply a phenomenon that you observe from the outside. But since the phenomenon has always been like that from the beginning, understand? They were inherently on two different tracks and not on the same wavelength to begin with.

问: 如何⾯对婚姻中的冷暴⼒?

Question: How should one deal with cold violence in marriage?

JO: ⾸先能把婚姻当成就好像是⼀个镜⼦⼀样,你通过婚姻这个关系来映射出你⾃⼰.它可以映射出很多很多关于你⾃⼰的⼀些东西.那我们通过这个镜⼦来向内看.就是来看我们⾃⼰.看我的.. ⽐如说我这个婚姻,我为什么选择这个婚姻? 那你就能知道我选择这个婚姻是因为他有钱? 是因为他有权? 那你就会知道你为什么会需要其他⼈给你提供⾦钱? 你为什么需要权⼒? 其实回到你⾃⾝你都可以去找到why.⽐如说你对⽣存的⼀个恐惧,⽐如说你的⽆⼒感,⽐如说你的⾃我价值感,你会觉得权⼒会让你感受到有价值或者是有地位.所以这⼀切的⼀切你都可以通过关系来看到你⾃⼰内在的⼀些程序.就是你在⽤什么定义,你在⽤什么信念去运作.

Firstly, you can view marriage as a mirror that reflects your own self. It can show you many aspects of yourself through this relationship. By looking into this mirror and turning inward, you are examining yourself – like me, for example, why did I choose this marriage? This helps you understand if my choice was based on his wealth or power. You then realize why you need others to provide you with money, and why you seek power. Essentially, all these questions can be traced back to your personal self. Perhaps it's because of your fear of survival, feeling powerless, or a lack of self-worth; you might believe that power grants you value or status. This way, everything you see through the relationship can reveal the inner processes within yourself – how you define and operate based on certain beliefs.

问: 是否应该为孩⼦⽽避免冲突?

Question: Should conflicts be avoided for children's sake?

JO: ⾸先冲突你是没有办法避免的.因为你内在的冲突它迟早会体现出来,就是好像有⼀种纸包不住⽕.但是你们可以去为了孩⼦很好的坐下来,俩个⼈都承担起⾃⼰的责任去⾯对去解决这个冲突.但是解决这个冲突,你们都必须有⼀颗⾃知之明的⼼.就是说我需要从这件事当中看到的是我⾃⼰.我⾃⼰内在的⼀些恐惧,我⾃⼰内在的⼀些定义,我⾃⼰内在的⼀些冲突,⽽不是说去指责对⽅.如果你想要去⽤指责对⽅的⽅式去解决冲突的话,那⾥永远没有解决冲突的办法和出路.它是在制造更多的冲突,明⽩吗? 所以不管你们之间发⽣什么事情,⽆论对⽅有多错,就是表⾯上看上去你很⽆辜,你什么都没做,但是对⽅出轨了, OK?

JO: First of all, conflicts are inevitable. The inner conflict you have will eventually manifest itself, as if there's a fire that can't be contained by paper. However, you can sit down together for the benefit of your children and take responsibility for addressing and resolving this conflict together. But to resolve this conflict, both of you must possess self-awareness. You need to see in it what I myself feel: my own fears, definitions within me, and conflicts within me, rather than blaming each other. If you try to solve the conflict by blaming each other, there will never be a way or出路 to resolve it. It only creates more conflicts. Understand? Regardless of what happens between you two, no matter how wrong your partner is, even if on the surface it seems like you are innocent and have done nothing, but they have cheated, okay?

那在所有⼈眼⾥对⽅都是创造冲突的.NO NO NO,因为你们看到的都是表象,你们看到的都是那个果.但是种的那个因呢? 那个因你就可以追溯到可能⼀开始你嫁给他,你就根本不爱他,明⽩吗? 那OK,他出轨是为什么? 因为我从来没有过连接感,从来没有过被爱过.那你能去指着别⼈说你出轨,你就是个坏⼈,明⽩吗? 先别说这个因,这个因是你们这⼀辈⼦.我们再回到(上辈⼦),说不定你这辈⼦来到这⾥只是为了去体验你上辈⼦不断地出轨,你⼀直是在出轨的状态,然后给他导致了很多伤害.然后他来跟你做同样的事情,让你去产⽣这个体验,明⽩吗? 如果你们这⾥有⼀个果的话,那那个果是你们共同的.那⼀定会有你的因在⾥⾯的,明⽩吗?

In everyone's eyes, the other person is the creator of conflict. No, no, no, because what you see are just appearances; you see only the fruit. But what about the cause? You can trace that back to perhaps when you married them and didn't actually love them in the beginning, do you understand? Alright, why does he cheat on you? Because I never felt connected or loved. Can you point at someone else and say they are a bad person because of their actions? Understand that this cause is something from your lifetimes together. Let's go back to (your past lives), maybe you came here in this lifetime just to experience the constant infidelities from your previous life, continuously being unfaithful, causing yourself much harm. Then he comes to do the same thing to you, creating this experience for you. If there is a fruit here, that fruit is shared between you both. There must be a cause within you as well, understand?

所以说⽆论怎样,把所有显化在外⾯的果,都回到你那个因.那个因就是你⾃⼰.然后呢,在每⼀个当下你愿意去承担你这个责任过后,你才能解开你⾃

So whatever happens, take back all the fruits that manifest outwardly to you. That cause is you yourself. Then, after you're willing to bear this responsibility in every present moment, only then can you unravel yourself.

⼰给⾃⼰上的锁,明⽩吗? 你才能去解开你⾃⼰的锁.因为你只有能去解开你⾃⼰的锁,你才不会去时时的投射.就⽐如说你把这个锁解开了过后,如果对⽅还是继续的出轨.那⽣命的同步性会把他带到另外的⽅向.他会跟你背道⽽驰,明⽩吗? 因为你们不是在同⼀个频率上⾯的,明⽩吗? 所以说⽆论是怎样,你都需要通过外在的反射,然后从你的内在去release yourself,去把你⾃⼰给解放掉.你们在物质世界看到的果,它其实只是⼀丁点.但是你们习惯性的⽤⼀丁点来给⼀个事情定义和评判.所以这就是为什么你们是活在幻像当中的.因为你们没有办法去看到big picture.就好像你们只看到冰⼭⾮常⼩的⼀⾓.

You lock yourself, do you understand? You alone can unlock your own locks. Because only by unlocking your own locks will you not project at all times. Just like when you've unlocked this lock and if the other party continues to cheat afterward, life's synchronicity would guide him in another direction. He would move away from you, do you understand? Because you're not on the same frequency, do you understand? Therefore, no matter what, you need to use external reflection and then release yourself internally to free yourself. The fruit of your actions that you see in the material world is only a tiny part of it. But you habitually define and judge situations based on this tiny part. This is why you live in illusions; because you cannot see the bigger picture. It's like seeing the tip of an iceberg, which seems so small.

所以说为什么不要去评判? 为什么呢? 因为真正有资格评判的⼈他是不会评判的.然后真正在评判的⼈,他们只是看到的⼀丁点,他们看不到的.当他们看到,他们也不会评判了,明⽩吗? 因为你不知道对⽅他这个个体,他这个灵魂想要去体验什么.所以对每⼀个灵魂最⼤的尊重就是不去评判它任何的⾏为.因为你们都会有⾃⼰的权⼒去选择你想要什么体验,你们都有权⼒.那你在梦⾥⾯,你能怎样? 你在梦⾥⾯弄的再天翻地覆,能怎样? 明⽩吗?

So why not judge? Why is that? Because the only people who are qualified to judge won't actually do it. The ones who are truly judging can only see a tiny fraction of the picture; they can't see everything else. And when they do see, they won't judge anymore, understand? You don't know what this individual soul wants to experience. So showing the greatest respect for each soul is by not judging its actions. Because you all have the power to choose your own experiences and make those decisions for yourselves. Right? In a dream state, how can that affect reality in any way? Do you understand?

问: 在孩⼦的⾯前我们应该如何争吵?

Q: How should we argue in front of our children?

JO:你如果已经散发出去争吵的频率,⽆论你如何争吵,孩⼦都会感受到那种不适感.因为你就创造了这样⼦的⼀种争吵的频率啊.就好像你把⽔烧到⼀百度.你说我怎么样才能舒服?你本⾝就把你的温度选到了⼀百度,你说你怎么让你舒服?你本⾝就是选择这个温度.那如果你想要舒服的温度,那OK,你调到三⼗多度.这样就不会烫伤你⾃⼰,对不对? 那你进⼊争吵⾥⾯,你就是在⼀百度的开⽔⾥⾯.你好像说我⽤⼀百度的开⽔能否不烫伤孩⼦?你可以不⽤去选择.那像刚才我们说你可以把争吵变成什么?变成⼀个⾃我反省.如果你是抱着争吵或者是指责对⽅的错误或者是怎么样的话,那⾥没有出路的.

JO: If you've already set a high frequency of argumentation, no matter how you argue, the child will feel the discomfort. You created this argumentative frequency yourself. It's like boiling water to 100 degrees Celsius; you ask how can I be comfortable? But you've selected your temperature at 100 degrees Celsius. How are you going to make yourself comfortable by selecting this temperature? You're choosing it. If you want a comfortable temperature, then okay, adjust to around thirty degrees. This won't burn yourself, right? When you enter into argumentation, you're in boiling water of one hundred degrees Celsius. It's like asking if using boiling water can prevent burning the child? There is no need for such a choice. Earlier, we said that instead of arguing or pointing out mistakes from others, why not turn it into self-reflection? If your approach towards argumentation involves blaming someone else's mistakes or trying to find solutions elsewhere, there's no way forward in this manner.

⽆论对⽅做出什么,请你记住⼀句话,他在梦中,他是⽆意识的.然后他有他需要的挑战,他有他需要的体验,他有他需要的经历.你们虽然有可能是有婚姻有合约在⾝,但是真正的婚姻就是帮助对⽅去认识他⾃⼰,成为他⾃⼰,去帮助对⽅解开他⾃⼰⾝上的绳索.因为你们其实都在探索中.就是你们通过不同的⼀些事件,不同的⼀些⼈物来探索⽣命的真相到底是什么?我到底是谁? 明⽩吗?

No matter what the other person does, please remember one sentence: he is unconscious when he dreams. Then, he has his challenges, experiences, and life lessons that he needs. Although you might have a marriage or contract with him in reality, true marriage involves helping each other understand themselves better, becoming more of who they are, and assisting each other to unravel their own bindings. You are both on this journey of discovery. It's like you're exploring the essence of life through various events and people: trying to figure out what life truly is, and who I am. Understand?

问: 很多⼈想要结束婚姻,对于离婚的⼈来说如何减少彼此的伤害?

Q: Many people wish to end their marriages; how can those going through divorce minimize harm to each other?

JO: 你⾸先要知道你⾃⼰必须要去考虑你⾃⼰的⼀个动机和出发点.你到底是真的想要结束呢? 还是说你对这段关系充满了很多的不满? 你可以这样问你⾃⼰,如果你觉得对⽅⽐如说没有钱,那如果你⾃⼰就是全世界最富的,那你还会有那种你想去找⼀个有钱的⼈吗? 明⽩吗? 如果你说对⽅不够爱你,那如果你⾃⼰的爱就是完满的,你不断地想要把你的爱给每⼀个⼈.你还会去怪这个吗? 你⾸先要知道你的出发点,你是真的… 还是你觉得离开这段关系你可以找到更好的? 明⽩吗? 那⾥有⼀个更好的⼈? 如果你想结束关系是因为你想要去找⼀个更好的,那这⾥⼀定还有你没有看到的东西.

JO: First of all, you need to understand your own motivation and starting point. Are you truly seeking an end, or are there numerous complaints about the relationship? You could ask yourself this: If they were lacking in money, would you still want a wealthy person if you had unlimited resources? Do you get it? If you believe they don't love enough, would you blame them even if your love is perfectly complete and you constantly seek to share it with everyone? First of all, know your starting point; are you truly... or do you think that ending the relationship will lead you to find something better? Understand? There might be someone better out there. If you want to end the relationship because you're searching for a better one, then there's definitely something unseen by you here.

就对⽅是⼀⾯镜⼦,那这⾯镜⼦既然来到你的⽣命当中,它⼀定会有东西呈现给你来帮助你去认识你⾃⼰,来帮助你知道你卡在哪⾥.那这个⽆你需要拿到.你没有拿到的话,你会再投射出同样的婚姻再继续同样的体验,就继续觉得这个婚姻不幸福.所以说去完完全全的利⽤每⼀段关系,去淋漓尽致的利⽤每⼀段关系.然后把⾃⼰不断不断地去,就好像你⾝上插满了刺,你不断不断地把⾝上的刺给拔掉.

The Chinese text you've provided seems to be discussing the idea that each relationship we have in life acts as a mirror reflecting aspects of ourselves back to us. The reflection reveals where we might be stuck or what parts of ourselves need growth and understanding. This process is compared to pulling out thorns from one's body, symbolizing personal development. It suggests seizing every relationship fully, learning deeply from each experience, continuously improving oneself until one feels a sense of completeness or liberation.

The text you've provided appears to discuss the notion that every relationship we engage in serves as a mirror reflecting aspects of our self back at us. This reflection reveals where we might be stagnating and highlights what parts of ourselves require growth and insight for better understanding. This process is likened to removing thorns from one's body, symbolizing personal development. It advocates fully embracing each relationship, learning extensively from every encounter, constantly refining oneself until a sense of completion or liberation is achieved.

问: 对于⼈类的发展,婚姻的最终⾛向会是怎样的?

Question: What will be the ultimate direction of marriage in relation to human development?

JO: 婚姻的最终的⾛向是不需要婚姻.如果你已经是婚姻的状态,你为什么需要⼀张纸来去.. ? 你已经 ‘是’ 了呢? 就是你不需要外在的任何什么.你不需要外在的⼀些东西来做任何,因为你已经 ‘是’ 的状态.所以你会知道你们不会需要婚姻,你们也不会需要法律.为什么?因为你们每⼀个频率都达到了⼀个和谐的频率.所以不需要外在的法律来处理你们不和谐的频率产⽣的那些果.因为不存在了.

JO: The ultimate destination of marriage is no longer needing marriage. If you are already in a marital state, why would you need a piece of paper to go along with...? You already 'are' it, right? You don't need any external thing for anything because you're already 'it'. So you understand that you wouldn't need marriage nor legalities. Why? Because each frequency has reached a harmonious frequency. Therefore, there's no need for external laws to deal with the consequences of inharmonious frequencies since they no longer exist.

问: 如果没有结婚,也没有⽣⼉育⼥,那⽼后⾝体衰弱后我们该怎么⽣活?

Question: If we are not married and have no children to raise, how will we live our lives when we grow old and become weak?

JO: 那是你们⾃⼰的观念⾥⾯你会觉得你⽼了过后会怎样,明⽩吗? 那你看看有多少⼈真正的在⾃⼰⽼了过后,⼉⼥来照顾,明⽩吗? 那其实只是你⾃⼰内在的恐惧.你的恐惧觉得我需要有⼀个保障,有⼈照料有⼈怎么样怎么样.那你知道你们的社会⼀直在变的,那变到最后… 你们的⾝体有⼀个⾃然衰⽼的过程,它不会去就⽐如说卧病在床没⼈照顾这种.你⾸先要相信⼀句话就是你的所有⼀切它已经被安排好.你会被照顾好的.这是⼀个⾮常重要的信念.你只需要去相信这⼀句话.因为你们很多⼈是不相信的.你觉得你会需要你⾃⼰的⼒量去照顾你⾃⼰.你想象⼀下你真的是依靠你的⼒量去照顾你⾃⼰,明⽩吗? 你的每⼀个节⾻眼上都有造物主的参与、指引.

JO: That's how you perceive yourself in your own mind as to what you think will happen when you grow old. Understand? Then see how many people actually rely on their children for care after they are old, understand? That's just your inner fear. Your fear is that you need a guarantee, someone to take care of you and do all sorts of things. But then you realize that society has been changing constantly. In the end...your body goes through a natural aging process, it doesn't have to suffer from being bedridden without care. First, you must believe in this sentence: everything is arranged for you. You will be taken care of. This is a very important belief. All you need to do is trust these words because many of you don't believe in them. You think you will have to rely on your own strength to take care of yourself. Imagine taking care of yourself solely with your own strength, understand? Every joint on your body involves the participation and guidance of a creator.

它可能是来⾃于⼀个陌⽣⼈把你推了⼀把,你觉得是那个陌⽣⼈,NO NO NO NO.造物主通过那个陌⽣⼈来推你⼀把,明⽩吗? 那你可能本来就⾮常的想死,想死是你迫切的⼀个愿望.那你有可能吸引⼀个⼈开车的时候打瞌睡来撞死你.你会觉得是那个⼈来撞死你的,但实际上是你⾃⼰.因为那是你⾃⼰想要的体验,明⽩吗? 所以外⾯没有什么好怪罪的,真的没有其他⼈好怪罪的.因为他们不过就是来帮助你⾃⼰去体验你⾃⼰想要的体验.为什么呢? 因为你觉得你可以通过这些体验来学到什么,明⽩吗? 你是⾃由的.OK,你想要通过这个体验去学到什么? 那成全你.所以你看连希特勒想要去迫害那么多⼈,他的体验都被体验到了,明⽩吗?

It might have been from a stranger pushing you, and you think it was that stranger, no, no, no, no. The creator pushes you through that stranger, understand? So maybe you were already very much wanting to die, death being your urgent wish. You might attract someone driving asleep to hit you dead. You would feel like it was the person hitting you dead, but actually, it's yourself. Because that is what you wanted to experience, understand? So there is nothing for others to blame, really, no one else to blame. They're just here to help you experience your own desired experiences. Why? Because you believe you can learn something through these experiences, understand? You are free.OK, what do you want to learn through this experience? It will be granted to you. So even see how Hitler wanted to persecute so many people, his experience was experienced too, understand?

⽽且你要知道你并不会被任何体验给困住.这是⼀个很重要的事情,让你们明⽩.你们会觉得害怕⼀个结果或者害怕发⽣什么事情⽽不去体验.但是任何时候你都是⾃由的.只要你把⼿伸出去,哎呀,那个⽔好烫,然后你把⼿缩回来,就这样.然后⽔就不再烫你,就这么简单.所以说你⾃⼰到底想要什么才是最重要的,

And you have to understand that you will not be trapped by any experience. This is a very important thing for you to comprehend. You might feel afraid of consequences or what could happen and thus refrain from experiencing things. But at any time, you are free. Just extend your hand, oh, the water's too hot, then you retract it, that's all. So, ultimately, knowing what you want is what matters most.

⽽不是说外在的东西缠着你,明⽩吗?

And it's not about things bothering you, understand?

问: 最佳的婚姻状态是什么样的?

Question: What is the ideal state of marriage?

JO: 就是不需要婚姻这个词.你们成为你们灵魂本来的样⼦,明⽩吗? 你们灵魂本来的样⼦,它是不受任何约束的.就好像刚刚说你有没有评判你⾃⼰? 你评判你⾃⼰,哦,我是已婚⼈⼠或者是怎么样怎么样.那你就在评判你⾃⼰,你就是给你⾃⼰上枷锁.这个跟你已婚未婚没有任何那个什么的,明⽩吗?你们最终的是你个⼈的成长还有体验.成长来⾃于体验.如果你需要这个体验,doit,明⽩吗?然后任何时候你想要stop,那stop.你就已经全⾝⽽退了.就好像刚刚说⽔太烫了,你的⼿拿出来的那⼀刹那,你就不会再被那个⽔继续烫着了.但是你有了⽔烫的experience,那个才是最重要的.不然的话,你永远不知道⽔烫是什么.

JO: We just don't use the word marriage. You are in your purest form, understand? Your true self is not bound by any constraints. Just like when I asked if you judge yourself – do you judge yourself because you're married or whatever? That's where you're judging yourself and putting a chain on yourself. This has nothing to do with being married or unmarried; understand that? The ultimate thing is your personal growth and experience. Growth comes from experiencing things. If you need this experience, go ahead and do it, understand? And if you want to stop at any time, then just stop. You've withdrawn completely. It's like when I said the water was too hot, as soon as you take your hand out, you're no longer being burned by that water. But having experienced the heat of the water is what matters most. Otherwise, you will never know what it feels like to be burned by water.

因为它们上⾯写了⼀个hot,然后你就是害怕,我不要去碰,我不能碰.但是你永远都不知道什么是烫,明⽩吗?那就⽐如说你可以⽤⾆头尝⼀下就可以了,但是你可以不⽤⼀直把⼿浸在滚烫的油锅⾥⾯,那你不是要把⾃⼰烫死啊?所以说有⼀些体验你知道就好了,你就可以去选择你更想要的体验.你不需要在那,你看吧我这个⼿还在那,我没有办法,我没有⼒量站起来或者我没有其它选择.NO NO NO,永远不要说你没有其它选择,OK? 如果你说你没有其它选择,那是你⾃⼰给⾃⼰的lazy,你的懒惰找借⼜.为什么? 你不想动啊.

Because they wrote a 'hot' on it, and then you're afraid, I don't want to touch it, I can't touch it. But you will never know what hot is until you actually try it. Right? Like, you could just stick your tongue out for example, but you don't have to immerse your hand in boiling oil forever, right? So there are some experiences that once you understand them, you can choose which ones you want to experience. You don't need to stand there like my hand is still there; I can't do anything else, I lack the strength to get up or I have no other options. No, no, no. Never say you have no other option. Okay? If you say you have no other option, that's your own laziness looking for excuses. Why? Because you don't want to move.

问: 结婚伴侣的选择对灵性修⾏有多少影响?

Q: How much does the choice of a spiritual partner affect spiritual practice?

JO: 这么说吧,不应该说你结婚伴侣的选择,你应该说你⾃⼰的频率.为什么呢? 选择的那个对象是你⾃⼰频率产⽣的果.是你⾃⼰拉出来的屎.你吃了什么,明⽩吗? 所以说你在哪⾥才是重要的,你是什么level才是最重要的.因为你会投射显化出你的频率的对象来给你.

JO: Let me put it this way, you shouldn't be discussing your partner's choice in marriage; instead, you should focus on your own frequency. Why is that? The person you choose as a life partner emerges from the vibrations you generate. It's like you're pulling your own crap out of yourself. Do you get it? So it's not about where they come from or who they are; what matters is where you are and at what level you operate because that's what you'll attract to manifest in your life.

问: ⼥性结婚⽣⼩孩会影响灵性修⾏吗? 不影响的话,要怎么选?

Q: Will a woman's marriage and childbirth affect her spiritual cultivation? If not, how should she choose?

JO: 你觉得如果它影响你了,那它就会影响你.但是它影响你是因为你的认知,所以实际上是因为你⾃⼰的认知影响了你.但并不是说是⽣⼩孩这件事影响你.为什么呢? 因为你的认知很狭隘,你觉得你没有办法.它是来⾃于你⾃⼰的⼀个意识程度,明⽩吗?

JO: You think that if it affects you, then it will affect you. But it affects you because of your cognition, so fundamentally it's your own cognition affecting you. It's not necessarily that having a child affects you. Why? Because your cognition is narrow; you feel like you can't do anything. It comes from your own level of awareness, understand?

问: 现在的⼈对⼆婚离异⼈⼠看的很低,觉得她价值很低.然后作为⼀个⼆婚⼥⼈她应该如何做?

Question: People now look down on divorced individuals, particularly those in second marriages, deeming them of low value. How should a woman in a second marriage approach this situation?

JO: 这⾥有⽆数个声⾳,你只是去选择你要听哪个声⾳? 你的声⾳在说什么? 你⾃⼰的声⾳在说不要听我们的声⾳,你要听别⼈的声⾳.因为你觉得他的有道理,那实际上还是来⾃于你⾃⼰内在,明⽩吗? 你就是那个产⽣评判的⼈.

JO: There are countless voices here, you just choose which voice to listen to. What is your voice saying? Your own voice is telling you not to listen to our voice, but to listen to others' because you believe they have a point, which actually comes from within yourself, understand? You are the one who judges.

问: 如何保持长久稳定的婚姻关系?

Question: How can one maintain a long-lasting and stable marriage relationship?

JO:你如果真的是为了保持⼀个长久稳定的婚姻关系,我先问你能保持⼀个长久稳定的⾝体吗?你能长久的保持你这⼀个容颜容貌吗?那你又为何说你可以去保持⼀个长久和稳定的婚姻关系呢?明⽩吗?所以你们不要去钻⽜⾓尖.因为如果你觉得婚姻就是要长久的要稳定的.你为了这句话你就想⽅设法的去保持它.那你其实跟宗教迷信就没有区别,明⽩吗?为什么你会有⼀个... 你觉得长久稳定的婚姻关系就代表幸福了? 那你去问⼀下.明⽩吗? 因为你们会觉得长久的或者是稳定的看上去就是幸福的,那只是你们看上去.就好像刚刚说的你并不知道对⽅这个灵魂它需要体验的是什么.你们的⾁体只是⼀个⼯具.

JO: If you truly aim for a long-lasting and stable marriage relationship, let's start by asking whether you can maintain a healthy body indefinitely? Can you keep your physical appearance young forever? If so, why do you claim the ability to sustain such a long and stable marital bond? Do you understand? Therefore, don't get too carried away in the details. Because if you believe that marriage should be enduring and constant, trying to preserve this ideal is just like clinging to religious superstitions. Do you see it? Why would you think that... believing in perpetual happiness through a long and stable relationship signifies your definition of fulfillment? Go ask yourself why. You see, you perceive longevity or stability as synonymous with happiness, but that's merely an illusion. Just as I mentioned before, you don't know what soul experiences require; your physical body is just a tool.

那这个⼯具的⾝份,这个⼯具⾝份的对象那不也是个⼯具⽽已吗.所以说应该回到你们⾃⼰.回到你们⾃⼰为什么会给长久稳定的婚姻定义成幸福? 真正的幸福就是你是和谐的.和谐的是什么呢? 就是你是没有冲突的.你是淋漓尽致的去展现你的⽣命.你和谐了,你在这个集体意识当中你也是和谐的.你不会有冲突的婚姻的,明⽩吗? 就是你的关系不会有冲突的,包括你的婚姻关系.

The identity of this tool and the object it refers to are still just tools, right? So we should return to yourselves. Why do you define a long-lasting stable marriage as happiness? True happiness is when you are in harmony. What does being harmonious mean? It means there is no conflict. You fully express your life. When you are at harmony, you are also in harmony within the collective consciousness. You won't have a conflicted marriage, will you? That is, your relationships won't have conflicts, including your marital relationship.

问: 不结婚的话,⼥⼈⼀直和⼀个男⼈在⼀起付出⾃⼰的时间和精⼒.这样会不会很吃亏?

Q: If a woman doesn't get married and spends her time and energy with one man, wouldn't she be at a disadvantage?

JO:你们的物质头脑它会吸取很多像这些社会观念还有这些定义.有时候你们产⽣的冲突就是来⾃于这⾥.因为它有很多观念嘛.那很多观念又跟你内在想要体验的……⽐⽅我们刚刚说你在打架,你其实就是在⼀种消耗.你产⽣冲突.那就好像你这个程序运作的是不顺畅的,它有有问题的.那那个问题肯定会通过你们的关系⽽呈现出来.那如果你在婚姻⾥⾯,就通过你的婚姻.你在家庭⾥⾯,就通过你的家庭.你在公司⾥⾯,通过公司通过同事,明⽩吗?

JO: Your material mind is absorbing many of these societal concepts and definitions. Sometimes the conflicts you generate come from this because there are so many ideas involved. And those ideas often contradict what your inner self wants to experience... for instance, when we say that you're fighting, it's actually a form of consumption. You're producing conflict. It seems like your program is not functioning smoothly; it has problems. That problem will inevitably manifest in your relationships. If you are married, it will show up in your marriage. If you're in a family, it will be reflected in your family dynamics. In the context of work or employment, it shows through your colleagues, understand?

问: 我们⼈类⼼理学有⼀句话说你和母亲的关系就是你和婚姻的关系,你和⽗亲的关系就是你和财富的关系.从灵性的⾓度来说的话,这句话有道理吗? 为什么?

Question: There's a saying in human psychology that the relationship you have with your mother is like the one you have with marriage, and the relationship you have with your father is like the one you have with wealth. From a spiritual perspective, does this statement make sense? Why?

JO:那句话只适合说它的那个⼈,他的道理,他的道.然后有⼈去认同呢,那就是他们⾃⼰创造的共同的体验,明⽩吗?如果是我们来告诉你,没有任何道理.为什么?你永远是那个主⼈,去创造任何你想要创造的,去体验任何你想要体验的.不是说有这样的⼀个妈,你就必须要活成这样.有这样的⼀个爸,你就要怎样.noone,nobody,没有任何⼀个⼈,没有任何⼀件事,没有任何东西可以让你没有办法,让你没有选择.如果有,那就是来⾃于恐惧,来⾃于你们集体的有限的认知,明⽩吗?

JO: That phrase only applies to its person and his path, or the wisdom behind it. Then, if someone agrees with it, that's their self-created shared experience - do you understand? If we were to tell you this without any underlying logic, why would we do that? You're always the master, creating whatever you wish to create, experiencing whatever you wish to experience. It's not about having to live up to a certain standard because of your parents; it's not like if there's such a mom or dad figure, you have to live like them. There isn't anyone, anything, nor any situation that should limit you without choice - and if there is, it stems from fear and the limited collective understanding in which you exist. Do you understand?

问: 如何降服⼩我的欲望,⽐如说淫欲这个问题?

Question: How can one subdue the smaller self's desires, such as the problem of sexual desire?

JO: 这么说,如果你只把你当成这个⾁体在运作的话,就是你不知道你真实的⾝份,你也没有去连接你的主⼈,你只是⼀个狗,那很难,明⽩吗? 为什么呢? 你被困在这个⾁体⾥⾯.那你只有去超越它,明⽩吗? 你说你看到被训练过的狗…… ⼀条野狗从来没有被训练过,它⾛在路上可能不停地去找吃的.但是那你们的导盲⽝,它知道它⾝上的任务是护送主⼈回家,对吧?它知道它⾝上有要职.它被训练成可以对外在的任何……所以说⼀只导盲⽝的样⼦和⼀只从来没有被训练的狗,它们的样⼦和状态是不⼀样的,对吧? 所以说在你⾃⼰没有插上电,我们⼀直说你没有插上电,你是断电的状态.你没有插上电,那你就是没有插上电的⼒⽓.

JO: So, if you only see yourself as the body operating, then you don't know who you really are and haven't connected with your owner. You're just a dog, right? That would be tough, understand? Why is that? Because you're trapped in this body. You have to transcend it, do you get it? You say you see trained dogs... A wild dog has never been trained; on the road, they might constantly look for food. However, with your guide dog, they know their task is to escort their owner home, correct? They understand there's a responsibility attached to them. They're trained to cope with anything external... So, a trained guide dog behaves differently from an untrained one, right? Hence, when you haven't been charged, we've always said that you aren't charged; you're in a state of being disconnected. If you aren't charged, then you don't have the power to be charged.

它不能完全的按照这个电器的样⼦去运作.所以说你超越它.超越它就是说去找到 why you here,然后淋漓极致的去使⽤你这个⾁体,⽽不是被这个⾁体给限制住了.因为你们很多⼈就陷在这个⾁体⾥⾯,被它给限制住了,明⽩吗?

It cannot operate entirely as this electronic device would function. Therefore, you transcend it. To transcend means to find out 'why you are here', and then to fully utilize your body without being restricted by it. Many of you are trapped in your bodies and limited by them, do you understand?

问: 如何既结婚又不执著世间⼈际关系的幻像?

Question: How can one be married without being attached to the illusory nature of worldly relationships?

JO: 就是进⼊婚姻当中,但是又不会被所有的关系给锁在⾥⾯或者是困在⾥⾯,缠绕在⾝,是吧? 刚刚我们说什么? 你其实在跟你⾃⼰结婚.你跟你⾃⼰的⼀个能量场打交道.你跟你⾃已的⼀个意识程度打交道.如果你内在它会有⽭盾冲突,这些东西全是你⾃⼰,就是它都会投射在你的关系当中呈现给你.如果对⽅真的是跟你频率不⼀致的话,他会弹出你⽣命当中去.如果他就在你的眼前的话,给你投射出很多很多问题的话,实际上是你⾃⼰的⼀个问

JO: It's about entering into marriage, but not getting locked into all the relationships or being trapped inside them,缠绕ing yourself with all of it, right? What did we just say? You're actually marrying yourself. You're dealing with your own energy field. You're interacting with your own level of consciousness. If there are contradictions and conflicts within you, these are all parts of yourself that project themselves into your relationships. If the other person really doesn't resonate with your frequency, they'll be removed from your life. If they're right in front of you and projecting a lot of problems onto you, it's actually your own question reflecting back at you.

题.为什么? 因为你会看出去有问题才会产⽣问题.就像我们刚刚说你不要去评判任何⼈.为什么呢? 因为你不知道他的灵魂主题是什么.如果你能抱着这个态度,就是我不去评判.为什么? 因为我不知道他的灵魂主题是什么.那其实对⽅⽆论怎么样疯狂疯癫,你都会抱着理解的眼光去看待,反⽽不去指责他你为什么这么疯啊? 你为什么只是针对我怎样怎样? 明⽩吗? 你不知道对⽅想要创造的体验是什么? 他的挑战是什么? 还有就是说其实,因为你们整个世界整个⼈类的能量场,它就是在⼀个挣扎⿊暗的⼀个状态.可以说放眼你们每⼀个⼈,你会发现你们⾝边和谐的关系很少,或者你们和谐的⾃⼰很好,就很难得很不容易.

Why? Because you will see there is a problem if there is an issue. Just like we just said that don't judge anyone. Why? Because you don't know what their soul theme is. If you can hold this attitude—that I won't judge—why? Because I don't know what their soul theme is. Actually, no matter how crazy or deranged the other person might be, you would look at them with understanding instead of criticizing them for being so nuts? Or why do they only target me like this and not others? Understand that you don't know what the other person wants to create as an experience, what their challenge is? And also because your entire world, humanity's energy field, it's in a struggle against darkness. You can look at everyone and find that harmony with others is rare, or if they do have harmony within themselves, it seems like a lot of effort.

所以如果有责怪冲突,就是什么东西你不能容忍或者是任何反应,对⽅做出的任何反应都正常的.你们都是在摸索中,你们都是在⽤⾃⼰的⼀个⽅式.然后基本上的⼈,99%的⼈的认知都是⾮常的有限,他们没有办法.但是你们听到我们信息的这些⼈,你们有办法.为什么呢? 我们在帮你看的清楚,你就不会陷在⾥⾯,好像是没有出路⼀样.

So if there is a sense of blame or conflict, it's about what you can't tolerate or any response that might come from the other party, and their reactions are normal. You're both figuring this out in your own ways. Then, for the most part, 99% of people's understanding is limited; they simply can't. But those who hear our messages, you do have a way. Why? We help you see more clearly, so you won't get stuck as if there's no way out.

问: 婚姻⾥⾯的关系要如何维持? 特别是⽣了孩⼦的⼥⼈又要⾯临⼯作又要照顾孩⼦,就没有像以前⼀样的激情去谈情说爱了.

Question: How do you maintain relationships in marriage? Especially for women who have children and need to balance work and childcare, they no longer have the same passion as before for romance.

JO:你稍等.⾸先你这个问题提的⾮常的好.然后确实你们会体验到进⼊婚姻中后各种没有办法的这些事情.但是就算你没有进⼊婚姻,你也会差不多体验到⼀个付房租或者是为⽣计奔波,就是要不断地加班这些事情,对吧?然后我们想要告诉你们的是,这是你们⾃⼰⼈类的⼀个集体意识.然后那个意识是什么?就是我必须要不断不断地去⼯作去做,才能⽣存下去.这是你们⼀个错误的信念,明⽩吗?这么说吧,实际上⼀个正常的⼈……为什么会有⽩天和⿊夜?因为你们睡觉是要跟你们更⼤的我,跟它发⽣连接的.所以如果你们长时间不睡觉,你们会⾮常的崩溃.如果长时间不发⽣连接,你们会死掉⼀样.

JO: Wait a moment. First of all, your question is very well posed. Indeed, you will experience various uncontrollable situations once you enter into marriage. But even if you haven't entered into marriage, you would have similar experiences like paying rent or struggling to make ends meet, which involves endless overtime work, right? Then what we want to tell you is that this is a collective consciousness of your human selves. What is the essence of this awareness? It's that I must constantly keep working in order to survive. This is an erroneous belief, understand? Let me put it this way: Actually, a normal person... Why do you have day and night? Because when you sleep, you connect with your larger self, with it. So if you don't sleep for long periods of time, you will be severely devastated. If you fail to maintain this connection over long periods, you would essentially die.

你想如果你不把你⾃⼰跟你的源头发⽣连接,就好像你这⼀棵树你⾃⼰把⾃⼰的根给割断了,这颗草⾃⼰把⾃⼰的根给割断了.它迟早会枯萎的.所以说去看看你⾃⼰繁忙的⼈⽣当中到底哪些事情是真正重要的.我跟你讲真正重要的事情就那⼏个.什么重要?睡觉、喝⽔、吃饭、有空⽓、存活,其它都不重要.因为你那⼏个重要的维持你这个⾁体可以存活的状态就⾜够了.那你看我的孩⼦必须要上补习班,我的家⾥⼀定要⼲⼲净净,我⼀定要⼀⽇三餐,明⽩吗?你如果不饿,⼀天吃⼀餐也是可以的.家⾥乱,那你如果真的是不想消耗你,你可以房⼦买⼩⼀点,家具买少⼀点,东西买少⼀点,明⽩吗? 为什么?

You ask if you do not connect with your source, it's like the tree that cuts off its own roots; just as this grass does to itself. It will eventually wither away. So look at what truly matters in your busy life. I tell you, there are only a few things that really matter: sleeping, drinking water, eating, having air, and surviving. Everything else is not important. Because those few important things that sustain the state of keeping your physical body alive are enough. You see, my child needs to attend extra classes; my home must be clean; I must eat three meals a day. Do you understand? If you're not hungry, eating once a day is fine. If you want to conserve yourself from energy consumption, you can buy a smaller house, fewer furniture, and less stuff. Can you understand why?

因为如果你⾃⼰的energy cover 不了这些东西,那其实多余的东西都在消耗你.所以说哪些东西是在消耗你?多余的⼀些物质,不断地社交或者是不停的⼯作.这些东西都是在拉扯着你,让你不要和你⼤的⾃⼰连接.长期下来你会感受到吃⼒,就是有⼀种被耗尽的感觉.所以说你们⾃⼰去平衡.平衡就是⼀定要留时间给看不见的那部分的你.因为你物质世界的这个⾝份,它其实就是⼀个像⼯具⼀样的存在.你只需要保持这个⼯具不会死掉,其它事不重要.你说⼯作真的重要吗?哪怕你是⼀个国家主席的⾝份,你死了这个国家照样运转,说不定运转的更好.你真觉得那些⼯作离开你,⼈类就不运作了?

Because if your energy cover doesn't include these things, then actually the surplus stuff is draining you. So which things are draining you? Excess physical stuff, constant socializing or non-stop work. These things are pulling you away from connecting with your larger self. Over time, you'll feel exhausted, a sense of being drained. So balance yourself. Balance means making sure to allocate time for the unseen part of you. Because your identity in this material world is essentially just an existence like a tool. You only need to keep that tool functioning and not dying, everything else isn't crucial. Do you really believe work matters? Even if you're the President of a country, even if you die, the country still functions, possibly better. And do you truly think humans can't function without those jobs leaving you behind?

所以说你们⾃⼰主动地去上了这个好像停不下来的跑道⼀样,是你们⾃⼰卷上去的.你们⾃⼰愿意⾃⼰跑上去的.没有⾮让你不得不做的事情,只有你⾃⼰头脑⾥⾯认为这些是必须做的.那你说你们现在在发⽣战争的国家,他们又不能正常⼯作又不能上学,怎么办呀? 是不是?

So you voluntarily got on this seemingly unstoppable treadmill, and it was your own volition that propelled you upwards. You willingly chose to run up there yourself. There is no obligation imposed upon you; only the belief in your mind that these things must be done. And now, in countries where wars are being waged, what do you do when people cannot function normally or attend school? Is it not so?

问: 如何染发婚姻正⾯的服务于我们?

Question: How does the act of coloring hair serve as a positive service in our marriage?

JO: 你来让所有的⼀切,不只是婚姻都可以正⾯的服务于你.哪怕是婚姻中发⽣的争吵,婚姻中发⽣的任何事情,任何东西它都可以正⾯的服务你.但是赋予它这个能⼒的是你,明⽩吗? 是你.

JO: You come to allow everything, not just marriage, to serve you in a positive way. Even arguments and any other occurrences within marriage, they can all serve you positively. But it's you who gives them this ability, understand? It's you.

问: 为什么男⼈都喜欢年轻的⼥⼈,特别是有钱的男⼈?

Question: Why do men prefer younger women, especially wealthy men?

JO: ⾸先这并不是,但是是她这么去认为.但是你们基本上的⼈会被…… 所谓的年轻代表着什么? 它代表着⽣命⼒.就好像你们会喜欢开的娇艳的花⽽不是死掉枯萎的花,对吧? 那为什么你会喜欢喜欢? 为什么你不买⼀把枯萎的花回去呢? 你告诉我.这就跟男⼈为什么…… 但是并不是只有年轻的⼥孩⼦才有⽣命⼒才有活⼒,明⽩吗? 那你看创建亚马逊的那个男的,他找的就不是年轻的.但是那个⼥的的⽣命⼒却⽐年轻的还要旺,明⽩吗? 所以说你们就会发现你被吸引的不是那个…… 这么说吧,⼀个⼫体她又年轻又漂亮.那个男⼈会被她吸引吗? 他不会的,没有⽣命了.所以最重要的是你们的能量.

Jo: This is not just, but that's what she believes. But most people are... What does young mean? It means vitality. Like you would prefer a blooming flower rather than a dead wilted one, right? Why do you prefer to like? Why wouldn't you buy a wilted flower and bring it back home? Tell me why. This is the same as why men... But not only young girls have vitality and energy, understand? Then look at the man who founded Amazon; he didn't find a young one. However, that woman's life force was stronger than youth itself, understand? So you would discover what you're attracted to isn't that... Say this way, a dead body she's young and beautiful. Would that man be attracted to her? He wouldn't, there's no energy anymore. Therefore, the most important thing is your energy.

因为你们是⼀个energy,那energy就会被⾮常⼤的energy给吸引.你会控制不住的被吸引,那个就是energy.所以并不是说⼀定是年轻的,⽽是说他展现出来的.还有就是个别的他⾃⼰想要体验的,你不知道他想要体验什么.

Because you are an energy, that energy will be attracted by a very large energy. You will be unable to resist being attracted; that is the energy itself. So it's not necessarily about youth, but rather what he exhibits. And also, there's the individual experience he wants to have, which you don't know what he desires.

问: 现在地球⽣活很艰难,年轻⼈都不想结婚.要怎么样看待这个问题?

Question: Life on Earth is very tough now, and young people don't want to get married. How should we view this issue?

JO: 地球⽣活很艰难,这只是在你们的有限的认知⾥你觉得是艰难的,明⽩吗? 因为你们还没有去突破你的认知,就是你的意识波在那⾥,你会体验到⼀切都是艰难的.但是当你不断不断地去提升提升.你发现没有所谓难的事情,它是⾃然⽽然的.就好像我们刚刚说⼀切都是被照顾好的.所以说地球这个艰难的事情它不是成⽴的,它只是你⾃⼰的意识程度在那⾥,你体验到艰难.然后你下⼀个问题是什么?

JO: Life on Earth is tough, just that you perceive it as such due to your limited cognition, right? You haven't yet broken through your cognitive boundaries, meaning you're experiencing everything as challenging because your awareness waves are at that level. But when you continuously elevate and improve yourself, you discover that there's no such thing as a hard task; it comes naturally. Just like we were saying earlier, everything is well taken care of. So the notion of Earth being tough doesn't hold true; it only stems from your own awareness level, making things seem tough. And what's your next question?

问: 要怎么看待这个问题?

Question: How should one view this issue?

JO: 它来⾃于你们个体的认知.这么说吧,你的⼒⽓很⼩,你拿起来⼗公⽄你都会觉得很吃⼒.你让⼀个宝宝去拿⼗公⽄,对吧? 但是随着你不断地长⼤,你的muscle不断地长⼤.你别说⼗公⽄,⼀百公⽄你都可以举起来.所以你现在就好像是⼀个baby,你说这是⼀个很难的事情,但是并不是的.因为它只是相对你⾃⼰⽬前,你⾃⼰这个意识程度去感知到的这个世界是这种感觉.并没有说你的感觉是假的,但是就好像是个⼩孩⼦他去拿那个weight.

JO: It originates from your individual cognition. Let me put it this way, you have very little strength; lifting ten kilograms would feel like a heavy burden for you. Can you imagine asking a baby to lift ten kilograms? But as you grow and develop, so does your muscle mass. Don't say "ten kilograms"; even lifting one hundred kilograms wouldn't be out of the question for you. So now you're akin to a baby who says it's hard; however, it's not really the case because it just feels that way relative to where your current awareness and understanding of this world stand. It's not saying that your perception is false; rather, it's like how a child struggles with carrying weight.

问: 要如何对待灵性修⾏和结婚后养育⼦⼥的重担问题?

Q: How should one handle the issue of spiritual cultivation and the burden of raising children after marriage?

JO: 你们总会觉得就好像灵性修⾏这个事情是需要你放下所有⼀切去做的事情,明⽩吗? 并不是的.你⾯前的⼀切,什么重担什么枷锁,这些东西就是你的镜⼦呀.那你需要这个镜⼦你才能去修你⾃⼰呀.这么说,你就好像说我不要镜⼦去化妆⼀样.你想把妆画好⽽不去看镜⼦? 你⾃⼰给⾃⼰化妆,明⽩吗? 所以那你的⽣命当中,你的家庭也好,你养育⼦⼥也好,它实际上就是镜⼦.它反射出你⾃⼰的level在哪⾥,你的enery level 你的能量状态,你的状态在哪⾥.所以离开这个你还没办法了呢.那你都说了嘛,要修又要⾏.那你的这些⾏为它需要⼀个东西去反射呀.

JO: You always think that spiritual cultivation is about letting go of everything you have, right? But it's not like that. Everything in front of you—those burdens and shackles—are actually your mirrors. To cultivate yourself, you need this mirror. So if I were to say you're saying you don't want a mirror for makeup, would that make sense? Would you try to put on makeup without looking into the mirror? You are doing it by yourself, right? Therefore, in your life, whether it's with your family or raising children, they all function as mirrors. They reflect where you are at—your level of energy, your emotional state, and how you are doing overall. So if you're unable to do that without a mirror. You said it yourself; you need both cultivation and action. Your actions require something to reflect back on them.

但是修,就⽐如说通过我们告诉你的这些信息,你⾸先要知道你的卡点在哪⾥,对吧? 那就好像⼀个机器你说明书都没有,你就去捣⿎它.那机器会被你弄乱的弄死的,保险丝都会被你搞坏的.你不知道哪个是哪个,哪个是什么功能.你说给你⼀个复杂的机器,不给你说明书,你去修?所以说我们的这些灵性信息就来帮你去看到,看到本

But Xiao, for example, based on the information we're sharing with you, you first need to know where your blockages are, right? That's like trying to fix a machine without a manual. The machine will be messed up by you and broken. The fuses will get damaged as well. You don't know which is which or what each function does. Imagine being given a complex machine without instructions and asked to repair it. So our spiritual information helps guide you to understand, seeing the core

质,看到⾥⾯你看不到的东西.⼀开始你盖⼦都不打开,你引擎⾥⾯有什么东西你都不知道.你在外⾯动砸⼀下,西砸⼀下.没⽤的.你需要进⼊到内部.你知道每⼀个零件它运⾏的⽅式⽅法、模式,你才能很好的去修,明⽩吗?你才能让它这台车可以正常的运作.所以它并不是说你的⼀个好像是障碍或者是阻碍,不是的.它恰好是⼀个镜⼦⼀样.

Quality, see the things you can't see inside. At first, you don't even open the lid; you have no idea what's in your engine. You hit it from outside a few times. It's not helpful. You need to get into the internal workings. You understand how each part operates and functions, its patterns, then you can fix it well, right? You can make that car function properly. So it's not about an obstacle or hindrance; no. Instead, it's like a mirror.

问: 拥有多个性伴侣的⼈对他的灵性成长是有利还是有害的? 没有性伴侣的⼈对灵性成长有什么样的影响?

Question: Is it beneficial or detrimental for someone with multiple sexual partners in terms of their spiritual growth? What impact does not having a sexual partner have on spiritual development?

JO: ⾸先又回到就是你不知道对⽅,就是他这个个体他来到这个世界他想要体验的是什么.你不知道.所以你不知道的话,你就没有办法去…… 为什么? 因为你们每⼀个⼈他想要体验什么都是被允许的.因为你们来到这个物质世界,你们就是来体验的呀.体验对你们来说才是最宝贵的,你把⼈家最宝贵的拿⾛? 就好像你们⼩孩⼦去沙滩⾥⾯堆东西,就想堆⼀个怪物出来.那你说对⽅堆⼀个怪物,我堆⼀个佛,有区别吗? 没有.你们都在堆⾃⼰想堆的东西呀.但是从⼀些能量层⾯来说当那个⼈他的关系越杂,就好像他的能量牵扯就越多.能量牵扯越多的话,他内在肯定是会产⽣冲突的,明⽩吗?

JO: Firstly, you don't know what the other person wants to experience when they come to this world as an individual. You just don't know. Therefore, without knowing, there's no way for you to... Why? Because each of you is allowed to want to experience different things. As you have come into the material world, you are here to experience it. Experiencing is what is most precious to you; how could you take away someone else's most valuable experience? It's like when children build things on a beach, wanting to create something monstrous. Does it make a difference if one builds a monster and another builds a Buddha? No, because everyone is building what they want to build. However, from an energetic perspective, the more complex someone's relationships are, meaning the more their energy is entangled. The greater the level of energy entanglement, the more conflict will inevitably arise within them, understand?

那关系就好像像根⼀样,那他的根很浅,他跟别⼈都是很浅的交往.那很浅的话,是不是就不稳定,就不能深深地扎根? 那当然他从这个关系当中得到的滋养也很少,明⽩吗? 所以虽然他看上去有浅浅的关系,但是那些关系都对他没有滋养的.所以那他⾃⼰是在⼀个什么状态? 但是又回到前⾯,我们不去评判,因为你不知道对⽅想要体验什么.你不知道他是如何去运⽤他的体验的.

The relationship is akin to a root, and his roots are shallow; he has superficial interactions with others. If the connection is superficial, does that mean it's unstable and incapable of deepening? Naturally, the nourishment he receives from this relationship would also be minimal, right? So even though he may appear to have casual relationships, those connections don't actually benefit him in any way. So what state is he in himself? But returning to the beginning, we refrain from judgment because you don't know what the other person wishes to experience or how they apply their experiences.

问: 如果另⼀半就想结婚,那我作为她的爱⼈为了让她开⼼,是不是就要和她结婚?

Question: If the other half wants to get married, and as her partner I want to make her happy, does that mean I have to marry her?

JO: 你要问你⾃⼰呀.你这个是需要你⾃⼰跟你⾃⼰对话的.如果我们说对,你就去结? 我们说不要结,你就不去结啊? 明⽩吗? 对于我们灵性层⾯来说,你们结不结婚没有屁的关系,有关系吗? 你们⾃⼰玩⼀个游戏,啊,我们来怎么样怎么样,这个规则.OK,这是你⾃⼰的事.但是玩这个游戏的过程当中,你有没有收获? 有没有体验? 有没有成长? 这个才是最重要的.我们不是站在你们这个社会的道德标准来去看你们的,⽽是说从灵魂层⾯你们有没有在不断地突破? 有没有在不断地接近合⼀的状态? 接近爱的状态? 这个才是最重要的,明⽩吗?如果你们不断不断地在接近爱的状态,那就⾜够了.

JO: You need to ask yourself. This is something that you have to dialogue with your own self. If we say yes, go ahead and get married; if we say no, don't marry. Do you understand? For us on the spiritual level, it doesn't matter whether you get married or not - does it matter for you? It's a game you play with yourself, right? We suggest this process, okay, it's your own decision. But have you gained anything from playing this game? Have you experienced anything? Have you grown? That is what truly matters. We don't judge you based on societal norms; rather, we're concerned about whether you are constantly overcoming challenges and moving towards unity and love. Is that clear? If you continually approach the state of love, it's sufficient.

如果说他结⼏次婚或者是她嫁⼏次⼈,这些不是…… 这些是你们社会的⼀个道德评判.就是你们⽬前这个社会的⼀些意识,集体意识.你们的⼀些评判,你们的⼀些定义,是属于你们这个阶段的事情.那很多很多年前,⼀个男⼈可以娶很多⼥⼈呢,不是吗?

If we talk about how many times he has been married or how often she has gotten married, these are... These are moral evaluations of your society. They are the current societal consciousness, collective awareness, and judgments in your phase. A long time ago, a man could take on multiple women as wives, right?

问: 如何经营好⼀个家庭,让⼀家⼈都⼀起提升?

Question: How can one manage a family well to benefit everyone's improvement?

JO:那就是你⾃⼰,你看家庭不就是你的⼀个反射.你⾃⼰⾸先要知道通过你⾃⼰不断地不断地在每⼀个当下看到你⾃⼰.我们今天所说的⼀切都是,当发⽣了争吵,你为什么要争吵? 我们通过这个事件来…… 双⽅都需要承担起这个责任,明⽩吗? 就是你们只要是参与的⼈,你们都需要承担起⾃⼰的责任.我是因为什么样的恐惧投射出这样⼦的⼀个? 我是因为什么什么投射出这个?

JO: That's you too; see, the family is just a reflection of yourself. You need to understand that you are constantly seeing yourself in every moment through yourself. Everything we've discussed today revolves around this question: why do you argue when there's a disagreement? We look at this event as an opportunity for both parties to take responsibility, right? Anyone involved must own up to their part. Why am I projecting fear like this? What is it that I'm projecting?

问: 如何让另⼀半⼀直处于开⼼快乐的状态? ⼀直不⽣⽓.双⽅需要如何去做?

Question: How can one always keep their partner in a happy and joyful state, never angry? Both parties need to do what?

JO: 那你们可以去给你的脑部做⼀些切除的⼿术,然后让你⼀直嘿嘿嘿的傻笑.你⾸先要知道不是说开⼼就是好的,⽽是说你每⼀个状态都有它该有的样⼦.OK,那你不开⼼的时候,你正好可以从不开⼼当中去学习你的意识程度到底卡在了哪⾥.到底是什么定义什么观念导致这些? 你就好像是⼀个成熟的苹果,它很甜.你说我怎么可以⼀直保持在那个很甜的状态? 那当你到了很甜的状态,那你又要凋谢掉了,明⽩吗? 那有些⼈虽然他⼀直在⼀个快乐的状态,但是他有可能错过了很多成长的机会.他的快乐是取决于⼀些,就好像建⽴在冰⼭上冰块上.⽽是⾃然⽽然.当⼀个⼈的意识程度达到了看什么事情都很豁达,知道这只是⼀个过程.

JO: You can then undergo surgery to remove parts of your brain, which will result in you constantly laughing foolishly. First, understand that being happy is not always good; every state has its own proper form. Okay, so when you're not happy, you can learn from this lack of happiness about where your consciousness is stuck and what definitions or concepts are leading to these conditions? You're like a ripe apple that's very sweet. You ask how can I stay in such a sweet state indefinitely? When you reach that sweet state, then it starts to wither, understand? Some people might be perpetually happy but could miss out on many growth opportunities. Their happiness is built upon something unstable, similar to an ice block floating on water. It's natural and inevitable. When one's consciousness reaches a point where they can see everything with a broad perspective, knowing that it's just a process.

那他⾃然⽽然就不会为这些事情⽽烦恼了.所以你真的还没有办法保证让对⽅达到那样的状态,但是对⽅她⾃⼰可以到了⼀个花开的状态或者到了⼀个苹果熟了的状态.那就好像这么说,我怎么样可以让苹果⼀直处于甜的状态? 它需要从开花到结果,然后结的果⼦很⼩,然后再从青的状态到成熟的⼀个状态.所以不是拔苗助长.但是每⼀个体验都是你们当下需要的,每⼀个状态都是你们当下需要的.⽽且每⼀个体验都可以去帮助你成长.

So naturally he would not be troubled by such matters. Hence, you really cannot guarantee making the other party reach that state, but they themselves can achieve a state of blooming or their fruit ripening. It's akin to asking how I can ensure my apple remains sweet? This process involves watching it blossom and bear fruit, with small fruits resulting first before maturing from green to ripe. So, this isn't about pushing the plants to grow too fast. Yet every experience is what you need in your current state, each condition being necessary for you right now. And every experience can aid your development.

问: 如果⼀个⼥⼈就没有⽗亲,会不会影响她的婚姻和亲密关系的建⽴?

Question: Would a lack of a father figure affect a woman's marriage and the establishment of intimate relationships?

JO: ⾸先能够影响你们的不是事情,⽽是你们对事情的⼀个看法.你记住这句话.如果你觉得它会影响你,OK,你就已经受到了影响了,明⽩吗? 所以说去改变你对事情的看法才是最重要的,⽽不是事情的本⾝.事情的本⾝也随着你改变你的看法,它也变了.它不再是你之前以为的那样⼦.

JO: What can affect you is not the thing itself but your perception of it. Remember this sentence. If you think it will affect you, then okay, you have already been affected, understand? So changing your perspective on things is what's most important, not the thing itself. The thing itself changes as you change your perspective on it. It is no longer what you previously thought it was.

问: 婚姻⾥正常的性⽣活应该是怎么样的?

Question: What should normal sexual activity in marriage be like?

JO: 你在你的节奏上以你的速度,你的体验就是正常的.这⾥没有⼀个正常,明⽩吗? 只有你们⼈类才会出现那么多标准.但是你们每⼀个个体都是独⼀⽆⼆的,你如何来去制定标准,明⽩吗? 那有的⼈他就是要体验⽆性的婚姻呢? 你说⼈家不正常吗? 他们就是想超越⾁体.那你就说别⼈不正常了? 你不知道别⼈想要体验的是什么? 只有你们⾃⼰⼈来才会⽤这么多标准来去判断又是这样又是那样.

JO: Your pace, your speed, and your experience are normal in your rhythm. There is no such thing as normal here; you understand that right? Only humans create so many standards. But each of you is unique, how can you define a standard? You ask if someone wants to experience asexuality, isn't that considered abnormal? They want to transcend the physical body. Then do you consider them abnormal? Don't you realize what others seek to experience? It's only humans who use so many standards to judge others.

问: 为什么经常有男⼈对她很热情,她就很讨厌这个男的.但是这个男的⼀旦不热情了,她反⽽喜欢这个男的了?

Question: Why does she feel so strongly against a man who is very enthusiastic towards her, but starts to like him when he stops being so enthusiastic?

JO: 她为什么会出现这个情况,她应该跟她⾃⼰的头脑对话她为什么会出现这样的情况? ⽽且她也不需要去那个什么,因为这是⽬前的这个阶段做出的这个反应.不代表过个⼀两年或者过个⼗年她还是这样⼦.不会的.因为你们⼀直是在变化当中.它会随着你们的变化⽽变化的.你不同的频率,你都会有对外界的⼀个反应,看法想法都会不⼀样的.所以你如果真的想找到为什么,你可以跟⾃⼰对话.但是我告诉你那个结果是不⼀定的.为什么呢? 你下⼀秒就可以变成另外⼀个⼈格了.

JO: Why is she experiencing this situation? She should have a dialogue with her own mind as to why she's experiencing such circumstances. And there's no need for that, because it's the response of the current phase, not indicative of how she will be in one or two years, or even ten years from now. No, you're constantly changing, and so is your reaction, view, and thoughts. Different frequencies bring about different responses to the outside world. Therefore, if you truly want to find out why, dialogue with yourself. But I'll tell you, the outcome isn't guaranteed. Why? Because you could change into a completely different personality in the next second.

问: 希特勒当初这样做是因为缺爱,完全割舍了⾃⼰善的部分?

Q: Did Hitler do that because he lacked love and completely abandoned his good side?

JO: 这么说吧,你们很多⼈,你们⽬前的社会观念和观点,你们还会从单⼀的⼀个⼈去看.就是会觉得是这个⼈创造的.不是的.你要知道现在⽬前社会上的战争跟你们每⼀个⼈都有关系.你可能会觉得跟你没关系,不是你创造的.NO NO NO,你们的能量,你们的enery.我们以前说什么,当你的⽔管⾥⾯的⽔压太⼤,它会通过薄弱的⼀个点爆开.那你说跟你的⽔压没关系? 如果你的⽔压是在合适的,适中的,它不会爆啊.就算它⽐较薄弱的地⽅,它没有这个压⼒呀,对吧? 所以说希特勒演的这场戏也是来⾃于你们的集体意识.你们的集体意识是什么? ⽆⼒的⼈特别⽆⼒,对吧? 他会觉得他应该就是被害的.他是很⽆⼒的,他觉得他没有⼒量.

JO: Let me put it this way, many of you and your current societal perceptions and viewpoints still see the world through the lens of an individual contributor. You might think that it's all about one person creating it. But no, what's important to understand is that today's global conflicts affect each and every one of you personally. You might feel detached from them, thinking they're not your creation. No, no, no; it's about your collective energy, the energy we are talking about. Recall when your water pressure in a pipe becomes too strong; eventually, it will burst through the weakest point. Would you say this has nothing to do with your water pressure? If your pressure is just right, balanced, it won't burst, would it? Similarly, Hitler's actions were manifestations of your collective consciousness.

The essence of your collective consciousness is that powerless people are even more vulnerable. They feel like they're always the victims because they believe in their own weakness.

你跟希特勒是⼀样的⼈啊.他才多少公⽄? 说不定你两百公⽄,他才⼏⼗公⽄.那你⼒量去哪了? 你给了希特勒啊.所以说你们⾃⼰把⾃⼰的⼒量交出去,然后你们又来问害你们的⼈,你们的⼒⽓为什么那么⼤? 就好像我们前⾯说的,你有⼀千块钱,他也有

"You are just like Hitler. How much does he weigh? Maybe you're 200 kilograms, and he's only a few dozen. Where did your strength go? You gave it to Hitler. So you've given away your own power to the ones who harm you, then you ask them why they have so much power? It's like what we discussed earlier; you have $1,000, and he also has."

⼀千块钱.你把⾃⼰的钱给了对⽅,明⽩吗? 希特勒跟你拥有的是⼀样的.他有他的愿⼒,你为什么没有你的愿⼒呢? 你为什么没有⽤你的愿⼒去付诸于⾏动,然后去调动其他⼈跟你⼀样的,明⽩吗? 那希特勒他有他的想法,然后他付诸于⾏动.他⽤他的能量去吸引更多跟他有同样想法的⼈来推动这个事件.所以包括那个受害者都是在⽀持希特勒演这场戏的.你⼲嘛要加⼊他的戏,明⽩吗? 所以说你有为你⾃⼰⼼⽬中的愿⼒去⾏动去坚持吗? 去号召更多的⼈吗? 因为你们历史上的所有事件,那是因为你们⼈类的意识在那样的状态.它会通过⼀些事⼀些⼈把这些事件给呈现出来.所以他是你们集体意识的⼀个产物.

One thousand yuan. You gave your own money to the other side, understand? Hitler has the same will as you. He has his intentions and power. Why don't you have your own willpower? Why haven't you used your willpower to take action and motivate others in the same way? Understand that Hitler had his thoughts and acted upon them. He used his energy to attract more people with similar thoughts to drive the event forward. Therefore, including the victims, they were all supporting Hitler's performance of this drama. Why are you joining his play? Understand that you should be taking action for your own will in your mind, persisting, and rallying more people? Because all historical events stem from the state of human consciousness. They manifest through certain actions and individuals. So, it is a product of your collective consciousness.

如果只是单独的去针对⼀个⼈的话,就好像这⾥有⼀个杀⼈犯,你们把他杀了.你能保证永远不出杀⼈犯了?那就好了.你们世界上杀了那么多的⼈,把杀⼈犯处决了那么多.但是后⾯就不会有了? 为什么不断不断的还有呢? 为什么呢? 就好像这个肿瘤你把它割掉了.为什么你其它地⽅还会长肿瘤呢?你产肿瘤的频率,那个毒素还在那⾥.所以说最根本的原因它不是出现在于某⼀个⼈.那某⼀个⼈他只是⽤他⾃⼰去呈现了,就当时的能量是这样⼦的.

If it were just about targeting one person, like there's a murderer here and you kill him. Can you guarantee that there won't be any more murderers? That would be great. You've killed so many people in the world and executed countless murderers, but do you think that will prevent more from appearing later on? Why is it that these keep happening over and over again? Why?

It's like cutting off a tumor. Why does it still grow elsewhere? The frequency of producing tumors remains because there are toxins present. Therefore, the root cause doesn't lie in any one person; they merely presented themselves as manifestations based on the energy at that time.

问: 我能问⼀下我现在的你能量状态有没有什么信息是要给到我的吗?

Question: Can I ask if there are any messages regarding my current energy state that you would like to convey to me?

JO: 就好像前⾯的信息,你不会错过任何信息.你只需要去关注于你⾃⼰想要关注的.你不会错过任何信息

Jo: Just like the previous information, you won't miss any information. You just need to focus on what you want to pay attention to. You won't miss any information.

#### 2023/10/24 — 如何转变⾦钱的匮乏与债务危机How to Overcome Financial Scarcity and Debt Crisis

JO: 你说什么问题?

JO: What question did you say?

问: 我昨晚意识到周围的⼈是我⾃⼰的时候,我今天我想显化什么就很快就发⽣了.但是为什么关于⾦钱⽅⾯很难?

Q: When I realized who everyone around me was last night, things that I wanted to manifest today happened very quickly. But why is it hard when it comes to money?

JO: 那是因为你还会有你相信的,就是你刚才说了为什么显化⾦钱很难.你存在这样⼦的⼀个,就是你相信.你相信它.你相信它是很难的,那你体验到的就是很难的.但是很难,它并不是真实的,明⽩吗? 只是需要你⾃⼰去通过你⾃⼰怎么去发现它不难.然后直到你真的去相信它,⽽不是说我想相信或者是假装去相信,但是我内在实际上不相信.因为你内在到底真实的相信还是不相信,这个在影响着你的体验,明⽩吗? 所以抓住⼀切机会去转变这个.就⽐如说有⼀个事件,你说你突然想得到意外的⾦钱上的惊喜.OK,那你可能得到了⼀个红包.那你就把这个抓住,然后去相信它.你永远都可以得到你想要的,明⽩吗?

JO: That's because you have faith in something; that is, the reason why manifesting money was difficult for you just now. You exist with this belief, this faith. If you believe it to be hard, then you will experience difficulty. But difficulty is not real; understand? It only requires you to find out on your own that it's not actually hard. Only when you truly believe in it rather than simply wanting to or pretending to believe but not really believing internally do you start experiencing the reality of this belief influencing your experiences, right? So seize every opportunity to change this mindset. For instance, if you suddenly want an unexpected financial surprise, okay, maybe you receive a red envelope. You should seize that moment and believe in it. You can always achieve what you desire, understand?

去抓住任何⼀个,因为你总会有这样⼦的事件.去抓住它,⽽不去看其它证据.

Go and grab any of them because you always have such incidents. Go and seize it without considering other evidence.

问: 总是在路上看到999 888 222 这些,这些是有意义的,还是根本就不需要关注?

Question: Why do I often see numbers like 999, 888, and 222 on the road? Are these numbers meaningful or should they not be paid attention to at all?

JO: 你赋予你看到的⼀切,你给它意义,明⽩吗? 就算别⼈告诉你你看到999是⾮常不吉利的,但是那是他们创造的世界,那是他们体验的世界.你⾃⼰的世界你⾃⼰创造,然后去体验,明⽩吗? 所以把⼀切赋予正⾯的意义.这是你的权⼒,这是你的能⼒.

JO: You give meaning to everything you see, understand? Even if others tell you that seeing 999 is very inauspicious, but that's their world, that's their experience. It's your world you create and then experience, understand? So imbue everything with a positive meaning. This is your power, this is your ability.

问: 我后⾯就把看见这些数字赋予的意义就是⾼我⼀直在我⾝边.

The meaning I ascribed to these numbers after seeing them was that my Higher Self has always been by my side.

JO: 你是宇宙的⼀部分,它不是在你⾝边,它是和你⼀体.你不是单独存在的,你就好像是⼀棵树上的树叶,你说你能单独存在吗? 你单独存在你就不会有⽣命了.

You are a part of the universe, not just by its side, but one with it. You do not exist alone; you're like leaves on a tree. Can you exist alone? If you were to exist alone, you wouldn't have life at all.

问: 我的天赋使命是什么? 我可以从事⼼理咨询吗?

Question: What is my divine mission? Can I pursue a career in counseling psychology?

JO: 你不需要去问任何⼈,你唯⼀需要去问的是你做这个事情开⼼吗?问: 开⼼JO: 那就是.只需要⼀个你开⼼吗? 如果你开⼼,那你就是.问: 是不是不需要过多的去求钱啊这些,⾃⼰就会来?

JO: You don't need to ask anyone else; the only question you need to ask is whether you enjoy doing this. Question: Are you happy? JO: That's it. Just one question - are you happy? If you're happy, then that's all there is. Question: Isn't it about not needing to overly pursue money or such things, and for it to come naturally?

JO: 你说⼀棵苹果树你刚把它的种⼦埋下来,你就在那瞅瞅瞅瞅.你的种⼦已经埋到地底下,它需要时间去开花结果.你只需要去给它除害浇⽔,明⽩吗? 它是⾃然⽽然的.

JO: You said you just planted a seed of an apple tree and you're just like watching it, looking and staring. Your seed is now buried underground, it needs time to flower and bear fruit. All you need to do is take care of pests and water it, right? It's natural.

问: ⾯对不好的东西的时候,我就放着不管吗? 我就不处理吗?

Question: When faced with something bad, do I just ignore it and not handle it?

JO: 你定义的,就是你头脑⾥⾯通过什么去看这个世界,它都会显现在你的这个世界⾥⾯,但是你需要去充满觉知的去发现,就是有⼀颗灵敏的⼼去发现这是你投射出去⽽不是真实存在的.这是⼀个很⼤的区别.如果你把它当成是真实存在的,你会觉得你没有办法去更改它.你会觉得你是⽆⼒的.

JO: The definition you set is what you see through your mind when looking at the world, and it will manifest in your own world, but you need to be aware of it to discover that this sensitivity is projecting into reality rather than something truly existing. This is a significant distinction. If you consider it as real existence, you feel powerless to change it; you perceive yourself as incapable.

问: 那⽐如说每个⽉你要还房贷,那就把它当成是假的吗?

Q: For example, if you have to pay your mortgage every month, would you consider that as a fictitious amount?

JO: 不是,那是你之前选择的⼀些东西,它产⽣的⼀个果,因果关系,对吧? 你既然进⼊这个选择,那你肯定会体验你这个选择相应带来的⼀个果,明⽩吗?但是在每⼀个当下你都可以去重新选择.那就⽐如说你以前可能是觉得你需要很⼤的房⼦,那你可能就负了很多的债务,然后去住⼤房⼦.但是最后你最后发现⼤房⼦并不能给你带来轻松和愉悦的感觉.那你可以把房⼦变的⼩⼀点.那你也可以把地段贵的,变到更偏远⼀点.那你也可以从昂贵的城市搬到农村,就这种.任何在当下你都可以重新做出选择.⽽不是要去背负着…… 明⽩吗?

JO: No, that's something you chose before, a result of cause and effect, right? Since you've made this choice, you will definitely experience the corresponding fruit of your choice, do you understand? But in every present moment, you can choose again. For example, if you once thought you needed a big house, then you might have taken on debt to live in a big house. But later you found that a big house didn't bring comfort and joy. You could then make the house smaller or move to a less expensive location, even relocate from an expensive city to rural areas. You can make any choice at this moment. Instead of carrying the burden... do you understand?

问: 那我就是因为透⽀负债,没得选啊.

Q: That's why I had no choice but to use my overdraft credit.

JO: ⾸先你要意识到你们本⾝就在进⼊别⼈创造的游戏规则,你已经进⼊了.你进⼊了,你当然就会出现这种我没得选择,我没有退路,明⽩吗? 那如果你已经在⾥⾯了,那你要知道你还要不要继续加⼊他这个游戏,明⽩吗?

JO: Firstly, you need to realize that you are already playing within someone else's set of rules; you've entered this game. You've entered it and of course, you'll experience the feeling of having no choice but to go along with it, right? If you're already in it, then you should understand whether you want to continue to participate in this game or not, right?

问: 其实可以选择不再体验这种?

Q: You could choose not to experience this anymore?

JO: 每⼀个当下你都可以去选择.当你做出选择,你同样的就会做出你的⾏动.就⽐如说你之前透⽀信⽤卡买了⼀个昂贵的包或者是⼀个奢侈品牌.那当你还账的时候,你发现你很紧张很有压⼒的时候,你就发现奢侈品并不能给我带来安稳的感觉,安⼼的感觉.那当你意识到,你就可以去开始往外跳了,明⽩吗? 所以当你有⼀个⽬标,就是把前⾯的的那个果,前⾯的那个债给还了.结束掉了,我是不是就可以重新开始了?那重新开始你就知道通过这个体验,这个并不能代表你.因为你的所有的选择和⾏为都好像这个是我的,这个是我的频率,这个是代表我,这个是我的⼀些展现⽣命的⽅式.因为你不会被困在任何.那你可能会需要⼀个过程.

JO: You can choose every single moment. When you make a choice, you simultaneously take action. For instance, if previously you had overused your credit card to buy an expensive bag or luxury brand item, and when you have to pay the bill, you find yourself tense and stressed out, you would realize that luxury items don't provide feelings of security or peace. Realizing this, you can start to move on from these experiences, right? Therefore, once you have a goal - such as paying off the previous debts or fulfilling a prior outcome - ending it means you can restart, correct? When restarting, you understand that this experience doesn't define you, as all your choices and actions seem like they belong to you, representing who you are, a way of expressing your life. You won't be trapped in any limitations, but you might need time for this process.

你把⼀堆垃圾倒地上了,对吧? OK,我要把这堆垃圾清理⼲净.但是你还会需要去就是那个清理的过程,对吧?但是这个过程就在⼀步⼀步的转变,转变⼀个⼲净的地⽅、环境给你,明⽩吗?

You've dumped a pile of trash on the ground, right? Alright, I'll clean this mess up for you. But you still have to go through that cleaning process, right? However, the process is step by step transformation into a clean place, environment for you, understand?

问: 那如果⾃⼰转变信⼼,想要通过意外之财.这个可以吗?

Question: But if one wants to change their belief and seek fortune through unexpected gains, is that possible?

JO:当然.⽐如说你在清理垃圾,然后你是充满了,就是特别激情的在做这件事情,不是把它当成⼀个收拾烂摊⼦.⽽是说我现在功课已经学到了,谢谢上天给我的礼物.我现在激情的在收拾.那你可能会吸引旁边的⼈,你⾝边的⼈向来帮你.因为他们被你影响,被你带动,他们会被你这个能量吸引进来.那有可能就是你展现出,就⽐如说你的朋友看到或者是你的家⼈看到,他们觉得这个孩⼦⼀下⼦就懂事了.来,我们给她⼀下⼦还清吧,明⽩吗?因为你的那股能量会让其他⼈收到信号的.所以你的积极的能量才是最重要的.因为它会带动其他的.那如果你是消极的能量,消极的能量是排斥的.那如果你把其它那些⼈或者事物往外排,让他们不要来⽀持你.

JO: Of course. For example, when you're cleaning up trash, then you are filled with passion and excitement in doing this task, not seeing it as just tidying up after a mess. But rather acknowledging that I have learned my lesson, thanking the heavens for this gift, and now passionately tackling this chore. So, you might draw people around you to help, your friends and family may be drawn to assist because they are influenced by you and motivated by you; their energy will be attracted to yours. That could mean someone observing that a child has suddenly become more mature and understanding. Let's clear the debt here once and for all, do you understand? Your energy sends out signals that others pick up on. Therefore, your positive energy is crucial as it influences others. On the other hand, negative energy repels, pushing others away from supporting you.

所以说当你散发出积极的能量,那会吸引更多积极的能量来⽀持你.所以你看到了没有,它不是还债的本⾝⽽是你还债的态度.你是⼀个什么态度? 因为你如果真的能从这件事情当中受益,你觉得你得⽣命因为这⼏万块钱发⽣了本质的变化,

So when you radiate positive energy, it attracts more positive energy to support you. So here's the thing - it's not about paying back debts themselves but your attitude towards repayment. What is your attitude? Because if you truly benefit from this situation, do you feel that your life has fundamentally changed due to these few tens of thousands of dollars?

你会⾮常感恩.你说你们教⾮常昂贵的学费去学校学习,是不是为了让你们的⽣命发⽣本质的变化,对吧? 那这样的课程同样可以让你的⽣命发⽣本质的变化,为什么你不能感恩它呢?

You would be extremely grateful. You say that the expensive tuition fees you pay for school education are intended to bring fundamental changes to your life, right? Well, such courses can also bring fundamental changes to your life, so why cannot you be thankful for it?

问: ⾼我还有什么传达给我的吗? 我知道我⾃⼰就是⾼我的⼀部分,但是我发现不了.

Question: Is there anything else that the high self wants to convey to me? I know that I am a part of the high self, but I can't find it.

JO: 那你现在就在连接啊,⽽且你⾃⼰的话,你越是不是在⼀个排斥的频率,就是抵触排斥,你越是往积极的⽅⾯,你的振动频率就越⾼.那你越⾼,那⾼我很⾼在天上.那你不断不断地升天,你⼀直提升⼀直提升,你是不是就可以接触到它了? 那如果你⼀直很down,就是往下坠往下坠,那你是不是离它越来越远了? 就越来越⽆⼒,越来越吃⼒了? 所以说你⾃⾝的频率的变化,就可以让你越来越接近.但是你不要限制它需要通过什么⽅式.为什么呢? 因为你⽬前就在,你现在就在.

In Chinese, JO is saying: "Right now you're connected, and with your own self, the higher you are not on a repelling frequency - which means resistance or being against something - the more positive you are, the higher your vibration frequency. The higher you go, like up in the sky very high. Then, if you keep ascending continuously, always improving and going further, can't you touch it? But if you're constantly feeling down, just falling lower and lower, don't you get further away from it? It becomes harder to handle, more exhausting. Therefore, changing your own frequency allows you to move closer. However, don't limit how this process needs to happen because you are already within this."

问: 我之前修⾏,因为我⼀直在向外求,会跟很多⼈买⼀些法宝.我当时觉得我付出很多钱,我就会收回.我发现我是外求的⼼⾥,不是真⼼的给出去.

Q: Before my practice, because I was constantly seeking from outside, I would purchase many treasures. At that time, I felt that the more money I paid, the more I would receive in return. I realized that my mind of seeking externally was not a genuine giving.

JO: NO,你当初是在⼀种我没有的状态.我需要去做些什么我才会有.问: 那我以前买的关于宗教上的法宝,我可以在闲鱼上出售吗?

JO: NO, You were in a state that I did not have when you started. What actions do I need to take for me to reach such a state? Q: If I previously purchased religious amulets, can I sell them on Xianyu platform?

JO: 当然了.你的钱没有⽩花.

当然了. Your money wasn't wasted.

问: 我想不通如果我周围的⼈是npc吗?

Q: I don't understand if the people around me are NPCs?

JO: 对你来说是的,他们只是来反应你⾃⼰的能量状态⽽已.但是你对他们来说也是的.因为你也会做作为别⼈的背景⼀样存在.为什么呢? 因为你只是去投射出他那个世界版本的你.

JO: Yes, for you, they are just reflections of your own energy state. But it's the same for them too, as you exist in their background as well. Why is that so? Because you're projecting a version of yourself from his world.

问: 那我为什么显化,就是我想要让这个⼈过来有个什么对话什么的.那他不是也有⾃由意志的吗?

Q: But why am I manifesting, that is, I want this person to come for some kind of dialogue. Doesn't he also have free will?

JO: 你体验的只是你⾃⼰的能量状态.⽽且只是当时当下.为什么呢? 因为你的能量也会变啊,明⽩吗? 但是他们也有可能是通过这样的⽅式是你的⾼我来给你反射出⼀些想让你知道的信息.你也会出乎意外的.你是都会有被指引的.

JO: The experience you are having is only of your own energy state - and it's happening right now, in this moment. Why is that? Because your energy can change too, do you understand? But they might also be using this method to reflect information to your higher self that you need to know. You'll be surprised; there will always be guidance for you.

问: 那⾼我有什么想告诉我的吗?

Question: Does it have anything to tell me that's higher up?

JO: 当你收到这些爱的指引,当你收到这些信号,请去相信它跟随它.为什么? 因为是你要成为那个引路的⼈,带领更多的⼈然后⾛出来.然后这个指引它会持续,它并不是⼀时.

JO: When you receive these messages of love and these signals, please trust them and follow them. Why? Because you are the one who needs to be the guide, leading more people out and then coming back in. And this guidance will continue; it's not a one-time thing.

问: 我想说我很爱你们……JO: 你本⾝就是爱,当你放下你内在的恐惧,你就回归到了你原来的样⼦,那你就会感受到满满的爱.⽣命的意义是由你来给与.然后它没有⼀个limit,它没有⼀个极限,它没有⼀个满分,它是⽆限的.你来展现它有多⾼.

Q: I want to say that I love you so much...

A: You are love itself. When you let go of your inner fears, you return to your original self, and then you will feel the fullness of love. The meaning of life is given by you. Then it has no limit, no boundary, no maximum score; it's infinite. You show how high it can go.

#### 2023/10/24 — 跟随你的激情让你的⽣命之轮转动起来 Let your passion set your life wheel in motion.

JO: 你说什么问题?

JO: What problem did you say?

问: 内⼼如何处于⼀种和平喜悦充满创造⼒的状态?

Question: How does one's inner state manifest as a peaceful, joyous, and creative condition?

JO: 那句是你不受你头脑⾥⾯的⼀些念头⼲扰.⾸先你的内⼼它是属于这种状态的.只是你的⾝体为什么会产⽣⼀系列的不平静,那是因为你头脑⾥⾯有很多声⾳.然后那些声⾳导致你⾝体产⽣了⼀些恐慌或者是好怕或者是担忧.就是你的⾝体会根据你头脑⾥⾯的⼀些信息做出⼀些反应,明⽩吗? 你头脑⾥⾯对事情的⼀些定义.因为你会看不清⽅向,你会有你⾃⼰的⼀些定义.就是看不清楚吧.这么说吧,就好像在⼀个⿊暗的屋⼦⾥⾯,你看到前⾯有⼀个⿁在那动.然后你就特别的恐慌.但是我们在旁边说你把灯打开.你⼀开灯,看见是风吹着⾐服.你⾝体的感受是不是马上就不⼀样了? 所以说你就知道你的⾝体的感受是来⾃于你相信的⼀些东西.

JO: That sentence refers to not being disturbed by certain thoughts in your mind first of all; it means that internally, you are already in such a state. But why does your body produce a series of unease? It's because there are many voices inside your head. Then these voices lead your body to experience fear or anxiety or concern. Your body reacts based on the information coming from your mind, do you understand? You have certain definitions for things based on what's in your head. You can't see clearly and you define everything according to what's there. In other words, it's like being inside a dark room where you perceive a ghost moving in front of you, which causes extreme panic. But if we tell you that the light needs to be turned on, once you do so and realize it was just the wind blowing clothes, your body's feeling changes immediately; hence, you understand that your physical sensations are influenced by what you believe to be true.

那通过我们让你去看到你相信的那些东西它实际⾏并不是真实的呢? 那你⾝体的感受是不是就会变了? 所以说通过我们的信息就可以让你慢慢慢慢看见真相,⽽不是活在幻像当中.

That when we let you see those things you believe in turn out to be not real? Would your body's feelings change as a result? Therefore, through our information, you can gradually uncover the truth instead of living in illusions.

问: 但是我总觉得我看不到真相⼀样.

Q: But I always feel like I can't see the truth.

JO:所以说需要我们的信息的指引,你就可以站在更⾼的⾓度去看待你所经历的⼀切.你就知道它不是死路⼀条,⽽是说你可以把它千变万化.这么说吧,就好像你前⾯到处都是障碍.我们告诉你你可以把⼿⼀挥,那些障碍都会变得没有.那你是不是就可以去运⽤你这个?就好像是转变的能⼒,能量?它都会通过你不断地去提升你的意识,然后你就会发现这⾥实际上没有什么,都是你的阶段性的,就是你⽬前这个阶段.然后你的能量⽬前在这个能量状态.然后你会体验到这个.那当你的能量转变过后,你的体验也会发⽣变化.你感知的是你⾃⾝的⼀个能量.它只是投射在外部来给你感应,就是你⽬前的⼀个能量状态,就是你本⾝的⼀个能量状态.

JO: So you need our guidance in information so that you can have a higher perspective on everything you've experienced and understand that it's not a dead end. You can make changes to it. Let me put it this way; imagine there are obstacles everywhere ahead of you. We tell you that with the wave of your hand, all those obstacles become nonexistent. Then, would you be able to apply this? This is like the ability to transform energy. It will go through enhancing your consciousness continuously, and you will find that there's nothing substantial here; it's merely a stage in your current phase, where your energy is currently situated. You'll experience this. When your energy changes, your experiences will also change. What you perceive is your own energy, which is projected externally for you to sense, based on your current energy state, which is essentially your own energy state.

这么说吧,你的能量就好像它给你创造了⼀个球体.你⼀个⼈在那个球体⾥⾯.你感受到的都是你⾃⼰.

In other words, your energy is like it created a sphere around you. You are alone inside that sphere. Everything you feel is just yourself.

问: 也就是现在没有处于和平喜悦的话,就是还处于⼀种低频的状态是吧?

Question: That means if one is not currently in a state of peace and joy, they are still in a lower frequency state, right?

JO: 这是你们在去体验你⾃⼰的⼀个过程.那通过你这种你不舒服,就是你不喜欢.那你是不是就想要去探索我如何才能去⾛出来这种感受? 如何才能转变? 因为它跟我内在是不⼀致的.那就带领你⾛上⾃我探索,⾛强智慧的⼀条路.所以这些不适感都是来去让你成长.但是具体的你可以提问.因为这样⼦你才可以清晰明了的明⽩你发⽣的事情是如何服务于你.

JO: This is a process where you are experiencing yourself. By acknowledging that you don't like this discomfort, are you seeking to explore how I can help you overcome these feelings and transform them? It's because they are inconsistent with your inner self. These experiences guide you towards self-exploration and the path of wisdom. Thus, all these uncomfortable feelings are meant to facilitate your growth. You can ask specific questions though, as this will enable a clearer understanding of how everything happening serves you.

问: 我去做事情的时候是信⼼满满的,但是做了⼀阵就没有信⼼了.如何找到让⾃⼰开⼼喜悦的事情?

Question: When I set out to do things, I am full of confidence, but after a while, my confidence wanes. How can I find activities that make me happy and joyful?

JO: ⾸先就是说你们最⼤的⼀个⼯作就是成为你们本⾝,就是你本⾝,成为你独⼀⽆⼆的⾃⼰.这个才是你最主要的⼀个⼯作.为什么呢? 因为就好像你⾃⼰在把你⾃⼰的,就好像你把你这个机器转动了.你转动了,它的频率就越来越⾼,越来越⾼.然后它就⾃动在前进的⼀个状态.那如果你没有成为你⾃⼰,你跟随着你内在的⼀些恐惧或者社会的⼀些观念.那你的能量在收,你就越收越紧越收越紧,你就越来越吃⼒,越来越觉得活着没意思.所以它

JO: The primary task is to become yourself, your true self, and only you. This is your main job. Why? Because it's as if you're turning on your own machine, moving it forward. As you move, the frequency rises, becoming higher and higher until it naturally moves forward. But if you haven't become yourself, if you follow internal fears or societal norms, your energy contracts, pulling tighter and tighter, making everything harder and more unbearable as you struggle to see any point in living. So...

是两种不同的能量状态.那不同的能量状态当然会投射出不同的事情给你体验.⼀个你会体验到,就是成为你⾃⼰你会体验到所有的⼀切都是来⽀持你的.然后你会越来越喜悦.你会越来越觉得你⾮常有价值感.你⽣命的价值和意义都得以体现.然后另外⼀个就恰恰相反,你找到不你⾃我存在的价值.然后你总是很吃⼒.你总是觉得好像没有办法,就好像你⼀直要去满⾜外在.所以你的⽣命⼒、⽣命能量慢慢慢慢⼀直在收缩收缩.就好像把⽣命⼒量的门给关上了⼀样,让你就觉得没有活⼒.

It is two different energy states. These distinct energy states naturally project different experiences for you to undergo. One that you would experience is realizing that being yourself allows you to receive all support, leading to increased joy. You will feel more valuable as your life's value and meaning are fully realized. Then there's the other state which is exactly opposite: discovering the lack of inherent self-worth. This results in constant effort, feeling stuck with no solution, always trying to satisfy external expectations. Consequently, your vitality, life force energy diminishes gradually, as if shutting down the door for life force, making you feel like you're losing your zest for life.

问: 也就是说还是要去找到开⼼喜悦的事情.

Q: In other words, one still needs to find things that make them happy and joyful.

JO: 你必须先要让你的⽣命转动起来.它必须要转动起来.转动起来你就会发现它在⾃⼰运⾏,就你不需要你的头脑参与很多.

JO: You must start getting your life in motion. It needs to get moving. Once it gets going, you will find that it's running itself without much involvement from your mind.

问: 怎么样才能转动?

Question: How do you turn it?

JO:就在每⼀个当下做你⾃⼰激情的事情,开⼼的事情.就是你想要去做的事情,⽽不是说我的头脑⼀会⼉跳出来说我必须要去做这个⼯作,不然房贷怎么样怎么样.你就是被捆绑的,就被你们这个社会的⼀些定义和你内在的⼀些恐惧,对⽣存的⼀些恐惧捆绑.⽽就没有去做你真正激情和热爱的事情.那就给你举⼀个例⼦,就⽐如说这个通灵的激情,她就⼀直⾛在这条路上.⽽不是说传统意义上做什么东西赚钱.⽆论多少⼈告诉她你可能做这个项⽬会赚钱,她对这些都毫⽆兴趣,明⽩吗? 因为她知道她热爱什么.她知道她想要什么.所以外在的任何诱惑或者外在的任何,不会引起她内在的动摇.⽽且她也没有说我做这个必须是有⼀个怎么样怎么样的结果我才去做.

JO: Do what you're passionate about and enjoy in every moment, the things you want to do, not when your mind pops up saying I have to do this job because otherwise my mortgage will be in trouble. You are bound by societal definitions and inner fears of survival, instead of pursuing what truly excites and loves you. Let me give an example: someone passionate about mediumship has been walking this path continuously, not for the sake of making money traditionally. No matter how many people tell her that doing this project will bring in profits, she's indifferent to all these suggestions because she knows what she loves and what she wants. She is unaffected by external temptations or outcomes since she doesn't believe she must have a specific result before taking action.

⽽是说她在做的本⾝,她就不断不断地从中好像如获⾄宝.就不断地在收获,不断地在让她的⽣命能量越来越,就好像她这棵树在越来越壮⼤,让她的肌⾁越来越强壮,让她的⽣命⼒越来越旺.所以她⼀切都是在正向的.那可能从表⾯上来看她没有很⼤的你们物质世界所谓的⾦钱的收获,对吧? 但是这些不是她关注的.因为她完完全全的在选择⾃⼰激情的.

And what she's doing inherently, it feels like she's always discovering something valuable in the process. She's constantly reaping rewards and making her life energy grow stronger. It's as if her tree is growing more robust, her muscles becoming stronger, and her vitality flourishing. So everything she does is positive and constructive. Perhaps on the surface, you might not see significant financial gains akin to what others may consider valuable in your material world; however, these are not her primary concerns because she has fully embraced her passions.

问: 也就是说每⼀个当下要选择⾃⼰激情的事情,然后慢慢慢慢就会找到⾃⼰激情的事情.

Q: That is, choose what you are passionate about in each moment, and gradually, you will find what truly drives you.

JO: 是的,因为就⽐如说外界的什么物质,就⽐如说这些对她来说她都没有兴趣或者是想要去追求.为什么呢? 因为她在当下做的这件事情已经获得了极⼤地满⾜,所以她不需要再从物质层⾯去获得任何.所以当你们也在忘我,就是全情的投⼊.就是忘记我要赚钱这件事.你完完全全的沉浸在你当下⾃⼰创造的事情,那个就是你⾛在⾃⼰激情的路上.它有可能最开始只是你特别激情的去看⼀个电视节⽬,就这样开始.你说我就是什么都不想做,我就想看这个节⽬.那它有可能是⼀个关于美⾷的节⽬.原来你才对美⾷有特别⼤的⼀个激情.渐渐渐渐你⾛在这条路,你开始学⾛饭.你想要开餐厅.明⽩吗? 所以这些⼩⼩的信号你都可以从你的⽣活中去找到.

JO: Yes, because there are things from the outside world that simply do not interest her or that she does not want to pursue. Why is this? Because what she is doing in the present moment already provides immense satisfaction; therefore, she doesn't need to seek anything more on a material level. So when you're also so immersed, fully absorbed, and have forgotten about making money. You are completely engrossed in creating something right now, which means you're walking down your path of passion. It could start simply by being incredibly passionate about watching a TV show for the first time. That's how it might begin. You say you just want to do nothing but watch that program. Perhaps this is a cooking show and this was when you realized how much you were passionate about food. As you go along this path, you start learning how to cook well. You want to open your own restaurant. Do you understand? So all these small signals can be found in your daily life too.

问: 近⼏天我感觉我的腰有点疼.是为什么?

Q: I've been feeling a bit of pain in my back for the past few days. Why is that?

JO: 你的那种疼痛就好像你会有⼀些压抑.就是你没有完全的成为你⾃⼰和做你⾃⼰,就是会有压抑的能量在⾥⾯.就是你可能想⾏动没有去⾏动,想做点没做,想成为的没有成为的那种状态.更多的是好像哪⾥堵住了.就⽐如说你想放声⾼歌⼀曲,但是你却⼀直压抑着不去唱歌,明⽩吗? 那这个能量就⼀直压在那的那种感觉.你不去唱歌,哎呀,天天那么忙,哪有时间唱歌呀,就这种.或者是唱歌又不能当饭吃,唱歌又不赚钱.

JO: Your kind of pain is like having a suppressed feeling, meaning you're not fully being yourself and doing what you truly want, which leads to an internal tension or blockage. You might desire action but fail to take it, wish to do something without actually doing it, or aspire to be someone you haven't become. It often feels as though there's a bottleneck somewhere preventing full expression. For instance, you long to sing your heart out, but you're constantly holding back from singing. Understand? This energy is being constrained and stays stuck in that state. You don't get around to singing because of the busy schedule or the notion that there's no time for it, or perhaps thinking that singing can't fill one's stomach or won't bring in money.

问: 我接触灵性⽅⾯已经有⼏年了.但是觉得不能把内容融合到内⼼深处,觉得就那么回事.这是什么原因呢?

Q: I have been involved with spiritual matters for a few years, but feel unable to integrate the content deeply into my inner self. I just see it as normal. What could be the reason?

JO:⾸先所谓的灵性不灵性,你们只需要去关注真正吸引你的.⽽不是说这个⽼师说他的信息特别好.如果它对你没有吸引⼒,OK,那你就可以不⽤去关注它.哪怕是⼩学课本,你们课本上的资料你特别感兴趣,你就去,明⽩吗?这个才是最重要的.⽽不是你必须要去学⼀个灵性,可以让你的⽣命变好.不是的.明⽩吗? 就好像每⼀颗种⼦它的路线在它⾃⼰的⾥⾯.那属于你⾃⼰独⼀⽆⼆的道路它是在你的⽣命⾥⾯.你只需要去绽放你的⽣命,那个路就出来了.不是说你必须要去学这些学那些.你如果对这些信息感兴趣,OK,那你就进去.如果不感兴趣,那你就去找⼀个你感兴趣的事情.为什么呢?因为你们在每⼀个阶段,你接受的信息是不⼀样的.

JO: Firstly, when it comes to spirituality or not, you should only focus on what truly attracts you, rather than just following someone who says their message is excellent. If it doesn't appeal to you, that's okay, and there's no need for you to pay attention to it. Even if it's elementary school textbook information, if the material interests you a lot, go for it. This is what matters most. It's not about needing to learn spirituality to improve your life; this is not correct. Understand? Each seed's path lies within itself. The unique path that belongs solely to you is within your life. You just need to blossom in your own way, and the path will naturally unfold for you. There is no necessity to learn everything there is to know about spirituality or anything else. If you're interested in this information, then go ahead and explore it. But if not, find something that does interest you instead. Why? Because at each stage of development, you receive different information.

那如果你这个阶段还是需要去体验更多的体验的话,就是说还没有达到这⼀步的信息的话.我们把这⼀步的信息强迫的给你,它对你带来不了任何影响.因为它对你来说是没有什么意义的,明⽩吗?

If you still need to experience more during this stage and haven't reached this level of information, forcing this step's information upon you won't have any impact on you because it holds no meaning for you. Do you understand?

问: 感觉只是⼀个⾁体的存在,开⼼的事情特别少,⽣活也很平淡.我就想我存在于物质世界的意义是什么呢?

Question: Feeling like just a physical being, there are very few joyful things, and life is quite mundane. I wonder what the purpose of my existence in this material world is?

JO: 那你看你们的⼩朋友,他很⼩的时候他什么都开⼼.他可能见到路上⼀只蚂蚁,他都很开⼼.任何事情都可以让他很开⼼.然后呢,等你们年龄越来越⼤越来越⼤,为什么你们就难得开⼼了? 因为你们的⼼开始变的迟钝了,就是开始变得⿇⽊了.就是你们会觉得这有啥,就像这样⼦感觉.笑⼀下,乱七⼋糟的,你在讲什么,就这种.因为要看到⽣命中的美好,你必须要有⼀颗灵敏的⼼.就这么说吧,你想要去闻到那个味道,你必须要静下⼼来,然后有⼀个⾮常灵敏的嗅觉.那如果你⾃⼰⼼都很难在当下,你⼀会⼉担⼼这个⼀会⼉操⼼那个,你没有办法跟当下发⽣连接,你也没有办法进⼊到当下.头脑就被外在的各种影响.所以它需要你能真正的跟当下发⽣连接.

JO: Then you look at your children; they're very young and everything pleases them. They might see a little ant on the road and be happy about it, or any random thing can bring them happiness. But as we grow older, why do we find it harder to enjoy life? It's because our hearts start losing their sensitivity, becoming numb. You just get used to things; they're nothing special to you anymore. A little laughter here and there, scattered thoughts, 'what are you even saying?' That's how it is. To appreciate the beauty of life, you need a sensitive heart. In other words, to experience that smell, you have to calm your mind and possess an exceptionally acute sense of smell. But if you're always distracted by worries and concerns, you can't connect with the present moment or fully immerse yourself in it. Your thoughts are influenced by external factors. Therefore, being able to truly connect with the present is necessary for experiencing these things.

需要⼀颗活着的、醒着的、感知能⼒的,⽽不是⿇⽊的沉睡的⼼.你这样当然是,就好像你是⼀个去感应的⼀个.那你来感应这个世界.所以你⾃⼰就是那个温度计⼀样.

It requires a living, conscious, perceptive heart, not a numb sleeping one. You are definitely doing this as if you were the one to sense it. So come and sense the world. Therefore, you yourself are just like that thermometer.

问: 我在这个物质世界的意义是什么?

Question: What is the meaning of my existence in this material world?

JO: 你存在的意义可以是你⾃⼰来给它,明⽩吗? 你⾃⼰来赋予⽣命的意义.你如果觉得活着没意思.你就会体验到相应的,的确没什么意思.那如果你觉得你活着你就是来拯救世界的,你就能体验到你在拯救这个世界,明⽩吗?所以说你看你到底要给你⽣命的每⼀天,每⼀个⽚刻,发⽣的事件,你到底要给它赋予什么意义? 你来(赋予意义).为什么呢? 因为你是造物主,明⽩吗? 这就是为什么当你觉得没有意思,你就能体验到没有意思.为什么呢? 你是⽼⼤,你说的算.对不对? 你想你如果是宇宙之王,你是⼀个像皇帝⼀样的⾝份.你说了⼀句话,有谁会去反驳? 有谁会去否定? 明⽩吗?

JO: The meaning of your existence can be given to you by yourself, understand? You assign meaning to life. If you feel that living is meaningless, you will experience it indeed, there's nothing meaningful. But if you feel that you are here to save the world, you will experience that you are saving the world, understand? So see how you give meaning to every day, every moment, and event happening in your life? You do it (assign meaning). Why? Because you are the Creator, understand? This is why when you feel meaningless, you experience meaninglessness. Why? You're the boss, you decide. Correct? Imagine if you were the king of the universe, a like an emperor-like identity. Who would dare to argue or negate what you say? Understand?

因为你就是王,你就是那个top,你就是那个最⾼的,你说什么就是什么.所以你说什么,你就会体验到什么.那个⼒量不是来⾃于外在,是来⾃于你.外在就好像你的城民⼀样,你说啥它就给你呈现出啥.君要⾂死,⾂不得不死.你说你要这个世界是⽆聊的,是没有意义的.OK,那就是.

Because you are the king, you are the top, you are the highest; whatever you say goes. So when you speak, what you say becomes your experience. That power does not come from outside; it comes from within you. The outer world is like your subjects - they respond to your commands as if they were their own. If a subject must die at the will of the king, so too must they. If you declare this world dull and devoid of meaning, then that's exactly what it becomes for you.

问: 前⼏天我的⼤哥刚去世.他有什么信息要带给我的?

Question: A few days ago, my elder brother just passed away. Does he have any messages for me?

JO: 前⼏天?

JO: A few days ago?

问: 前⼗来天吧.

Question: For about ten days, right?

JO: 那你可以过⼀段时间再来连接.因为他们需要⼀些时间去settle down,他们需要⼀些时间去处理⾃⼰需要处理的事情.

You can reconnect after some time because they need a period to settle down and address the matters they need to handle.

问: 那JO还有什么信息要给我的吗?

Question: Does JO have any other information for me?

JO:你稍等.把你的关注点关注到让你快乐的事情,仅此⽽已.哪怕是⼀丁点快乐的事情,你都关注它,然后把它放⼤.因为你的快乐会带给很多⼈快乐.你的不快乐会让很多⼈绝望.你是⼀个天⽣快乐的⼈.你想就好像你是⼀个喜剧演员,你是⼀个说相声说⼩品的.如果你都吐槽或者不快乐的话,是不是会让很多观众都失去信⼼?最幽默的⼈都觉得这个世界不快乐,所以说把你的快乐不断不断地放⼤,不断地放⼤.你就会发现你⽣命中不断地出现让你喜悦的事情,然后去成为你真正的⾝份.那就是⼀个喜悦的分享者.

JO: Wait a moment. Focus your attention on what brings you joy, that's it. Even the tiniest bit of happiness, focus on it and amplify it. Because your joy will bring happiness to many others. Your lack of joy will leave many people hopeless. You're naturally a happy person. Imagine yourself as a comedian or a stand-up performer. If everyone is criticizing or unhappy, wouldn't that make many viewers lose confidence? The most humorous people think the world is not joyful, so keep magnifying your happiness continuously. Keep amplifying it. You'll discover that your life constantly presents you with things to delight in, which then becomes your true identity. That's someone who shares joy.

#### 2023/10/26 — 连接外星⼈22号Contacting Alien 22

22号: 我来了,你们有什么问题?

Number 22: I'm here, what questions do you have?

问: 请问灵界有什么信息要带给我吗?

Question: Does the spirit world have any messages for me?

22号: 你所需要的信息都会在你需要的时候,然后以不同的⽅式带给你.如果你提前去提取你的信息的话,它有可能对你当下你并不知情,就是你当下并不能…… 就好像你提早的把⼀个东西放到你的家⾥⾯,只会在你需要的时候它才会对你产⽣价值,你才会⽤的上.就好像你们屯了⼀堆东西在家⾥⾯,你不⼀定⽤的上.就好像⾬伞在你家⾥⾯,外⾯下⾬的时候,你才需要.那如果不下⾬,你并不需要它,明⽩吗? 所以说在你们需要的时候都会出现.如果没有出现就说明你根本不需要.

On the 22nd day: The information you need will be presented to you in various ways when you actually need it. If you attempt to retrieve your information beforehand, it might not make sense or be relevant to what you're currently experiencing because timing is crucial. Imagine placing an item in your home before you really need it; it only becomes valuable and usable at the right moment. Similarly, having a bunch of stuff stored at home that may not always come in handy, like when needing an umbrella on a rainy day when the weather suddenly changes. The umbrella is only useful when rain falls. If it doesn't rain, you don't need it. So information will appear when needed; if it doesn't show up, it means it's just not necessary for your current situation.

问: 任何看待地球上的战争?

Question: Any perspective on wars on Earth?

22号: 你们把地球想象成⼀个家,⼀群兄弟姐妹.然后他们之间发⽣冲突.那如果是你的兄弟姐妹发⽣冲突,你说跟你有没有关系? 所以你必须要知道它是跟你有关系的.然后你也要知道之所以发⽣冲突,就是它已经是这个果了.就好像你们吃进去的东西产出来的⼀个,就已经是⼀个果了.如果只是在从果上⾯去处理或者是去解决的话,根本是不起作⽤的.所以说你们通过战争就好像是必须…… 通过我们的信息来明⽩: How to stop ? 因为你们所有解决的⽅式⽅法就好像是在创造更多的破坏.就好像你在你们家⾥⾯,你⽼公发脾⽓,然后打碎了⼀个碗.然后那个碗打伤了你的⼉⼦.

Number 22: You imagine the Earth as a home for brothers and sisters. Then they start to conflict with each other. So if your own brothers or sisters were involved in such conflicts, would you say that it has nothing to do with you? Therefore, you must recognize that this issue is related to you. Moreover, you need to understand that this kind of conflict arises because the outcome is already set. Just like the effects produced by what you eat are already a result. If you only focus on dealing with or solving the problem based on its outcome, it will be completely ineffective. So when you're at war, it's as if you have no choice but to understand through our information: How to stop? Because all your methods for resolving issues seem to create more destruction. Imagine in your own home, where your husband is having a tantrum and breaks a bowl, causing harm to your child.

然后你再把你的⼥⼉抓过来,你说你把我的⼉⼦打伤了,我要打你的⼥⼉.然后你又继续把锅也砸了,冰箱也砸了,把你们家⾥所有东西都砸了.然后把他的⼥⼉也打伤了.为什么?因为他把你⼉⼦打伤了,对不对?但是你们忘记了,孩⼦是你们⾃⼰的呀.就好像你们在玩⼀个游戏就是我砸的是我⾃家的电视.然后我伤的是我⾃⼰的⾎脉.就像是在这样⼦⼀样.所以更多的破坏波及的都是你们⾎脉相连的兄弟姐妹.你说你们家⾥⾯发⽣这样的事情,那其他成员会处于⼼安的状态吗?他们也会进⼊到⼀种恐惧或者是悲伤或者是⽆助的状态的.所以这是你们共同的游戏,并不是只有卷⼊的⼈或者在经历的⼈的游戏.是你们共同创造的,见者有份.

Then you go and grab your daughter and say that you've hurt my son, so I will now hurt your daughter. Then you continue to destroy everything in the house—breaks the pot, smashes the fridge, breaks all of your things—and also hurts his own daughter. Why? Because he hurt your child, right? But what you forgot is that children are yours too. It's like playing a game where I'm breaking my own TV and hurting my own flesh and blood. Just imagine it this way: the more damage done affects those who are closely connected by blood—your brothers and sisters. If these kinds of incidents happen within your family, would other members feel at peace? They might fall into fear or sadness or a feeling of helplessness too. This is not just about those involved directly or experiencing it; this is something you both create together as a shared game—a collective responsibility that everyone shares in witnessing.

你既然见到了,那你就有去转变它的能⼒.但是这个转变不是在从果上⾯转变,因为你们⽬前都是在从果上⾯转变.因为这⾥有很多很多因,所以它必须是来⾃于你的因,从因上⾯去做转变.所以如果这个事件投射出来,就⼀定要去好好的正⾯的运⽤它.今天的战争,今天的果是为了以后不再发⽣,⽽不是说再重复的发⽣.那只会毁掉你们⾃⼰的家园.就好像你⾃⼰把屋⼦、屋顶、墙全部砸破了.那你是在⾃⼰砸⾃⼰的家啊.

Since you have seen it, you now possess the ability to change it. However, this transformation does not occur on the surface of the effect; because currently, all of you are focusing on changing the outcomes. Given that there are many underlying causes here, the change must come from your own cause, affecting it from its source. Therefore, if an event manifests, one must use it in a positive manner. Today's war and its current consequences aim to prevent future occurrences, not to repeat them. Doing so would only destroy your homes. It's like breaking your house, roof, and walls yourself; you are destroying your own home.

问: 外星⼈存在⽣存的问题吗? 你们是如何看待⼈类⽣存的问题的?

Q: Do extraterrestrial beings have survival issues? How do you view human survival problems?

22号: ⾸先不说外星⼈,你们本⾝就没有⽣存的问题,是你们创造了看似有⽣存问题的体验,明⽩吗? 是你们⾃⼰创造了这样的体验.就算你们物质世界创造了这样⼦的体验,那是别⼈创造的游戏规则.如果你不加⼊他们的游戏规则,你哪怕是⼀只⼩鸟,你⽣存都没有问题.⼩鸟不需要赚钱吧? 没有⼯作吧? 没有积蓄吧? 这么多野外的⽣物,你看到他们哪⼀个有⽣存的问题了? 所以有⽣存问题它只是⼀个幻像,是你⾃⼰投射出来.其实你的物质⾁体它并不需要那么多.它只需要⽔,你们哪⾥都可以找到,对不对? ⼭⽔,泉⽔,它都可以.⾷物,现在找⼀个种⼦,你都可以去种你需要的⾷物,对不对? 然后⼀个住的地⽅,明⽩吗?

Day 22: Forget about aliens for a moment; you don't have survival issues yourselves. It's you who create the experience that seems to have survival issues, understand? You are creating this experience yourself. Even if it is your physical world creating such an experience, those are others' created game rules. If you don't join their game rules, even if you're a little bird, you won't have any problems surviving. Does a bird need money? Doesn't it work? Doesn't it save up? So many wild animals, did you see any of them with survival issues? Thus, the issue of survival is just an illusion that you project. Actually, your physical body doesn't require much. It only needs water, which you can find everywhere, right? Water from mountains or springs, it's all good. Food, just find a seed and you can grow whatever food you need, right? Then, where will you live, understand?

所以你⾝体基本的需求都不会是特别多.只有你去加⼊了这个观念,加⼊了这个游戏规则.

So your basic bodily needs wouldn't be that much. It's only when you incorporate this idea and follow these game rules that it happens.

⽐如我必须要有房⼦有车⼦有什么什么的,才会导致你很多额外的那个什么,明⽩吗?

For example, if I need to have a house and a car and stuff like that, it will lead to many additional what, understand?

问: 那有些⼈他可能就是想要过的很富⾜,有很多丰富的体验.

Question: Some people may just want a very rich life with plenty of diverse experiences.

22号: 你们可能还只是从外在的⼀个物质层⾯去看富⾜.你会觉得他有很多车⼦,但是你却不知道他坐在车⼦⾥⾯的⼼情是怎样的,明⽩吗? 你不知道他是悲伤的还是怎样的.他有房⼦,你不知道他在房⼦⾥⾯整宿都难以⼊眠.然后你不知道他在房⼦⾥⾯天天都是吵架、打架、冷战,明⽩吗? 所以你们还在⽤外在来看待⼀个富⾜.但是越来越多的⼈会体验到外在的物质⽆论有多少,它不能给你的内在带来丰盛或者是幸福或者是安稳或者是和谐的状态,它没有办法,明⽩吗? 你可能不⽤⼼担⼼你没有车⼦或者是没有房⼦住,但是你可能会担⼼你⽼公在外⾯有没有外遇,明⽩吗?

Number 22: You might just be looking at wealth from an external material perspective. You might think that he has many cars, but you don't know how he feels sitting in those cars. Do you understand? You don't know if he's sad or something else. He has a house, but you don't know if he can't sleep in the house all night. Then you don't know if arguments, fights, and cold wars happen every day inside the house, do you understand? So you are still judging wealth based on externals. But more and more people will realize that no matter how much external material there is, it cannot bring abundance or happiness or stability or harmony to your inner self, they simply can't understand it. Do you see this point? Maybe you don't need to worry about not having a car or living in a house, but you might worry if your husband has an affair outside, do you understand?

那你有可能担⼼你的孩⼦总是⽣病,或者是你的家⼈总是发⽣冲突,或者是你的事业总是有很多问题.所以他有其它的…… 虽然你们可能会担⼼房⼦或者是⼯资的问题.但是那些已经拥有⾦钱的⼈,他们担⼼的是什么? 是我的这个公司会不会继续贬值? 我的股票会不会继续贬值? 我要如何让我的公司能⽣存下去? 能更好的扩展,明⽩吗? 他们也有他们⾃⼰需要去⾯对的.

That might make you worry about your child always being sick, or your family constantly having conflicts, or your career facing numerous issues. So there are other... While you may be concerned about the house or salary problems, what do those who already have wealth worry about? Will my company continue to depreciate in value? Will my stocks continue to depreciate? How can I ensure that my business survives and is able to expand better, right? They also face their own challenges.

问: 要达到什么样的意识频率才能跟你们进⾏可以察觉到的联系? 举个例⼦的话需要是⼀种什么样的状态? 有没有⼀个具体的数值?

Question: What level of awareness frequency is required to establish noticeable connections with us? Could you provide an example of what kind of state would be needed? Is there a specific number involved?

22号: 数值? 应该是说那是你们⾃⼰的⼀个评判的标准.但是你们就连你们⾃⼰…… 你能告诉我你现在的情绪和你等⼀下的情绪它是什么不同的数值吗?所以这些标准只是来⾃于你⾃⼰.但是你如果真的是想要通过你⾃⼰建⽴这个连接的话,⾸先你⾃⼰这个⽔管需要是通的,明⽩吗?

Number 22: Values? You should understand that it's your own benchmark for evaluation, but even you… Can you tell me what the numerical difference is between your current emotion and the one you will feel later? These standards come from yourself alone. But if you truly want to establish this connection through yourself, first, your own pipe needs to be functional; got it?

问: 通的是什么意思?

Q: What does "through" mean?

22号: 就好像⼀般⼈是⼀个闭塞的状态,是⼀个堵塞的状态.它并没有去打通这个通道.那就没有建⽴这个连接,就没有这个管道.就好像⼀⼜井,是因为你去挖那⼜井,它有⽔流出来,它有⽔源了,对不对? 那你这块⼟地,你从来都没有去动过⼟呢? ⾸先这个通灵的⼥孩⼦她可以通灵,这是因为这是她⾃⼰与⽣俱来⼈⽣的主题,这是她的⼀部分,这是属于她的独⼀⽆⼆的⼀部分.就好像这只狗天⽣嗅觉就很灵敏,那你是个⼈.你们本⾝就不⼀样.但是你只有⾛到你⾃⼰的路上,然后去活出你⾃⼰最⾼的振频.就是你嗨嗨嗨,嗨到最嗨的时候.你爽爽爽,爽到最爽的时候,最激情.那你在你最激情的时候,你就已经是把你的频率调到最⾼了.

Number 22: It's as if ordinary people are in a closed state, a blocked state; they don't open up this channel, so no connection is built, and there's no pipeline. Imagine digging a well – when you dig it, water starts flowing out because you've tapped into the source of the water, right? But what about the soil beneath where you've never dug before?

The medium girl who communicates with spirits can do so because this is part of her innate life theme; it's a unique aspect that belongs to her. It's like a dog being naturally sensitive in its sense of smell; it's different for humans. Yet, you must walk your own path and live out the highest frequency that resonates within you – when you're at your peak excitement, or feeling ecstatically happy. That's when you are tuning yourself to the highest vibrational level.

那调到最⾼了,你⽤你的⽅式去展现.因为你们每⼀个⼈去透过这些频率⽤什么⽅式去展现出来是不⼀样的.它是跟随你⾃⼰个⼈的主题.⽐如说你⾃⼰的主题是想成为⼀个画家,对吧? 那你有可能进⼊到这种状态过后,你是通过画画的模式连接这个能量,然后展现出来.是以picture的⽅式呈现.所以如果说这⾥真的有⼀条路的话,那就是让⾃⼰尽情的去快乐和激情到你的最顶峰.那你就需要去看到到底是什么想法什么东西让你感受到沉重,让你快乐不起来.明⽩吗? 就你能想到最嗨的事情是什么? 有些⼈他想都想不到.有些⼈他想了⼀下觉得这是骗⼈的,他还是嗨不起来.

At its highest point, you display it through your own method because the way each of you expresses this is different—it follows your personal theme. For instance, if your theme is to become a painter, after entering into such a state, you might connect with this energy by painting and then manifesting it as a picture-based expression. So, if there truly were a path here, it would be allowing yourself to fully enjoy and immerse in the peak of joy and passion. You'd need to identify what thoughts or things make you feel weighed down, preventing your happiness. Can you understand? It's about recognizing what makes you think of something as the most exhilarating experience. Some people can't even imagine it. Others might think it sounds fake and still struggle to find that high point.

所以说当你真的是在不断地不断地去……就⽐如说通过我们的信息你可以拿掉你的很多观念.因为那些观念会导致你很沉重的.然后让你⾃⼰就越来越……你就这么想,就好像所有的这些⾼维JO它们都在天上.你只有越来越

So when you're constantly doing this... through our information, you can remove many of your concepts, because those concepts weigh you down and make you feel more heavy about yourself. And as a result, you think that all these higher-dimensional JOs are up in the sky. You have to keep going like this.

越来越轻,像⽓球⼀样飘到天上过后,你就能reach它们.那如果你被今天这个事情,明天那个事情,让你越来越沉重的话.那你就离的越远了,对吧?

The more you lift them up, like balloons soaring to the sky, you'll be able to reach them. But if today's troubles and tomorrow's burdens are dragging you down heavier and heavier, then you're moving further away from being able to handle them, right?

问: 她的⼯作⼀直都做不好,她该怎么办?

Question: Her work has always been done poorly, what should she do?

22号: 那是建好事情呀.因为你本⾝就不是地球⼯作的,明⽩吗? 你是来地球玩耍的.所以说你只有玩的越开⼼,然后你本来的样貌就会呈现出来了.你就⼀本正经去做不是你⾃⼰该做的事情,你永远不清楚你⾃⼰的⾝份.就好像你是只⽼虎却⼀直过着⽼⿏的⽇⼦,明⽩吗?那你想⼀只⽼虎你让它在森林⾥⾯去游玩,去⾃⼰玩耍.它是不是慢慢慢慢就发现⾃⼰的⼒量如此⼤,⾃⼰的嚎叫如此的响,明⽩吗?它原来是森林之王.那你需要把它放到森林⾥⾯去,⽽不是把它当⼀只猫在家⾥⾯养.让它的兽性,让它与⽣俱来的样⼦淋漓尽致的呈现出来.因为你们社会上有很多模板,要成为什么样,要怎么样怎么样.这些就是你们⾝上的枷锁.

Number 22: It's about building something up; you see, you weren't meant to be working in this world, right? You're here for playtime. So when you are having fun, your true self will naturally surface. If you insist on doing things that aren't yours, you'll never truly know who you are. Imagine being a tiger but living the life of a mouse; do you understand? If you put a tiger in its natural habitat to roam and play, it would gradually realize how powerful its strength is, how loud its roar becomes. It was originally the king of the forest. You need to place it back in that environment instead of treating it like a pet at home. Let its wild nature and inherent characteristics shine freely. There are so many societal norms telling you what kind of person you should be, how you should behave; these are constraints placed upon you.

这些让你们变的不是⾃⼰,让你⾃⼰都不知道你到底是谁,到底是什么.你突然⼤吼⼀声你吓着⾃⼰了,因为你感受到那股⼒量.

These things make you not yourself, they make you lose track of who you are and what you truly are. You suddenly scream and startle yourself because you feel that power.

问: 如何才能获得财富?

Question: How can one acquire wealth?

22号: 如果是说⾦钱的话,然后物质和⾦钱,就是外在的这些东西它都只是体现出好像你的能量的级别⼀样.如果你的能量是微弱的,你需要付出你的⼒⽓.你付出你的⼒⽓,付出你的时间,付出你的什么去交换⼀点.但是真正的想要去创造你的财富的话,那你就是需要运⽤你的能量了,需要运⽤⼀些⽆形的东西了.⽐如说有些做⽣意的⼈他的⼜碑特别好.为什么.⼤家都说这个做⽣意的⼈很实在,就这种⼜碑,对吧? 他给别⼈建⽴了信任.那这些信任啊、⼜碑啊,就帮他吸引财富过来了.然后再到你⾃⾝的⼀个频率,它散发出来的⼀个能量级别了.那就⽐如说有⼀些有影响⼒的⼈…… 名⽓啊、地位啊、财富啊这些,它其实都是捆绑的.

On Number 22: When it comes to money and material things, these external elements merely reflect the level of your energy. If your energy is weak, you need to exert your effort. You put forth your effort, time, or something else in exchange for a little bit. However, if you truly want to create wealth, then you must use your energy, leveraging some intangible things. For example, some businesspeople have exceptional reputations. Why? Everyone says this businessman is very honest; it's this reputation that builds trust. This trust and reputation attract wealth towards them. Then there's your own frequency or the energy level that radiates from you. Some influential people... fame, status, wealth, these are all interconnected.

所以这是你们⾃⼰地球上的游戏,你们都可以看到了.

So this is your own game on Earth, which you can all see.

问: 那不是说⼀个⼈内在的状态是不⽤⾦钱去衡量的.那⼀个⼈如果很有钱权,那就证明他的能量状态是很⾼的吗?

Q: Isn't it true that a person's inner state cannot be measured by money? Does having power and wealth prove that someone has high energy levels?

22号: 不⼀定的.因为他要跟着他⾃⼰这⼀⾝他来到这⾥的课题、他的主题是什么.那他有可能就是想要来体验特别有钱的⼀⽣,我啥都不⼲.也有.明⽩吗? 但是你们每⼀个⼈体验的,就是说如果你体验在⾃⼰的主题上,那对你来说那个就是宝贵的.⽽不是说都是要体验有钱有权,不⼀定的.有的⼈他就想要去体验⼀下乞丐.因为进⼊到乞丐的状态,他可以观察到形形⾊⾊的⼈性,就是淋漓极致毫⽆保留的在他⾯前都是真实的⼈性.他就是想要通过这个⾝份,⽽不是说在他⾯前都是伪装的.那他想要去搜集这个素材.为什么呢? 因为就好像⼼理学家,他就对⼈性感兴趣.所以它会跟随每⼀个灵魂它来到这个世界上想要体验的主题.不⼀样的.

Number 22: It's not necessarily so because the subject or theme he brings with him when he arrives here could be what he wants to experience - perhaps a life of extreme wealth, doing nothing, and that is possible, do you see? But each one of you experiences something valuable based on your own theme. Not everyone needs to experience wealth and power; it varies. Some may want to experience being a beggar because entering into the state of being a beggar allows them to observe various aspects of human nature without any concealment - all facets of humanity are truly revealed before them. They seek this identity as opposed to a facade, collecting material for their understanding. Why? It's akin to how psychologists are intrigued by human nature, following each soul's theme they wish to experience upon entering the world.

问: 那对于物质世界⽤⼀些⼿法⼿段,⽐如说养狐仙什么的去改运.你们怎么评价?

Q: What do you think about using methods and means like cultivating fox spirits to alter fate in the material world?

22号: ⾸先我们不会去看待任何.因为什么呢? 因为就好像你们⼀群孩⼦在沙滩上玩,你问⼤⼈你怎么看待这个⼈堆了个城堡,那个⼈堆了个⽼⿏洞呢? 你说别⼈怎么看待? 你玩的开⼼就好了,明⽩吗? 所以没有说这个怎么样怎么样.这些都是你们⾃⼰的体验.那如果你觉得你想要弄个⽼⿏洞,那你就去做.那有的⼈他就想和⿁影玩耍,他就想体验⼼惊⾁跳的感

Number 22: Firstly, we won't view anything in this manner for what reason? Because it's like you're all kids playing on the beach and you ask an adult how they perceive someone building a castle while another digs a mouse hole. You question how others see these actions. It doesn't matter; just enjoy your playtime, understand? Hence, there isn't any judgment or expectations here. These are all personal experiences for you. If you feel like creating a mouse hole, go ahead and do it. There are some who seek to interact with ghosts, yearning for feelings of excitement and fear.

觉,那他就可以去体验他想要体验的.所以这⾥没有⼀个评判的标准.因为如果那个意识来⾃于你去给与它的,如果你觉得你需要这样的体验,just do it.明⽩吗? 那是你想要体验的,你就去.你想象⼀下,如果你是在做梦,你在梦⾥⾯,你能伤害到什么? 所以说任何体验只要是你们想要体验的你都可以去体验.

Understand that if he can perceive it, then he can go and experience what he wants to experience. Therefore, there is no judgment here because if the consciousness comes from you giving it to him, if you feel like you need such an experience, just do it. Get it? You can go ahead and do whatever you want because you desire that experience, so do it. Imagine this: If you were dreaming and you could hurt anything in your dream, then any experience you wish to have, you are free to have.

问: 地球上这么多外星⼈为什么不愿意公开? 你们何时会公开接触⼈类?

Q: Why are there so many extraterrestrial beings on Earth unwilling to be public about it? When will you make contact with humans public?

22号:这么说,这个通灵的⼥孩⼦是通灵⼈,她可以连接到东西.但是不代表你可以连接到.然后⽐如说这条狗它进屋⼦可以闻到毒品,不代表你可以闻到.因为你是在⽤你⾃⼰这个⿐⼦去闻味道.那你⿐塞了,感冒了,闻不到.你说,哎呀,没有味道啊.你不说很臭吗? 我怎么闻不到? 所有东西它都在那⾥,但是你⾃⼰能体验到什么,是你.为什么? 因为你才是那个⿐⼦、眼睛、嘴巴、⽿朵去收集信息的⼈,明⽩吗?所以这⾥不是⼀个外在是怎么样怎么样的.你们每⼀个⼈体验的都是你们⾃⼰.那有的⼈他就是聋⼦,他听不到.他说明明很安静,没有声⾳啊.你说你听啊,又是车⼦的声⾳,又是鸟叫声,你怎么听不到?因为他没有听⼒啊.他丧失了听⼒.

Number 22: So this spirit girl is a medium; she can connect with things. But it doesn't mean you can connect. For example, when the dog enters the room and smells drugs, that doesn't mean you can smell them. You're using your own nose to smell the scents. If you have a stuffy nose or are sick, you won't be able to smell. Say "Oh no, there's nothing." But don't you say it's so bad? I can't smell it? All the things are there, but what you personally experience is yourself. Why? Because you're the one collecting information with your nose, eyes, mouth, and ears. Understand? So this isn't about an external environment like that. Every person experiences their own self. Some people are deaf and cannot hear; they say it's so quiet, there's no sound at all. You tell them to listen, but there are car sounds and bird chirping noises everywhere. How can you not hear it? Because he lacks hearing ability; he has lost his ability to hear.

所以不是说有什么什么的,⽽是说你⾃⼰的世界有什么什么.然后它又跟着你所关注的点,你所激情的,你所焦距的.就是这是你内在投射出来的.你们会觉得这⾥⾯有⼀个…… 简单⼀点说,你们⾃⼰戴着⼀个玩游戏的VR眼镜.你们就戴着那个在体验你们⾃⼰的游戏.只是你们同意了有这个⾓⾊,我们⼀起玩.所以能够体验到彼此.明⽩吗?那你说你戴着眼镜在那玩游戏,你⼿在那打打打.你还觉得我们打这个,伤害到什么.没区别的.真正的有区别的是你能玩出点什么名堂.通过玩的这个过程,你⼼中是增加的了愤怒呢? 还是增加了你的爱? 这个对你来说才是最要的.

So it's not about something else out there, but rather about what you yourself have within your world. And then it follows what you're focusing on, what you're passionate about, what you're zooming into - essentially, this is what you project from within. You'll feel that there's a... in simple terms, you're wearing a VR headset for a game that you're playing. You experience your own game while wearing that headset. It's just that we all agreed to play this role together; so being able to experience each other. Understand? Imagine you're playing with a headset on and your hands are moving around - smashing, attacking something. You think that our actions hurt something elsewhere. But there's no difference really. The real distinction lies in what you manage to achieve through the game process: does it increase your anger within, or is it enhancing your love? This is what truly matters to you.

问: 想问⼀下如何接纳⾃⼰的⿊暗⾯? 她观察到⾃⼰突然很⽣⽓,她⽣⽓其实与当事⼈⽆关.她⾃⼰能看到她⾃⼰在扮演⼀个坏⼈,不再在乎别⼈的感受.

Q: How can one accept their dark side? She noticed herself becoming suddenly very angry, which was not related to the person involved. She could see herself playing a bad person and no longer caring about others' feelings.

22号: 如果我说那个⿊暗⾯不是你呢? 只是⼀股能量通过你,你感受到它.就好像别⼈放了个屁,你只是闻到,明⽩吗?所以你只是那个管道,那个污⽔通过你这个管道流出来,但是你并不是污⽔的本⾝.那今天污⽔流过来,明天也会有清⽔流过来,明⽩吗?所以说不要把从你⾥⾯流出来的东西当成是你,NO.但是你可以去通过这个体验,它会让你变得更加的包容,就是更加的不去评判处在这种状态当中的⼈.你会去理解他们.为什么?你会去接受他们做出这样的⾏为反应.为什么?因为你也到过那⾥.所以它会把你的意识扩展的更加具有包容性.那你是不是就变得更加,就好像升维⼀样.因为维度越⾼的越包容,越低的就没有办法.因为它容量⼩.

Number 22: If I were to say that the dark side isn't you? It's just energy going through you, and you feel it. Like someone burps and you just smell it, right? So you're just the conduit, the sewage flowing through your pipe, but you are not the sewage itself. And today the sewage flows in, tomorrow there will be clear water flowing in, understand? Therefore, do not consider what comes out of you as you, NO. But you can go through this experience, it will make you more inclusive, that is to say, less judgmental towards people who are in such a state. You'll understand them. Why? Because you've been there too. So it expands your consciousness with inclusiveness. And then, aren't you becoming more like an upgrade of dimensions? Because higher dimensions are more inclusive, lower ones just can't do it because their capacity is small.

所以允许这些能量流过你,充满了觉知.⽽不是说肆意的、任意的、失控的,然后还没有觉知.那你就从中学不到什么.如果你有觉知,OK,我现在是在⼀个⾮常愤怒的状态.我先不去评判说我不可以愤怒.就像我们刚刚说的,你在梦⾥⾯,明⽩吗?然后既然对⽅跟你是在同⼀个地⽅的话,你如果害怕伤害到对⽅的话.在任何你觉知到过后,你都可以去做出转变的,明⽩吗?你都可以为你的⾏为跟对⽅真诚的道歉,再给对⽅发送爱的频率.那你也给了对⽅⼀次去学习包容的机会,就包容他⼈嘛.所以说当你真正的,就是⽆论发⽣什么事,当你在觉察到的那⼀刻你都有能⼒去把它转向正⾯的.⽽不是⽆可救药了,⽆可挽回了,不是的.

So allow these energies to flow through you, filled with awareness, not recklessly, arbitrarily, out of control, and unaware. That way, you won't learn anything. If you are aware, okay, I am in a very angry state right now. I do not judge that I cannot be angry. Like we just said, you're dreaming, understand? And if the other person is with you in the same place, and you're afraid of hurting the other person. After any awareness, you can make a change, understand? You can sincerely apologize for your actions to the other person, then send them loving frequencies. This also gives the other person an opportunity to learn about tolerance, that is, tolerating others. So when truly anything happens, and at that moment of awareness, you have the ability to turn it into something positive. Not beyond saving, not irreparable, no.

问: 未来的地球⼈也会发展成像你们外星⼈这样吗?

Question: Will future humans on Earth develop like you extraterrestrials?

22号: ⾸先你要知道有很多很多不同的外星⼈.没有⼀个种类.就好像你去海底的世界,你看海底的⽣物.就好像你指着⼀只螃蟹说我会变成螃蟹吗? 明⽩吗? 但是我们永远都可以去交流.因为当交流产⽣,你就能去连接,去体验.

Day 22: First of all, you need to know that there are many different kinds of aliens. No single species is like comparing diving into the ocean world and seeing sea creatures, as if pointing at a crab and asking will I become a crab? Do you understand? But we can always communicate because when communication occurs, you can connect and experience.

问: 为什么年轻美丽的⾁体对⼈这么⼤的吸引⼒?

Why does youth and beauty in flesh have such a strong appeal to humans?

22号: ⾸先美丽的话,他肯定是⼀种和谐的状态.那⼀切和谐的都会让你处于到⼀种和谐的频率,会让你处于到⼀种和谐的转态.因为那是⼀个正中央、中⼼,就平衡的样⼦吧.那你肯定不想失衡,对不对? 你想能稳稳地站在地上,⽽不是说快失去平衡,被⼈推倒的状态.你会很难受,会很紧张,对不对? 那美丽的东西它会给你创造⼀个就好像是和谐的频率,就是它把你达到⼀种好像和谐的频率⾥去.是这样⼦.但是我跟你讲,如果你表⾯上的⾁体看上去很美丽.如果它⼀旦发出⼀种频率是抵触的或者是不和谐、冲突的.你看⼀下你还会觉得它美丽吗? 它想要吃掉你,它抓狂,不停的辱骂你,想要打你.你会在那欣赏这种状态吗? 明⽩吗?

Number 22: First of all, beautiful words refer to a state of harmony. Everything that is harmonious will put you into a harmonious frequency and state. Because it represents the center, balance. You wouldn't want to be off-balance, would you? You'd rather stand firmly on the ground than be at risk of losing your balance and being pushed over. It would make you uncomfortable and anxious, right? Beautiful things create for you what feels like a harmonious frequency, leading you into a sense of harmony. That's how it works. But let me tell you, if the outward appearance of your body looks beautiful. If once it emits a frequency that is conflicting or not harmonious, do you still find it beautiful when you look at it? Does it want to devour you, become frenzied, constantly scold you, and want to beat you up? Would you enjoy being in that state? Do you understand?

你就被它带⼊到那种窒息的状态了.所以那只是你觉得那个频率看上去很和谐,你连接到了,你内在产⽣了⼀种和谐的感觉.那你说如果真的是美丽的事物就有吸引⼒.那你让它试着去割你的⾁、杀你、骂你,你试试.

You get dragged into that state of suffocation. So it's just that you perceive the frequency as harmonious and connect with it, generating a sense of harmony within yourself. If you say that beautiful things have an attraction, then try having it cut your flesh, kill you, or abuse you. Go ahead and see for yourself.

问: 癌症晚期的病⼈怎么⾯对持续不断地病痛和绝望?

Question: How do cancer patients in late stages face continuous suffering and despair?

22号: 你⾸先要知道你之所以会成为癌症晚期是因为你持续不断地⼀个绝望,明⽩吗? 就是你没有意识到这个果实际上是因为它有⼀个因.就是它有⼀个东西去结的这个果⼦.就好像我们刚刚说和谐,那如果有疾病产⽣,那体内⼀定是不和谐.所以你要给⾃⼰创造⼀些和谐的频率.就⽐如说你⾃⼰内在就没有什么分裂,没有什么怨恨啊,好坏啊,仇恨啊,就是这种.地球是恐怖的,就是这种分裂的东西.所以你⾃⼰就不断地不断地要去创造⼀个和谐的频率.然后当你基本上都是处于和谐的频率,你的⾁体慢慢慢慢就会被疗愈了.但是也需要你强⼤的信念,就是你想要活下去.因为有些⼈内在创造疾病,他就是想要杀死⾃⼰,他觉得活着没意思.

Day 22: The first thing you need to understand is that the reason you've become terminally ill is due to a continuous state of hopelessness, do you see? It's because you haven't realized that each result has its corresponding cause. Just like we mentioned harmony earlier, if there are diseases present in your body, it means your internal balance is disrupted. Therefore, you need to create more harmonious frequencies for yourself. This involves ensuring no division within you, no resentment, no distinctions between good and bad, or hatred. Earth is inherently filled with fear, which manifests as these divisions. So you must continuously generate harmonious frequencies. When you are mostly in a state of harmony, your body will gradually heal itself. However, it also requires strong belief, the desire to live on. Some individuals create illnesses within themselves, wanting to end their lives because they find life meaningless.

所以⾸先就是要知道为什么你想要活下去.你活下去的动⼒有多⼤?

So first and foremost, you need to know why you want to live, how strong your drive to survive is.

问: 他找不到感兴趣的⼯作,他觉得这个社会所有的⼯作都是枯燥⽆聊的.如何找到他⾃⼰感兴趣的⼯作?

Question: He can't find a job that interests him; he feels that all jobs in society are boring. How does one find a job that one is truly interested in?

22号: ⾸先就是你们需要放下找⼯作的概念.像我们刚刚说你来地球就是来玩的.你先去找⼀个你⾃⼰喜欢玩的事情,明⽩吗?因为你们都太古板了,太死板了,真的.你玩的越开⼼,你的频率就会越⾼.你频率越⾼呢,就会让宇宙⾃然⽽然的安排你所有的事情,不需要你亲⾃去安排.只有你在很低的频率,你才会去感受到事情需要你去安排的.所以说去玩.玩的越开⼼,你就会越来越进⼊到那种状态.越来越觉得这些是⼤⼈的事,我不要考虑.⼤⼈是谁? 宇宙.我就是个⼩孩⼦.你看会下⼩朋友对玩玩具玩游戏的那种兴奋.他有考虑到,哎呀,我要做饭了.哎呀,我要买菜.这些都不是他考虑的.他只是玩.摔跤摔疼了,哭⼀下.

Number 22: Firstly, you need to let go of the concept of getting a job. As we just said, coming to Earth is like playing. Find something you enjoy doing first, understand? Because you're all too rigid, too dead in your thinking - really! The happier you are when you play, the higher your frequency will be. And as your frequency increases, the universe naturally arranges everything for you without your needing to arrange it yourself. Only when you're at a low frequency do you feel like you need to organize things. So go and play. The more you enjoy it, the deeper you'll enter that state of being. You'll increasingly feel that these are adult matters that don't concern me; I don't have to think about them. Who's an adult? The universe. I'm just a child. Watch how children get excited playing with toys or games – they wouldn't consider things like cooking dinner or buying groceries. They're just playing around and crying when they bump their heads.

看到玩具马上又开⼼了,早已经忘记刚才摔疼的事情了.你们还坐在那,哎呀,我好受伤啊.那个⼈的那句话把我伤的嘞.所以说像个孩⼦⼀样去玩耍.真的,你们这个世界上没有重要的事情.

Seeing the toy immediately cheered them up, they had already forgotten about the pain from falling earlier. You guys are still sitting there, oh my, I'm so hurt. That person's words really hurt me. So just act like a kid and play. Really, in this world, there's nothing important.

问: 有⼈想问她怎么样可以和外星⼈随时随地的沟通?

Question: Some people want to know how she can communicate with aliens at any time and everywhere?

22号: 她需要她⾃⼰⽤她⾃⼰的激情去创造去⾛出这条道来.因为她⾃⼰有她⾃⼰的路.那⽤什么? 就⽤她的激情.什么是你的激情? 你去做你⾃⼰激情的事情了.因为为什么呢? 这样你的频率就会越来越⾼.越来越⾼的话,你就会越容易的产⽣连接了.那如果当你频率很低的话,你可能会连接到⼀些负⾯的存有.

On the 22nd day: She needs to create her own path using her own passion. Because she has her own road. And how? By using her passion. What is your passion? Do what you are passionate about. Because why? Your frequency will increase over time. As it increases, it becomes easier for you to connect. But if your frequency is very low, you might connect with negative entities.

问: 为什么会有负⾯的存有?

Q: Why would there be negative beings?

英语翻译：

22号:负⾯的存有也局势它的振动频率很低.只是说每⼀个不同的振动,它会产⽣不同的意识状态的.所以不同的振动频率会有⼀个果在那.因为所有的振动频率都会产⽣⼀个相应的.这就是为什么.因为⼀切都是频率.那你的频率在哪⾥,你就只能reach到你呢个reach到的level.你的⼿臂有多长,你就只能够到你⼿臂的位置.

22nd Day: Negative entities also operate at low vibration frequencies. It's just that each different vibration produces a different state of consciousness. So, varying vibration frequencies will produce corresponding results. That's why everything is frequency-based; your frequency determines the level you can reach. As with how far your arms extend, you are limited to what you can reach based on your own capabilities.

问: 你们也是依照激情、兴趣和兴奋去⽣活的吗?

Question: Do you also live your life based on passion, interest, and excitement?

22号: 如果我们说我们没有不激情和不兴奋的呢? 因为只有你们才有不激情和不兴奋.因为你们还需要体验这个.但是我们不需要体验这些.因为我们的频率产⽣的不是这样的果.就好像我们刚刚说你的频率产⽣这样的果.那你有不兴奋的频率,沉重的频率会产⽣沉重的果,对不对? 那我们不再有沉重的能量,如何去产⽣沉重的果呢? 所以说不是像你们这样⼦的⼀个选择的状态.

On the Number 22: If we say that we are not passionate and not excited, is that right? Because only you guys have this lack of passion and excitement. You still need to experience it because you require it for your own personal development. But we don't need to experience these things because our frequencies do not produce such results. Just like when we were talking about how your frequency produces these outcomes; you should also understand that having a non-excitement frequency, a heavy frequency would generate heavier results, correct? If so, then how can we create heavy energy anymore when we don't have this kind of energy? Therefore, it's not as if we are choosing to be like you.

问: 你们是如何看待地球上的⽼年⼈没有⼈陪伴,没有⼈照顾,内在没有安全感的问题的呢? 22号: 你觉得⽼年⼈,你觉得你⾝边有⽼婆孩⼦,你就不是⼀个⼈了? 你⽼公在⼲什么? 你在⼲什么? 你其实还是⼀个⼈,明⽩吗? 你有可能还没有⽼年⼈的清静安静呢.为什么呢? 你⼀会⼉被这个能量拉⼊,⼀会⼉被那个能量拉⼊.⼀会⼉吵架,⼀会⼉照顾孩⼦.所以说是你们头脑的⼀个定义,因为它觉得⼀个⼈孤苦伶仃的.你们觉得好像开party的⼈是在⼀起.并没有.如果真正的在⼀起的,他们并不需要物质⾁体在⼀起,明⽩吗? 因为他们创造了那个能量,他们已经在⼀起了.那个能量在包围着他们的⾝体,明⽩吗?

Q: How do you view the issue of elderly people on Earth being alone, unattended, and lacking inner security?

22: Do you think that when there are elderly people around, it means they're not really alone because they have their spouse and children? What is your husband doing? And what about you? You might still feel like you're by yourself, right? It's possible that you haven't even experienced the quiet solitude of an elder. Why is that so? You're pulled into one energy and then another. You argue from time to time, and you take care of children. So this seems to be a definition within your mind because it perceives loneliness as something isolated. When you think about people having fun together, they might seem like they are indeed together. However, if they truly were together, they wouldn't need physical bodies to be in the same place; understand? They've created that energy, and they're already together. The energy surrounds their bodies.

所以他们彼此的⼼都不会感受到孤独.你们就算两个⾁体在⼀起,但是你们各⾃在⾃⼰创造的bubble⾥⾯,你们还是孤独的.所以你会觉得虽然可能有很多⼈跟你在⼀起聊天,但是实际上你的⼼是关上的.

So their hearts would not feel loneliness towards each other. Even if you have two physical bodies together, but both of you are in your own created bubbles, you are still alone. Therefore, you might feel that although there may be many people talking to you, deep down, your heart is closed off.

⼈多或者是有⼈有伴不代表你就不孤独,⼀个⼈并不代表他就是孤独的.因为你不知道他连接了什么,你不知道他的⼼是敞开的,他的内在是饱满的,就是是丰满的,是填满的,⽽不是空的状态.你们是⼀个能量,那个能量影响着你们的⾁体.

The presence of many people or companionship does not mean you are not alone; being alone does not necessarily imply loneliness. You do not know what connections they have made, whether their hearts are open, and if their inner self is full, overflowing, rather than in a void state. You are part of an energy that affects your physical body.

问: 没有灵性成长意识的⼈,就只是作为⼀个⾁体活着.等他死了过后,他这⼀⽣还能被他所⽤吗?

Question: For someone lacking spiritual growth awareness, life is merely existing as a physical being. When they die, can their entire lifetime still be utilized by them?

22号: ⾸先你要知道他既然存在,他就有他存在的价值和意义.但是你不⼀定看得到,明⽩吗? 就⽐如说现在战争,有很多⾁体被杀掉.那这些⾁体有很多就是像你刚刚说的状态.但是他们需要把这个picture给投射出来,明⽩吗? 你们这个舞台需要这个道具去呈现这个画⾯给你们创造这个体验.那对⽅他有他的⾓⾊,他有他去供谁去练习去体验的⾓⾊.你只是不知情⽽已.

Number 22: First, you should understand that since he exists, there is value and meaning to his existence. However, it doesn't necessarily mean you can see it. Understand? For example, in the current war, many bodies are being killed. Many of these bodies are in a state similar to what you just mentioned. But they need to project this picture, do you understand? Your stage needs this prop to present this scene for you to create an experience. The other side has his role; he has roles to perform and experiences to offer. You're simply unaware of it.

问: 外星⼈公开接触⼈类之后,会彻底改变我们现有的秩序吗? 现在很多⼈都厌倦现有的⽣活,渴望⼀个彻底的改变.

Q: Will extraterrestrial public contact with humans completely transform our existing order? Many people are tired of their current lives and long for a radical change.

22号: 你说的公开的接触是什么? 那如果你觉得公开的接触是交流的话,那我们现在就在接触,我们现在就在交流,明⽩吗? 如果你说的是⾁体层⾯的接触的话,你们也只能在⾃⼰的世界创造你们⾃⼰版本的那个,明⽩吗? 然后能不能带来影响带来改变? 那你就看我们今天的信息能给你带来什么改变? 它可⼩可⼤.它也可以因为今天的信息改变你们整个世界,它也可以就是说nothing,就是不会有任何改变.但是并不代表我们这颗种⼦在多少年过后,它不会发芽.因为⼀切不就是种⼦播下了,⼀切都会随着时间,还有因缘.就⽐如说我这颗种⼦被落在这⽚⼟地上了.然后正好有⼈看到了,然后他还来浇⽔.

Number 22: What do you mean by public contact? If you think public contact is communication, then we're already in contact and communicating right now, understand? If you're referring to physical contact on a肉体 level, then you can only create your own versions of that within your world, understand? Can this bring about impact or changes? Then consider how our message today might change you or not. It could be small or big; it could completely transform your world or have no effect at all. But it doesn't mean that the seed we're planting won't sprout in the future since everything begins with a seed, and everything evolves over time, influenced by circumstances. For example, if I plant this seed on this piece of land, someone might come along, see it, and water it.

然后正好那个⼟壤很好,天⽓也很好有阳光,然后正好这个季节.那就长的很好,对吧? 所以它还会有其他的⼀些外在的因素.

Then恰好the soil was very good and the weather was nice with sunlight, then恰好this season, it grew very well, right? So therefore there would be other external factors as well.

问: 对⼈类突破⾦钱的限制,突破⽣存的恐惧,你们有没有什么建议给到我们?

Q: Do you have any suggestions for humans to overcome the limitations of money and the fear of survival?

22号: ⾸先我想说这⼏句话都是你⾃⼰加给你⾃⼰的,不是⼈类,是你加给你⾃⼰,你就是那个⼈类.然后这些是你⾃⼰创造给你⾃⼰去体验的.明⽩这层意思吗? 不是说真的就是这样⼦,是你⾃⼰选择了你要加⼊这批⼈的游戏,⽽不是另外⼀批⼈的游戏.你更加相信限制是更加可能发⽣的,⽽没限制是更加不可能发⽣.如何突破? 当你去发现它只是你⾃⼰相信的⼀个东西的时候,它就被突破了.它并不是客观和真实存在的.它之所以真实是因为你⾃⼰去⽤的这套系统,你才会进⼊到这个操作模式.如果你不进⼊这个系统呢? 你删掉这个系统,你重新装⼀个系统呢? 那你运作的模式是不是也不变了?

Number 22: I should say that all these statements are added to yourself by you, not by humans, they're added to yourself. You are the human being. Then, it is something that you create for yourself to experience. Do you understand this? It's not as if it really is like that; you chose to join a game with certain restrictions rather than another group. You believe more in the possibility of limitations compared to no limitations. How do you break through? When you realize that it's just something you believe, you've broken through it. It does not exist objectively or truly. Its truth comes from your own system and how you operate within it. If you don't enter this system, delete this system, and install a new one, would your mode of operation also change?

所以不要说的好像⾦钱的限制或者⼈类的限制是真实存在的,并不是的.就好像这个眼镜你戴上它了,所以你看出去会有颜⾊.你取下它了,它就没颜⾊了.那是谁创造的这个体验啊? 你⾃⼰选择去戴上它啊.因为你看着别⼈都戴着眼镜,你觉得好像我也应该戴⼀个,我才变得正常⼀点.我不戴就不正常了.明⽩吗? 你们想要变得正常的这个想法,就是我不要变得不⼀样,我不要跟他们不⼀样,我要得跟他们⼀样正常,这些限制了你们.你们每⼀个⼈都是独⼀⽆⼆的.你要看着任何⼈要去跟他学或者是什么什么的.因为为什么? 你内在⾃⼰有好像是⼀个温度,就好像温度计在你⾃⼰内在,你⾃⼰才知道什么⽔温才是最合适的.

So don't say that financial constraints or human limitations are real when they're not. It's like this glasses you put on and thus see colors; take it off, no colors there. Who created the experience of this? You voluntarily choose to wear it. Just because others have their glasses on, you think you should too, so as to fit in better. Without glasses, you don't feel normal. Get it? Your desire to be considered normal is what's limiting you - not wanting to be different, not wanting to be like them, wanting to be just like everyone else normally. Each one of you is unique. Don't look at anyone and try to emulate them or anything alike. Because why would you do that when within yourself there's kind of a temperature gauge in your inner self, where you alone know what water temperature is most appropriate for you?

问: ⼀百年后⼈类世界是⼀个什么样的状态?

Q: What will the state of human society be like a hundred years from now?

22号: 你先别说⼀百年后,就算是现在你都有⽆数个状态呀.你想进⼊哪⼀个? 那⼀百年后也会有⽆数个,你们想要创造想要体验哪⼀个,明⽩吗? 也还要看其他⼈的意识呢.所以说这个是都在那⾥.

On the 22nd day: You don't need to talk about a hundred years from now; you have countless states even right now. Which one do you want to enter? There will also be countless possibilities a hundred years from now. You wonder which ones you would like to create or experience, understand? It also depends on the awareness of others. That's why this exists everywhere.

问: 灵魂可以在地球上⽆限制的出⽣(不停的轮回)吗? 有没有什么限制?

Q: Can a soul be born on Earth without limits (reincarnating endlessly)? Are there any restrictions?

22号: 那你是要看他⾃⼰想要的体验了.但是你永远都有权利去选择你⾃⼰想要的体验.问: ⽐尚说地球上⽣活了很多外星⼈,他们就跟⼈⼀样在⼈群之中.这个是真的吗?

On the 22nd day: You will witness his desired experience, but you always have the right to choose your own experiences. Question: Bishang claims there are many aliens living on Earth, just like humans among people. Is this true?

22号: 这⾥没有所谓的真的或者假的.就算我们还告诉你这个是真的,你也不⼀定需要有这个体验,明⽩吗? 你不⼀定需要这个互动.因为你们每⼀个⼈是根据他⾃⼰需要的⼀个互动还有他⾃⼰认为这个世界是⼀个什么样⼦⽽产⽣的.那就⽐如说这个通灵⼥孩⼦她跟各种灵打交道.那你不相信这个世界有灵,那你肯定感应不到呀.那你还问这个是真的吗? 对你来说它就是不存在的.因为什么? 因为你接触不到呀.但是对她来说这个就是真实的.为什么? 因为她⼀直在接触啊.那又回到那个⼈说的那句话,那那是他⾃⼰相信的世界,他体验得世界.如果你想加⼊他的世界,那你跟他拥有同样的⼀些看法,产⽣同样的⼀些体验,明⽩吗?

Number 22: There's no such thing as real or fake here. Even if we tell you that it is true, you don't necessarily need to have this experience, understand? You don't necessarily need this interaction. Because each of you creates an interaction based on what he himself needs and how he perceives the world to be. For example, a spirit channeling girl interacts with various spirits. If you don't believe that there are spirits in this world, then you certainly can't perceive them. Why would you question if it's real? To you, it doesn't exist. Why is that? Because you can't access or experience it. But for her, it's real because she has been interacting with them constantly. That brings us back to the person who said those words; that was his own world and his own experience he created. If you want to join his world, then you must share similar views and experiences with him, understand?

但是还有⼀种就是说其实你们的意识程度会被影响的.就⽐如说你的某⼀个瞬间你就是外星⼈,只是你不知道⽽已.因为有些能量它可以通过你来体验.

But there is another thing that your level of consciousness would be affected by. For example, you could be an alien for a moment, just not knowing it. Because some energy can experience through you.

问: 什么是存在状态? 如何做到?

What is existence state? How to achieve it?

22号: 存在状态都反应在你⾃⼰的⽣活⾥⾯.你今天的状态怎么样? 你是很⽣⽓的,开⼼的,快乐的.通过外在你跟别⼈互动,你都会感受到.因为对⽅都会把你的状态展⽰给你.你可能⼼中不爽发脾⽓,他可能看着你也不爽.你特别爱他,他也特别爱你.所以说你的这些状态都会通过反射,反射给你⾃⼰的.

Number 22: Your current state is reflected in your own life. How are you today? Are you angry, happy, or joyful? It's evident when you interact with others because they mirror your condition back to you. If you're feeling annoyed and act out, the other person might notice it too. You may have a deep affection for someone, and this love is reciprocated. In essence, these states of yours are reflected upon yourself through a reflective mechanism.

问: 如何消除对⼈的莫名的愧疚感?

Question: How can one eliminate the inexplicable sense of guilt towards others?

22号:如果是真正的需要去解决这个问题,这个需要当事⼈的能量.然后我们连接他的能量就能很好的去,就好像去看到发⽣了什么.因为并不是所有⼈都会有这样⼦的感觉,明⽩吗?但是如果你真正的产⽣了这种感觉,就是⼼中产⽣愧疚感.当你在发现你⾃⼰产⽣愧疚感的时候,你可以在你内在跟你⾃⼰和解.它⼀定是因为你⼼⽬中有⼀些没有和解的地⽅,就是没有被消化,没有被接纳,没有被融合,没有被融⼊的⼀个地⽅.因为你们⼼中所有的这些,你可能是觉得你是对其他⼈产⽣这些感觉.但实际上都是来⾃于你⾃⼰的⼀个评判.所以当你⾃⼰内在去和解,然后你就不需要把这种感觉,就是不需要⼀个⼈把它投射出来给你感觉到.

On the Number 22: If there is a genuine need to address this issue, it requires the energy of those involved. Then, by connecting with their energy, we can effectively understand what has happened, because not everyone will have such an intuition. Do you see? But if you truly generate this feeling, that sense of guilt in your heart, when you realize that you are feeling guilty about something yourself, you can reconcile with it within yourself. It must be because there is a part of you that has not been reconciled, where things have not been digested, accepted, or integrated. Because all these things in your heart might make you believe they are feelings for others. But fundamentally, they come from your own judgment. So when you reconcile with yourself internally, then you don't need to project this feeling onto someone else for them to feel it for you.

因为你们总是需要⼀个对象去把你的感受投射出来给⾃⼰体验.

Because you always need an object upon which to project your feelings for yourself to experience them.

问: 你们是如何升维的?

Question: How did you achieve dimensional elevation?

22号: 不太明⽩这个问题.你可以问如何成长吗? 体验.因为当你不断不断地扩展你的体验,你就好像你⾃⼰是⼀个爬⼭虎,你说你怎么成长? 你通过你不断不断地触⾓,就是触及的更多,通过体验.

Number 22: I'm not quite sure about this question. Could you ask how to grow instead? Experiences. Because when you constantly expand your experiences, it's like you are a climbing vine, and you ask how you grow? You do so through your constant outreach, by touching more, through experience.

问: 如何才能梦想成真?

Question: How can dreams become reality?

22号: ⾸先你本⾝就是在⼀个想什么都成真的⼀个状态.只是你头脑是失控的,就是它是混乱的.所以你就会去经历⼀些好像乱七⼋糟,各种事.所以说你⾃⼰需要去有意识的去知道我去关注我⾃⼰想要的.然后⽣命中会发⽣很多事情,对不对? 每⼀件事情都有⼀个机会,你要进⼊到哪⼀个平⾏世界? 你要进⼊到⼀个恐惧的呢? 还是⼀个快乐的? 那你通过那个事件的发⽣,⼀下⼦你就进⼊了恐惧,哇,好恐惧,越来越恐惧.你就体验着恐惧.那如果你通过外在反应的事件,你选择进⼊快乐的.但是你们很多⼈是⽆意识的,就是他⾃动的在那选选选选.那我们现在告诉你,你是有权⼒去选择你要如何去⾯对发⽣在你⽣命中的每⼀个世界,然后去进⼊哪⼀个频道.

Number 22: Firstly, you are in a state where everything can become true; it's just that your mind is out of control, as it's chaotic. Therefore, you'll experience all sorts of chaos and various events. So, you need to be conscious about focusing on what you want. Then, many things will happen in life, right? Each event has an opportunity to determine which parallel universe you enter into - one filled with fear or one brimming with happiness? Through the occurrence of that event, you suddenly enter fear, oh, it's so scary and it only gets scarier. You experience fear. If you choose to react externally from a perspective of joy instead, but many of you are unconscious, automatically making those choices. We're now telling you that you have the power to choose how to face every world happening in your life and which channel to enter into.

因为那个外在的世界会因为你选择进⼊哪⼀个频道⽽呈现出不同的样⼦给你,明⽩吗? 所以它可以成为⼀坨屎,真的是来恶⼼你.它可以成为⼀堆化肥,真的是来滋养你的蔬菜.你说你要怎么样去运⽤它?

Because that external world will present itself to you as a different entity depending on which channel you choose to enter, do you understand? So it can become a pile of crap, truly meant to disgust you. It can become a heap of fertilizer, really intended to nourish your vegetables. You say how you are going to use it?

问: 有⼈想问她⼀直很想提出分⼿,但是⼀直都不敢说.她想问这是为什么?

Q: Someone wants to ask why she has always wanted to break up but has never dared to say it. She wonders what the reason is for this?

22号: 你⼀直都想提出分⼿? 其实在你还没有提出分⼿的时候,你们早已经没有在⼀起了,明⽩吗? 对⽅也会感受到这个能量的.不敢说是因为你⾃⼰还没有成熟到可以去⾯对或者处理这个问题.就是你的能量场还在⼀个⼩孩⼦⼀样.就是她没有办法去⾯对这样的场合,就是她不知所措.所以这个分⼿的事件也是你成长的⼀个经历.因为你会通过外在的事件变得越来越不像⼩孩⼦,越来越淡定了.所以把它当成是你去锻炼学习的⼀个机会.让⾃⼰越来越淡定的⼀个机会.

Number 22: You've always wanted to break up? In fact, you were already not together long before either of you had even broached the subject of breaking up, do you understand that? Your partner would also sense this energy. They can't say because they are still not mature enough to face or deal with the issue; your energy field is still like a child's. It means she doesn't know how to handle such situations and feels lost. Therefore, ending the relationship was also part of your growth experience. As you would become less like a child and more calm through external events, consider this an opportunity for you to learn and practice becoming more composed over time.

问: 亚特兰蒂斯⽂明真的存在过吗? 它为什么消失了?

Question: Did the civilization of Atlantis really exist? Why did it disappear?

22号:对有⼀些意识的⼈来说,它是存在的.对某⼀些意识来说,它是不存在的.那你看又回到我们的信息,它并不是说是有⼀个客观存在还是不存在.因为有⼀些⼈需要创造这个能量来给他连接.就⽐如说现在JOJO⽼师通灵的这个22号是真实存在的吗?那对某些⼈来说它是真实存在的,对某些⼈来说它完全不存在的.明⽩吗?那有些⼈他想要在他的⽣命当中创造出这样⼦的能量给他去体验,给他去连接.你想象⼀下你们是多么的强⼤,多么的精彩!你们可以创造任何⼀个王国来给你们连接.可以精精有味的.所有东西都是意识创造出来的.那像你们有创造什么?财神爷、关公、九天⽞⼥.各种.为什么呢?

Chinese to English

Number 22: For some people, it exists; for others, it doesn't. You see, you're back to our message that it's not about there being an objective existence or non-existence. It's because some individuals need to create this energy to connect with it. For example, is the number 22, which Master JOJO communicates through, really existing? To some, yes; to others, completely nonexistent. Do you understand? Some people want to create such energy in their lives for themselves to experience and connect with. Imagine how powerful and amazing you are! You can create any kingdom for connection. It's all about creating experiences and connections. What have you created? Wealth deities, Guan Gong, nine heavenly maidens. And more. Why is this the case?

因为这些可以随着你的… 就好像这坨泥,你可以把它捏成任何你想要捏成的样⼦.你就可以体验到它,跟它互动了,明⽩吗? 这下你就知道造物主是做什么的了? 你们就是那坨泥.你已经给与了意识.

Because these can be like this ball of clay, you can mold it into whatever shape you want. You can experience and interact with it, understand? Now you know what the creator does? You are that ball of clay. Consciousness has been bestowed upon you.

问: 通过⼋字可以知道⼀个⼈⼤致的运程,他觉得还挺准的.他想问这个是灵魂协议或者是灵魂蓝图吗? 如果已经不喜欢⾃⼰做的事,可以通过跟随⾃⼰的激情去彻底改变⾃⼰的剧本吗?

Q: By using the eight characters, one can roughly understand a person's fortune and destiny, and they find it quite accurate. They want to know if this is related to a soul contract or a soul blueprint? If someone already dislikes what they do, could they change their life script by following their passion instead?

22号:通过任何信息,你们捕捉到的信息,就好像是通过他⾃⼰的⽅法,然后给与解读.但是你要知道⽆论什么东西,在你当下你知道的时候,你都可以给与它你想要去体验它的状态.就这么说吧,就好像有⼈有牢狱之灾,他需要坐牢,对吧?那有的⼈他却喜欢去⼭洞⾥⾯闭⿊关.那你说坐牢听起来多么可怕啊,闭⿊关听起来多么⾼⼤上啊,对吧? 那那个⼈想着我正好想要闭⿊关.那坐牢还有⼈给我做饭吃,明⽩吗? 那如果你把这个坐牢的事件当成你去闭⿊关了.那你体验的就是闭⿊关,明⽩吗? 因为你本⾝就是想要脱离这个⾁体.所以说谁有权⼒来说你不可以想着你在闭⿊关,你要想着你在坐牢.谁有权⼒? 只有你⾃⼰.你去选择你要怎么样去运⽤这个状态.

Day 22: Through any information, the information you catch, it's like through his own method, and then interpreting it. But you must know that whatever something is, when you're aware of it in this moment, you can give it the state you want to experience it with. To illustrate, imagine someone facing imprisonment; they need to serve time behind bars, right? Others might prefer to retreat into a cave for meditation or seclusion. Isn't being imprisoned sounds frightening, whereas being secluded sounds lofty and prestigious? Suppose that person thinks this正好 is what I want, to meditate in solitude. Prison has meals provided; do you get it? If you view the incident of imprisonment as if you're meditating in solitude, then your experience would be like meditation, understood? Because inherently, you wish to break free from this physical body. So who has authority over saying you can't think of yourself as meditating while imprisoned? Only yourself holds that power. You choose how to apply this state.

你只能体验到你⾃⼰选择的那个,⽽且没有任何⼈可以⼲涉你.

You can only experience what you choose yourself, and no one can interfere with you.

问: ⼈类残杀伤害动物,什么时候可以觉醒.他看到这些的时候感到很痛苦,有没有什么信息可以指引他的?

Q: When will humans awaken and stop harming animals? How does seeing this cause him distress, and is there any guidance he can seek?

22号:⾸先你要知道你们地球在这个成长期,在这个学习期和转变期,他需要⼀个东西体验到⾃⼰残暴的⼀⾯.然后他也需要有⼀个东西去体验到⾃⼰是有⼒量的.因为他去虐待的话,他是有⼒量的,他就好像能把⾃⼰的⼒量释放出来让⾃⼰体验到.就是他是有⼒的,我是拿你有办法的.他们⼀定是在⽣活中体验了很多⽆⼒感,就是我真的拿他没办法.你看我拿那个⽼板真的没办法.怎么办?我就感觉我好像是⽆⼒的.那我就想要去体验我是有⼒的.OK,拿个⼩兔⼦,我终于可以弄死你了.就觉得我才是主⼈,对吧? 所以他们内在想要体验到的就是这种感觉.但是他们只是在⽤这种⽅式来知道,没有⽤的.就是需要回到你⾃⾝.

On the Number 22: Firstly, you need to understand that during your planet's period of growth, learning, and transformation, it requires experiencing its cruel side. It also needs a way to experience its own strength. When one abuses, they feel powerful as if releasing their power to experience themselves as strong—asserting control over the situation. They've experienced a lot of helplessness in life, feeling unable to handle things, even towards an employer—a feeling of being powerless. So, they want to experience being capable somehow. For instance, by wanting to overpower and finally kill a small rabbit, they assert their dominance as if acknowledging their superiority and control, hence the power dynamic is experienced internally but perhaps only in symbolic or metaphorical ways without practical application. Essentially, returning to self-awareness would be necessary for this process.

因为你⾃⾝产⽣的是这种感觉,所以你体验的就是这种感觉.但是这个需要你去意识到.为什么呢?因为如果你没有意识到的话,你只是在加深这个幻像.那如果你能看清楚真相的话,那随着你不参与他们的频率,你⾃⼰不断地不断地去提升你⾃⼰的频率.你就在给地球不断不断地……这么说吧,这⾥⼀⽚⿊暗,你不断不断地让⾃⼰亮起来.那这⾥是不是变得就不那么⿊了? 所以说通过点亮⾃⼰,你就在改变照亮这个⿊暗的地⽅.

Because what you generate is this feeling, so you experience it. But this requires your awareness. Why? Because if you don't realize it, you are just intensifying the illusion. If you can see through the truth though, as you refrain from engaging in their frequencies, you continuously elevate your own frequencies on your own. You're making the earth brighter and brighter... imagine, here is darkness, you constantly make yourself shine. Is this place not becoming less dark? So by lighting up yourself, you are changing what lights up this dark area.

问: 他怎么样在躺平什么都不⼲的情况下,JO如何带领他寻找成就感?

Q: How can JO guide him to find a sense of achievement while he is lying low and doing nothing?

22号:⾸先你成就感来⾃于你⾃⼰.你⾃⼰需要通过事件去呈现你⾃⼰的成就感.那如果你什么都不⼲,你想体验你的成就感,那你就去玩游戏了.你通过玩游戏,在游戏⾥⾯去体验了.因为你的那种成就感,你的那种感觉,你的那种体验,它是需要通过事件来体现出来的.

Day 22: Your sense of achievement comes from yourself. You need to present your sense of achievement through events. So if you do nothing, and yet want to experience that sense of achievement, then you play games. You experience it through playing games within the game environment. Because your sense of achievement, your feelings, your experiences are something that needs to be manifested through such events.

问: 怎么样才能跟⾃⼰的⾝体对话?

How can I communicate with my body?

22号: 你是你⾝体的主⼈,所以这个需要你跟你⾃⼰的⾝体,你们俩去,你说怎么样我可以跟它对话,明⽩吗? 你⾃⼰多去尝试做这件事情,然后找到你⾃⼰的⼀个⽅式⽅法.

Number 22: You are the owner of your body, so this requires you to communicate with your own body. The two of you need to work together. How about if I try talking to it? Can you understand? Try doing this more often yourself and find out a method that works for you.

问: 脊髓损伤可以再⽣长吗? 你们有没有什么办法?

Q: Can spinal injuries regenerate? Do you have any methods?

22号: 如果你是把你⾃⼰当成是在意识层⾯,什么都有办法,就是你是在能量层⾯work,就是做功夫.因为你的⾝体它是被这个能量给笼罩的.那如果你只是单纯的从⾁体的话,那你需要去在你们物质世界去找寻⽅式⽅法了.那如果你需要在能量层⾯做功夫的话,那你就需要去打开这个通道去连接,就是去修⾏⼀样,就是去进⼊那个世界.但是⼀般的问题都是可以透过能量的调整⽽达到那个能量投射出的那具⾁体达到⼀个和谐的状态.

On the 22nd day: If you consider yourself to be at a conscious level where everything is manageable, but you're working on an energetic level, which means doing kung fu. Because your body is enveloped by this energy. So if you are merely focusing on the physical body, then you need to find ways in your material world. But if you need to work energetically, you will have to open a channel for connection and practice some form of cultivation or enter that realm. However, general issues can often be resolved through adjusting energy, thus achieving harmony in the projected physical body.

问: 那在什么情况下通过调整能量都不能达到这个状态呢?

Question: What circumstances would prevent achieving this state through adjusting energy?

22号: 就这个⾁体中毒太深了.就被毒害的太深了.你们想象⼀下你看着⼀堆动物的⼫体或者是⾁体,你说我想要投胎到它的⾝体上.你就这么想,然后你就能知道.哎呀,这个动物腿都断了⼀条…… 明⽩吗?

Number 22: The body has been poisoned too much. It's been corrupted too deeply. Imagine if you were to wish to be reborn into its body while looking at a pile of animal carcasses or bodies. If you can visualize this, then you'll understand that the animal has lost one leg... Do you get it?

问: 你们探索宇宙吗? 你们采⽤什么样的⽅法和技术来探索?

Question: Do you explore the universe? What methods and techniques do you use for exploration?

22号: 你们所谓的宇宙和我们所谓的宇宙又是不⼀样的.因为你们的感知和我们的感知又不⼀样.也就是说你们会⽤你们⾃⼰的状态,就是你的能量状态去投射出这样⼦的⼀个宇宙给你们.所以说如果只是通过语⾔来描述的话,我们是没有办法通过⽤你们的⽂字和⽤这个⼥孩的感觉和她⾥⾯仅有的东西.就⽐如说你这个篮⼦⾥⾯就这⼏个⼯具,我需要拿这⼏个⼯具来给你演⽰出来我想要演⽰的,明⽩吗? 就你的这个兜⾥⾯就这⼏个东西,我要让这⼏个东西不断地变化不断地变化来呈现出我想要呈现给你的.所以它是⾮常有限的.但是即使是这些有限的东西,它都可以让你们去明⽩你才是那个⽆限的创造者.

Number 22: The universe you perceive and the universe we perceive are different because your perception is not identical to ours. You project a universe based on your own state of energy, which means that when describing it through language alone, using only your words, images, or experiences from this girl's perspective, it would be limited. Imagine trying to explain something by using just the few tools in this basket—your ability to demonstrate what I want you to understand is constrained by these limited resources. The essence of your perception, contained within your own pocket, allows for only so much variation and depth. Despite these limitations, even with such a finite set of experiences or descriptions, it's still possible for you to grasp that you are the boundless creator.

还有就是说我们探索的话,我们现在就是对你们进⾏⼀种探索.因为我们在你们的意识⾥⾯,然后来跟你们交流,去体验、连接和感受到你们的⼀个状态.

And also, we are exploring right now by conducting an investigation on you because we are in your consciousness and communicating with you to experience, connect, and feel your state.

问: 是否能描述⼀下你们体验和观察到的宇宙?

Q: Can you describe your experience and observations of the universe?

22号: ⾸先⼀切都是能量.但是能量它可以去进⾏⼀个不断不断地变化和显化.你就想象⼀下你们世界上你看到的车⼦房⼦,商场⾥⾯的东西.它其实都是你们⾃⼰⽤你们的意识状态去理解创造的⼀个东西出来,对不对? 你想宇宙也会有⼀些需要去创造的⼀些的东西的,去⽤它的意识状态去创造它们想要体验的.

Number 22: Everything is energy first of all. But energy can undergo a continuous and endless transformation and manifestation. Imagine the cars, houses, items in stores that you see in your world. They are actually things created by you using your own state of consciousness, right? You think the universe also has some things it needs to create using its state of consciousness to manifest what it wants to experience, don't you?

问: 我们物质世界的⼀些法则如引⼒、光速等,是否在你们的世界也存在? 22号: 只是在你们⾃⼰所需要的体验,跟我们是没有关系的.

Question: Do some laws of our material world, such as gravity and the speed of light, exist in your world?

Response 22: Only those experiences relevant to what you need are not applicable to us.

问: 你们也探索和观察过其它的宇宙吗?

Question: Have you also explored and observed other universes?

22号: 就好像是这样⼦的⼀个⽅式.像这样⼦的意识探索.问: 你们有没有什么令⼈兴奋喜悦的好消息要告诉我们?

Number 22: It's somewhat like this, an exploration of consciousness like this. Question: Do you have any exciting and joyful news for us to share?

22号: ⾸先是要让你们知道只有你们⼈类的头脑才会去分辨⼀个好和坏.那如果没有分别呢?所以说我的好消息就是要告诉你们不要去分别好和坏.因为好和坏来⾃于你有限,当你⽆限了,它就没有还和坏了.所以如果你眼⾥有好和坏的话,就说明你是在受限制的.

Day 22: The first thing you need to understand is that only human minds differentiate between good and bad. What if there were no differentiation? So my message of good news for you is not to differentiate between good and bad because what we consider as good or bad comes from your limitation. When you are unlimited, there is neither good nor bad. Therefore, if you see good and bad in your eyes, it means that you are limited.

#### 2023/10/28 — 灵魂主题之平衡软弱的⼀⾯The Balanced Softness in the Theme of Soul

JO: 你说什么问题?

JO: What's your question?

问: 我来到世上的使命是什么? 我叫XXX.

Question: What is my purpose on Earth? I am called XXX.

JO: 你稍等.我们感受到你是⼀个就好像是⾮常强⼤的灵魂,然后你这⼀⽣就必须要去平衡软弱的那⼀⾯.就好像你必须要把你⾃⼰软弱的那⼀⾯呈现出来,被你接纳,被你看到.因为在你的⾥⾯,你好像是不会允许⾃⼰软弱.因为你对软弱好像是有⼀种抵触.所以这个软弱的功课和能量就⼀直没有被你平衡掉.因为在你⼼⽬中你觉得你⼀定要强⼤强⼤强⼤.但是你们的灵魂选择最主要就是通过这个物质世界感受到它的这股强⼤的能量带来的⼀些,就⽐如说物极必反.所以你必须去通过这⼀⽣去感受到你的这股能量,然后去接受你软弱的那⼀⾯,允许你软弱的那⼀⾯展现出来.就之前你可能把你软弱的⼀⾯全部隐藏起来或者不给它展现的机会.

JO: Wait a moment. We sense that you are an incredibly powerful soul, and then in this lifetime, you must balance the softer aspect of yourself. It seems like you have to show your own softer side, accept it, and acknowledge it within yourself. You appear not to allow weakness within you because you seem to oppose it. Thus, the lesson and energy related to being soft has not been balanced by you. In your mind, you believe that strength is what you must possess—strong, strong, strong. But your soul's primary choice is largely about experiencing this powerful energy through the material world, for example, the concept of excess leading to a downfall. Therefore, you must go through this lifetime to experience this energy and accept your softer side, allowing it to be shown. Previously, you might have hidden or denied opportunities for showing your softer self.

你不接受你⾃⼰的这个能量,然后把它给压抑掉了.

You don't accept this energy within yourself and suppress it.

问: 怎么去接受? 不知道哪⾥软弱?

Q: How do you accept it? I don't know where my weakness is?

JO: 就⽐如说有时候你可能从⼼底⾥没有去认命或者是⾂服,好像是去抗争,就是不去⽆为,不去反抗不去抵抗.

JO: For instance, sometimes you might not genuinely accept one's fate or submit from the bottom of your heart, instead it feels like a struggle, as if you're not being passive and not rebelling against it.

问: 明知道脾⽓不好还是会发脾⽓呀,明知道是错误的,还是会发.

Question: Even knowing that my temper is bad, I still lose it. Even knowing it's wrong, I still do it.

JO: 那你现在已经体验到你的这股能量了,它⾮常的强硬.但是你说如果每天都是狂风暴⾬般,没有微风,你说⼤⾃然的植物能长的好吗?

JO: So you've already experienced this energy within you, which is very powerful. But you said if it's hurricane-like every day with no breeze, can the natural plants grow well?

问: 做不到怎么办?

Q: What do you do if you can't?

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Question: If unable to achieve, what should be done?

JO:所以说你这⼀⽣你来就是体验这股能量,就是你体验⾃⾝的这股能量,就是好像⼀直是狂风暴⾬当中.然后你体验到它,实际上它就给你带来很多阻碍.就⽐如说可能你会影响到你周围的⼈,给他们带来不好的感受,不好的能量场.但是你⾃⼰肯定是不喜欢这种感受的.为什么呢?因为这股能量是给你来平衡的.你平衡掉了,你才会舒适.在你没有平衡掉之前,你肯定会感受到不爽不舒服,就是我发不发脾⽓我都不舒服.发了脾⽓,我不舒服.不发脾⽓,我也不舒服.就像是这种状态.

So in your lifetime, you come to experience this energy - the energy that is you, like being caught in a constant storm and turbulence. You experience it, but in reality, it's causing you many obstacles. For example, you might affect those around you, bringing them negative feelings, negative energy fields. But you definitely don't like these feelings. Why? Because this energy is meant to balance you. Once balanced, you'll feel at ease. Until then, no matter whether you vent your frustration or not, you won't be comfortable. Even if you express it, you're uncomfortable; even if you don't, you still aren't. That's how it feels.

问: 我知道,但是我做不到.怎么办?

Question: I know, but I can't do it. What should I do?

JO: 所以开始你需要有去体验你这个能量的过程.你⽬前的这个过程,就是前半⽣吧,它这个能量是需要被你中和的,对不对? 那接下来你就知道就是说你已经感受到这个能量失衡了,那你是不是要调整它,让它去中和去回到中⼼点.因为你需要有这个觉知,也需要有这个⽬标,就是我想要去做这个事情.你要发出这个⼼愿.你要是每⼀天还是乱发脾⽓,更加不爽.那你就没有往这⽅⾯去修吧,修⾏吧,对吧?所以你⾸先就是要有⼀个我要修我⾃⼰,就是修⾏.那通过这些,你必须要提⾼你的认知,你的智慧.因为很多时候我们觉得不得不发脾⽓、失控,觉得需要⼀些强硬的⼿段.它来⾃于你们有限的认知,就是来⾃于你的意识程度.为什么? 就是你现在是⼩朋友,你会觉得那个⽯头就在那⾥,你没有能⼒去搬开

JO: So, the beginning requires you to experience this energy process in yourself. The current process of your lifetime up until now needs to be neutralized by you, right? Then, next, you understand that you have already felt the imbalance of this energy. Therefore, should you adjust it and bring it back to equilibrium so that it can return to the center point? You need awareness and a goal – wanting to do this thing – and express your intention. If you continue to be irritable every day without improvement, then you are not working on yourself. You must practice self-improvement. So first, you have to say I want to fix myself through my practices. Through these actions, you must elevate your consciousness and wisdom. Often, we feel compelled to react with anger or lose control because of our limited understanding, which stems from the level of your awareness. Why is this? Because currently, as a child, you believe that the stone exists where it is; you do not have the capability to move it.

它,对不对?因为你觉得你看我的⼒⽓这么⼩.就⽐如说我们提⾼我们的认知,不断接受我们的挑战,随着时间不断地增长(我的智慧).那我的年龄越来越⼤,那⼒量越来越⼤,那我就能搬动它了,对不对?它对你来说就不再是⼀个限制和阻碍.还有你也可以去当你的智慧增长了过后,你就不会觉得这个⽯头⼀定要⽤我的⼿去搬.因为你可以借助⼯具,也可以去借助⼈⼒让别⼈来帮忙.就是你的⽅式⽅法就越来越多了.就不再局限了.你现在⽬前局限,是因为在你的脑海⾥你觉得你必须是你⼀个⼈,然后在你弱⼩的情况下你必须去处理掉这个⽯头,所以看上去就很艰难.

It, right? Because you feel that my power is too small. Just like how we increase our cognitive abilities and constantly face our challenges, growing over time (my wisdom). As I get older, my strength increases, so then I can move it, right? It's no longer a limitation or hindrance to you. And also, when your wisdom grows afterwards, you wouldn't think that the stone has to be moved with my hands alone. Because you can use tools and also rely on human resources for help. Your methods become numerous. Not limited anymore. You're currently limited because in your mind, you feel you must do it all by yourself, then handling this rock becomes very challenging when you are weak.

问: 我听JO指点,我真的很想 转这个局⾯.

Q: I heard JO's guidance; I really want to change this situation.

JO: 那就是跟随我们的信息,我们有⾮常⾮常多的信息.然后⾥⾯都会有你的卡点.当你看到那些是你的卡点,你的认知就不断不断地在提升,你的意识就不断不断地在扩展.所以当你在看这个事情的时候,它不再是⼀个没有办法的状态.

JO: That's to follow our messages, we have a tremendous amount of information. And within it would be your bottlenecks. When you see those are your bottlenecks, your awareness keeps expanding and elevating continuously as you understand them. So when you look at this thing, it's no longer an unchangeable situation.

问: 我跟孩⼦之间的缘分是什么? JO: 你有⼏个孩⼦?

Q: What is my karma with my child(ren)?

A: How many children do you have?

问: 我有两个孩⼦,⼤孩⼦前段时间尿毒症开了.他现在好不好?

Question: I have two children, my elder child recently had kidney failure and was hospitalized. How is he now?

JO: ⾸先我们要让你们知道离开的灵魂,它都是安好的.为什么呢? 因为就算它离开这个物质世界,它⾝边还是会有⾮常多的像指导灵⼀样的存在去引导它们,去指导它们.它们不会是孤独的.没有任何⼀个灵魂是孤单的,明⽩吗? 所以说这个你是不需要去担⼼.然后反⽽通过它没有这层层的幻像还有影响,就是你们物质头脑幻像的影响,它可能更清楚的知道⾃⼰的卡点在哪⾥.但是当它更清楚的知道⾃⼰的卡点在哪⾥过后,它可以随时在选择,如果它想再继续挑战它的⼈⽣主题,它是可以的,明⽩吗? 它可以去重新做出选择.我们可以看⼀下你跟它之间的⼀个灵魂协议.你稍等.你说⼀下他的名字?

JO: First, we want to let you know that the souls leaving are well. Why is this so? Because even though they leave the material world, there will be many entities surrounding them, similar to guides, who will guide and instruct them. They won't be alone. Not a single soul is alone, do you understand? Therefore, there's no need for concern. Instead, through it not being burdened by layers of illusions or impacts from your physical mind's illusions, it might have clearer insights into their own blocks. But when they gain clarity on their own blocks, they can make choices at any time - if they wish to continue challenging their life themes, that is possible. They can make new choices. Let's look into the soul agreement between you and it. Wait a moment. Can you say its name?

问: XXXJO: 我们⾸先感受到他想带进来⼀些信息.然后他想告诉你: 妈妈,你现在找到了光,找到了出路.然后你⼀定要去跟随这个出路.不要退路,就是不要再去找其它的⽅向.然后他说你能代替他活出来.这是这⼀段信息,就是我们感受到就好像他给你发了⼀些信息来⼀样.他说你现在已经找到道路了,跟随这个道路.⽽不是再去左挑右选的去其它地⽅找路.然后就是跟随这条道路,希望你能代替他活出来.因为他的信息就是他觉得他此⽣没有活出来嘛.他说他想要⽤他这样⽣命的⼀个体验和过程,给母亲展现⼀个当你没有出路或者没有指引你是多么的绝望.⽽现在你已经找到了出路,找到了指引.就是在你这⾥就有希望,就不会是绝望的.

Q: XXXJO: We first sense that he wants to convey some information to you. Then he wants to tell you: Mom, you have found the light and the way out. You must follow this path. Don't turn back; don't look for other directions. He says you can live his life instead. This is the message we feel as though he sent you a message, saying that you have now found your path, follow it. Do not go left or right looking for another way. Just follow this path with hope that you can live his life in its place because he feels that he has not lived fully throughout his lifetime. He wants to show through his experience and process of life how desolate it is when there is no出路 or guidance. Now, you have found your way out and received guidance. There's hope here for you rather than despair.

然后他让你知道这⾥是希望.

And then he lets you know that here there is hope.

问: 我的祖先有没有话对我说? 因为我家⽼祖宗的坟有没有出问题? 因为我们家很多⼈都出问题.

Question: Do my ancestors have words for me? Is there a problem with my family's ancestral grave because many members of our family are experiencing issues?

JO: 我们⾸先想要告诉你的,当你⾃⼰的能量⾜够强⼤的时候,你是不会受到任何影响的.就是当你拥有这些,你觉得祖先的坟墓能影响到你的时候,实际上你本⾝就是脆弱的.那如果你是⼀个脆弱的状态的话,⽆论怎么样你的⽣活中都会展现这种脆弱,都会受到它的影响.但是那个影响不是其来⾃于坟墓本⾝,⽽是来⾃于你本⾝觉得你是受影响的,就是你是脆弱的,明⽩吗?但是它可能会通过你⾃⼰相信的事件显化出来给你体验.所以说它不是客观的这个有问题,⽽是说你⾃⼰内在的恐惧会通过这些反射出来给你体验到.但是在真正的层⾯上⾯,你才是那个⼒量最⼤的.即使你是在受影响,你也是在受到⾃我的影响.为什么呢?

Firstly, what we want to convey is that when your energy is strong enough, you will not be affected by anything. It's actually when you believe that the grave of ancestors can affect you that you are in fact vulnerable. If you're in a state of vulnerability, no matter how you live, it would reflect and influence this vulnerability. But this influence doesn't come from the tomb itself; rather, it comes from your perception that you are being influenced because you feel weak. Do you understand? However, these reflections might manifest through events that you believe in, presenting themselves to you for experience. It's not about an objective problem with it, but rather that your inner fears reflect back to you as experiences. Yet, at a deeper level, it is you who holds the greatest power even when you are being influenced by yourself. Why is this so?

因为你⾃⼰去相信了你只⼀个会受到这些层⾯影响的⼈.那实际上是你这个魔术师创造了这样⼦的体验给你⾃⼰,明⽩吗?然后你想要问⼀下你的祖先有没有信息带给你是不是?他们想要让你知道你的孩⼦已经跟他们在⼀起.所以说他在爱中,然后你不需要有任何担⼼.但是他们会对你有操⼼,他们会牵挂你.希望你能在这个物质世界上不断不断地去拿开你的束缚,不断不断地去展现你⾃⼰⼼中真正的喜悦,活出喜悦.然后他们想要告诉你,喜悦才是第⼀的,其它什么东西都不重要.⽐如说你失去孩⼦这个事情已经不重要了,然后钱财物质这些东西都不重要.唯⼀的就是说你⼼中感受到⽣命的喜悦才是最重要的.他们让你朝这个⽅向去.

Because you are the one who believed that only you would be influenced by these levels. In fact, it's you as the magician who created this kind of experience for yourself, right? Then you want to ask if your ancestors have any information for you? They want you to know that your child is with them. So he/she is in love, and there's no need for any concern. But they would be worried about you; they would miss you. The hope is that you can constantly remove your limitations in this physical world, continuously showcase the true joy within yourself, live out the joy, and then they want to tell you that joy is the most important thing. Other things don't matter, such as losing a child or possessions. The only thing that matters is that feeling of life's joy deep within you. They wish for you to move in this direction.

问: 我又信佛又信耶稣,有没有问题?

Q: I believe in both Buddhism and Jesus, is there a problem with that?

JO:你可以选择去信任何东西.但是它有没有问题是看你⾃⼰如何去运⽤它,去调节它.因为你拿着每⼀个东西,如果你能把它处理好的话,它就不会有冲突,对不对?那如果你处理不好的话,那它在你的内在就会产⽣冲突.所以说它来⾃于你如何去运⽤这个东西,这个⼯具.就⽐如说像是⼑具⼀样.你说我又有这个⼑,又有那个⼑,各种⼑放⼀起会不会有问题?那如果你不妥善保管,哪⼀把⼑都可能伤害到你.你⽤的时候如果不⼩⼼的话.那如果你妥善保管,然后做了防护措施.⼑再多都不会给你带来影响,明⽩吗?所以它来⾃于你这个个体,你如何去使⽤它们这种像是⼯具⼀样的东西,让它来服务于你.

JO: You can choose to work with anything you wish. However, whether it will create issues for you depends on how you use and adapt it. If you handle every tool properly, there won't be any conflicts, right? But if you don't handle them well, they might cause conflicts within you. This is because the nature of these tools comes down to how you manage their application. It's like having different knives - do you think using multiple knives together would create a problem? If you don't store them properly, any knife could potentially harm you if used carelessly. But if you take proper care and implement safety measures when using them, even many knives won't affect you. Get it? So, these tools are about how your individual use of them can serve you positively or negatively, depending on their application.

⽽不是去基督教说这个,佛教说那个,然后我就⼀直在那各种纠结,明⽩吗?但是你要记住,其实所有的信息你可以去⽤过就丢了,⽽不是说⼀直把它拿着,明⽩吗?因为你在你每⼀个当下,你的意识状态不⼀样.它对你提供的⼀些价值是不⼀样的.因为你的这个意识实际上是不断不断地在变化的,它不是⼀成不变的.可能你们物质世界看不出你的⾁体有什么变化,但是在能量层⾯,在意识层⾯,你是⼀直不断不断地在变化的.如果你不断地变化,但是你却拿着以前的⼀些认知,以前的⼀些观念和以前的⼀些观点的话,它已经不符合你变化后的状态了.这个就会导致冲突,明⽩吗?

And not say Christianity this, Buddhism that, then I'm always stuck in that turmoil, do you understand? But you need to remember, actually all the information you can use and discard, instead of holding on to it forever, do you understand? Because your consciousness state is different at each moment. The value it provides for you is not the same. Because your consciousness is constantly changing, it's not static. Maybe in the material world you can't see changes in your body, but on an energetic and subconscious level, you are continuously evolving. If you keep changing, but hold onto old cognitions, outdated ideas, and previous viewpoints, they no longer fit your new state. This leads to contradictions, do you understand?

这么说吧,⽐如说你五岁的时候你穿了⼀件⾐服,你三⼗岁的时候还要把它穿在⾝上,明⽩吗?那你觉得合理吗?所以你吸收的这些定义、观念、观点,它都像⾐服⼀样.不合适了.所以你随着你⾃⾝的⼀个状态⽽去调整这些,⽽不是让它,就是说,哎呀,这是我以前就⼀直穿的⾐服,我不可能把它放下.我还要继续穿我⾝上……明⽩吗?因为你们是来突破这些的.你们是⽣命,⽣命是不受任何束缚.所以不要因为你的⼀些观念、观点,旧有的⼀些东西来束缚你.因为这样你会感受到冲突,感受到拉扯感.因为它跟你内在的频率不符合.就好像刚刚说你已经三⼗岁,你穿你五岁时候的⾐服.你会觉得舒服吗? 合⾝吗? 对吗? 和谐吗? 明⽩吗?

Let me put it this way: suppose you wore a piece of clothing when you were five years old and still had to wear it on your body at thirty, would that make sense to you? Therefore, the definitions, concepts, and perspectives you have absorbed are like clothes - they no longer fit. So you adjust these according to your own state instead of insisting, for instance, "This is a piece of clothing I've worn since my childhood, it's not possible for me to let go; I must continue wearing it on myself... do you understand? Because you're here to transcend these constraints. You are life, and life isn't bound by any limitations. Therefore, don't allow your old concepts or viewpoints to restrict you. Because doing so will create conflict within you, causing a sense of tension. It's like wearing clothes that are meant for someone who is thirty when you're already thirty years old. Would it feel comfortable? Would it fit well? Wouldn't it create discomfort and disharmony? Do you understand this concept?

问: 我知道我们来到这⾥就是⼀场游戏,但是做不到.这是怎么回事啊?

Q: I know we're here just to play a game, but I can't do it. What's going on?

JO: ⾸先就是说你是想要把⼼态放的更像游戏⼀样,对不对? 你⾸先要知道⼀件事情就是其实你的头脑它不是⽤来解决问题的.它没有办法去解决问题.但是这⾥没有问题.它只有你的头脑是不明⽩的.那不明⽩,它就处于⼀种好像是有问题的状态.(断开重连) 那是你⾃⼰试图去给你⾃⼰好像要有⼀个标准,就是我应该怎么办.我应该会有⼀个轻松的态度或者是快乐的态度去⾯对⼀切.但是并不是的.因为为什么呢? 让你们体验痛苦,或者是体验纠结或者是体验沉重,它其实也是⼀种体验.它只是⼀种体验⽽已,明⽩吗? 这个是你需要的体验.那如果你把它归结于我为什么就不能轻松⼀点呢? 我为什么就不能游戏⼈⽣呢? 就这种状态.并不是的.

JO: Firstly, you want to approach your mindset more like a game, right? You need to understand that actually, your brain isn't designed to solve problems; it can't solve problems. There's no problem here; it's only your mind that doesn't understand. This lack of understanding puts it in a state that seems problematic. (Reconnecting) You're trying to set standards for yourself on how you should react—whether with ease, joy, or some other positive attitude towards everything. But it's not like that. The reason is because experiencing pain, confusion, or heaviness is also an experience. It's just another experience, right? This is the experience you need. If you question why can't I be more relaxed, why can't I play through life in this state—it doesn't have to be like that.

你只需要去觉知到,就是知道OK,它只是⼀种体验.然后这个体验是来⾃于我持有什么观念,明⽩吗? 就好像我们刚刚说,哎呀,这件⾐服好紧,我穿着好不舒服.那你需要看到你穿的是五岁的⾐服啊.你为什么还要穿着五岁时候的⾐服呢? 你现在三

You just need to become aware that it's okay; it's simply an experience. And then this experience is coming from what concepts I hold, do you understand? Like we just said, oh my god, this dress is too tight, I am feeling really uncomfortable in it. Then you need to see that you are wearing a five-year-old's dress. Why would you still wear the clothes of your five years old self when you're already three?

⼗岁了,明⽩吗? 所以你产⽣的那些不适,⼀定是来⾃于你背后继续持有的不再符合你⽬前的观念和信念,明⽩吗? 跟随这个感受,去拿出来去找到你到底在相信什么.⽽且就算你相信的那些东西,你头脑根本就不能明⽩的东西.为什么呢? 因为你的头脑不是⽤来弄明⽩将来会怎样,事情会怎样发展.因为你的头脑它不明⽩.所以你的头脑只需要锁定在你当下, OK? 就是去体验,产⽣体验.然后其它的东西,你就信任你更⼤的⾼我或者信任宇宙信任⽣命,它会把⼀切给你安排的妥妥当当的,就是所有东西都会…… 这么说吧,就好像你现在是⼀棵树苗.你才长了⼏⽚叶⼦.你看我的花要怎么开啊? 我的花苞怎么长出来啊? 我的果⼦怎么结啊?

At ten years old, do you understand? So the discomforts you are experiencing must be from what is still held behind you that no longer aligns with your current thoughts and beliefs. Do you understand this process of following this feeling, pulling it out to find what exactly you believe in. And even if those things you believe, the things that cannot be fully understood by your mind, why is that? Because your mind is not for figuring out how things will turn out or how they develop. Because your mind just doesn't understand. So your mind needs to focus only on where it is right now, okay? To experience and generate these experiences. And then the rest of the elements trust in your Higher Self, the trust in the Universe, trust in life, that everything will be taken care of and arranged perfectly for you. That all things will... Let's put it this way, imagine you are a young tree just beginning to grow with only a few leaves. Can you see how my flower is going to bloom? How the bud is going to develop? How my fruit is going to form?

这个不去你去操⼼的事.我到时候果⼦结的太多,我的⼩树枝怎么承受的起啊?

This is something you should worry about, not me. If my small branches can't bear the weight of too many fruits when they ripen, how can I handle it?

问: 我的婚姻的主题是什么?

Question: What is the theme of my marriage?

JO: 你的对象现在跟你在⼀起多久?

Your partner has been with you for how long?

问: 我离婚了.我的⼈⽣为什么会这样?

Question: I got divorced. Why is my life like this?

JO: 离婚只是你们⾃⼰的⼀个约定.但是我们看的是你们的能量,看你们俩个⼈有没有连接在⼀起? 那你现在有对象吗?

JO: Divorce is just an agreement between the two of you. But what we look at is whether there's a connection between the two of you in terms of energy? Do you have a partner now?

问: 没有JO: 那你的问题是问你的情感是吧? 你稍等.我们感受到你是⾃⼰⽤⾃⼰的⼒量把周围的⼈给推开的那种.就好像有⼀种必须要把别⼈赶出你的⽣命的感觉.其实并不是说你不能经营好感情,⽽是说你有⼀种抗拒,就有⼀种好像你滚,你滚,这种感觉在⾥⾯.所以这是你内在的⼀种排斥.这么说吧,你就好像是狂风暴⾬的能量,⼀下⼦就把周围全部都给推开了这种.因为这个巨⼤的能量没有办法让外在的东西靠近你.所以如果是亲密关系的⼈,很容易感受到那种强烈的被推开或者是受伤,就这种感觉.就如果不是亲密关系,不是那种天天在⼀起的,就还好.要是⼀直是很亲密的关系的话,他们就能感受到那种你强烈的把外在都推开的那种感觉.

Q: Without JO: Then your question is about your feelings, right? Please wait a moment. We feel that you are pushing people around you away on your own strength, as if there's a feeling of needing to force others out of your life. It's not necessarily saying that you can't handle relationships well; rather, it's that you're resistant, almost like you want to push them away with phrases like "滚" which means 'get lost'. This feeling is an internal rejection on your part. Imagine being like a whirlwind of energy, all of a sudden pushing everything around you out of the way. Because this huge energy prevents anything external from getting close to you. So for someone in a close relationship, they can easily sense that strong push or hurt. If it's not a close relationship, where people don't spend their days together, then it's more bearable. But if it always is a very close relationship, they can feel the intensity of you pushing everything external away.

问: 那怎么办呢?

Question: What should we do then?

JO: 那⽐如说我想要我的⽣命中有⼀段美好的关系,不是说你要不断不断的从找这个动作上去着⼿,⽽是说你把你⾃⼰调整到⼀个,从能量层⾯你不再排斥,就是你不再是往外推开或者是排斥的能量.⽽是说⼀种接纳.那接纳就是你内在平衡的功课了,就又回到我们刚才说到.这么说吧,如果没有风平浪静,那些东西还会到处移动,对不对? 那你说如果又是⼤风又是⼤浪的,那上⾯的东西肯定是不稳的,对不对? 那你就可以看到你还是要从⾃我内在的层⾯去修.那已经告诉你了,通过我们的信息,你可以不断不断地去认识⾃⼰、了解⾃⼰、然后看到⾃⼰的⼀些卡点.然后不断地去转变.因为每⼀次信息都会让你有所转变.你可能最开始是⽐较慢的转变.

JO: Suppose I want a beautiful relationship in my life, not by constantly chasing this action, but by adjusting myself to a place where you are no longer repelling or pushing away energy. Instead, it's about acceptance. Acceptance is the work of inner balance, which brings us back to what we just discussed. Say there was no calmness and stillness; everything would keep moving around, wouldn't it? If there were strong winds and big waves, the elements on top would definitely be unstable, right? That means you have to repair from your internal self-level. We've already told you that through our information, you can continually recognize yourself, understand yourself, and identify some bottlenecks in your growth. You then continuously transform. Each piece of information will lead to a transformation. You might start off with slower progress.

可能听⼏次转变⼀点点.但是越到后⾯,可能⼀句话就可能给你发⽣⼀个巨⼤的转变,明⽩吗? 你就会越来越有智慧,越来越通透,越来越,哦,就是⼤彻⼤悟的这种感觉.你在接受信息的,就是转变的速度和信息给你带来的⼒量和影响后⾯就越来越强⼤.它最开始可能就是我说了半天,你可能⼀点都没听懂或者是听懂⼀点点,就这种状态.但是这只是开始,就是你最开始的状态,明⽩吗? 不要因为它是这种状态⽽不去继续.你只要继续下去,⾛在这条道上,明⽩吗?

You might see some slight changes after listening a few times. But as you progress further, one sentence could potentially bring about a huge transformation. Understand? You will become increasingly wise, more enlightened, and you'll have that feeling of profound understanding. The speed at which you're receiving information and the power and impact it has on you increases over time. At the beginning, I might explain for a long time, but you may not understand much or only a little bit of it. That's where you start from. But this is just the beginning; this is your initial state. Understand? Don't let that discourage you from continuing. Just keep going on this path, and you will see improvement.

问: 我现在在做⼤健康这个事业,对不对?

Q: Am I currently involved in the big health business?

JO: 你们所有的事业,你们都会觉得是你们去做事业这件事情.但是我们想要告诉你,事业只是你能量层⾯的投射,它会通过你的事业把你的能量呈现出来.所以你内在的weakness,就是你内在的弱点、你的强点,就是什么东西都会投射出来.就是你的卡点.这就是为什么有些⼈事业发展到⼀定程度,他很难突破,明⽩吗? 所以这不是说怎么样? 好不好? ⽽是说你⾃⼰不断不断地去转变,不断不断地你的能量变了,你投射出来的事业的状态也会变的.可能之前是很卡的很吃⼒,但是后⾯就会感受到越来越轻松.

JO: All of your endeavors are things you do as part of doing the work. But we want to tell you that a business is merely a projection of your energy level; it expresses your energy through what you do with your enterprise. So your inner weaknesses, those being your inherent flaws and strengths, get projected outwards. They manifest as your bottlenecks or obstacles. This explains why some individuals find it hard to progress beyond a certain point in their careers: they have difficulty breaking through, understand? This isn't about what's 'good' or 'bad'; rather, it's about you continuously transforming yourself and changing your energy levels, which will also affect the state of your projected career. Perhaps initially, there was immense struggle, but later on, you might start to feel increasingly at ease with your endeavors.

#### 2023/10/28 — 你当下就是 You are right now

JO: 你说什么问题?

JO: What question did you say?

问: 这个通灵的⼥孩⼦她觉得⾃⼰现在完全变成了另外⼀个⼈,以前喜欢的东西现在都不喜欢了.然后她想问为什么会有这样的改变? 有没有什么信息要带给她?

Q: The medium girl feels like she has completely transformed into someone else, no longer liking the things she used to enjoy. She wants to know why there's such a change and if there is any message for her?

JO: ⾸先你说你们在连接之前和现在,她都不是⼀个⼈了.那你就知道为什么你又指望你⼀直是那⼀个⼈呢? 就在⼀瞬间你都可以去变成另外⼀个⼈格,明⽩吗? 所以你又为什么会去期待⼀成不变的呢? ⼀成不变,你想象⼀下就好像⼀棵树它永远没有变化,它永远不会有新的枝叶新的树枝,它不会长⼤,它不会开花不会结果.你觉得这个是好的吗? 这不是⽣命的本⾝.那她的问题是为什么会有这么⼤的变化? 因为她的意识的转变和提升⾮常⾮常的……因为你们可以感受到⼀些微⼩的变化,⽽她却⾮常⼤的⼀个转变.是因为这是她的⼀个⼈⽣主题.就是她会感受到后⾯好像是突飞猛进,就是这种飞跃式的⼀个变化.

JO: You said that before and now she's not alone either. That means you know why you're expecting to be the only one, right? You can instantly transform into another personality; do you get it? So why would you expect constancy when you can change so easily? Constancy is like a tree that never grows, with no new branches or leaves, no blossoming, and no fruit. Is this what you consider good? This isn't the essence of life itself. The question is why there's such a drastic change? It's because her consciousness transformation and elevation are extremely significant; you can sense subtle changes, whereas she experiences a massive shift. This is part of her personal journey, where she feels like she's making great strides forward with this sudden leap in transformation.

她⾃⼰需要记住的⼀句话,她所谓的那个⾓⾊那个⼈格,她以为的那个她并不是她.只是这个阶段,这个不同的阶段呈现出来的⼈格⽽已.但是这个⼈格会随着她的…… ⽐如说你现在是在长树枝,你现在是在开花,你现在是在结果…… 那你是不是状态都会变化,对不对? 那也会随着她⽣命的每⼀个阶段,她的状态也会变化,成为那个阶段该有的样⼦.你春天叶⼦是什么颜⾊,秋天叶⼦是什么颜⾊,夏天叶⼦是什么颜⾊,那冬天叶⼦落了,明⽩吗? 所以说你就知道这是⾃然⽽然的事情,你的叶⼦不可能永远是绿的呀.你会随着季节的变化⽽变呀,明⽩吗?

There's a single phrase she needs to remember about this character, this personality that she assumes, thinking it's not actually her. It's merely an aspect of herself appearing during this particular stage; but then this persona changes along with her... like when you're growing branches now, blossoming flowers, and bearing fruit... wouldn't your state change accordingly? This would also shift with every stage in her life cycle, affecting her condition to suit that phase. Like how the leaves are green in spring, yellow in autumn, perhaps vibrant green in summer, but eventually they fall off during winter. Do you understand that it's a natural process, and my leaves can't stay green forever? They adapt with the seasons, just like that, right?

所以说她只需要去拥抱这种变化,然后去热爱这种,就是从她⾃⼰⾝上她就是可以知道你们⼈并不是⼀成不变的.为什么? 因为她来做的事情就是转变你们⼈,来转变你们⼈类,来转变你们每⼀个⼈.那如果她指望那个⼈不变的话,她还能做这个⼯作吗? 所以她⾃⼰需要去体验到她每个阶段的⼀个变化,明⽩吗? 所以当她的头脑觉得变化才是⾃然的,不变化才不是⾃然的.她便不会有这种顾虑、疑惑.

So she needs to embrace this change and love it, realizing that people are not fixed. Why is that so? Because her job is to transform you, to transform humanity, to transform each one of you. If she expects someone to remain unchanged, can she still do this job? Therefore, she herself must experience the transformation in each stage, understand? So when her mind considers change as natural and not staying the same unnatural, she will have no hesitation or doubts.

问: 我⽬前的能量状态有没有什么信息是要带给我的?

Q: Is there any information that needs to be conveyed about my current state of energy?

JO: 还是从能量层⾯,就是你就想象⼀个,你在你⾃⼰头脑⾥⾯绘画.那个画绘的就是你⾃⼰想要的⼈⽣.然后把它具体化,然后进⼊到那种感觉.然后你当下就是了,明⽩吗? 它不需要步骤的.但是你越是成为那样的状态呢,你越是,好像刚才那个⼥孩⼦说的,突然就转换到另外⼀个世界.⼀切都变了.

JO: It's all about the energy level; imagine you're painting a picture of your desired life in your own mind. Make that image tangible and immerse yourself in the feeling it evokes. You achieve this state directly, understand? No need for steps involved. Yet, as you become more immersed in this state, you suddenly find yourself transported to another world where everything has changed.

问: 我为什么有时候⽼是觉得需要有⼀个步骤?

Q: Why do I often feel that there should be a step?

JO: 因为你们头脑需要看到逐渐的⼀个过程,就是需要⼀个步骤.那是因为你们⾃⼰在⼀个,就⽐如说不同的⼀个意识程度,你觉得做事情需要⼀个过程,对吧? 你的维度更⾼更⾼这种的话,你的限制就越来越少.那你⾃然就是,它可以切换,很快切换到另外⼀个地⽅.所以当你越来越不被你⾃⼰陷⼊的话,你切换的越来越快的话,那就说明你的意识逐渐逐渐的很⾼了.就是你的意识程度越⾼的话,越没有东西可以限制到你.

JO: Because your mind needs to see a gradual process, which requires steps. That's because you are at different levels of consciousness, where you feel that actions require processes, right? As your dimension becomes higher and higher, your limitations decrease. Thus, you naturally can switch very quickly to another place. So when you're less trapped by yourself and switch more rapidly, it indicates that your awareness is gradually increasing. The higher your level of consciousness, the fewer things limit you.

问: 物质⾓⾊和灵魂意向发⽣冲突的时候该怎么办?

Question: What should be done when there's a conflict between material roles and spiritual intentions?

JO: ⾸先那个冲突是来⾃于什么? 来⾃于你⾃⼰对你⾃⼰⾝份的不了解,才会有冲突.为什么呢? 因为你把你的那个物质⾝份当成是你了.那如果你不把物质⾝份当成是你呢? 就是你知道,就像我们刚才的信息说你现在是春天秋天,不同的状态,对吧? 你不可能永远把你当成⼀个春天的状态吧,明⽩吗? 那如果你去接受你的物质状态只是你灵魂的⼀个果,OK,你的能量状态的⼀个果.你的果现在是这个样⼦,就是振动频率显现的是这个样⼦.那你既然秋天的时候结果,然后叶⼦变黄了.春天的时候叶⼦变绿,然后开花.那你有这个果,你说有冲突吗? 你就好像说我们结果跟季节有冲突怎么办? 它是⾃然⽽然发⽣的,明⽩吗?

JO: The conflict arises from what? It arises from your own lack of understanding of your identity. Why is that so? Because you perceive your material identity as yourself. But if you don't perceive your material state as being you? You understand, like the information we just shared about you being in spring or autumn, different states, right? You can't possibly always see yourself as a perpetual spring state, do you get it? If you accept that your physical state is merely a fruit of your spirit, okay, and an outcome of your energy state. Your fruit is this way because the vibration frequency manifests like this. Then, when autumn comes and leaves turn yellow, in spring, leaves turn green and flowers bloom. Given that there's this fruit, do you see conflict? It's as if you're asking how to reconcile bearing fruit with seasons; it naturally happens, understand?

你只知道现在是春天 — 开花,现在是秋天 — 结果.只有你在就是执意的想要把它保持的春天的状态,只能开花,不要让它变化…… 明⽩吗? 那就是你们所谓的什么? ⾂服.因为你的物质⾁体或者是物质状态,它其实只是呈现⼀个果.那你越是去enjoy这个果,那这个果就会对你来说是越好的.那如果你越是抗拒,⾮要钻⽜⾓尖,⾮要⽤曾经的模式的话.那你肯定会产⽣抵触,就是在⼀个抵触、抗拒的频率,拒绝接受.但是这只是⼀个过程.为什么?这只是你头脑去理解它这个过程,就是事情发⽣的⼀个过程,它需要⼀个过程去接受.就这么说吧,就好像你们听到了⼀些谁谁谁或者亲⼈死亡的消息.你们最开始肯定是不接受的,明⽩吗?

You only know that spring is now—the season of blooming, and autumn is now—the time for fruiting. Only you insist on maintaining the state of spring, where it's just blooming and not allowing it to change... Do you understand? That is what you call it? Compliance. Because your physical body or material state only manifests a fruit. The more you enjoy this fruit, the better it will be for you. But if you resist, trying to find loopholes, sticking to past patterns, then you are bound to experience resistance—resistance and refusal at a certain frequency. This is just a process. Why? Your mind needs to understand this process as an event that requires acceptance. It's like when you hear news about someone or a loved one passing away. At first, you probably won't accept it.

因为突如其来的消息让你们的⼤脑很难接受.但是随着时间,⽐如⼀个⽉过后,你是不是就接受了,对吧?那所以说你的头脑对于⼀些突如其来的变化或者是怎样,它也会有⼀个接受它的过程.你允许它这个过程产⽣.

Because sudden news is hard for your brain to accept. But over time, say a month later, have you accepted it, right? So that means your mind does have a process of accepting sudden changes or whatever, and it will go through this acceptance phase. You allow this process to happen.

问: 我们做⾃⼰想做的事给⾝边的⼈带来伤害怎么办?

Question: What if we cause harm to people around us by doing what we want?

JO:⾸先你⼀定要知道的就是说,你只有去跟随你⾃⼰的振动频率,那个真我,你散发的才是⼀个和谐的频率.当你散发的是⼀个和谐的频率,你不会跟外界带来伤害.你唯⼀的就是你内在不是⼀个和谐的频率,它的频率是冲突或者不是和谐的.那个频率才会给周边的⼈带来伤害,给你⾃⼰也会带来伤害.所以说当你真正的从你内在出发的话,它是不会带来伤害的.然后你这种带来伤害的念头、想法,它会让你保持在⼀个不和谐的频率.这个可能会带来伤害,明⽩吗?为什么呢?因为你是有冲突的.你有冲突,那你的频率肯定就不是⼀个和谐的频率,对吧? 就不是你真我的频率,那肯定你担⼼的就会这样⼦发⽣,明⽩吗?

JO: Firstly, you must understand that you can only resonate with the vibration of your true self. The frequencies you emit are harmonious when they align with this resonance. When these frequencies are harmonious, they do not harm others or yourself externally. However, if your inner frequency is not harmonious but instead conflicts or diverges from harmony, it affects those around you and can also lead to self-harm. Therefore, when you truly start from within, without external influence, it does not cause harm. Any thoughts or ideas that contribute to a disharmonious state of being keep you in an unbalanced frequency which can result in harm – both for others and yourself. Why is this? It's because there's conflict within. Conflict means your frequency cannot be harmonious, right? Not aligned with the resonance of your true self; thus, your concerns will manifest accordingly.

所以说你只要知道你的振动频率是和谐的,那你就是……因为它不可能伤害到任何⼈.这么说吧,你的温度只调到三⼗多度,它是最适合的温度,对吧?那你这个温度不会把⼈烫伤.那只有你⾃⼰的温度,就⽐如说变得特别的⾼或者特别的低的时候,才会给⼈带来不舒服的感觉.所以你不需要去担⼼会不会给外在带来⼀些伤害或者是什么.因为你在担⼼的时候,你的频率就是不和谐的.那就有可能导致外在会产⽣⼀些不平衡的东西给你,冲突什么的.所以说当你真正在真我的频率,你不会伤害任何⼈.就像调⽔温⼀个道理,你的⽔温调到这个温度,⼈们是不会受到伤害的.你只有⾃⼰调到⼀个温度,它伤害了你也伤害了周围,明⽩吗?

So, if you know that your vibration frequency is harmonious, then you are... because it cannot harm anyone. Let me put it this way, you've only set your temperature to around thirty degrees, and that's the most suitable temperature, right? Therefore, this temperature won't burn people. The only time someone would feel uncomfortable due to your own temperature being either unusually high or low. Thus, there is no need to worry about causing harm or any other issues externally. Because when you're worried, your frequency is not harmonious and could lead to an imbalance in the external world, such as conflicts. Hence, if you truly are at your true self's frequency, you won't hurt anyone. It's like adjusting water temperature; if your water temperature matches this level, people will not be harmed. You only cause harm when you adjust to a certain temperature that harms yourself and others, understand?

所以你尽可能的在每个时刻知道让你的频率是在你真我的状态.那这样⼦的话你就可以看到,当你们物质头脑⾥的冲突越少的话,那你就越接近.为什么呢?因为所有的冲突都来⾃于你头脑⾥⾯的冲突.你们头脑⾥⾯它会去根据现有或者是旧有,就是这⼀切去定义⼀些事情.然后产⽣⼀些担忧或者是什么.但是你要知道其实你的头脑对未来是不知情的.它没有办法,它连想象都想象不到,它没有办法.明⽩吗? 所以你唯⼀需要相信的就是说你相信你的每⼀步都被安排好,⽽且你的每⼀步都是安全的.⽽且每⼀步都会受到指引.你的头脑只需要去活在当下,明⽩吗?

So you aim to be aware at every moment of where your frequency is with respect to being in alignment with your true self. With that said, you can observe how the fewer conflicts there are within your physical mind, the closer you are. Why is this? Because all conflicts stem from conflicts within your own mind. Your mind goes about defining things based on existing or past information. This generates worries or concerns of some sort. However, you must understand that your mind has no knowledge of the future. It cannot imagine it and therefore cannot foresee anything accurately. Understand? Therefore, the only thing you need to believe in is that every step you take is arranged for you, and each step is safe. Furthermore, every step is guided by something or someone. Your mind merely needs to exist in the present moment, understand?

问: 头脑活在当下和我不停的去想象我美好的未来,这个……JO: 想象你美好的未来实际上是把你的振动频率给提升,就是让你更加的成为你真我的状态,明⽩吗? 因为如果你锁定在你物质现状的⼀些困境的话,你的振动频率可能就会变低.那你可以通过你的想象⼒去想象,哇,想的好开⼼哦.我告诉你,就⽐如说我告诉你是真是的,你会中⼀个亿.你是不是马上就开⼼了? 你想象⼀下,对不对? 因为你们每个⼈开⼼的点不⼀样.你就把最让你兴奋的东西给拿出来.它就可以把你切换到⼀个属于你⾃⼰真我,就是⾼频率版本的那个你.你进⼊⾼频率版本的你,其实外在的⼀切⾃然⽽然就在发⽣变化了.明⽩吗?

Q: How does being mindful of the present compare to constantly imagining my ideal future?

JO: Imagining your ideal future actually raises your vibration frequency, making you more aligned with your true self. Do you understand? If you are stuck in the material challenges of your current state, your vibration might decrease. However, through your imagination, you can say, "Wow, I'm so happy." Let me tell you: if I told you that you would win a billion dollars, wouldn't you immediately be happier? Isn't that how it works? As each person's source of happiness is unique, take the thing that most excites you. It will help switch you to your authentic self with a higher frequency version of yourself. When you enter this high-frequency version, everything in your external world naturally changes. Do you get it?

⽽不是说you stay在这个频率,然后去push outside,去把外⾯的事情⽤⼒的去把它转变.不是这样⼦的.外⾯它顶多就是⼀个反射,就是where you are,就是你⽬前的⼀个状态,⽬前的能量状态,明⽩吗? 因为你们来到这个世界上就是去体验你们⾃⼰的能量的.所以你见到的那些恐惧,它就是来⾃于你还没有被清理掉的⼀些恐惧能量.

And it's not about staying on this frequency and pushing outside, forcefully trying to transform things from the outside. That's not how it works. The external is at most a reflection of where you are, your current state, your current energy state. You see, when you come into this world, you're here to experience your own energy. So the fear you see is coming from unprocessed fears within you.

问: 有永久的爱情吗?

Question: Is there permanent love?

JO: 那你⾃⼰把爱情是指什么呢? 明⽩吗? 因为如果是⽤你们⼈的这个⾓⾊,你的这个⾁体来定义的话,你肯定没有啊,明⽩吗?因为你其实有时候会把你⾃⼰的⼀些欲望,⼀些匮乏或者是⼀些未完成的梦想或者是⾁体的⼀个冲动当成是爱情.就是你或许觉得你拥有爱情,但是实际上你并没有.只是去找了⼀个⼈来体验你⾃⼰的内在的匮乏、空虚、⽆聊,明⽩吗?那如果是你们单纯的⼈类的话,没有所谓的⼀个永久.因为你还在⽤你的物质头脑去看待和定义这⼀切.就是爱情对你们来说也会是⼀种幻觉,你⾃⼰创造的⼀种幻觉.通过这个关系来体验你⾃⼰的不完整.那如果你说是爱的话,那本⾝你们每⼀个⼈已经是爱的状态.那个是永恒的.

JO: So what is love for you? Understand that because if it's defined by your human role and your physical body, you don't have it, do you understand? Because sometimes you might mistake your own desires, lack, unfinished dreams or physical impulses as love. You may think you possess love, but in reality, you don't. You're just seeking out someone to experience the inner emptiness, loneliness, and boredom of your own psyche. Understand that for you humans without a permanent concept, because you still use your material mind to perceive and define everything. Love for you is also an illusion, one you create through this relationship to experience your incompleteness. If you say love, then every single one of you is already in the state of love. That is eternal.

那随着你⽆论怎么变化,那个是不变的.你本质就是爱本⾝.那那个 ‘情’ 的话就会加上你们这个⼈物⾓⾊了.就我这个⾓⾊⽬前是在哪个阶段,然后处于什么频率,然后有什么匮乏,巴拉巴拉这些东西,明⽩吗?所以你们会觉得为什么你们总是在变?你可能之前很爱⼀个⼈,但是后⾯又不爱了.那是因为你的那个爱更多的是⼀种需求.就你需要另⼀半给你⼀些东西.就⽐如说给你陪伴,给你关⼼,给你爱,给你连接感.那你想象⼀下,如果他不给你,给其他⼈了.你还爱吗?那你们肯定发⽣冲突啊,明⽩吗?所以这样看来的话,那你们只是⼀个像交易⼀样.OK,你给我这个,我给你那个.那如果你不给我的话,那我们就断绝关系了.

The essence of you is love itself. That 'qing' (feeling) will then include your character roles. I am currently at what stage, and operating at what frequency, and facing what lacks, etc., do you understand? So that's why you might feel confused about constant changes in yourselves. You may have loved someone before, but later stopped doing so. That's because the love was more of a need to you - something you required from your partner, like companionship, care, affection, and connection. Imagine if they didn't provide that for you but gave it to someone else instead. Would you still love them? You'd definitely have conflicts in such cases, right? So essentially, you are engaging in transactions of feelings – 'I give this, you give that.' If they don't give what I need, then we part ways.

如果说真正的爱的话,它是超越你们⾁体的需求的,它是超越你们所有的需求的.然后在这个⾥⾯,你们没有 ‘我’.如果你把 ‘我’ 放进去的话,那就没有爱.因为你⽤你,有你存在.所以说真正的爱的话,你需要把我字拿开.你想,你是由什么组成的?你是由头脑⾥⾯的定义、信念、观念、宗教、集体意识,就是各种,还有你的那些伤痛、伤疤、创伤.这个是你啊.那这样⼦的你能爱吗? 因为你投射出去的都是那个你啊.

If we talk about true love, it transcends your physical needs and all of your demands. Within this context, there is no 'I'. If you insert the 'I', then there is no love because you are using yourself, existing with yourself. Therefore, for true love, you need to remove the word 'I'. Imagine, what are you made up of? You are made up of definitions in your mind, beliefs, ideas, religions, collective consciousness, and various other things, as well as your wounds, scars, traumas. That is you. Can you love like this? Because what you project outwards is that you.

问: 爱情都有时间阶段的吗?

Question: Does love have phases?

JO: 前⾯就回到了你们的问题.其实这么说吧,爱情你可以把它说成不是爱情,是关系.只是你们多了⼀个亲密关系,就是⽐其它的关系更亲密⼀点.那这个关系都是你⾃⼰不同的⼀个能量状态投射出来的.那你⾃⼰看,你⾃⼰去想.是不是当你⾃⼰能量发⽣变化的话,你关系也会变? 你变了,对⽅也会变.有的时候你变了,对⽅的⼈都会变.因为它必须要投射出来符合你的频率产⽣的那个果给你,呈现给你.

JO: We've come back to your question at the beginning. Essentially, you can describe love as not being love but rather a relationship. It's just that you have this closer type of relationship than others; it's simply because you are projecting different energy states from yourself. So consider this for yourself: when you change internally, does it affect your relationships? If you change, the other person will also change. Sometimes when you change, even the people around you will change. This is because they must project back to you something that resonates with their frequency based on what you are projecting to them.

问: 关于爱情中的占有欲……JO: 那就是因为有 ‘你’ 啊,有 ‘你’ 就会有后⾯的这⼀切.有 ‘我’ 这个存在.因为你开始有了 ‘我’ 过后,你就开始有了分别⼼.那你有分别,你就开始有对⽴了.那你就会分你的、我的、他的.你就开始在排斥了.那你的感觉是不是,这个是我的? 明⽩吗? 它是来⾃于你们这个阶段对你们⾃⾝的⼀个理解.因为你们来到这个地球上其实唯⼀的就是感受你们⾃⼰,体验你们⾃⼰.你们是⼀个enery ball,你们是⼀个能量场.但是你需要有⼀个反射体来感受到.

Q: About the possessiveness in love... JO: That's because of 'you', that there is a 'you' leads to all this afterwards; there's my existence too. Once you start having an 'I', you then begin to have separation. With your separation, you start to create opposites. You start dividing yours, mine, and his. You start rejecting things. Isn't it like your feeling that "This is mine"? Understand? It comes from this stage of understanding yourselves, as a being on Earth. All you really do here is experience yourself and feel yourself. You're an energy ball, an energy field. But you need something to reflect off of to sense.

问: 那我们要怎么样更好的控制占有欲?

Question: How can we better control our possessiveness?

JO: 关于 ‘我’ 的东西,它都不是让你来控制的.你控制不了的,明⽩吗? 因为你有了那个 ‘我’的话,就是 ‘我’ 在控制.那你怎么去控制那个 ‘我’ 呀,明⽩吗? 不是控制,但是是看到,是看到⽣命的真相.这么说吧,你就好像是⼀颗稻⾕.那你的壳,在你不断地绽放的时候,那个壳⾃然⽽然不会包裹住你了.因为你的⽣命状态发⽣了变化.你的内在的⽣命,更⼤的那个你出来了.所以那个壳就不再包裹着你.所以⼈性的⼀切,嫉妒、占有这些,它都会跟着你,就是说好像是跟你的神性连接吧.就是说你成了那个真正的你,⽽不是那个⾁体的你,那个记忆体的你.

JO: Things related to 'I', they are not something you can control. You cannot control them because once you have that 'I', it's actually 'I' controlling. How do you control this 'I'? Understand? Not through control, but by seeing the truth of life. Imagine yourself as a grain of rice. As you continuously bloom and expand, your shell naturally won't encase you anymore due to changes in your state of existence. Your inner self, a larger version of 'you', emerges from within. Thus, the shell no longer binds you. Consequently, all aspects of human nature such as envy, possessiveness follow you around, akin to linking with your divine essence. In other words, you become the true self, not confined by the physical body or the memory-driven self.

然后这些东西都会好像破壳⽽出,就是它都会跟着你不断地成长,然后就对你不再有任何束缚.所以不是说去单⼀的去处理任何问题.⽽是只是去让你的⽣命就好像插上电.

Then these things would sort of come out of the shell, meaning they will grow with you continuously and free you from any constraints. So it's not about solving a single problem but rather allowing your life to be electrified.

问: 那爱情中的吃醋……JO: 也是跟前⾯说的,你⾸先要有⼀个 ‘我’ 存在.你那个 ‘我’ 创造了⼀些⾓⾊,然后在创造⼀些定义,去锁定⼀些记忆.然后就是所有的这⼀切就会产⽣相应的体验.

Q: What about jealousy in love? JO: It's similar to what we've discussed before; you must first have a 'self' that exists. Your self creates roles, and then defines them, to lock onto some memories. And all of this will generate corresponding experiences.

问: 物质头脑为什么会这么害怕改变?

Question: Why is the material mind so afraid of change?

JO: 你想对于物质头脑来说,它就是 ‘我’,对吧? 当那个 ‘我’ 在发⽣转变的时候,旧的那个‘我’ 是不是要死掉? 那对它来说,它是不是会产⽣害怕,明⽩吗? 然后这些害怕也来⾃于你⾃⼰头脑⾥⾯的不理解,就你⾃⼰的⼀些认知.你会觉得转变就好像是会消失.然后你⾃⼰对就好像我们前⾯说的这种变化……那如果你知道其实⽣命中的所有变化都是为了更好的变化,都是为了更好,明⽩吗?你眼看着好像⾛上了更差,但是它也是为了反弹.物极必反嘛.就是跌落跌落到了底部,是为了反弹出去嘛.所以你看到我要跌落到⾕底了,其实也是为了反弹.那既然所有的转变都是为了往好的⽅向,你⼲嘛还要担⼼呢,明⽩吗?

JO: You want to know for a material mind, is it 'me', right? When that 'me' is changing, does the old 'me' have to die? Does it feel afraid for itself as a result, understanding? And this fear also comes from your own mind's misunderstanding of you, your own cognitions. You might think change feels like disappearance. Then you see these changes… If you know that all life changes are for better changes, aiming towards something better, understanding? It seems to be getting worse, but it's actually for a comeback. Like yin turning into yang; it falls to the bottom in order to bounce back. So when I seem to fall to the lowest point, it's also for the comeback. Since all transformations are leading to improvement, why should you worry, understanding?

那只是让你的物质头脑越来越放下,越来越⾂服,越来越去迎接⽣命的美好和变化.因为如果没有变化,就没有⽣命.你们来这⾥就是为了来体验变化的.你们来这⾥就是不断不断地来转变的.如果你来这⾥不是去转变事情,不是去转变⼀些东西的话,你便没有意义.那你存在就是加深嘛,就是加深现有的东西嘛.你是⽤来转变的.所以去迎接转变.

That's just letting your material mind let go more and more, submit more and more, embrace life's beauty and changes because without change, there is no life. You're here to experience change. You're here to keep transforming constantly. If you come here not to transform things or something, then it means you have no purpose. Then being here is just deepening what already exists - you are meant for transformation. So embrace the transformation.

问: 最后你还有没有什么信息是要带给这个通灵的⼥孩⼦还有我的?

Q: Lastly, do you have any last messages to convey to this medium girl and me?

JO: 她不需要对她所有的转变发⽣担⼼或者是恐惧或者是好怕.因为她本⾝就不是来沉浸在物质世界的,明⽩吗? 因为她本⾝就好像是⼀个灵性世界,然后不断不断地把灵性层⾯的东西展现来给物质层⾯的⼈,就好像她在不断地把灵性世界的东西拿出来,然后奉献给物质世界的⼈,让他们看到,让他们体验到.所以当她发现她对物质世界的⼀些⼯作不感兴趣,你是正常的.为什么?就你本⾝就是来挖矿的.你不断地在挖矿,那不就是正常的嘛.明⽩吗?你在做你本来来到这⾥要做的事情.你不要去对照任何⼈⽣活的标准.你不要对照别⼈的⼀些…… 别⼈在开⼼的做什么? 他们这么喜欢旅游……那还因为他们想要这个体验,但是你想要的跟别⼈是不⼀样的.

JO: She doesn't need to worry or fear or be terrified about all her transformations. Because she herself wasn't here to immerse in the material world, understand? For she was essentially like a spiritual realm that continually presents spiritual elements to those living in the material plane, as if she were continuously bringing spiritual world items out and offering them to people of the material world for them to see and experience. So when she finds her interest not being piqued by work in the material world, it's normal. Why? Because you're here to mine. You keep mining that, isn't it normal? You're doing what you came here to do. Don't compare your life against anyone else's standards. Don't compare others who are... Enjoying themselves with their travels... because they like this experience. But what you want is different from theirs.

所以当你发现你没有⼀些常⼈有的欲望或者是热情的话,那都是正常的.你只是在做你⾃⼰,那是你⾃⼰应该产⽣的⼀些变化和影响.so get used to it.然后当你越来越⾂服,越来越放⼿,越来越相信⽣命的每⼀步它都是为真正的那个你⽽来的话,你会进⼊到⼀种亢奋的状态,⼀种喜悦的状态.你会不断地发现我越来越靠近那个真正的我,就是想要的那个我,明⽩吗?你不会再回到以前的那个你.因为你的能看不断不断地在变化当中.变化当中,它产⽣、投射出来的状态肯定是不⼀样的.如果你没有变,那就说明你的能量⼀直都没怎么变.你还是⼀直被卡在那.像你这棵树它是死的状态.

So when you realize that you don't have certain desires or passions that many people possess, it's perfectly normal. You're simply being yourself, experiencing the natural changes and impacts you should undergo. Get used to this reality.

As you grow more in tune with your inner self, letting go of control, and trusting every step of life as intended for your true self, you'll enter a state of excitement and joy. Continuously discovering that you're getting closer to your authentic self, the one you truly desire, making sense?

You won't revert back to the person you once were because your energy is constantly evolving. In this evolution, the states it produces are inevitably different. If no change occurs, it indicates that your energy remains largely unchanged, keeping you stuck in a state similar to being as lifeless as this tree is now.

那你说⼀棵死的树,它不再长出新的枝芽、新的叶⼦和⼀个不断不断地变化的树.哪个⽣命⼒旺啊?所以这是⾮常好的现象.

Which vitality is stronger? So this is a very good phenomenon.

问: 请问还有什么信息是要带给我的吗?

Question: Is there anything else you need to tell me?

JO:你要知道你在以你⾃⼰该有的速度在进⾏着这⼀切.然后这⼀切都是你⾃⼰在更⾼层⾯,你⾃⼰规划好的.那你规划好的,当然也包括了接下来怎么转变.这不是你头脑清楚的事情,明⽩吗?所以你只需要像刚才的信息越是知道,就好像你是⼀颗种⼦.那你什么时候开花,什么时候结果,它其实⾥⾯都已经包含了.你不需要去push它让它开花.OK,如果你真的想要push它,就是把这个东西缩短的话,那你就是兴奋、开⼼.为什么呢?因为当你处于兴奋开⼼的状态,你就觉得时间过的很快.它就对你不再是⼀种煎熬,明⽩吗?但是呢,所有的东西都在那⾥,你只是加快去体验它.那个只是你的感觉啊,因为你们在这⾥,你们创造的都是你们的感觉,明⽩吗?

JO: You need to understand that you are progressing at your own pace in this process. And everything is planned by yourself on a higher level. The things you plan of course include how to transform next. This isn't something that requires clear thinking; do you understand? So, all you have to do is align with the information like we just discussed earlier. Like being a seed, you know when it will flower and when it will bear fruit, which are already determined. You don't need to force it to flower. Alright, if you really want to force it or make this process shorter, then you would be excited and happy. Why is that? Because when you're in an excited happy state, time seems to pass quickly. It's no longer a burden for you, do you understand? But all the elements are already there; you just need to speed up experiencing them. That's merely your perception because everything you create here is based on your perceptions, do you understand?

#### 2023/10/29 — ⼈格只是你连接到的不同频率Personality is simply different frequencies you connect to

JO: 你说什么问题?

JO: What question did you say?

问: 这个是连接的状态吗?

Question: Is this a connected state?

JO: 她需要从你们这个物质世界转移出来脱离出来,她才能连接信息,明⽩吗? 就好像刚才她是以物质头脑这个⾁体这个⾓⾊在跟你对话,但是现在她从她这个⾓⾊当中抽离出来了.

JO: She needs to be removed from this material world and detached from it in order to receive the information and understand, got it? Just like she was speaking to you just now with her physical mind in its human role, but now she has detached herself from that role.

问: 我想问我现在相处的男朋友,我跟他遇到⼀个挑战说我们俩算⼋字,说我们俩结婚会离婚.所以他很担忧害怕领证这件事情?

Question: I want to ask my boyfriend whom I am currently dating about a challenge we encountered that says our八字 (astrological birth charts) match and that marrying each other would result in divorce. This has caused him great anxiety and fear regarding the process of getting married.

JO: ⾸先如果对⽅他有这样⼦的⼀个信念系统,你没有办法去帮他打破,明⽩吗? 你没有办法去强迫他相信你相信的东西.就好像我们⾃⼰的信息,我们知道它有多么的强⼤,但是我们永远不会让你说你必须相信这个,你那个是假的.我们会让你看到,你可以去选择,明⽩吗?你只能去处理你⾃⼰的能量状态.然后你需要回到你⾃⼰,就是你⾃⼰的⼀个⾝份问题.你的⾝份问题是什么?就是当你知道你⾃⼰是谁,当你成为你⾃⼰.你⾝边该有的东西不会离开你.为什么呢?因为它是属于你产⽣的,就好像你这棵树,然后属于你的那部分就是树枝.那个树枝不会离开你,明⽩吗?因为它是从你的⾥⾯出来的,就好像你是树根,然后这棵树.它是从你这⾥⾯出来的.

JO: First of all, if the other party has such a belief system, you can't help them to break it; understand that? You cannot force them to believe what you believe in. It's like our own information, we know how powerful it is, but we will never ask you to say you must believe this, your that is false. We would let you see and choose for yourself, understand? You can only handle your own energy state. Then you need to return to yourself, which brings us to the identity problem of yourself. What is your identity issue? It's when you know who you are, become yourself, then what should be around you will not leave you. Why is that? Because it belongs to you and is produced by you; like a tree. The part that belongs to you is the branches. The branches won't leave you because they come from within you, just like you as the root of the tree. That part which belongs to you doesn't leave you because it's coming from your inside.

所以我们让你知道你外在体验的那些关系也好,事件也好,实际上是来⾃于你.所以当你真正的做你⾃⼰,成为你⾃⼰……这么说吧,你成为⼀棵⼤树.那根树枝就算被别⼈砍⾛了,很快又会再长⼀根树枝出来.因为你是树,明⽩吗? 所以说你外在的关系,如果你内在是⼀个圆满的状态.你相信属于你的,符合你的频率的没有任何⼒量会剥夺或者让它离开.如果发⽣了这种现象,那就说明它不是.外在必须要投射出你的⼀个状态.因为你们这个物质世界它就是⼀个镜像来让你感知的.有可能⽐如说你完全不在乎,你内在的相信感就已经切换到另外⼀个你了.另外那个你她不会有这个恐惧.就算她有这个恐惧,他会被你的⼀种频率消融了.他没有恐惧了.

So we want you to know that the relationships or events you experience externally are actually from you. Therefore, when you truly become yourself... let's say, you become a big tree. If one of its branches is cut off by someone else, it won't take long before another branch grows back because you're the tree, understand? So your external relationships must project your state if your inner self is in a complete state. You believe that what belongs to you and resonates with your frequency cannot be stripped away or made to leave. If this happens, then it's not. Your outer reality has to reflect your state because this physical world is a mirror for you to perceive through. It's possible that if you're completely indifferent, your inner sense of belief already switches to another version of yourself. That other you doesn't have this fear. Even if she does have the fear, it would be dissolved by your frequency. She has no fear anymore.

问: 就是说我可以去消融他的恐惧?

Q: Does that mean I can melt away his fear?

JO: NO NO NO NO,就是说你的频率不会产⽣这样的果.问: 是不是他怎么去想是他的事,我怎么想是我的事?

JO: NO NO NO NO, that means your frequency will not produce such a result. Q: Is it his thoughts that matter to him and my thoughts that matter to me?

JO: 你体验到这个版本的他,因为这⾥有很多版本的他.你之所以体验到这个版本的他,是因为你还没有回到你中⼼的位置.你的频率它是歪的.就⽐如说你正中的频率它的数值可能是⼀百,但是你现在可能是50.50就是⼀会⼉这样,⼀会⼉那样.⼀会⼉犹豫不决,⼀会⼉相信.就是这种纠结的状态当中.所以你就会进⼊到那个50的世界,去体验到他这个状态.那如果你回到⼀百,就是你的位置.如果他不变的话,对象都会变.他必须投射出你⼀百的这个状态.

JO: You are experiencing this version of him because there are many versions of him here. You are experiencing this particular version because you have not returned to your center. Your frequency is skewed. Imagine your correct frequency value being 100, but you're currently at 50.50 - it fluctuates, sometimes hesitant and sometimes believing, caught in that state of indecision and inconsistency. Therefore, you are engaging with the 50 world, experiencing his current state. If you return to the 100 position, where your own stance lies, and if he doesn't change, everything else will shift. He must project your state at 100.

问: OK,如果我现在是50的状态……JO: 你进⼊的是哪个平⾏世界.因为你们当下……

Question: Alright, if I'm currently at state 50... JO: Which parallel universe have you entered? Because where you are right now...

问: 我理解⼀下嘛JO: 没有关系,你还可以听录⾳看⽂字.你不需要当下马上就把每⼀句话吃透.但是这些信息你允许它慢慢进⼊到…… 这不是你的头脑,⽽是让你的整个好像灵魂或者是意识或者是潜意识去吸收的.因为它不是像你们这些知识,⽽是说唤醒你是谁.唤醒你这个⾝份.你需要明⽩的就是你体验到的外在的东西实际上是你⾃⼰的能量状态.它会透过对⽅这个活⽣⽣的⼈给你呈现出来.所以你觉得是对⽅的意愿,但是实际上是你⾃⼰.就⽐如说你内在有恐惧,你觉得外在的因素会⼲涉你们的情感.那么你就会体验到这些.你就体验到了外在的因素.

Q: I understand that there might be a little misunderstanding here?

J: It's fine, you can listen to recordings and read the text. You don't have to fully grasp every single sentence immediately. However, this information allows it to slowly enter into... This isn't your mind, but rather it is absorbed by your entire being - soul, consciousness or subconsciousness. Because it's not like the knowledge you possess; instead, it's about awakening who you are. Awaking your identity. What you need to understand is that what you experience externally is actually your own energy state. It will be presented to you through this living person on the other side. So, you perceive their will, but in reality, it's yourself experiencing these things. For example, if there's fear within you, you feel that external factors are interfering with your emotions. And so you experience these feelings externally.

问: 没有觉察到恐惧……JO: 那我现在告诉你这些信息,那你是不是就会知道原来是你⾃⼰的能量投射出来这样的体验给你,⽽不是说外在它必须要去做这件事情.你体验就是你⾃⼰给出去的东西,投射反射给你来让你认识你⾃⼰.但是永远在每⼀个当下,你都可以去转念,你都可以进⼊另外⼀个世界.就是有⼀句话叫⽴地成佛,就是当你意识到了这个不是我想要体验的.你就可以从当下马上从地狱到天堂,明⽩吗?

Q: Not aware of fear...

JO: If I were to tell you this information now, would you then be able to realize that it's your own energy projecting such experiences upon yourself and not necessarily requiring the external world to do something? Your experience is a reflection of what you give out, projecting back to you for self-awareness. But always in every moment, you can change your perspective and enter into another world. There's a phrase called "instant enlightenment," meaning when you realize that this isn't what you want to experience, you can instantly transform from one extreme to the other, understand?

问: 我明⽩,但是我不知道怎样能更好的转到那个频率? ⼼境上是怎样的? 以这个状态为例的话.

Q: I understand, but I'm unsure how to better tune into that frequency. What would the state of mind be like? For example, in this condition.

JO:就是你不再去抓它要怎样,不再去控制这个果要怎样.你知道这个果是你拉出去的屎,因为你吃了这个东西.那我换⼀个吃,吃另外⼀个东西,那我屎的颜⾊、味道是不是就变了?明⽩吗?就⽐如说榨汁机,你放⼀个黄⽠进去,那你肯肯定是黄⽠汁.你放⼀个苹果进去,那你喝的就是苹果汁.那你不想喝黄⽠汁,那你换⼀个东西放进去啊.你重新放苹果,不就可以喝到苹果汁了.⽽不是对着黄⽠说你怎么这样? 我要把你变成苹果汁.

JO: If you no longer pursue it and control this fruit, how will that change things? You understand that the fruit is just what you excrete because of eating something. Now, if I switch to another one, eating a different thing, would my feces color and taste be different? Can you see this analogy? Imagine a juicer; if you put a yellow melon inside, it will definitely make melon juice. If you put an apple in, then drinking will yield apple juice. But if you don't want to drink the melon juice, just switch to another thing! By replacing the melon with an apple, you can now enjoy apple juice instead of yelling at the melon to become apple juice.

问: 那说⽩了,就是我的信念上要转换?

The answer is essentially about shifting my belief system?

JO: 你的频率.⾸先你会有⼀个频率,你产⽣⼀个频率,它来⾃于你⾃⼰.⽐如说你灵魂层⾯携带了⼀些业⼒.那些业⼒是你这⼀辈⼦来转化的功课.就⽐如说你对两性关系的不安全感,就⽐如说啊.它会携带着继续让你去感受、体验.通过这个你就,⽐如说现在来找到我们.为什么? 你想找⼀条出路,你想转变.那这个转变就会发⽣.那你来这个世界的主要的任务是不是就完成了?

JO: Your frequency. First, you have a frequency, which comes from yourself. For example, your soul level carries karma that needs to be transformed in this lifetime. Such as insecurity about relationships, for instance. It would carry on leading you through experiences and feelings. By doing this, you are seeking help from us. Why? Because you want to find a way out, you want to change. This transformation will occur. Isn't it true that the main task of being in this world is fulfilled by then?

问: 我就是因为两性关系的部分…… 我怎么去更好的转化它? 我就是因为两性关系⾛上了探索的这条道路.

Q: It's partly because of my relationships with the opposite sex... How can I transform this better? That's how I ended up on this path of exploration.

JO: 那他对你是不是就像⽼师,像引领者的⾝份⼀样.问: 其实不仅只是他,我觉得是两性关系吧.

JO: So he is like a teacher or a guide for you. Q: Actually, it's not just him; I think it applies to relationships between men and women as well.

JO: 对,你说的很对.他们这些⼈都是来把你引上这条道的.所以⼀切都是关于你.记住,⼀切都是关于你.

JO: Yes, you're right. They are all here to guide you down this path. So it's all about you. Remember, everything is about you.

问: 我有点精疲⼒尽的感觉.

Question: I feel a bit worn out.

JO: 那是因为你⾃⼰头脑⾥⾯会抓住⼀个事情应该怎样.⽽不是说透过眼前的这些事情看到where you are,就是你在什么样的状态? who you are,你是谁?

JO: That's because your mind focuses on how things should be, rather than seeing where you are and who you are right now.

问: 这个你是谁指的是灵魂层⾯还是?

Q: Does "this person" refer to the spiritual level or?

JO: 你会需要通过这⼀层层来体验到你所有的,就不如说你携带的⼀些恐惧也好,通过这些反射来认识你,来认识⽣命的本⾝.然后你最后会发现⽣命是⽆限的,它没有办法⽤你这个⾓⾊或者是⽤你的⼀些喜好、喜恶来定义⽣命,没有办法.你就会防线所有的这⼀切,就不会再去对⾃⼰或者对外⼈对其他⼈,给他们定义.你就脱离出来了.你就是⽆限.所以说并不是来困住你,⽽是来通过感受到体验到这个困住来⾛向你的路.所以它们对你也是⼀种助⼒,就是帮助你,助⼒.

JO: You will need to experience all of that through these layers, whether it's a fear you carry or through reflections to recognize yourself, and the essence of life itself. Eventually, you'll find that life is boundless; it cannot be defined by your role or your likes and dislikes; it just can't. You would let go of everything, wouldn't define yourself, others, or anyone else. You break free from all this. You are limitless. So, it's not to confine you but rather through experiencing that confinement to find the path towards you. Therefore, these things assist you in helping and facilitating your journey.

问: 刚才你说到我脱离出来,⽆限的那⼀刻.我内在有很深的触动吧.

Question: Just now you mentioned the moment when I transcend and reach infinity. There is a profound stir within me.

JO: 因为就算这个节⾻眼上,你没有通过外在的刺激.你们就算是⾛到了⼀起,结了婚,后⾯还会有其它的刺激.但是它⼀定会刺激你去来到这⾥.因为这是你们所有灵魂来到这⾥唯⼀的道路,去体验你⾃⼰.所以你也在帮别⼈去体验他们⾃⼰,他们内在的恐惧,他们内在的束缚.

JO: Because even at this stage, if you don't go through the external stimulation, even if you end up together and get married, there will still be other forms of stimulation later on. But it would definitely drive you here because this is your sole path for all your souls to come here in order to experience yourselves. So you're also helping others to experience themselves - their inner fears, their inner constraints.

问: 不知道为什么超想哭.

Q: I don't know why, but I really want to cry.

JO: 当你真正的感受到这股想哭的能量是因为你会从内在的去感激每⼀个⼈.因为是他们每⼀个⼈就好像给了你颜⾊,来让个颜⾊调成独⼀⽆⼆的你.因为少了某⼀个颜⾊,你就好像是少了饱满度.所以每⼀股能量都可以促成独⼀⼆⽽的你.那个⽣命体才是独⼀⽆⼆的你.

JO: When you truly feel this desire to cry, it's because you're internally grateful for everyone. It's like they each give you a color to paint yourself into the unique individual that you are. Without one of these colors, you'd be missing depth. So every energy contributes to making your uniqueness. The essence of being is your uniqueness.

⽐如说狂风暴⾬、阳光、⽔、露珠、各种⼟壤各种东西给⼀棵⼤树带来的影响.明⽩吗? 所以⽆论外在你感受到是所谓的温暖也好,温暖它可以激发你更多的爱的能量.那你感受到⽣命的⼀种窒息,它也可以促进你⾛向⼀条⾃我解脱的道路.

For instance, the impacts of things like typhoons, sunshine, water, dew, various soils and all sorts of things on a big tree. Understand? So no matter how you perceive it as warmth externally, this warmth can stimulate more love energy in you. But if you feel suffocated by life, it can also push you towards a path of self-liberation.

问: 我以前收到了很多的撞击……JO: 你⾸先要明⽩你的那些不理解来⾃于你给与你头脑⾥⾯认为的东西,给了它⼀个定义.然后发⽣了事情,就好像跟它发⽣了碰撞.就⽐如说你之前有⼀些旧有的思想,旧有的⼀些定义,然后当外在的物质跟它发⽣不⼀样,就会发⽣你刚才说的那种感觉.你还是在对你的⼀种撞击,就好像你觉得你是这堵墙.然后你就感觉到他们想要破坏掉你这股墙.但是你并不是墙,墙只是你⾃⼰堆出来的,觉得是你.是你拿着砖块把这堵墙堆起来,但是那个墙本⾝并不是你.他们撞击的是那堵墙,并不是你.你是早这堵墙的⼈.你不把⾃⼰当成墙,你就感受不到这种,明⽩吗? 因为你想如果你不是墙,那他们撞的到你吗?

Q: I used to receive a lot of hits... JO: You need to understand that your confusion comes from giving something in your mind a definition, and then things happening as if they were hitting it. For example, you might have had some old ideas or definitions before, and when external matter interacts differently with them, you experience the sensation you described. It's like you are hitting yourself; you think you're that wall. They want to destroy your wall, but you aren't actually a wall; the wall is just something you've built in your mind, thinking it's you. You stack bricks to build this wall, but the wall itself isn't you. They hit the wall, not you. You are beyond this wall. If you don't consider yourself the wall, then you won't feel that kind of sensation; do you understand? Because if you're not the wall, how could they possibly hit you?

他们撞不到的, there is nothing.那⾥没有东西.

What they can't touch, there's nothing. There's nothing there.

问: 听你讲完,我觉得我的体验都在促使我⾛上我的康庄⼤道的感觉.

Question: After listening to you, I feel that my experiences are pushing me towards feeling like I'm on a broad and straight path.

JO: 是的,这就是你体验⽣命的意义.因为你可以⽣动、深刻、淋漓极致的去感受它、体验它.所以你们需要感激你的这个⾁体它可以有如此丰富的感受,每⼀种感受都可以让你难以⾔喻、淋漓尽致.你想象⼀下如果你创造⼀个机器,你可能给它植⼊⼀种哭的感受、笑的感受,对吧? 但是这种说不清道不明,难以形容的感受,你说你怎么去创造它? 为什么呢? 因为你⾃⼰都不能去形容它.意思就是说你就可以⾮常饱满的去体验到⽣命不只是⿊和⽩,也不只是苦和甜,也不只是好和坏,明⽩吗? 因为如果没有这些的话,你体验不到.你想象⼀下,如果你只能体验⼀个哭和笑? 这个过程之所以让你感受到苦,那这个苦也是来帮助你去⾛向探索⽣命的这条路.

JO: Yes, this is the meaning of experiencing life. Because you can vividly, profoundly, and to the fullest experience it and live it. So you need to be grateful for your body that allows such rich experiences, each one that can't be articulated or fully described. Imagine creating a machine, you might give it an emotional implant like feeling sadness or happiness, right? But these unexplainable feelings that are hard to describe, how do you create them? Why? Because you yourself cannot articulate it. The point is that you can experience life in abundance and depth, not just as black and white, bitter and sweet, good and bad, understand? Because without these experiences, you wouldn't be able to truly feel or live them out. Imagine if the only experience you could have was crying and laughing? This process makes you feel sorrowful because this sorrow helps guide your journey in understanding life.

然后当你真正的去发现他们撞击的那堵墙,你不是那堵墙,他们撞击的是你堆起来的那堵墙.那你以后是不是就不堆积墙了? 你知道你是谁了.你知道你是谁,你为什么需要去堆⼀堵墙来告诉别⼈,看,这堵墙是我.

Then when you truly discover the wall they hit, it's not the wall itself but the wall you have piled up that they collide with. Wouldn't you then stop building walls? You would know who you are. Knowing yourself, why would you need to build a wall to tell others, look, this is my wall?

问: 我刚才哭的时候感受到我的头脑跑出来了……JO: 你现在已经变了,你已经不是那堵墙了,明⽩吗? 你要知道当你产⽣这种感受,就好像你⾃⼰要把你⾃⼰亲⼿堆起来的东西给它推掉,你会产⽣不舍得,就觉得好像⼼⾎⽩费.你想你⾃⼰可能花了⼀⽣的⼒⽓赚钱很多钱.那现在你却要把它亲⼿烧掉的那种感觉.就像是那种被推到的感觉,向死⽽⽣.所以你已经重⽣了,在当下这⼀刻.因为属于你的堆起来的墙,已经⽡解了.现在是另外的⼀个你.

Q: I felt like my mind was running away when I was crying just now...

JO: You have transformed; you are no longer that wall; do you understand? You need to know that when you experience this feeling, it's as if you're trying to tear down something you've built yourself with your own hands, which can be unsettling. You might feel like you're wasting effort because you spent a lifetime earning money. Now, you're faced with the sensation of destroying it all by hand. It feels like being pushed over; it's akin to dying and being reborn. Thus, you have been reborn in this moment. Your built-up wall has collapsed, now there is another version of you.

问: 但是我还会觉得我这⼀路⾛来有⼀种很不易的感觉.

Yet I still feel that there is a sense of difficulty throughout my journey.

JO: 你需要把那个不易变成挑战和助⼒.就⽐如说你去健⾝房,看⼀个肌⾁特别发达,⼒量很⼤的⼈,那他拿的重量,他花时间去做的组数是不是就越多? ⼀个从来不运动的⼈…… 明⽩吗? 但是他也会有他的阻⼒,⽐如说他的⾝体没有活⼒,他的⾝体很弱,没有⼒⽓,明⽩吗?

JO: You need to turn that obstacle into a challenge and an advantage. For example, when you go to the gym, look at someone with very developed muscles who has great strength. The amount of weight they lift and the number of sets they do will be more extensive than if it were someone who never exercises… can you understand? However, he too faces his own challenges, such as a lack of vitality in his body or weakness without strength… do you understand?

问: 因为我在经历这段的时候,我的⾝⼼是⽐较疲惫的.我怎么样更好的去修复我⾝⼼疲惫的这种感觉?

Question: Because during this period, my mind and body are quite tired. How can I better repair the feeling of being exhausted?

JO:你⾝⼼疲惫的感觉是来⾃于你还不知道,就好像这么说吧,你把你当成墙.当你感受到不断不断地撞击,你会感受到好像是被消耗的感觉,明⽩吗?那是因为你把你⾃⼰当成墙,所以你会体验到这个.但是当那⾥没有墙的时候,那个墙消失的时候,nothing可以撞击到你,就没有任何东西可以撞击到你.为什么?因为你像空⽓⼀样,你想怎么去撞击空⽓?这是你逐渐逐渐的去发现的过程.但是每⼀步你都会发现你会越来越轻松,你也会越来越不需要长时间的消耗你,困在⾥⾯.就你可能⼀下⼦就想通了,⼀下⼦就明⽩了,后⾯的状态.都不需要反反复复.然后那些还没有⾛上这条道的⼈,他们可能会反复的体验这种消耗感.

JO: The sensation of mental and physical exhaustion comes from the fact that you are unaware of it, as if you are treating yourself like a wall. When you feel constant impacts, you experience a sense of being drained, right? That's because you're considering yourself as a wall, leading to this feeling. But when there is no wall present, when the wall disappears, nothing can impact you; there's nothing capable of impacting you. Why? Because you are like air - how could you possibly collide with air? This is your gradual process of discovery. But with every step, you'll find yourself becoming increasingly relaxed and needing less prolonged depletion to be trapped inside. Perhaps you will suddenly understand or comprehend the next state; no more need for repetitive experiences. And those who haven't yet embarked on this path may repeatedly experience that sensation of being drained.

你们会发现他们的⽣命⼒越来越弱,就好像这个⽣命的⽕焰越来越⼩,明⽩吗?所以逐渐逐渐你的这种消耗感会消失.因为什么呢?因为你会不断不断地连接到爱的能量,就好像是宇宙的能量.它源源不断地,就好像这⼜井你给它打通了,⽔不断不断地进来.你就不再是⼀个蓄⽔池.就是我需要取⽔倒进去,别⼈把⽔拿⾛了,你就少了的那种感觉.因为你内在源源不断地在出来,出来就让你有⼀种想要去给别⼈,想要去给很多⼈解渴.

You will find that their vitality becomes weaker and it's as if the flame of life is getting smaller and smaller, do you understand? Therefore, gradually, your sense of depletion will disappear. Why is this so? Because you are constantly connecting to the energy of love, akin to the energy of the universe. It flows incessantly, like water continuously entering a well that you've opened up; it's not contained anymore as it was before. You're no longer a reservoir where I need to fetch water and pour it in, fearing someone might take it away from you leaving your supply depleted. Instead, you are now generating an energy internally that is constantly flowing out, making you feel inclined to give, to quench the thirst of many others.

问: 我当时就是想要给外在,没有经历过这次猛烈的撞击之前.

Question: At that moment, I just wanted to show something external without experiencing such a fierce impact beforehand.

JO: 但是每⼀次撞击都让你的限制、束缚越来越少.因为你堆起来的东西都是你的束缚.它会给你窒息感,它会让你不知道你是谁.所以这是⾮常好的撞击.你就好像是⼀个活⽣⽣的⼈,外在不断被各种泥包裹住.那你是不是需要把外⾯的泥敲碎,然后让你出来.问: 但是我撞击的时候,我会有创伤.真的完全不⽤管它吗?

But with each impact, your limitations and restrictions become fewer. Because what you pile up is your shackles that suffocate you and make you lose track of who you are. Therefore, these impacts are very beneficial. You're like a living person being continuously buried by various layers of mud externally. Do I need to break the outer mud for you to come out?

Question: But when I collide, I will have injuries. Don't I really need to pay attention to them at all?

JO: 这个印记就好像你是⼀条蛇,对吧? 那你曾经蛇⽪留下来的东西会随着你⼀次次的蜕⽪消失掉.所以你只需要去成长,成为你⾃⼰.

JO: This mark is like you being a snake, right? So the things you leave behind with your snake skin would fade away with each shedding of it. Therefore, all you need to do is grow and become yourself.

问: 就是说我可以管它,也可以不管它?

Q: So I can handle it or ignore it?

JO:你可以管它,那如果你觉得你需要去做些什么.就好像你说我不舒服,我想泡个热⽔澡.那你就去.这么说吧,因为你们⾸先要知道你⾝处的环境,就是你对⾯的对⼿他们都是瞎⼦.他们都是梦中的⼈,他们都是闭着眼睛的.所以如果你也闭着眼睛,那肯定是你撞我,我撞你,你埋怨我,我埋怨你.那如果你眼睛睁开,他们撞了你⼀下,你不会把它当成是创伤.

JO: You can handle it; if you feel like you need to do something. Like when you say I'm not feeling well, I want a hot bath. So go ahead; because first of all, you have to know the environment you're in - they are blind, your opponents. They are asleep, and they are closed-eyed. So if you close your eyes too, it's just like we bumped into each other, blaming one another. But if you open your eyes, when they bump you, you wouldn't see it as an injury.

问: 我发现我有时候会撞到别⼈,会让别⼈不舒服.那我就不⽤管它?

Question: I sometimes bump into others and make them feel uncomfortable. Should I just ignore it?

JO: 在你⽬前,就好像我们现在刚刚教会你⾛路.然后教会你⾛路的这个过程,如果你还需要⼀个像⼀个拐杖⼀样,那就利⽤好这个拐杖.但是你并不是永远需要它,明⽩吗?

JO: At your current stage, it's like we just taught you how to walk now. Then during the process of learning to walk, if you still need something like a cane, then make good use of this cane. But you don't need to rely on it forever, understand?

问: 我以前想过⽤催眠……JO: 这也是你⾃⼰⾃我探索的⼀个路径.问: 但是我也可以先放着它,保持觉察.

Q: I used to think about using hypnosis... JO: This is also a path for self-exploration for you. Q: But I can also put it aside and maintain awareness.

JO: 它这⾥的问题来⾃于你对你⾃⼰的错误认知,来⾃于你把⾃⼰当成是,就是你还活在那个记忆当中.因为当下那个你已经死掉了,但是你还想把死去的那个⾓⾊拿到现在来继续去创造⼀些体验.

JO: The issue here lies with your flawed self-awareness, with you perceiving yourself as still being in that memory. Because the current you has already died, but you're trying to bring that dead character forward to continue creating experiences now.

问: 但是我的记忆没有被释放的时候,它会在我的细胞⾥有记忆……JO: 那是属于你还有处理掉的其它⼀些信念,其它的⼀些东西,其它能量层⾯的⼀些问题.但是那个已经不存在了,只有你⾃⼰想要去创造更多的体验,你还可以去连接它.但是你们真正的连接就是处在爱的频率当中,真正的疗愈就是处在爱的频率当中.你来这个⼥孩⼦,那她给你做的这些东西就在疗愈你.为什么呢? 因为她就是爱的⼀个状态,然后这个爱是来⾃⾼维的爱,就是不是你们⼈间的那种爱.所以你⾃⼰也可以把⾃⼰处在这样⼦的⼀个频率当中,明⽩吗?

Q: But when my memory is not released, it stays in my cells as a memory...

JO: That's part of your own beliefs and other things that you have processed, as well as issues on different energy levels. However, that no longer exists. The only connection you can make now is to create more experiences if you desire to do so. But the true connection lies in being at the frequency of love, where true healing happens. This girl comes to you and does things for you, which are healing for you. Why? Because she is in a state of love, and this love originates from high-dimensional love - not the love that exists on your human plane. Therefore, you can also be in such a frequency yourself, understand?

问: 其实我有⼀段时间体验到过这种感受.我在学习怎么跟其他⼈相处……JO: 你不需要去学习如何跟外在的⼈相处,因为外在的⼈只是去反射去你当下需要看到的东西.就你当下你需要看到⾃⼰内在的愤怒.那如果你需要看到⾃⼰内在愤怒的话,那你可能就会看到对⽅发脾⽓或者愤怒的⼈.如果当下你发出的是爱的话,那你就能体验到对⽅有爱

Q: Actually, I've experienced this feeling for a while now. I'm learning how to interact with others...

A: You don't need to learn how to relate to external people because they only reflect back what you need to see in yourself at the moment. If you need to see your own anger, then you might observe someone else being angry or showing outbursts of anger. If you're giving love in the present moment, you will experience that the other person is loving as well.

的那⼀⾯.所以通过对⽅的反应去看到你⽬前在哪⾥.这么说吧,如果你发现你中了⼀张全世界唯⼀的彩票,中了⼀辈⼦都花不完的钱.你可能看谁都顺眼了.就是当你在充满激情,就好像你是熊熊燃烧的⼭⽕,谁都拿你没办法.他们泼⽔过来,能影响你吗? 那如果你是⼩⽕柴⼩⽕苗,他们吐⼀个⼜⽔,你就熄灭了.你还说你太卑鄙了.就是你的能量越来越强⼤.⽐如说⼀个外星特别强⼤的能量在你们⾯前,你们都会脑⼦⼀⽚空⽩的,明⽩吗? 能量太强⼤了,你处理不过来.

The other side. So you can see where you are by observing the reaction of others towards you. Let me put it this way; if you suddenly find yourself as the holder of a once-in-a-lifetime lottery ticket, with money that will last for generations without running out, you might start seeing everyone in a favorable light. Like when you're filled with passion and feel like you're blazing mountains on fire - no one can do anything about it. Would a bucket of water thrown at you make any difference? But if you were just a small match or flame, even a sip from them would put you out. They'd say you're too despicable. This means your energy is growing stronger and stronger. For example, imagine an extraterrestrial with exceptionally powerful energy in front of you; all of you might go blank, understanding that the energy is just too overwhelming for you to handle.

问: 就是去爱吧.

To ask: Just go and love.

JO: 去让你⾃⼰越来越激情,整个⽣命的⼒量运作的越来越…… 你转动⼀个机器,最开始可能会有点吃⼒,你推推推,可能推不起来.转了⼀下,最开始动了⼀下,然后就越来越有⼒越来越有⼒,然后就越来越强⼤.⼀个飞速的,就好像激光⼀样就发射飞不见了.

JO: Work on making yourself more passionate, allowing the force of your life to operate at a higher level... When you turn a machine, it might be difficult at first; you try pushing, but it doesn't budge. After turning it once or twice and getting it moving, then as it gains momentum, it becomes stronger and more powerful. It accelerates quickly, like a laser beam that disappears in a swift movement.

问: 我好像蛮长⼀段时间都在解决我的问题……JO: 它也是让你⾛上这条路,也是你⾮常宝贵的体验.这⾥没有让你⽩⽩体验的东西.就好像刚刚说那些撞击都是来让你知道……问: 但是我现在需要⼀个整合,就是只是去爱.

Q: It seems like I've been dealing with my issues for quite some time... JO: That's exactly what it is - it's leading you down this path, and it's a very precious experience. There's nothing in here that you're just experiencing for the sake of it. Like those collisions were to make you realize... Q: But now I need integration; it's just about loving.

JO:完整的那个频率它永远都在这⾥,在当下,在这⾥.它不是说⼀个逐渐的过程,你当下就可以达到那⾥.就好像你们太极图,⽆论你⾃⼰在多么⿊暗的地⽅,你都可以选择进⼊光.你也可以在光中,然后选择进⼊⿊暗当中.这都是你的意识决定了你想要去体验什么.所以那个真正有⼒量的是来⾃于你的意识去选择体验什么.通过纠结的部分,才会让你⾛上这条道.如果没有那个助⼒,就好像你这台车没有油.你到达不了⽬的地.所以它就像你汽车⾥的油,可以让你来到我这⾥.

JO: The complete frequency is always here, in the present, right here. It's not a gradual process; you can reach it now. Like your Taiji diagram, no matter how dark of a place you're at, you can choose to enter light. You could also be in light and then choose to enter darkness. All this comes down to what your consciousness decides you want to experience. Therefore, the true power lies with your conscious choice of experience. Through navigating through the challenging parts, you find your path. Without that assistance, it's like driving a car without fuel; you can't reach your destination. So it's like having oil in your car, which allows you to arrive here.

问: 他们都是我的助⼒,让我知道我想要怎么样的⽣命状态…… JO: 从⽽去体验你才是那个造物主.

Q: They are all my helpers who let me know what kind of life state I want to experience... J.O.: So you can experience that you are the Creator.

问: 我很喜欢,但是我会有点害怕.

Q: I really like it, but I would be a bit afraid.

JO: 没有关系,害怕只是此刻.但是你永远都在变化.所以说说不定你下次来找我们通灵,你就不会害怕.所以没有关系.

JO: It's okay, fear is just for the moment. But you are always changing. So maybe next time when you come to us for spirit communication, you won't be afraid anymore. Therefore, it's okay.

问: 我之前体验过只是内⼼的和平喜悦……JO: 当你处于那种bubble,处于那种状态,外在没有有冲突的东西.那个不是你的世界,那个是属于他们还有冲突的⼈世界.你可以看到它,但是跟你没有关系.因为他们还需要去体验他们的能量场.但是你可以去带动更多的⼈进去你这种状态.他们靠近你,你就会成了去转变他们、疗愈他们的⼈,明⽩吗? 你⽤你的enery创造⼀个世界,⼀个王国.然后你带领其他⼈进来你创造的这个世界.如果其他⼈频率没有匹配,他们进不来.然后如果其他⼈做出的选择还需要继续去体验他创造的那个恐惧的世界,那他还在他的世界⾥⾯.但是你⾃⼰给了⼀个选择给他们,⼀个出路.

Question: I've experienced inner peace and joy... JO: When you're in that bubble, in that state where there's no conflict externally. That isn't your world; that belongs to those who still have conflicts with others. You can see it but it has nothing to do with you. They need to experience their own energy fields. But you can help bring more people into this state of yours. When they get close to you, you become the one who transforms them and heals them. Understand? You use your energy to create a world, a kingdom, then lead others in. If someone else's frequency doesn't match, they won't be able to enter. Then if another person chooses to continue experiencing the fear he created for himself, he remains within his own world. But you offer him a choice, an escape.

就这么说吧,你们都⾝处在⼀个有毒⽓的地⽅.到处都是毒

So here's how it goes, you are all in a place filled with poison gas. Everywhere is toxic.

⽓,每个⼈都被毒害.但是你却⽤你的energy创造了⼀个防毒的东西,这⾥⾯没有毒⽓.因为这⾥⾯不会有你需要去处理的问题.它没有问题.那个不是你们产⽣的.就好像你没有去吃那个东西,你不可能拉出来那个东西.但是你可以看到其他⼈,因为你们在共享这个世界.你也可以看到其他⼈还在体验抓狂,或者是suffering,或者是分裂.你可以看到的.但是他们跟你没有关系.如果你跟他们去对频了,你可能会体验到跟他们⼀样,就是你进⼊到他们的世界.但是为什么不让他们进⼊到你的世界呢?为什么你要去进⼊他们创造的⼀个分裂的世界呢? 他有能⼒创造,你也有能⼒创造.why you choose,就是去follow他哪?

The air, every breath is poisonous. But you created an atmosphere free of toxins here, one where no poison can exist because there are no issues to address here that would require such a thing. There are no problems being produced by you. It's like not eating something; it's impossible to have diarrhea if you don't eat that food. However, you can see others experiencing madness or suffering or division because we share this world together. You can also see them struggling with these issues while you're not directly affected. They are separate from you. If you synchronize with them, you might experience what they are going through, entering their world. But why not let them enter your world? Why would you want to go into a divided world that they created instead of one where you have the ability to create as well? Why do you choose to follow their path when you also have the power to forge your own way?

为什么你不做那个leader呢?

Why don't you take on that leadership role?

问: 其实我觉得想要去创造⼀个爱的伊甸园的感觉…… 我⾃⼰的这段经历对于我来说我强烈的想要往这个……JO: NO NO NO,你经历的这些是你是送给他⼈的礼物.因为如果没有这些礼物的话,你没有东西给其他⼈.因为别⼈在⿊暗⾥⾯,你没有去过⿊暗,没有⾛出⿊暗的那条路.所以当你不断不断地去分享你⾃⼰怎么样⾛出来这条路.那你经历的东西就对你具有巨⼤的意义,它不再是⼀个伤痛.你想要去把⾝处⿊暗⾥的⼈带领出来的话,⾸先你⾃⼰去到那⾥.然后⾛出来这条道,然后拉上他们的⼿⾛出来.你⾸先要知道你有拥有把所有的⼀切变成礼物送出去的能⼒.然后你便不需要去把它当成是⼀个伤痛藏在你⾃⼰这⾥.你才是那个创造者.

Q: Actually, I feel like the sensation of creating a Garden of Love... My own experience is one that I strongly desire to channel into this... JO: NO NO NO, what you've experienced is a gift you're giving to others. Because if there were no such gifts, you'd have nothing to give to others. Others are in darkness, and you haven't been there; you haven't found the way out of it. So when you continuously share how you managed to find your way out, your experience then becomes incredibly significant to you—it's no longer just a pain. If you want to bring someone out of the darkness, you first have to go there yourself. Then follow the path out and guide them by holding their hands. First, you need to understand that you possess the ability to transform everything into gifts to share. This way, you don't need to keep it as a pain within yourself. You're the creator.

问: 我突然觉得没这么焦虑了……JO: 当你⾮常有限的时候,你会发现所有东西对你来说是个障碍,是个⿇烦或者是⼀个恶⼼你的东西.就这么说吧,你们⼈类可以把⼈类的粪便、动物的粪便变成肥料,还变成可以做饭的沼⽓.所以说你们都有转变它的能⼒.你把它看成是⼀个障碍或者是⼀个垃圾或者是影响你的,是因为你没有转化它的能⼒.那通过我们的信息,通过你意识的扩展,你就会发现你可以转变⼀切.⽆论它是个什么样的废物,你都可以.所以那就是你在通过你⾃⾝,形成⼀个独⼀⽆⼆的⼀个,就像造物主,明⽩吗? 因为你们每⼀个⼈都不⼀样.这个世界上没有任何⼀个完全和你⼀样的⼈.没有.那如果你没有去成为,那是不是就少了⼀个?

Q: I suddenly feel less anxious... JO: When you're limited, everything becomes a barrier, something to bother you or make you sick. To put it simply, humans can turn human and animal waste into fertilizer and even biogas for cooking. This shows that there's capability within you to transform things. You see these as obstacles, nuisances, or things affecting you because you lack the ability to transform them. Through our information and expansion of your consciousness, you will discover that you can change everything – regardless of how much garbage it is. You have this capability for anything. That means you're creating something unique, like a creator, understand? Because everyone is different. There's no one else on Earth exactly like you. Not one. If you don't become this, then isn't there less of you?

就好像你们世界上有⼀百种植物,⼀百种花吧.然后你这朵没有绽放,那这个世界是不是就少了⼀个种类了? 因为没有其它种类是你这个样⼦的.你可以像我们⼀样让他们看到他们是独⼀⽆⼆的,绽放他们⾃⼰.你可以把从我们这⾥得到的所有东西变成你的,去帮助他们绽放.因为我们现在在帮助你去找到你⾃⼰,帮助你绽放,帮助你看到你的价值,你的⽆限.

Just as there are hundreds of kinds of plants and flowers in your world, if one didn't bloom, would the world be missing a type because it isn't like any other? You can show them how unique they are, how they too can bloom themselves. You can take everything you've learned from us to help others bloom. Because we're helping you find yourself, encouraging you to bloom, making you see your worth, infinite value.

问: 我突然意识到其实每⼀个⼈都在贡献着……JO: 那是需要你脱离物质层⾯这个局限,需要你⾃⼰越来越没有限制,你需要去看到.当你⾃⼰有限制,你没有办法去帮助别⼈.你只需要去成为你⾃⼰,你就好像⼀朵绽放的花.⾃然⽽然就会让那些看到这朵花绽放的⼈感受到美好.就⼀个美好的频率可以让他们进⼊到⼀个美好的世界.

Q: I suddenly realized that everyone is contributing... JO: That requires you to transcend the limitation of the physical plane, it requires you to become more unrestricted as yourself, and you need to see this. When you have limitations on your own side, you can't help others. You just need to be who you are, like a flower blooming naturally. A beautiful frequency emanating from this will allow those who witness its beauty to enter into a world of their own beauty.

问: 我突然意识到我很长时间都是在体验解决问题……JO: 但是这些体验也是成为独⼀⽆⼆的你,它⾮常的宝贵.以后它都会像你的⼯具箱⾥的某⼀部分,拿出来给你遇到的⼈.不然你的⼯具箱⾥是空的.

Q: I suddenly realized that for a long time I had been experiencing the process of solving problems... JO: But these experiences are what make you unique, they are invaluable. They will be like a part of your toolbox that you can take out and use for the people you encounter in the future. Otherwise, your toolbox would be empty.

问: 你这个⼀下⼦把我的维度拉上来了.

Asking: You just boosted my dimension up instantly.

JO:我们只是帮助你发现你⾃⼰真实的⾝份,⽽不让你去进⼊到这个⾓⾊⾥⾯,被困在⾥⾯.这只是你⼀个⾓⾊⼀样.你想如果当演员完完全全的进⼊到这个⾓⾊,他忘记⾃⼰是演员的⾝份,那其它⾓⾊怎么演?

JO: We merely assist you in uncovering your true self, without trapping you within the role, as if it were a prison. You see, becoming an actor and completely immersing yourself into that character means forgetting who you are as an actor. But how would one perform other roles under such circumstances?

问: 我也在想演员是怎么转换的?

Question: I'm also wondering how actors switch into their roles?

JO: 他们演员是可以随时切换的,他们不把⾃⼰那个⼈格当成是⾃⼰.他连接他需要体验的那个⼈格,把它展现出来,那个能量.就好像这个通灵的⼥孩⼦,她可以去通灵任何.然后通过这个能量通过她去展现出来.所以如果你想要去连接其它能量,你就会体验到完全不⼀样的信息带给你,明⽩吗?

JO: They actors can switch at any time; they don't regard their own personality as being themselves. They connect to the personality they need to experience and bring it out through that energy. Like a medium girl who can channel anyone. Then she channels this energy through her, making it visible. So if you want to connect with other energies, you will receive completely different information, understand?

问: 我会意识到情绪不对……JO: 如果那⾥没有你呢? 就⽐如说我进⼊到这个⾓⾊,这个⾓⾊是有这个情绪.那我转变另外⼀个⾓⾊,那我是不是需要另外⼀个⼈格? 它就呈现出处理事情的⽅式⽅法完全就变了.

Q: I'd notice that something's off... JO: What if it isn't you there? For example, if I were to embody this character who has this emotion, and then switch to another role with a different personality, would they handle situations in completely different ways?

问: 所以演员随时在切换这些……JO: NO NO NO NO,你就是演员.就⽐如说你体验过⼀个控制型⼈格,他有强烈的控制欲.那你体验过这个⼈格,那你是不是遇到这样的⼈,你是不是能理解他为什么有控制欲.因为他内在有恐惧.他内在没有安全感.那你是不是就能包容这个⼈格? 他感受到你的包容理解,他就能转化了.因为他唯⼀想要的就是这种.

Q: So the actor is constantly switching between these... JO: NO NO NO NO, you are just an actor. For example, if you have experienced a controlling personality with strong desires for control. If you have experienced this type of person, when you encounter someone like that, can you understand why they desire control? Because they have fear inside them and lack安全感 internally. Can you then accept this personality? When they feel your acceptance and understanding, they will change. This is because all they want is this kind of response.

问: 所以⼈格根本就不是⼀个什么问题?

Question: So, personality isn't really a problem at all?

JO: 那是你连接到⼀个频率.你不需要去处理⼈格,你只需要去连接不同的频率.让⾃⼰处在⼀个不同的频率下.

JO: That's about connecting to a frequency. You don't need to deal with the personality; you just need to connect to different frequencies. Stay in a different frequency.

问: 我只需要去了解对⽅⼈格背后的……JO: 他们背后拥有的定义或者是信念产⽣这个频率,导致他会体验这个状态.那当他背后所持有的,就像是软件变了过后,他体验的东西也变了,明⽩吗?

Q: I just need to understand the definitions or beliefs that define their personality behind… JO: The frequencies generated by these definitions or beliefs result in this state for them experiencing it. When what they hold behind is like when software changes and thus the things they experience change accordingly, do you get it?

问: 我还需要消化⼀下……JO: 没有关系,你今天已经收到了很多很多了.你的领悟能⼒已经超强了.too much informations for you.太多的信息给你了,你能消化到这个程度已经⾮常棒了.你有⾮常⾼的智慧、见解,就是⼀点就通的那种.所以你需要suffering too long,你不需要困在这⾥很久的.你不需要去学任何技术.为什么呢? 你本⾝就是技术.你本⾝就是.所以你不需要去学任何技术,去学任何东西.you are the one,你出现就会改变他们.关于你真正的⾝份,你不需要去……

Question: I still need to digest it... JO: It's alright, you've received a lot today. Your ability to understand is already exceptional. Too much information for you. You've been given an overwhelming amount of information, and you're doing incredibly well in processing it. You have very high wisdom and insights; you can grasp things instantly. So there's no need for you to suffer for too long, you don't need to stay here for a long time. There's no need for you to learn any techniques. Why? Because you are the technique yourself. You are this thing itself. Therefore, you don't need to learn any techniques or anything else. You're the one who appears and changes them. As for your true identity, there's no need for you...

#### 2023/10/29 — 灵魂主题之把⾃⼰完全给出去 The Theme of Soul: Giving Yourself Entirely

JO: 你说什么问题?

JO: What problem did you say?

问: 我想问⼀下我的灵魂主题?

Q: I'd like to ask about my soul theme?

JO:你稍等.我们感受到就好像你有⼀种就⽐如说完全的给出去⾃⼰的那种感觉.就⽐如说就算你化成灰烬,你也想把这个灰奉献给谁的那种感觉.就像是这种毫⽆保留的、彻彻底底的把你给出去的那种状态.所以你的⼈⽣主题你会感受到在你越是给的过程,你越是感受到那种丰满或者是饱满.就是有的⼈在给的时候会觉得他是空的,就是没有.但是你在给的时候,你就会越觉得你好,就是你能感受到⽆限,就是我有的状态,我好像拿不完的那种感觉.所以你会是在给与的体验上⾯会不去不断地加强这个.我们连接⼀下为什么你会有这么强烈的给出去的意愿?我们连接到这⼀世你之所以只是想要不断地给出去的能量,它来⾃于某⼀世你体验到⼀个极端.

JO: Wait a moment. We feel that you have this sensation of giving yourself completely, as if you want to give everything away even if it means burning down to ashes and donating those ashes to someone else. It's like feeling the utmost commitment and generosity without any reservation or hesitation, fully letting yourself go in this state.

Therefore, your life theme is something you can resonate with deeply: The more you give, the more you feel a sense of fulfillment or completeness. Some people might feel empty while giving, but for you, giving makes you feel better about yourself, allowing you to perceive endless possibilities and an abundance that feels like it cannot be fully contained.

Hence, this experience of giving becomes ever more profound as you continue engaging with it. We're curious about the reason behind your strong desire to give out so much energy. Let's delve into why in this lifetime, you only want to keep giving energy, which stems from experiencing an extreme in a previous life.

就是不愿意给出去任何,总是想不断地去拿.然后你体验到越是这样,内在就越是匮乏.就好像永远都不满⾜或者是有种拿不够的感觉.它给你带来了就是你根本感受不到你是圆满或者是满,有的⼀个状态.就是你越是在去拿的状态,你越是觉得你缺个啥,你还想去拿.为什么你还会想去拿呢?是因为你总觉得你是缺的,就是在你的内在你没有体验到你是满的状态.就好像你⼀直都是很饿的那种感觉,明⽩吗?然后在这种状态下导致你不满⾜,就没有满⾜.那没有满⾜的话,你选择这⼀⽣就来体验你的满⾜.这种满⾜不是说我外在怎么满⾜,是你不停地不停地在给的这个动作让你内在丰盈起来了,丰满起来了.

The Chinese text translates to the following English passage:

It's about not wanting to give anything up and always trying to take more. Then you experience that the more you do this, the more inner emptiness you feel. It's like never being satisfied or having a feeling of not being able to take enough. This gives you an experience that you simply cannot feel whole or full, but are in a state of lacking. The more you try to take, the more you feel like something is missing, and you want to take more. Why do you still want to take? It's because you always think there's something missing inside you, not experiencing a sense of being full within. It's as if you've been perpetually hungry. Do you understand that? In this state, it leads to dissatisfaction; there is no satisfaction. Without satisfaction, you choose to live this life to experience your own satisfaction. This kind of satisfaction isn't about external fulfillment, but the continuous action of giving enriches and fulfills your inner self, making it full and rich.

它让你内在饱满起来了,不再是有缺陷缺⼜的⼀个状态,明⽩吗?所以这⼀世你会对这个⼯作这个体验有⾮常强烈的感受.它会让你觉得特别,就是感觉我就是为这个⽽来的.就好像我终于如愿了这种.所以说⽆论你是给出去什么,哪怕就是给出去你的善意,你也要不断地给.因为在这样⼦的情况下,你就好像是把你之前的能量给平衡好了.因为你之前是感觉饿了⼀⽩天,那我现在要不断地去体验饱,饱了⼀百天的那种感觉,明⽩吗?

It fills you internally, no longer in a state of lacking or being incomplete, do you understand? Therefore, this lifetime will have very strong feelings for this work and experience. It makes you feel special, as if I was destined for it. This means that regardless of what you give out, even just your kindness, you must keep giving. Because under such circumstances, you are balancing your previous energy; you were feeling hungry all day, so now you continuously experience being full, the sensation of being fully satisfied, do you understand?

问: 我这个灵魂最⼤的天赋是什么?

Question: What is my soul's greatest talent?

JO: 你有强烈的同理⼼,就是你可以感受到对⽅的挣扎或者是绝望或者是什么.所以你会很容易连接别⼈的痛苦,然后导致⾃⼰也在就好像是受这个痛苦的影响.这是⼀个天赋,但是它也会影响你.就⽐如说你是在⼀个感受到爱、喜悦的状态.你有可能看到⼀些特别悲伤的事情,然后你进⼊到那种特别悲伤的能量.它就会让你……问: 现在还会吗? 我感觉现在好像看破了幻像不会了呀.

JO: You have a strong empathetic ability where you can feel someone else's struggle or despair, or whatever it may be. So you connect easily with others' suffering and end up being affected by it as if it were affecting you too. This is a gift, but it also affects you. For example, if you are in a state of experiencing love and joy. You might see something particularly sad, then enter that very sorrowful energy. It would make you... Question: Is this still happening now? I feel like I've seen through the illusions and don't experience it anymore, somehow.

JO: 你可能看到事不会,但是如果你去跟某个⼈发⽣连接,你还会去体验他的痛.就⽐如说对⾯有个⼈他开始敞开⾃⼰把他的悲痛拿出来的时候,你就会连接上.

JO: You might not see the thing, but if you connect with someone, you will still experience their pain. For example, there's a person across from you who starts to open up and share his sorrow, and you would connect with that.

问: 前段时间有⼏个⼈来找我,那天我感觉到⼀股攻击的能量.这是什么原因?

Question: Recently, a few people came to me. I felt an energy of attack on that day. What could be the reason?

JO:因为你是⼀个完全敞开的状态.然后你也会深深的连接到对⽅的能量.当你连接到对⽅的能量,如果你没有特别⾼的智慧,就不如说如果你的修⾏不够深厚.就是你需要智慧才能找到出路,才能⾛出来吧.那如果你只是去单纯的敞开去连接到对⽅的悲痛,如果缺少智慧.那缺少智慧就好像你只是跟他⼀起跳到泥潭⾥⾯,但是你没有⼒量⾛出来.你眼睛还是遮住的,你看不到出路.所以它会对你有⼀种,就好像你也会深陷在⾥⾯.就是它也会加深你对⾃⼰的⼀个消极,就觉得物质世界好像都是挺苦的,就是这样⼦的⼀个观念.但是当你在不断不断地好像是升级⼀样,不断不断地去增加你修⾏的功能或者是道⾏.

JO: Because you are in a completely open state. Then you will deeply connect to the other person's energy. When you connect to the other person's energy, if you do not have particularly high wisdom, or rather, if your cultivation is not deep enough, you need wisdom to find a way out and to be able to get out of it. If you just simply open up to connect to the other person's sorrow without wisdom, the lack of wisdom would be like jumping into a mire with someone else but lacking the strength to get out. Your eyes are still covered; you cannot see a way out. So it would have an effect on you that you would also sink deeply into this. It would deepen your own negativity, making you feel that the material world is quite miserable, just like this kind of idea. But when you keep upgrading yourself continuously, constantly increasing the functionality or advancement in your cultivation or path.

就是你的觉知越⾼,你的认知越⾼,然后你的智慧越⾼的话,你会体验这些,但是同样你会很快的出来,明⽩吗? 但是你们体验其实也是在扩展你们,就是来增加你们内在的⼀种慈悲⼼.

The more your awareness increases, the higher your cognition becomes, and consequently your wisdom grows; you will experience this. But equally, you'll quickly come out of it and understand. However, your experiencing actually expands you, to increase that sense of compassion within you.

问: 我的灵魂有些什么遗憾?

Question: What regrets does my soul have?

JO: 只能说就像我们今天带来的信息,你就特别想要去体验这种两个极端这样⼦的能量.就是说你之前带来的,就是说你⼀直没有饱.那我现在⼀定要饱,但是是换⼀个⽅式⽽不是之前的⽅式.

JO: It's like you want to experience the energy of these two extremes today, especially. You've said before that you haven't been satisfied or full, but now I have to be full, not in the same way as before.

问: 我前两天看讲外星⽂明突然⼤哭.我和外星⽂明有没有什么连接?

Question: I cried recently while listening about alien civilizations. Is there a connection between me and alien civilizations?

JO: ⾸先你不要把你只当成现在的你,⽽是说你的意识不断不断地去,就好像这⾥有⽆数、⽆限,这个海底的世界.很多东西它都带你探索.它会根据你拥有什么道具什么⼯具,就⽐如说你拿了⼀个放⼤镜,那你看到的东西又不⼀样.它会因为你⾃⾝的⼀个状态⽽显现⼀些东西给你发⽣连接.你们哭的话是因为你⾝体的某⼀部分得到了净化的感觉,就是更多的是被洗刷被净化,然后感受到那种爱的能量.觉得终于某⼀个地⽅被触碰到了,然后通不过泪⽔的⽅式去把这个洗刷,给它⼀个通道,给它流出来.就⽐如说你释放了你的⼀些恐惧,⽐如说你终于感受到爱,你终于感受到连接,就各种它都会产⽣这种⽤泪⽔的⽅式,⽤哭的⽅式.

First, don't just see yourself as your present self, but rather understand that your consciousness continuously explores a world of countless, infinite dimensions beneath the surface. Many things will be introduced to you by this world. It will adapt to what tools or equipment you possess, for example, if you have a magnifying glass, you'll see different things. It will reveal certain elements based on your current state and allow you to establish connections. You cry because some part of your body is experiencing a feeling of purification; more specifically, it feels as though it has been cleansed and transformed by love energy. You finally feel touched at that particular spot, then cry in order for the cleansing to continue, allowing it to flow out through this channel. For instance, you might release your fears or finally experience love and connection in various ways through tears and crying.

问: 之前通灵有说过我有⼀世的⼈格⾮常悲伤,对我这⼀世有很⼤的影响.我可以连接那⼀世的⼈格吗?

Question: Previously, Spirit Telling said that I had a past life with an extremely sorrowful personality that greatly influenced me in this lifetime. Can I connect to that past life's personality?

JO: 你⾸先不要把它当成是⼀个死的事情.为什么呢? ⽐如说我们上次连接你,感受到你跟那个能量有连接.但是如果你的意识发⽣转变,发⽣变化的话,有可能那个⼈格已经被你给消融掉了,明⽩吗? 就是你们那条线已经断了.为什么呢? 这⾥没有什么可以去fix,就是可以去给它或者是转变或者是什么的.所以它这个是变动的.如果你想要连接,你可以连接当下跟你之间有能量线的.

JO: First of all, don't treat it as a fixed thing. Why is that? For example, the last time we connected with you and felt your connection to that energy. But if your consciousness shifts or changes, there's a possibility that this personality has been dissolved by you, understand? That line between us has already broken off. Why is that? There's nothing here to fix; it can be changed, adjusted, or something else. So, it's dynamic. If you want to connect, you can connect with the person who has an energy line running to you right now.

问: 那我连接当下对我影响的⼈格.

Q: Then I connect the aspects of my personality that influence me in the present moment.

JO: 就像我们刚刚说,那⼀世就会对你有影响.为什么呢? 因为你强烈的有想要通过给的过程当中感受到满⾜感.然后我们再连接⼀下看还有没有其它.⽬前的话我们强烈的感受到刚才说到那⼀世,然后其它的感受不到任何信息.你可以去通过后⾯的提问带出来可以服务于你的信息.或许也是可能你到了⼀个境界,你已经没有执念了.当你没有执念的话,就好像它不会有⼀些因果对你还会产⽣影响.你不断不断地在放下、重⽣.没有⼀些你抓住的东西,你也可能…… 那你没有抓什么东西,那之前的⼀些业⼒就不再影响你了. 你就是free,就是你是⼀个⾃由的状态,你就不再被牵绊了.你就不再被拉扯了.

Just as we have mentioned earlier, that lifetime will impact you. Why is this the case? Because of your strong desire to experience satisfaction through certain processes. Then let's see if there are any other connections. Currently, we strongly resonate with what was just discussed about that particular lifetime; however, no further information is being received regarding anything else. You can ask subsequent questions that would bring forth relevant information for you. Perhaps this indicates that you have reached a stage where you no longer hold onto anything. When you no longer cling to anything, the concept of karma and its repercussions may not affect you as they once did. You continually release your attachments and are reborn again. Without anything you hold onto, it is possible... If you do not hold onto anything, then past karmic forces will no longer impact you. You find yourself free, existing in a state of freedom where you are no longer bound by limitations or dragged down by circumstances.

问: 我想要跟未来的我对话.

Question: I want to have a conversation with my future self.

JO: 你可以问问题,让未来的你给你回答.问: 现在是未来的我了吗?

You can ask questions and have your future self answer them. Question: Am I my future self now?

JO: 还没有.会通过你的问题出来了过后,去连接和搜索.

JO: Not yet. After your question comes out, it will connect and search.

问: 我未来的⾃⼰是什么样⼦的? 有没有出书? 有没有灵魂层⾯转化的⼯作?

Q: What will my future self be like? Have I published books? Have I done any soul-level transformation work?

JO: 我们通过你⽬前的能量状态连接到,你要知道你转变能量,就好像不同的频率它会结⼀个果,对吧? 那⽬前当前的状态你想要看⼀下你后⾯的状态是什么样⼦.你会是像是⼀个疗愈师的⾝份出现.然后这个过程中你会收获的⾮常满.就是你连物质是什么样,你都不太去在乎.因为你在这个过程当中你就感受到你⽣命的饱满度.就是它会是⼀个⾮常敞开⾮常有爱,疗愈师的⼀个状态呈现.

JO: We are connected to you through your current energy state. You need to know that when you transform your energy, it's like different frequencies produce certain results, right? Now we want you to observe what the future state looks like for you after this process. There will be a lot of healing energy around you and within you during this transition. By this time, you won't really care about material things because you'll be fully immersed in experiencing the fullness of your life. It's going to be a very open, loving, and healing state that represents who you are during this period.

问: 刚才说到时候头⽪有些⿇.

Q: Just now you mentioned that there was some numbness on the scalp.

JO: 是的,你⾮常的敞开,你愿意去把⾃⼰敞开去疗愈.所以说你会被那种需要被疗愈的⼈后⼀种特别,关注他们吧.就是把你⾃⼰的能量给他们,把你的时间、能量和精⼒给他们.

Yes, you are very open, willing to open yourself for healing. Thus, you will be particularly drawn towards individuals needing healing; focus on them. Share your energy with them, allocate your time, energy, and effort.

问: 有没有出书呢? 我看别⼈问未来的时候都说的⽐较详细.

Q: Have you published a book? I've noticed that when others discuss their future, they tend to describe it in more detail.

JO: 那是你⾃⼰可以,就好像我可以去做这个选择也可以不要去做这个选择.那是来⾃于你⾃⼰的⾃我意愿,明⽩吗? 所以你可以去根据你的,⽐如说我想要去通过书的⽅式去表达你⾃⼰,你当然可以,明⽩吗? 因为这种东西只是⼀个表现的形式,你当下就可以.如果你有这个强烈的意愿,当然你就可以出很多.如果你没有,这个不是你的,当然就不会.为什么有的⼈会出书? 因为他⾃⼰内在会有⼀个强烈的意愿,就是他的种⼦已经播下了.但是你这个好像是试探性的,它并没有播下,明⽩吗? 你就有⼀种好奇或者是不确定.不是说你来去确定未来会有什么,⽽是说你会有⼀个坚定的信念和向往.它已经有⼀个种⼦在那⾥了,所以就可以捕捉到⼀些让你看到.

JO: That's up to you, just like I can make this choice or choose not to. It comes from your own self-will, do you understand? So you can go based on your own way, for example, if I want to express myself through books, of course, you can too, do you see? Because it's just a form of expression, something you can do right now. If you have this strong desire, then naturally you can produce many. If you don't, it's not yours, so it won't happen. Why would someone write a book? Because he has a strong inner desire, like the seed has been planted within him. But what you seem to be doing is more experimental; there hasn't been any planting yet, do you understand? You have a sense of curiosity or uncertainty. It's not about deciding on your future, but having a firm belief and aspiration. The seed is already planted, so it can help you capture some insights for yourself.

你说我们看到你播下这个种⼦,那我们肯定告诉你你如果去好好地经营管理的话,它会长出来⼀棵苹果树,长很多苹果,明⽩吗? 但是如果你没播种⼦呢? 如果这⾥没有种⼦呢? 那你说你为什么能说别⼈有什么树? 因为别⼈播种⼦了呀.

You say that we see you plant this seed, so if you properly cultivate it, we will tell you that a apple tree will grow and produce many apples, understand? But what if you don't plant the seed? If there is no seed here? Then how can you say what others have trees when they haven't planted seeds themselves?

问: 是,我现在好像现在最强烈的就是把⾃⼰给出去.

Q: Yes, at this moment, I feel the strongest urge to give myself out.

JO: 是的,我们感受到你最强烈的意愿就是这颗种⼦.

JO: Yes, we feel your strongest desire is that seed.

问: 我妈妈怀我的时候做了两个梦,⼀个⽼爷爷说这个孩⼦是他求下来的,让我妈妈⼀定要收下.然后我⽣病的时候,我妈妈就会想他祈求.每次都很灵.我想问这个是不是我的指导灵? 如果是,我想连接⼀下他.

Question: My mother had two dreams when she was pregnant with me. An old grandpa said this child is what he prayed for and told my mother to definitely take him in. Whenever I got sick, my mother would pray for him. Each time it worked very well. I wonder if this is my guiding spirit? If so, I'd like to connect with him.

JO: 你稍等.我们想要你知道他不⼀定是你的指导灵,但是他⼀定会是你妈妈的指导灵,明⽩吗? 当时在当下她接受到信息的时候,因为他连接的是你妈妈,所以他就会是你妈妈的指导灵,明⽩吗? 是这样⼦的⼀个状态.因为她需要得到信息,然后去增强她的⼀个体验,去体验她的信念吧.然后去创造⼀个你⾝体好的状态,投射给她.所以这是属于她的体验.那你肯定有你⾃⼰的指导灵.⽽且它还会随着你每⼀个阶段不断地变化,明⽩吗?

JO: Wait a moment. We want you to understand that he doesn't necessarily have to be your guide spirit; however, he is certainly going to be the guide spirit for your mother. Can you see this? When she received the message at that time, because he was connected to you, he would thus become her guide spirit. It's like this because she needs to receive the message and then amplify her experience, experiencing her beliefs and creating a state of health in her body. This is her experience. You certainly have your own guide spirit as well, which also changes with each phase of yours, can you understand that?

问: 那现阶段我的指导灵有什么话对我说呢?

Question: What message does my guiding spirit have for me at this stage?

JO: 它们想要让你记住的就是说所有的痛苦都是幻像.你记住这句话.不要停留在那⾥的时间太长,你只需要尝⼀个盐尝到它是咸的就够了.你不需要在那不断不断地塞盐在嘴巴⾥⾯吃.

JO: What they want you to remember is that all pain is an illusion. Remember this sentence. Don't stay there too long, you just need to taste a pinch of salt and know it's salty enough. You don't need to keep pouring salt into your mouth constantly.

问: 那这么说是我现在在能量层⾯还有那种痛苦的能量吗?

Q: So does that mean I'm still experiencing painful energy on this level?

JO: 这个信息只是想要告诉你,在你往前⽅⾛的时候,你需要记住的⼀些话,明⽩吗? 就⽐如说你⾛在这⾥,你⼩⼼前⾯会有⼀个⼩⽔沟,明⽩吗? 就像这样⼦的.然后让你把这个东西带到你的意识层⾯来.⽽不是说⽆意识的.因为当你尝到这个味道过后,这个体验就已经服务到你了.就好像我们刚说你不需要再持续不断地去吃那个盐.为什么呢? 因为那个盐会影响你的⾝体,它也会影响你去吃其它的味道,对吧? 那你吃什么都是咸的.

JO: This message is just to remind you of certain things as you move forward, do you understand? For example, when you walk here, be careful because there's a small ditch in front, do you see? Like this. Then bring this awareness into your subconscious. Not the unconscious. Because after tasting this flavor, the experience serves you. Just like we said before, you don't need to keep eating that salt continuously. Why is that? Because the salt affects your body and it also influences how you perceive other flavors, right? Whatever you eat will taste salty.

问: 我好像对上台演讲会有恐惧是什么原因?

Q: I seem to be afraid of giving a speech on stage; why is that?

JO: 那就是说你不要去想这件事情.问: 这个恐惧有点⼤,就是⽐如说……JO: 为什么你⽬前需要解决这个问题呢?问: 我觉得这个有点影响我.

JO: That means you shouldn't think about this matter. Question: This fear is quite large; for example... JO: Why do you need to solve this problem now? Question: I feel it's affecting me.

JO:你现在是把⾃⼰固定了⼀个模像,就是你会投射出⼀个我是什么样⼦.我到时候是什么样⼦,我会紧张.你这些都是来⾃于头脑的游戏,明⽩吗?你头脑它并不知情的.就⽐如说这个⼥孩⼦,你如果让她去想象她下⼀次通灵会带出来什么信息,她想象不到的,明⽩吗?那你如果告诉她,接下来她要讲⼏个⼩时.那她就会,⼏个⼩时?我要讲什么?她不知道的.所以你现在也不知道.为什么呢?因为你们真正的是在当下连接那个能量,⽽不是说在你记忆的头脑⾥⾯是什么样⼦.那是另外⼀个状态,但是如果你真的只是成为你⾃⼰的话.你不需要担⼼你在任何状态下需要怎么去展现,明⽩吗?

JO: You've established a template for yourself, projecting an image of what I should be like. You're worried about how I'll present myself later on and you're anxious. These are mental games that your mind is playing - it has no idea of reality. For example, if you ask this girl to imagine what messages she will convey at her next seance, she won't be able to do so, right? Now, if you tell her she'll have to speak for several hours, she'll think: "For how many hours?" She doesn't know that either. So neither of you knows anything now. Why is this happening? Because what you're actually connecting with in the present moment isn't your memory-based mind, but rather a different state where energy connects genuinely without any preconceived notions. This latter state exists separately, but if you truly were just being yourself, there would be no need to worry about how you should appear in any given situation - you'd simply be true to who you are.

就好像你是⼀只鸟,你需要去跟它说你需要怎么飞呀,我的翅膀怎么飞才好看呀?因为你天⽣就知道怎么飞.所以这些不是你去担⼼的.就好像你现在来问我,我的翅膀要怎么飞? 要怎么扇? 要怎么要⽤⼒? 你只是成为你⾃⼰,OK? 你只是去展现你⾃⼰,这个就是你.所以你不需要跟任何⼈去学习.你也不刽去产⽣那种紧张或者是什么事情.这是你头脑⾥⾯幻想出来的.当然如果你真的进⼊到那种状态的话,就说明你还是在你的头脑⾥⾯.并不是在成为你⾃⼰.因为成为你⾃⼰是没有任何需要去跟别⼈学的东西或者需要注意的东西,它是⾃然⽽然的事情.

It's like you're a bird; you need to ask how you should fly and how my wings should look when they are in motion? Because naturally, you know how to fly. That's not what you should be concerned about. Just like now, if you were to ask me how I should fly or flap my wings or how much effort I should use - it's just about being yourself, okay? It's about expressing yourself; that is you. Therefore, there's no need for you to learn from anyone else or feel any kind of tension or concerns. This is something imagined in your mind. Of course, if you really are in that state, it means you're still within the realm of your thoughts and not actually being yourself. Because being yourself involves nothing that needs to be learned from others or anything to pay attention to; it's a natural process.

问: 我的祖先有没有什么想对我说的? 我叫XXX.

Question: Do my ancestors have anything they want to tell me? My name is XXX.

JO: 他们想要你知道你⼀直在被他们深深的⽀持,就是⽀持你去⾛你⾃⼰的道路和成为你⾃⼰,然后去绽放你⾃⼰.就是来让你知道这⾥有⼀股能量是来⾃于他们对你的⽀持.就是告诉你你并不是孤独或者是孤单或者是⼀个⼈,或者是后⾯没有推动你的⼒量,没有助⼒.有,就是来⾃于你的家族.这是给你的信息.

JO: They want you to know that they are deeply supporting you, allowing you to walk your own path and be yourself, and then bloom into yourself. This is to let you know that there's an energy that comes from their support for you. It's telling you that you're not alone, not lonely, or by yourself, or behind without a force pushing you forward, without help. Yes, it comes from your family. This is the message for you.

问: 他们有没有什么要对我家⼈说的?

Q: Do they have anything to say to my family?

JO: 它说想要对你们家⼈展现的东西都会有⼀个他们⾃⼰的⽅式去展现给他们.所以你不需要去担⼼这个.就⽐如说你妈妈做梦收到的信息.所以这个连接感他们会通过他们⾃⼰想要的⽅式,就是这种⽅式永远都会是有的.就像你刚刚说做梦这种经历,对吧? 就是你不需要去怀疑或者是担⼼这个通道是断开的,并没有.明⽩吗? 就是这些⼈会收到,哪怕他们完全没有灵性层⾯的⼀些东西,他们也会收到.就⽐如说出现在梦⾥⾯,就⽐如说他在跟邻居谈话的时候,邻居突然说了⼀句莫名其妙的话.那就说不定就是来⾃于你祖先的.

JO: Everything they want to show you about your family will have their own way of showing it to them. So there is no need for concern here. For example, the message received by your mother in her dream. This connection sense would be communicated through their own desired manner, which is always present. Just like the experience you mentioned of having a dream, right? You don't need to doubt or worry that this channel has been cut off; it's not. Understand? These people can receive messages even without any spiritual aspects, they still do receive them. For instance, appearing in dreams, or when he was talking with his neighbor and the neighbor suddenly said something inexplicable. It might have been from your ancestors.

问: 我想连接⼀下我⼤姑妈.她06年因为癌症去世的.在健康上⾯有没有什么说的?

Question: I want to connect with my aunt. She passed away due to cancer in 2006. Are there any remarks on her health?

JO: 她想要跟你说的是,因为⽣命中会有⾮常多的⼀些不开⼼、不快乐,然后会导致她会觉得活着没有意义.就好像觉得没有必要呆下去的感觉.但是她想要你帮助她去转告每⼀个⼈,就是⽣命活着有意义还是没有意义,它并不是真实存在的.⽽是你⾃⼰对于它的⼀个感受,就是你赐予它的.你跟它说意义和没有意义,你就会去体验.所以她想要你传达给更多的⼈,让他们知道你们才是主宰他们的⽣命有没有意义,⽽不是被别⼈.因为很多⼈会因为别⼈做⼀些糟⼼的事情,他就会觉得没有意义,就这种感觉.她刚才说到信息是想要你让更多的⼈去看到,她之所以结束这个⾁体是因为觉得活着,就是⽣命的意义的缺乏.

JO: What she wants you to convey is that there will be many unhappy and unjoyful moments in life, which can lead her to feel like her existence lacks meaning – as if it feels unnecessary. However, she wishes for you to help her communicate to everyone that the meaning or lack thereof of life isn't a tangible reality; rather, it's a personal perception bestowed upon it by oneself. She believes experiencing whether it has meaning or not is entirely subjective. Therefore, she desires that you share this message with more people, informing them that they are the ones who determine if their lives have meaning or not – not others. Many individuals might feel life lacks meaning due to others causing distressing situations for them, which is essentially how she ended her physical existence because of a perceived absence of the essence of life's purpose.

但是她说这只是她⾃⼰创造的⽣命的⼀个体验,每个⽣命都可以去赋予他⽣命的意义,⽽不是说由外⼈去赋予给他.那个外⼈可能去做⼀些⾏为从⽽导致你觉得他们为什么会这样⼦让我⼼灰意冷的,明⽩吗? 那你可以去赋予⼀个意义就是说他们没有在爱中,那我去爱他们,明⽩吗?就好像他们只是给你发射了⼀个他们⼜很渴的信号,那我给他⼀点⽔,就这样⼦.⽽不是把它当成⼀个伤害.

But she said that this is just her own experience of life, and each life can be given meaning by its owner, not by outsiders赋予生命的意义应该是由其主人自己来完成，而不是让外人去定义。An outsider might perform certain actions that make you feel disheartened about them明白吗? You could interpret their behavior as a lack of love towards others. I mean, they're just sending out signals that they're thirsty for something. In response, I give them some water. And it's not meant to be seen as an act of harm.

问: 那我爸爸也是很年轻去世的,他有没有什么说的?

Question: Well, if my father passed away at a young age too, did he have anything to say?

JO: 他想要告诉你的是⽣命中没有什么重要的事情,唯⼀重要的事情就是开⼼快乐的去玩耍.物质世界体验的这些,这个感受或者这个经验是在其他地⽅体验不到的.他说物质世界没有什么重要的事情,唯⼀重要的就是去玩耍和体验,因为很多东西离开物质世界你就体验不到了.

JO: What he wants to convey is that in life, there's nothing significant; the only important thing is to play and have fun. These experiences in the material world are unique sensations or encounters that cannot be experienced elsewhere. He says that in the material world, what truly matters is playing and experiencing, as many things become inaccessible once you leave this world.

问: 我以前我养过⼀只鹦鹉,我就感觉它就⾝体⾥住了⼀个特别伟⼤的灵魂.能连接它吗?

Question: I used to keep a parrot, and I felt that there was a particularly great soul living in its body. Can I connect with it?

JO: ⽆论你是什么内在的感觉,你都不需要去怀疑它,明⽩吗? 因为你需要的感觉就已经在你的⼼灵深处,明⽩吗? 所以你不需要去怀疑你是不是这样,然后才有这个感受.你已经有了这个感受呀.所以你已经有了感受,难道你还来问到底是真的还是假的? 你已经收获了.

JO: No matter what inner sensation you have, there's no need to doubt it, right? Because the feeling you need is already deep in your heart, right? So there's no need for you to question if this is how you feel. You've already felt this way. Therefore, if you're asking whether this experience is real or not, why are you still questioning it? You've already received it.

问: 我就想到它,我就想说能不能连接? 它后⾯飞⾛了.

Q: I just thought of it and wondered if I could connect to it. It flew away behind it.

JO: 如果这个真的是你的激情的话,你可以⾃⼰再显化出来这样的体验给你⾃⼰去体验.如果真的对你来说⾮常重要,你⾮常渴望,⾮常想要体验,那你就会这样,明⽩吗? 所以这个是你⾃⼰本⾝就拥有的⼀个能⼒.

If this is truly your passion, you can manifest such experiences for yourself to live. If it's really important to you, if you're very eager and desire to experience it, then you will do so, understand? So, this ability is something that you already possess within yourself.

问: 我现在的能量状态是怎样的? 有什么是需要注意和调整的?

Question: What is my current state of energy? Are there any aspects that need attention and adjustment?

JO: 如果说有什么需要注意的话,那就是说不要太排斥⼀些,就是不要去决绝⼀些,就⽐如说你可能现在特别激情的做这些事情,外在可能有⼀个邀请,邀请你去做些什么.就不要太去排斥这样的东西.为什么呢? 因为你不知道对⽅给你送来什么礼物.所以如果是你当下感受到OK的事情,你就可以去做.⽽不是说你要把⾃⼰逼到这个⾓落⾥要做某⼀件事情,明⽩吗? 因为你的指导灵或者是宇宙的同步性它会呈现出对你来说真正重要的事情、事件给你的.所以你不要把⾃⼰固定死在那⾥,我要做这件事情,这个事情对我来说很重要.就是把⾃⼰敞开.因为你要时时刻刻,OK,⽣命又给我送什么礼物来了?

JO: If there's anything to pay attention to, it's not being too prejudiced against some things; don't reject them outright. You might be very enthusiastic about doing these things now, and there could be an external invitation inviting you to do something. Don't reject such opportunities too quickly. Why? Because you never know what gift they're going to send your way. So if the current feeling is 'yes,' then do it. Don't force yourself into a corner where you have to do something specific, understand? Your guiding spirit or cosmic synchronicity will show you the truly important things and events that resonate with you. So don't lock yourself in a box saying this thing must be done; this thing matters to me. Just keep your heart open because life is constantly giving you new gifts every moment.

既然那个⼈那么强烈的要求我,肯定有⼀个礼物给我,明⽩吗? 就是这种,就是敞开⾃⼰.

Since that person insisted so strongly on me, there must be a gift for me, right? Understand? It's like this, it's about being open to yourself.

问: 我们的⾼我跟源头是什么关系?

Question: What relationship does our higher self have with the source?

JO: 这么说,你的⾼我,就好像你的物质⾁体这⼀⽣这⼀世,然后它就好像是属于你真正的⾝份的存在.就是它知道⾃⼰想要什么或者是想要⼲什么,就它跟你的这⼀⽣连接的更加的紧密,它跟你这个⼈格连接的更加的紧密.它是跟你有关系的.那你刚才说的源头,它就是⼀,它就是⼀切万有,它就是所有的⼀切.就好像这么说,源头它可能是整个⼤树的中⼼,你是⼀⽚叶⼦,那你连接的就是⼀根树枝.你跟树枝之间的⼀个关系.但是整个⽣命的状态它不是属于树枝的,明⽩吗? 也不是属于叶⼦的.就像是这样⼦的⼀个状态.

JO: In that case, your height above me is akin to your physical body for this lifetime. It's like an existence associated with your true identity. It knows what it wants or what it aims to do, binding more closely to the connection of this one life and the closeness to your personality. It's related to you. The source you mentioned being 'one', 'everything', and 'all'. Like this explanation, the source could be the heart of a large tree, you're just a leaf, connecting with a branch rather than directly to the trunk or another leaf. You're in relation to that branch, not belonging to it as part of the tree's overall life state. It's not about the branch or the leaf; it's more like this overarching state.

问: 那我的⾼我或者指导灵还有什么要跟我说的?

Question: And what else does my Higher Self or Guide have to tell me?

JO: 提⾼你的⼀个快乐的程度,就是说去取悦你⾃⼰,让你⾃⼰开⼼.越开⼼,你其实就是疗愈他⼈.并不是说只能是⼀种,就是通过学术或者是传授信息的⽅式,明⽩吗? 就是你⽣命本⾝你越开⼼的话,你就越是在疗愈所有.就是让你不要去只是这种像我跟你这种交流的⽅式去疗愈别⼈,明⽩吗? 你⽣命的本⾝它就好像已经是在发光了.就是你⽆论做与不做,你都在发光都在亮.⽽不是说他坐我对⾯,我才把灯打开,明⽩吗?

JO: Increasing your level of happiness means pleasing yourself and making yourself happy. The more joyful you are, the more you are healing others. This doesn't mean that it can only be one way, through academia or teaching information; do you understand? If you're happier in life, you're healing everything. It's not just about this form of therapy between us; you don't need to rely on it alone. Your very existence is like a shining light. You emit brightness and radiance regardless of what you do or don't do. It's not that I only turn the lights on when he sits across from me, do you understand?

问: 我当下还有没有什么⾃⼰没有觉察到的卡点?

Question: Are there any blind spots that I haven't noticed yet right now?

JO: 就是前⾯告诉你的敞开你⾃⼰,⽽不是规定你⾃⼰.然后还有就是刚才那个,就是你随时随地都是亮的,⽽不是说对⽅需要我亮,我才亮.就是你本⾝就是亮的.⽆论你做什么还是不做什么,你都在发出你的亮和光,你都在影响他⼈.

JO: It's about opening yourself as was shared with you earlier, rather than defining yourself. And then there's that we talked about just now - being bright wherever and whenever you are, not waiting for someone else to ask you to shine before you do. You are inherently shining. Regardless of what you do or don't do, your light is radiating out and affecting others.

#### 2023/10/30 — 你才是被我们选择的⼈ou are the one we have chosen.

JO: 你说什么问题?

You said what question?

问: 想说我们俩这段时间没见⾯了,你说说话,我听着⾼兴.还有我爱你.爱你⼀百年.

Q: I want to say that we haven't seen each other for a while, and it will make me happy if you talk to me. Also, I love you. I love you forever.

JO: 我们收到了.我们收到你的信息了.您提问.问: 我这段时间确实状态有点不好.

JO: We have received it. We've got your message. You asked a question: During this period, my state of being was indeed not good.

JO: ⾸先记住不要去评判任何关于你的状态,这⾥只有⼀个体验者.不要去给你的任何反应,⾝体的反应或者头脑⾥的任何东西给它⼀个定义.是你们的⼀个就好像圈套或者是⼀个⾮常⼤的错误的认知.你们会给你们头脑⾥的⼀些念头或者你们⾝体产⽣的⼀些反应或者感受,然后来把它当成是你⾃⼰,去评判你是个什么样的⼈.NO NO NO,不是的,明⽩吗? 你要记住,你只是去感知它.因为这⼀份感知和体验是你需要的,你不知道你在后⾯需要如何去运⽤它.就好像这么说吧,我现在让你去这个花园⾥⾯去森林⾥⾯去捡东西.然后你如果捡的东西种类越多,那你捡回来后我们创造的时候,创作的时候,我们研究的东西是不是就越多?

JO: First, remember not to judge any aspect of your state; there is only one experimenter here. Don't define your responses, bodily reactions, or anything in your mind with labels. This is akin to a trap or a very large mistake in understanding for you. You would label thoughts that occur in your mind or bodily reactions and feelings as being you, judging who you are based on them. NO NO NO, it's not like that, understand? Remember, you are merely perceiving it. Because this sense of perception and experience is what you need; you don't know how to apply it when you're behind it. Imagine if I were to let you go into the garden or forest and collect things. If you collected items of various types, would that mean we'd have more content to study when creating and researching later?

通过这些你捡回来的宝贝来扩展我们的认知,去认识去体验.如果你只捡⼀个种类出来,只捡⼀个树枝.那我们是不是缺少了去扩展我们意识的渠道? 明⽩吗? 所以它只是…… 因为你不知道你将来会如何运⽤你⽬前的这些体验,你不知道的.但是更⼤的智慧它会去运⽤所有的⼀切,这⾥没有⼀个是浪费掉的东西,明⽩吗?

Expand our understanding through these treasures you've gathered, to learn and experience more. If you only pick out one type, just one branch, are we missing a way to expand our consciousness? Do you see? So it's... because you don't know how you will use your current experiences in the future, you're uncertain about them. But greater wisdom utilizes everything, there is nothing wasted here, do you understand?

问: 你跟我说说家庭的事.我妈我姐怼我.我问题就是亲近的关系,他们是喜欢我呀? 还是讨厌我呀?

Question: Tell me about your family matters. My mother and my sister are against me. The issue is whether they like me or dislike me in close relationships?

JO: 你⾸先要记住的是你周围的所有⼈他们都是有很多恐惧或者限制,然后有限的认知.你就把他们当成是最原始的,你就把他们当成是没有训化的⼀些动物⼀样.那他会做出⼀些依照本能或者依照他内在的⼀些恐惧或者任何欲望去做出⼀些⾏为,明⽩吗? 那你是不是就不会去指望从他们那⾥要获得什么.⽐如说获得理解、获得爱、获得⽀持、获得这些东西.因为他们没有,他们没有办法给出去他们没有的东西,明⽩吗? 所以通过他们给你展现的,你就会知道智慧到底有多重要.那你现在就在学习成为⼀个有智慧的⼈.那通过你⾃⼰成为⼀个有智慧的⼈,然后你是不是就可以去引导他们了?

Firstly, you need to understand that everyone around you has many fears or limitations, as well as a limited consciousness. Think of them like the most basic creatures, akin to untrained animals. They will act based on instinct or according to their inner fears or any desires they have, do you see? Therefore, don't expect anything from them, such as understanding, love, support, and so forth. Since they can't provide what they lack, right? Through how they behave towards you, you'll realize the significance of wisdom. And now, you're learning to become wise yourself. By becoming wise yourself, can you then guide others?

因为如果你⾃⼰都没有⼀个东西可以给他们,你也没有办法帮助他们去认识⾃⼰或者是学习更多的东西.你没有办法,明⽩吗? 你只会去加深他们现有的⼀个现象,明⽩吗? 所以如果你真的想要去帮助他们或者是怎样.那就是去不断不断地去获得智慧.

Because if you don't have anything for yourself, you can't help them understand themselves or learn more. You can't do it, get it? You would just deepen the existing phenomenon, got it? So if you really want to help them or something like that, it's about constantly acquiring wisdom.

问: 我可累.家⼈为什么说我不孝顺? 这⼀段我妈⾝体又不舒服.我去也不孝顺,不去也不孝顺.

Q: I feel exhausted. Why does my family say I'm not filial? In this case, if I visit when my mom is unwell, it's considered disrespectful, and if I don't visit, I'm also seen as disrespectful.

JO: 你因为说的⼀些话,对你的⼀些评判,你产⽣内疚感,对不对? 你⾸先要记住,我们曾经说的⼀句话,如果外在的⼈他去评判你,那么他永远没有资格去评判你.因为真正有资格来评判你们的⼈是我们,但是我们永远不会去评判你们.我们只会教你如何去转化,如何去运⽤这⼀切,把死的变成活的,明⽩吗? 所以真正拥有可以去评判你的能⼒的存有,它不会去评判你,明⽩吗? 那你⾃⼰也没有拥有那个能⼒去评判你⾃⼰,明⽩吗? 就像刚才说的,你

JO: You feel guilty due to certain words you've said and judgments made about you, right? First, remember that if someone outside judges you based on what we once said, they will never have the资格 to judge you. Only those who truly possess the ability to judge you - us - would ever do so, but we never actually judge you. We only teach you how to transform and apply everything, turning the abstract into tangible understanding, do you see? Therefore, the entity that genuinely has the power to judge you will not judge you, understand? Nor do you possess the ability to judge yourself, understand? Just as I mentioned earlier, you

现在在捡东西.你不知道你捡来的东西,那个更⼤的智慧它是需要如何的去运⽤和利⽤它的.你不知道的.你只是⼀个捡东西的⼈,你只是这个收集东西的⼈,明⽩吗? 你不知情.问: ⽼百姓可以收点东西卖废品啥的.我也可以捡.

Now you are collecting things. You don't know how the greater wisdom uses and benefits from what it collects. You just don't understand. You're just someone who collects, you're just part of this collection process, do you get that? You're uninformed. Q: Ordinary people can collect items to sell as scrap or junk. Can I also pick things up?

JO: 我们所说的捡东西是你现在的体验和经历,这⼀切.就是你体验到的这种,你说你累.你体验到的这种⽆⼒感,你体验到的这种不被理解,你体验到的被评判,就是感受的这些东西.它都是所谓的捡东西,就是你的体验,明⽩吗? 这些体验我们都可以教你去如何的转化和运⽤它.

In this Chinese text, JO is explaining that what we refer to as 'picking things up' in our discussion encompasses your current experiences and encounters. This includes the feelings of fatigue you mentioned, the sense of powerlessness you've experienced, feeling misunderstood, being judged – these are all aspects of your experiences. Essentially, it's about understanding how to transform and utilize these feelings, teaching you methods on how to deal with them effectively.

问: 那我该怎么做?

Q: What should I do then?

JO:就是停⽌去进⼊你的头脑,不断地有声⾳.⼀会⼉说你好、你不好,你孝顺、你不孝顺,做的好、做的不好…… 这些都来⾃于你⾃⼰头脑⾥⾯评判你⾃⼰的声⾳.我们告诉你你没有权⼒去评判他们,因为你不知情,明⽩吗? 因为更⼤的存有,你不知道它们是如何去运⽤⼀切的.

JO: Just stop going into your mind and having that constant stream of voices. Sometimes saying you're good, sometimes saying you're not, being filial or not, doing well or poorly... All these are the self-judgment voices coming from within your own mind. We tell you that you do not have the power to judge them because you don't know what's true, right? Because the greater beings, you don't understand how they use everything.

问: 为什么很多⼈说我不孝顺? 感觉很不好.

Question: Why do many people say I am disrespectful to my elders? It feels very unpleasant.

JO:你需要的不是停⽌外在的⼈给你的评判或者是他们如何去说你.因为你只是他们去投射出来的,就是他们世界的你,那个版本.你没有办法去操控他们想要把你投射成什么样⼦的.你唯⼀能做的就是不去被他们的能量影响,你处在你⾃⼰的能量场.为什么呢?因为只有……这么说吧,他们创造了⼀个有毒的环境,对吧?然后你跟他连线上了,你感受到这个毒⽓,你感受到不舒服.闻起来好臭,他们都在放屁,明⽩吗?那他们不断地在房⼦⾥⾯放屁放屁,放了很多屁.你⾃⼰⾛进去要闻,那你肯定会感受到臭啊,感受到不舒服啊.那你能在你的房间⾥⾯种上鲜花吗?插满鲜花,那你的环境是不是就很⾹了?

Japanese Owl (JO): What you need isn't to stop the external people's judgment or how they speak about you, because you are just their projection of themselves, it's their version of you. You can't control what they want to project you as. The only thing you can do is not allow their energy to affect you; stay in your own energy field. Why? Because they've created a toxic environment, haven't they? Then when you connect with them, you feel the stench, and it feels uncomfortable. It smells so foul; they're farting all over the place, right? And they keep farting inside their house, farting many times. If you go into your room smelling that, wouldn't it be smelly and uncomfortable for you? Could you plant flowers in your room to make it smell good instead?

那你很⾹,那你是不是给他们创造了⼀个,让他们可以看到我这个房间不是⽤来装屁的,我还可以装上鲜花呢.来让我⾃⼰好受,别⼈也好受.我⾃⼰喜欢,别⼈也喜欢的⼀个环境.

That's quite fragrant of you. Are you trying to create something for them that lets them see this room isn't just for holding my flatulence; I can also fill it with flowers. To make myself feel better and others as well. An environment where I enjoy it and others do too.

问: 你说我俩姐……JO: OK,你记住这句话,you are the one,你才是那个被我们选择的⼈,不是他们,明⽩吗?那转变的⼒量会通过你流向那些他们内在想要去转变的⼈,ok?如果他们不想要转变,想要更多的体验,他是被允许的.⼀旦他们任何时候想要去发⽣转变,他们就会得到⽀持和⼒量,明⽩吗?所以你们的意愿都是得到⽀持的.你想要继续去选择更多的体验,体验更多的束缚更多的⿊暗更多的痛苦,这些都是被⽀持的.但是任何时候你想要去转变,你在当下你就可以获得转变的⼒量,明⽩吗?

JO: OK, you keep this sentence in mind; "You are the one," meaning you're the one who's being chosen by us, not them. Understand? This transformational force will be directed through you to those who internally want to transform themselves, okay? If they don't want to change and desire more experiences, it is their choice. Once they ever want to change at any time, support and power will be provided for them, understand? So your intentions are supported. You want to continue choosing more experiences: more restraints, darkness, pain; all of these choices are supported. But anytime you want to transform, the power of transformation is available to you in the present moment, understand?

问: 我感觉我以前……JO: 以前的那个你已经死掉了,所以不要再拿着它的⼫体对它指指点点了,明⽩吗? 你们死了,就把它⽕化掉.去迎接那个新的⽣命,新的⽣命充满了⽆限的可能,明⽩吗? 就好像曾经那张上⾯画的乱七⼋糟的纸,现在已经被烧掉了.现在在你⾯前是⼀张崭新的纸.你想它如何去描述描绘出你⼼中想要的美好?

Q: I feel like my old self... JO: The old you is dead, so stop pointing at its corpse and criticizing it anymore. Understand? You need to cremate it now. Embrace the new life that's full of endless possibilities. Like the messy paper with drawings on it that was burned in the past; now you're presented with a brand new sheet of paper. What do you want this new canvas to depict, reflecting your desired beauty?

问: 描绘就是⼀个⼼态还有状态.(听不清)JO:把你的关注⼒和专注⼒去发现美好的⼀⾯.OK,就简单⼀点.今天你⽼婆跟你笑了⼀下,你说哇,⽼婆你好漂亮啊.来亲⼀下,我好喜欢你笑的样⼦.就算她今天骂了你⼗句话,骂了你⼗次.你也要抓住那⼀丁点的笑容,然后把它放⼤.然后不断不断地去加深这个笑容,告诉她你⾮常喜欢她的笑容,告诉她你⾮常感恩她能如此温柔的对待你,明⽩吗?⽆论你⽣命中经历的是谁,还是什么事件.你都去把那个让你感受到美好的⼀瞬间把它⼤化.然后⼤化到让对⽅只能感受到美好,对⽅感受到美好,他不得不散发出⼀个美好的频率.就好像你在给对⽅喂了很多黄⽠汁,那他拉出来的肯定是黄⽠汁.

Question: Drawing is a mindset and state. (Inaudible) JO: Focus your attention and concentration on finding the beautiful side. Okay, let's keep it simple. If your wife smiled at you today, you could say, "My dear, you're so beautiful." Then, give her a kiss and tell her how much you love seeing her smile. Even if she骂ed you ten times today, find that tiny bit of laughter, amplify it, and deepen the smile continuously. Inform her that you really like her smile and feel grateful for her gentle treatment. Understand that no matter who or what you encounter in your life, you should maximize those moments that bring you joy. Then, magnify them so that they only convey positivity to the other person. If someone feels positive towards you, it's inevitable that they will emit a positive frequency. It's like feeding someone a lot of yellow juice; they'll inevitably poop out the same.

你给对⽅喂了很多其它东西,那他排出来的肯定是那个东西,明⽩吗?然后你永远都有办法去影响他,你要给对⽅喂什么?你要给对⽅输⼊什么?也就是说当你不断地去⽤你的眼睛让你⽼婆看到她美好的那⼀⾯,不断地让她看到.不断地去看到她多么的⽆私,她对你的所有的期待,对你所有的失望,对你所有的东西,这些其实都来⾃于她在乎你.她要是不在乎你,她并不会有这⼀系列的反应.所以把她在乎你这个⼏个字给它⼤化.告诉她⾮常感谢你,既然如此的在乎我超过我⾃⼰在乎我⾃⼰.明⽩吗?因为你才是那个体验者,你可以去选择你要把什么东西放⼤,然后反射给对⽅,让对⽅去体验.对⽅只会散发出你给他的频率.

You have given the other person a lot of other things, so whatever comes out is that thing, do you understand? Then you can always influence him in some way. What are you giving to the other person? What are you inputting into them? That means when you continually show your wife the best aspects of her, letting her see how selfless she is, and all her expectations for you, disappointment towards you, everything about you, this actually comes from her caring for you. If she didn't care for you, she wouldn't have these series of reactions. Therefore, maximize those words that show that she cares for you. Tell her how grateful you are to her, since she cares more for me than I even do for myself. Do you understand? Because you are the one experiencing this, you can choose what to amplify and then reflect it back to the other person, allowing them to experience it. The other person will only radiate the frequency that you give them.

问: 我感觉我⾃⼰⾝体这⼀段不太好.

Q: I feel that my health hasn't been good lately.

JO: 那你关注的是什么? 你看,当你关注的是我们的能量,你感受⾮常好.当你不再关注我们的能量,你就感受不好了.你关注的是什么? 你关注的是你姐姐的怨⽓,你妈妈的怨⽓,明⽩吗? 那就像我刚刚说你输出什么,别⼈就会体验到什么.那你现在就在体验别⼈给你的输出的.那你去选在关注我们给你输出的.我们给你输出的是巨⼤的能量.它可以不断不断地滋养你,转变你,洗刷你.就像你们所谓的⼀些兴奋剂⼀样,让你处在⼀个很兴奋的状态,明⽩吗? 你有选择的权⼒.

JO: Then what are you focusing on? See, when you focus on our energy, you feel great. When you no longer focus on our energy, you don't feel good. What are you focusing on? You're focusing on your sister's bitterness and your mother's bitterness, right? That's like what I just said about you outputting something, and others experiencing it. So now you're experiencing the output given to you by others. Choose to focus on us giving you output. We give you immense energy that constantly nourishes, transforms, and cleanses you. It's like some of your so-called stimulants that keep you in a very excited state, understand? You have the power to choose.

问: 我感觉我⾃⼰问题特别严重.

Q: I feel that my problems are especially severe.

JO:当你说出来我感觉我问题特别严重的那⼀句话过后.记住,那个⼈已经死掉了.他已经死掉了.不要再去拿他的东西,他的感受.因为前⼀秒钟他已经死掉了.你现在还想问什么?

JO: After you said that one sentence making me feel like my problem is very serious, remember, that person has already died. He's already gone. Don't touch his things or consider his feelings because he was dead just a second ago. Why are you still asking questions now?

问: 我说这⼀段我⾝体有点不好.

Q: I said that my body was a bit unwell.

JO: 是,我们刚才说了,当你说出来这句话,然后⾝体不好的那个⼈已经死掉了.你不要再拉着它的⼿继续去研究它的⾝体,去诉说它的痛苦.因为刚才被你已经给弄死了,明⽩吗?

JO: Yes, as we just said, when you say this sentence and the sick person has already died, don't keep holding their hand to continue studying their body or talking about their pain because they've been killed by you just now. Understand?

#### 2023/10/30 — ⿁压床、⾃我清理、和家⼈关系不好怎么办Conflicts with the bed, self-cleaning, and poor family relationships - How to handle these issues

JO: 你说什么问题?

JO: What's the problem you're referring to?

问: 我从19年开始就经常⿁压床,我换了新家之后就没有了.但是现在又有了.我被⿁压床的时候我看见⼀个⼥的坐在我脚那边.

Q: I was often haunted by a bed spirit since 19 years ago, but it disappeared after I moved to a new place. However, it has started again now. When the bed spirit haunts me, I see a woman sitting at my feet.

JO: ⾸先你要知道你们⾝处的⼀个物质世界,它不是单独的就是⼀个物质世界的存在.它是⼀个混合体⼀样.因为从你们的感知你们会觉得你们只能体验到这个世界就是这个世界,但是并不是的,明⽩吗? 那通过这些体验,实际上是你的⾼我在给你⼀些信息.让你去看清楚这个物质世界并不是你认为的那样,明⽩吗? 就是它包含着⽆限让你去探索.就⽐如说如果你去⼀间房⼦,眼前有⼀些玩具.那你可能只会专注在玩那些玩具.那我们告诉你在玩具背后还有很多很多等待你探索的东西.那是不是就给你⼀个提醒,让你不是单纯的只是去玩这个玩具? ⽽是去更加的探索这个房⼦⾥⾯还有⼀些看不见的东西,它也是扩展你的⼀个⽅式,明⽩吗?

JO: First, you need to understand that you are in a material world, not just an isolated existence of matter. It's like a mixture because from your perception, you might think that you can only experience this world as it is - but that's not true. You see? Through these experiences, your higher self is giving you information to show you that the material world isn't what you think it is. Understand? It contains infinity for you to explore. For example, if you are in a room with some toys, you might just focus on playing those toys. We tell you there's so much more waiting for you to discover behind those toys. Isn't this a reminder not just to play the toys but also to explore further within that house and realize there's unseen stuff inside as well - it expands you in another way, understand?

也就是把你的注意⼒引向⽆限.因为只有进⼊到⽆限和⾃我探索和对这个世界的探索,它才会真正的让你⾛上这条你去认识⽣命认识你⾃⼰的这条路.⽽不是单纯的把⾃⼰当成⼀个你现在⽬前的⼀个⾝份或者是眼前的东西.就是它不是来害你的,⽽是来给你⼀些提醒.让你知道你有这个能⼒去感知到⼀个更⼴的⼀个维度.然后你之所以会不适,是因为你头脑不明⽩.然后你头脑它不理解发⽣了什么,它会产⽣⼀种恐惧,就是对未知的⼀种恐惧.

That is to divert your attention to infinity. Because only by entering into the infinite and exploring yourself and this world will it truly lead you on the path of understanding life and yourself, rather than merely considering yourself as your current identity or what's in front of you. It's not here to harm you, but to give you some reminders. To let you know that you have the ability to perceive a broader dimension. Then you feel uncomfortable because your mind doesn't understand. And then your mind cannot comprehend what is happening, it will generate fear, a fear of the unknown.

问: 就是我可以向那边的⽅向发展吗?

Question: Can I develop in that direction?

JO: 你可以.因为这些都是在传递给你信号,让你去往这边看,看这⾥.因为你们很容易被你们眼前的玩具捆绑、限制.就是你眼⾥只有这个,你很容易钻进去,然后就钻进去了.所以这是给你的⼀个提醒.然后还有就是当你收到这个信号,你后⾯可能就不会需要这个信号了.但是你又会接触不同的⼀些能量体.你就会接触到其它信号了.它就不会以这样⼦的⽅式来让你感受让你感知了.

JO: You can. Because these are all signals being sent to you, guiding your focus here and onto this area. As you're easily captivated and confined by the toys in front of you. Your eyes only see this one thing; it's easy for you to get lost in it, and you do so. This is a reminder for you. And then, when you receive this signal, you might not need another like it afterward. But as you encounter different energy entities, you'll be exposed to other signals. They won't come at you in this manner anymore; instead, they will guide your experience and understanding differently.

问: 我感觉我那个时候就有⼀种感觉,就很害怕惊恐.

Question: I felt a sense of fear at that time, which was quite terrifying.

JO: 是的,因为这是来⾃于你的物质⾁体它对外界做出的⼀些反应.但是你要知道你会体验它,但是并不代表它会伤害你.它只是⼀个就好像风⼀吹到你脸上,你感受到冷飕飕的.然后风过了,OK.你会感受到,但是那个风不会对你造成任何伤害,明⽩吗? 所以你不需要.就好像是⾬滴落在你的⾝上,你湿哒哒的那种感觉.

Yes, because it comes from your physical body's response to the external environment. But you need to understand that you will experience it, but that doesn't mean it will harm you. It's just like when a wind blows on your face and you feel a chill. Then, once the wind passes, alright? You'll feel it, but the wind won't cause any damage to you, right? So there's no need for concern. Just like raindrops falling on your body, giving you that wet sensation.

问: 我⼀直有听通灵信息,我知道我⼜渴,但是我才是那⼀⼜井.有时候我害怕的时候我安抚它,还是不⾏……JO: 这么说吧,你是那⼜井,那你有去挖那⼜井吗? 你不断地把它的⼀些障碍,把它的⼀些限制,把它堵塞住的东西给拿⾛吗? 明⽩吗?

Q: I've always been listening to spirit messages. I know that I'm thirsty, but I am the well here. Sometimes when I'm afraid, I comfort it, but it still doesn't work... JO: In other words, you're the well here. So, have you gone and dug this well? Have you continuously taken away its obstacles, its limitations, and all the things that are blocking it up? Do you understand?

问: 我有去安抚它,但是……JO: NO NO NO,我是说你是⼀⼜井,但是你还没有把这⼜井打通,明⽩吗? 这是不同的⼀个状态.那你这⼜井没有出⽔呀.

Q: I tried to calm it down, but... JO: No no no, I mean you are a well, but you haven't drained this well yet, understand? This is a different state. But your well isn't yielding water.

问: 那我该怎么去打通它呢?

Question: So, how do I get through it?

JO: 那你现在就是在打通它、清理它的过程.你现在在跟我交流,你就在.然后通过你不断不断地⾛上这条道你就知道…… OK,你们这个通灵的JOJO⽼师,她很多很多年,⼤量的信息不断不断地洗刷她.但是她还在不断地清理,明⽩吗? 所以这不是⼀个⼀下⼦就完成的⼀个动作.因为你们还需要体验,你们还需要去体验这个过程.这个过程才是呈现独⼀⽆⼆的你,明⽩吗? 这个过程才是你最宝贵的.你搬开的每⼀块⽯头都会成为你的⼀部分,就像你的资历⼀样.你搬开了这块⽯头,你拿到⼀个⼩学毕业证.搬开那块,你拿到⼀个初中毕业证.⼤学、硕⼠、博⼠…… 明⽩吗? 就像这样⼦,你都会拿到⼀个相应的证书⼀样.

In this process of opening and clearing it, you are currently communicating with me, which means you're already involved in it. Through your continuous journey on this path, you'll understand that...

Okay, you folks, this intuitive JOJO teacher has been receiving a constant stream of information for many years, being washed over by masses of data. However, she is still continuously clearing her mind, do you see? Hence, this isn't an instant action; it's something you need to experience along the way. This process reveals your unique essence, understand?

This process is what holds the greatest value for you. Every rock you move will become part of you, just like your experiences. Moving a rock means achieving a primary school diploma, moving another could mean obtaining a middle school diploma. Progressing through high school, college, master's and doctorate degrees... Understand? You'll receive corresponding certificates in the same manner as these achievements.

问: 我感觉我⼀直想要去疗愈它,但是会依赖外在的东西,就像循环⼀样.

Q: I feel like I've always been trying to heal it, but relying on external things, just like a cycle.

JO: 你不需要…… 我们刚刚说你没有办法⼀下⼦就把它弄通.但是这些东西都是逐渐让你去发现它,哦,我今天舒服⼀点.啊,我今天感觉轻松⼀点.它是逐渐逐渐的⼀个过程.你就会发现你越来越轻盈,你越来越在⼀个舒服的状态,明⽩吗? 你需要去体验这个过程.体验这个过程就是会让你充满智慧,就是你从这个过程当中去成长,去成为,去认识⽣命认识你⾃⼰认识众⽣.那你如果不去通过这个过程的话,你从何去认识⽣命的本质,你从哪⾥你告诉我? 从别⼈那⾥? NO NO NO NO.只有从你⾃⼰,你才能真正的把那⼀部分成为你.就是你真正的才能把那⼀部分的智慧转化为你的,你独⼀⽆⼆的,别⼈谁都拿不⾛.别⼈谁都说服不了你.

JO: You don't need... We just said you can't get it all figured out instantly. But these things are gradually revealed to you; oh, I feel better today. Ah, I feel lighter today. It's a process of gradual discovery. You'll find that you become increasingly light and comfortable, understanding? You must experience this process. Experiencing this process fills you with wisdom, allowing you to grow, evolve, and comprehend life, yourself, and all beings from within. Without going through this process, how can you understand the essence of life, and from whom would you learn that? Not from others, no, no, no, no. Only by truly experiencing it yourself can you incorporate that part into your own being. You alone can transform that wisdom into something uniquely yours, unattainable by anyone else.

就⽐如说你⾃⼰体验了⼀个从很多创伤到⼀个强⼤的⼈的过程.你说别⼈又来弄你⼏下,你没有关系的呀.为什么呢? 因为你已经有了⾃我恢复的能⼒呀.你会在乎吗? 你不会在乎.别⼈对你就好像是那种百毒不侵的感觉,明⽩吗? 千锤百炼.

For example, you've gone through a process from experiencing many traumas to becoming a strong person. You say that others can come at you again and it doesn't matter. Why is that? Because you already have the ability to recover yourself. Would you care about that? No, you wouldn't. Others would be like having no poison affect them, get it? Through thousands of trials and errors.

问: 我最近很家⾥⼈关系闹的不太好,我也很难受.我和他和好,但是他还是会依照他的性格伤害我.我不知道该怎么做?

Q: I've been having a lot of issues with my family lately, and it's making me very upset. I tried reconciling with him, but he still hurts me based on his personality. I don't know what to do.

JO: 这么说吧,在你们发⽣这种伤害的时候就好像你们都是闭着眼睛的,那肯定造成这种.那如果你的眼睛睁开,即使他们的眼睛是闭着的,他们都伤害不到你.因为你可以躲在⼀个安全的地⽅,你可以站在⼀个他们触摸不到的地⽅.为什么? 因为他们眼睛看不到的,明⽩吗? 还有就是说你不会把他不⼩⼼踩到你的脚当成是⼀个伤害的事件.为什么呢? 因为他在摸索,他眼睛看不到的.你知道他是个瞎⼦.你不会去怪罪他,明⽩吗? 所以说你只需要呆在你的中⼼,安全位置.那个位置是别⼈没有没有办法去靠近的,除⾮你⾃⼰离开了那个位置.就你来离开了你的安全之地,然后你就可能被他们伤到.因为他们⼀直都是像⽆头苍蝇⼀样到处乱窜.

JO: Let me put it this way, when such harm occurs to you, it's as if you are all blind. This inevitably leads to that situation. But if your eyes were open, even if theirs were shut, they would still not be able to harm you. Because you can hide in a safe place, and stand somewhere where they cannot reach you. Why? Because what their unseen hands cannot touch, do you understand? Furthermore, you wouldn't consider stepping on someone's foot accidentally as an act of injury. Why? Because he is just fumbling around, unable to see with his eyes closed. You know he's blind. So why would you blame him, do you understand? Therefore, all you need to do is stay in your center, your safe spot. That place is out of reach for others unless you yourself move from it. If you leave your safety zone, then you may be injured by them, as they are always moving around like headless chickens without direction.

所以说当你⾃⼰睁开眼睛,当你知道你⾃⼰的安全位置在哪⾥,你就不会去卷⼊他们的游戏.那怎么样可以找到你安全的位置呢?那就是说去认识你是谁,去认识这个世界,去认识⽣命的本质,去认识⼀切.那你现在⽐如说听我们的通灵信息,你现在在通灵,你都是在做这件事情.所以说这⼀切都是好像你的⼀个挑战.因为什么呢?因为你会通过这⼀系列的体验,然后去感知到当你睁开眼睛和闭着眼睛的不同.就你曾经是闭着眼睛的状态,看着别⼈闭着眼睛和你现在睁开眼睛,你就会去感受这所有的.

So when you open your eyes for yourself and know your own safe spot, you won't get involved in their game. How do you find that safe spot? By figuring out who you are, understanding the world, grasping the essence of life, comprehending everything. Right now, as you listen to our spiritual messages or receive them, you're doing this very thing. Therefore, it all seems like a challenge for you. Why is that so? Because through these series of experiences, you will perceive the difference between opening and closing your eyes. Once you were in a state where others appeared to have their eyes closed while you had yours open, now with your eyes wide open, you can sense this entire spectrum.

问: 那我现在还没有完全的认识⾃⼰,我想⼀步⼀步的来.但是我⽗母又会伤害我.好像我的进步⼀下⼦就又降了下来.

Question: Well, I haven't fully understood myself yet. I want to take it one step at a time. But my parents might hurt me. It seems like my progress is going back all of a sudden.

JO: 这么说吧,我们昨天的信息说如果你发现你中了全世界独⼀⽆⼆的彩票,就是top one.然后这张彩票可以得到任何你想要得到的东西,不管你的梦想、财富、财产都可以得到.当你发现你得到那张彩票的时候,你会不会⾮常兴奋? 因为⽆论你想做什么,你所有的梦想都在⾥⾯,对不对? 那你在这种兴奋的状态下,如果你妈妈骂你⼏句,你觉得你会马上伤⼼吗? 你会因为她说你⼏句,骂你⼏句,然后你就不在你的喜悦当中吗? 我问你.(回答: 不会)那就是了.所以去拿到你的彩票.因为它可以让你不会受外界的影响.

JO: Let me put it this way, our message yesterday said that if you were to discover that you've won the world's unique lottery, known as 'top one.' This lottery would grant you anything you desire - your dreams, wealth, properties, and so on. If you actually found out that you had won such a prize, wouldn't you be extremely excited? Because no matter what you want to do, all of your dreams are encapsulated within it, right? Now, in this state of excitement, if your mother were to scold you for a few words, would you immediately feel heartbroken because she said a few things about you or scolded you? Would that make you lose your joy instantly? I'm asking you. (Response: No) That's it, so go and claim your lottery. It will protect you from the influence of others.

不是别⼈⼀句话或者是别⼈⼀个巴掌或者是怎样,就算妈妈把你最⼼爱的车⼦砸了,你说反正我都不想要了,我还可以买个更好的.因为你知道你有花不完的钱,明⽩吗? 所以没有任何东西是值得你去捍卫的.为什么呢? 因为你本⾝就像是我刚才说的那种状态,如此的丰盛.你只需要去我刚才说的那种⽅式,把你内在的⼀个状态,然后展现出来.明⽩吗?

Not that someone's single word or a slap from someone else counts, even if your beloved car is smashed by mom and you say, "I don't want it anyway, I can buy a better one." Because you know you have endless money, right? So nothing is worth defending. Why is this? Because you're like the state I just described, so abundant. You simply need to exhibit that state in the way I mentioned earlier. Understand?

问: 我的⼈际关系,⾝边很好⼥性的朋友.我现在也差不多是时候了,但是还是没有交到⼥朋友,这样⼦.我想怎么样可以有更多的机会去交社交上的朋友?

Q: I have great female friends in my social circle, and it's about time for me to settle down, but I haven't found a girlfriend yet. How can I increase my chances of making more social connections?

JO: 你们物质世界上到处都是机会,明⽩吗? 你⾃⼰只要把⾃⼰放出去,这些都是机会.但是我告诉你们,如果你们中⼼的频率不变,你就算创造了这些机会,它也是通过这个机会,就是外在你跟对⽅发⽣关系来呈现出你⾃⼰内在的⼀个不圆满或者是这种状态.你只会投射出更多的⼀个拉扯给你.就⽐如说你现在跟⽗母关系有问题.那你到时候可能会来说我跟我⼥朋友,我跟我⽼婆,我跟我孩⼦.它都会通过这些关系把你内在⼏⽄⼏两,就是你是个什么样⼦的程度给呈现出来的,明⽩吗?所以说拥有关系不代表它会是你期望的那种.但是你永远都可以通过这个反射的镜⼦来修你⾃⼰.这个才是最重要的.

JO: You have opportunities everywhere in your material world, understand? All you need to do is let yourself out, and these are the opportunities. But I'll tell you this: if your center's frequency doesn't change, even if you create these opportunities, they will still be a reflection of your own imperfections or state, as you relate to the other person externally. You'll just attract more of the same. For example, if you have issues with your parents now, later on you might say I have problems with my girlfriend, my wife, or my child. These relationships would reflect how you are internally, a few ounces or pounds of who you truly are. That's why having relationships doesn't necessarily mean they will be what you expect. But you can always use this reflective mirror to improve yourself. This is the most important thing.

⽽且你在每⼀个不同的频率和状态,都会投射出⼀个跟你频率相同的,就是你那个频率产⽣⼀个对象出来给你,明⽩吗?有可能是同⼀个⼈,你投射出来他不同的⼀⾯.他有可能在你⾯前像废物⼀样,他也有可能在你⾯前像天才⼀样.那你投射出他不同的⼀样.但是⽆论你们怎样,你体验的还是你们⾃⼰内在的能量,就是你显化出来的还是你⾃⼰内在的⼀个状态.所以当你focuson,就是把外在的⼀切当成是你修你⾃⼰,拿到你的内在,从内在去下功夫的话.你⽣命的⼀切都会是圆满的,那当然包括了你的爱⼈,爱情,它也会是圆满的,明⽩吗?

And at every different frequency and state, you project an object that matches your frequency, creating something out of your own frequency for yourself. Understand? It could be the same person, projecting different aspects of them. He might appear as a waste to you, or he might seem like a genius to you. You project these different aspects. But no matter how it is between you, what you experience is still your inner energy; whatever you manifest comes from your own internal state. So when you focus, treating all external things as self-improvement, focusing on getting inside and working on yourself, everything in your life becomes complete, including love, relationships; they become complete too. Understand?

#### 2023/11/02 — 线上集体通灵问答 Online Group Spirit Channeling Q&A

JO: 我们好了,我们可以提问了?

JO: We're ready, we can ask questions now?

问: 如何发现⾃⼰对事物有没有深刻的领悟?

Question: How does one discover if they have a profound understanding of things?

"How does one determine whether they possess a deep insight into matters?"

JO: 就是你有没有觉得你在从这件事情当中受益.如果这个事情你会感激它的发⽣,然后你觉得⽆论怎样,你不想要这个事件消失,你想要它发⽣在你的⽣命中.你⾮常感谢它发⽣在你的⽣命中.为什么? 因为它转变了你,它提升了你,它扩展了你.如果你能从任何的事物中感谢那件事情的发⽣对你带来的质的变化,带来了翻天覆地、⾮常⼤的转变.那么你就从中得到了⼀个领悟,明⽩吗? 如果你在排斥为什么会发⽣这样的事情? 就是你觉得⽣命是对你不公平的,然后你是⾮常不想要这样的事件发⽣在你的⾝边,你觉得不应该发⽣在你的⽣命当中.那你便没有.明⽩吗? 所以任何让你在感激的事件,就说明你已经得到了⼀个深刻的领悟了.

JO: Have you ever felt that you benefited from this matter? If this incident would make you grateful for its occurrence, and no matter what, you don't want the event to disappear but instead want it to happen in your life. You are profoundly thankful for its happening in your life. Why is that? Because it has transformed you, elevated you, and expanded you. If you can be grateful for any event that brings about qualitative changes in your existence, causing significant transformations, then you have gained a profound understanding. Right? If you're resisting why such events happen to you, meaning you feel life is unfair to you, and you strongly don't want such incidents to occur near you or in your life, considering they shouldn't happen in your lifetime. Then, it means that they don't. Understand? Thus, any event that leads you to gratitude indicates that you've achieved a deep insight.

它对你来说是有意义的.

It makes sense to you.

问: 如何打破⾃⼰的局限性?

Q: How can one overcome their own limitations?

JO: 那就是伴随着,就⽐如说刚才我们前⾯的问题,当你去感恩.就⽐如说你得了癌症,如果让别⼈再问你让你选择你再得不得癌症? 你说我还会选择得这个癌症.为什么呢? 因为这个癌症彻底转变了我的整个⼈格,⽣命状态.如果不是这个癌症,我可能还沉浸在我的物质⽣活当中,明⽩吗? 但是当你转变过后,你的癌症也会消失了.为什么呢? 它来服务你的⽬的已经达到了.然后你再问⼀下刚才的问题?

That's the essence of it, like the question we just discussed earlier, when you're being grateful. For example, if you have cancer and someone asks you if you would choose to get cancer again? You say yes, I would still choose this cancer. Why is that? Because this cancer has completely transformed my entire personality, life state. If it weren't for this cancer, I might still be lost in my material life, understand? But after the transformation, your cancer will also disappear. Why is that? Its purpose in serving you has been fulfilled. And then you ask the question we just discussed earlier again.

问: 如何打破⾃⼰的局限?

Question: How can one overcome their own limitations?

JO: 那是不是这个局限就被打破了? 就⽐如说最开始你是受什么限制? 疾病的限制.疾病限制了你,癌症限制了你.你没有⾃由.那你说如何去打破它? 通过你把这个限制转变成它成为你的⼀部分,就是你不会…… 就是离开它,就成为不了你.就⽐如说你捏⼀个泥⼈,离开那个泥,这个泥⼈就不存在.那离开这个事件,也就不存在你,也就不存在这个⼈格的你,这个独特、独⼀⽆⼆的…… 它有独特的味道、独特的间接、独特的⼀切,它成不了你,明⽩吗? 那你就在通过这个转变,就你没有任何限制了,对吧? 疾病对你来说不再是个局限了.

That's when the limitation is broken, right? For instance, initially what was limiting you? Disease limitations. Diseases were restricting you, cancer was restricting you. You had no freedom. So how do you break it? By transforming that limitation into something that becomes part of you; you wouldn't... just leave it behind and that thing would cease to be you. Similar to when you mold a clay figure, if you remove the clay, the clay figure ceases to exist. If you leave this event out of play, you also cease to exist as 'you', erasing your individual self, that unique and irreplaceable... with its unique essence, unique characteristics, everything about it cannot become you. Understand? Through this transformation, there would be no limitations on you anymore; disease is no longer a limitation for you.

问: 如何⾯对世俗的眼光?

Question: How do you deal with worldly views?

JO: ⾸先这⾥没有世俗的眼光,只有你⾃⼰对你⾃⼰的眼光.那个世俗来⾃于你⾃⼰.因为在你的意识,在你的信念,在你的世界观当中,它还存在这⼏个字: 世俗的眼光.你给了它⼒量,你赋予了它⽣命,你让它来束缚你,让它来影响你.你⽣了它.

JO: First of all, there's no secular gaze here; only your own gaze towards yourself. That secularity comes from you. Because in your consciousness, in your beliefs, in your worldview, those three words still exist: the secular gaze. You gave it power, you breathed life into it, and let it bind you, influence you. You created it.

问: 如何变的独⽴?

Question: How does one become independent?

JO: 通过去认识你⾃⼰,你将会变得独⽴.通过不断地不断地去认识你⾃⼰,你将会变得独⽴.但是当你不断地认识⾃⼰,让你⾃⼰变得独⽴过后.你的独⽴已经消失了,你并不是独⽴的.因为你已经融⼊到⼀切了,明⽩吗?

Through the process of getting to know yourself, you will become independent. Through constant self-discovery, you will achieve independence. However, after you have constantly discovered yourself and made yourself independent, your sense of independence disappears; you are not truly independent because you have blended into everything, understand?

问: 最理想的组织是什么存在⽅式?

Question: What would be the ideal way for an organization to exist?

JO:那就是你们不再是把⾃⼰脱离出去的⼀个⽅式.⽐如说中间有⼀团⽕或者⼀束光.你们所有⼈都是朝着这个光,朝这⼀个⽅向.那如果这个组织⾥有很多⼈是朝着相反的⽅向呢?那最理想的组织就是说你们都是朝着中间的⼀个⽅向.为什么呢?因为你们有共同的⽬标,你们有共同的就像使命感⼀样.这是你们共同的东西.

JO: That's how you're no longer isolating yourselves; for example, there is a flame or a light in the middle. You are all directed towards that light, that direction. But what if many people within this group are moving in the opposite direction? Then the ideal organization would be everyone directed towards the center of the flame. Why is that? Because you have a common goal and you share something like a sense of mission, which is your common ground.

问: 如何发现⾃⼰是选择⿊暗还是光明?

Question: How does one discover whether they choose darkness or light?

JO: 那很明显啊.很明显你会感受到这⾥是光,这⾥是温暖,那⾥是⿊暗,那⾥是寒冷,那⾥是孤独,那⾥是分裂.你很明显的可以感受到.但是即使你是进⼊⿊暗,你也可以去转变它,明⽩吗? 就是说它的体验并不是毫⽆意义或者你们⼀定要去避免它. 你们⼀定要避免你失去了觉知.就是你没有觉察到你⽬前只是体验.就是你不会把那个体验当成是⽆可救药.当你知道你在体验这件事情,你可以随时从这个体验当中脱离出来.你可以从这个体验当中去学习去领悟.我们刚才说了,你就可以去感谢这个⿊暗的存在.你要感谢这个⿊暗的存在,它如何服务于你.⽐如说它会让你认识到你是光,让你看到你内在的光.那这个⿊暗它服务于了你.

JO: That's very clear. You can clearly feel that here is light, there is warmth, there is darkness, there is coldness, there is loneliness, and there is separation. You can clearly sense these things. But even if you enter the darkness, you can still transform it. Understand? It means that the experience isn't meaningless or something you must avoid. You must avoid losing awareness, meaning not being mindful of your current experience. That's to say, you wouldn't consider this experience irreversible. When you know you are experiencing this, you can detach from this experience at any time. You can learn and understand from it. As we just discussed, you can thank the existence of darkness. Thank it for serving you in how it does. For example, it might make you realize that you are light, allowing you to see the light within yourself. The darkness serves your growth in understanding this.

所以说任何外在的⼀切你都可以让它来服务于你,⽽不是说去躲开它、去排斥它.

So everything external can serve you, rather than trying to avoid it or reject it.

问: 如何对事物拥有极⼤的热忱?

"How can one exhibit great enthusiasm for things?"

JO: 就是你本⾝就是⽣命热忱的本⾝.并不是说我选择性的对这个有热忱,对那个没热忱.

JO: You are passion itself, life's passion. It's not that I'm passionate about this but not about that.

⽽是说你就是热忱的本⾝.那你本⾝就是激情是热忱的本⾝,那你对⼀切都是充满了热忱的状态.就是你在⼀个热忱的状态,⽽不是说我只是对这个事物对那个事物.但是这又是⼀个就好像你需要不断地、层层的让⾃⼰达到⼀个状态,它才能完完全全的去进⼊到这样⼦的状态当中.但是又说回来,即使你们对⽣命感受到冷淡冷漠或者是毫⽆兴趣.它其实也是你体验的⼀部分.所以当你没有达到那个境界的话,那就说明你体验另⼀⾯对你来说是有益的.也不是说,OK,这个是最好的.我们什么都不要体验,我们直接追求那个最好的.

And you are passion itself. So, you yourself embody the essence of enthusiasm, and you're filled with zeal towards everything. You're in a state of enthusiasm, not just towards this thing or that thing separately. But it's like you need to continuously build up your state by layering experiences until it reaches a point where you can fully immerse into such a state. However, even if you feel apathy, indifference, or lack of interest for life, that too is part of your experience. So, when you haven't reached that level yet, it means that experiencing the opposite side serves you well as an insight. It's not about saying, "Okay, this is perfect," and avoiding all experiences to directly pursue perfection.

问: 我⽬前有没有什么是我⾃⼰没有看到的卡点呢?

Question: Are there any roadblocks I'm overlooking right now that I haven't seen?

JO: 你为什么总是去关注你的卡点呢? 因为当你在不断不断地去enjoy,就⽐如说你喜欢这些 information,你不断不断地去关注在这些你激情的地⽅,你的卡点它会⾃然⽽然的消失的.就这么说吧,你就像是⼀条蛇蜕⽪.它⾃然⽽然就会蜕掉.你会⼀直说我的壳卡在那,我想把它蜕掉.你时机还没到.你去把你的蛇⽪蜕下来,你不是要你的命吗? 明⽩吗? 它是⾃然⽽然的,就像我刚刚说,就算是个卡点,那如果没有把它变成礼物,没有去感悟到领悟到…… 明⽩吗?

JO: Why do you always focus on your blockages? Because when you continuously enjoy, for example, if you like this information and constantly focus on these passionate areas, your blockages will naturally disappear. Imagine it as蜕皮 of a snake. It naturally sheds itself. You keep saying my shell is stuck, I want to shed it off. Your timing isn't right yet. Are you trying to take off your own skin? Do you understand? It's natural, just like what I said before, even if it's a blockage, without transforming it into a gift, without gaining insight and understanding... do you get it?

问: 为什么现在很多⼈甲状腺有问题? 很多⼈都得甲状腺癌?

Question: Why are there so many people with thyroid issues nowadays? Many people suffer from thyroid cancer?

JO: ⾸先不只是你们⼈类这⼀个问题,它有很多很多,就是你们物质⾁体它处在⼀个不畅通的状态,就是疾病的状态.那所谓的甲状腺也只是体现的⼀个⽅式⽽已.但是你的频率⼀定是不畅通的状态.它体现的⽅式不同.为什么你们⼈类还需要疾病这堂课呢? 因为你并没有感恩疾病的出现,把疾病转化成⼀个你感恩它.为什么?因为有了它,来让你重新认识⽣命.⽬前你们还是在怎么看待疾病的? 疾病是不好的,哪⾥有问题就切哪⾥.然后吃药,然后从那个症上⾯去解决问题.但是为什么你们集体意识⽬前,就是你们地球还需要疾病这堂课呢? 因为你们还没有从中受益,你们还没有把它变成礼物.

JO: This isn't just a human issue; it's widespread. Your physical bodies are in a state of stagnation or sickness. The thyroid gland is merely one manifestation of this condition. However, your frequency itself is stuck in such a state. It manifests differently because you haven't appreciated the presence of sickness and instead tried to transform it into something you're grateful for. Why do humans need this lesson on sickness? Because you didn't acknowledge its value; you simply treated it as an inconvenience that required cutting out faulty parts or medicating until symptoms were alleviated. However, why does humanity, collectively speaking, still require this lesson in disease when their collective consciousness is involved? The reason lies in the fact that they haven't fully benefited from understanding and transforming disease into a gift.

所以你们还需要继续suffering,你们还需要继续去体验,继续从中去学习去感悟去领悟.当领悟发⽣了,越来越多的⼈处在另外⼀个频率的话,不会有疾病的,明⽩吗? 所以只是你们⽬前进化到这个阶段还需要的⼀堂课,它还没有被你们转变.所以你们会需要疾病,会需要战争,会需要其它的⼀些事件,就是分裂、暴⼒的事件发⽣在你们的⽣命当中.因为这些事件它⼀⼀不是投射出你们内在本来的样⼦,明⽩吗? 当越来越多的⼈他内在都是和谐,都是光,都是爱的频率的话,这些事件它不可能显化出来,它没有地⽅去显化出来,明⽩吗?

So you still need to endure, experience further, and learn from it. When this enlightenment happens, more people are on a different frequency; there will be no illnesses, understand? So it's just another lesson that your current evolution into this stage requires but has not yet been transformed by you. Therefore, you will need diseases, wars, and other events like divisions and violent occurrences in your lives. Because these events do not project out the essence of who you truly are, understand? When more people are internally peaceful, filled with light, and loving frequencies, such events cannot manifest; there is no place for them to manifest, understand?

你们⼀定要记住⼀句话,外在的所有⼀切都是你们去体验你们⾃⼰这个energy ball,你们的能量状态是在什么level,明⽩吗? 你必须通过外在的⼀些反射和刺激和创造的⼀些体验来知道where you are.但是这些事情不是来困住你的,不是来陷害你的,你们⼀定要知道.为什么? 你们总会觉得⾃⼰是受害者.不是来限制你的,不是来困住你的.它不是来惩罚你的.它是来让你去转变、提升、扩展.让你知道,让你去体验⽣命,你的本⾝.

You must remember one sentence: All outward things are to experience yourselves as an energy ball; your energy state is at what level, understand? You must know through external reflections and stimuli and the creation of some experiences where you are. However, these things are not meant to trap you, or harm you, you must know this. Why? You always feel like victims. They are not meant to limit you or trap you. It is not meant to punish you; it's meant to let you transform, elevate, and expand. To let you understand and experience life, your very essence.

问: 什么是⾂服? 怎么才能在⽇常的⽣活和⼯作中做到⾂服?

Q: What is filial piety? How can one practice filial piety in daily life and work?

JO: 你如果连你⾃⼰是谁都不知道,就是你都不认识你⾃⼰,别⼈⼀句话你就⾂服了? 那需要达到⼀种⾂服 ,还是需要你不断地去学习、领悟⽣命的真谛,就是领悟⽣命.就是你真正的能悟到⽣命是什么过后,你不得不⾂服.为什么呢? 因为当你理解了⽣命不是你这个物质⾁体过后,你不再需要去⾂服了,明⽩吗? 因为它已经没有⼀个东西需要去⾂服了.为什么? ⼩我的⾁体已经消亡了.还⾂服啥呢? 所以不是说有⼀些灵修的词语告诉你⽣命要⾂服.那你这就是迷信⽽已,断章取义的拿着⼀个字眼.最后发现还是不⾏呀.⾂服不了呀.

JO: If you don't even know who you are, if you don't recognize yourself, how can someone's word sway you? That kind of sway requires a level of submission, or do you need to continuously learn and understand the essence of life, which is to understand life itself. Once you truly grasp what life means, you cannot help but submit. Why is that? Because once you comprehend that life isn't just your physical body, you no longer feel the need to submit. Do you see? Because there's nothing left to submit to. Why is that? Your ego's physical form has already vanished. So, why would you still submit? It's not about some spiritual teachings telling you that life needs to be submitted; that would just be blind faith, taking words out of context. In the end, it still wouldn't work. You can't force yourself to submit.

⼈家是什么境界呀! ⼈家的意识程度是在哪⾥呀! 你在哪⾥呀! 那你不就是跟鹦鹉学⾆⼀样吗? 你并不能理解主⼈到底在讲什么.你觉得发⾳⼀样,你们就⼀样了?

What is the level of human understanding! Where is the consciousness level of humans! Where are you at! Aren't you just parroting like a parrot? You can't understand what your master is actually talking about. You think that because you have the same pronunciation, it means you are the same.

问: 如果不相信任何信念还能感知到这个世界吗?

Question: Can one perceive the world if one doesn't believe in any belief?

JO: 那不相信任何信念,这个不是个信念吗? 明⽩吗?问: 害怕未来没有钱,很恐慌,她该怎么办?

JO: Not believing in any beliefs - isn't that a belief itself? Do you get it? Q: She's very afraid of being broke in the future and feels panicked. What should she do?

JO: 不是去处理钱这件事,⽽是说去处理你的频率问题.你的频率来⾃于哪⾥? 来⾃于你内在的⼀些恐惧,来⾃于你相信的⼀些东西.你相信你⾃⼰是没钱的,没有办法.你就会体验到这个实相.因为那是你相信的东西.你们体验的世界就是你们相信的东西.你们物质世界所创造的⼀切都是因为你们同意和相信,它才会被体验到,明⽩吗?

JO: Not about dealing with money itself, but rather dealing with your frequency issue. Where does your frequency come from? It comes from the fears within you, and from what you believe in. You believe that you are broke, that there is no way out. You will experience this reality because that's what you believe in. The world you experience is based on what you believe in. All of the things created by your material world are experienced only because you agree with and believe in them, understand?

问: 有⼈想问他害怕⽗母⽼了成为他的⿇烦,该怎么办?

Q: Someone worries about becoming a bother to their parents when they get old, what should they do?

JO: 就是该怎么处理他这个恐惧是吗? 那就是需要他通过这个事情去认识⽣命,因为他觉得⽣命是个⿇烦.(他觉得)⽣命是⽆⼒的,⽣命是个⿇烦,⽣命没有就是说⽼天会安排好⼀切,妥善少⼀切,⼀切都得要⾃⼰去想办法解决.你要能⾃⼰想办法解决,你就没有办法出⽣在这个世界上了.你⽤你的头脑怎么把你⽣出来,你说?

JO: So it's about how to deal with his fear, right? That means he needs to understand life through this incident because he finds life troublesome. He thinks life is powerless, that life is a nuisance, and believes that there's nothing in life where everything would be arranged by heaven or handled properly; one has to figure out solutions on their own for every issue. If you can find ways to solve problems on your own, you wouldn't have been born into this world. How did your mind bring you into the world, and so forth?

问: 如何更加灵敏的注意到⽣活中来⾃⾼我的指引?

Question: How can we become more sensitive to the guidance coming from our Higher Self in life?

JO: 你不需要刻意的去灵敏的注意到.为什么? 如果⾼我给你的指引它就摆在你⾯前,你没有办法视⽽不见.为什么呢? 因为你见到它,你就会有恍然⼤悟的感觉.你会对它产⽣反应,你就会起反应.就好像你摸到⽔,你就会觉得好烫,明⽩吗? 所以你没有办法去不起反应,也不需要去刻意的去关注和灵敏.为什么呢? 因为需要你看到的,你总会看到.不需要你看到的,你看到了你也不懂.

JO: You don't need to deliberately pay attention in a sensitive way. Why not? If Higher Intelligence's guidance is presented to you, there's no way you can ignore it. Why is that? Because when you see it, you'll have an "aha" moment; you'll react and respond. Like touching water and feeling it's too hot, do you understand? So, you cannot avoid reacting, nor do you need to pay attention or be sensitive intentionally. Why not? Because what needs to be shown to you will always be shown. What doesn't need to be shown but you see anyway remains unknown to you.

问: 有⼈想问她有时候太较真了.怎么样可以把现实世界看的更假⼀点?

Q: Some people wonder if she takes things too seriously sometimes. How can one view reality more like a fiction?

JO:那你较真,你有没有这个较真的状态中去学习呢?你的这个状态它⼀定也是有礼物给你的,明⽩吗?你去收集你的礼物.为什么呢?因为当你的智慧到了过后,就是当这个房间的灯亮了过后,你总能看清楚你⼿上拿的东西要如何使⽤.所以不需要刻意的去解决这个事情,变的不较真.⽽是说更多的去不断地不断地去成长,去扩展你们的意识.⽐如说通过我们的信息.因为你不断不断地在扩展,你就越是能运⽤你收集的⼀切东西了.就是你⽣命中的所有东西,包括较真.

JO: So, if you're serious, do you learn from that state of seriousness? The gift of this state is surely yours, understand? Collect your gifts. Why? Because once your wisdom reaches a certain level, like when the light in the room shines upon you, you'll be able to see clearly how to use what's in your hand. So there's no need to force yourself to stop being serious about things. Instead, focus more on continuous growth and expansion of your consciousness, for example through our information. As you continue expanding, you will find that you can effectively utilize everything you've collected - every aspect of your life, including seriousness.

问: 为什么我们都想要事件或事情按照我们的⽅式运⾏?

Question: Why do we all want events or things to operate in our own way?

JO: 因为你太过于去相信你的头脑,就是你赋予你头脑的功能太强⼤了,你觉得那就是你.你会觉得头脑知晓⼀切,它才是最⼤的.因为你看不到⼀个big picture.你看到的只是⼀个⾮常⼩的⼀个点,然后你把那个当成是⼀切.那这就是什么? 认知有限.你们的成长就是扩展你们的认知.那你们的认知不断不断地扩扩扩,扩到⽆限.

JO: Because you over-rely on your mind, giving it too much power which you identify as yourself. You believe the mind knows everything and is the biggest because you can't see the big picture; you only see a tiny dot, then you mistake that for the whole thing. That's cognitive limitation. Your growth is expanding your cognition. And your cognition keeps expanding without bounds.

问: 怎么样与动物有灵性的相处?

Question: How should we spiritually coexist with animals?

JO : 什么叫灵性的相处呢? 那如果你真的想要跟它们好好地相处,那就是关闭你的头脑,就呆在⼀起.头脑⾥⾯不再有声⾳,那你就能感受到这种就好像被净化,然后连接那种感觉.因为你们放不下头脑⾥⾯的事,就⽐如说我明天的bill怎么办呢? 我的房租怎么办啊? 我今天的⼯作还没完成…… 你这有灵性吗? 那个时候就是允许你⾃⼰关闭头脑,进⼊当下.你不进⼊当下,你这⾥拿不到任何东西.拿不到东西,你是不是就没有感悟了? 没有感悟,就没有体验.没有体验,你的⽣命就得不到扩张.⽣命得不到扩张的话,你就在有限的认知.有限的认知的话,你就只能⾮常局⾯的去看待问题.

JO: What is spiritual connection? If you truly want to connect with them well, it means shutting down your mind and just being together. Without any sounds in your head, you can feel this sense of purification and connection. Because you're not letting go of the things inside your mind, for example, what am I going to do about my bill tomorrow? What about my rent? My work isn't finished today... Do you have spirituality then? At that time, it allows you to shut down your mind and enter the present moment. If you don't enter the present moment, you won't get anything here. Not getting anything means no insight. Without insight, there's no experience. No experience means your life cannot expand. If your life cannot expand, you are limited by your narrow understanding. Limited understanding leads to seeing everything in a very confined manner.

它就是你的问题,它就是你的卡点,你的⽣活就是⾮常的不⾃由,你的⼈⽣就是⾮常的不⾃由.

It is your issue, it is your roadblock, your life is very unliberated, your existence is very unliberated.

问: ⾃我是不是产⽣感受的前提条件?

Q: Is selfhood a prerequisite for experiencing feelings?

JO: ⾃我就是你这个⾝体,对吧? 你把这个当成是我.那你需要你头脑⾥⾯有⼀些定义啊.你头脑⾥⾯有对事情的定义,⽐如说你只能看到这⼀点,你只会觉得⼈⽣就是这样⼦的,那你就会产⽣相应的感受.那⾃我的体验它来⾃于头脑⾥⾯的⼀些定义,明⽩吗? 所以你到底如何去定义才是最重要的,因为当你换了定义它⾃我也会转变也会变化的.

JO: I am this body of yours, right? You take it as me. Therefore, you need some definitions in your mind. Your mind has definitions for things, like seeing only this point and believing that life is like this, which leads to corresponding feelings. The self-experience stems from the definitions within your mind, understand? Hence, how you define is most important because when you change the definition, it also changes the self.

问: 如何让⾃⼰在三维世界富⾜? 为何财富流动的不够快? 不够快的可以来到他的⾝边?

Question: How can one become wealthy in a three-dimensional world? Why isn't wealth circulating fast enough? Can what is not circulating fast enough come to his side?

JO: 如何让⾃⼰富⾜? 那就说明你在⼀个什么频率呢? I am not rich,就是我不是富⾜的.那你已经告诉了这个宇宙 I am not rich, I am poor.那你肯定会体验 you are the poor man,对不对? 像我们刚刚说过了,你只会体验到你相信的东西.那你就知道了.

JO: How can you become wealthy? That tells us what frequency you're on. If I'm not rich, then that means I'm not affluent. You've already told the universe "I am not rich; I am poor." So, you'll definitely experience being the poor person, right? As we just discussed, you only experience what you believe in. And now you know.

问: 那他要怎么样更好的去,就⽐如说我现在是个穷⼈,然后要替换成我现在是个富⼈.他为什么知道这个概念之后,他有不能很好的去做到呢?

Q: How can he better achieve this, for example, if I am now poor and need to be replaced by me being rich? Why, after understanding this concept, does he find it difficult to implement effectively?

JO: 那还是说他相信了某些东西呀.就你们相信富贵⽐穷更加难咯.因为你相信赚钱是个难的事情,你相信⾦钱是个难的事情,你相信天上不会掉馅饼,你相信你的钱总是不够花的.这是你相信的东西.为什么? 因为 you put more energy 在这个上⾯,明⽩吗? 就⽐如说我有筹码,我把所有筹码都放在我相信我是穷⼈上⾯.我不放⼀个筹码在: 我是天下的王上⾯.为什么? 因为我碰都不敢碰,想都不敢想.那跟我没关系.那不是你宣的誓吗? 这是你的世界,你说怎样就怎样.你不可能体验到你不相信的事件,记住这句话.

That's because you believe that wealth is harder to come by than poverty. You believe that making money is difficult, dealing with money is hard, and you don't think the sky will drop money on you or that your money will ever be enough. These are the things you believe in. Why? Because you invest more energy into these beliefs, understand? For example, I have chips, but I put all my chips on believing I'm poor. I don't put a single chip on being the king of the world because I wouldn't dare touch it or even imagine it; it's not part of your world. That's your vow, right? This is your realm; you decide how things are here. You can't experience events that you don't believe in, remember this phrase.

问: 对于我们这个维度的美术和艺术和设计类,你们有没有什么看法?

Q: What do you think about art, fine arts, and design in our dimension?

JO: 那是你们⾃⼰⾃我表达的⼀种⽅式⽅法呀,明⽩吗? 那如果你想深⼊的探讨,你需要有⼀些更多的问题跑出来,我们才知道你想要了解什么.这不就是你们⼈类⾃我表达的⼀种⽅式,⼀种⼿段吗?

That's how you express yourselves, right? If you want to delve deeper into the discussion, you need to come up with more questions for us to understand what you're curious about. Isn't that one of the ways humans express themselves, a means of communication?

问: ⼀个完全觉醒的⼈应该是什么样⼦的呢?

Q: What should a fully awakened person be like?

JO: 就是他⾃⼰的样⼦咯.没有什么必须要按照这个样⼦,你才是.必须要按照那个样⼦,你才是.他可以装疯卖傻的,他可以像个傻⼦⼀样.明⽩吗? 因为那是他⾃⼰内在他想要⽤什么⽅式展现出来,他有⾃由意愿.

JO: That's just the way he is. There's no need for you to be someone or follow a specific style in order to be so. There should also be no strict adherence to another style; it's his prerogative to act mad, like a fool. Do you understand? It's because this is how he chooses to present himself internally, and he has the freedom to do so.

问: ⼈类接种疫苗后会被改变基因被控制意识吗?

Question: Will human beings be influenced by their genes after getting vaccinated?

JO: 你不断地去接受,⽐如说钱才是这个世界上最重要的这个信念,那有没有改变你? 你有没有成为它的奴⾪? 你有没有因为⾦钱⽽恐惧? 不断地去追求⾦钱,你们有吗? 那你们为什么没看到这些层⾯的,明⽩吗? 所以说这些东西⽐那些严重多了.不要再给⾃⼰植⼊更多的恐惧了.就算你们没有疫苗的伤害,你们的各种药品、化学、各种空⽓污染、各种⾷品污染,这些都在影响你们.你就躲得了初⼀,躲不了⼗五.你躲的了这个,躲不了那个.但是它来⾃于什么? 来⾃于你们集体的意识.你们的集体意识还在这种,你们共同的去体验这个业,就体验这个果嘛. 你们集体意识产⽣的⼀些果,你们共同的去品尝这个苦果.

JO: You keep accepting the belief that money is the most important thing in this world, have you changed? Have you become its slave? Have you been afraid of money? Constantly pursuing money, do you guys do that? So why haven't you seen these levels and understood them? Therefore, these are more serious than those. Don't implant more fear into yourselves. Even if you don't suffer from vaccine damage, your various medications, chemicals, different air pollution, food contamination, all of these impact you. You can avoid the first wave, but not the second. You can escape this one, but you can't escape that one. But where does it come from? It comes from your collective consciousness. Your collective consciousness experiences karma together and reaps the consequences of those actions as a group. The effects produced by your collective consciousness are experienced collectively as shared suffering.

问: 佛法是哪些星球的外星⼈传到地球上来的?

Question: Does Buddhism originate from extraterrestrial beings on other planets?

JO: 外星? 应该是说更⾼的维度吧.然后它只是说像我们现在给你们传授的这些东西,你们也可以把它叫什么什么法.但是它不就是⼀些理念吗?! ⼀些观念来帮助你们不会受到太多的限制,让你们不断地更(轻松),明⽩吗? 那后⼈把它整理成⼀个法,⽴⼀个教.然后再继续分裂,这个法那个法.所以佛法是没有分裂的.真正的那些东西是没有分裂的,只是被你们的后⼈去这个法,那个法,各种各样的发.我信这个,不信那个.

JO: Aliens? It should be referring to higher dimensions instead. Then it just says that you can also refer to these teachings we're giving you as "techniques" or something similar. But isn't it all about ideas?! Ideas to help you not get too limited, making your progress smoother and easier, right? Afterwards, they were organized into a technique, established as a religion. And then it continues to split off further, with one technique after another. Thus, Buddhism does not have such divisions. The real things are indivisible; only your descendants have divided these techniques into various schools of thought. I believe in this, but not that.

问: 如何感受到⼤爱圆满丰盛?

Question: How can one experience boundless great love?

JO: 当你关闭你的头脑就可以了,你就可以感受到了.因为你本来就是,你就回归了那个状态.不然的话你就进⼊了你的头脑,又是担⼼⼯作又是各种恐惧又是担忧.你感受不到呀.爱是你们本来的状态.什么导致你们感受不到它? 那就是你的念头了.

JO: Just shut down your mind and you will be able to feel it. Because that's who you are, you have returned to that state. Otherwise, you enter your mind worrying about work and all kinds of fears and concerns, unable to feel it. Love is your original state. What prevents you from feeling it? That's your thoughts.

问: 觉醒和开悟的区别是什么?

Question: What is the difference between enlightenment and awakening?

JO: 我想要告诉你们的是这些都是你们的⽂字游戏.你们喜欢这些东西,就是来归类或者什么什么的.但是这些就是让你去从这些幻像当中醒过来,就是从这个物质世界当中醒过来去明⽩实际上外界你体验的⼀切不过就是你⾃⼰的频率⽽已.那你是不是就不会去怪罪那个⼈了? 那个⼈怎么样陷害你了? 这个⼈怎么害你了? 然后你的命运怎么不公平了? 你遇到了多少挫折,你是多可怜,对吧? 那如果你还继续的沉浸在这样⼦,觉得你的命很苦很难,他们都是坏⼈都是asshole,那你就没有觉醒.明⽩吗? 那开悟就好像我们刚刚说你领悟到这些东西都是来提升你、扩展你.

JO: What I want to tell you is that these are all your linguistic games. You like them because they allow for categorization or whatever else. But what they're doing is waking you up from illusions, especially from the illusion of this material world, where you realize that everything you experience externally is just a manifestation of your own frequency. So wouldn't you stop blaming people? Would it matter how they tried to deceive you or harm you? How unfair would your fate seem? How many obstacles have you faced, and how pitiful you are, right? But if you still remain lost in this mindset, thinking that life is hard because of the bad people who deserve to be called 'assholes', then you haven't awakened. Get it? Enlightenment is like realizing that these experiences are meant to elevate you, to expand you.

就是你从这个事件当中你有领悟,⽽不是把它当成是⼀件⿇烦或者是sth you want to get rid of,明⽩吗? 因为你从中悟到了.你感激它发⽣在你的⽣命当中.你感激你的这个疾病的到来.你感激你的⼈⽣的当头⼀棒把你打醒了.你感激你⽣命中的痛.你感激你⽣命中的⼀些⾼塔事件,就是⽣命发⽣突如其来的变化变故.因为它们会刺激你去醒悟开悟啊.因为你没有办法,因为你会发现物质世界没有出路.

You understand that from this event, rather than seeing it as a hassle or something you want to avoid, right? Because you've gleaned insight from it. You're grateful for its occurrence in your life. You're grateful for the arrival of your illness. You're grateful for being given a wake-up call by life's harsh realities. You're thankful for the pain in your life. You appreciate the towering events in your life, those sudden changes and upheavals that life brings about, because they motivate you to awaken and become enlightened. It's because there seems to be no way out in this material world.

问: 为什么有的⼈⼯作能⼒不如他,但是在物质⽣活上却⽐他富⾜?

Why do some people with less work ability have a better material life than him?

JO: 我告诉你很多⼈不需要⼯作,⼈家就是王,特别富⾜.那你去⽐吗? 那你就知道你们这个不是在⽐能⼒的地⽅.⾸先你要知道每⼀个⼈他灵魂来到这个世界上,他想要体验的主题不⼀样,对吧? 所以你们就没有可⽐性了,已经就没有可⽐性了.还有就是这个世界⼀切都是频率,你处于什么频率你就体验什么果.你体验的是你⾃⼰的频率,没有⼀个外在的客观真实的存在.没有.你在你⾃⼰的世界⾥⾯,OK? 只是你们可以相互的去互动.所以这个不是能⼒的问题,⽽是你们每⼀个⼈选择来到这个世界当中,你的⽣命的主题是什么? 探索的主题是什么? 还有就是频率的问题.就是他相信什么? 你相信什么?

JO: I tell you that many people don't need to work; they're the kings, especially wealthy. Why not compare yourself against them? That would show you that this isn't a competition of abilities. First, you must understand that every soul's purpose when coming into this world is different. They want to experience various themes, right? Therefore, there's no comparability among you already. Moreover, everything in this world operates on frequency; what frequency you are at determines your experiences. You're experiencing the frequencies of yourself; there's no external objective reality. There isn't. Within your own world, alright? It's just that you can interact with each other. This isn't a matter of ability but about each person choosing their purpose in life and the themes they explore when here, what they believe in, and their personal frequencies.

他相信我可以不劳⽽获,他相信我可以什么都不做,⽆论哪⼀⽅⾯我都是富⾜的.那你相信吗? 你相信要有能⼒才有钱.明⽩吗?

He believes that I can have everything without effort, no matter what aspect of life I am wealthy in. Do you believe this? Do you believe that money comes with capability? Understand?

问: 怎么样才可以脱离轮回? 什么也不要当,成为⼀个⽆的状态?

Question: How can one escape the cycle of rebirth? Become nothing and attain a state of non-existence?

JO:脱离轮回就是你爱上这个轮回咯.就像我们刚刚说你想要脱离这些限制这些局限这些痛苦,那⾸先你感恩它.你为什么不感恩它?如果你不感恩它的话,那你继续体验.为什么?因为你没有从这个事件当中去学习到去领悟到,没有开悟没有觉醒.那如果你不想要轮回,那就说明你没有从这个轮回过程当中领悟到你的礼物,去觉醒和开悟.那没有的话,那就继续.明⽩吗?这个是礼物.的确,世界上发⽣了很多让你们痛苦或者让你们什么的事件.但是这些东西都是来让你们去成长的.(如果)通过它们,你没有办法成长.那你可以通过什么?通过我们.我们现在在让你们⼲什么?

Jo: Escaping samsara means you love this samsara. Like what we just talked about wanting to escape from these limitations and sufferings; first, be grateful for it. Why wouldn't you be grateful for it? If you don't feel gratitude, then continue experiencing. Why? Because you haven't learned or understood anything from that event. You haven't awakened or enlightened. If you don't want samsara, it means you haven't found the gift in this samsara process to awaken and enlighten. Without it, just keep going. Do you understand? This is a gift. Indeed, many events have happened in the world causing pain for you all. But these things are meant to help your growth. If you can't grow through them, then what else can you do? Through us. What are we making you do right now?

让你们可以去不⽤痛,不⽤去经历家破⼈亡,不⽤经历病痛,不⽤去经历战争来让你们意识觉醒,来让你们成长.就是⼀个⽤温和的⽅式,⼀个⽤激烈让你会受到很⼤损失的⽅式.但是你们背后都是什么? 都是成长.所以当你们越来越⾃觉的去成长,你便不需要当头⼀棒去鞭打着你,去抽着你让你成长,明⽩吗? 所以你

Let you go through without pain, without experiencing the destruction of your home and loss of loved ones, without going through sickness, without going through wars to make you aware and grow. It's either a gentle way or an intense way that results in significant losses for you. But what is behind all this? Growth. So as you become more self-aware and grow, you don't need to be hit over the head with harsh measures forcing your growth; you understand? Therefore,

们这个⾏为,就是你们在做的事情,你们已经减少了很多灾难发⽣了,明⽩吗? 你们千万不要觉得你们在做着⼀件没有多⼤意义的事情.NO NO NO,⾮常⼤的意义.

Our action, which you are doing, has already reduced many disasters happening, understand? You must never think that what you are doing is not very significant. No, no, no, it's of huge significance.

问: 圆满是⼀种什么样⼦的感觉? 如何达到圆满的状态?

Question: What does it feel like to achieve completeness? How can one reach a state of wholeness?

JO: 你现在就可以达到,你现在在听我们的信息你就可以达到了,明⽩吗?问: 如何让领导提拔你⾃⼰? 让⼤领导欣赏并委以重任呢?

JO: You can achieve it now. Just listen to our message and you'll be able to do so. Do you understand? Q: How can you get promoted by your leadership? How to make the top leaders appreciate and entrust you with great responsibilities?

JO: ⾸先我们告诉你我们这⾥不会去教你任何⼿段,明⽩吗? 那是你们⼈类⾃⼰的事情,你们的⼿段还不够多吗? 像教你们⼿段的这种课的⽼师还不够多吗? 不需要找我们,去找你们那些教你们⼿段的⼈.我们这⾥没有任何⼿段给你们.

JO: First we tell you that we will not teach you any techniques here, understand? That is your human matter, don't you have enough techniques already? Aren't there already enough teachers who teach you techniques? You don't need to find us; go find those people who teach you techniques. We do not provide any techniques for you here.

问: ⼈是不是任何时候都有选择? 有没有⾛投⽆路这⼀说?

Q: Is a person always able to choose at any time, or is there such a thing as being without options?

JO: 在你⾃⼰的世界⾥⾯,的确你会给⾃⼰创造⼀个⾛投⽆路的状态给你⾃⼰去体验.但是从更⾼的层⾯,没有任何叫⾛投⽆路,只有你有限的认知.就是你的⼀个局限性,你的局限的认知给你创造了⼀个⾛投⽆路的体验给你⽽已.但是随着你意识的扩展和提升,你就不会再收这个局限了.你就不会再有这个体验了,明⽩吗?

In your own world, indeed you create a state of being cornered for yourself to experience. But from a higher perspective, there is no such thing as being cornered; only the limitation of your cognition. It's your own limitation, the boundaries of your understanding that create this sense of being cornered for you alone. However, as your awareness expands and elevates, you won't be bound by these limitations anymore. You won't experience this sensation again, do you understand?

问: 修⾏如果按照初中、⾼中、⼤学的话,那每⼀个阶段要修习什么呢?

Question: If practice were to follow the stages of junior high, high school, and college, what would one need to cultivate at each stage?

- Each stage requires cultivation of what?

JO: 根据你⾃⼰呀.你还有什么卡点? 你还有什么需要处理的东西,你内在的⼀些东西? 所以你需要根据你⾃⼰,根据你⾃⼰⼈⽣的主题,根据你⾃⼰想体验的,根据你⾃⼰想挑战突破的.所以这是独⼀⽆⼆的.

In your own way, JO: What are the roadblocks for you? What do you still need to deal with, within yourself? So you need to tailor this based on yourself, your life's themes, what you want to experience, and what you want to challenge and break through. This is unique to each individual.

问: 为什么说所有的发⽣都是合情合理的? 包括地球上最⾎腥暴⼒⿊暗的战争等.

Q: Why is it said that everything that happens is reasonable and justifiable, including the most gruesome, violent, and dark wars on Earth?

JO:合情合理又是你们⾃⼰的词语.那如果你能明⽩外在发⽣的战争不过就是你内在的战争投射出来让你看到,OK,你有战争存在.就这么简单.你不要觉得外⾯的战争跟你没有关系.如果你站在这⾥,如果你是这个⾁体在这个地球上,就跟你有关系.为什么呢?因为你也在不断地放屁.你放的屁就会产⽣臭味.那就会导致这个地球都是臭的,明⽩吗?它就跟你有关系.

JO: It's logical and it's your own terminology. If you can understand that the war happening externally is simply a projection of your internal war for you to see, okay, there exists war. That's simple. Don't think that the war outside has nothing to do with you. If you're standing here, if this body is on Earth, it does have something to do with you. Why? Because you're also constantly farting. Your farts will produce smell. And as a result, the entire Earth becomes stinky, understand? It's related to you.

问: 如何停⽌依赖他⼈的⼼态? 就是她知道⾃⼰应该是独⽴圆满的,但是头脑觉得⼀定要有伴侣,有亲密关系?

Question: How can one stop depending on others' mindset? She knows she should be independent and complete, but her mind feels the need for a partner and intimate relationships.

JO: 你可以去通过你对他⼈的…… 因为每⼀个状态是不⼀样的.OK,你可以去通过你的每⼀个阶段每⼀个状态来去看到为什么我⾮他不可呀? 如果我只是因为他对我好,他给我钱花,他给我买东西.那如果另外⼀个条件更好的给你买东西,给你钱花,是不是就可以代替他了呢? 那你就可以去看到到底你⾃⼰,到底这份爱是来⾃于什么,明⽩吗? 所以它是⼀个你⾃⼰去认识⾃⼰,你到底内在有什么匮乏或者是内在有什么恐惧或者空洞的地⽅.都会通过这些反射的.他们不过就是反射出你内在的状态.但是你们要知道,就是关系,你们本⾝就是⼀体的.所以当你们产⽣这种连接的时候,你会感受到⼀体的感觉,明⽩吗? 所以那种敞开

JO: You could go through your empathy for others… because each state is different. Okay, you can see why I cannot be replaced by anyone else if it's just because they treat me well, give me money, or buy things for me. If another person with better conditions buys things for you or gives you money, wouldn't they be able to replace him? This way, you can understand where this love comes from and see that it's self-awareness about your own insufficiencies, fears, or empty spaces. Relationships are inherently tied between individuals. When connections are formed, you experience a sense of unity, understanding the openness involved.

的交流,就是这种连接感,对你们来说是⾮常重要的.但是它不只是通过两性的亲密关系,它是通过各种.就⽐如说你跟动物的交流和连接,那也是关系呀.

The exchange you're referring to, this sense of connection, is very important for you. But it's not just through intimate relationships between sexes; it's through various exchanges, such as the connection and relationship you have with animals.

问: 为什么孩⼦们都沉迷⼿机,怎么样让他们从⼿机⾥出来?

Q: Why are children so addicted to smartphones? How can we get them out of it?

JO: 那就是你们⾃⼰去创造⼀个更有吸引⼒的东西让他们出来.为什么? 你们物质世界有什么吸引的东西呢?明⽩吗?那其实这都是你们⾃⼰在体验你们⼈类的集体意识.你们所有⼈创造的⼀个果,你们在⾥⾯.但是你们沉迷于⼿机,就⽐如说⼀些信息的交流.这之间也是连接感呀.那你通过⼿机你可以感受到我跟(对⽅)是⼀体的.那他们其实也是呀.他们通过游戏跟别⼈建⽴连接,只是连接的⽅式不⼀样.但是也是连接.所以说其实你们⼈类真正需要的是什么?就是那个连接感.让你们感受到你们是⼀体的.只是说你们⽤什么⽅式去呈现出来.但是最最最最最具有吸引⼒的不是通过⼿机,⽽是通过你们⼈与⼈在⽣命当中互动起来.

That's what you need to create something more attractive for them to come out. Why? What is it about your material world that attracts them? Do you understand? In fact, all of this is an experience of your collective human consciousness. You created a fruit together and are inside it. However, you are obsessed with smartphones, like exchanging information. It's also about connection. Through the phone, you can feel that I am one with (the other person). They feel the same way. They connect with others through games, just using different methods of connection. But still, there is a connection. So, what do humans truly need? The sense of connection, allowing you to feel like you are one entity. It's just how you present it. However, the most attractive thing isn't through smartphones; it's through human interaction in life.

那个连接感才是最最强⼤的影响⼒.但是在互动的时候,你必须要放下你内在的⼀些,⼩我的⼀些欲望、执念、观念、定义,不然就会发⽣冲突.你这么想,你的观点就是剑,就是⼏把⼑⼦.你的观念越多,你的⼑⼦越多.你捧着你的⼑⼦,对⽅也捧着他的⼑⼦.你们每个⼈都捧着⾃⼰的⼑⼦在⼀起玩耍,你试试.你想象⼀下,是不是头破⾎流? 是不是⾮常不好的体验,对吧? 如果你们所有⼈都把⼑⼦放下呢? 明⽩吗? 那就会给你们创造⾮常美好的体验.所以说下次在跟别⼈交流的时候,看会下你捧着⼑⼦了吗?

That connection is the most powerful influence. But when interacting, you must let go of some inner desires, attachments, ideas, and definitions within yourself, or there will be conflict. Your thoughts are like swords, multiple blades. The more your views, the more your knives. You each hold onto your knives while the other holds theirs. Imagine all of you playing together with these knives; wouldn't it result in blood everywhere? Wouldn't it be an extremely unpleasant experience? If everyone just let go of their knives though, would that not create a wonderful experience for everyone? Therefore, next time when communicating with others, check if you are holding onto your knives.

问: 有没有什么⽅法可以清楚的理解梦⾥的提⽰?

Question: Is there a method to clearly understand hints in dreams?

JO: 那就是提⾼你⾃⼰的觉知.你觉察到你⽣命中的,就是这些东西.不只是梦⾥,⽇常⽣活中也要有觉知.没有觉知,⼀切对你来说都是没有意义的.那你有觉知,⼀只⼩昆⾍都可能扩展你的意识.可能领悟到万物⼀体.⼀⽚叶⼦也可能让你领悟到宇宙的真理,明⽩吗?

JO: That's about increasing your awareness. You need to be mindful of these things in your life - not just during dreams but also in everyday life. Without awareness, everything is meaningless to you. But with awareness, even a little bug can expand your consciousness. You might come to realize the oneness of all things. A single leaf could make you understand the truth of the universe, do you see?

问: 在现实中⼈类可以不⽤睡觉吗? 可以只吃⼀顿,⾝体还不出问题吗?

Q: Can humans survive without sleeping in reality? Could one just eat once and still not have health issues?

JO: 那得看这个⼈来到这个世界上之前他的主题是什么.那如果这是他想要体验的,那OK.但是基本上你们是需要睡觉的,就是需要去通过休息进⼊到⼀种连接.但是这种睡觉不⼀定是传统意义上的睡觉.它有可能是通过冥想的⽅式,就是通过去关闭物质头脑的运⾏,他也能得到有效的休息.他也能得到有效的连接.所以说这个物质世界没有什么可以还是不可以,它是来⾃于你这⼀⽣到底来体验什么?如果你想体验⼀些特异功能,那你就会携带⼀些特意功能.但是别⼈能做到,不代表你能做到.有可能跟你的主题⽆关.

JO: It depends on what the person's theme was before they were born into this world. If this is what they want to experience, then it's fine. But basically, you need to sleep because you need to connect through rest. However, this kind of sleeping doesn't necessarily refer to traditional sleeping. It could be through meditation, which involves shutting down the operation of the physical mind, allowing for effective rest and connection. Therefore, there are no absolutes in the material world regarding what is possible or not; it depends on what you are meant to experience throughout your lifetime. If you want to experience special abilities, you will carry those special abilities. But just because others can do it doesn't mean that you can. It might have nothing to do with your theme.

问: 如何处在已经是的状态中? JO: 已经是的状态中?

Question: How can one be in the state that it is already? Answer: In the state that it is already.

问: 就⽐如说刚才说的从⼀个没钱跳到⼀个有钱的频率,然后处在这个已经是有钱的频率的状态当中.

Q: For instance, the frequency of transitioning from being poor to being rich, then being in a state where one already possesses wealth.

JO: ⾸先是你⾃⼰本⾝,就是你选择了相信你不是,好吗? 明⽩这个不同吗? 你本⾝就是,你去选择相信了你不是.所以你会体验到你不是.

First of all, it's yourself, you chose to believe that you are not, okay? Do you understand this difference? You are, and then you choose to believe that you are not. So you experience being not.

问: 我估计他想问,⽐如说他前⼀秒相信他不是,但是他下⼀秒相信他已经是了.但是眼前的物质幻像并没有瞬间的改变,然后呈现出他已经是的状态.那他怎么样相信在外在还没有改变的情况下,他已经是了?

Q: I reckon he's wondering, for example, that he believed in one second that he was not something, but the next second, he believed he already is. However, the material illusory phenomenon before his eyes doesn't instantaneously change, then presenting him as being. How can he believe that he is already in a situation where the external has not changed?

JO: 因为你去选择你相信,就是这个更真实⼀点.就是你不相信你本⾝就是的那种状态.因为你觉得眼睛看到的或者你经历的,它对你来说是真实的.那你也可以去通过体验,通过创造不同的体验,通过去扩展你的意识来让你的这些信念松动.还有就是说你真正已经是的状态就是你头脑⾥没有这些问题.你不会去想到我要怎么才是.你不会有这种问题.

JO: Because you choose what you believe is more real - not the state that you believe you are not in, because you feel what your eyes see or experience is true for you. You can also try to loosen up these beliefs through experiencing, creating different experiences, and expanding your awareness. And truly being is when there are no such issues in your mind; you don't think about how to be; there's no question like that.

问: 怎么治愈近视?

Question: How can myopia be cured?

JO: 我们⾸先说你的⾝体的特征或者你⾝体的⽑病或者⾝体的问题,它是根据你⾃⼰的频率⽽投射出来的果.那如果你想要去改变果上⾯的⼀些问题的话,那你需要从更⾼的频率上⾯去改变.所以它是你频率的问题,因为当你整个频率变化的话,你⾝体它也会相应的产⽣变化.你投射出的这个果也会变的.所以⼀切都是从频率.那他可能不单单是…… 你⾃⼰要跟你⾃⼰去探索,你到底体验眼睛近视给你带来的礼物是什么? 就是它怎么服务于你? 或者是你相信什么? 然后当你能拿到这个礼物过后,知道它是来服务于你.你的频率就变了.为什么? 你好像是感恩所有的⼀切.你振动频率变得话,你的⾝体也会相应的变化出,就是你变后的频率.

JO: We start by talking about your body's features or any ailments that you have or problems related to your body, which are manifestations of the fruit resulting from your own frequency. If you want to alter some issues on this fruit, then you need to change at a higher frequency level. Therefore, it is an issue with your frequency since when your overall frequency changes, so does your body and the manifestation of your actions will also evolve. Consequently, everything starts with frequency. It's not just... You must explore for yourself what gifts does having near-sightedness bring? How does it serve you? Or what do you believe in? Once you receive this gift and understand how it serves you, your frequency changes. Why is that? Because when you are thankful for everything, your vibration increases, which in turn affects the manifestation of your body as per your evolved frequency.

你这么想,你的⾁体它外在有⼀个bubble.bubble就是你的频率状态.然后它影响着你的⾁体需要怎么样的变化,明⽩吗?

You think this way, your physical body has an outer bubble. The bubble represents your frequency state. Then it influences how your body needs to change, understand?

问: 到底有没有婴灵?

Question: Does there exist infant spirits?

JO: 你们⾃⼰就是灵魂然后投射在这个⾁体上给你们去体验的.所以你们⾃⼰的状态就是灵魂,明⽩吗?

JO: You yourselves are the souls projecting themselves onto this body for you to experience. So your own state is the soul, understand?

问: 是不是我们⾝上发⽣的所有事件都是命中注定的?

Question: Are all events that happen to us predetermined?

JO:命中注定就是说你这⼀⽣来这之前,你会去选择⼀些你需要体验的⽣命的⼀些主题、事件、⼈物,对吧?但是当下的⽣命就是⼀个点来让你去……⽐如说你注定要去到另外⼀个国家.但是你却有⾃由的意愿去选择你是以什么样的⼼情,什么样的状态,什么样的⽣活质量.就是你从中得到了很多领悟、感悟,还会你没有得到感悟.这些东西就是你现在的⽣命能去决定的.这么说吧,我注定我要去上学,对不对?我在学校⾥成绩好还是不好?天天睡觉还是认真学习,获得的东西是不是不⼀样?那你是个学霸还是个学渣?有没有好好的利⽤每⼀堂课? 还是天天在那睡觉? 那这些是不是就是你这⼀⽣怎么样去呈现你的⽣命质量了? 但是注定呢,你是注定去上学去学校.

JO: Destiny means that before you were born into this life, you would choose certain themes, events, and characters of life that you need to experience. However, the current life is a point for you to decide on your emotions, state of mind, and quality of life, such as whether you are destined to go to another country. But you have freedom to choose how you feel, how you behave, and the quality of your life. You gain many insights and experiences, or perhaps not. These aspects can be decided by your current life. To put it simply, I was destined to go to school; right? Did I perform well in my studies or did I struggle daily? If I studied hard or slept through classes, would the outcomes be different? Would I become a top student or a slacker? Did I make full use of each class, or did I spend my days sleeping? These aspects determine how your life quality unfolds in this lifetime. However, you are destined to go to school for that lifetime.

但是没有注定你就可以成为⼀个……你需要在⽣命的当下,你⾃⼰去展现出你是怎么样去完成你这个学业的.所以说它是注定的,对,它注定.但是它也不注定,对,它也不注定.不是说所有的东西都是注定,也不是说所有的东西都不是注定的.

But not being destined does not mean you can become... You need to live in the present, and show yourself how you complete your studies. So it is destined, yes, it is destined. But it is not destined, yes, it is not destined. It's not that everything is destined, nor is it that nothing is destined.

问: 我现在外⾯刮了⾮常⾮常⼤的风.我想问这个天⽓现象有没有什么信息是想要带给我们的?

Question: I am experiencing extremely strong winds outside. I would like to know if there is any information that this weather phenomenon wants to convey to us?

JO: 那你能看到你的外在是刮了很⼤的风,对吧? 但是JOJO的外⾯却没有刮风,对吧? 那你就知道能量的⼀个影响只是暂时的,⽽且它只是⼀个局部的.那你体验到风,并不代表她会体验到风.你们都在你们⾃⼰的世界⾥⾯体验你们的世界.那你这样是不是就可以去理解所有的不同了? 为什么他会有这个体验? 为什么他会有这个感受? 为什么他会有这个反应? 为什么你没有? 因为你们本⾝就在⼀个不同的能量状态.那它就可以让你更加的去包容⼀切.因为你不知道别⼈在哪⾥.你不知道别⼈外⾯是⼀个什么样的环境刺激他,导致他会怎样.但是 JOJO现在没有经历风,不代表她明天不会有风.你现在经历风,不代表你明天也会有风.

In Chinese

JO: You can see that there's a big wind blowing outside, right? But the outside of JOJO is not being affected by the wind, right? So you know that the impact of energy is temporary and localized. What you experience with the wind doesn't mean she experiences it as well. Each one of you is experiencing your own world in your own realm. With this perspective, can you understand why he has these experiences, feelings, reactions, when they might not be experienced by others? Because each of you is operating within a different energy state. This understanding allows you to embrace everything more fully since you don't know where else they might be or what kind of environmental stimuli are affecting them and causing their responses. JOJO isn't experiencing wind now doesn't mean she won't tomorrow, just as you experiencing it today doesn't guarantee that you'll have the same experience tomorrow.

In English

JO: You can observe a powerful gust of wind outside, correct? But JOJO is unaffected by this wind, right? This shows you that energy's influence is both temporary and localized. Your perception of the wind does not necessitate her experiencing it similarly. Each person is navigating their own world within their unique reality. With this insight, can you comprehend why someone might have specific experiences, feelings, or reactions which others might not share? The reason lies in each individual functioning within distinct energy states. Recognizing this allows for a broader acceptance of diversity since you're unaware of where they might be or what external factors might influence them and their responses. Just because JOJO isn't experiencing wind today doesn't mean she won't tomorrow, similarly to how experiencing it now doesn't guarantee the same experience will recur tomorrow.

那是不是又说到你其实不需要跟任何⼈去对⽐.他现在有钱,我现在没钱,对吧? 所以所有的这⼀切都是在⼀个变化变换当中.所以你现在痛苦,就⽐如说风现在让你痛苦,她现在不痛苦.但是等你开⼼的时候,她也在痛苦当中.

That's because you don't need to compare yourself to anyone else. He has money now, I don't have any money right now, right? So everything is in a state of constant change. You're suffering now, like the wind causing pain for you, while she isn't suffering at all. But when you're happy, she's experiencing that pain too.

问: 护肤品真的有⽤吗? 贵的护肤品和便宜的护肤品真的有区别吗?

Q: Do skincare products really work? Is there a real difference between expensive and cheap skincare products?

JO: 你们⾃⼰在体验,你们⾃⼰问你们⾃⼰呀.你⾃⼰是个体验者,你问⼀个没有物质⾁体的来告诉你,明⽩吗?

JO: You are experiencing it yourself, you ask yourselves. You are the experiencer, you ask someone without a physical body to tell you, do you understand?

问: 她可能想问⽐如说她相信便宜的对她来说就是最好的.那是不是跟贵的⽐,就没有区别?

Q: Might she wonder if cheap is best for her, implying that there's no difference between cheap and expensive?

JO: 那也要看她⾃⼰的信念强度和她⾃⼰的各种…… 因为这个是各种因素啊.那她有可能觉得这个便宜的是好的.但是她内在却特别痛苦,因为很多事情导致她情感受伤,导致她不相信⼈⽣,⽪肤也可以变糟.明⽩吗? 所以这并不是⼀个单⼀的,因为这个这个,然后就是什么什么的.它有很多因素导致.但是⽆论怎么说,你们最强⼤的是你们的能量.就是对你们这个⾁体的影响是能量.

JO: It depends on her own strength of belief and all the various factors within herself because this is a multitude of factors. She might think that being cheap is good, but inside she's extremely distressed because many things have caused emotional damage leading to distrust in life, causing skin issues as well. Do you understand? Therefore, it isn't just about one thing or another; there are many factors contributing to this. However, regardless of how it happens, your strongest aspect is your energy which has an impact on your physical body.

问: 当不相信⾃⼰,失去⼒量的时候,要怎么做才能尽快的恢复?

Question: What should one do when feeling unworthy and losing strength, to recover as quickly as possible?

JO: 你真的觉得你有不相信你⾃⼰吗? 你相信你这个观念不就是在相信你⾃⼰吗? 所以你有没有看到你⾃⼰的⽭盾? 你说当你不相信你⾃⼰的时候,你却很相信你⾃⼰说的这句话.你去相信你这个观点是对的.你有不相信你⾃⼰吗? 所以这是不成⽴的呀.⽐如说觉得⾃⼰没有⼒量的时候怎么样恢复对吧?那就像我们刚刚说,你有没有从这个事件当中去得到礼物呀?有吗? 你没有礼物的话,那你没办法.你继续suffering.所以当你去得到礼物了,你好感激这件事情发⽣在你⽣命当中.OK,那就说明你有礼物了.那你就会拿回你⾃⼰的⼒量了.因为你的⽣命发⽣了质的变化.

JO: Do you really feel that you don't trust yourself? Isn't believing in this idea exactly the same as trusting yourself? So, have you noticed your own contradiction? When you say you don't trust yourself, yet you strongly believe in what you're saying. You're convinced it's true. Have you ever not trusted yourself at all? Therefore, that is illogical. For instance, how do you regain confidence when you feel powerless? As we discussed earlier, have you received a gift from this experience? Did you receive anything? Without receiving a gift, there's nothing to do but continue suffering. So if you did indeed receive a gift, you would be grateful for the situation happening in your life. If that's true, it means you've received a gift. As a result, you'll reclaim your power because your life has undergone a qualitative change.

问: 对⽣病住院的JO⽼⼈除了祝福还能做什么? 如何知道⽼⼈真正的⼼意,就是他希望治疗还是离开?

Q: Apart from offering blessings to an elderly J.O. who is hospitalized due to illness, what else can we do? How can one ascertain the true wishes of the elderly person, whether they desire treatment or wish for release?

JO: ⾸先我们先不要陷⼊到这个事件当中,好吧? 我们先来看这个事件它在你的⽣命当中如何服务于你,明⽩吗? 那你告诉我,你可以如何去感恩这个事件发⽣在你的⽣命当中,你来说.因为当你去领悟到你要感恩这个事件发⽣在你的⽣命当中的时候,你就有所领悟了.那这个事件就在正⾯的服务你了.那你能想到它怎么样去……就是你怎么样去感恩呢,明⽩吗?那就是看你⾃⼰怎么从这个事件当中去受益了.如果你受益越⼤,就⽐如说我通过我⾃⼰爱的⼈住院,然后发现⽣命的局限性,发现从医院找不到出⼜,发现从物质,就是治疗这⾥找不到出⼜.然后导致我⾛向去探索⽣命更⼤的⼀个路,如何真正的脱离痛苦,脱离苦海.那我是不是就⾛上道了?

JO: Let's not get caught up in this event for now, alright? We'll look at how this event serves you in your life first. Understand? Tell me how you can be grateful for this event happening in your life. Because when you realize that you should be grateful for this event happening in your life, you have realized something. That's where the event is serving you positively. Now, think of how... How do you give thanks to this... It depends on what you get from this event. The bigger your benefit, like if my loved one being hospitalized made me realize the limitations of life, and that I couldn't find an exit in hospitals or material treatment, which led me to explore a larger path of life on how to truly escape suffering. Am I walking on the right path now?

就成道了,对吧? 那这个刺激是不是就让你成了⼀个道者,就是悟道者,成了⼀个觉醒的⼈了? 那你知道⼀个觉醒的⼈,他能对这个世界带来的影响,对⼈带来的影响吗? 明⽩吗? 那这个事件是不是就是⾮常意义重⼤的事件.它把⼀个⼈刺激成⼀个像佛陀⼀样境界的⼈.他⽤他的智慧不断不断地在照亮,不断不断地在唤醒,对吧? 那你告诉我,你从这个事件当中领悟什么? 它能怎么样变成你的动⼒来驱使你朝那个⽅向? 你如何去运⽤它? 还是你只是把它当成是⼀个病痛在解决? 那你当成病痛在解决,你就没有从中受益的.你们只是受害者.你们还是在苦海⾥⾯,苦海是⽆边的.你这个苦过后, 明天还有那个苦呢.你不断不断地suffering.

That's how you achieve enlightenment, right? Does this stimulation turn you into a pathfinder, someone who has awakened to the truth and become enlightened? Do you understand the impact an awakened person can have on the world and on people? Can you see it? This event is of great significance; it transforms a person into one with a state akin to Buddha's. They use their wisdom continuously to enlighten others, stirring them awake, right? Now tell me, what did you learn from this event? How does it motivate you to move in that direction? How do you apply it? Or do you just see it as resolving a pain? If you treat it like a disease to be solved, then you fail to benefit from it. You are merely victims, still drowning in the ocean of suffering without end. Your suffering never ends; there's always more tomorrow. You endure continuously...

这个⽼⼈⾛了,还有你⽼公还有你孩⼦还有不断的⼈呢.你还要不断地去经历痛苦,明⽩吗? 所以说先别着急的去解决事情的本⾝,⽽是说这件事情如何来服务于你? 你感恩它吗? 你真的感恩吗? 如果你真的能从这件事件当中感恩,那你就转变了⼀切.

The old man has left, and so have your husband and your children, along with many more to come. You will continue to experience pain, do you understand? Therefore, don't rush to address the problem itself; rather, consider how this situation serves you? Are you thankful for it? Truly thankful? If you can genuinely be grateful for this event, then you have transformed everything.

问: 真正的⾃⼰要离开的时候,⾁体是跟着物质头脑求⽣存还是跟随更⼤的⾃⼰结束物质⽣命?

Question: When the true self is about to leave, will the physical body follow the material mind to seek survival or align with the larger self to end its material life?

JO: 她进⼊这个状态,她⾃⼰就有那个什么了.这不是她头脑能弄明⽩的事情.就是她头脑去搞明⽩我要怎样我要怎样.这不是你⾃⼰去那个什么.但是有句话叫,你到了,你就知道了,明⽩吗?

In this state, she has it within herself. This isn't something her mind can understand clearly. It's not about her trying to figure out how she should act or what she should do. But there's a saying that goes, "When you arrive, you will know, do you understand?"

问: 我的JO和指导灵有没有什么信息要带给我吗?

Question: Does my JO and my guiding spirit have any messages for me?

JO: 在当下你已经拥有了你需要拥有的所有的⼀切,包括你如此热爱的信息,它已经在你⾥⾯了,就是供你使⽤了.

In the present moment, you already possess everything that you need, including all the information you so deeply love, which is already within you and available for your use.

#### 2023/11/02 — 突破的前提是感激 The prerequisite for breakthrough is gratitude.

JO: 你说什么问题?

JO: What do you mean by that?

问: 我想问⼀下这⼀世的⼈⽣主题是什么?

Question: I'd like to know what the theme of life in this world is?

JO: 我们感受到你有⼀股⾮常强⼤或者强烈的能量需要被你去正⾯的创造出来.你有⼀种如果你不把它给正⾯的创造出来,你就会去很担⼼给它负⾯的释放出来.所以它会来⾃于你需要有⼀个很⼤的定⼒.就是想要往正⾯的⽅向去把这股能量释放出来,明⽩吗? 这么说吧,你就好像是⼀个威⼒很⼤的炸药包⼀样.这个炸药包到底是要炸伤⼈还是你要去开⼭辟路,你看你是怎么⽤.那你放在⼈群当中的话,你可能会伤害到很多⼈.那你放到你想要开路的地⽅,那你就可以做你想要去做的,它就可以正⾯的服务于你,对不对? 所以这股能量就在⼀种还未定的状态.它需要你这次的⽣命去体现出来你到底是要正⾯的把它释放出来,还是要把它负⾯的释放出来?

JO: We sense that you possess an incredibly powerful or intense energy that needs to be positively created by you. There is a sense of concern if this energy is not channeled positively, and you fear it might be released negatively instead. Therefore, it originates from the need for great determination on your part – to want to direct this energy towards positivity. Can you understand? Put simply, you are like a powerful explosive that needs to decide whether to harm others or carve out paths; how you use it is up to you. When placed among people, you might inadvertently cause damage to many. However, if used at the right place where you want to make a path, this energy can serve your purposes positively. This means the energy remains in an undecided state, requiring your life experience for clarity on whether it should be released positively or negatively.

但是你这股能量它必须要被释放出来的.到底是以爱的⽅式还是以报复的⽅式,明⽩吗?

But this energy of yours must be released, whether in a way of love or revenge, do you understand?

问: 就是还是取决于我,但是我还没有定好,是这个意思吗?

Q: It still depends on me, but I haven't decided yet, right?

JO: 是的,你还没有(决定)把这股能量以何种⽅式给体现出来.但是这股能量是在你的体内的.所以你总会感受到有时候好像是⾮常愤怒,就是快要被怒⽕给烧死了.就是你很煎熬很抓狂的状态.就想要打扁⼀个⼈的那种感觉.

JO: Yes, you haven't decided how to manifest this energy yet. But the energy is within you. So sometimes you feel like you're extremely angry, as if you're about to be consumed by fury, experiencing a state of great distress and frustration, wanting to vent your anger on someone.

问: 是的.我想问我和我⽗亲的关系?

Q: Yes, I want to ask about my relationship with my father.

JO: 我们感受到你从你的⽗亲那种,就是没有得到连接感和爱和温暖吧,就是没有得到这样⼦的东西.你更多感受到的是⼀种淡漠或者是冷吧,就是没有把你去给温暖,就是给你很多温暖的东西.所以其实他对你的催化就好像是想要你的炸弹可能以负⾯的⽅式.就⽐如说你的⼈⽣当中如果你遇到⼀些事情它会刺激你,OK,我要以负⾯的⽅式,然后再来刺激你以正⾯的⽅式.那你的⽗亲可能让你是⼼冷的那个.就是他没有太多能够滋养你的东西.

JO: We can feel that you didn't receive a sense of connection, love, and warmth from your father - the kind of things one usually gets from parental figures. Instead, you experienced more indifference or coldness; he failed to provide you with warmth or any nurturing elements in life. Essentially, his influence on you seemed like a negative trigger aiming for you, perhaps through explosive means. For instance, if something happens in your life that could upset you, okay, it will provoke you negatively first, and then maybe encourage you positively after that. Your father might have made you feel emotionally cold; he lacked the ability to nourish you emotionally.

问: 男⼈、性和我之间的关系?

Question: What is the relationship between men, sex, and me?

JO: 那其实只有你的关系,明⽩吗? 那你只是通过男⼈和性这个关系把你⾃⼰内在的⼀些⽐如说状态给呈现出来⽽已.那如果你内在是和谐的,是有爱的,那可能你会通过男⼈、再通过性呈现出你跟你是合⼀的状态,它会是和谐的呈现出来.那如果你内在就⽐如说可能有很多负⾯啊,有很多冲突啊.那它也会通过你把这个,性,这些东西就是冲突就给你呈现出来.它不是单⼀的.但是随着你频率的变化,什么男⼈啊,这些事情都会变化.所以只能说是你当下的能量状态,就是你⽬前的这个阶段,它是这样呈现出来给你体验⽽已.仅此⽽已.但并不代表所有的男⼈都是这样⼦,所有的性也是这样⼦.明⽩吗? 那你们的性不过就是让你体验到连接感的⼀种⽅式.

JO: That actually only involves your relationship, understand? It's just that you're projecting aspects of yourself through men and sexuality. If internally you are harmonious and loving, then you might project a state of oneness through men and sex, which would manifest harmoniously. But if internally there's negativity or conflict, it could also be projected by you into sex, representing conflict. It isn't singular. However, as your frequency changes, men and situations will change too. So, it can only be said that this is the manifestation of your current energy state, which is a reflection at your present stage. That's all. But it doesn't mean that all men or sex are like this for everyone. Understand? Your sexuality is simply one way to experience connection.

但是有很多⽅式可以让你们体验到连接感.就⽐如这个⼥孩⼦她通灵她就会体验到连接感.那当你们在深深的爱⼀个⼈的时候,你也可以感受到连接感.那你也可以通过性去感受到那种连接感,明⽩吗? 但是需要你们都敞开的情况下.因为如果不敞开,你感受到的还是抵触.

But there are many ways for you to experience the sense of connection. For example, when this girl is channeling, she experiences a sense of connection. And when you deeply love someone, you can also feel that sense of connection. You could also experience that sense of connection through sex, understand? But only if you both are open. Because if you're not, what you'll really get is resistance.

问: 我明⽩,但是还是…… 我⾃驾去西藏旅⾏.在夜晚的时候⼈不多的时候,只要有男性路过或者经过或者停留,我就会有莫名的恐惧.但是我知道是头脑的东西,但是我的⾝体是紧的……JO: 那有可能是你在能量层⾯还残留着⼀些恐惧,就是⽐如说你的不安全感,⽐如说⼀些创伤性事件,⽐如说你曾经遇到过⼀些什么事情.就⽐如说你曾经被狗咬过吧.

Q: I understand, but still... When I travel to Tibet by myself at night or when there aren't many people around, especially if a male passes by, walks by, or stops, I would feel an inexplicable fear. But I know it's something in my mind, yet my body feels tense. JO: That might be because you're still holding onto some residual fears on the energy level. For example, feelings of insecurity, traumatic events from your past, such as maybe being bitten by a dog.

问: 类似于这种隐藏性的事件我不知道是什么事?

Q: I wonder what kind of hidden events are these?

JO: 就⽐如说你曾经被狗咬过,咬的很疼很伤很严重.它已经给你留下了印记,那你可能下次见到狗的时候,你⼼⾥还会紧张⼀下,明⽩吗? 所以说它来⾃于你还没有清理掉的能量层⾯的⼀些恐惧.

JO: Just like when you were bitten by a dog before, it hurt really badly and caused severe damage. It has left an imprint on you. So, the next time you see a dog, your mind might tense up for a moment, do you understand? This comes from fear in an energy level that you have not cleared out yet.

问: 那我现在如何处理呢?

Q: What should I do now?

JO: 我们可以去连接⼀下这个恐惧.因为这个恐惧有可能是你其他世你连接到的⼀些能量.然后你可以在当下处理.那也有可能是这⼀世.我们感受到在你体内还有⼀个⼩⼥孩,然后这个⼩⼥孩她对男性⾮常恐惧.因为她有体验过那种好像就是被伤害的,就是这个能量还存在.这个⼥孩还活在你这个⾝体⾥⾯,她⾮常的恐惧.这就是你的就好像是想要报复的能量来源于此.就是这个⼩⼥孩⼼中的就好像是怒⽕.我连接到她的能量,然后感受⾮常不好.因为我会体验到她的感受.fuck.我们允许这个⼩⼥孩出来.我感受到她有⾮常强烈的情绪需要去被释放.然后我们⾸先感受到她⾮常恐惧和⽆助.这个恐惧和⽆助的能量⾮常的强⼤.

JO: We can connect to this fear, as it could be energy from other lifetimes that you are connecting with, which can then be processed in the present moment. It might also just be in this lifetime where we feel there's a little girl within you who has a profound fear of men. She experienced being hurt in some way, and this energy still exists. This little girl is still alive inside your body, feeling immense fear. This is where your desire for revenge originates – the anger residing within her heart. I connected to her energy and felt it very badly; I would experience her feelings. "F\*\*k." We allow this little girl to come out. I sense she needs to release her strong emotions first. Initially, we feel her intense fear and helplessness. This fear and feeling of powerlessness is incredibly powerful.

问: 这个⼩⼥孩跟我有什么关系吗?

Question: Does this little girl have any relation to me?

JO: 她是你⾝体⾥残留的⼀股能量⼀样.她这个能量住在你的⾝体⾥⾯.问: 为什么是个⼩⼥孩? 听不太懂.

JO: She's like a leftover energy inside your body, residing within you. Ask: Why is she a little girl? I don't understand it very well.

JO:就好像你⾝体⾥⾯还住了⼀个⼈.但是这是⼀个⼩⼥孩的⼀个形象,⼩⼥孩的⼀个样⼦,就⼩⼥孩.然后这个⼩⼥孩的能量残留了很多⽆助和愤怒和恐惧在⾥⾯.然后我们需要疗愈她⼀样.

JO: It's as if there is another person living inside you. But this is the image of a little girl, the essence of a little girl, just a little girl. And within this little girl, there are many residual energies filled with无助, anger, and fear. And we need to heal her in the same way.

问: 是我的前世吗?

Question: Is it my previous life?

JO: 我们不知道是怎么连接上这股能量的,就是在你的⾝体⾥⾯.她到底是你的前世还是你的⼀部分,还是什么什么的.但是这是你需要去把她给疗愈的⼀个点.就是你需要去处理你和她,就是这个⼩⼥孩还坐在那⾥,还等着我们去疗愈呢,明⽩吗?

JO: We don't know how we connected to this energy inside of your body. Whether she is a part of you from a past life or something else. But this is a point where you need to heal her. You need to deal with her and yourself, as the little girl is still there waiting for us to heal her, understand?

问: 她是在我体内还是在我⾝边?

Question: Is she inside me or by my side?

JO: 她是在你的能量场⾥.就好像在你的体内⼀样.因为她是你的⼈格的⼀部分.问: 是我能跟她沟通吗? 还是?

JO: She is within your energy field, just as she's inside you, because she is part of your personality. Q: Can I communicate with her or not?

JO: 是我们⾃⼰,我们要进⼊到⼀个…… 这个通灵的⼥孩⼦她连接这个能量,她就会体验到这个⼥孩⼦的感受.然后⼩⼥孩的能量就会在她⾝上,明⽩吗? 她会在体验⼀次这样⼦的⼀个,但是通过这个⽤来去疗愈这个⼩⼥孩.只有这个⼩⼥孩她被疗愈了过后,然后你的内在的感受才会消失,明⽩吗?

JO: It's us, we are entering into a... This spirit-connected girl is linking to this energy and she will experience the feelings of this girl. Then the little girl's energy will be on her, understand? She will go through such an experience, but using it to heal the little girl. Only after the little girl is healed, then your inner feelings will disappear, understand?

问: 那我现在需要做什么?

Question: So, what should I do now?

JO: 因为我们现在还不知道你是否想要去做这⼀层清理的问题.问: 我需要.

JO: Because we don't know yet whether you want to go through this layer of cleaning. Q: Do I need?

JO: 你需要的话,你也需要接下来跟这个通灵的⼥孩⼦她去交流.她是否愿意去⾛这⼀趟.因为她需要再体验⼀下这个⼩⼥孩的能量,就是去感受到刚才的悲痛、绝望、⽆助的感受,明⽩吗? 所以你们可以接下来⾃⼰再约⼀个.看看她是否愿意去…… 但是我们已经感受到连接到这股能量.然后这股能量已经让她很难受了.

JO: If you want to, you also need to communicate with the medium girl next. Would she be willing to go on this journey? She needs to experience this child's energy again - that sense of grief, hopelessness, and helplessness. Do you understand? So you can arrange something yourselves afterwards to see if she is willing... but we have already sensed the connection to this energy. And it has made her very uncomfortable.

问: 那我换个话题吧.我想问⼀下我的⾝体很容易有酸痛感,是什么原因?

Q: Well, let me change the topic. I wanted to ask why my body easily experiences aches and pains?

JO:我们感受到你⾝体的酸痛感来⾃于你还没有办法完完全全的去有⼒的⽣活.就是对你来说现在还有⼀种叹⽓和⽆⼒,就是你没有办法按照你的意愿和你的想法去呈现出你的⼒量,就是那种⽆⼒感.就是有⼀种我有很多⼒⽓,但是我没有地⽅释放和展现出来,就是那种使不上劲的感觉.就对你的整个⼈⽣整个⽣命有⼀种使不上劲的感觉.但是又很想完完全全的去展现出来.所以就在这种又有⼒又使不上劲的这种感觉,导致你的⾝体产⽣这样⼦的反应.就来让你知道你⽬前的⼀个状态.

Japanese to English

JO: We sense the physical aches in your body because you haven't been able to live fully and powerfully yet. It's like there's a sigh of无力ness and helplessness for you, meaning you can't fully manifest your strength according to your will and thoughts. You feel this sense of being stuck or unable to apply yourself. Even though you might have the strength, you don't know where to release or show it, creating a feeling of being unable to exert your power. This manifests as a general sense of not being able to give your all in life. But at the same time, there's an intense desire to fully展现 yourself. It's this combination of having strength but being unable to apply it that causes your body to react this way, informing you of your current state.

问: 那有什么好的建议让我缓解吗?

Question: Is there any good advice you can offer me to help relieve it?

JO: 成长.成长会缓解你这些不适感.成长就是成为你⾃⼰,你越来越会感受到⼒量.然后⾃然⽽然就会转变的.

JO: Growth. Growth will alleviate these discomforts you're experiencing. Growth is about becoming yourself, and as you do so, you'll increasingly feel strength. And naturally, it will then transform.

问: 帮我连接⼀下前段时间我看到的我的外星伙伴.就是连接它.

Q: Help me connect with my alien friend that I saw recently. Connect to it.

JO: 连接那股能量是吗? 因为是你⾃⼰去连接的,因为如果你曾经连接过,那还需要你⾃⼰去连接.但是我们可以看有没有信息可以给到你,明⽩吗? 你可以提问.

JO: Connecting to that energy, right? Because you are connecting to it yourself, because if you have connected before, then you still need to connect yourself. But we can see if there is any information that could be given to you, do you understand? You can ask questions.

问: 它来⾃于哪个星球?

Question: Which planet does it come from?

JO: ⾸先我们想要让你知道你连接到的能量是你⾃⼰独⼀⽆⼆的⼀个通道,所以需要你⾃⼰去探索这个⽅⾯的信息,明⽩吗? 然后你通过你⾃⼰探索信息,然后转移出来给我,明⽩吗? 就是那个是你独⼀⽆⼆的频道收到的,你这台机器收到的信号.这是属于你的.

JO: First, we want you to know that the energy you are connected to is a unique channel of your own, so you need to explore this aspect of information for yourself, got it? Then, you go through exploring this information and transfer it out to me, right? It's the signal received by your unique channel, the machine you're operating. This belongs to you.

问: 就是现在没有信息,对吗?

Question: It's just that there's no information available right now, correct?

JO: 不是.你是⼀个独⼀⽆⼆的收⾳机,对吧? 那你这台收⾳机和她这台收⾳机,你们能收到的频率是不⼀样的.为什么呢? 因为你有你的⼀些连接者,就是你有你的朋友,我有我的朋友.明⽩吗? 那你要去探索这⽅⾯的信息,就需要从你⾃⼰.因为只有你才知道那股能量跟你之间是怎么共振的.

JO: No, you're a one-of-a-kind radio, right? So the frequencies that your radio can receive are different from hers. Why is that so? Because you have your own connectors, which means you have your friends, and I have mine. Do you understand? To seek this kind of information, you need to start with yourself because only you know how that energy resonates between you two.

问: 因为当时是在睡觉的过程当中,就是在⽆意识的情况下它进⼊到我的梦境.

Q: Because it was happening during the process of sleeping, in an unconscious state entering my dream.

JO:那就是了.就好像这是属于你们之间的⼀个秘密.你们之间的⼀个东西.因为这个世界是通过你⾃⼰的意识投射出去的.所以说它只能发⽣在你的意识之内探索,然后你分享出来.如果这个⼥孩⼦她连接外星⼈22号,然后她跟你说你来帮我连接外星⼈22号.那你能连接上吗?你不知道外星⼈22号,他们是⼀个什么样⼦的频率啊.明⽩吗?因为那个只是属于他们之间的⼀个约定,他们之间的⼀个频率,他们之间的⼀个振动.

JO: That's it. It's like something exclusive between you two - a secret or an element that only exists in the realm of your consciousness because this world is projected by your own awareness. Therefore, these things can only happen within your exploration of your own mind and then shared with others. If this girl connects to Alien 22 and asks you to help her connect to Alien 22, could you do it? You don't know what Alien 22 looks like or operates at; understand that because that's just a part of their private agreement - the frequency they share between them, their vibrations.

问: 那就是说只有我⾃⼰能去连接它?

Q: That means I'm the only one who can connect to it?

JO: 是的.你开的道,只有你⾃⼰才知道.但是如果你有什么问题,你可以问.你梦⾥⾯梦见外星⼈,然后呢?

JO: Yes, you pave your own path, only you know it yourself. But if you have any questions, you can ask. You dream of aliens in your dreams, and then what?

问: 它给我带来的信息就是很和平,就是给了我⼀个外在的样貌,就没有其它的信息了.就是告诉我有个这样的⼈存在.

The information it conveyed to me was very peaceful, giving me an outward appearance; there was no other information beyond that. It told me that such a person exists.

JO: 那你可以很好地⽤这⼀段经历来正⾯的服务于你.为什么呢? 它就可以让你知道实际上有很多友善的存有,有很多⾼维的能量,它们都在指引你,帮助你.你并不是孤独的、孤单的.然后你永远都可以得到⼀些有效的指引.因为当你去提问,就⽐如说它来⾃什么外星球啊?它叫什么名字啊?这都是满⾜你们物质头脑的⼀些东西.我们这些⾼维或者其它存有真正存在的⽬的就是来帮你发现你⾃⼰⽣命的⼒量和⽣命的⽅向.让你⾃⼰可以去正⾯的展现你⽣命的⼒量.你不是受束缚的,仅此⽽已.你不是受束缚的,仅此⽽已.其它那些什么故事情节、⾊彩那些什么东西,它都是来⾃于你们⼈类,你去怎么解释.明⽩吗?

JO: You can use this experience positively to serve you. Why? It helps you realize that there are many benevolent beings and high-dimensional energies guiding you and assisting you. You are not alone or isolated. And you will always have access to effective guidance because when you ask questions, like from which extraterrestrial planet it came or what its name is, these are all things that satisfy your physical minds. The real purpose of us dimensional beings or other entities existing here is to help you discover the power and direction in your own life. To enable you to positively showcase your life force. You are not bound, simply put. You are not bound, that's it. Other aspects like storylines, colors, etc., those come from humans and how they interpret them. Understand?

就这么说吧,我前⾯看到了⼀个太阳,然后我来解释.它圆圆的、暖暖的,像⼀个⼤⽉饼.那这是你描述的⽅式.另外⼀个说像⼀个⽕球.再另外⼀个说它就是个圆圈,像个圆规.明⽩吗?所以你们每⼀个⼈他可以很简单的描述,他可以很⽣动的,他可以长篇⼤论,他也可以很简洁.但是核⼼的其实只有⼀点,来帮你发现你真正的⼒量.让你知道你是有权⼒去掌控你的⽣命,⽽不是随机的、任意的.

Here's how I'll put it: I saw one sun in front of me, then I came to explain. It was round and warm, like a large mooncake. That's the way you describe it. Another says it looks like a fiery ball. Yet another describes it as just a circle, like a compass. Do you understand? So each of you can describe it simply, vividly, or in detail. But the essence is that one thing to help you uncover your true power, allowing you to take control of your life rather than leave it to chance or whimsical decisions.

问: 在半个⽉前,我感受到了⾃⼰看到了⼀秒的平⾏宇宙.我想问这个带给我什么样的信息?

Question: About half a month ago, I felt that I had seen an alternate universe for one second. I would like to know what message this brings me?

JO: 因为不知道你对平⾏宇宙是怎么样的⼀个理解.但是其实你们的意识每⼀秒钟,每⼀⽚刻它都在穿越所谓的平⾏宇宙.只是你们的意识⼀般起伏不⼤.就是你们的变化,就是有可能⼀辈⼦他可能就是这么⼀点变化.所以他们感受不到⼀个⾮常⼤的变化.但是那种意识转变特别⼤的,他就能感受到完全不⼀样.就我看到的世界怎么完全变了? 我看到的⼈怎么完全变了? 他就能感受到⾮常⼤的⼀种变化,明⽩吗?

JO: Because I don't know how you understand parallel universes. But actually, your consciousness travels through what we call parallel universes every second and every moment. It's just that the fluctuations in your consciousness are usually not very big; they might only change slightly throughout an entire lifetime. So, those changes wouldn't feel like a huge difference to you. However, for someone who experiences significant shifts in their consciousness, it feels like everything has completely transformed. I mean, how can I understand when my world changes entirely? How can I see people differently now?

So yes, there are those who feel the profound impact of such transformations and the differences they experience compared to before.

问: 我也不太确定,就是两个画⾯重叠,⼀模⼀样就闪了⼀下.

Question: I'm also not very sure; it's just that when two pictures overlap, they flicker identically.

JO: 因为你们⾃⼰就觉得好像是⼀个不正常的事情.但是我们想要告诉你,你的意识不断不断在切换不同的平⾏世界.只是你⾃⼰的意识变化太⼩,你体验不到⽽已.但是话说回来,你就可以知道你不是受困的.你真的不是受困的.当你的意识能够转变,你体验的世界就转变了.

JO: Because you feel it's an abnormal situation for yourselves. But we want to tell you that your consciousness is constantly switching between different parallel universes. It's just that the changes in your own consciousness are too small for you to experience. However, when you consider this, you can know that you are not trapped. You really are not trapped. When your consciousness can change, the world you experience also changes.

问: 想⿇烦你帮我核查⼀下我现在的能量.

Question: Could you please assist me in verifying my current energy?

JO: 你稍等.我们前⾯说你有⼀种就好像有⼒⽓使不上劲的感觉.你有这样⼦的⼀个能量在,然后你也有⼀种想好好地活出来,就是⼲⼀番事业,好好地呈现⾃⼰.也有这个狠⼼和决⼼在.明⽩吗?

Jo said: Wait a moment. We were talking about the sensation you have where your energy feels insufficient or unfulfilled. You possess this kind of energy, and at the same time, there's also a desire to fully live out your life, to establish a career, and present yourself well. There is also the strength and determination in you. Do you understand?

问: 但是就是感觉那⼀张纸怎么也突破不了.

Question: But it just feels like that piece of paper can't be broken through no matter what.

JO: 是的,是的.

Yes, yes.

问: 那我为什么就是突破不了?

Question: But why can't I break through?

JO:外在的所有⼀切,在你当下发⽣的⼀切,你想要突破它.你必须要做⼀件事情,就是要感激它.感激这个事情发⽣在你的⽣命⾥.那你如果真诚的去感激它发⽣在你的⽣命⾥,因为如果不是这件事,你的⽣命可能不会发⽣⼀个质的变化.你不会⾛上智慧的路,解脱的路.所以你必须要⾮常感激你⽣命中发⽣的这件事.不然的话,你就会错过什么什么,就不能成为你.当你这样⼦开始的话……明⽩吗? 当你不能产⽣内在那种真正的感激的话,那就说明你还是没有领悟到,没有从中去学习到.所以你还会呆在这⾥继续的让你去学习.所以你好好地想⼀下.但是随着我们的信息,我们的信息让你从更⾼的⾓度,从其它不同的⾓度让你去看待你⾃⼰的⼀些体验.

JO: All the external aspects and everything that is happening to you right now, you want to break through it. You need to do one thing, which is to be grateful for it. Be thankful that this has happened in your life. And if you sincerely are grateful that it has happened in your life, because if it weren't for this event, your life might not undergo a qualitative change. You wouldn't have embarked on the path of wisdom or liberation. Therefore, you must be extremely grateful for whatever is happening in your life. Otherwise, you would miss out and wouldn't become yourself. When you start like that... Do you understand? When you can't generate that true inner gratitude, it means you haven't yet realized or learned from it. Hence, you will continue to stay here and learn further. So ponder on this deeply. But with our information, let it show you from a higher perspective and different angles how to view your own experiences.

当你通过这些过后,你就领悟到原来⽣命给了我这么⼤的⼀个宝贝啊.我好感激发⽣在我⽣命中的离婚事件.当你去感激所有发⽣在你⽣命中的⼀切的时候,你就不需要再经历那些了.你已经领悟了.你不需要显化这样的事件来给你.如果有⼀些具体的,就是你⾮常排斥的,就是不想它发⽣在你⽣命中的事情.你可以说出来.然后我们从能量层⾯来教你怎么去看.就是让你如何去感激这个事情,明⽩吗?

When you go through these things, you realize how big a treasure life has given me. I'm grateful for the divorce event that happened in my life. When you appreciate everything that happens in your life, you don't need to experience those anymore. You have understood it. You don't need to manifest such events into your life. If there is something specific, something very repulsive and not wanted to happen in your life, you can express it. Then we will teach you from an energetic perspective how to see this. It's about how to appreciate that thing, understand?

问: 因为说到感激,其实从⼩到⼤真的是我觉得…… 我算是⼀个很懂得感恩感谢的⼈.

Q: Speaking of gratitude, really,从小 to 大, I feel that...I consider myself someone who is very grateful and appreciative.

JO: 不是说感谢谁谁谁,⽽是说你⽣命中发⽣的事件,所有的⼀切.

JO: It's not about thanking anyone, but rather about all that happens in your life.

问: 就是我的意思是说⽆论是事还是⼈还是物,我觉得我已经不再是以前的我.

Q: What I mean is that whether it's about things, people, or objects, I feel like I'm no longer the person I used to be.

JO: 是的,你已经不是.

JO: Yes, you're no longer.

问: 问题就是不知道为什么我做什么事的时候我很⽤⼼,我总是会带有⼀点点⽬的性.

Question: The issue is that I don't know why I am so focused when I do things; I always have a bit of a goal-oriented approach.

JO: 你觉得你做事是带⽬的性的,对吧?

You feel that you do things with a purpose, right?

问:以前会很明显,现在我会不知道哪个是真正的我.就是我明明是在⾃⼰的道路上⾛着,然后就会有⼀些莫名的感觉信息把我带⼊另⼀个⽅向.就会有⼀点我为了要做这件事情⽽做.在这种感觉⾥我有⼀种混乱.就我明明是⼀个很好地⼈,我出发点做这个事情我么有任何想法.但是做着做着就会带着⼀些不属于我的……JO: 我们先说⼀下你这⾥⾯产⽣的⼀些冲突.⾸先就是⼀些想法,然后就是物质⼩我,然后还有⼀些不由⾃主的去做这些事情,这⼏点.你不知道哪个是你,你搞混淆了.我们想要让你知道,不要去定义.不要去定义你.为什么呢? 因为你的所有定义来⾃于你这个⼩我.你这个⼩我只是⼀个⼯⼈的⾝份.

Q: It used to be clear, but now I don't know which one is the real me. There's this feeling that draws me in a different direction when I'm clearly on my path doing something. I feel like I'm making an effort to do it for some reason, and within these feelings there's confusion. Even though I am a good person, without any preconceived notions as to why I started doing this thing, somehow it ends up involving aspects that don't belong to me. JO: Let's address the conflict you're experiencing here. Firstly, there are ideas, then your material ego, and also an involuntary action towards these things. You're unclear about which one is truly yours; they've become mixed up. We want you to understand not to define yourself or your actions based on these. Why? Because all of these definitions come from your ego, your small self, which is just a worker's identity.

它⼯⼈的⾝份没有办法知道这个设计师设计出来的big picture,就是最⼤的相是什么,明⽩吗? 就好像你只是个建筑⼯⼈,你是个砌墙的.然后呢,你说怎么我⼀会⼉在这砌,⼀会⼉在那砌? 你没有看到图纸,对吧? 因为你没有看到设计师他到底想要呈现什么样⼦.你现在就好像在⽤⼀个⼯⼈的头脑去搞清楚这个设计师到底是个什么样⼦.你不知道的的.所以不要去…… 就放下你想要⼀下⼦把所有东西搞明⽩的想法.你没有办法.因为你们⾝份不⼀样.你的物质头脑不是⽤来去…… 它只是让你可以更好的focus在当下,让你可以更好的产⽣体验,明⽩吗? 所以这就是来⾃于你的物质⼩我还有这些想法的⼀个冲突.

The worker's perspective has no way of knowing what the big picture that this designer created would be, can you understand? It's like you're just a construction worker, a bricklayer. Then you ask why am I building here and then there suddenly? You haven't seen the blueprint, right? Because you don't see what the designer wants to present. Now you're trying to understand the designer with your worker's mind, something that is not possible. Don't try to understand everything immediately; it's impossible because our roles are different. Your material mind isn't meant for that task. It only helps you focus better in the moment and generate experiences. This conflict comes from your material self and these ideas.

但是允许你⾃⼰活在⼀种不明不⽩的状态下,明⽩吗? 有的⼈到底他都搞不明⽩.

But allowing yourself to live in a state of ambiguity, do you understand? Some people just can't figure them out.

问: 我现在明⽩,但是做不到.

Q: I understand now, but I can't do it.

JO: 做什么做不到?

JO: What can't you do?

问: 就是对⾃⼰的要求⽐较⾼⼀点吧JO: 做什么做不到?

Q: Aren't you just a bit more self-demanding? JO: What can't I do?

问: 就是会想朝着好的⽅向,但是总是有东西把我往下拉.

Q: I always want things to go well, but there's something that keeps pulling me down.

JO: 那问题是什么是好的⽅向呢? 那我告诉你你们⽬前社会上的战争就是朝好的⽅向,瘟疫就是朝好的⽅向,你相信吗? 明⽩吗? 你头脑没有办法去定义,你头脑不知道.你只是⼀个砌墙的⼯⼈,你不知道设计师到底想要去呈现什么.

JO: What is the good direction? I'll tell you that currently in society there's a war going on that is heading towards the good direction, and the plague is also moving towards improvement. Can you believe it? Do you understand? Your mind cannot define this; you don't know what your head knows. You're just a bricklayer, you don't know what the designer wants to present.

问: 就是允许所有事情发⽣,接纳它?

Question: Is it about allowing everything to happen and accepting it?

JO: 你允不允许它都在发⽣.

JO: Are you allowing everything that's happening?

问: 我现在就是有⼀点不知道该⼲嘛,迷茫.

Question: I'm just a bit unsure of what to do now, feeling lost.

JO: 你只需去在每⼀个当下,通过当下的镜⾯、镜⼦,当下这个反射去认识你⾃⼰.这就是你们最重要的事情.但是你们很多⼈都不愿意做这件事情.你们都只是去沉浸在你们⼀个⼀个的计划当中,⼀个⼀个拍的东西当中,明⽩吗? 因为外在的⼀切都只是你⾃⼰的能量状态体现出来的⼀个果.如果你没有去通过这个果认识你⾃⼰,看⾃⼰有什么冲突,你的⼀些障碍,管理你的是什么程序在运作.那你没有办法带来⼀个成长.你所说的没有什么事做,那是你们头脑.你们头脑会锁定⼀些东西觉得在做这个事情.那如果你没有从你做的这些东西当中去获得⼀些感悟的话,你做都是⽩做的.

JO: All you need to do is go into each moment through the mirror of that moment—the reflection within—which allows you to know yourself. This is what’s most important for all of you. However, many of you are not willing to do this thing. You just get lost in your one-by-one plans and one-by-one shoots, understand? Because everything external is merely a manifestation of your own energy state as the fruit. If you don’t go through this fruit to recognize yourself—to see where there’s conflict within you, what obstacles you’re facing, which program is operating—and if you can’t address these aspects, there will be no growth for you. You say there's nothing to do; that’s your mind—the mind locks onto things and thinks it's doing something. If you don’t gain any insights from the things you do, then whatever you're doing is essentially futile.

问: 我的指导灵有什么要跟我说的吗?

Question: Does my guiding spirit have anything to tell me?

JO: 很多你⾃⼰现在⽬前⾯临的这些好像让你有⼀种不知所措或者有⼀种迷茫或者是找不到⽅向的感觉,它实际上都是来⾃于你活动过多,就是你头脑⾥的想法、念头太多导致的.但

JO: It seems like many of the challenges you're currently facing might make you feel overwhelmed, lost, or uncertain about direction; these feelings actually stem from having too much activity in your mind - too many thoughts and ideas swirling around. But

是当你真正的放下念头,同步性会把你带到你的路上,就是⼀个⾃我认识的路上,明⽩吗?就是让你的头脑放下.因为它本⾝就不是去掌控⼀切或者是可以马上理解⼀切的.它没有这个功能.所以说你只需要相信前⾯有⽆限的美好在等着你,然后你会越来越美好.然后你最终会绽放.所以以正⾯的⽅式,尽可能的去跟多的连接我们的信息,让它不断不断地洗刷你.你可以记起来你的⾝份.然后在不断不断地连接我们信息的同时,你也在被疗愈,明⽩吗?

When you truly let go of your thoughts, synchronicity will guide you on the path towards self-awareness, understanding? It's about freeing your mind because it inherently cannot control everything or immediately comprehend everything. It doesn't have this capability. So all you need to do is trust that there are boundless beauties awaiting you ahead, and as a result, you'll become increasingly beautiful. Eventually, you will bloom. Therefore, in a positive manner, connect with our information as much as possible, continuously washing away any remnants of your past self. You can remember who you are. As you keep connecting with our information, you're also being healed, understand?

问: 你们的信息指的是什么?

Question: What does your information refer to?

JO:就是这个⼥孩⼦的通灵信息,有很多很多,我们带出来了很多.因为它这些就好像是源头的⽔.那你这个⼩脑袋⽠⾥⾯全是⼀些污⽔,我们不断不断地把污⽔给冲刷掉洗刷掉.那你就通透了.就不会有那么多摸不着头脑的东西.然后你最终会完完全全的呈现出你的⼒量.你现在之所以有⼀种抓狂的感觉,就是你感受到⼀股强⼤的⼒量,但是就好像使不上劲,就⽤不出来,没有把它给展现出来,就有⼀种着急.就很想把它给展现出来的那种感觉,明⽩吗?你不⽤着急.当你越是能定下来,越是慢,越是进⼊到当下.那所有东西都在快.当你越是各种着急,你就在擦肩⽽过,在背道⽽驰.定,当你真的安定下来,你的智慧会⾃动的呈现.

JO: This is the girl's spiritual message, there are many of them, we have brought out a lot. It's like water from the source. Your small mind is full of polluted water, and we keep flushing it out continuously, washing it away. You become transparent; you won't have so much confusion. Eventually, you will completely manifest your power. The reason you feel frustrated right now is because you can sense a powerful force but are unable to apply it, as if it's not being shown, causing you to be anxious and eager to demonstrate it. Don't worry. When you remain calm and slow down, entering the present moment, everything accelerates. The more frantic you become, the further you drift from your path. Stability is key; when you truly settle down, your wisdom will naturally unfold.

你就会更清楚你的路,它实际上就在眼前.

You will then have a clearer understanding of your path, which is actually right in front of you.

#### 2023/11/06 — 灵魂主题之体验固执带来的束缚、慢下来去扎根The Experience of Constraint through Persistence, Slow Down to Root

JO: 你说什么问题?

JO: What question did you say?

问: 我的⼈⽣主题是什么? 我叫XXX.

Question: What is my life theme? I'm XXX.

JO: 我们看到你这⼀⽣的⼈⽣主题就好像你的⼈格⾮常固执,就是你只能看到你⾃⼰认定的东西,不能换位思考,也不能看到其它可能.所以你这⼀⽣的主题就会去体验到固执给你到来的束缚和影响,就是让你闷闷不乐,让你不快乐,让你不能轻松或者是愉悦的体验你的⼈⽣.因为你的⼀些固执和死板的能量让你这⼀⽣都体验到很不顺畅.你会吸取到⼀个很⼤的感受就是⼀味地去固执、不灵活、不变通⽽带来的⼈⽣体验.

JO: We see your life theme as if it's like your personality being very stubborn, meaning you can only perceive what you yourself have identified, failing to empathize or consider alternatives. Therefore, the main theme of your life will be to experience the constraints and effects of your stubbornness - causing discomfort, lack of happiness, inability to enjoy, or find ease in living. Because of some of your steadfast and rigid energies, your entire life experiences are marked by a lack of smoothness. You would absorb a significant feeling that comes from persistently being rigid, inflexibly thinking, or not adapting well, leading to the overall experience of life.

问: 咋改变呢?

Question: How can it be changed?

JO: 你愿意改变吗?问: 我78了,愿意.

JO: Are you willing to change? Question: I am 78 years old and willing.

JO:那你就可以从现在开始把外在的所有事情,所有想去说两句,所有想去发⽕或者是⽣⽓,把这些东西全部给拿掉.就是⼼⾥不要持有任何你⾃⼰的想法.就⽐如说有⼀个想法觉得你不应该这么做,然后马上打消.OK,这只是个想法.然后你这么想,我现在就当我⾃⼰死了.你死了是不是眼不见为净啊? 你死了还能拿别⼈怎样,怎么办呀,外⾯的事情,对不对? 所以对外⾯的事情,⽆论发⽣什么事情, ⽐如说你想要发脾⽓或者是动怒或者是产⽣情绪,你就来⼀句: 我当我现在死了.你要死了,他们俩再怎么争吵,再怎么打架,再怎么样让你看着不顺眼,你都没办法,对不对?

JO: So you can start now by removing all external things, all the desire to speak out or to express anger; just don't hold onto any of your own thoughts. For example, if you have a thought that feels like it should be expressed immediately, right then and there—rejecting that thought is okay. This rejection itself comes from within you. Then you think: "Now I am considering myself dead." Would that mean things are going to disappear because the eyes cannot see anything? Even after you're dead, how can you handle other people or deal with external matters? So for all things happening externally—regardless of what happens—when you want to get angry or when emotions arise, try this: "I am considering myself dead." If you were dead, would it matter if they are arguing intensely or fighting or causing you discomfort? You can't do anything about it, right?

那你就从现在开始⽆论外⾯发⽣什么事……问: 这⼏天我梦见好⼏回我⽗亲,他有啥话带给我?

So you will no matter what happens outside from now on... Q: I've been having dreams about my father several times this past few days. What does he have to tell me?

JO: 你⽗亲想要你尽可能的开⼼、快活,怎么样开⼼怎么样来.你越开⼼,他就越开⼼.这是他跟你说的.

JO: Your father wants you to be as happy and joyful as possible, taking your happiness seriously. The happier you are, the happier he is. This is what he told you.

提问者的⼥⼉问: 我爸爸有没有什么话带给我妈妈?

The daughter asked the questioner: Is there anything my father wants to convey to my mother?

JO: 他也是说就是不要想那么多,怎么开⼼怎么过.就这⼀句话.

He just said, don't think too much, live your life however makes you happy. That's it.

问: 我最近⼀直就觉察、突破.您说我2023年会进⼊到另外⼀个状态.最近感觉有点⽊.

Question: I've recently been noticing and breaking through something. You said that in 2023, I will enter into another state of being. Lately, I feel somewhat numb.

JO: 不要去拿以前的任何信息,从现在、当下来摄取你的信息.你就问你的问题.

JO: Don't take any information from before, get your information from now on and onwards. Just ask your questions.

问: 我最近⼀直在发现⾃⼰的问题,也在突破.就是特别慢.不知道什么时候结束……JO: ⾸先我们想要跟你说你的能量不是特别慢,是特别着急.你特别着急就会发现事情它好像特别慢.因为你要求要⾮常快速.但是之所以导致你好像热锅上的蚂蚁,是因为你就好像有⼀种在当下站不住脚.所以是你⾃⼰应该去把你的能量收回来,⽽不是就⼀股脑的往外倒出去.所以你现在试着让你说话像我这样的速度,⼀个字⼀个字的讲清楚.因为它可以让你整个⼈的能量往下⾯沉淀,明⽩吗? 你只有慢,往下⾯沉淀,你才可以扎根.不然的话,你就好像⽔上的浮萍⼀样,没有根.你就会感受到没有⼒量,没有安全感,没有归属感,没有连接感.

Q: I've been uncovering my issues and pushing through them recently, but the process is so slow that I have no idea when it will end.

JO: First of all, we want to tell you that your energy isn't particularly slow; it's just very rushed. You're being overly anxious, which makes everything seem slow because you're demanding a very quick solution. The reason you feel like you're stuck in a pan of boiling water is that you lack grounding in the present moment. So, what you need to do is bring your energy back and not just keep pushing it outward without reflection. Try speaking at my pace, word by word, clearly. This can help you anchor your energy below, making it clearer for yourself. Only when you slow down and allow it to settle can you find stability. Otherwise, you'll be like a floating leaf on the water, without roots. You will feel powerless, insecure, disconnected, and unfulfilled.

就是⼼是飘的,是空的,抓不到东西.让你会产⽣⼀种恐慌.所以先试着把你说话的语速慢下来,⼀个字⼀个字的咬清楚.不着急.

The mind is wandering and empty, unable to grasp anything, which can induce a sense of panic. Therefore, start by slowing down your speaking pace, enunciating each word clearly, and don't rush.

问: 我是有那个尽.就感觉话紧着说……JO: 你现在需要让你的能量跟当下发⽣连接.为什么我们跟你在交流的时候语速⾮常的慢? 因为我们想要你来匹配这样⼦的⼀个状态,明⽩吗? 就是好像你⼀个劲的想要往前⾛,然后我就像⼀个⽼乌⻳⼀样慢吞吞的.就是想让你可以在⼀个这样⼦的状态让你的⼼沉淀下来.因为你本⾝是拥有智慧的.之所以导致你好像是很混乱的状态就是因为你不断不断地想要去快速的抓⼀个结果.

Q: I feel like we should just get to the point... JO: You need to connect your energy with what's happening now. Why is our speech very slow when communicating with you? Because we want you to match this state. Understand that it feels as if you're always trying to move forward, while I'm moving at a snail's pace, just like an old crow. This is so that you can settle your mind into this state. You already possess wisdom within you. The reason why you might feel like you are in a chaotic state is because you continuously seek for quick results.

问: 对,就是觉得特别累,就是想快点结束……JO: 你说有⼀只狗,它不断地⼤圈圈.跑来跑去,跑来跑去.另外⼀只狗它静静的坐着.那你说哪只狗累啊?

Q: Yes, I just feel very tired and want to finish it as soon as possible. JO: You said there was a dog that keeps running in big circles, going back and forth. Another dog is just sitting quietly. Which one do you think is more tired?

问: 那我就感觉到⾝体的⽓供不上.我要不快点说,就觉得要⼤喘⽓……JO: 不会的.这只是你⾃⼰头脑⾥⾯的⼀个想法.当你真正的去⼀个字⼀个字的慢下来过后,你的⼈会更清晰,你的头脑会更清晰.你的⼈会更舒服.逐渐逐渐的你就不会感受到你⼀直在消耗.你现在的状态就好像⼀个机器它打开了开关,它⼀直在转动转动转动.但是它消耗了,磨损了.但是你不⽤的时候,你也打开让这个机器⼀直在转.它却没有服务什么,明⽩吗? 它却没有去创造什么东西出来.因为这个时候是我们不需要去⽤它的时候.那等需要⽤它的时候,它可能就会卡壳了.因为它已经就是24⼩时⼀直打开的状态.

Q: Then I feel like my body's breath isn't enough. If I don't speak quickly, I think I need to take big breaths...

A: No, that wouldn't happen. It's just a thought in your mind. When you truly slow down word by word, your presence will become clearer, and your mind will be clearer as well. You'll feel more comfortable. Gradually, you won't sense the constant consumption. Your current state is like a machine with its switch turned on, spinning continuously. It's using energy, wearing down over time. But when it's not being used, you still keep it running even though it's doing nothing—it isn't serving any purpose and isn't creating anything. This happens because this is not the time we need to use it. When that time comes, it might get stuck in operation as it has been constantly active for 24 hours.

问: 我⽹上有⼀个朋友,认识了六七年了.他就有处对象的意思.但是我觉得他不稳定.我想问我跟他是婚姻吗?

Question: I have a friend online who I've known for about six to seven years. He seems like he's looking for a relationship. However, I feel that he is not very stable. I wonder if our relationship could lead to marriage?

JO: 这是来⾃于你们⾃⼰的选择,所以你不需要⽆问别⼈,明⽩吗? 但是如果你⾃⼰处在这样⼦着急、焦虑,就是不能静下来的节奏.就算你进⼊⼀个关系,你也会发现你们的关系会出现很多摩擦.因为你想象⼀下,你在赶路.你有⼀个同伴他也在赶路.你在那快的不得了.他在那慢吞吞的.你在那: 快点,快点.那你们是不是就会产⽣摩擦? 明⽩吗? 所以你说的那个对象,他就好像是你路上的⼀个陪伴着.你们俩是同频的吗?

JO: This comes from your own choice, so you don't need to ask others, understand? But if you are in such a rush and anxious state where you can't calm down, even if you enter into a relationship, you will find that there are many friction points. Imagine this scenario: You're hurrying along the road, and you have a companion also trying to keep up. Your pace is incredibly fast, while theirs is slow and sluggish. You're saying, "Hurry up! Hurry!" Wouldn't that lead to tension? Understand? The person you refer to would be like someone traveling with you on your journey; are你们 two in sync or not?

问: 我梦见我⾃⼰盘腿打坐像通灵似得.我梦见我在⼀个平房⾥⾯,很多⼈来找我.我⼼特别静.那个是未来的我吗?

Question: I dreamt that I was sitting cross-legged in meditation like a medium. I dreamed that many people came to see me in a small house. My heart was exceptionally calm. Is that my future self?

JO: 那是你⾃⼰想成为的⼀个状态.

JO: That's what you aspire to be in that state.

问: 那我还有多久啊? 转换到另外⼀个状态?

Q: How much longer do I have? Transitioning to another state?

JO: 你当下就就可以.

JO: You can do it right now.

问: 但是它总有,就是突然间难受.有的时候长半个⽉,快就⼏天……JO: 你可以问⼀下你的灵魂主题.你稍等.我们感受到你这⼀⽣的灵魂主题就好像⼈家都好像是顺着⼀步⼀步的往上⾛,就是梯⼦的台阶.但是你却好像是跳着,就好像前⾯的台阶被你分成了⼀个⼀个的圆圈.你可能⼀下⼦从⼀跳到⼗,又从⼗跳到你.就是你是跳着⾛的.所以你跳着⾛,你就会感觉有时候你很清醒,就是很正常.但是有时候你又变得好像很不正常.就是你总会在这种很⼤的落差…… 给别带来来的感觉就是你怎么⼀会⼉这样,⼀会⼉那样.就是你的变化会很⼤.就⽐如说前⼀分钟前⼀个⼩时你可能⾮常的兴奋开⼼,可能下⼀分钟你就开始发脾⽓.你就觉得抓狂.

Questioner: But there is always a sudden discomfort. Sometimes it lasts for half a month, and sometimes just a few days...

JO: You can ask about your soul's theme. Please wait. We sense that throughout your life, the theme of your soul seems to be progressing step by step like climbing stairs, one after another. However, you seem to skip steps, as if dividing them into individual circles or rings. You might jump from one to ten and then back to yourself in a single jump. Essentially, you are skipping over steps. Therefore, when you skip steps, you will sometimes feel very aware and normal, but other times you become unusually abnormal. You are experiencing large fluctuations...

Linguist: The passage describes an experience of sudden discomfort that varies in duration from half a month to just a few days. It mentions the concept of 'soul's theme' or perhaps life's purpose which progresses like climbing stairs step by step, but for this individual it feels more akin to skipping steps or hopping between levels which creates dissonance and abrupt changes in mood – from extreme excitement and happiness one minute to anger or frustration the next. The shifts are described as significant and abrupt, leading others to perceive inconsistencies in behavior over short periods of time.

所以让⼈有点摸不着头脑.就是觉得你刚才不是好好的吗? 怎么突然又这样了? 然后说不定⼀会⼉你又没事了.你就忘记刚才你在发脾⽓、抓狂、骂⼈家了.你又开始对⼈家好了.

So it's a bit confusing. I thought you were fine just now, right? Why are you acting like this all of a sudden? And maybe you'll be okay in a moment and forget about your earlier outburst, your anger, yelling at others, then suddenly you're nice to them again.

问: 对,尤其最近特别明显……JO:所以在你的体内就好像有好⼏个⼈格.就是喜怒⽆常,这⼏个字来形容你的状态.明⽩吗?这么说吧,其实你的这种⼈格你是⾮常讨厌⼀成不变.就是⽐如说每天做同⼀件事情或者是⽇⼦没有波浪,很平静.你不喜欢.你就觉得太⽆聊了,太没劲了.就像⼩朋友⼀样,我⼀定要弄的天翻地覆的才爽.所以说你不能去忍受⽣活是风平浪静的,或者是⼀成不变的,或者是每天都是同样的.这个好像是要杀了你⼀样.所以你会很喜欢那种像坐过⼭车⼀样.就⼀会⼉上,⼀会⼉下,很刺激的感觉.所以你选择这样⼦的⼈⽣体验是因为你就希望你的⼈⽣可以像坐过⼭车⼀样,⼀会⼉上⼀会⼉下.

Q: Right, especially noticeable recently... JO: So it's as if there are several personalities within you – capricious and unpredictable. These words describe your state very well, do they not? In other words, you're extremely annoyed by routine. You don't like doing the same thing every day or having a life that's calm without any waves of change. It bores you to death; it lacks excitement. You have to turn everything upside down in order to feel satisfied – just like how children need chaos and excitement. Thus, you can't tolerate a peaceful and unchanging life; nor do you like the routine of having every day be the same. It's as if someone is threatening your existence with such a life. That's why you enjoy experiences that are akin to rollercoaster rides – those that go up and down abruptly, offering thrilling sensations. You choose this kind of life experience because you want your life to be as exciting and unpredictable as a rollercoaster ride – soaring high one moment and plummeting the next.

可以让你整个⼈的神经都感受到我是活着的那种感觉.它怎么样服务于你呢?你稍等.就好像你还有⼀个你,它分离出来的是那种就觉得你不能这样⼦.你要定下来,你要静下来,你要扎根,你要沉淀,你不能这样⼦.这么说吧,就好像你内在有⼀个⼩孩.他⼀直是喜欢坐过⼭车那种⽣活.但是有⼀个严厉的⽗母:你给我乖乖的坐着.你给我听话,你不要动.所以这两种能都在你的体内,导致你会有冲突.就你去做了这件事,就是你疯疯癫癫⼀阵.然后你的⼼⾥又会开始内疚,你不应该这样⼦.就开始发⽣内耗了.你开始在那就好像你⾃⼰跟⾃⼰,就好像你⼀个⼈扮演了好⼏个⾓⾊.你开始批评你⾃⼰了,你觉得不能这样.所以这是两股能量对你的⼀个拉扯.

It can allow you to feel the full spectrum of my presence in your nervous system. How does it serve you? Wait a moment. Imagine there's another 'you' that feels like this is not right for you. You need to settle down, be calm, ground yourself and don't behave like this. To put it simply, as if there's a child within you who loves the thrill of roller coasters in life. But there's also a stern parent telling you: "Sit nicely and obey; don't move." These two opposing forces exist within you, leading to conflict. You do something, only for your mind to later feel guilty - it shouldn't have been that way. This inner turmoil begins as you start to criticize yourself, feeling this isn't right. It's like playing several roles alone, starting self-criticism and doubting oneself. The pull from these two energies is affecting you internally.

问: 那我融合它就好了吗?

Question: So, does that mean I just need to integrate it?

JO: 你稍等.⾸先就是说这⾥出现了⼀些问题.是什么问题呢? 是你们俩这两股能量都想要赢,明⽩吗? 要么是我降服你,要么是你降服我.就好像我们都要做主⼈.它就会产⽣⼀个很⼤的内耗、消耗和冲突.但是我们告诉你,这⾥没有谁是赢家,没有谁是主⼈.你记住这句话.没有谁要去降服谁,没有谁要去正压谁,没有谁要去做⽼⼤,没有谁要去就是只允许我⼀个⼈.就是你做⼀个严格的⽗亲的能量去打压孩⼦是不可能做到的.越打,它越狂.然后你的孩⼦的那种能量,你想要压抑掉它,也是不可能的.你们现在要各⾃的去欣赏彼此,就是做⽗亲的允许⾃⼰没有被冒犯.就像刚才给你妈妈带来的信息,你就想如果我死了,我眼不见为静,我能做啥?

JO: Wait a moment. There's been an issue here. What kind of issue? It's that both of you want to win; do you understand? Either I dominate you or you dominate me. It's as if we all want to be the masters. This would create a significant internal conflict and consumption between us. But let me tell you, there are no winners here, no one is the master. Remember this: there should be no dominance over each other; there's no need for pressure or superiority; there's no need for one to dominate all; it's not that only I can do things.

Being a strict father and trying to suppress your child is impossible. The more you try to restrain them, the more they will rebel. Your attempt to suppress your child's energy is also futile. What you should be doing now is appreciating each other: as fathers, you should accept not being offended. Like the message given to your mother earlier, if I were to die, could I just ignore it and do something about it?

你们爱怎么搞怎么搞.明⽩吗? 那你的⽼⽗亲⼼⾥想着,你跳的再⾼你总会安顿下来的.难道你⼀直⾼⾼的在天上? 难道你⼀直飘在天上? 你总会落地的.那

You do as you please. Understand? Your old father is thinking, you may jump high, but eventually you will settle down. Don't you always stay up in the sky? Don't you always float in the sky? You will inevitably land. That's just how it goes.

你知道它总会落地的,你⼲嘛要着急呢? ⼲嘛要把它从空中⼀下要拉下来呢? 你把它从空中⼀下⼦拉下来,它才会受到惊吓,才会惊慌失措,才会愤怒.

You know it always falls down sooner or later, why are you in such a hurry? Why would you pull it down from the air suddenly? By doing so, it will be startled and panicked, and it will become enraged.

问: 对.我想要⼲什么的时候,如果别⼈要⼲涉……JO: 你要发脾⽓的,你的脾⽓很⼤的.你控制不了的.你的脾⽓的能量就好像是没有谁能控制,你必须要赢.所以你飘在空中的时候,不能被拽下来.我说的那个是你⾃⼰啊.你不要试着把你⾃⼰拽下来,因为你知道你飘上去了,你还是会落下来的.这是必然的.

Q: When you want to do something and others try to interfere... JO: You're going to lose your temper; you have a huge temper that you can't control. The energy of your temper is like nothing could control it; you need to win, so when you are in the air, you cannot be pulled down. I am talking about yourself here; don't try to pull yourself down because even if you know you've gone up, you'll still come back down; that's inevitable.

问: 前两天我就急,我就问我⾃⼰.但是头脑就出来⼀个词,就是包容…… 我的愤怒是不是⼩我的意识……JO: 你把愤怒当成是⼀股能量,就好像我们刚刚说你这个能量就好像狂风暴⾬.它总会过去的.所以你不需要特意的去处理它.你只需要允许你⾃⼰不断地成长.当你不断地成长,你很多事情,就⽐如说⼩时候别⼈把你玩具拿⾛了,你很愤怒,发脾⽓.那等你三⼗岁了,别⼈把你玩具拿⾛了.你说送给你.所以你不需要刻意的去做什么或者是去处理它.

Q: I was anxious for two days and then asked myself. But my mind came up with a word - tolerance... Could my anger be a manifestation of my small self-consciousness? JO: You regard anger as an energy, like the stormy weather we just talked about. It will eventually pass, so there's no need to deliberately handle it. All you need is to allow yourself to continuously grow. When you keep growing, many things that used to make you angry, such as someone taking away your toys when you were young and getting upset, would be seen differently. By the time you're thirty, if someone takes away your toy, you might offer it as a gift instead of getting angry. So there's no need for刻意 action or handling this situation.

问: 我梦⾥说了⼀句话我到现在没明⽩.梦⾥说如果你亏⽋桥,桥会断.如果你亏⽋路,你将来⾛在路上,路会塌.

Q: I dreamt of saying a sentence that I still don't understand to this day. The sentence was that if you owe a bridge and fail to repay it, the bridge will collapse. If you owe debts on the road and fail to clear them, in the future when you walk on the road, the path will crumble beneath your feet.

JO: 那你就把它当成是对你智慧的⼀个提⽰.为什么呢? 因为你⾃⼰,你⾸先要把它当成是你⾃⼰给你⾃⼰的留⾔.为什么? 在你⼼⽬中你想做⼀个不亏⽋任何⼈的⼈,明⽩吗? 所以你在提醒你⾃⼰,我不要去亏⽋别⼈.亏⽋别⼈,别⼈不会成为我的朋友了,他就不会再跟我有这个关系了.所以你把它当成是你给你⾃⼰特有的提醒.因为这个是你在乎的,因为在你⼼⽬中你很在乎这个,就是我不要亏⽋任何⼈.因为其实你们需要做到你们⾃⼰内在是和谐的.就是问⼼⽆愧嘛.但是这是你的标准,所以你提醒你⾃⼰达到这个标准.为什么? 你内在就能和谐.

Japanese Operator (JO): Then you should treat it as a reminder of your wisdom. Why is that? Because you yourself - first and foremost - should consider this message as a self-reminder for you. Why? Because in your mind, you want to be someone who doesn't owe anything to anyone. Can you understand that? So you are reminding yourself not to亏欠 others. If you亏欠 others, they won't become your friends anymore; their relationship with you will no longer exist. Therefore, you should treat it as a self-reminder because this is what matters to you - something deeply valued in your heart that you don't want to owe anything to anyone. Because actually, you need to ensure harmony within yourselves. This means being able to live with yourself without any guilt. However, this standard is yours, so you remind yourself to meet it. Why? Because you want harmony internally.

问: 我内改变认知,那我现实中还需要……JO: ⾸先你⾃⼰要跟你⾃⼰打交道.如果你做了,你就问⼼⽆愧了,那你就去做.因为这是你⾃⼰才知道你做了什么才会让你好受⼀点.就是这是你的世界,游戏规则你来制定.就是好像泡澡的⽔温,我知道什么样的⽔温合适.太冷还是太热.每个⼈的灵敏度不⼀样,明⽩吗? 所以没有⼀个外在的标准.为什么呢? 如果我们外在的标准说怎么样怎么样,然后你却过不了你内⼼的坎.那你的频率还是在⼀种冲突的状态下,明⽩吗?

Question: If I internally change my understanding, do I still need to make changes in reality?

JO: First, you have to deal with yourself. If you did it and can live with no regrets, then go ahead and do it. Because only you know what actions will ease your mind a bit more. This is your world; you set the rules. It's like knowing at what water temperature for a bath suits you - whether it's too cold or too hot. Everyone has different sensitivities, understand? So there's no external standard. Why not? If we use external standards of how things should be and then you still can't overcome your inner barriers, that means your frequency is still in conflict, do you see?

#### 2023/11/06 — 觉得⼈⽣很⾟苦怎么办Feeling life is very hard, what should one do?

JO: 你说什么问题?

JO: What question did you say?

问: 我想问⼀下我的⼈⽣为什么感觉好⾟苦?

Q: I want to know why my life feels so difficult?

JO: 因为你们像是⾝处⿊暗,然后你们没有光,所以看不到.所以对你们来说就会经历⼀些所谓的⾟苦.但是那个光是什么呢? 就是智慧.所以说你之所以感受到⼀直很⾟苦,是因为你的智慧没有增长.它没有增长你的智慧.如果你的智慧在增长的话,你就会知道你⼈⽣中的这些苦,你如何去转化它去转变它.如何让它来成就你.就好像如果你没有学什么知识的话,⼀堆垃圾,你可能不知道怎么处理.那如果你学了特别多的知识的话,你就知道那堆垃圾这个可以⽤来⼲什么,那个可以⽤来⼲什么.你就可以很好的去利⽤起来那个垃圾,明⽩吗?

JO: Because you are in darkness and have no light, so you cannot see. Thus, you will experience what is perceived as hardship. But what is that light? It is wisdom. Therefore, the reason you feel constantly suffering is because your wisdom has not grown. It has not increased your wisdom. If your wisdom were growing, you would know how to transform and change these sufferings in your life, turning them into something beneficial for you. Imagine if you had no knowledge; it's like a pile of trash, and you wouldn't know how to deal with it. But if you have acquired extensive knowledge, you understand what that pile of trash can be used for – this or that. You can effectively utilize the trash, right?

问: 如何让我的婚姻变得更好? JO: 什么是更好呢?

Q: How can I improve my marriage?

JO: What is better in a marriage?

问: 我感觉我们之间的⼼不能有更好的连接.

Q: I feel that there could be a better connection between our hearts.

JO: 那就是说如何可以让你⾝边的关系变得更好? 因为你们头脑⾥⾯有⼀些对好和坏的定义.就⽐如说好可能是来⾃于你们都是感受到在爱的⼀个状态,可能没有任何纷争争吵.但是你们每⼀段关系实际上都是来服务于你,就是你选择这样的关系,它⼀定是从某些层⾯是来⽀持你的.就是它去push你…… 就好像你说我怎么样让我跟我的教练之间的关系更好? 那你的健⾝教练他都顺着你?你说你不做,他就说不做了.然后你就觉得这是好的?那你说如果你跟你的健⾝教练说我好累啊,我不要做我今天的训练了.那他不逼你了,然后你就不做了.但是你的肌⾁是不是就得不到锻炼?然后你的惰性就占了上风了,对不对?那你要教练的意义是啥呢?

JO: That is about how to improve your relationships with those around you. Because in your mind, there are definitions of what's good and bad. For example, goodness might come from being in a state where both parties feel love, without any conflicts or arguments. But every relationship actually serves you; you choose these relationships, and they must support you on some level by pushing you... Like if I ask how to make my relationship with my coach better? If your fitness coach just goes along with you, and says 'no more' when you say 'I won't do it,' is that considered good for you? Then if you tell the same coach that you're so tired today and don't want to train, and they stop pushing you, then you don't train. However, will your muscles receive no exercise? And wouldn't laziness overpower you instead? So what's the point of having a coach?

如果你花了很多钱去找⼀个教练帮你减肥,你反⽽越来越胖?那你说你要教练的意义是什么,明⽩吗?那婚姻的关系也是.可能在表⾯上他不跟你冲突,什么都是你说啥就是啥.你觉得好.但是他把你弄成就好像你是天下最难相处的⼈,别⼈都不想跟你相处.为什么呢?因为你看不到⾃⼰⾝上有任何问题,觉得这是正常的.因为你⼀直这样对待你⽼公的.你对别⼈也这样.就像⼀个被宠坏的孩⼦⼀样.所以你⾸先要明⽩,如果你这边还有卡点,还有需要成长的地⽅.那么关系的⽬的就是呈现出来来让你看到你需要成长,明⽩吗?那如果你⾃⼰是个圆满和谐的状态,那呈现出来就是同样的状态.

If you spent a lot of money on a coach to help you lose weight and ended up getting fatter instead, then what's the point of having a coach, right? You see, this is also how relationships work. Even though he might not directly clash with you or argue about everything you say, you feel that things are fine. However, he makes you feel like you're the most difficult person to be around, as no one else wants to spend time with you. Why is this happening? Because you don't see any issues in yourself and think it's perfectly normal. You've been treating your husband this way for years, and you do it to others too – just like a spoiled child. So first, you need to understand that if there are still hurdles or areas for growth within you, then the purpose of being in a relationship is to highlight those issues so you can see the areas you need to improve upon. If you're already at peace and harmony with yourself, then the reflection of your relationship will be in alignment with this state as well.

如果你感受到任何不适的话,那就说明你还需要这个关系去投射出来你的问题去⾃我认识,⾃我成长,⾃我整合.

If you experience any discomfort, it suggests that you still need this relationship to project your issues for self-awareness, personal growth, and integration.

问: 我适合⼲什么职业?

Question: What kind of career am I suited for?

JO: 如果你的双脚能稳稳的站在地上,你去拿什么,去挑什么,去⽤什么,这些都没有问题.如果你双脚是踩到⼀条线上,就好像你踩钢丝⼀样.你⾃⼰都不能稳定下来,你也没技术让你⾃⼰稳定,那你是不是什么都做不好? 你可能连盘⼦都端不好,明⽩吗? 那我们说的是什么问题呢? 就是说你的能量它到底稳不稳? 如果你不稳的话,你可能做个服务员端个盘⼦都端不好.因为你在⾛钢丝,你踩在钢丝上了,明⽩吗? 那最终还是回到你能量层⾯的问

JO: If your feet are firmly on the ground, there's no issue with what you reach for, pick up, or use. But if your feet are balanced along a line, like walking tightrope, can't stabilize yourself, and lack the skill to stabilize, wouldn't everything else fail too? You might not even be able to handle a plate properly. Understandably, we're discussing whether your energy is stable. If unstable, even tasks as simple as serving a customer and carrying a tray could go awry, because you're walking on a tightrope. Ultimately, it's about the stability of your energy level.

题.就是先把⾃⼰给稳下来,双脚站住了.然后再说其它的.如果最起码的这⼀点你都做不到的话,做什么你都像是踩钢丝⼀样.

The task is to first steady yourself, stand on both feet firmly. Then you can talk about other things. If even this basic requirement is too much for you, it feels like walking on a tightrope no matter what you do.

问: 我的俩个孩⼦,在别⼈眼⾥看来,我这个妈妈⽐较宠他们.但是在我看来,我觉得他们也是受到了很多限制.我想问我该怎么和他们相处? 怎么样才能让我们的关系和谐也能帮助他们越来越好吧?

Q: My two children are seen as being overly spoiled by others. However, from my perspective, I believe they also face many limitations. How should I interact with them? What can I do to maintain a harmonious relationship while helping them grow better?

JO:你要去拿开⼀个你要去如何跟孩⼦相处的问题.你需要去看清楚你如何跟你头脑⾥的想法、定义、概念、念头相处.是不是孩⼦的每⼀个动作或者⾏为你都会跳出来⼀个相应的:他这个是什么? 他这个不⾏.他不能这样做.他这个不好不对…… 明⽩吗? 那你是不是应该去学习如何和这些念头相处?为什么呢?你的这些念头会导致你的⾝体产⽣⼀些频率,⽐如说着急、愤怒、忧虑,或者是各种,或者是对孩⼦的⼀种⽣⽓吧.那这些都会让孩⼦越来越混乱的.就是让孩⼦感受到这种排斥,然后烦躁或者发脾⽓,有⼀种⾃我毁灭倾向.因为他能感受到你的攻击.所以说你不需要去学习如何和孩⼦相处.

JO: You need to address an issue related to how you should handle interactions with children. It's about understanding how you interact with your thoughts, definitions, concepts, and notions in your mind. Are you jumping out at every single action or behavior of the child asking what this is? Is it not allowed? Can't he do this? Isn't it wrong… Get it? Shouldn't you learn how to deal with these notions? Why? Your notions lead your body to produce frequencies like anxiety, anger, worry, or various others leading to frustration towards the child. These reactions make the child increasingly confused and feel rejected, irritated, or angry, showing tendencies of self-destruction because they sense your aggression. So you don't need to learn how to handle children.

但是去学习如何和你头脑⾥⾯产⽣的这些声⾳,通过孩⼦,就⽐如说孩⼦做⼀些事情,你头脑⾥不断地在说话,在产⽣声⾳,在评判,各种念头.这些才是你需要去处理的,⽽不是孩⼦.孩⼦是特别敏感的能量场,他能感受到你内在的喜悦,就是你内在的⼀个和谐.他们不会有任何问题.所以还是回到你⾃⾝.

But the focus should be on learning how to interact with the voices in your head that generate these sounds through a child, for example, when a child does something and you speak and think inside your mind continuously, judging and entertaining various thoughts. These are what you need to address, not the child. The child is an exceptionally sensitive energy field who can sense your inner joy, which is the harmony within you. There won't be any problems there. So, it's back to addressing yourself.

问: 我感觉我⽼是处理不好和亲⼈之间的关系.像⽗母,公婆……JO: ⾸先你要明⽩你们⽣活在⼀个什么环境.你们⽣活在⼀个好像是,就是他们都好像是中毒的⼈,我们⼀直说的.就是他们也是受到集体意识的影响,然后处于在⼀种烦躁啊、抓狂啊、怨⽓啊、就是这样的⼀个状态.所以你对他们的⼀个反应你都不要有: 你怎么这样? 你怎么做出这样的事情? …… 你都不要这样.你不要去给它任何那种就是你你不应该这样,就是这样的声⾳跑出来.就是⽆论他做什么⾏为和事情,你都要觉得他是他是应该的,他是合理的.为什么呢? 因为这个地球就充满了毒⽓,他们都是中毒的⼈.中毒的⼈情绪是不受控制的,对吧? 他会产⽣幻觉.

Question: I feel like I always struggle to manage my relationships with close family members, such as parents and in-laws.

JO: First, you need to understand the environment you live in. You're living among people who seem to be poisoned, or as we've always said, influenced by集体 consciousness leading them into a state of agitation, insanity, anger...a constant negative energy. So when reacting to their behavior, don't ask questions like "Why are you doing this? Why are you acting that way?" Instead, just accept it. Don't express any judgment about what they should or shouldn't do. You should feel that their actions and decisions are justified because the Earth is filled with poison. Poisoned individuals lose control of their emotions. They may experience hallucinations due to their condition.

你想⼀帮吸毒的⼈,他们是不是产⽣幻觉? 有的哭,有的笑,有的害怕,有的兴奋.那你就知道这⼀群都是吸毒的⼈,产⽣幻觉是正常的.你说你会把他们的⼀些⾏为当成是对你的攻击吗? 不会呀.你可能只是抱着同情⼼去看着他们.然后就是说你们都是⼀体的.然后你们这群中毒的⼈⾝上有的⼀些症状,你也会有,明⽩吗?

You want to help a group of drug users, do they produce hallucinations? Some are crying, some are laughing, some are afraid, and others are excited. That means this group is all drug users experiencing normal hallucinations. Would you consider their actions as an attack on you? No, you might just have pity for them. Then you say that you are all one entity. Then, the symptoms you see on these people who are poisoned, you will also experience, understand?

问: 我所有的⼀切从什么时候开始能变得越来越好?

Q: When does everything in my life start getting better and better?

JO: 刚才说了,你不好的原因是因为你没有智慧,你看不到.这么说吧,就好像是⼀个农民,他从来没有受到任何教育.那他也不知道化肥的使⽤,农药的使⽤,如何增产.这些东西他都不懂.那他学习了⼀些农业知识,他是不是就懂了呀? 那你现在就好像是还没有学知识的农民⼀样,对这些东西,你⾃⾝的情绪也好,你的想法、感受,这些你都不懂.那我们现在来告诉你,来教你,让你怎么换个⾓度去思考去看待问题.那是不是你便…… 明⽩吗?从你开始看清楚⼀些事情,因为你就不会去单独的去责怪任何⼀个⼈.你也知道他们其实也是像中毒的⼈⼀样.

JO: As I just explained, the reason you are not good is because you lack wisdom; you can't see it. Let me put it this way: imagine a farmer who has never received any education. They don't understand how to use fertilizers or pesticides, nor do they know how to increase their yield. These things are foreign concepts to them. Once they learn about farming knowledge, does that mean they understand these concepts? Similarly, you seem as if you haven't learned anything yet; you lack understanding of various aspects such as your emotions, thoughts, and feelings. Now, we're going to enlighten you, teach you how to approach issues from a different perspective. Wouldn't this make it easier for you... to see things more clearly? Because then, instead of blaming individuals separately, you would understand that everyone, including them, is just like someone who has been poisoned.

问: 我的⼈⽣主题? 我叫XXX.

Question: What's my life theme? My name is XXX.

JO:你稍等.我们感受到你这⼀⽣选择了⾮常多的限制.它的限制来⾃于各个⽅⾯,就⽐如说你个⼈的⼀些认知,然后还有你⾝边的环境,还有你⾃⾝的能⼒,还有你的家庭,就是各个.就好像你的限制来⾃于各个⽅⾯,就连你的脾⽓都不好.就⽐如说如果你很有耐⼼的话,那你可能限制就少⼀点,对吧?但是偏偏你又是⼀个特别急的⼈,连你的脾⽓和性格都很暴躁.就好像觉得时间都不等⼈.就这种感觉.就是感觉你⾃⼰给你⾃⼰的⼀种,就好像⼀直在敲警钟.就是连⼀点耐⼼都不给你.为什么会体验这么多限制? 你稍等.是因为好像要逼着⾃⼰认识到你不去给你所有的⼈⽣给它定义,就是定义成限制.就是你不去定义你的⼈⽣是充满了限制,然后就只是去体验它.

JO: Wait a moment. We can feel that you have chosen many restrictions in your life. These restrictions come from various aspects such as your personal cognition, the environment around you, your own abilities, and your family, among others. It's as if your limitations stem from everywhere, even including your temperament. If you were more patient, for example, you might face fewer restrictions, right? But paradoxically, you are a very impatient person, with an explosive temper and personality. You feel that time never waits for anyone. This is how it feels to you. It's as if you're always being reminded by an alarm clock of limitations imposed upon yourself. Even your patience isn't given to you. Why experience so many restrictions? Please wait a moment because it seems like we are urging you to realize that instead of defining your life as full of restrictions, you should simply experience them without imposing any labels on your existence.

也就是说就好像是修⼼吧.就好像我就把⾃⼰关在⼀个牢笼⾥⾯,那我就是插翅难飞,也飞不出去,没有出路.在⾯临⼀个别⽆选择的状态下,必须要让我⼼平⽓和的去接受.所以就给你⾃⼰提供了⼀个没有退路的⼀个修⼼的路.因为你的脾⽓和性格,就是很着急很急躁的这种状态,如果不修⼼的话,没有出路的.就是当你去放弃,因为到⽬前为⽌实际上你还指望从外在去改善你的问题.⽐如说多点钱啊,多点这个多点那个.就是从外⾯去改善我⽬前的状态,但是需要变成你不去期待外⾯有所改变,你却能安住于当下.就是你⼼平⽓和的去热爱你的⽣命和活在当下.然后你就⽴地成佛的⼀个状态.所以说它没有办法从外⾯去带来改变,只有从你的内在.

In other words, it's like self-improvement. It's as if I lock myself in a cage where there's no escape; even with wings, I can't fly out and find a way out; there's no出路. When faced with an inevitable situation without choice, one must calmly accept it. This provides you with a path of self-improvement with no escape route. Given your temper and personality, being anxious and restless, if unimproved internally, there's no出路. If you give up because you're currently depending on external improvements to solve your problems, like more money or additional resources. You're trying to change your current state from the outside, but need to transform into a mindset where you don't expect external changes; instead, you find peace and contentment in the present moment. You love life热情ly and live fully in the now. Achieving a state of enlightenment. Thus, it can't be changed externally; only internally.

从你的内在,你可能改变不了.也就是说你⼀直试图从外在改变,改变不了的,没有办法.就⽐如说你想改变你的脾⽓,没有办法.改变你的性格,让你变得更有耐⼼,没有办法.你想改变你的经济状况,没有办法.改变你的认知,没有办法.它必须要从你的内在,你深深的接受这⼀切,就是愿意去把你的⼼态修到外⾯⽆论是死的还是活的,对你来说都⼀样,没区别.就是不分这个是好的还是坏的.

From within you, you might not be able to change. This means that you've always been trying to alter from the outside, things that cannot be changed, and there's no solution for it. For instance, you want to change your temper, but you can't. You wish to alter your personality, making yourself more patient, but it's impossible. You seek to improve your financial situation, yet there's nothing you can do about it. You desire to change your understanding or cognition, but that's beyond reach. It must come from within you, accepting everything deeply, being willing to refine your mindset so that outside doesn't matter whether it's inanimate or alive, to you, they are all the same, without distinction. There's no division between what is good or bad.

问: 不去定义吗?

Question: Why not define it?

JO: 对,就是你不去分别,不去分辨外⾯这个是好的,那个是坏的.就是没有好坏之分吧.善恶⼀体吧.没有好坏之分了.因为如果你还分⼀个好和坏的话,你可能还会⼀直想要去追求好的.

JO: Yes, it's about not distinguishing, not separating what is good outside and what is bad. There is no distinction between good and bad. Good and evil are one. There is no division between good and bad anymore. Because if you still distinguish a good and a bad, you might still always want to pursue the good.

问: 是不是接受发⽣的⼀切?

Q: Is it about accepting everything that happens?

JO: 修⼼,修你的⼼.修到⾂服…… 这么说吧,就好像你们说的,⼀个和尚开悟前,他吃饭扫地念经.开悟过后,他还是吃饭扫地念经.本质上他是没有什么变化的.但是他的⼼态却⾮常⼤的变化.他可能以前扫地的时候想着吃饭,吃饭的时候想着睡觉,明⽩吗? 但是开悟过后呢,睡觉和扫地对他来说没区别.

JO: Cultivate your mind. Cultivate to the point where you're content... Let me put it this way, like what you say, a monk before enlightenment would eat, sweep, and recite scriptures. After enlightenment, he still eats, sweeps, and recites scriptures. Essentially, there is no change in him. But his mindset has undergone a huge transformation. Maybe before enlightenment, when he swept the floor, he thought about eating; when he ate, he thought about sleeping. Do you get it? But after enlightenment, to him, sleeping and sweeping are the same.

问: ⼼有变化,外界……JO: 当你的⼼能安定下来,然后你⼼⾥不再强迫的去追求⼀个什么东西,就是我执嘛.你也放下了.当下你就烟消云散了.这些东西就不会对你造成限制了.你现在就是你越是挣扎,它越是限制你限制的很紧.

Question: When the heart changes, what happens in the external world?

Answer: When your mind settles and you no longer force yourself to pursue something, which is attachment or ego, and when you let it go, everything dissipates right then. These things will not restrict you anymore. Now, the more you struggle, the tighter it constrains you.

问: 对,我现在就是⾮常的挣扎.

Question: Yes, I'm really struggling right now.

JO: 对,你⾮常想出来.你越是想出来,你就越是感觉铁链的刺刺的你很疼.你可能不挣扎了,铁链就⾃动脱落了.

JO: Yes, you really want to come out. The more you try to come out, the more you feel the pricking pain from the chains as they hurt you deeply. You might stop struggling, and then the chains would automatically fall off.

问: 感觉越想要好,就越不好.这两年我⽼公挣不到钱.我也跟你解释过我们这⾥的情况.就是⼼⾥⾯有好多执念.关于孩⼦,⼈际关系和⽼公,还有我⾃⼰追求的,都⾮常…… 我特别不想过这样的⽣活,想要努⼒的变好.我现在经历的都是我不想要的.

Question: The more I want things to be good, the worse they become. Over these past two years, my husband hasn't been able to earn money. I've already explained our situation to you - there are so many attachments in my mind, related to children, relationships, and my husband, as well as what I'm pursuing for myself... I really don't want to live this way; I want to work hard to improve. Everything I'm experiencing now is not what I desire.

JO: 今天的信息你可以反复听⼀下,然后它会对你有⾮常⼤的帮助.

JO: You can listen to today's information multiple times, and it will be immensely beneficial for you.

#### 2023/11/07 — 对话希特勒 Dialogue with Hitler

JO: 你说什么问题?

JO: What question did you say?

问: 你好,能不能帮我们连接⼀下希特勒的能量?

Question: Hello, can you help us connect to Hitler's energy?

JO: 你稍等希特勒: ⾸先我⾮常感谢我有机会来表达,然后也⾮常感谢你们愿意和我产⽣交流和连接.有什么问题你们现在可以提问?

JO: Wait a minute, Hitler: Firstly, I am very grateful for the opportunity to express myself, and also very thankful that you are willing to engage in communication with me. Now, any questions from you?

问: 当时你为什么要灭掉犹太⼈? 那个时候你的体内有没有强⼤到要失去控制的能量?

Question: Why did you decide to annihilate the Jews at that time? Was there a powerful energy within you that was out of control during that period?

希特勒: 你们如果去观察你们⾃⼰,你们有没有某⼀个⽚刻⾮常想要灭掉某⼀个⼈? 灭掉你⾃⼰? 那如果有的话,你就知道为什么.因为你也是⼀样的.你也是我.并不是说我是⼀个特殊的存在,只是我把你们内在想做的给展现出来了.但是不代表你们没有,明⽩吗? 是我去⾏动了,⽽你们没有⾏动.但是这些念头它都是存在的.这么说吧,你说你想要毁灭⼀个国家,⼀个种族,你相信你能做到吗? ⾸先你就不会相信你有⼒量,你也不会相信你能做到,明⽩吗? 那你只是⼀个你的想法得不到实现的⼀个⼈⽽已.那世界上基本上的⼈你们⾃⼰内在的想法有得到过实现吗? 它们没有呈现在这个物质世界上.

Hitler: If you observe yourselves, have there been moments when you truly wanted to eliminate someone – even yourself? If so, then you understand why because you are the same. You are me. Not that I am some special existence, but merely I've revealed what is within you all. However, this does not mean that you don't possess it; do you see? It's my actions, while yours remain passive. But these thoughts exist none-the-less. Let's say you desire to destroy a nation or race, would you believe you can accomplish this feat? Firstly, you wouldn't trust in your power and the belief you could actually do it, understand? You are merely someone whose ideas are not realized. Have the fundamental beliefs within yourselves ever been achieved in reality? They have not manifested in this physical world.

所以那些把⾃⼰的想法呈现在这个物质世界上并得到⼤量⽀持的⼈,他们就是所谓的成功的⼈⼠.所以我跟成功的⼈⼠是⼀样的,明⽩吗? 你们现在看到的所谓的成功⼈⼠只是他们在⽤你们看不到的⽅式在毁灭,好像杀⼈不见⾎.他们是⽤看不见的⽅式在毁灭.那本质上是没有任何区别的,明⽩吗? 都只是把⾃⼰内在的念头、想法实施在这个世界上.

So those who present their thoughts into this physical world and receive substantial support are the so-called successful individuals. Therefore, I am just like them, understand? The successful individuals you see now are merely destroying in ways that you can't see, as if killing without leaving any trace. They are destroying unseen. Fundamentally, there is no difference, understand? All they do is implementing their inner thoughts and ideas into the world.

问: 那你当时给他⼈造成的痛,之后你⾃⼰会体验吗?

Question: But would you experience that pain you caused others later on?

希特勒: ⾸先我想要让你们看清楚的是,他们体验的是他们⾃⼰造成的痛,明⽩吗? 我体验的也是我⾃⼰造成的果.他们⾃⼰的痛来⾃于什么? 来⾃于我没有选择,我没有办法.这是不是他们⾃⼰种下的? 那他们只能体验他们种下的.为什么呢? 因为他们把他们⾃⼰的命运交托给了上帝或者交托给了他⼈,交托给了更⼤的组织.跟你们现在有区别吗? 跟你们现在把你们的命运交给政府,交给社会,交给更⼤的组织,有区别吗?

Hitler: Firstly, what I want you to understand is that they experience the pain they themselves have caused, right? I experience the consequences of my own actions. What causes their pain? It's because there were no alternatives, and they couldn't do anything about it. Isn't this something they brought upon themselves? Therefore, they can only experience what they've sown. Why is that so? Because they leave their fate in the hands of God or others, or to larger organizations. Is this different from what you are experiencing now? Is it any different when you put your fate into the hands of government, society, or larger organizations like you do now?

问: 你是如何看待现在的战争的?

Question: How do you view the current wars?

希特勒: 你们现在正在进⾏的战争,它都是好像⼀种净化.就是你们还在净化的⼀个过程当中会必然产⽣的.因为你们内在的那种恐惧,你们⼈类内在的恐惧都会,就好像我们刚才说你⾃⼰种下的果.你种下的是把你命运的权⼒交给了上帝,交给了其它组织,这是你们⾃⼰种下的.那你们现在听这些信息的每⼀个⼈,你们有去审视你们⾃⼰内在的恐惧吗? 你有吗? 你敢跟它去⾯对吗? 你敢承认那是你的恐惧吗? 你有去做过任何事情去处理它吗? 恐惧就好像是恶魔.那你内在有恶魔在,你被它侵蚀,你被它侵害,你被它霸占.但是你却doing nothing,什么都不做.为什么? 你们每⼀个⼈内在都充满了各种恐惧.为什么什么都不做?

Adolf Hitler: The war you are now conducting is like a form of purification. It's something that inevitably occurs during the process of purification because of your inner fear, which is also what we've discussed earlier - how it's akin to the fruit you've sown in yourself. You've given your power over destiny to God or other organizations through this action, thus planting those seeds. Now, with each person listening to these messages, have they looked inwardly at their own fears? Have you done so? Are you brave enough to confront it and admit that it's your fear? Have you taken any actions to address it? Fear acts like a demon within you, consuming you, harming you, and dominating you. Yet, despite this, you're doing nothing - nothing at all. Why is that? Each one of you carries various fears within yourselves, yet why are you not taking action?

问: 那我们看到恐惧的时候需要怎么做才能释放恐惧呢?

Question: So, what should we do when we see fear in order to release it?

希特勒: 你们⾸先要把注意⼒从对⽴⾯转到你⾃⼰⾝上.因为你会觉得对⾯那个⼈太恐怖了.你看到前⾯⼀个⿁,你觉得那个⿁太恐怖了,它要吃掉你.⿁很凶,凶神恶煞,很残忍很恐怖.但是你⼼中没有⿁,你不会看到⿁,明⽩吗? 所以你看到的⿁,它来⾃于你.但是你们却⼀直在找⿁的⿇烦,明⽩吗? 所以说你们需要每⼀个⼈承担起⾃⼰的责任,是从内在去处理,⽽不是说去针对那个⿁.因为外⾯没有⿁,只有你⼼中有⿁.是你的内在的恐惧导致了它会投射出⿁给你体验.不然的话,你想真正的⿁的频率和你的频率,如果你们俩在不同的频率,你们会在⼀起吗? 你想⼀个齿轮,它的速度是⼀百,⼀个是⼀万.⼀百和⼀万,它们能在⼀起吗?

Adolf Hitler: First, you must shift your attention from the opposite to yourself because you find that person so scary. You see a demon in front of you and think that demon is too terrifying because it wants to eat you alive. The demon is fierce, cruel, and horrifying. However, there's no demon inside of you, so you won't see a demon. Understand? Therefore, the demons you see come from within you. But you've always been looking for the demon’s trouble, understand? Hence, everyone needs to take responsibility for themselves by dealing with issues internally rather than targeting the demon. Because there is no demon outside; only your inner demons exist. It's your internal fear that projects a demon into your experience. Otherwise, if you think about true demons' frequencies and yours are different, would they be together? Imagine a gear, one spinning at 100 RPM and another at 10,000 RPM; can the numbers 100 and 10,000 exist together in harmony?

问: 你对⾃⼰的所作所为感到后悔吗?

Q: Do you regret what you have done?

希特勒: 你们就好像在问这个⿁,你对你的所作所为感到后悔吗? 你说这个⿁它这么凶神恶煞的伤害我,它对它的⾏为感到后悔吗?

Hitler: You're asking this demon, do you feel remorse for your actions? You say the demon is so malevolent and harms me, does it feel remorse for its actions?

问: 如果还可以再来⼀次的话,你还会选择毁灭吗?

Question: If you could go back and do it again, would you still choose to destroy?

希特勒: 这不是我选择的,⽽是当下的能量呈现的.这么说吧,狂风暴⾬、飓风、龙卷风来的时候,你问那棵树你说你把⾃⼰连根拔除,你后悔吗? 那我看天⽓呀.如果天⽓没有狂风,没有飓风,那我的树是安稳的,对吧? 那你能怪那棵树吗? 因为你没有在哪个狂风暴⾬当中,你没有在那个飓风、龙卷风当中,所以你会觉得是那些树不够给⼒,它们的根扎的不够深,它们才会被连根拔除.如果你是在龙卷风当中,你就不会去问出这样的问题.你就会知道如果风平浪静,那我的树就可以安稳的⽣长,明⽩吗? 所以是什么导致了狂风呢? 是什么导致了飓风、龙卷风呢? 你们每⼀个⼈.当下的每⼀个⼈.你们的能量,你们的频率它在创造飓风.

Adolf Hitler: This is not something I chose; it's the manifestation of current energy. Let me put it this way, when there are raging storms, hurricanes, tornadoes, and you ask that tree if you uprooted yourself from its roots, would you regret it? Well, let me check the weather conditions. If there were no strong winds, no hurricanes or tornadoes, then my tree is stable, right? Could I blame the tree for this? Because you weren't in those raging storms or hurricanes, why would you think that the trees are not doing their job well enough; their roots are not deep enough, thus getting uprooted. If you were inside a tornado and faced such conditions, you wouldn't ask such questions. You'd understand that if it was calm and peaceful, my tree could have grown steadily. So what causes these storms? What causes hurricanes, tornadoes? It's all of you. Every single one of you. Your energy, your frequency is creating those storms.

所以如果你们能清理你们内在的恐惧,你们还会去体验这些恐惧吗? 如果你们感受到你们⾃⾝的⼒量,你们需要去呈现出那种⽆⼒感吗? 如果你们知道你们的⽣命在你们的⼿上,你们还会去被任意宰割吗?

So if you could clear your inner fears, would you still experience those fears? If you feel the strength of yourself, do you need to manifest that sense of helplessness? If you know that your life is in your hands, would you still be cut at will?

问: 虽然你当时的能量是我们⼈类集体意识的呈现,但是当你回归到了灵界,你是否会承受这个世间的因果法则? 就是因果业⼒,你受它束缚吗?

Q: Even though your energy was a manifestation of our human collective consciousness at the time, would you still be bound by this world's cause and effect law when you return to the spiritual realm? In other words, do you have to bear the karma caused by your actions?

希特勒: 这不是束缚.你要知道毁灭它是在我的内在发⽣的.就好像这⼀部分当它在被毁灭,我内在的⼀部分也在被毁灭.所以并不是说是⼀个你所谓的先后的顺讯,就是后⾯才去体验.当下就已经体验,⼀切都在当下.

Adolf Hitler: This is not a fetter. You have to understand that the destruction takes place within me. It's as if this part when it is destroyed, this part of me also undergoes destruction. So it's not like some sequential process in which you experience later, after a so-called forward message. The experience happens now, everything is happening right here and now.

问: 如何像你⼀样获得那么多的⼒量⽀持? 是因为你的决⼼吗? 还是有设么别的原因?

Q: How do you gain so much support like you do? Is it because of your determination? Or is there something else?

希特勒: 我没有想要去获得任何⽀持,⾸先是这⼀点.为什么? I don’t need! 我不需要! 只有你没有你才会需要,OK?! 当你想要获得他⼈的⼒量,他⼈的⽀持,那就说明你⾃⼰没有.

Adolf Hitler: First of all, I didn't seek any support. Why? I don’t need! I don't need it at all! Only when you lack something do you need it, okay?! When you want to gain power or support from others, that shows your own weakness.

问: 当你是希特勒的那⼀世的时候,你的灵魂主题是什么? 你有活出你的灵魂主题吗?

Q: When you were in a past life as Hitler, what was your soul theme? Did you manifest your soul theme in that life?

希特勒: 我的灵魂主题就是去呈现出⼈类的集体意识.就他们整个社会,整个⼈类,就好像我只是把当时的⼀个能量状态给呈现出来.如果当时的能量状态是达到⼀个⾮常⾼的精神境界、⼼理、和谐、爱.那你们会看到很多很多这样的事件.和谐和爱.所以只是我是⼀个技术特别好的绘画的画家.把当下的能量⽤图象的⽅式呈现在这个世界来让你们看到,让你们体验.那有可能在你们眼⾥这个颜⾊太过于强烈,让你们眼睛都睁不开.你们就会抵触.为什么呢? 因为你们习惯性的好像是闭着⼀样,奄奄⼀息.

Hitler: The essence of my soul is to portray the collective consciousness of humanity. It's as if I am just presenting their entire society and human beings as a whole, like I'm showing you what the energy state was at that time. If the energy state was at an extremely high spiritual level, mentally, harmoniously, filled with love, then you would see many such events, harmony and love. So it's simply that I am a very skilled painter who uses imagery to bring the current energy into this world for you to see and experience. It might be that the colors are too intense in your eyes, making them unable to open fully. That's why you might resist. Why is that? Because you're used to being closed off, like barely breathing.

问: 请问你当时是⽤什么样的⼒量可以号召如此多的跟随者?

Question: Could you explain what kind of strength allowed you to gather such a large following?

希特勒: ⾸先他们不是跟随我,他们跟随的是他们⾃⼰.是什么样的⼒量? 只是通过我让他们看到,就是让他们真实的去⾯对他们⾃⼰的内在.所以你不能去…… 即使是这个通灵的⼥孩⼦她如此强⼤的能量,她也没有办法去改变⼈.她是像我⼀样帮你们去看到你真正的动机.然后去让对⽅相信他可以成为,仅此⽽已.所以那个是来⾃于他们⾃⼰.就这么说吧,你又想杀⼈又不想杀⼈.这两个念头摇摆不定.但是它都在你的内在,你又想杀⼈,你又不想杀⼈.只是我告诉你,你杀了⼈,你不需要被杀,你不需要承担后果.那你就去杀了.但是杀⼈是你⾃⼰的想法.如果你没有,别⼈不可能给他植⼊.是因为你内在已经有了,就好像你内在已经有⼀个形状.

Hitler: They followed me, not because of me but because of themselves. What kind of force? It was merely through my presence that allowed them to see the truth about who they were within. So you can't... Even this medium with such a powerful energy couldn't change people. She helped you see your true motives as I do, then let them believe in their own potential for change, nothing more. So it comes from them internally. You want to kill someone but don't want to kill them, these opposing thoughts fluctuate within. But both are within you, wanting to kill and not wanting to kill. All I'm saying is if you choose to take life, there's no need for you to bear the consequences; just do it. But the act of taking life is your own thought process. If you don't, others can't impose that upon you because it already exists within you; like a shape already carved inside you.

我泼⼀点东西上去,你那个形状就出现了.明⽩吗? 不代表你从来没有的,是你有的,OK?

I'll pour something on it, and your shape will appear. Understand? Not about what you haven't had before, but what you have already, okay?

问: 请问你是如何看待善和恶的?

Question: How do you view good and evil?

希特勒:善和恶是来⾃于你们物质世界,就是现有的认知.它对事件的⼀个认知只是取决于你能捕捉到的⼀些信息.如果你们⾃⼰去看你们不同的时间段,不同的历史,那有时候很善的事情变成恶,有时候很恶的事情变成善.所以它都是需要加上你们当下的⼀些认知、观念.但是从更⾼的层⾯来说,善和恶它只是好像⽣命的⼀个开始和结束.只是不同时期的⼀个果⽽已.善可以结出恶,恶可以结出善.它没有区别.但是我们这⾥可以说是有什么区别?有光明和⿊暗,有能量的⾼和低,有意识的⾼和低,有频率的⾼和低.那可能频率越低的就越是呈现出像你所谓的⼀些恶.因为它没有办法,它没有选择.它就⿊⽩两个颜⾊.

Hitler: Good and evil originate from your material world, which is the existing cognition. It's a perception of events based on the information you can grasp. If you look at different time periods or histories, what was once considered good might become bad, and vice versa. So it requires adding your current understanding or ideology to these perceptions. However, from a higher perspective, good and evil are merely like the beginning and end of life—a consequence for various times. Good can give rise to evil, and evil can lead to good. There is no real difference. But what's the distinction here? There's light and darkness, high-energy and low-energy, high-awareness and low-awareness, and high-frequency and low-frequency. Lower frequencies might appear as what you call evil because they have no choice; they are just black and white colors.

那当你不断不断地提升的话,它有各种,它变幻⽆穷.它就不是说⾮得选择⿊和⽩那两个颜⾊,就是没有选择.就⽐如说我要么把你杀死,要么把我杀死.他就只有这两个选择.这是来⾃于它⾃⼰的认知.因为它的认知⾮常的有限.所以它就会⽤看似⽤你们的那种恶的⼿段来呈现出来.

When you continuously elevate it, there are various possibilities; it's boundless in its transformations. It doesn't necessarily have to choose between black and white colors; instead, it offers no choice at all. For instance, I either kill you or kill myself - those are the only two options available. This stems from its own cognitive perception, as its understanding is severely limited. Consequently, it presents itself using methods that might seem akin to your concept of 'evil.'

问: 从你的⾓度来看什么是做⾃⼰? 为什么这个世间很多⼈都很害怕做⾃⼰?

Q: From your perspective, what does it mean to be oneself? Why are many people in this world afraid of being themselves?

希特勒: 你没有害怕,你只有你头脑⾥⾯的念头让你去相信了,它才会产⽣你所谓的害怕.做⾃⼰,什么是做⾃⼰? 如果你把你当成是⾁体的你,你那个⾁体可以连接不同的能量⽽处于不同的状态.那你说哪个是做⾃⼰? 明⽩吗? 所以唯⼀就是说你的⼀个频率到底处于在中⼼还是紊乱的? 因为当你处于在紊乱的状态,它会投射出很多跟你内在频率不⼀致的,就很冲突吧,或者是很多让你感受到不适.但是那个不适感来⾃于你内在的频率.你内在没有清理掉的恐惧.你有限的认知.

Adolf Hitler: You do not fear; you only believe what your mind tells you to believe, and that is when it does create your so-called fear. Be yourself, what does it mean to be yourself? If you consider yourself as the physical body you are, your body can connect with different energies and exist in various states. Which one is being yourself? Do you understand? Thus, it comes down to whether your frequency is centered or chaotic. Because when you're in a chaotic state, it projects many inconsistencies that align with your inner frequency, which creates conflict, or it causes much discomfort for you. But the sense of unease comes from your inner frequency—the unresolved fear within you and your limited understanding.

问: 你当年演讲的时候为什么会有那么⼤的魅⼒,可以感染那么多的⼈?

Question: Why did your speeches have such a powerful appeal that could influence so many people back then?

希特勒: ⾸先有这么多⼤的魅⼒和感染那么多的⼈,那都是来⾃于你们,明⽩吗? 但是我只是允许能量通过我,没有恐惧的能量把它给…… 就⽐如说这边有⼀股洪⽔它要来了,对吧? 那你如果有很多⼤的⽯头,那就是你的恐惧去阻碍着这个⽔.那这个⽔是不是就变得⼩了? 那如果你没有东西去阻碍这个能量呢? 那就是说在那个时刻,我内在是没有恐惧的.

Adolf Hitler: There is so much power and influence that comes from you all, do you understand? But I just allow energy to pass through me, without the fear-energy to… like if there's a flood coming here, right? If you have many big stones, it's your fear that stops this water. Wouldn't the water then become smaller? And if you don't have anything to block this energy? That means at that moment, I am without fear within myself.

问: 从你的⾓度来看的话,宽恕对⼈类有什么样的重要意义? 如何⽤宽恕来疗愈战争的创伤?

Question: From your perspective, what is the significance of forgiveness for humans? How can forgiveness be used to heal the wounds of war?

希特勒: 如果你们把你们当成这个物质世界或者是这个⾁体当成是唯⼀,你们是没有办法去宽恕的.因为你们就在这个框架⾥⾯去做选择,明⽩吗? 那如果你愿意拿掉你的框架的话,不是在这个框架⾥⾯去做任何,这⾥不需要宽恕.

Hitler: If you see yourselves as this physical world or your body as the only thing, you cannot forgive. Because you are making choices within that framework, understand? And if you're willing to take off your frame, not making anything in that framework, there's no need for forgiveness here.

问: 如何⾯对犯过巨⼤错误后深深的⾃责感?

Q: How does one deal with profound feelings of guilt after making a huge mistake?

希特勒: 那也是来⾃于你⾃⼰的评判什么是错误,明⽩吗? 那如果你知道这是错误的过后,那就说明你已经从这个事件当中去领悟到了,明⽩吗? 那如果你真的有所领悟,它就可以让你⼀下⼦⽴地成佛.当你达到了佛的境界,你⼼中就不会有内疚了,明⽩吗?

Hitler: That comes from your own judgment of what is wrong, do you understand? If after knowing it's wrong, then that means you have learned from this incident, do you understand? And if you really have come to understand, it can instantly make you enlightened. Once you reach the境界of enlightenment, you will no longer feel guilt in your heart, do you understand?

问: 如何像你⼀样可以达到这种没有恐惧的状态?

Question: How can one reach a state of fearlessness like yours?

希特勒: 就好像你最开始在⼀个⿊的屋⼦⾥⾯,没有灯,你看不见.你就会产⽣恐惧.因为什么东西你都看不见.那当灯亮了,你可以看见过后.你便不会有恐惧,因为你知道我每⼀步脚⾛出去不会撞到.所以说灯如何亮? 那就是通过你们内在的智慧.那你如何才能获得智慧呢? 就⽐如说你们现在的交流.然后在根据你们⾃⾝的领悟和体验,那你就在获得智慧.那你灯就亮了.

Hitler: It's like when you first find yourself in a dark room without a light and can't see anything; this would cause fear because of the unknown. Once the light is turned on and you can see everything, there won't be any more fear since you know that each step you take will not result in bumping into something unseen. Thus, how does the light come on? That happens through your inner wisdom. And how do you acquire this wisdom? You share and discuss among yourselves, then based on self-insight and experience, you gain wisdom. The light turns on for you in that manner.

问: 从你的⾓度来看的话,为什么这个世界上会有⽆尽的冲突?

Question: From your perspective, why is there an endless conflict in this world?

希特勒: 你先问你⾃⼰,为什么你脑⼦⾥⾯有⽆数个冲突? 你问⼀下,为什么你必须要去赚钱? 为什么你必须要,就是各种事情在你的脑海⾥⾯? 为什么你必须要去拿别⼈的钱? 就⽐如说我⽼公要给我钱,我爸妈要给我钱.他们要是没有满⾜我,我就怎样怎样.我就使脸⾊,我就发脾⽓.为什么? 为什么朋友占我便宜了,我就⼼⾥不爽?

Adolf Hitler: Ask yourself why you have so many conflicts in your mind? Why do you need to earn money? Why must you, all these things swirling around in your head? Why do you need to take other people's money? For example, when my husband gives me money or my parents give me money. If they don't satisfy me, then what happens? I get upset, I have fits of anger. Why? Why do I feel discomfiture when friends exploit me?

问: 那为什么呢?

Why, then?

希特勒: 你问你们⾃⼰为什么.因为这是你们的念头,你们在产⽣.这是你们的思想,你们在产⽣.你是这些念头的妈,你⽣了它.所以你们⾃⼰去探索为什么.因为这就是所有的源头.OK,因为有 ‘我’! 你把你⾃⼰,把它给⼤化了.把它的需求当成是你的需求.因为你⾃⼰的产⽣,你产⽣了⼀个 ‘我’ .OK,我的钱,我的地盘,我的占有,我的物质.你侵占我的便宜了,我要去占你的便宜.我要去拿你的,⽽不允许别⼈拿我的.所以这⼀切的根源就来⾃于你们把 ‘我’ 的⼒量给⼤化了.就是好像⼀个⽓球,那个 ‘我’ 你给它不停的打⽓.打⽓打⽓打的巨⼤,只能看到那个 ‘我’ 的存在.⼀切都是围绕着它.

Adolf Hitler: You ask yourselves why. Because this is your thoughts you are producing. These are your ideas that you're bringing forth. You gave birth to these thoughts as your mother would give birth to a child. So go explore why because this is the source of all, OK? Because there's 'me'! You magnified yourself and its needs as if they were yours. You generated your own 'I'. Alright, my money, my turf, my possessions, my materialistic gains. You're trying to take what's mine but won't allow others to do the same to you. All this stems from magnifying 'me', like inflating a balloon. Only seeing 'me' because it's been inflated with constant air pumped into its existence. Everything revolves around 'me'.

问: 请问你现在在灵界是⼀个什么样的存在? 以及你对轮回的看法是什么?

Q: Could you describe your current state of existence in the spirit world? And, what is your perspective on reincarnation?

希特勒: 什么样的存在? 那就是⼀个信号的存在.对轮回的看法是什么? 轮回就是说你⾃⼰选择想要去体验什么, 你就可以体验什么.但是物质世界是⾮常⾮常有意义,有意思, interesting的地⽅,值得你们体验.不要去浪费你的⾁体.

Hitler: What kind of existence is that? That's an existential signal. What do you think about reincarnation? Reincarnation means that you choose what you want to experience, and you can experience it. But the material world is very meaningful, interesting, worthy of your experience. Don't waste your body.

问: 从你的⾓度来看的话,当别⼈伤害了你……希特勒: NO NO NO NO,no one can hurt me,ok?! why you think someone can hurt me? 即使你们伤害了我的⾁体,那也伤害不到我.因为在我的世界⾥⾯,我没有创造hurt 伤害这两个词给我,OK?! 所以我体验不到伤害.我永远不可能是⼀个被害者.我是⼀个创造者.那些认为可以伤害我的⼈,他们是妄想.他们是在⾃⼰的世界⾥妄想、幻想.

Q: From your perspective, if someone hurts you... Hitler: NO NO NO NO, no one can hurt me, okay?! Why do you think someone can hurt me? Even if you hurt my body, it doesn't hurt me because I haven't created the words 'hurt' in my world, okay?! So I cannot experience hurt. I can never be a victim. I am a creator. Those who believe they can hurt me are just delusional. They are dreaming and imagining within their own world.

问: 请问你现在如何评价你当时的那⼀⽣?

Q: Now, how would you evaluate your entire life at that time?

希特勒: 如果说我脑海⾥⾯没有任何评价、评判、评论呢? 你说你如何去评价⼀场龙卷风把⼤树连根拔出? 你想要去如何评价这个事呢? 这个就是⾃然.你如何去评价⼀场⼤洪⽔那地球上所有东西都冲掉了呢? 你说你要如何评价? 你谴责⼤⾃然不应该吗? 你谴责那些树⽊不够给⼒,根不够深吗? 你会吗? 所以你要我如何去评价⼀场洪⽔的发⽣让地球上的东西都冲掉了?因为我知道被冲掉的东西会再次的返回去.因为这就是⽣命的⼀个周期.

Hitler: If my mind contained no assessments, judgments, or comments, how would you assess a tornado that uproots trees completely? How would you evaluate such an event? This is nature. How would you assess a great flood that washes away everything on Earth? How do you judge it? Shouldn't you blame nature instead? Or should I ask if the trees didn't perform well enough, with their roots being shallow? Would you do that? So, how can I be expected to evaluate an event resulting in everything on Earth being washed away by a flood because I know what was lost will return someday. This is just part of life's cycle.

问: 你如何评价你当时的著作 « 我的奋⽃ » ? 然后你认为我们现在在物质世界中的⼈需要如何奋⽃?

Question: How do you evaluate your own writings at that time, "My Struggle"? And then, how do you think people in the material world need to struggle now?

希特勒: 奋⽃只是你们⾃⼰给的词.How about 你只是展现? 明⽩吗? 你只是展现.你说⼀朵花在绽放的时候,你说你是怎么努⼒奋⽃和绽放的? 你觉得那个花会说我奋⽃的很⾟苦才能绽放吗? NO,没有奋⽃这个词,没有这两个字.这只是⽣命绽放呈现的⼀种⽅式.

Hitler: Fighting is just a word you gave yourselves. How about you just show it? Understand? You're just showing it. When you say a flower is blooming, how do you describe your effort to fight and bloom? Do you think the flower would say that it struggled hard to bloom? No, there's no such word as 'fighting', no these two characters. This is simply one way life displays its blooming and manifestation.

问: 从你的⾓度来看的话,⼀个民族的发展领导⼈最重要的策略是什么?

Question: From your perspective, what is the most important strategy for a national development leader?

希特勒: 你⾸先不要分任何民族.因为它会导致战争,因为在你⼼⽬中有了分别⼼.所以你们整个地球上的⼈类都是⼀体的,没有分哪个民族,哪个种族,哪个国籍,明⽩吗? 当你有了这个分别,在你内在产⽣了⼀个分别⼼,它就⼀定会产⽣冲突.什么是领导⼈? 就像我刚刚前⾯说的,呈现出你们内在已经有的.就⽐如说你⾃⼰已经有了⼀个图在你的内在,我只是给它放上颜⾊,让你能⽣动的去体验它,明⽩吗? 所以那个领导⼈就是帮你们看到你们内在已经有的,然后再把它呈现出来.然后你们就会看到,你们看到那是你,你们就会觉得那是你,明⽩吗? 那这个才是真正的领导⼈.他只是把你们模糊的样⼦清晰的呈现出来给你们⾃⼰.

Adolf Hitler: Firstly, don't divide any nations. Because it will lead to war, because in your mind there is the concept of division. So all humans on this entire earth are one body, without dividing which nation, which race, which nationality, understand? When you have this division, a sense of division arises within you, and it will certainly produce conflict.

What is leadership? Just like I said earlier, manifesting what you already have inside. For example, if you already have an image in your inner self, I just put the colors on it to allow you to vividly experience it, understand? So that leader helps you see what you already have within yourself and then presents it to you. Then you will see, you see that as yourself, and you will feel that is you, understand? That is the true leader. He simply clarifies your vague self and presents it clearly to yourselves.

并让你们相信本来那就是来⾃于你的.就好像你是⼀个璞⽟,经过雕琢过后…… 明⽩吗? 就像是⼀颗没有被打磨的钻⽯,但是它本⾝就是钻⽯,明⽩吗?

And to make you believe that it was from you originally. Like you are a raw jade, after being carved... do you understand? Like an unpolished diamond, but it is a diamond inherently, do you understand?

问: 你对佛教有没有什么看法? 你和佛陀有没有什么交集?

Q: What do you think about Buddhism? Have you had any connections with Buddha?

希特勒: ⾸先⼀切的教都是你们后⼈的理解,你们⾃⼰后⼈呈现出来的.但是源头都是⼀样的.

Hitler: Everything you understand is what your descendants have presented, but ultimately, it all comes from the same source.

问: 请问你还有没有什么话相对现在这个世界上的⼈说的?

Question: Could you possibly have any words of advice for people in the world today?

希特勒: 清理你们⾃⼰内在的恐惧,不要有任何分别⼼.它们都是导致灾难发⽣的原因.因为就好像你们播了这些种⼦,最终它都会成长出来让你们知道.时机到了,你们就会品尝⾃⼰种下的果⼦.然后所有的这⼀切,就好像发⽣的这些事情你们可以去正⾯的运⽤,正⾯的去看待这堂课.因为这堂课如果你真的能够理解,它可以转变你整个⼈⽣.

Adolf Hitler: Cleanse your inner fears and do not discriminate; all of them are causes for disasters. It's as if you've planted these seeds that will eventually grow to show you what they are. When the time comes, you'll taste the fruits of your own planting. Then with all this, you can use it positively, seeing the lesson in a positive light. Because if you truly understand this lesson, it can change your entire life.

问: 你是如何让其他⼈看到他们也可以做到他们想做到的? 就是他们也是有⼒量的?

Q: How do you enable others to see that they can achieve what they want, too? In other words, how do you show them that they have power?

希特勒: 他们在你的世界⾥,对吧? 你相信吗? 我只相信我相信的,我只体验我相信的.在我的世界⾥没有伤害两个字.

Hitler: They're in your world, right? Do you believe it? I only believe what I believe, and I only experience what I believe. There are no two words for harm in my world.

问: 请问我们可以问JO两个问题吗?希特勒: 你稍等JO: 你说什么问题?

Q: Can we ask JO two questions?

A: Hitler, what questions are you talking about?

JO: You wait a minute. JO: You said what question?

问: 我前两天做梦的时候梦见我上了⼀辆公交车.公交车上很脏,后⾯有很多死去的猫猫.这个梦有什么信息是要带给我的吗?

Question: I had a dream two days ago where I got on a bus. The bus was very dirty and there were many dead cats on it. Does this dream have any message for me?

JO: 如果你是想⾃⼰给⾃⼰的⼀个梦赋予⼀个意义,你想它告诉你什么? 你想它如何来正⾯的服务于你?

If you are trying to assign a meaning to your own dream and have it tell you something, what do you want it to convey to you? How do you wish for it to positively serve you?

问: 我就是不知道.

Question: I just don't know.

JO: 那当你看到那些死去的猫猫,你⼼⾥是什么感觉?问: 在梦⾥的时候绝的很恶⼼,很脏.我不知道……JO: 你稍等,我们连接⼀下.那些死去的猫猫就好像有⼀种⽆家可归,可怜,就是它们是⽆⼒的,可怜的,被抛弃的,没有归属的.然后那是你⾃⼰内在对你⾃⼰还会有这样⼀个印象,形象.所以,消灭它,remove it,ok? 记住希特勒说的,在我⽣命中没有伤害两个字,没有我是受害者,这四个字.我是创造者,OK?

JO: And when you see those dead cats, what goes through your mind?

Q: I feel very sick and dirty in my dreams. I don't know...

JO: Hold on, let's connect here. Those dead cats are like homeless, pitiful creatures, powerless, pitiable beings who have been abandoned, without belonging anywhere. Then there is this image of yourself internally addressing yourself, making an impression. So, destroy it, remove it, okay? Remember what Hitler said - in my life, no harm was done, no I am a victim, those four words. I am the creator, okay?

问: ⼈死了后我们需要停灵吗?

Q: Do we need to have a wake when someone dies?

JO: 你是说你们物质世界的⼀个习俗,风俗吗? 那是你们⾃⼰,这是你们⾃⼰的⼀个集体意识.但是你要知道如何处理⾁体这个⼯具是你们的事.怎么样你⾃⼰能达到⼀种,就好像是⼼安.那你们不同的地⽅还有不同的风俗呢.⽐如说天葬呢,明⽩吗? 所以是你们⾃⼰不同的地⽅,对⼫体不同的理解.

JO: You're referring to a custom or practice in your material world, right? That's something you all have, it comes from your collective consciousness. But how to handle this tool called the body is up to you. How you can achieve a sort of peace within yourself is your responsibility. Different places have different customs and practices. For instance, there are practices like sky burials. Do you understand that? So these variations in dealing with the body come from your differing perceptions of what it means to be human.

问: 对于刚才我饿么你提问的希特勒,他离开这个世界后有没有受到因果业⼒的⼀些苦? 因为以前巴夏也谈到说希特勒在离开之后体验过很多很痛苦、短暂的⽣命.

Q: About the Hitler you asked earlier, has he experienced any suffering from karmic retribution since he left this world, as mentioned by Baha before, who said that Hitler experienced many painful and short-lived lives after leaving?

JO: ⾸先你们不要把希特勒分出去.希特勒也是你,你也是希特勒.明⽩吗? 那众⽣体验的那些苦,那也是他在承受,明⽩吗?

JO: Don't separate Hitler out for yourselves. You are also Hitler; you are him. Understand? The suffering that beings undergo is also what he endures; understand?

问: 有⼈想问⼈为什么会⾃杀?

Question: Some people wonder why someone would commit suicide?

JO: 那基本上是你们觉得好像只有选择死才是你们的出路,来⾃于你们有限的认知.就是这个⼈,⽐如说在他的世界⾥⾯,就好像刚才希特勒说他只有⿊⽩两个颜⾊.他要么⽩,要么⿊.他没有其它颜⾊.他要么⽣,要么死.他说我要么就快乐的活着,要么我就死掉.那就是有限的认知,决定他没有选择.所以他并不是真得要死,他只是没有更好的选择.

JO: Essentially, it's because you feel like the only option available to you is death, stemming from your limited understanding. This person, for example, in his world, as Hitler just said, he only sees two colors - black and white. He's either one or the other; there are no other colors. He's either alive or dead. He says, I'm either going to live happily or die. That is limited cognition determining that he has no choice. So it's not really that he wants to die; he just doesn't have a better option.

问: 以前⼀直通过⿁压床来找我的指导灵,它有什么信息要带给我吗?

Question: Previously, I have been communicating with my spirit guide through astral projection. Does it have any messages for me?

JO: 你是觉得这些灵界也像你们⼈⼀样,这个⾛了,来另外⼀个? 不是的.问: 那请问灵界还有什么信息是要带给我的吗?

JO: Do you think that these spiritual realms are like you, with one leaving and another coming? No, they are not. Q: Then, what information does the spirit world have to convey to me?

JO:你需要连接什么,它这也是⼀个动态的,⽽不是说像你把灵界当成是⼀个对象,⼀个⼈.就这么说吧,它就是空⽓.你能分辨出来这个那个吗? 然后你是那个体验者,就是你的频率决定了你在哪个地⽅体验.就好像其实归根到底,你只需要专注于你⾃⼰频率的问题.就⽐如说让你的内在越来越⾂服,越来越没有恐惧.那你就进⼊了另外的⼀个波.那个波⾥⾯不会让你感受到这种窒息感.

JO: You need to connect to something; it's also dynamic, not like you treat the spirit world as an object or a person. Imagine it's just air. Can you tell one thing from another? Then you're the experiencer, and your frequency determines where you experience it. Essentially, you only need to focus on the issue of your own frequency. For example, allowing your inner self to become more submissive and less fearful leads you into another wave. In that wave, you wouldn't feel suffocated.

问: 请问2023年结束前我的⼈⽣状态会是什么样的⾛向?

Question: What kind of direction will my life take by the end of 2023?

JO: 那就看你关注什么了.你告诉我你接下来关注什么? 因为你关注什么,你就会体验什么,就这么简单.

In Chinese to English

JO: It depends on what you focus on. Tell me what you will be focusing on next? Because what you focus on determines your experience, that's it simply put.

问: 有⼈想问三维现象世界就是相同的信念系统创造出来的.信念的本质是妄想出来的.信念就是念头的呈现.这些呈现有意义吗?

Q: Someone wants to ask if a three-dimensional phenomenon world is created by the same belief system, where the essence of beliefs are delusions, and beliefs are manifestations of thoughts. Do these manifestations have meaning?

JO: 你们来到这⾥,那它对你来说就是有意义的.你就像问我去超市有意义吗? 那如果对你来说没意义,你去超市⼲什么? 你为什么要选择去超市呢? 你为什么要去到那⾥? 那你肯定是有东西要买的呀.

JO: You being here means that it makes sense to you. Is going to the supermarket meaningful for you like asking if visiting a grocery store is meaningful? If not, why would you go to the supermarket? Why did you choose to go there? Since you went there, there must be something you need to buy.

问: 有⼈想问希特勒现在有没有化⾝在哪个国家或者是平⾏宇宙?

Q: Someone wants to ask if Hitler has incarnated in any country or parallel universe now?

JO: 这个对他来说,他得到这个信息的意义是什么? 我告诉你希特勒现在是在哪个国家,以哪个⼈的⾝份在体验.难道你找到他说你是希特勒吗? 他说我不是啊.那有关系吗? 没有任何关系.

JO: What does this mean to him; what is the significance of this information for him? I tell you where Hitler is, in which country and under whose identity he is experiencing it. Do you find out that you are Hitler? He says no. Does that matter? No, it doesn't matter.

问: 有⼈想问通灵⼀直说的我们⾃⼰的⼒量,这个⾃⼰的⼒量指的是什么?

Q: Some people want to ask about the "own power" that Spirit Communicators have been talking about. What does this own power refer to?

JO: 就是没有被你头脑和⼩我去阻碍的.因为你的⼩我、你的头脑、你的物质⾁体、你的记忆,所有的⼀切它在阻碍.

JO: There is no hindrance from your ego and little self. Because of your little self, your mind, your physical body, your memory, everything in between obstructs it.

问: 如何在物质世界⾥做到相信⾃⼰是本⾃具⾜的?

Question: How can one achieve self-confidence in a material world?

JO: 那你去找到你为什么不相信⾃⼰? 明⽩吗? 就是因为你有太多去相信的东西,你就会觉得那是真的,你就会体验到.明⽩吗? 因为你不需要去相信你本⾃具⾜,你只是不去相信那些乱七⼋糟的.就头脑⾥⾯没有那些乱七⼋糟的让你相信.本⾃具⾜不是让你去相信的,是本来就是的状态.

JO: So you need to find out why you don't trust yourself? Do you understand? It's because you have too many things to believe in that make it seem real and you experience it. Do you understand? You don't need to believe in what you inherently possess; you just need not believe in the chaos. There is no chaos to convince you inside your mind. Inherent possession isn't something you need to believe in; it's simply the inherent state.

#### 2023/11/09 — 线上集体通灵问答 Online Group Mediumship Q&A

JO: 你们可以提问了.

QM: You may ask questions now.

问: 能够有这种爱上某⼈⽽不陷⼊占有的这样的关系吗?

Question: Is it possible to have a relationship where one loves someone without becoming possessive?

JO: ⾸先你是说占有对⽅吗? 那只是你⾃⼰创造的⼀个牢笼,那只是你⾃⼰制造的⼀个幻像给你⾃⼰体验,明⽩吗? 你告诉我你要如何去占有空⽓?

JO: Firstly, you're talking about possession, which is just a cage you've created for yourself, a illusion you've manufactured to experience it, understand? You ask me how I would possess air.

问: 那物质世界我们就是有这种⼀对⼀的观念.

Question: In that material world, we have a one-to-one concept.

JO: 那你占有的只是⼀个⼯具⽽已,只是⼀个道具⽽已.你只是⾃⼰给⾃⼰创造了这个体验和这场戏.但是你真正是被什么占有了? 是你⾃⼰的执念和你的头脑和你内在的恐惧,是你被你⾃⼰建⽴起来的牢笼给占有了.你没有占有任何,你是被占有了.所以你觉得你能占有他⼈,那是你的妄念.就好像你只是在跟⼀堆⼫体打交道⼀样.你觉得你占有了那堆⼫体,明⽩吗?

Japanese Operator (JO): Then you possess only a tool, just an object. You create this experience and performance for yourself alone. But what are you actually possessed by? It's your obsession, your mind, and the fear within you - it's like being trapped in a cage that you built yourself. You don't possess anything; you're being possessed. So when you think you can possess others, that's just an illusion of yours. It's as if you're only dealing with a pile of corpses, understand?

问: 我们能不能摆脱嫉妒和依赖?

Question: Can we get rid of jealousy and dependency?

JO: 当然了.你们现在在做的,你在跟我们学习的,你在通过这些来认识你⾃⼰的.你要知道嫉妒和依赖来⾃于你内在的东西,它实际上不是你,是你⾃⼰在认识你⾃⼰的过程中的⼀个东西.所以你们进化的⽬的,意识扩展的⽬的就是去成为真正的你.嫉妒也好或者其它任何东西也好,它就像你那颗种⼦外⾯的那层⽪.当你⾃⼰在发芽在绽放的时候,那个⽪早已经不见了.它不会再包裹着你,除⾮你没有成长,你永远是颗种⼦,明⽩吗? 那你说我是⼀颗种⼦,你把我的⽪给去掉吧.你还是没有⽣命呀,明⽩吗? 你的⽣命还是没有得以绽放呀.所以当你得以绽放,在成长,在允许这个⽣命成为的那个过程,那个⽪⾃然⽽然就脱离你了.也就是说去成长.

JO: Of course. What you are doing now, what you are learning from me, is to understand yourself through this process. You need to know that jealousy and dependence come from within you; they are not you, but rather a part of your self-discovery journey. Therefore, the purpose of your evolution, the aim of expanding consciousness, is to become the real you. Whether it's jealousy or anything else, think of it like the outer layer of your seed – when you start sprouting and blossoming, that layer has already disappeared. It no longer wraps around you unless you are stagnant; you remain a seed indefinitely if you do not grow. Understand? You say you're a seed, remove my skin for me. But without growth, you're still dead, right? Your life hasn't bloomed yet. So when you can bloom and grow, allow this life to become as it should – the layer naturally falls away from you. This means growing.

问: 我们为什么对依赖有如此强烈的需求和渴望?

Q: Why do we have such strong demands and desires for dependency?

JO: 你说呢? 你把你当成是⼀个⾁体,对吧? 你觉得你要依赖⾦钱,你要依赖你的权⼒,你的社会地位,你的关系…… 你们都是在创造了⼀个我,创造了你这个⾓⾊,你们创造了你那个我.然后所有的⼀切都是在根据 ‘我’ 的⼀切在给它提供,就是来⽀持它的需求.但是那个 ‘我’ 是你需要去摆脱的,明⽩吗? 让你去突破的.这么说吧,就像刚才我们说的那个种⼦的⽪.当你的⽣命在成长在绽放的时候,它⾃然⽽然的就脱离了.那你还说我要紧紧的抓住这个⽪吗? 明⽩吗? 所以这些都来⾃于你成长的过程,对你⾃⼰的⼀个不认知,不认识.你把它当成是你了,这是幻觉,这是错觉.

JO: What about you? Do you see yourself as a mere body, perhaps? You think you have to rely on money, power, your social status, your connections… All of you are creating me, this role you've created for yourselves. You're creating that 'me'. Then everything is provided based on 'my' needs, supporting it. But the 'me' you need to get rid of, understand? The one you need to break free from. To put it simply, like we were talking about the seed's shell just now. As your life grows and blossoms, it naturally sheds off. Do you still insist on tightly clinging onto that shell? Understand? All these come from your process of growth, not recognizing yourself. You see it as 'you', this is an illusion, a misconception.

问: 有依赖就没有爱吗? 为什么?

Question: Does dependence equal lack of love? Why?

JO: 你依赖是来⾃于什么? 是来⾃于你还是继续去把你当成那个⼩我.你⼩我⾥⾯就好像是离开爱的状态啊,你进⼊了你的⼩我呀.你进⼊你的⼩我,它就是个幻像.这么说吧,你本来是醒着的,那你睡着了做梦.那你说在梦⾥⾯,你没有醒着.那你在梦⾥⾯所有的⼀切……因为你已经离开醒着的状态了呀.因为那个依赖就好像是梦境、幻境.你进⼊的就是你的梦境⾥⾯.那你肯定就不是醒着的状态,当你是醒着的状态你就是爱的本⾝,明⽩吗? 所以你们所谓的爱只是你们⾃⼰在⼩我⾥⾯产⽣的⼀些,都是你们的⾁体产⽣的⼀些…… 但是却可以通过这⼀点让你去发现真相,让你去探索,让你去认识⽣命的真相.

JO: The dependence comes from what? It's coming from you or continuing to treat yourself like that small self. You're inside your small self, in a state of disconnection from love, as if you've entered into your small self. That's an illusion. Imagine, you were awake, but then you fell asleep and started dreaming. So when you dream, you're not awake. All the experiences within your dreams... because you're no longer in the state of being awake. The dependence is like a dream or a false reality; it feels real to you because you're inside it. You aren't in an awakened state where love itself exists as who you are. Do you understand? So what they call 'love' is actually created within your ego, by your physical body... but through this realization, you can uncover the truth, explore it, and come to know the truth about life.

不然的话你没有⼀个线索,没有⼀个点把你带⼊到⼀个真相当中.所以你所经历的⼀切,包括你们头脑⾥⾯的疑问,包括你们在物质世界怎么都找不到出路.为什么所有婚姻都痛苦啊? 为什么所有关系都痛苦? 这⼀切的⼀切都在带领你们、指引你们、推动你们去发现⽣命的真相.因为只有你去发现⽣命的真相,然后去真正的醒来吧.这就是所谓的觉醒吧.那你就没有在梦中.你如果梦中的话,⽆论什么都是幻像,你创造出来的.我不管你的幸福,你体验到的是什么.你没有醒来就是没有醒来.

Otherwise, you wouldn't have any clue or a single point leading you to the truth. Therefore, all your experiences, including your doubts within your mind and your inability to find solutions in this material world—why are all marriages so painful? Why are all relationships painful?—are guiding you, pointing you, and pushing you towards discovering the truth of life. Because only by uncovering the truth of life can you truly awaken. This is called awakening—that you're not living in a dream. If you are dreaming, everything is an illusion, created by you. Regardless of your happiness or experiences, if you haven't awakened, then you haven't awakened.

问: 关系只有抛弃⾃我才能存在吗?

Question: Does a relationship exist only by giving up oneself?

JO: ⾸先你要知道你们⽬前建⽴的关系都是在梦境⾥建⽴的.因为没有醒来嘛.那在梦境⾥建⽴的关系是不是都是幻像? 那也是虚假的.为什么呢?因为你会给他定义他就是这样的⼈.他因为这样的⾏动,你就给他贴上了很多很多标签.你就会创造这个相.你创造这个相,你就会这么去认为.那你肯定就会这么体验了.这么说吧,你⾃⼰是导演,你给这个⾓⾊赋予了他是怎么样怎么样.⽆论你怎么样,你都在创造这个相,明⽩吗? 当你在梦⾥,那你们产⽣的关系实际上都是幻觉,明⽩吗? 如果让我们来说的话,真正的关系只有⼀个关系,就是⼀.明⽩吗? 就是所有的东西都是⼀体的.就只有这⼀个关系.你想象⼀下你看到的⽔都来⾃于⼀个源头.

JO: Firstly, you need to know that the relationships you are building now are being built in dreams because you haven't woken up yet. So, are those relationships you're forming in your dreams all illusions? They are false as well. Why is that so? Because you define him as such a person based on his actions; you stick many labels onto him due to this behavior. You create the image of him. You make this creation, and thus you perceive it accordingly. Therefore, you definitely experience it this way. To put it simply, you are the director, assigning attributes to this character in your own way. No matter what you do, you're creating this image. Understand? When you're dreaming, the relationships that you produce actually exist as illusions. Can you understand? If we were to explain it, there is only one real relationship, which is 'One'. Understand? All things are unified under this concept, and there's just one relationship. Imagine all the water you see flowing from a single source.

你可能在井⾥⾯、湖⾥⾯、海⾥⾯、或者是各种⼭⾥⾯泉⽔,各种⽔.但是它虽然在不同的地⽅,体验着不同的环境,在滋养着不同的植物.但是它都是⼀个源头的,明⽩吗? 你们虽然有这么多的关系,这么多不同的⼈,所有的⼀切.你们都是⼀体的.但是为什么来让你们体验这种分裂? 这种分开或者是个体? 这就是为了给你们创造体验.最终还是会归⼀的,明⽩吗? 所以说你们会发现很多事情不是在归⼀的路上的时候,你内在是很崩溃的.为什么你们都喜欢和谐? 就是关系很融洽⽽不是排斥的.就是让你们内在感受到…… 当你们内在开始排斥的时候,⾸先感受到不舒服的是你们⾃⼰.因为这个才是真正的你,你们所有的都是⼀体.

You might be in wells, lakes, seas, or various mountain springs, various waters, but it exists despite being in different places, experiencing different environments and nourishing different plants. Yet, it is always the origin. Understand? Although you have numerous connections with many diverse people and all things, you are essentially one unified entity. But why create experiences of division or individuality among you? This was done to provide these experiences for you. Ultimately, everything will converge back into unity. Understand? Hence, when you don't find things aligning towards unity, your inner self might feel distraught. Why do you all prefer harmony, where relationships are in sync and not antagonistic? It's to enable you to internally sense... When your inner self starts feeling discomfort due to disapproval or rejection, the first one to experience this unease is yourself. As that truly represents who you are at a core level, everything else about you is indeed part of that unified essence.

所以外在来供你们体验的对⽅的形象都是来⾃于你⾃⾝.这就是为什么之前希特勒的信息说他在当下就已经体验到了.就是我灭了这⼀部分,实际上灭了我⾃⼰,明⽩吗?

So the external beings who come to provide you with experiences are from within yourself. This is why Hitler's message said he was experiencing it in the present. I am destroying this part, which is actually destroying myself, understand?

问: 那我们通过学习我们的信息,修⼼,能够做到你所说的觉醒吗?

Question: Can we achieve enlightenment by studying our information and cultivating ourselves through your teachings?

JO: 你们⾸先来到这个物质世界最重要的就是体验,明⽩吗? 那这个体验变得有意义还是没有意义,它能不能给你带来智慧的增长那就是通过我们的学习,就是我们给你的引导.不然你会继续在梦⾥⾯了.那我现在把你叫醒⼀下,分享⼀下刚才的梦怎么样怎么样…… 明⽩吗?那你就不会只是在梦⾥⾯完全没有体验到这个梦境想要给你创造的,想要给你带来的影响.

JO: Your first encounter with this material world is all about experiencing things. Do you understand that? Whether or not this experience becomes meaningful and whether it can bring wisdom to your growth depends on our guidance through learning. Otherwise, you would continue in dreams without any real experience of what the dream wants to create for you and its impact. Can you understand that if you stay within dreams, you won't just be there without experiencing the dream's intention?

English:

问: 如果没有思想,⼼灵能找到爱吗?

Question: Can the heart find love without thought?

JO: 思想,你就是在⽤你头脑⾥⾯植⼊的⼀些观念,你⾃⼰吸收的⼀些东西.它在⾥⾯产⽣的.那这⾥⾯就好像是死的东西.所以当你进⼊思想,其实你就进⼊到⼀个幻像当中.那你就离开了你本来的状态.你本来的状态是爱,对吧? 你离开了你本来的状态,那你体验到的就不是爱了.但是并不能说你不是爱,只是说你创造了这样的体验给⾃⼰,明⽩吗? 所以越来越让你们就是⼀个爱的本⾝的⼀个存在.所有的⼀切都是朝那个⽬的.

JO: Thoughts, you are using the concepts that have been implanted in your mind and the things you have absorbed. They arise within it. So within is what could be seen as dead stuff. Therefore, when you enter into thought, you actually enter a kind of illusion. You leave your true state. Your true state is love, right? When you are away from that true state, then what you experience is not love. But one cannot say that you do not love; rather, you create such experiences for yourself. Understand? So increasingly, it makes you an existing embodiment of love itself. Everything moves towards that purpose.

问: 在物质世界⼀切都是内⼼的世界,⾃⼰的世界投射出这个世界,同时也会有相应的结果.互相的关系也是投射的⼀部分,那如何在这段关系中投射出双⽅都想要的结果?

Question: In the material world, everything is the inner world, projecting this world that is one's own, and there are corresponding outcomes. Relationships are also a part of projection, so how can both parties project the desired outcome in this relationship?

JO: 你只能去体验你⾃⼰,明⽩吗? 你只能体验你⾃⼰,这⾥没有双⽅.为什么呢? 对⽅会提供这个⾓⾊给你.如果你觉得对⽅是个asshole,对⽅就展现出asshole.他来⽀持你.明⽩吗?所以对⽅这个⾓⾊是来⽀持你产⽣这个真实的体验,你记住.然后对⽅他想要体验什么,那是关于他⾃⼰.他有可能加⼊了你,你给他创造了⼀个恐怖的画⾯.他有可能锁定了你的频率,你俩⼀起去体验恐怖.恐惧,对吧? 那也是他的选择.但是他可以去选择不加⼊你的频率,明⽩吗?

JO: You can only experience yourself, understand? There's no both sides here. Why is that? The other person provides this role for you. If you think the other person is an asshole, they show themselves as an asshole. They come to support you. Understand? So the other person's role is to support you in producing this real experience, remember. Then what the other person wants to experience is about themselves. They might join you, and you've created a scary picture for them. They might lock onto your frequency, and together you experience fear. Isn't that right? That's also their choice. But they can choose not to join your frequency, understand?

问: 为什么我从⼩到⼤我都会梦见考试,⽽且我都不会做?

Q: Why have I been dreaming about exams my entire life, and I never seem to pass them?

JO: 我们连接⼀下你的能量.这个来⾃于你内在还有⼀些压⼒,还有⼀些没有清理掉的紧张的情绪.因为你容易紧张,容易感受到那种惊慌失措.它是来⾃于这个能量还在你的体内,它会投射出⼀些事件给你体验.

JO: We're going to connect with your energy. This is coming from within you and there's some pressure that hasn't been cleared out yet along with some lingering tension emotions. It's because you tend to be tense and can easily feel this sense of panic. It comes from this energy still being inside of you, which projects some events for you to experience.

问: 那我要怎么更好的释放掉它呢?

Question: How can I better release it?

JO: 就不断不断地让⾃⼰醒来咯.因为所有这些东西都是来⾃于你⾃⼰残留的⼀些东西.当你的⽣命不断不断地在成长的时候,这些东西⾃然⽽然就跟你没关系.它这是你成长的⼀部分,只是你曾经的⼀个⼩部分.

JO: Keep waking yourself up constantly because all these things are from what you have left in yourself. As your life grows and grows, naturally they become irrelevant to you. They're part of your growth, just a small fraction of your past.

问: 有⼈想问如果⾃⼰的妻⼦或者是丈夫遇到了⾃⼰的双⽣⽕焰或者是灵魂伴侣.要如何接受这样的婚姻?

Question: Someone wants to ask what one should do if their wife or husband encounters their twin flame or soulmate, regarding how to accept such a marriage?

JO: 你的妻⼦在你的世界⾥⾯,她在你的世界⾥⾯.那她的⾓⾊就是来呈现出,就好像我们创造⼀个机器⼈,然后她来供你去体验,产⽣⼀种体验.那如果你是在这样⼦看待的话,那你就有可能把妻⼦当成是⼀个,就好像你就是随机的.那如果你是随机的话,那你肯定就是随机体验了.你们创造的就是随机体验了.如果对⽅⽤⼒⼀点,那个萝⼘就被拔⾛了,明⽩吗? 那那个妻⼦可能就是那个萝⼘,别⼈⽤⼒⼀点,你就说,OK,那你去吧,我放⼿了,明⽩吗?因为你是随波逐流嘛,你是随着它流嘛.别⼈要抢我妻⼦,OK,⼿⼀拉,⾛了,拜拜.因为你⾃⼰没有⼒量呀.你没有⼒量,那你始终感受到的就是洪⽔往那边流,那我就往那边飘了.

JO: Your wife is in your world; she's present in your world. So her role would be to embody this experience as if we were creating a robot for you to interact with and have an experience. If you view it like that, then it might become possible to see your wife as something akin to randomness. If you're random, then of course, you'd randomly experience things. What you create is therefore random experiences. If the other person applies more force, the radish gets pulled out, right? Your wife might be seen as that radish, if someone else uses a little more force and says, "Okay, go ahead, I'm letting go," understanding? Because you're just going with the flow; you're following it. If others are trying to take my wife away, okay, hand off her hand, goodbye. You're not strong enough to resist on your own. Without strength, you always feel that the flood is flowing in one direction and you're drifting along with it.

所以说你们需要明⽩的就是外在的关系,我不管是妻⼦也好还是孩⼦也好. OK,孩⼦要吸毒,你就让他去吧,你让他吸吧.你们永远都是有能量去影响这⼀切.就像希特勒说的:我是创造者,我永远都不会是被害者.刚才那个问题就是⼀个被害者⼼理.因为他没有⼒量.那你为什么没有⼒量?你为什么不能影响外在的⼀切,⽽是由外在的⼀切影响你呢?风⼀刮我就跟着风⾛了.那说明你这个植物的根不够呀.你⼏百年的植物,它的根布遍的到处都是.风能把它有什么办法吗?你这颗⼩树苗的根……所以就像我们之前说的,通过这个你就可以看到你的⽣命之⽕是很⼩的,就是⼀个⼩⽕苗.任何外在的,可能别⼈⼀句话就把你给灭了.那如果你是熊熊燃烧的⼭⽕呢?

So what you need to understand is the external relationships; whether it's my wife or child. Okay, if your child wants to do drugs, let them do it, let them take them. You always have the power to influence everything. Just like Hitler said, "I am the creator; I will never be the victim." The question you just asked is that of a victim mentality. It's because he lacks the power. But why don't you have power? Why can't you affect everything around you rather than being affected by it? When the wind blows, I follow the wind. That means your roots are not strong enough. You're an ancient tree with its roots spread everywhere. Can the wind do anything to it? What about this young sapling's roots… So as we've said before, through this, you can see that your life flame is very small; a little flame. Any external force could potentially put it out. But what if you were blazing like a mountain fire?

多少消防员都把你灭不了,明⽩吗?所以说你如果去选择,就是如果觉得你是随外在的,那你就会体验到那个版本.你是没有⼒量

How many firefighters can't put you out, understand? So if you choose, that is, if you feel that you are influenced by the external, then you will experience that version. You lack power.

的,你是随⼤流.这个能量把你往这边吸,你就被往这边吸.是往那边扔,你就被往那边扔.还有就是说所有的关系都会归根结底回到你⾃⼰.就是通过外在的⼀些反射,然后去允许⾃⼰从⼀个⼩⽕苗到⼀个熊熊燃烧的⼭⽕⼀样.为什么呢?当你是⼭⽕,你不会有问题.不会因为别⼈给你泼了⼀点⽔,你就灭了.

You follow the crowd. This energy pulls you in this direction, and you get pulled that way. If you're thrown elsewhere, you get thrown there too. Also, all relationships ultimately come back to yourself. Through external reflections, allowing oneself to grow from a small flame into a raging wildfire. Why is that? Because when you are a wildfire, you don't have problems. You won't be extinguished just because someone throws water on you.

问: 我们能不能连接⼀下光明会的能量,请问可以这样连接吗?

Q: Can we connect to the Illuminati's energy? Could it be done like that?

JO: 你稍等.你们可以提问.

JO: Wait a moment. You can ask questions now.

问: 请问你们是光明会那股能量吗?

Question: Are you the force of the Illuminati?

JO: 好像我们前⾯,就⽐如说光明会是⼀座⼭,然后这座⼭就在我们眼前,⽐如说物质化给你.所以你可以去提你的问题.

JO: It seems like we were talking about something similar to a mountain called the Illuminati, which was right in front of us, for example when materialization happens to you. So you can ask your questions now.

问: 光明会的这股能量是属于⿊暗的还是属于光的?

Question: Is the power of the Illuminati associated with darkness or light?

JO: 是属于你们的.你告诉我,你是⿊暗还是光,明⽩吗?问: 光明会背会最⼤的势⼒到底是谁?

JO: It belongs to you. Tell me, are you darkness or light, understand? Question: Which faction will have the greatest power under the Light?

JO: 这么说吧,就好像⼀呼百应.就像希特勒说的我只是把他们内在的东西给点燃了⽽已.但是他们内在本⾝就有炸弹.如果没有炸弹,我点东西点不燃啊.它没有东西可以燃烧啊.所以说你们集体,就是那个组织,他们共同的⼀些念头和内在共同的⼀些东西碰撞到⼀起,就像你们现在在做的事情.你们共同的东西创造了这些,把这些信息带出来,明⽩吗? 所以你们也是组织.然后关于他们创造的,他们想要的是什么? 他们想要的是power,想要的是,就好像这么说,我们都是这个村庄⾥⾯⼒⽓最⼤的.然后我们来达成⼀个协议,明⽩吗? 因为我把最有⼒的⼒量全部聚集在⼀起了.那你说你们村庄⾥⾯有⼗个是⼤⼒⼠,其他全是⽼弱病残的.

JO: Let me put it this way, like a domino effect. It's as if Hitler said, "I merely lit the fuse; they already had the bomb within them." But without the bomb, I couldn't set anything ablaze because there was nothing to burn. So when you and your collective group interact, that is essentially what happens. Your shared thoughts and collective inner aspects collide, just like what you are currently doing. What you share creates these phenomena and brings forth information. You understand? Therefore, you too form a group. And as for what they aim to create, what do they desire? They desire power, just like saying we're the strongest in this village. Then we come to an agreement because I've gathered all the most powerful forces together. Now, if there are ten strong men in your village and everyone else is old, sick, or disabled...

那你⼗个⼤⼒⼠全部在⼀起了,你们达成⼀致了.那是不是这个村庄就你们说的算了? 就像⿊社会⼀样,对吧? 为什么呢? 因为别⼈没有⼒量啊.我们⼗个⼈,他们全是⽼弱病残的,⼒量全在我这.那这个也来⾃于什么? 来⾃于你们内在的分裂和⽆⼒感.你只有⽆⼒,你才需要把这些聚集在⼀起,明⽩吗? 所以它都是你们内在没有处理掉的东西.就是你们内在有这个东西,它迟早会发芽给你们的.你们⼈类没有处理掉这些东西,它迟早会通过⼀些东西给你们展现出来,就⽐如说光明会这个组织,明⽩吗? 所以说你们现在在做的就是处理你们⼼中的这些…… 就好像你们在梦⾥⾯,梦⾥⾯各种这种东西.你们现在就在做这个事情.

If all ten of you strong men come together and agree on something, does that mean this village will follow your decision? Isn't it like the way a gang operates? Why is that so? Because nobody else has the strength to oppose you. We are the only ones here with capable individuals who have strength, while they are all old, sick, or disabled. Their strength lies solely in me. This comes from what within you divides and feels powerless. You need to gather your power when you feel powerless; do you understand? So, these are issues that remain unresolved within you. There is something lurking inside each of you that will eventually surface. Humans have yet to resolve these matters, so they will inevitably manifest through some form, like the Illuminati organization, right? Therefore, what you're doing now involves addressing these matters in your hearts... just as various elements exist within your dreams. You are currently dealing with these issues in real life.

那当你们越来越到⼀个⽆的状态,那你们就不会结出来很多果⼦给你们去体验呀.

When you get closer to nothingness, then there won't be many fruits for you to experience.

问: 那光明会的⼒量到后⾯也可以转变成我们的⼒量,为我们所⽤吗?

Question: Can the power of the Illuminati be transformed and utilized for our benefit at some point in the future?

JO: ⾸先光明会的⼒量你可能感受到它是有⼒量的,但是实际上它是没有⼒量的,OK? 那个⼒量来⾃于什么? 来⾃于你们给了它⼒量.当你们不把⼒量给它的时候,它没有⼒量,明⽩吗? 所以说越多⽆⼒的⼈,就像希特勒说的,那些⽆⼒的⼈、被残害的⼈,他们是品尝⾃⼰的果.他们在品尝他们⾃⼰的果,他们在体验他们⾃⼰内在的恐惧和⽆⼒感.所以说所谓的光明会的⼒量也是来⾃于你们给了它,就是你们所有的⼈去关注或者去害怕,你们在给它⼒量.所以当你们每⼀个⼈都能把⼒量拿在⾃⼰⼿上,不给任何组织,这个分裂的组织啊.因

JO: Initially, you might feel that the power of the Illuminati is powerful, but in reality, it has no power. Correct? What gives this power? It comes from what you give to it. When you do not provide the power, then it lacks power, understand? So the powerlessness, like Hitler said, those powerless people, tortured people, they taste their own fruit. They taste their own fruit, experiencing their own inner fear and helplessness. Therefore, the supposed power of the Illuminati also comes from what you give to it; all of you paying attention or being afraid, providing this power. So when each one of you can hold onto your power instead of giving it to any organization, this divided organization. Because

为我刚才说你们也是⼀个组织,但是这⾥如果没有你的⼩我参与的话,这个不是分裂的组织.这个拥有强⼤的能量.为什么?因为你们来到这⾥的⼈,你们都已经没有了你的⼩我.这个才是有⼒量的.当你有我的产⽣,这个是没有⼒量的,明⽩吗?

For what I just said that you are also an organization, but here without your ego's involvement, this is not a divided organization. This one has powerful energy. Why? Because the people who come here have already lost their egos. That is where power lies. When there is my creation, it lacks power, do you understand?

问: 那些光明会的成员是不是已经被这个能量操控了?

Q: Have the members of the Illuminati been controlled by this energy?

JO: 他们只是在玩着⾃⼰的游戏⽽已.这是他们想要的体验,明⽩吗? 但是他们永远都会感受到⽆⼒的.因为这是他们最开始的⽬的就是因为他们内在的⽆⼒感去创造它.因为⽆论怎样,其实他⾥⾯就会感受到⽆⼒的.你想象⼀下如果你都交给了组织,你还有权⼒吗?你没有权⼒,你还有⼒量吗? 你不会感受到⾃⾝的⼒量,你觉得组织最⼤呀.

JO: They're just playing their own game. This is what they want to experience, understand? But they'll always feel powerless. Because this was the very point of starting it, driven by their inner sense of powerlessness to create such an environment. Even if you were to give it all to an organization, would you still have power? No power means no strength - wouldn't you feel a lack of self-strength too? You see, they consider organizations as the biggest force out there.

第⼀个⼈问: 我的名字叫XX,我想问⼀下我的灵魂主题.

First person asks: My name is XX, I want to know about my soul theme.

JO:我们感受到就是好像你的⼈⽣有⼀种好像是⼀盘散棋或者是杂乱⽆章.然后你试图从中去找到⼀个规律或者是试图去整合这⼀切.所以说你需要不断地在智慧这条路上.不然的话,你没有办法把这⼀盘散棋或者是杂乱⽆章给它归纳好或者把它整理好或者把它创造的更和谐.不然的话,你内在会⼀直产⽣⼀种冲突或者就是不爽,就是不顺畅.

JO: We feel as if your life is like a chaotic game board or disordered pieces, and you're trying to find patterns amidst it all, attempting to integrate everything. Therefore, one must constantly tread the path of wisdom; otherwise, there's no way to organize, tidy up, or create harmony from this chaos within oneself. Without doing so, inner conflicts or discomfort persist, feeling stuck or out of sync.

问: 那JO在我⼈⽣主题的路上有什么建议吗?

Q: Does JO have any advice for me on my path in life?

JO: 那就是不断不断地去提⾼你的灵性.因为那⾥是⽆限的.如果你专注于你的物质头脑,它⾮常有限制.有限制就会导致你抗拒的,你也会觉得我活着是为什么? 好像找不到意义.就像是这种.因为你看不清楚.你被眼前的这⼀盘散棋,就不知道从何⼊⼿,但是又不爽.这种感觉可能会导致抑郁,⽐如说不开⼼,郁郁寡黄那种感觉.所以当你的灵性,就⽐如说你的智慧不断不断地增长的时候,你就会觉得松⼀⼜⽓.你就好像是⼀个puzzle,你拼出来⼀点点,你就会觉的有成就感,就是轻松感.因为当你不断不断地把这个puzzle呈现出来的时候,你内在的喜悦感就会有了.其实你很难达到⼀种真正的喜悦感的.

JO: That's about constantly elevating your spirituality because that realm is boundless. If you focus on your material mind, it's very limited. Limitation leads to resistance, and you may question the purpose of living, feeling as though you can't find meaning. It's like this, because you're not seeing clearly; you're stuck with a scattered puzzle board without knowing where to start, yet also feeling restless. This feeling might lead to depression, for example, feelings of unhappiness or melancholy. So when your spirituality, such as your wisdom, keeps growing, you feel relieved. You're like a puzzle piece, fitting in little by little, experiencing a sense of accomplishment and ease. As you continuously reveal the puzzle, an inner sense of joy emerges. It's hard to truly reach that state of genuine joy.

但是这种感觉就是在push你前进,让你不断不断地去探索⽣命,去获得智慧.所以你只有不停地在路上,你才会OK的.不然的话,你停下来你就会痛苦.

But that feeling is pushing you forward, urging you to keep exploring life and gaining wisdom. So, you only feel good if you're constantly on the road. Otherwise, stopping will cause you pain.

问: 这个跟我⾃⼰的想法其实是⼀样的.我⽗亲在⼋⽉初的时候去世了.我想知道我和我⽗亲的灵魂协议是什么? 他有什么话想对我说或者对我弟弟说?

Q: It's actually in line with my own thoughts. My father passed away at the beginning of August. I want to know what soul contract was made between me and my father, or any messages he might have for me or my brother?

JO: 你稍等.你的⽗亲想要告诉你的是抓住这条路⾛下去,不要放开,不要退缩.你在⾥⾯耽误的越久,你就会感受到痛苦越久.他带给你的信息就是说就好像我们这⾥是⼀条出路.然后让你继续在这条道上,然后不要去有任何耽误或者是停留或者是退出,不然的话它都会让你沉浸在就好像刚才说的那种痛苦,就是不爽的状态吧.这是他带给你的信息.

JO: Wait a moment. What your father wants to tell you is that you should stick to this path without letting go or backing down. The longer you get caught up in it, the longer you will feel the pain. The message he gives you is that this place represents an escape route, and you are to continue on this path without any delays or halts, otherwise you will remain trapped in a state of discomfort and dissatisfaction as described just now. This is the information he's conveying to you.

问: 他有什么想对我弟弟说的吗?

Question: Does he have anything to say to my younger brother?

JO: 只是你⾃⼰⾛上这条道,才能对你弟弟有所帮助,不然是没有帮助的.

JO: Only by taking this path yourself can you truly help your younger brother; otherwise, there would be no assistance.

问: 我晚上经常会做⼀些梦,好像体会到不同时空的我⾃⼰.然后也会梦见别⼈追着我跑? 我为什么会做这个梦?

Question: I often have dreams at night that feel like experiences of different versions of myself in various times and spaces. Sometimes, I also dream about others chasing me. Why do I have these kinds of dreams?

JO: 你想⼀下我们刚才说你的灵魂主题是什么? 它就好像不同材料的东西,你是⼀个设计师,你要把它拼接在⼀起,让它是和谐的.因为你不去做这件事情,你内在就会感受到不爽、不舒服、就抑郁、就是不爽.因为你内在就有⼀种你就必须⾛上智慧的路,不然你没有退路.你就会去体验就好像⽣命没有意义或者是痛苦.

JO: Think about what we just discussed as your soul's theme – it's like putting together different materials; you're a designer who needs to integrate them harmoniously. Without doing this, you'll feel uncomfortable internally, which can lead to depression or dissatisfaction because deep down, you have to choose the path of wisdom with no alternative option, and experiencing life losing meaning or becoming painful would be inevitable.

问: 赚钱花钱、借钱还钱是什么关系? ⼤家现在在⾦钱上处于⽐较紧张的状态……JO: 任何的⼀个点都可以带领你⾛上你智慧的道路.那你通过对这个层⾯的观察,实际上你会发现所有的⼀切它根本的原因就是你的能量,你的意识程度.为什么? 只有你在这个意识程度,在这个能量状态当中你才会体验到⼀种我不敢花钱,我赚不到钱.因为你的频率,就⽐如说你的频率是⼀百,你⽆论怎样处理,你还是在⼀百.你只有把你的频率提升到⼀千,那对⾦钱的观念就是另外的了,明⽩吗? 它不是单独的去处理,我告诉你应该怎样应该怎样.叫别⼈劝是没有⽤的.归根到底还是你个⼈的意识程度到底是在哪⾥.因为你在哪⾥,你就会有这个观点或者感受、体验.

Q: How are earning money, spending it, borrowing and repaying loans related? Everyone is currently experiencing financial strain...

A: Any point can guide you on the path of wisdom. By observing this level, you'll actually find that the root cause of everything is your energy, your consciousness. Why? Only when you're at this level of consciousness, in this state of energy, do you experience not being able to spend money or earn it. Because your frequency - for example, if your frequency is one hundred, no matter how you handle it, you remain at one hundred. You must elevate your frequency to a thousand, and then your perspective on money will be different. Understand? It's not just about telling you what to do; simply telling others won't help. Ultimately, it's your personal level of consciousness that matters - where you are determines your viewpoint or feelings and experiences.

你就只能在那个地⽅.之前不是说ABCD不同的房间吗?不同的房间有不同的频率.你进⼊到A的房间,它不可能有B的事,明⽩吗?

You can only be in that place. Didn't we say before that rooms A, B, C, and D have different frequencies? Each room has its own unique frequency. If you enter Room A, it's impossible for anything related to Room B to happen, got it?

第⼆个⼈问: 我当下的⼈⽣卡点和课题是什么? 我叫XXX.

Second person asks: What are my current life blocks and issues? I am XXX.

JO: 你稍等.这么说吧,⽬前我们感受到你的能量是完完全全受你的思想和观念,就是你是个很听话的孩⼦.这个是你的⼀个卡点.你会很害怕打破⼀些常规或者是害怕打破你们世俗的⼀些道德观念,或者是(好怕打破)来⾃于你的家庭、长辈,就是你觉得他在你⼼⽬中是有权威的⼈或者是你的领导.然后导致你的能量是在⼀个禁锢的状态当中.就好像是你是瓶⼦⾥⾯的⽔,这个⽔流不出去,也流动不了.就会导致你有⼀张英雄⽆⽤武之地,就是你不能完完全全去感受你⾃⼰内在的⽣命⼒和激情.就是那种男性阳性那种特别强烈的⽣命⼒吧.反正那个⽔就是被瓶⼦装着, 你没有办法流动起来.所以你也没有办法去体验到⽣命给你带来的那种⾃由、喜悦、⽆限.

JO: Wait a moment. Let me put it this way, the energy you are feeling right now is entirely dependent on your thoughts and beliefs; you're very obedient, like a good child. This is where you have a blockage. You fear disrupting conventional norms or being afraid of challenging societal morals, especially those influenced by your family, elders, or superiors who hold authority over you. Your energy ends up being confined in this state. It feels as though you are trapped like water in a bottle that cannot flow or move freely.

This results in feeling like a hero without the ability to use their strength; you can't fully experience and live out your own inner vitality and passion, particularly the intense masculine energy. The water inside the bottle is stagnant, unable to circulate, making it impossible to tap into the freedom, joy, and boundless nature that life has to offer.

明⽩吗?

Understand?

问: 但是我感觉我⼀直是根据⾃⼰的想法⾛的呀.

Question: But I feel like I've always been walking according to my own thoughts.

JO: 我们现在是从能量层⾯感受到你的能量没有完完全全的给释放出来.因为它到底是因为什么⽽没有释放出来或者是你故步⾃封,就是还没有去尝试? 怎么说呢,就是你这朵还没有完完全全的绽放.这是你⽬前能量层⾯的⼀个卡点,就是你这朵花还没有绽放.就是你这匹马还没有在草原上奔驰,明⽩吗? 那是因为你可能还没有体验到你内在那股强⼤的能量.它没有完全的展现在你的⽣命⾥⾯.如果你有的话,那你现在⼀定是⼀个⾮常有⼒的,成功的⼈⼠.那你现在是吗? 你现在对你⾃⼰满意吗? 因为这股能量还没有完全的被释放、被展现和成为吧.但是我们只是来让你看到你拥有它.就好像这是⼀⽚油⽥,你还有去开采.但是

JO: We are sensing that your energy is not fully being released at the energetic level right now. It's either because of certain reasons preventing its release or if you're self-limiting, meaning you haven't tried yet? How can I explain it better? Essentially, this flower hasn't fully bloomed. This is a blockage in your current energetic realm; this flower has not blossomed. It means that the horse hasn't been galloping on the prairie yet. Do you get it? Because perhaps you haven't experienced the powerful energy within yourself. It's not fully manifested in your life. If you did, you would undoubtedly be a highly influential and successful person now. Are you one of those people? Are you satisfied with yourself right now? Because this energy hasn't been fully released, showcased, or realized yet. But we are here to remind you that you possess it. It's like an oil field; you still need to explore it, but...

它下⾯是有油的,明⽩吗?你越来越激情、开⼼、喜悦、不去在乎外在⼀切的东西对你的限制.就是你内在的喜悦不要有任何限制.就⽐如说明天房租要交了,这种.它就会把你的能量收紧.不要让任何这种恐惧的念头或者是想法把你的能量给收紧.你要让,就好像我们现在有⼀个发动机,我们在使劲的⽤⼒⽤⼒搅动搅动.发射⽕箭⼀样把它给喷发出去,明⽩吗? 所以说去绽放你⾃⼰.任何恐惧、害怕、或者是其他⼈给你植⼊的念头都不要有.

It's got oil underneath, understand? You're becoming more passionate, joyful, happy, not caring about any external things that restrict you. It's your inner joy that shouldn't have any restrictions. For instance, like when rent is due tomorrow. That would constrict your energy. Don't let any fears or thoughts constrict your energy. You should be like we're using a powerful engine and mixing it vigorously to launch the rocket, understand? So go forth and shine with yourself. No fear, anxiety, or implanted notions from others.

问: 好的,我现在⾃⼰也在修习佛法……JO: OK,你如果真的是⽼⽼实实的去学这些东西学这些道理,我们宁愿你发狂、疯狂起来,明⽩吗? 发疯.因为你们会有⼀个观念,我要规规矩矩的学习佛法,我要当⼀个好孩⼦⼀个乖孩⼦坐在那.但是我们喜欢你jump jump jump,就是不停地跳跳跳跳.跳到你⾝上每⼀个细胞都恨不得我不能停,明⽩吗? 这就是你需要的.你能放开⾃⼰像个疯⼦⼀样在⼤街上跳起来吗? 所以这就是你的点.

Question: Alright, I am currently practicing Buddhism myself... JO: Okay, if you are honestly trying to learn these things and understand the principles behind them, we would rather you go crazy, become insane. Yes, insane. Because you will have an idea that you should behave properly while learning about Buddhism, that you should be a good boy or girl sitting there obediently. But what we like is when you jump up and down continuously, just keep jumping. You want every cell in your body to feel the urgency of not stopping, understanding? This is what you need. Can you let yourself go crazy enough to start jumping wildly on the street? That's what you are supposed to do.

问: 我能感受到⾃⼰在这⽅⾯所受的限制……JO: 因为你⼼⽬中会有⼀个乖孩⼦,会有⼀个应该怎么样怎么样.NO.疯狂起来.你看你们能创造⼀番事业,哪个⼈不是疯狂的? 那个才是真的把你内在的油⽥就好像开采了,明⽩吗?不要去压抑任何.

Q: I can sense the limitations on me in this area... JO: Because you have an image of a good child, there's supposed to be something that should be done like this. Get crazy. You see, you guys create business, who is not crazy? That's what really digs into your inner oil field, understand? Don't suppress anything.

问: 我爷爷去世的时候,我没在他⾝边.我想问他⽼⼈家有没有想通过这个⽅式跟我联系?

Q: When my grandfather passed away, I wasn't by his side. I wonder if he wanted to contact me in this manner.

JO: 你要知道你们去世的亲⼈他们永远都是敞开的.只有你们的思想,你的头脑才会封闭,才会有这种我把它封起来,明⽩吗? 它们没有.我的意思是它们没有封闭,只有你们⼈的头脑才能把这些东西封闭起来,我不要交流.那你不要交流,其实你也在交流啊,明⽩吗?

Joan: You need to understand that your loved ones who have passed are always open. It is only your mind, your brain that will close off, and then you will say things like I am going to shut this down, do you understand? They don't do that. What I mean is they don't close themselves off; it's only your human mind that can close these things off and refuse communication. You want no communication, but actually you are communicating, do you understand?

问: 我是能接收到它们想对我说的话的是吗?

Question: Can I receive what they want to tell me?

JO: 不是.我的意思是你不需要去问他有没有想说的话给你,明⽩吗?问: 我的JO还有没有对我当下的建议?

JO: No, what I mean is that you don't need to ask him if he has any words for you, understand? Ask: Does my JO have more suggestions for me at this moment?

JO: 就是前⾯的那⼀段信息⾮常强烈的告诉你,让⾃⼰疯狂起来?问: 这个疯狂的意思是不是让我更加精进⼀点?

JO: The information in front strongly imparts to you to make yourself crazy? Q: Does this "crazy" mean to improve myself further?

JO: 它只是让你成为你⽣命的本⾝.因为你拥有强⼤的能量,它被hold back,就是好像有股⼒量把它给拽住的.

JO: It's just about letting you be yourself in your life. Because you have powerful energy, it is held back, as if there is a force pulling it down.

问: 这股⼒量是什么?

Question: What is this force?

JO: 是来⾃于你⾃⼰对你⾃⼰⾝份的定义呀.这也是你的灵魂主题,就是在你这⼀⽣…… 因为在你的灵魂层⾯,它实际上就是有⼀些收吧.就是没有畅快.所以你需要这⼀世需要淋漓极致的,毫不保留的…… 你说强⼤的能量如果有保留的话,它能成为强⼤的能量吗? 所以去体验你⾃⼰⽣命本⾝的那股强⼤的能量,它在你体内.那是你另外的⼀个⼈格.就好像你没有见过它,但是需要被你释放出来.只有在这样的状态下,你才能真正的有所作为.不然你做什么你都会觉得中等,就是平庸吧.就好像是⼀个中层⼲部,再怎么努⼒都是⼀个中层⼲部,没有办法成为⼀个leader.

JO: It originates from your self-definition of who you are. This is also the theme of your soul, in this life… because on a soul level, there actually is somewhat of a blockage. That means no flow or liberation. Therefore, in this life, you need to experience that intense and unrestrained… if strong energy has reserves, can it still be considered strong energy? So go and experience the powerful energy that is inherent within your own life, which resides inside you. It's another aspect of yourself. It's as though you haven't seen it, but you need to release it out. Only in this state can you truly make a difference. Otherwise, whatever you do will feel mediocre, like being an average middle-level manager who, no matter how hard they try, remains just that: a middle-level manager and cannot become a leader.

问: 我所需要做的还是在灵性这条路上的是吧? 因为我在修⾏.

Question: Am I still on the path of spirituality that I need to follow, since I am practicing?

JO: 所以我们刚刚说在你们传统的观念⾥⾯,你们坐在那打坐也好还是什么的.我们说你不是要这样⼦,⽽是让⾃⼰疯狂起来.就是让⾃⼰狂起来,OK? 这样你的⽣命之⽔才是在⼀个流动的状态,⽽不是在⼀个死的状态.死的状态就是闭塞的,闭塞的话就只能学⼀些知识,明⽩吗? 但是它不是⼀个好像⼀个管道⼀样,就它不是⼀个鲜活的⽣命.我们不说你做什么.为什么呢? 因为当你允许你⾃⼰的⽣命呈现它的样⼦过后,你⾃然⽽然就会拥有你的事业,明⽩吗?

So we were just discussing how in your traditional understanding, whether you are sitting and meditating or doing something else. We said that instead of this, what you should do is to let yourself go crazy, which means letting yourself be wild, okay? This way, your life essence remains in a flowing state rather than being stuck in a stagnant one. A stagnant state is like being blocked, meaning it can only absorb knowledge but lacks vitality. But it's not as if it's like a pipeline that doesn't have an active life. We're not telling you what to do for the reason that when you allow your life to manifest its form, naturally, you will acquire your career, understand?

问: 我现在有点理解不了这个疯狂具体是什么意思?

Question: I'm having trouble understanding the exact meaning of this madness.

JO: 那去找⼀个让你欲罢不能,让你疯狂的⼥⼈吧.让你为她发狂吧.明⽩吗? 她可以激活你.

"Find a woman who drives you crazy, a woman who makes you insane. Let her make you obsessed. Understand? She can ignite you."

问: 就是去尝试⼀些⾃⼰从未做过或者是受⾃⼰观念束缚的事情?

Q: Is it trying to do something new that you've never done before, or that is beyond your own perspective?

JO:是的.因为当你真的……我们在这个⼥孩⼦的头脑⾥⾯看到她看过的⼀部电影叫⼩丑.就他最开始和最后的状态,就好像这两个状态.为什么他成为⼀个杀⼈犯他都能开⼼?因为他已经体验到⽣命是什么,他已经体验到那个能量,他已经感受到他就是造物主,明⽩吗?所以他就算当时死掉了,他也是⽆憾的,他也是开⼼的死去的.⽣命不在于它的长度,⽽在于,你就像⼀个烟⽕⼀样,你到底有没有绽放啊?如果你不能去喷射出来,你不能把这个烟花给呈现出来,那你就是哑炮啊,明⽩吗?你这⼀辈⼦就是个哑炮,它放不出来.我说的是针对你的能量啊,记住,你在梦⾥⾯,你不会伤害任何⼈,ok?

Yes. Because when you really... we see her watching a movie called Joker in this girl's mind. It's like seeing the beginning and end states of his character; as if these were two extremes. Why can he be happy about being a murderer? Because he has already experienced what life is,他已经 tasted that energy and felt himself as the Creator, understand? So even if he died at that moment, it would be regret-free and joyful for him to die. Life isn't just about its duration; rather, you're like a fireworks display: Have you bloomed or not? If you can't shoot out and present this fireworks performance, then you're just a dud. You've lived your entire life as an unexploded bomb. I'm talking about your energy here, remember? In dreams, you won't harm anyone, okay?

youarenotgoingtohurt anybodyhere,ok?因为就算产⽣出⼀个好像在伤害他⼈,那也是他⼈⾃愿.就像希特勒⼀样,那是对⽅他⾃⼰扮演的⾓⾊.为什么呢?符合他的剧本.在他⼼⽬中他就是这么认为的,我就是个受害者.他不卷⼊到你的受害者的事件当中来,他也会卷⼊其他的.为什么呢? 他受害者的⾝份⼀定会被他体验,被他经历,明⽩吗?

You aren't going to hurt anyone here, right? Because even if it appears that you are harming others, that is because they have voluntarily allowed it. Like Hitler, it's a role that the other person plays themselves. Why is that? It fits his narrative. In his mind, he believes this; I am a victim. He doesn't involve himself in your event as a victim; he will also be involved in others. Why is that? His status as a victim must be experienced and lived through by him, do you understand?

问: 就是受害者是他⾃⼰号召出来的,我只是帮他……JO: 他⾃⼰⼼中有⼀个果,就是埋下了⼀个种⼦,我就是受害者.它这个种⼦迟早,时间到了就会开花结果给他品尝,明⽩吗? 所以说你不会伤害到任何⼈,OK? 因为能被你伤害到的,就是你们⾃⼰看到,觉得那个是被你伤害的.实际上是他们⾃⼰选择这个体验.所以说他们是⽆意识的.所以说不要在你们⼼中埋下任何,我是受害者或者是我是⽆⼒的或者我是怎么样怎么样的这种东西.为什么呢? 迟早你会体验到你相信的.像⼀个被上帝宠坏的孩⼦⼀样去任性的去在这个世界上玩耍,这是给你的信息.

Q: It's like he is the one who called for his own victimization; I'm just assisting him... JO: He planted a seed in his heart, which is essentially a result of self-sabotage. I am the victim here. This seed will inevitably blossom and bear fruit for him to taste when the time comes, do you understand? Therefore, you won't harm anyone because those who can be hurt by you are the ones whom you perceive as being hurt by you. It's actually their own choice in experiencing these situations, making them unconscious of their actions. Hence, refrain from planting in your mind any notion that you're a victim or powerless or anything else like that. Why? Eventually, you will experience what you believe in. Just like a spoiled child indulging themselves in the world, this is a message for you to take note of.

第三个⼈问: 我想请问⼀下我这⼀世的灵魂主题以及我现阶段的能量状态? 我叫XXX.

The third person asks: I would like to inquire about my soul theme for this lifetime and my current energy state? My name is XXX.

JO: 我们先说⼀下,我们感受到你这⼀⽣有⼀个灵魂主题来给你就是变得很甜,很温柔,就是很sweet.所以这会是你的⼀个好像是挑战,你需要去成为的⼀种状态.这么说吧,你的灵魂想要去体验这个.因为⽬前我们感受到你很容易失控,容易抓狂、发脾⽓.就是会让⼈们感受到的能量就是可能是辣的,⽕辣辣的感觉.但是你需要把这种⽕辣辣,辣妹⼦变成温柔的甜妹⼦.就像这种感觉⼀样.所以它实际上是能量的⼀种整合和转化.因为你在成为的这个过程当中需要去清理掉很多辣椒素.就⽐如说你体内有很多辣椒素,对吧? 我们要把这个辣椒变成甜椒.才是适合⼈的⼜味的,就是它才不会让⼈感受到被辣哭的感觉吧.就是创造和谐的频率吧.

In English:

JO: Let's start with the fact that your soul theme seems to be sweetness and gentleness throughout your life. So this will be a challenge for you as you need to embody this state. Your soul wants to experience this aspect of being sweet and gentle. Currently, we sense that you are prone to losing control easily and can become overly agitated or angry. The energy emanating from you might feel fiery and hot, but what is needed is the transformation of this fiery, 'hot chick' essence into a sweet, loving one. It's essentially an integration and metamorphosis of energies, as you clear out many of those spicy compounds within you. You have quite a bit of spiciness in your system, right? We need to convert that heat into sweetness - the flavor that nourishes humans without making them cry from the spice. This involves creating harmonious frequencies.

所以你会经常体验到有⼀种⽐较失控或者是抓狂,就有⼀种⽆明的⽕吧.然后这些都是需要你去处理去转变去修吧.就是去修你的⼼态,让⾃⼰内在没有那么多愤怒或是这不能接受和抵触的⼀些东西、能量在⾥⾯.

So you often experience a sense of losing control or going insane, like being consumed by an unexplained怒火. These are things that require your handling, transformation, and cultivation – focusing on mending your mindset to ensure there's less anger or resistance within you.

问: 我和我⽼公以及孩⼦的灵魂主题是什么?

Question: What are the soul themes of me, my husband, and our child?

JO: 我们先连接⼀下你⽼公.我们⾃⼰从能量层⾯连接到你的能量,就好像你⽼公的状态有点像冤⼤头的感觉.就是有可能他并没有做什么离谱的事情,但是它也会导致你有那种抓狂的感觉.所以他更多的就好像是像你的⼀个练⼿,然后来让你去…… ⽬的是通过你⾃⼰被他刺激,所谓的外界的刺激⽽产⽣的内在的⼀些反应,然后来让你可以去认清⾃⼰内在的频率和状态.所以他有点像⼈⾁沙包的感觉,就在你⽣命中对你的⼀个⽀持.然后你的孩⼦.是男孩⼥孩?

JO: Let's first connect with your husband. We will connect to your energy from an energetic level as if your husband is feeling like a sacrificial lamb. It's possible that he hasn't done anything particularly outrageous, but this can still result in you experiencing feelings of frustration. So, he's more like practice for you, and it serves as a way to let you... Through being stimulated by him, which is所谓的external stimuli leading to your internal reactions, then helps you recognize your inner frequency and state. He feels somewhat like a human punching bag within your life, supporting you. And then about your child, boy or girl?

问: 男孩JO: 我们感受到你的⼉⼦就好像⼀个导师的⾝份.这个导师是什么呢? 就是他逼着你必须要从你的内在做功夫.为什么呢?因为你会发现从外界对他有⼀种就是很难控制吧,就是很难真正的控制他或者是去改变他或者是影响他或者是怎么样.就是你觉得很难,就是有⼀种失控的状态.就是⽆论他是,就⽐如说你们物质世界说的烂泥扶不上墙或者是叛逆或者是怎么样,它其实都是属于是⼀种你操控不了,你把控不了,就是你那他没办法.然后让你可以去达到⼀种必须要回到你⾃⼰这个原点,就是回到你内⼼,你修你⾃⼰.

Q: Boy JO: We feel that your son has a mentor-like identity. What is this mentor? It's because he pushes you to do inner work on yourself. Why would that be necessary? Because it seems difficult to control him from the outside, making it hard to really influence him, change him, or anything like that. You feel out of control and there's an uncontrollable state. Regardless of whether he is described as being incorrigible, rebellious, or any other way in your physical world, they're all aspects you can't control, aren't within your grasp, making it hard to guide him. It makes you return back to yourself, reaching the essence of your inner heart and focusing on personal improvement.

问: 我的⼉⼦现在是有⼗个⽉,可以问他的灵魂主题吗?

Question: My son is now ten months old, can we inquire about his soul theme?

JO: 你最好是等到他到了⼀定的年龄他想要去探索.但是他是像你导师级别的,就是来让你必须要去做功课,必须要去成长吧.因为其实很多你们⽣命中出现的亲密关系都是逼着你要去修的.因为这才是你们来到这个物质世界最主要的⽬的呀.它来到你⾝边,它就是要刺激你.不然它不会选择加⼊你.但是它们都是有礼物要送给你,但是它不⼀定⽤你这个物质头脑能接受的⼀个⽅式.因为你会排斥的.

JO: You should wait until he reaches a certain age and wants to explore on his own. However, as someone who is at your level of mentorship, it's expected that you will be assigned tasks, required to grow, because the intimate relationships that appear in your life are meant to push you towards self-improvement. After all, this is the main purpose of why you exist in the physical world - it enters your existence to stimulate and challenge you; otherwise, it wouldn't choose to involve you. Yet, every experience has gifts for you, but they may not be presented in a way that your material mind can easily accept because you might reject them.

问: 因为他刚出⽣医⽣就说活不长,⼀个⽉之后才到我⾝边.现在很健康.确实带给我很多……JO: 你稍等,我们再连接⼀下.⽆论它是以什么⽅式存在…… 为什么呢? 因为它现在还没有做决定.就算它是选择离开你,它也是让你有⼀种失控的状态.就是我为什么控制不了他的⽣命…… 因为它们都会把你带⼊到⼀种境地,就是让觉得you lose control.就是这个世界并不能按照你们⾃⼰想要那样去发展.那你是不是就只能去探索那个背后,就是探索⽣命,就是你只能做到真正的放⼿和⾂服.那你要真的能做到⾂服的话,你是需要智慧的.为什么呢? 因为如果你只是逼着⾃⼰去放⼿去⾂服的话,你做不到的.为什么呢?

Q: Because the doctors said he wouldn't live long when he was born, it took a month before he came to me. Now he is very healthy. Indeed, this has brought so much... JO: Wait, let's reconnect. Regardless of how it exists... Why? Because it hasn't made a decision yet. Even if it chooses to leave you, it creates an out-of-control state for you. That's why I can't control his life... because they all lead you into a situation where you feel you lose control. It means that this world doesn't develop the way you want it to. Then what? You have to explore behind that, which is exploring life, meaning you have to truly let go and surrender. And if you're going to really surrender, you need wisdom. Why? Because if you just force yourself to let go and surrender, you won't be able to do it. Why?

你内在会不断不断地有各种拉扯、冲突、纠结、痛苦,明⽩吗? 它不会是⼀个安然的状态.所以我们想要跟你说这是孩⼦送你的礼物.但是它具体是要以什么⽅式呈现出来,它⽬前还没有下定这个决⼼.因为它有可能选择陪伴你,它有可能选择像这种⽅式.但是它其实都是在刺激你⾃⼰内在的成长.但是我们想要让你知道这是它送给你的礼物.我们看⼀下.我们想要让你知道就算它这个⾁体,因为它还会根据那个⾁体它⾃⾝的⼀些状况,因为如果那个⾁体已经不适合以他想要的⽅式存活在这个世界上的话,它还会再来到你的⽣命当中.所以你不需要去感受到你真的失去它,因为你不会的.因为它选择来帮助你的话,它就会,明⽩吗?

You will constantly experience various pulls, conflicts, entanglements, and pain within you, understand? It won't be a state of peace. So we want to tell you that this is a gift from your child. However, it has not yet decided on the specific way in which it will manifest because it could choose to accompany you or present itself in this manner. But what it actually does is stimulate your inner growth. But we want you to know that this is a gift it gives you. Let's see. We want you to understand that even if its physical body changes due to its own circumstances, for example, when it becomes unsuitable to survive as it wishes in the world, it will still come back into your life. Therefore, you should not feel like you have truly lost it because you won't. If it chooses to help you, then it will, understand?

问: 它出⽣的时候我就感觉到我已经变得更坚强更快乐了.我感觉它已经带给我这些了.

Question: When it was born, I felt that I had become stronger and happier. I feel that it has brought these things to me.

JO: 是的,还会有更多的礼物.这个只是开始.然后其实你很幸福,因为⾄少你⾝边的都是来⽀持你的.

JO: Yes, there will be more gifts. This is just the beginning. And actually, you're very fortunate because at least those around you are supporting you.

问: 那我要做好准备我的孩⼦还会带给我很多惊喜,对吗?

Q: So I should expect that my child will still bring me many surprises, right?

JO: 不是,就是礼物.礼物就是你会从中受益吧.你是收礼物的⼈呀.问: 它是圣诞节出⽣的……JO: 你是在圣诞节,那圣诞节都是送礼物的那⼀天,拆礼物的那⼀天.所以它就是把⾃⼰当成是礼物送给你的.然后你的⽣命⼀定会发⽣转变的.因为它变得甜蜜、甜美.有些⼈他们进⼊物质世界花了⼀辈⼦,他们本来是想送给对⽅⼀个礼物让对⽅变得甜美、甜蜜.但是他却因为受困于他的物质头脑⽽给对⽅创造了很多痛苦.这是多么悲惨的事情,对不对? 因为他的礼物没有送出去呀.他没有成为他⾃⼰来到这⾥的⽬的.就⽐如说这个⼈我很爱他.我本来是去给他甜蜜的,没想到我给他痛苦,对不对? 那就说明他们之间彼此都没有受益,从这段关系当中.

JO: No, it's a gift. A gift is something you will benefit from; you're the recipient of the gift. Q: It was born at Christmas… JO: You were born on Christmas Day, when gifts are given and opened. So it sees itself as being sent to you as a gift. Your life is bound to change because it becomes sweet and delightful. Some people spend their entire lives entering into material existence, hoping to give the other person sweetness and delight as a gift. But because they're trapped in their material mind, they end up causing suffering for the other person instead. How tragic it must be that his gift couldn't be given; he didn't achieve the purpose of coming here. For example, this person loves me very much. I was going to give them sweetness, but unexpectedly, I gave them pain. So it means that neither party benefited from the relationship.

但是你想象⼀下,他就算是选择很短的时间,他已经送出去他的礼物了.所以你们彼此都是圆满的状态,明⽩吗? 因为你收到了礼物,然后变得甜蜜.他也送出去他的礼物.然后他就是圆满的.为什么呢? 因为对灵魂来说,⼀百年跟⼀年没有区别的,明⽩吗? 所以只有你们的⾁体才会产⽣时间上的那个什么,但是对灵魂来说没有区别的.区别在于我到底有没有送出去我的礼物? 对⽅有没有因为我的礼物⽽变得更好? 我有没有协助这个灵魂变得更好? 你们每⼀个⼈的灵魂都是来协助对⽅变得更好的,明⽩吗? 只有在这样⼦你们才是彼此在扩展当中.

But imagine this - even if he chooses a very short span of time, he has already gifted his present. So you both are in a perfect state with each other, understand? Because you received the gift and felt sweetness. He also sent out his gift. Then, he is in a perfect state too. Why? Because to souls, one hundred years and one year make no difference, do you see? Hence, only your bodies would generate temporal aspects but not for souls which perceive time differently. The distinction lies in whether I have gifted my present or not, if the other party has become better due to my gift, and whether I have assisted this soul to improve. Each of you souls are here to assist each other's improvement. Only then do you both expand together.

问: 我过世的奶奶有什么话对我说吗?

Question: Does my deceased grandmother have anything to say to me?

JO: 你奶奶想要你相信发⽣在你⽣命中所有的⼀切都是来给你送礼物的.⽆论发⽣什么.你只要记住这句话.因为如果你不相信这句话,你就拆不到礼物.它只有痛苦.如果你相信这句话,每⼀个后⾯你都能去发现礼物.

JO: Grandma wants you to believe that every single thing that happens in your life is meant to be a gift for you. No matter what happens, just remember this sentence. Because if you don't believe this sentence, you won't receive the gifts. It's only pain. But if you do believe it, you can find gifts behind each event.

问: 那我的JO还有指导灵还有什么要带给我的吗?

Q: And what else does my JO and guiding spirit have to share with me?

JO: 就前⾯的那些信息.

JO: About that information just mentioned.

第四个⼈问: 怎么样让⾃⼰在瞬间进⼊到这种⽆条件的爱这种情绪中?

The fourth person asks: How does one enter into this state of unconditional love instantly?

JO: ⾸先⽆条件的爱不是⼀种情绪,⽽是你本来的状态.它是你本来的⼀种状态.你只是因为什么脱离了它.因为你⼀头扎进这个梦境⾥⾯去,你脱离它⽽已.怎么样可以瞬间? 那就是你脱离这个物质⼩我了.就⽐如说,我们不是让你去死亡,但是死亡可以.但是如果你的⼩我能在你活着的时候死掉呢? 你愿意放⼿让它死掉吗? 我说的死不是⾁体⾃杀的死,不是结束⽣命症状.因为这个不是正道.它是歪门邪道.你通过这种⽅式杀死你的⾁体,杀死别⼈…… 你们不是有杀⼈罪吗? 那你就是⼀个杀⼈犯啊,明⽩吗? 因为每⼀具⾁体都值得被尊重.你尊重你的⾁体吗? 你不尊重你的⾁体,你怎么想让它跟你很好的配合啊? 明⽩吗?

JO: First unconditional love is not a feeling; it's your inherent state – the way you already are. It's simply who you are, and you've just wandered away from that state because you're caught up in this dreamworld, and you've left it. How can you return instantly? You have to leave your physical ego behind. I'm not talking about death here; death can help with that. But if your ego could die while you were still alive, would you be willing to let it go? When I say "death," I don't mean suicide or ending your life's vitality – that's going against the path. It's a wrong way. By this method, you're killing yourself and others… do you have murder charges in your country? Then you'd be a murderer, right? Because every body deserves respect, and if you don't respect your own body, how can you expect it to work well with you? Do you understand?

所以说你是抓住了什么让你的物质⼩我不愿意死去呢? 是你内在的欲望? 是你内在的仇恨? 是你内在的什么东西? 就是你紧紧的抓住这个物质⼩我,你把它当成是你,明⽩吗? 所以你们可以在你们活着的时候让你们的物质⼩我死掉.那个死不是⾁体上的,physical的,它就好像是觉醒吧,开悟吧,就进⼊到⼀种⽆我的状态吧.但是你们都会抓住很多东西.抓住这些东西,就是你功课还没有做完.你来到这个世界上是成长的呀.你都没有学习,你直接拿分呀? 所以你还需要体验.但是这些体验对你都是有意义的.你通过这些体验去学习去成长去体验⽣命,明⽩吗? 所以说不要把瞬间成为爱的状态当成逃避物质世界课程的借⼜.

So, what is it that you've latched onto in your physical self that makes you resist death? Is it your inner desires? Your inner hatred? What is it within you that holds on so tightly to this physical self, seeing it as yourself? Understandably, you can allow your physical selves to die while you're still alive. This 'death' isn't physical; rather, it signifies enlightenment, awakening, or entering a state of non-attachment. However, many cling onto various things. Holding onto these indicates that your work is unfinished. You exist here to grow and learn, not just to receive grades instantly. Thus, experiencing more is necessary for you. These experiences are meaningful and facilitate learning, growth, and life-experience. So, don't mistake instant love as a means of escaping the lessons of the material world.

就觉得我太痛苦了,我要瞬间进⼊到…… 那你去死咯.明⽩吗? 为什么呢? 你们需要这个过程,需要这个体验.这就是你们来到这个物质世界的原因啊.你不需要的话,你就不需要来了.所以你如果需要来到这⾥的话,那你⼀定是有功课要做的.你有很多东西,就是所谓的业⼒吧.它会拉扯着你,让你不断不断地去成长.不断不断地去做你的功课,不断不断地去修.所以不要把⼀个瞬间达到那种状态当成是你去逃避物质世界的桥梁或者是途径或者是⼿段.为什么呢? You are here for a reason,就是你来到这⾥是有原因的.不然的话你就成长不了,你拿不到这个礼物.OK,进⼊它,转变它.进⼊这个物质世界,就你想要逃避的地⽅.

I feel that I'm suffering too much, I want to instantly enter into... If you go die, understand? Why is that? You need this process, need this experience. That's why you came to this material world. If you don't need it, then you don't need to come here. So if you do need to come here, it means you have work to do. You have a lot of things, which are kind of like karma forces that pull at you, making you constantly grow and improve yourself. You should keep doing your work, always improving and fixing things. Therefore, don't see reaching such a state as a way to escape the material world or its means. Why is it so? You're here for a reason, meaning there's a purpose behind your presence in this realm. If you couldn't grow without it or couldn't receive that gift, then you wouldn't be here. So enter it and change it. Enter this material world where you want to escape from.

因为你会觉得我只有进⼊到爱的状态我才是快乐的.你没有什么好逃的.因为这⾥根本就没有什么苦啊.你体验到的苦都是你的幻觉,都是你的⽆明.⽆明就好像⼀个⿊暗的屋⼦,⾥⾯没有灯.那灯亮了,你看的⼀清⼆楚.你还需要逃吗?明⽩吗?所以这⾥没有痛苦.有痛苦是因为你的认知.你需要转变的不是外在的痛苦,⽽是你的认知.你的认知⾮常的局限.

Because you would feel that I can only be happy when I am in the state of love. There's nowhere to run for you because there's absolutely no suffering here. The suffering you experience is all just your illusion, your ignorance. Ignorance is like a dark room without any light. When the light comes on, you see everything clearly. Do you still need to run away? Understand that there is no pain here. The reason for suffering is due to your perception. You don't need to change the external pain; what needs transformation is your perception. Your perception is extremely limited.

问: 那怎么样去转变呢?

Q: How can we transform that?

JO: 我们现在在做的什么? 我们现在就在帮你,就好像让你看到.⼿把⼿的教你,根据你独⼀⽆⼆的处境,就根据你个⼈的能量状态.如此的⼿把⼿的教你,明⽩吗? 这个信息是为你⽽来的,它不是为了其他⼈.那你就知道你有多重要,明⽩吗? 你想⼏⼗亿的⼈⼜,这⼀段信息专门为你⽽来.那你就知道你是多么的重要.你没有被造物主遗忘.你不是nobody,ok?

JO: What are we doing right now? We're helping you right now, just as if you were seeing it. Guiding you step by step according to your unique situation and your individual energy state. Can you understand this process is tailored for you alone? This information is specifically meant for you, not for others. And that's how you realize how important you are. Imagine billions of people out there, but this piece of information is exclusively for you. That's how you know just how significant you are, you're not forgotten by the Creator. You're not nobody, okay?

第五个⼈问: 我想问⼀下我⼥⼉的⼈⽣主题? JO: 你⼥⼉多⼤?

The fifth person asks: I would like to know my daughter's life theme? JO: How old is your daughter?

问: 刚出⽣JO: 为什么刚出⽣你就迫不及待的想要知道她的,⽽不是关于你的……问: 因为……JO: NO NO NO NO,你要知道你⾃⼰进⼊到哪⼀个平⾏世界,你就会有怎样的⼥⼉,明⽩吗?

Q: Why do you immediately want to know about her as soon as she's born instead of about yourself...?

Q: Because...

JO: No, no, no, no. You have to understand that when you enter which parallel world, it will determine what kind of daughter you'll have.

问: 但是就是因为我⽣我⼥⼉突然就进了ICU,这是有什么业⼒吗? JO: 那你们俩现在都健康吗?

Q: But is it because of karma that my daughter suddenly had to be admitted to ICU just because I was born? And are you both now healthy?

问: 基本健康JO: 那就是⼀些好事啊.⼤难不死,必有后福啊.

Q: Good things happen for a reason. You survived the tough times; good fortune will follow.

A: That's some good news right there. If you've made it through the hard times, then you're due for some blessings ahead.

问: 我想知道我⼥⼉的⼈⽣主题,然后知道怎样更好的去养育她.

Question: I want to know my daughter's life theme and understand how to better raise her.

JO: ⾸先你如果想要更好的去养育她,你就需要明⽩你的⽣命到底是怎么回事.如果你⾃⼰都是,⽐如说⼀棵树,你都不能开花结果,就奄奄⼀息的⼀棵⼩树苗营养不良.那你给你⼥⼉展现的就是⽣命本来的样⼦是这样⼦的,⽽不是像旁边的苹果树每年结好多果⼦.她会觉得这棵奄奄⼀息的苹果树是正常的,是⽣命的状态,明⽩吗? 所以说活出你⾃⼰.那么你就在养育你的孩⼦.为什么? 因为你让她看到了⽣命的精彩,⽣命的美好,⽣命的⽆限和⼒量,明⽩吗? 就是你⾃⼰去开花结果.你这棵树你能长到多⾼你就长到多⾼.你能结多少果⼦就结多少果⼦,明⽩吗? 因为每⼀个⽣命它的内在已经包含了.

JO: First of all, if you want to nurture her better, you need to understand how your life works. If you are like a tree, for instance, and can't even blossom or bear fruit, it's akin to a small sapling that's dying due to malnutrition. That's the kind of representation of life you would be showing her: this is what life looks like, instead of comparing yourself to an apple tree next door that bears plenty of fruits every year. She'd perceive that limp and dying apple tree as normal, thinking it's part of how life works. So, live your own life. And that's why you're nurturing your child, because you're showing her the brilliance, beauty, boundless potential, and power of life. You yourself are blooming and bearing fruit. Your tree could grow to any height; it could bear as many fruits as possible. This is because each individual's inner self already encompasses these qualities.

In English:

Firstly, in order to provide better care for her, you must comprehend the essence of existence. If you're akin to a sapling that fails to bloom or produce fruit and languishes due to poor nutrition – just like a small plant struggling with insufficient nourishment – this is how you'd illustrate life's nature to her. Instead of comparing yourself to an apple tree flourishing abundantly every year, she might view your withered apple tree as the norm, seeing it as part of life's status quo. Therefore, living authentically yourself serves as a nurturing influence for your child since it showcases the brilliance, beauty, boundless potentiality, and strength inherent in existence. It's about you blooming and bearing fruit; this is akin to how tall or wide your tree could grow or how many fruits it might yield. This is because each individual's inner self inherently contains these characteristics.

当你能完完全全的绽放你⾃⼰,你就在给其它⽣命看到可能,看到这个才是⽣命的样⼦.⽽不是说青黄不接,要枯萎要死的样⼦.这就是你们可以给下⼀代最好的,就是让他们看到我这棵树苗经历风吹⾬打我都开开⼼⼼的.为什么? 风吹⾬打让我强壮.⽽不是骂骂咧咧的,怎么今天又刮风了,要把我刮死了.你怎么展现? 你在⾯对⽣命中发⽣的这些东西,你是如何⾯对的? 你是告诉孩

"When you fully blossom yourself, you are showing other lives the possibility, demonstrating what life is truly about - not the struggle and decay. This is the best you can give to the next generation, allowing them to see how I, this sapling, happily endure through storms and winds without cursing or complaining. Why? The storms make me stronger. Instead of grumbling about how today's wind might kill me, how do you show yourself in life's occurrences? How do you face what happens to you? You are teaching children not just by words but by your actions."

⼦,暴风⾬让我们更加的强壮.你看,我们就不断地扎根扎根.还是你在那不停地骂? 你就不能给我⼀个好天⽓吗? 成天让我摇摇欲坠的,我快死了.你给她展现你是⽆⼒的.你是没有⼒量的.⽣命是⼤风⼀刮我就死掉的状态.这就是你给她展现的,明⽩吗?

Child, the storm makes us stronger. Look, we keep digging our roots deeper and deeper. Are you still cursing non-stop? Can't you give me a good day for once? All I get is this constant turmoil, I'm on the verge of dying. You show her that you are powerless, you have no strength. My life feels like it ends whenever a strong wind blows. That's what you're showing her, right?

第六个⼈问: 我的灵魂主题是什么? 我叫XXX.

The sixth person asks: What is my soul theme? I am XXX.

JO: 我们发现你的灵魂主题就好像有⼀种,你的名字⾥⾯是不是有⼀个纯净的纯? 就好像把很多东西给它净化成纯的那种感觉.因为随着你⾃⼰的成长,实际上你会收集很多,⽐如说觉得不公平,就是觉得⽣命不美好的事件吧.就是积压很多苦或者是怨恨或者是各种这种东西.反正就是觉得⽣命不美好、不简单、不单纯.那我们就好像是要把这些东西给过滤掉,排除掉.让它达到⼀个纯的状态,就是⼀个⽆的状态.所以你会发现你的前半⽣,就我们这个信息之前,你实际上很难快乐,很难轻松,很难愉悦.就很难放松,很难享受⽣命的⼀个状态.就可能每天都是急急忙忙或者急急躁躁的、烦的.就你很难去享受⽣命,你很难放松.

JO: We've noticed that your soul theme seems to revolve around purity, as if there's a pure essence within you in your name or some way it represents a sense of purification where many things are transformed into purity. This comes from the idea that as you grow and develop, you collect experiences such as feelings of injustice - thinking life is unfair, events that are bleak or oppressive; these build up layers of suffering, anger, frustration, and other complex emotions. Essentially, it feels like life isn't simple, straightforward, or pure.

The concept is akin to filtering out the impurities, clearing away the negativity, aiming for a state where everything is cleansed and free from burden, leading to a sense of purity and emptiness. This means that in your first half of life, according to our insights, you found it difficult to experience joy, ease, or satisfaction; you struggled with relaxation and couldn't fully enjoy life's experiences. You might have been constantly rushing around, dealing with stress and anxiety daily, making it hard for you to appreciate the beauty of life and find peace within yourself.

你会给⾝边的⼈创造⼀种能量场就会有⼀种对⽅也会因为你感受到紧张或者不放松吧,或者是压迫吧.就你得到精神层⾯的⽀持就很少了.就⽐如说你感受不到爱,感受不到连接,感受不到⼀个和谐的关系.所以我感受到你就好像有⼀点孤苦伶仃吧,这是你的感受啊.就好像你⼀个⼈在那苦苦的挣扎着,它没有有⼒的⽀撑.就没有⼀个⽐如说暖⼼的, sweet heart,就是那种⼩棉袄,给你带来那种爱,让你融化掉或者是让你感受到…… 就这种甜蜜的东西很少.所以让你觉得好像感觉在苦苦挣扎着.但实际上其实你很卖⼒的,就是你很⽆⼒,很卖⼒的.就好像别⼈⽤了七⼋分,你⽤了⼗⼆分的⼒.所以你会需要这样⼀个过程.

You create an energy field around yourself that could make others feel tense or uncomfortable, perhaps sensing a sense of pressure, leading to very little emotional support at the mental level. It's like not being able to feel love, connection, or harmony in relationships. I can tell you seem somewhat alone, and this is your perception. You're struggling by yourself without strong support. There isn't much warmth, sweetness, or heartwarming moments bringing affection that could make you melt or ease into a sense of... these sweet elements are scarce. It makes you feel like you're fighting an uphill battle. Yet in reality, you're exerting great effort, but it feels futile, despite your efforts. Others might be applying about seven to eight times the force, while you're using twelve times more energy. So, you need this process.

但是怎么样才能把这些东西过滤掉?那还是需要你不断去修你⾃⼰,然后不断去扩展你的意思.就是如说你在⼀杯⽔⾥放了⼀勺盐.你⼀喝,很苦很涩.那如果这杯⽔变成像⼀个湖⼀样,你放⼀勺盐没感觉的,对不对?你不会影响到它.为什么?你的容量变⼤了呀.所以这些东西都会通过你不断不断地去扩展你的意识,扩展你内在的容量,它就对你来说就不会是你感受到它是苦涩恶感觉.你就能越来越能体验到⽣命的⼀种轻盈,⽣命的愉悦或者是放松.因为我们感受到你就好像是到了灵界点.就是这根⽞绷的很紧.所以如果是从能量层

But how do you filter out these things? You need to continue refining yourself and expanding your understanding continuously. It's like if you put a spoonful of salt in a cup of water; it tastes bitter and unpleasant when you drink it. But if the same amount of salt were spread across an entire lake, you wouldn't taste anything different; right? You wouldn't be affected by it because your capacity has expanded. Why is that so? Because your capacity to receive experiences has increased. As a result, these feelings of bitterness and unpleasantness don't come into play when you are constantly expanding your consciousness and increasing your inner capacity. Instead, you can increasingly experience the lightness, joy, or relaxation of life. It's because we've reached a spiritual threshold; the strings that bound us were tightened tightly. If it's from an energetic perspective...

⾯的话,JO就很想给你⼀个拥抱给你⼀个怀抱,让你可以完完全全的放松下来.因为你已经很久没有这样放松了.你们不需要suffering,就是你们不需要痛苦的,明⽩吗? 痛苦来⾃于你们的集体意识吧.因为你们⼈类创造了太多痛苦给你们⾃⼰.

Facing you, JO really wants to give you a hug, a怀抱 where you can fully relax. Because you haven't been able to relax like this for a long time. You don't need suffering, meaning you don't need pain, do you understand? Pain comes from your collective consciousness because humans have created too much pain for themselves.

问: 我从⼩到⼤⾝体⽐较弱,责任感很强……JO: 所以我们说你苦苦挣扎,就是来⾃于你摄取了太多痛苦在你的体内.所以你的⾝体不可能好的.

Question: I have been physically weaker since childhood and had a strong sense of responsibility... Answer: So we say that your struggle comes from the fact that you've taken in too much pain within you. Therefore, it's impossible for your body to be healthy.

问: 那我的灵魂主题就是要解决这些问题吗?

Question: Does that mean my soul's purpose is to address these issues?

JO: 那我们刚刚说了就是进⼊到⼀个纯的状态,那就是需要把这些东西过滤掉了.那你怎么样才能把它过滤掉?那就是需要不断的去扩展你⾃⼰了.不断地去,就是你容量不断地扩⼤、增⼤.那你必选是需要智慧的呀.那就是增长智慧.

JO: So what we just discussed is entering into a pure state, which means filtering out these things. How do you filter them out? You need to constantly expand yourself. Continuously, that is your capacity expanding and increasing. And this definitely requires wisdom. It's about gaining wisdom.

问: 我⼀直在学习,修⾏也⼗⼏年了.但是觉得⼀直轻盈不起来.

Q: I have been studying and practicing for over a decade, but I always feel heavy-hearted.

JO: 是的.

Yes, JO: Yes.

问: 我和我⼥⼉的灵魂主题是什么? 我⼥⼉28岁.叫XXX.

Question: What is the theme of my soul regarding my daughter? My daughter is 28 years old and her name is XXX.

JO: 我们从能量层⾯感受到实际上你⼥⼉是爱你的.但是可能你体会不到或者是她表达不出来.所以我们没有感受到你们之间,就是你会受到这个爱的滋养.

JO: We sense from the energy level that your daughter loves you actually. But perhaps you can't feel it or she doesn't express it well. That's why we don't experience this love between you both, meaning you benefit from her love.

问: 她对我确实是有⼀点严苛的.她在艺术上⽐较灵性的.

Q: She is indeed somewhat harsh on me. She is more spiritual in her approach to art.

JO: 所以就好像她其实对你是要求的.就好像你是她的徒弟,她对你有很⾼的期望的那种要求.所以她可能并不会以⼀种关怀的⽅式去表现出她对你的爱.⽽更多的是有⼀种就你怎么就不能想开⼀点? 就这种.你怎么就不能快乐⼀点,就这种.但是其实有时候她不需要对你有这么多的说教的,明⽩吗? 因为有时候你可能只是需要⼀个cuddle,就是需要⼀个拥抱.然后你⾃然⽽然什么东西都融化掉了.就⽐如说你内在有⼀个冰块吧.她可能说你⼲嘛把这个冰块装进去呢? 你就不能不装吗? 但是实际上她的体温抱着你,你内在的冰块就融化掉了,不需要语⾔,明⽩吗? 所以这就是你们之间就好像有⼀种像这样⼦共同的功课吧.

So it's as if she actually expects a lot from you. It feels like she treats you like her disciple with high expectations and hopes for your achievements. This might not manifest in a loving way but more so as questioning why can't you be more open, or why can't you be happier? Sometimes, she doesn't need to lecture you on this much; you see? Because sometimes all you really need is that affectionate touch - like being hugged. Then everything just falls into place naturally. It's like there's an ice block inside you, and she might ask, "Why are you keeping the ice block?" Can't you just let it be? But in reality, her warmth embracing you melts the ice block internally without needing words; do you understand? So this is something you both share as part of your relationship dynamic.

问: 我⼗⼏年打坐开始,我上丹⽥的⽓拽的⾮常难受,这是什么原因呢? JO: 你能先学会放松吗?

Q: I started sitting meditation about ten years ago, and I find the energy moving to my dantian very uncomfortable. What could be the reason for this?

JO: Can you learn to relax first?

问: 最近在学站桩.

Q: Recently practicing standing still.

JO:放松是怎么爽怎么来.你如果躺在沙发上放松,听点⾳乐.如果你躺在浴缸⾥放松,⽤这种⽅式.⽽不是说什么打坐什么站桩,明⽩吗?⾝体怎么舒服怎么来.就⽐如说你泡澡,听点舒缓的⾳乐,点点⾹薰.如果这样是你放松的⽅式,那你就去做.如果你被⼈按摩放松,你就去做.明⽩吗?⽽不是说要苦苦的去修,明⽩吗?就是你⼀定是要享受的去做这件事情.

JO: Relax and do as you please. If you're lying on a sofa relaxing, listen to some music. If you're lying in a bathtub relaxing, do it this way. Not about sitting cross-legged or standing still, understand? Your body can relax however feels good. For example, if you take a bath, listening to soothing music and using aromatherapy. If that's your relaxation method, go for it. If getting massaged helps you relax, then get it done. Understand? You must enjoy the process of doing this thing.

问: 最近⾼⾎压⽐较明显……JO: 这个都是来⾃于你还没有被清理掉的⼀些东西.我们不是说你需要过滤吗? 就是把这些,⽐如说孤苦伶仃的感觉啊,觉的⾃⼰可怜,这种印象这种⾝份这种记忆全部要给它清理掉的.都是垃圾.因为你才能真正的感受到⼀种焕然⼀新吧.因为那些东西不是你,只是你头脑储存的⼀些幻像⽽已,跟你没有关系.然后你⾝体所有的问题都会转变的,因为你的频率变了.

Question: Recently, my high blood pressure has become more noticeable...

JO: This comes from the things that haven't been cleared away yet. Aren't we talking about needing a filter? That means getting rid of feelings like loneliness and pity for yourself, impressions of identity, memories all associated with these issues. They are just garbage. So you can truly feel a sense of rejuvenation because those elements aren't part of who you are; they're merely illusions stored in your mind that don't concern you. As a result, all the problems in your body will change since your frequency has shifted.

问: JO还有什么想告诉我的吗?

Question: Are there any other messages that JO wants to convey to me?

JO: 快乐、轻松.然后你内在的爱打开,你就会感受到你.你并不是孤苦伶仃的,所有的这些幻像都是来帮助你去脱幻的.

JO: Joy, ease. Then your inner love opens and you feel it. You are not alone, all these illusions are here to help you unillusion yourself.

#### 2023/11/13 — 线上集体通灵问答 Online Group Spiritist Q&A

JO: 你们可以提问了.问: 什么是⾃爱?

JO: You can ask questions now. Q: What is self-love?

JO: ⾸先就好像你说什么是⽩天? 什么是⿊夜? 那你肯定会体验⼀些你不⾃爱的⼀个状态,对吧?所以你通过去体验你不⾃爱,然后会⾛向⼀个你是⾃爱的状态.那怎么样去通过外在的体验呢?你可以去观察你⾃⼰产⽣的任何情绪、反应、评判、声⾳、各种.就⽐如说你如果觉得嫌弃某⼀个⼈、讨厌某⼀个⼈或者觉得某⼀个⼈不好、坏,就是各种.它都是你不⾃爱.就是你还没有⾃爱,明⽩吗?那你就知道如果你达到⼀种⾃爱的状态,你对外界任何不会有声⾳,不会有反应.就是⽆论对⽅做了什么,你都是⼀个爱的状态,明⽩吗?所以说可以去通过你⾃⼰对他⼈的⼀些反应可以看到你到底⾃不⾃爱?

JO: Firstly, just as you ask what is day and what is night, you will definitely experience a state where you do not love yourself, right? So you go through experiencing the lack of self-love to arrive at a state of self-love. Then, how can one experience this externally? You could observe any emotions, reactions, judgments, sounds, or various other occurrences within yourself. For example, if you feel disgust towards someone, dislike someone, or judge them as bad, all of these are manifestations of not loving oneself. It means you have yet to love yourself, do you understand? If you reach a state of self-love, there will be no sounds and no reactions when dealing with the outside world, regardless of what others do. You remain in an attitude of love. Therefore, by observing your responses towards others, you can determine whether or not you truly love yourself.

如果你是⾃爱的状态,你是不可能去评判任何⼀个⼈或者是去不欣赏任何⼀个⼈.不管对⽅是谁,不管对⽅存在什么样的状态,明⽩吗?

If you are in a state of self-love, it is impossible for you to judge anyone or fail to appreciate anyone. Regardless of who the other party is and regardless of their current state, understand?

问: 那如果我发现在当下我对对⽅升起了评判之⼼,在那⼀刻我需要做什么呢?

Question: But if I find myself judging someone in the moment, what do I need to do at that point?

JO: 那⼀刻你知道外在的⼈之所以,就是我会去抗拒他的⾏为是因为我内在有抗拒.就是我是抗拒的能量.那个抗拒是来⾃于我,我对于我⾃⾝的排斥,⼀个不允许吧.你觉得你爱的话,你会是不允许的状态? 你不允许的话就不可能是爱的,明⽩吗? 所以说当你在抗拒外在的任何⼈事物,就是你内在的不⾃爱.就是你⾄少还没有达到那种⾃爱的状态吧.

JO: At that moment, you understand why the external person's actions provoke resistance in me because there is a resistance within myself - it's my internal energy of resistance. This resistance comes from me, not allowing myself or self-rejection. If you were to love someone, would you be in an unallowing state? You can't allow if you don't allow; do you understand that? So when you're resisting anyone externally, it means there's a lack of self-love internally; you haven't yet reached that state of self-love.

问: 那我知道我对他⼈的评判是因为我对⾃⼰的不⾃爱……JO: 只是你现在还会去体验⼀些不⾃爱,你要体验到热是什么,那你要体验冷吧? 那这些东西现在我们告诉你,你就会知道我对外在的反应或者是评判或者是任何不接受实际上是我不⾃爱的⼀种表现.那我是不是就可以去对外在对其他⼈的⼀种排斥或者是产⽣的愤怒返回到我⾃⼰内在了? 你就不会是真的讨厌那个⼈.因为你讨厌的⼈是你的化⾝,是你的energy创造的他,OK? 你的energy.

Q: I understand that my judgments of others are due to my lack of self-love... JO: But now you still experience a lack of self-love; you have to experience warmth, so you also need to experience cold. What we're telling you about these things is so that you will realize that my reactions or judgments or any rejection towards the outside world is actually a manifestation of my lack of self-love. Can I then redirect those feelings of repulsion or anger that I direct outward towards others back onto myself? You wouldn't really hate that person because the person you dislike is an embodiment of yourself, created by your energy, okay? Your energy.

问: 那我要如何释放我不⾃爱的这个energy?

Question: How do I release my self-loathing energy?

Q: How do I let go of my self-hating energy?

JO: 你需要去认识呀.你需要去,ok,这个地⽅我发现了,慢慢慢慢你发现那其实都是来⾃于你⾃⼰.那你就已经会放下对外⼈的评判: 你就是个asshole,你就是个坏⼈…… 就是你对对⽅的各种指责.那你是不是就会放下了呀? 你不再指责他了呀.那你不再指责他了,那你是不是就是不再会产⽣那样的频率了? 你的⾝体不再会有那样的反应了?! 但是你会通过体验去感受到去感受到这⼀切,明⽩吗? 所以你们的体验对你们来说⾮常的有意义.对⽅只是去帮助你来看清楚你⾃⼰的⼀个频率.记住这句话.对⽅这个⾓⾊只是来帮助你去看到你,看到还没有被你⾃⼰接纳的那⼀⾯.

JO: You need to understand this concept. You need to do it yourself, okay? I've found this method that slowly and gradually you will realize that these judgments are actually coming from within you. Then, would you be able to let go of your judgment towards others? Would you stop labeling them as "assholes" or "bad people"? Or blaming them for various reasons? Once you stop criticizing them, wouldn't it mean that you won't generate those negative frequencies anymore? Your body wouldn't react in such a manner? But you would experience and feel this through your experiences. Understand? So, these experiences are very meaningful to you because the other person is only helping you see clearly what your own frequency is. Remember this: The other person's role is just to help you see yourself more clearly, including aspects that you haven't yet accepted within yourself.

如果你们永远都是去指责外在的话, 那你们永远都不能学会⾃爱这堂课.那你永远不可能知道什么是⾃爱的,明⽩吗? 因为你⼀直是在分裂、排斥当中,明⽩吗?

If you always blame the outside, you will never learn the lesson of self-love. You will never understand what self-love is because you are constantly in a state of division and rejection, right?

问: 如何知道⾃⼰有没有爱⾃⼰?

Question: How do you know if you love yourself?

JO: 那你内在有没有分裂咯? 你内在如果⼀直处在那种好像风平浪静、⼼如⽌⽔的那种感觉,⽆论外⾯是什么,天翻地覆或者各种怎么样,你都是像爱的⼀个状态.就是你不会因为对⽅愤怒的状态⽽⼼⾥产⽣你这个⼈怎么这么愤怒? 你这个⼈怎么这么没教养? 不会有任何这种东西产⽣.

JO: Do you have any internal divisions? If your inner self is always in a state of calmness, like water reflecting the sky, unaffected by external turmoil or chaos no matter what happens outside, you remain in an affectionate state. You wouldn't think about how could they be so angry? How come you are so uncivilized? There won't be any such thoughts arising.

问: 为什么⼈类如此空虚?

Question: Why are humans so empty?

JO: 那是因为你们并没有…… 你们也会去体验空虚,然后通过体验这个空虚体验这个⽆意义,然后去找到⽣命的意义.这也是⼀种,明⽩吗? 那你们之前可能会通过各种来⼤发⾃⼰内在的空虚.就⽐如说不断地找刺激,不断地去找乐⼦呀,不断不断地.但是你会发现⽆论怎么样,你永远都是hungry的⼀个状态.就是⽆论我吃多少,我怎么吃不饱呢? 就这种状态.就你头脑永远有下⼀个,这个乐⼦找完了,我下⼀个乐⼦是什么.你就会发现你内在的空洞永远是填不满.还会因为你不断找乐⼦的过程种下很多苦果来让你品尝.那你不断不断地去种了这么多的苦果,就埋了这么多的雷来让你⾃⼰踩.那你肯定会粉⾝碎⾻.

That's because you haven't... You will also experience emptiness and then through experiencing this emptiness, find the meaning of life in its absence. It's a form of understanding, right? Previously, you might have pursued various means to indulge your inner sense of emptiness. Like constantly seeking stimulation, finding joy continuously, endlessly. But no matter how hard you try, you'll always remain hungry—literally and metaphorically. No matter how much I eat, why can't I feel satisfied? That state of being forever wanting more. Your mind is perpetually chasing the next thrill, with no end to the hunt for your next source of pleasure. You'd realize that the void within you is never fully filled. Furthermore, this constant pursuit of pleasure plants many seeds of suffering that you later have to taste. As you sow so much misery through your endless quest, you also lay countless bombs for yourself to step on and be destroyed by.

那这些痛苦就会带领你⾛上why,就是为什么? 你去探索你⾃⼰的⽣命,明⽩吗? OK,那让各种的这些感觉来推动你⾛向⽣命真正的意义,明⽩吗?

These pains will guide you to ask the question 'Why?', why are you here and exploring your own life, do you understand? Alright, let all these feelings drive you towards understanding the true meaning of life, do you get it?

问: 如何处理内在的这种空虚感呢?

How do you deal with that sense of emptiness within?

JO: 那你们⾃⼰都会体验到不管我⽤多少东西,找多少乐⼦,你内在还是会有⼀种填不满的感觉,就好像喂不饱的感觉.那只有你真正的⾛上⾃我,就是探索⽣命的意义,⾃我解脱这条路上.那就是说你就⾛上觉醒的路吧.只有当你从这个物质世界醒过来.因为你的⼩我就好像是消亡了,你会回到⼀的那种感觉.那你就不会产⽣任何的这种空洞的感觉或者是空虚的感觉.那就是说回到源头.

JO: Then you will all experience that no matter how much I provide or entertain you with distractions, an unfulfilled feeling still lingers within you, akin to being unable to satisfy your hunger. This emptiness can only be alleviated when you embark on a journey of self-discovery, seeking the meaning of life and achieving liberation from yourself. In other words, you should awaken, setting out on the path of enlightenment. Only by waking up from this material world will you feel as if your ego has disappeared, returning to that basic essence. This is how you won't experience any feelings of void or emptiness anymore. Essentially, it's about reconnecting with one's origin.

问: 如何处理头脑⾥担⼼的念头?

Q: How do you handle worrying thoughts in your mind?

JO: 那⾸先就是说你会体验担⼼或者是念头这些东西.因为为什么呢? 你就好像你现在拿到这个物质⾁体,这个⾁体是个⼯具,是吧? 那这是⼀条狗,对吧? 那你⾸先要摸清它的习性吧?那你说⼀个⼯具我要运⽤它.就好像⼀把剑给你,你从来没有练过剑.或者是⼀个乐器给你.那你怎么能去按照你内在想要的⽅式去把它演奏出来呢?那你这个⼯具,你这个⾁体产⽣的所有东西,那不都是你在去练乐器⼀样吗? 哪个乐器拿过来你不⽤练它? 那你这个⾁体你拿过来,你不也需要知道它为什么会产⽣担⼼? 为什么就会产⽣恐惧? 为什么会产⽣这所有的⼀切? 那不是又带领你⾛上⾃我探索、⾃我认知⽣命所有的⼀切的这条路上,对不对?

JO: First of all, you will experience worrying or thoughts like these. Why is that so? Because the physical body you have now is just a tool, right? It's like having a dog; you need to get familiar with its nature, don't you? If I give you a sword and you've never practiced swordsmanship, or an instrument and you've never played music, how could you play it according to your inner desire? Aren't all the things your physical body produces similar to playing instruments? You wouldn't just pick up an instrument without practicing it, would you? Similarly, when you take over this body, don't you need to know why it produces worry? Why does fear arise? Why do all these happen? Isn't that leading you on a journey of self-exploration and self-awareness about life in every way, isn't it?

所以这跟你去了解⼀件乐器,去认识它,去学习它,去不断不断地跟它产⽣连接没啥区别.你想如果你连乐器摸都没摸,你想去跟⼀个世界级的演奏家去对⽐? ⼈家上台吸引了所有⼈的注意⼒.你上台,你什么都演奏出不来.你说我⼼⽬中有⼀个美好的旋律,怎么就演奏不出来啊? 你有花时间跟它产⽣连接吗? 你有学习吗? 所以说通过这些所有的⼀切,去和你这个乐器产⽣连接,不断地去摸索它,了解它.它就好像跟你融为⼀体.它就是你灵魂的表达.明⽩吗? 它本⾝就是⼀个乐器,⼀个⼯具嘛.

So it's no different from getting to know an instrument, familiarizing yourself with it, learning about it, and constantly developing a connection with it. Imagine trying to compare yourself to a world-class musician if you've never even touched the instrument? When they step onto the stage and capture everyone's attention, whereas you're on stage and can't play anything worthwhile. You say you have this beautiful melody in your mind, yet you can't seem to play it. Have you taken time to connect with it? Have you learned about it? Through all of these activities, you're building a connection with the instrument, constantly exploring and understanding it. It feels like it has become an extension of you. It's essentially your soul expressed through music, understand? It is itself an instrument, a tool.

问: 为何会产⽣痛苦? 以及如何解决痛苦?

Question: Why does suffering occur, and how can it be resolved?

JO: 所有的痛苦都来⾃于你们有限的认知,就这么说吧,⽆明吧.因为你不知道发⽣了什么事情.你不知道这个事情怎么发⽣的.你就没办法.你很绝望.你也不知道这个事情发⽣在你⽣命中到底是⼲啥的.你就像⼀个关在笼⼦⾥⾯的⼩鸟或者是关在笼⼦⾥⾯的动物.突然给你扔⼀个⽕炮,吓你的惊慌失措的.你会知道这个是怎么回事,然后你⾝体就产⽣了⼀个巨⼤的反应.你不知道发⽣了什么.所以为什么你们需要不断地去学习这些智慧,让这些信息指引着你们,带领着你们.然后慢慢慢慢的,⼀点⼀点的去看清楚关于你,关于你是谁,关于你的真实⾝份,关于你的⾁体,关于所有外在物质的⼀切.⼀切这些你们都没有去了解它.

All the suffering comes from your limited perception, you could say it's ignorance because you don't know what's happening. You don't understand how this happened. You can't do anything about it; you're very desperate. You also don't know why this is happening in your life. It feels like being trapped in a cage with a bird or an animal suddenly being startled by a cannonball, causing panic and confusion. You would then realize what's happening, leading to a massive physical response. You don't understand what's going on. That's why you need to constantly learn wisdom, allowing this information to guide you and lead you. Slowly over time, piece by piece, gaining clarity about yourself, who you are, your true identity, your body, the whole of your physical self, and everything external. You haven't explored or understood any of these aspects.

因为没有谁会,就是你们谁会来教你们去认识你不是你的⾝体? 你们有吗? 你们有这个教育吗? 你不是你的情绪.你们有吗? 你们外在所有的⼀切都是在加强你,让你觉得你这个⾁体你这个头脑就是唯⼀的.所以这就是你们在做的事情,你们这群⼈在做的事情.那将来你就会告诉你们的下⼀代了,你会教他们了.你会带领更多的⼈了,明⽩吗?

Because no one would, who among you would be taught to recognize that you are not your body? Do you have this education? You are not your emotions. Do you have this understanding? All the external aspects of you are reinforcing you, convincing you that your physical self and mind are all there is. So this is what you do, as a group. And in the future, you will teach your next generation, guide them, lead more people to understand this truth.

问: 愤怒是如何产⽣的? 以及如何⾯对内⼼的愤怒?

Question: How does anger arise, and how do you deal with it internally?

JO: 你⾝体所有的情绪、反应的产⽣都来⾃于,就好像你这个乐器,你说这个尖锐的⾳⾊它是怎么产⽣的? 这个低⾳却是不同的⾳…… 你不知道,就是你对它还不了解,明⽩吗? 那愤怒它实际上只是你的⼀个情绪.情绪背后是什么? 它来⾃于你⾃⼰的⼀些believe system.因为你只有去认定某⼀件事情它是真实的,然后你才会去有相应的⼀个体验.

JO: All the emotions and responses within you originate from somewhere, like how does a sharp tone come about on this instrument? And yet there's a different tone for low notes... You don't understand that because you're not familiar with it. Do you see what I mean? Anger is actually just one of your emotions. But behind the emotion lies something else – your belief system, because you have to believe that something is true in order to experience it accordingly.

(中断)问: 还是问⼀下愤怒是如何产⽣的? 以及如何⾯对内⼼的愤怒?

Interrupted: Let's still delve into how anger is generated and how to confront inner anger.

JO:你⾸先要知道愤怒不是你需要去处理的.你唯⼀需要拿着这个愤怒去看清楚你背后到底是⽤什么system在运⾏? 愤怒就好像在告诉你你相信something,就是你信了⼀些东西,就是你真的觉得那就是真实的.就⽐如说你觉得对⽅对⽅对你的⽩眼,就是你觉得他⽩了你⼀眼就是他讨厌你、恨你、不尊重你.你就产⽣了愤怒.你就知道你相信他做的那个动作是怎么怎么的.其实这也是来⾃于什么?来⾃于你不⾃爱,明⽩吗?也是你⾃⼰内在的⼀个不⾃爱.所以从你的内在……因为当你真的是⼀个⾃爱的状态,外在不会有任何事情会引起你的反应的.⾸先你不会显化这种事件给你.就你体验不到.

JO: First of all, you need to know that anger is not something you need to deal with. The only thing you need to do is to hold onto this anger and look closely at the system behind it? Anger is like telling you that you believe in something; you believed in something, which means you genuinely thought it was true. For example, if you think your opponent rolled their eyes at you, meaning they dislike you, hate you, or disrespect you, you would generate anger. You know how you believe what he did. In reality, this comes from what? From not loving yourself, right? It's also your own lack of self-love internally. So, coming from your inner self... because when you truly are in a state of self-love, nothing external can trigger any reaction in you. Firstly, such events will not manifest for you to experience.

那如果你真的是看到了,就⽐如说对⽅在做⼀些失控的⾏为.但是你会知道他失控的⾏为是来⾃于他⾃⼰的energy,nothingtodo with you,明⽩吗? 你还会去给他⼀个爱的拥抱,就是我知道你现在在⼀个恐惧的频率,我希望你安好.不会把他当成是在攻击你或者是在什么你的.如果你觉得外在是针对你,攻击你,那就是来⾃于你内在还在不⾃爱的状态.那你要谢谢他把你的那个点带出来让你看到,你才可以处理.不然的话,它永远在那⾥.就没有被处理掉的东西就好像没有被remove掉的⼀些杂草它永远都在那⾥.然后它越长越多,它会演变.

If you truly observed this behavior, for example, where the other person is exhibiting out-of-control actions, you would understand that their uncontrolled actions stem from their own energy, and not because of anything related to you, right? You would then give them a loving embrace, knowing that you are aware they are currently at a frequency of fear. I hope for your well-being. This doesn't involve seeing them as an attacker against you or something else about you. If you perceive external actions targeting you and attacking you, it indicates that there's still a lack of self-love within you. You should thank this person for bringing out the aspect in yourself that needs attention so you can address it. Otherwise, these issues remain unresolved like weeds that never get removed, constantly present until they grow more numerous and evolve.

问: 如何接受⽣命的⽆常?

Question: How does one accept the impermanence of life?

JO: 你说⽣命,你提到⽣命两个字,对吧? 那你去观察⼀下那些草,你说我不要接受你长这个长,我不要接受你杂草乱长,我不要接受你枯萎,我不要接受你这棵树不断不断地长⼤,我不要接受你开花结果,我不要接受你掉叶⼦…… 那你是⽣命吗? 明⽩吗? 如果是⽣命的话,你接不接受只是你⾃⼰头脑的问题,明⽩吗? 你接不接受跟它会不会产⽣变化是两码事.难道你不接受,这个杂草就不长了? 难道你不接受,花就不开了? 果就不结了? 明⽩吗? 如果你对着花园⾥说,你这个疯⼦,昨天明明好好地,今天花怎么凋谢了? 你不断地很抓狂.你说到底谁疯啊? 这是你⾃⼰认知的问题.你没有办法不接受,你不接受的只有你⾃⼰头脑⾥⾯的念头.

JO: You talk about life, mentioning the word 'life' twice. Then you observe those grasses; if I reject your growth pattern, if I reject the randomness of their growth, if I reject wilting, if I reject continuous growth, if I reject flowering and fruiting, if I reject shedding leaves... Are you life? Do you get it? If this is life, accepting or rejecting it depends on your own mind, do you understand? Acceptance or non-acceptance has nothing to do with its ability to change. Does that mean if I don't accept them, the weeds won't grow anymore? Or does that mean if I don't accept flowers blossoming, fruits not ripening? Do you get it? If you say in your garden, "You're crazy, the flowers were fine yesterday but now they're withering!" You constantly lose your mind. Who's actually insane? It's just a problem of your own cognition; there's nothing you can do about accepting, only your own thoughts exist within your own mind.

你这是⼀种,就是跟疯⼦和愚蠢⼀样的状态.因为如果你觉得外在的⼀切不能发⽣变化,那你就不⽤来到这个有⽣命的地⽅,明⽩吗? 因为你就算是不来到地球的话,它还是⽆常的呀.所以说这是来⾃于你⾃⼰头脑⾥⾯的限制⽽已.但是你体验不接受或者是抗拒,它也是⾛向你进⼊到⼀种欣赏的状态,允许的状态,⾂服的状态,明⽩吗? 因为你需要体验对⽴⾯.所以这是暂时的,只是你的⼀步台阶⽽已.让你去认识.只是你的⼀步台阶⽽已.

This is a state akin to madness or foolishness, where you believe that everything external cannot change. If you hold this belief, then you should not have come to this realm of life, do you understand? Because even if you didn't come to Earth, it would still be impermanent anyway. So, this limitation comes from within your own mind. But by experiencing denial or resistance, you are moving towards a state of appreciation, allowance, and submission, right? You need to experience the opposite side. Therefore, it's just a temporary step for you, simply one of your steps on the path to understanding.

问: ⼈永远不会满⾜吗? 为什么需要满⾜感?

Q: Is human always unsatisfied? Why does satisfaction matter?

JO: ⾸先并不是所有的⼈都不会满⾜.很多⼈他不断不断地在每⼀个当下都在⼀个感恩的状态当中,对吧? 所以他们内在的满⾜感是特别强烈的.所以这只是⼀个状态⽽已.那你们有些⼈可能天⽣下来就不需要去体验学会满⾜的这堂课.他天⽣下来就特别感恩,特别感激.他们也是就好像给你们做⼀个模板⼀样,来让你们看到这个世界上存在⼀个,他可能就是因为⾃⼰还活着就特别开⼼了.很多⼈⽐如说⼤难不死或者是遇到过这种⼤的事件的时候,他们都会有这种深深的满⾜感,对每⼀个当下.

JO: First of all, not everyone is unsatisfied. Many people are constantly in a state of gratitude at every moment, right? So their sense of inner satisfaction is particularly strong. It's just a state. Some of you may be born without the need to experience the lesson of learning contentment. You're naturally very grateful and appreciative. They serve as a template for you to see that there exists someone in this world who could be incredibly happy simply because they are alive. Many people, especially those who have narrowly escaped death or experienced such significant events, would have a profound sense of fulfillment at every moment.

问: 那为什么需要满⾜感呢?

Why is there a need for satisfaction?

JO: 它是⼀个频率,就好像是⼀种达到你就是感恩的⼀个频率吧.就觉得⽣活是美好的,你是被恩宠的.它是⼀种频率.那这种频率就是你本⾝的⼀个状态.那你说为什么需要? 如果你⼀直不是在本⾝的状态,就好像你⼀直⼜渴? 那你为什么需要喝⽔,明⽩吗? 我可以偶尔的⼜渴⼀下,但是我不能长期的⼜渴呀.那你会变得歇斯底⾥的.就你的这个物质⾁体会失控的.所以说满⾜或者是感恩是⼀种频率,它让你的⾝体处于到⼀种I’m safe,就是我是安全的,我是被爱的.在这样⼦的⼀个频率下,就好像是你是被⽔滋养了吧.那你说你⼀棵植物你永远没有⽔,对吧? 所以是⼀个回到中⼼,⼀个调节的功能.

JO: It's a frequency, like reaching a state of gratitude where you feel life is beautiful and that you're blessed. It's a frequency that resonates with your inherent state. You ask why the need? If you're not in your natural state, always feeling thirsty, wouldn't you need water to quench your thirst? Similarly, if I occasionally feel thirsty for a moment, but couldn't be perpetually so, it would lead to an uncontrolled outburst of emotions. Your physical body would lose control. Thus, satisfaction or gratitude is like being in a frequency where your body remains at peace with the assurance that you're safe and loved. It's akin to being nourished by water. If you imagine a plant without water, wouldn't it die? This represents returning to center and a regulatory function.

问: 如何可以帮助别⼈更好的看到对⽅经历的恐惧是来⾃于他⾃⼰内在?

Q: How can one help others better understand that the fear someone else experiences originates from within themselves?

JO:那就是如何引导别⼈去……任何的这种,如果你真的想要影响想要帮助他,那就是你的频率是⾼过于他的.那你的认知⼀定是⾼过于他的.那如何帮助别⼈去看到其实他经历的恐惧只是来⾃于他的内在?⾸先你需要去放下这个执念,就是你需要去帮助他看到.因为为什么呢?因为对⽅还需要去体验这个功课,你⼀下⼦给他拿⾛?就只有当对⽅ready,当对⽅跟你伸⼿说为什么我会这样?然后他愿意,他也愿意相信你.如果他不相信你的话,你们俩之间不可能发⽣什么的.只有当他愿意去找问题.因为为什么?如果⼈家正在经历恐惧,你告诉他这是你⾃⼰.他会抵触的,他会迪抵抗的.他会觉得你是神经病,明明前⾯⼀个⿁吓死我了.

JO: That's how you guide others to... anything like that, if you really want to influence and help them, it's because your frequency is higher than theirs. Your awareness must be higher than his. How do you help others see that the fear they experience is actually just from their inside? First, you need to let go of this fixation; you need to help him see it. Why is this so? Because the other person still needs to experience the lesson, can't you just take it away for them? Only when the other party is ready and reaches out to ask why they are like that, and they are willing to listen to you. If they don't trust you, nothing will happen between you two. Only when he is willing to find the problem. Why is this so? Because if someone is experiencing fear, telling them it's themselves can provoke resistance; they would fight back against you. They might think you're crazy because just a ghost scared me earlier.

我明明看到它,它还把我⼿抓伤了.你还说这是假的,还说这是我⾃⼰弄得.他不会相信你的.他只会相信他⾃⼰眼见为实的.这是他的体验,他只相信他⾃⼰的体验,明⽩吗?但是当你⾃⼰像阳光⼀样在散发温暖,他不得不被你温暖呀.如果你执念的说我要帮你的话,那你就不是阳光,没有散发温暖了.因为你跟他⼀样,你会觉得没有选择,我必须要这么做.这⾥永远都没有⼀个你必须要做的事情,明⽩吗?当你产⽣了你必须要做的时候,你就进⼊了另外⼀个频率.那个频率没有办法去帮助他⼈的.

I clearly saw it, and it actually scratched my hand. You still say this is fake, that I did it to myself. He won't believe you; he will only believe what he sees with his own eyes. This is his experience, and he trusts only his own experience. Do you understand? But when you radiate warmth like the sun, he has no choice but to be warmed by you. If you insist on saying I want to help him, then you are not the sun; you're not radiating warmth anymore. Because you are just like him, you would feel there's no choice but for me to do this. There is never a situation where there needs to be something you must do here. Do you understand? When you start thinking that you have to do something, you enter another frequency. That frequency cannot help others.

问: ⼀个群友想问⽼婆总不是不理我,让他⼀个⼈在家.他总是感到很孤单.如何可以让⾃⼰不再孤单?

Q: A group member wants to know why his wife always ignores him and leaves him alone at home. He always feels lonely. How can he stop feeling so lonely?

JO: 我们刚才说,你⾸先要知道你投射出⼀个⽼婆不理你的版本,那⼀定是来⾃于你的频率.你其实⼀定是不⾃爱.就是你⾃⼰内在会有⼀种排斥的频率,对⽅才会不想要跟你呆在⼀起.那⾸先你要感谢你⽼婆她以她的⾓⾊呈现出你这个需要去处理的功课.因为往往我们可能会强迫要求别⼈来陪我们或者可能不会去往⾃⼰内在去看,就是I don’t love myself,就是来⾃于我们的.那你愿意为你⾃⼰负责,就是愿意从⾃⼰的频率上做功夫.那才是打开了⾃⼰的门.不然的话,你们都在错误的道上⾯呀.然后你就开始去看你⾃⼰,你为什么不喜欢⾃⼰? 为什么不爱⾃⼰? 为什么排斥⾃⼰?

JO: We just discussed that you first need to realize the projection of your wife ignoring you. This must come from your frequency, indicating that you must not love yourself enough. Essentially, there's an inner rejection frequency within you that makes the other person want to stay away. So, you should first thank your wife for her role in presenting a task you need to deal with. Often, we might force others to accompany us or fail to look inward, believing 'I don't love myself', which is rooted within us. You are willing to take responsibility for yourself by working on your own frequency. That's the key to unlocking your door. Otherwise, both of you are just walking on a wrong path. Then start examining yourself: Why do you dislike yourself? Why don't you love yourself? Why do you reject yourself?

为什么会…… 你想如果你是空的,那对⽅也会觉得 you are empty,就是你是空的呀.你没有什么让⼈…… 你想⼩朋友玩玩具.他进到⼀个空的房间他感受到啥? 好⽆聊啊,⾛了吧.见到另⼀个房间,哇,琳琅满⽬的,什么都有.你说⼩孩⼦进⼊哪个房间? 肯定是琳琅满⽬的,不断地能给他创造⼀些very different experiences,明

Why... You wonder if you are empty, that the other person would feel the same way—that you are empty, meaning you have nothing to offer. You imagine a child playing with toys. Entering an empty room, what does he experience? So boring, let's leave. Upon seeing another room, oh wow, filled with all sorts of things—what could be in there? Definitely the room filled with various items, constantly providing opportunities for very different experiences, making him feel alive and engaged.

⽩吗? 那你能吗? 还是你只是投射出…… 所以这些都是来⾃于你⾃⼰内在.当你开始从你的内在去打开你⾃⼰,进⼊⾃我探索的路.那这条路上它就会带你的频率转变的.你的频率变了的话,不仅你⽼婆,所有⼈都会被你吸引过来.你就是⼀个有吸引⼒,有影响⼒的⼈.

White? Can you do that? Or are you just projecting... So all of these come from within you. When you start opening yourself up from within, entering the path of self-exploration. That road will take your frequency to change. If your frequency changes, not only your wife, but everyone will be attracted to you. You are a person with attraction, influence.

问: 我们⼀个群友的侄⼦总觉得他的命运不能⾃⼰把握.请问JO有没有什么信息可以带给他?

Q: One of our group members' cousin feels that his fate is out of his control. Could you share any information with him, JO?

JO: 其实这也是来让他⾛上他可以掌握他⾃⼰的命运的这条路上呀.只要让他知道他现在上了路,有了这个念头,有了这个想法就是上路了,就迈向那条路,明⽩吗? 所以这是⼀个好的开端.

JO: Actually, this is also about setting him on the path where he can take control of his own destiny. Just by making him aware that he has embarked on this journey with the idea and intention, it signifies that he has started moving towards that path. Do you understand? So this represents a positive beginning.

问: 同样还是这个孩⼦,他这段时间失恋了,也不愿意⾛出家门.就这个有没有什么信息可以带给他的?

Q: Still talking about this child who recently went through a breakup and doesn't want to leave his home. Are there any messages that could be conveyed to him?

JO: 不需要强迫⾃⼰要马上去转变,就是到⼀个美好或者是快乐的状态,明⽩吗? 因为当你⾃⼰不再去抗拒你⽬前这个状态的时候,实际上你已经脱离它了.你只会有⼀种不好的感受,那我抗拒它.我不想有这种感受,我想有⼀个好的感受.它才会产⽣分裂感.那个内在才会不断地拉扯,消耗你的能量.如果你只是去觉察你当下的话,你就在受益了.如果你去觉察,你就在受益了.那⼀件受益的事情,它是来帮助你成长,帮助你受益.就好像受益就是给钱,你还会拒绝钱吗?明⽩吗?它提升你的经验值呀.它扩展你的意识呀.所以说来到你⽣命中的每⼀个moment,没有任何需要你们推开它的.只有你能不能从中收获? 能收获多少?

JO: You don't need to force yourself to immediately change to a beautiful or happy state, do you understand? Because when you no longer resist your current state, in reality, you have already distanced yourself from it. There will only be a bad feeling of resistance; I don't want this feeling. I want a good feeling. It is then that the sense of duality arises. The inner self will constantly pull and tug at you, draining your energy. But if you simply observe what's happening right now, you're already benefiting. If you engage in observing, you are already benefiting. That one act of benefitting is meant to help you grow, helping you benefit. Just like receiving money, would you turn down a benefit? Do you understand? It elevates your experience points and expands your consciousness. Therefore, there's no need for you to push away every moment in your life; the question lies in whether you can extract any value from it and how much.

那⾸先来⾃于你第⼀个念头,你抗不抗拒它发⽣? 如果你去抗拒它,那你体验的就是⼀个拉扯、抗拒、痛苦,就是我命怎么这么差呀,我要离开这,你就这样.当你⾸先就是说, ok,我有礼物了.然后去通过你内在产⽣的情绪去发现你背后的believe system.那你是不是就在不断地把你⼼⾥⾯的杂草给把⼲净呀? 明⽩吗? 所以是好事.

The first comes from your initial thought, do you resist it happening? If you resist it, then you experience a tug, resistance, pain, like how bad my life is, I want to leave this, and that's what you do. When you first say, okay, I have a gift. Then go through the emotions generated by you internally to discover your underlying belief system. Aren't you just continuously cleaning up the weeds in your heart? Understand? It's good.

问: ⼀位群友想问他的家⼈年龄⼤了在住院,⾝体状况没有改变.现在在回家休养.只有她⼀个⼈在照顾,她觉得⾝⼼俱疲.她也不认同医院的医疗⽅式,不想把⽼⼈送回医院.上次 JO给她的回答是让她感恩.她觉得情况变了.她也确实感恩了这段经历.但是事情多的时候,她也确实会奔溃发⽕.JO能不能再给她⼀点指引?

Question: A community member wants to ask about their elderly family members who are hospitalized and their health condition has not changed. They are now recuperating at home with only one person caring for them, which she finds exhausting both physically and mentally. She also disagrees with the hospital's medical approach and does not want to send her elder back to the hospital. The previous answer given by JO was to be grateful. She feels that circumstances have changed. She has indeed been thankful for this experience but can become overwhelmed and angry during busy times. Could JO provide further guidance?

JO: 那就是运⽤你的吸引⼒法则.如果你觉得你的物质世界需要帮助,那就显化⼀个来帮助你的⼈.你是受到⽀持的.那如果你只是愤怒或者埋怨的话,那你会继续创造更多让你愤怒和埋怨的事情给你体验,OK? 你⾸先要相信我需要有⼀个⼈来帮我,然后那个⼈就会出现,他是⽆条件的.你⾃⼰给⾃⼰创造的版本啊,明⽩吗? 然后去感恩.你就感受到,哇,那个⼈已经出现在你的⽣命当中.哪怕是别⼈对你的⼀句问候,哪怕是来⾃于陌⽣⼈、⽹友,你都特别感恩他,进⼊这种频率,你说,哇,我好感谢你.你的问候给了我⾮常⼤的⿎励,让我感受到⽣命的美好.你不断地沉浸,就是不断地把你⽣活中⼀个⼩的美好的瞬间,把它放⼤到⽆限⼤.

JO: That's the Law of Attraction in action. If you feel that your material world needs assistance, manifest someone to help you. You are supported. However, if you're merely angry or complaining, you'll continue creating more things that anger and frustrate you for you to experience. Understand? First, believe that I need someone to assist me, and then that person will appear - unconditionally. It's the version you created for yourself, right? Then be thankful. You realize that person has already manifested in your life. Whether it's a casual greeting from someone else or even coming from strangers or online acquaintances, you're extremely grateful for them. Dive into this frequency and say, wow, I'm so grateful to you. Your greeting gave me tremendous encouragement, allowing me to feel the beauty of life. Keep immersing yourself by constantly magnifying a small beautiful moment in your life until it becomes infinitely larger.

⽽不去关注任何你觉得苦恼的事情.因为你的能量会变⼤.你的能量会变⼤,说不定实际上那个帮助你的⼈就是你⾃⼰.为什么呢? 当你的⼒⽓特别⼩的时候,你就觉得搬⼀块砖都觉得好吃⼒.当你是个⼤⼒⼠的时候,你搬⼗吨的⽔泥,你都觉得还有⽤不完的⼒,明⽩吗?所以你的⽣命状态也会把你物质世界的事情变得好像蛮轻松.如果你跟随你的同步性,运⽤吸引⼒法则.你需要这样⼦的⼀个助⼿,那你就会吸引到⼀个,ok?因为你⼀直是被⽀持的.所以说你相信什么,你头脑⾥⾯想什么是⾮常重要的.因为那就是你体验的.所以不要埋怨外在.外在是你给出去的,外在是你⾃⼰安排的剧情.你埋怨外在?外在只是来呈现出你现在是啥样⼦,ok?只是像镜⼦⼀样来帮你反射出你⾃⼰的⼀个频率,你的

And not to dwell on anything that makes you feel burdensome, because your energy will increase. Your energy increases, and perhaps the one actually helping you is yourself. Why? When your strength is particularly small, even lifting a brick feels like an effort. But when you're a strong person, carrying ten tons of cement doesn't seem to exhaust you. Understand? So, your life state can make things in your physical world seem rather easy. If you follow synchronicity and use the Law of Attraction, then you will attract what you need. You will get it because you are always being supported. So, what you believe and think is very important as that's what you experience. Therefore, don't blame external circumstances; they're what you've given to yourself, orchestrated by your own script. Blaming the outside world? It merely reflects your current state back to you, okay? It acts like a mirror, reflecting your frequency onto yourself.

⼀个believe system,你是谁.

A belief system, who are you?

问: 她还想问是不是可以认为婴⼉和⽼⼈是最接近灵界的⼈或者是最⾃然的⼈?

Question: She also wanted to ask if it could be considered that infants and the elderly are the closest people to the spiritual realm or the most natural individuals?

JO:⾸先这⾥没有哪⼀些⼈是最近接灵界吧.因为每⼀个⼈他在不同的状态.他需要有不同的经历,不同的体验.就⽐如说⼀棵树,这个还是⼀棵⼩树苗,那个是⼀棵⽼树.它们只是不同的⽣命阶段.但是你们都是⼀样的,明⽩吗?但是对别⼈来说当下是他需要的体验,那对他就是最好的.所以这没有可⽐性.你们都在正确的路上,正确的速度,正确的就是你需要去体验的.没有说你这个⼈太⽆知了或者是你这个⼈太没灵性了或者是这个⼈灵性太⾼了.他们⽣命主题都不⼀样,没有可⽐性.但是对于他们每⼀个个体来说,他⾃⼰当下就是他的礼物.只是这个礼物能不能被他看到? 能不能被他运⽤到? 能不能被他拆开?

JO: There's no question here about someone being the closest to spirits. Because each person is in different states and requires diverse experiences and different kinds of interactions. Just as a tree, one is still a sapling and another is a mature tree. They are simply at different stages of life. However, you all share this similarity, do you understand? But for others, what they need at the moment might be their optimal experience, so it's not comparable to your situation. You're all on the right path, at the right pace, and what you're experiencing is exactly what you need. There's no judgment of whether someone is too ignorant or lacks spiritual nature, or if someone has too much spiritual energy. Their life themes are different, making such comparisons irrelevant. However, for each individual person, their current moment is a gift to themselves. The question is, can they recognize this gift? Can they use it effectively and break it down into its components?

就⽐如说你的礼物是⼀把⼑⼦,明明是来帮你切菜切⾁,让你这样运⽤的.但你却⽤来捅⾃⼰.明⽩吗? 你⼲嘛要捅你⾃⼰啊? 这是来保护你的,然后来帮你让你的⽣活变得更加的easy的.

Imagine your gift is a knife, designed to assist you in cutting vegetables and meat by putting it into use. But you are using it to stab yourself. Get it? Why would you hurt yourself? This is meant to protect you, to help make your life easier.

问: 她还想问成年⼈照顾婴⼉和⽼⼈常常有⼒不从⼼的感觉.她想问JO问题出在哪⾥?

Q: She also wanted to ask why adults often feel helpless when taking care of infants and the elderly. She wanted to ask Jo where the problem lies.

JO: ok,围绕着第⼀个话题,就是不⾃爱,对吧? 那其实也是你不⾃爱的⼀部分,也是你⾃我排斥的⼀部分.

JO: Alright, regarding the first topic, it's about lack of self-esteem, right? That's also part of your lack of self-love and self-rejection.

问: 为什么这么说?

Q: Why say so?

JO: 因为就⽐如说你会投射出对⽅⽆⼒,你会…… 因为如果你内在不会有那种⽆⼒感或者是对⽅需要去帮助的感觉的话,你可能就不会进⼊这种平⾏世界,就是需要⼀个⼈独⾃去⾯对或者是有这个功课给你,明⽩吗? 为什么呢? 因为你内在没有任何评判,就是觉得⽼⼈是⽆⼒的或者⼩孩是⽆⼒的,你都需要照顾他们,都是需要让⼈操⼼的,需要别⼈负责的.他们都是负担.明⽩吗? 那你便不会去显化这些事件给你去经历,给你去体验.你想如果你是⼀个⾃爱的状态.哇塞,你显化的全是来爱你的⼈啊. 你⾝边出现的每⼀个⼈他们都是来给你爱,不断不断地给你爱.你源源不断地感受到那种爱.你不会进⼊这个平⾏世界.你们要

JO: Because for example, you project the other party's weakness onto them; you see... If there is no sense of weakness or helplessness within yourself that needs to be supported by the other person, you might not enter this parallel world where you have to face it alone or someone needs to do something for you. Understand why? Because you don't have any judgments internally regarding whether an older person is helpless or a child is helpless; they all need your care and attention. They are all things that worry others, requiring others to be responsible. They are all burdens. Understand why? You wouldn't manifest these events in order for you to experience them and gain understanding of them because if you were truly loving yourself, oh my goodness! The only thing manifested is love for you. Every person around you comes to shower you with love continually. You receive an unending sense of that love. You don't enter this parallel world; instead, you stay with the ones who...

知道你们的频率像⼀个遥控板,决定了什么频道你要进⼊,明⽩吗? 那如果你已经进⼊到这个,那就说明你内在还是觉得我是⽆⼒的,我是个负担,我可能需要去找⼀个有钱⼈.需要别⼈照顾我嘛.我没有⼒量.我像⼩孩⼦⼀样,我像⽼⼈⼀样,我没有⼒量.其实你们经历的事情并不是必须要发⽣的.但是它必须要发⽣的原因是它必须要反射出你内在的状态,没有办法.就像镜⼦⾥⾯它必须要反射出你⾃⼰当下的真实的状态.那这样你是不是就可以知道⽣命都是我⾃⼰创造的.如果你还在责怪外在外界的话,那你是不是永远都不会成长? 永远都不会知道我们现在跟你分享的这些信息,对吧? 因为你还会不断地在镜⼦⾥⾯下功夫.就好像猴⼦在⽔中捞⽉.

Understand that your frequencies are like a remote control, determining which channel you enter, right? So if you have already entered this state, it means that deep within you still feel powerless, burdensome, and possibly in need of someone wealthy to take care of you. Do you rely on others for care because you lack strength? Are you feeling as vulnerable as a child or as helpless as an elderly person? In fact, the events you experience are not necessarily destined to happen. But they must occur because they have to reflect your inner state - there's no other way. Just like a mirror reflecting back your current genuine self at that moment. With this insight, can't you see that life is created by yourself? If you continue blaming external influences instead of exploring your own power, will you ever grow? Will you ever truly understand the information we share with you, or keep striving to improve through constant self-reflection as if chasing a moon in water?

你还不断地在⽔中捞⽉.

You keep reaching for the moon in the water.

问: 有⽹友想问最近很多以前记不住⾃⼰梦的⼈开始记住⾃⼰的梦境了.她问这种情况是地球的磁场变化有关系吗?

Q: There are internet users who want to know why many people who used to forget their dreams have started remembering them recently. She asks if this could be related to changes in the Earth's magnetic field.

JO: 那只是说明你⾃⼰⽬前在关注这个.你怎么去说很多⼈? 只是你⾃⼰去把你的频率、意识锁在这个关注的点,明⽩吗? 因为⽆论你去关注什么,它其实都会显化更多的来给你.因为是你关注的嘛.你关注⿇烦,我就给你⿇烦.你关注灾难,就给你灾难.你关注痛苦,就给你痛苦.仅此⽽已.就像你们现在⽹络平台都会有推送的.你关注拐卖婴⼉了,我就给你推送好多好多.这是他要的,ok? 明⽩吗? 像你们在关注什么? 你们在关注智慧,真理,对吧?你看你们为什么这么多智慧过来呀? 为什么? 像有的⼈⼀辈⼦都没有接受过任何智慧的⾔语、信息.但是你呢? 不断不断不断地,源源不断地,取之不尽⽤之不🗎.ok?

JO: That just shows that you're focusing on it right now. How do you address many people? It's simply because you are locking your frequency and awareness onto this point of focus. Do you understand? Because whatever you focus on, it will manifest more for you. As it's what you're focusing on. If you worry about troubles, then I'll give you troubles. If you focus on disasters, disasters will come to you. If you focus on pain, then pain is all you'll receive. That's all there is to it. Like the online platforms you use now, they have notifications too. When you're focused on child trafficking, you'll see endless articles and posts about it. This is what people want, okay? Do you understand why so much wisdom comes your way? Why do you ask? Some people might never receive any wise words or information throughout their entire lives. But for you... you receive an endless stream of knowledge that you can't possibly exhaust, okay?

问: 如何让⾃⼰经常处在充满⼒量的感觉当中?

Question: How can one constantly feel powerful?

How can one constantly feel empowered?

JO: 那你就是在否定那些没有⼒量的体验咯.那你如果去否定它,你怎么知道⼒量是啥呢? 就是体验没有⼒量的感觉和体验⼒量是同样重要的.就好像没有这个桥,你过不到对⾯去.所以没有去通过这个体验⽆⼒感,那你也过不去对⾯体验有⼒的那个感受,明⽩吗? 你桥都没有,桥被你拆掉了.你拒绝它.你们不需要去追逐任何.⾃然⽽然.你现在是个⼩树苗,你总有⼀天会变成参天⼤树的.那你现在是个⼩树苗,才成长了⼀年.旁边是三百年的树.你在那说我如何才能感受到像旁边三百年树的感觉? Ok,take three hundred years,你让⾃⼰等待三百年,明⽩吗?

JO: Then you're dismissing the experiences that lack power. But how would you know what power is if you dismiss it, and how can you differentiate between experiencing a sense of weakness versus strength? It's essential to acknowledge both feelings; they are equally important as they complement each other. Just like needing a bridge to cross over, you need these experiences to understand the other side. Without crossing this experience of feeling powerless, you're unable to reach that experience on the opposite side where you feel empowered. You've torn down your own bridge and refused it. There's no need for you to chase anything; let nature take its course. You're just a young sapling now, destined to grow into a towering tree someday. But you're only one year old in growth terms, while the surrounding trees have been around for three centuries. I'm asking how you can feel as strong as those centuries-old trees when they've been through so much more? Alright, let it take three hundred years for you to patiently await that realization.

问: 有⼈想问她的⼯作⼀直做不好,收⼊很少.怎么样可以让⾃⼰获得丰厚的钱财?

Q: Some people wonder how they can do a better job and earn more income if their work is not up to standard and their earnings are scarce.

English:

JO: 你看你⾃⼰说的咯.你看你⾃⼰在跟你⾃⼰说什么? 那就是你⾃⼰在创造,那个⾓⾊是你.ok,我们宇宙⽀持你.你想成为⼀个我⼯作累,没钱,然后这样⼦这样⼦.⽆⼒,很悲惨,悲惨的⼈⽣.ok,这是她想要的,这是她.

JO: You see what you're saying to yourself. Are you talking to yourself? That's what you're creating. Alright, our universe supports you. You want to be someone who works hard, has no money, and ends up like this. Alright, that's what she wants, that's her.

问: 那她想问她应该选择什么样的路劲来获得财富?

Q: That's what she wants to ask - what kind of path should she choose to acquire wealth?

JO: 那你有没有去,就像我们之前的信息说当你从⼀件事情当中你如果是感恩它的发⽣,⽽不是想要get rid of it,就是不想把它从你的⼈⽣当中脱离掉.那你就不需要再经历了.你已经领悟到了,这个功课你已经学习到了,明⽩吗? 所以你有感激你这些体验吗? 所以你需要真正的去发现这个体验到底如何服务于你.你发现不了,那你就通过增长你的智慧了.当你的智慧增长,你就不会受到…… 这些都来⾃于你的限制.那你的限制越多,你就会体验到很多限制.当你不断增长你的智慧,你的意识程度.那你就能看到这个事情,这堆粪,我来把它⾃做成化肥,对吧? 你有转变它的能⼒吗? 这就是贫穷.

JO: Have you ever practiced gratitude for experiences in your life instead of trying to get rid of them or wanting them removed from your existence? When you embrace and appreciate such experiences, you understand that they don't need to be repeated. You've learned the lesson and gained insight into it. So do you feel grateful for these experiences? It's about truly discovering how each experience serves you and benefits you. If you can't see this, then increasing your wisdom will help uncover those insights. As your wisdom grows, you won't fall victim to limitations stemming from your current understanding. The more limitations you have, the more limitations you'll encounter in your experiences. With continuous growth of wisdom and awareness, you can see that waste can be transformed into fertilizer, right? Do you possess the ability to transform such negative experiences? This is poverty's essence.

贫穷就是他不知道地底下你继续挖有黄⾦还有油⽥或者是有什么东西,是吧? 你不知道呀.你守着这⼀块地,⼀颗种⼦都没有.我怎么这么穷啊.⼈家的地全是长满了庄家,都是收成.你看我的这块地,种什么死什么.你怎么知道它下⾯不是⼀座⾦⼭或者是⼀个油⽥,明⽩吗?

Poverty is when you don't know that digging underground might find gold or oil fields, or anything else for that matter, right? You just have no idea. You're sitting on this piece of land with nothing sown. How come I'm so poor? Other people's land is full of crops, all flourishing. Look at my land; whatever I try to grow, it dies. How would you know if there isn't a mountain of gold or an oil field beneath it, understand?

问: 如何开启⾍洞?

Question: How do you activate a wormhole?

JO: 我这么说吧,⾍洞就好像是瞬间转移.你就从⼀个频率,就是从你现在这个物质世界转移到另外⼀个,对吧? 那就是转变你的频率了.因为你的频率决定你要去哪⾥呀.

JO: I'll put it this way, wormholes are like teleportation. You move from one frequency to another, that is from your current physical world to somewhere else, right? That's a change in your frequency because the frequency determines where you go.

问: 那如何更快的转变频率?

Question: How can one shift frequencies more quickly?

JO: 我们现在做的是什么? 我们现在就是在拿开那些不属于你的东西,然后让你处于到⼀种圆满的频率吧.

JO: What are we doing now? We're simply taking away what doesn't belong to you and allowing you to resonate with a complete frequency.

问: 有⼈想问发现⽣活中某⼀情境经常会重演,剧情雷同.⼈物换了,关系的破裂会诱发童年创伤,那种深⼊⾻髓的恐慌、匮乏和被抛弃感.他想问如何治愈?

Q: Someone wants to ask about situations in life that often replay with similar plots. The characters change, but the breakdown of relationships triggers childhood traumas, a profound sense of panic, deprivation, and abandonment. They want to know how to heal this?

JO: 如何治愈这种童年的创伤是吗?问: 🗎,对.

JO: How to heal from childhood trauma? Question mark at the end.

JO: ⾸先我们要让你知道 there is nothing,就是没有什么是需要被你去治愈的.为什么? 那个⼈已经死掉了.死掉了后,你不断不断地在当下又重新创造了.你当下的memory你选择了 I want to focus on this one,ok? 你选择了我继续去锁定这个频率,我连接这个频率.它们在那⾥,你想要连接可以去连接.你还有⼀个频率是将来的,你梦想的,就是那个全宇宙最棒的频率.你为什么不连接呢? Why? 你连接它,你就可以成为它呀.你为什么要连接那个伤痕累累的,已经死掉了,只是⼀些information在那⾥.然后你再去连接它.⽽且连接那个也是幻像,是你⾃⼰创造的.

JO: Firstly, we want you to know there is nothing that needs to be healed by you. Why? Because the person has already died. After death, you keep recreating in the present moment continuously. You focus on your current memory, okay? You choose to lock onto this frequency, I will continue connecting to it, alright? There are frequencies available for connection, and you can connect to them. You also have a future frequency, which is what you dream of, the best frequency in all universes. Why don't you connect to it? Why not connect to it? By connecting to it, you become it. Why do you connect to the wounded, already dead state, just some information lingering there and then you connect to that illusion created by your own mind?

因为你不知道它这个经历如何服务于你的,如何去成就你的.你还没有从中受益.你还没有把它转变过来.当你把它转变过来,你会感激everything.所以这些都是来服务你的.只是你有限的认知,你的局限性导致它还是⼀个悲惨的事情.所以这个悲惨的事情它是不成⽴的,ok? 它是来⾃于你的⼀个限制性信念,仅此⽽已.但是你们永远都是⾃由的,ok? 我可以选择我把我的频率锁定在全宇宙最棒版本的我,还是全宇宙最可怜的我.因为你连接哪个,你就体验哪个.就像插上电⼀样.

For you don't know how this experience serves you, how to achieve it for yourself. You haven't benefited from it yet. You haven't transformed it yet. When you transform it, you'll be grateful for everything. So these are all here to serve you. It's just that your limited understanding, your limitations make it still a tragic thing. So this tragic situation doesn't exist, okay? It originates from one of your limiting beliefs, and that's it. But you're always free, okay? I can choose to lock my frequency on the best version of me in all of creation or the worst version. Because whichever you connect with, is what you experience. Like plugging into electricity, same thing.

问: 有⼈想问如何从病痛的⾁体的痛苦中跳出来.⾃⼰不想经历这样的痛苦,但是痛起来太真实太折腾了.如何可以马上跳出来?

Q: Some people want to know how to escape from the agony of a sick body. They don't wish to endure such pain, but when it's there, it feels all too real and taxing. How can one immediately get out of this?

JO: ⾸先如果你没有去感激这件事情的发⽣,你是不可能马上跳出来的,明⽩吗? 因为你还没有去转变它呀.那它对你来说就是⼀件悲惨的事情.那你如何去转变它? 就是说你从这个病痛当中受益.这个病痛来让你看到什么? 来让你看到你的内在的愤怒或者是内在的⽆⼒感?或者是我是受害者? 就是你的这些负⾯的想法,对⾃我的⼀个攻击和对⾃我的排斥,就是不⾃爱嘛.它都会变成像功课⼀样卡在这⾥,就来让你看清楚.那你看清楚了吗? 你领悟了吗? 你成长了吗? 如果你有的话,那ok,你就不会再需要这个体验了.因为它已经服务于你

JO: First of all, you cannot jump out immediately if you do not show gratitude for the occurrence of this matter. Understand that? Because you haven't transformed it yet. It's still a tragic event to you. So how do you transform it? That is by benefiting from this illness. What does this pain reveal to you? What does it reveal about your inner anger or sense of powerlessness, or that you are a victim? These negative thoughts, the attack on yourself and rejection of yourself, is essentially self-loathing. They all become like homework stuck there, making you see clearly. Did you see clearly? Did you understand? Did you grow? If you have, then okay, you won't need this experience anymore because it has served you already.

了.所以只有你还没有去从中拿到你的礼物,它还没有去服务于你.所以你会stuck there,你会继续陷在那⾥.你要知道你们的⾁体是来服务你的灵魂.所以你的灵魂有没有从中得到成长、扩展或者变得更加的,就是能够理解和接纳吧.它会让你们达到⼀个⾃爱的状态.还有就是说这个是属于频率.你⾸先要知道你的⾁体它是你的⼀个振动频率.就是你的频率会影响你的⾁体.你想你的⾁体是被包裹在⼀个energy ball⾥⾯,就是⼀个能量球⾥⾯.你的能量球,随着⽐如说我把频率调到⼀百.那会⼉是什么? 就是恐惧、⾃我嫌弃排挤攻击,对吧?那你的⾁体就会产⽣那些.那如果调到⼀千,那⾥什么? 它是不是⼀个爱的状态?

So it means that only you have not yet gone to get your gift from it, and thus it has not served you yet. Therefore, you will be stuck there, continuing to remain trapped in that situation. You need to understand that your body is here to serve your soul. So, has your soul grown, expanded, or become more capable of understanding and acceptance through this process? It should lead you to a state of self-love. Furthermore, it pertains to frequency. Firstly, you must realize that your body is your vibration frequency. Your frequency affects your body. Imagine your body being enclosed in an energy ball, like being inside an energy sphere. As the frequency shifts to one hundred, what would that represent? It's fear, self-hatred, rejection, and aggression, right? That's what your body would manifest. And if you adjust it to a thousand, what would that signify? Would it be a state of love?

所以你只有你⾃⼰内在的真实的频率,不是假的.因为你⾝体会有反应的,它会产⽣那种感受的.就是感受是和平、爱,还是感受恐惧、害怕? 那就是你真实的频率.然后你的⾁体就会去对应出你这个频率产⽣的⼀个果.

So you only have your own inner authentic frequency, not fake ones, because your body will react and produce that feeling whether it's a sense of peace and love or fear and anxiety - that is your true frequency. Then your physical being will manifest the fruit of the effect of this frequency.

问: 有⼈想问最近的国际形势怎么样? 中国会有战争吗?

Question: Some people want to ask about the current international situation. Will China go to war?

JO:在你们每⼀个⼈⼼⾥都不⼀样,就是你们⾃⼰觉得怎么样就怎么样.因为它是在你⾥⾯.你绝的它是在外⾯的话,它是在你的⾥⾯.所以你到底关注的是哪个点? 就好像我们说你如果越是关注那些⽆⼒的,战争、灾难.那ok,它会不断地让你去看到这些.那你不断地关注到越来越多的⼈在脱离物质世界⾛向爱,那你也会看到很多这样⼦的现象,明⽩吗? 因为它这些都是同时存在的.这⾥并没有⼀个,这么说吧,它就没有⼀个客观的真实的存在.虽然你们可以去共同的看到⼀些共同的事件,对吧? 但是实际上每⼀个事件对你们内在产⽣的反应又不⼀样,它体验的⽅式又不⼀样.就⽐如说你们看到⼀些战争暴⼒的事件,它可能引起你的愤怒.

JO: Each one of you perceives it differently; you simply do as you feel is right because it exists within you. If you believe it's external, then indeed, it resides within you. The question is, which aspect are you focusing on? Consider this analogy: if you continually concentrate on powerless situations like wars and disasters, your perception will reflect that continuously. Conversely, should you increasingly observe individuals transcending the material world towards love, you would also witness similar phenomena, understanding? Remember, these aspects coexist simultaneously. There isn't an objective reality as such; though you might collectively witness shared events, correct? However, each event elicits a distinct response within your individual consciousness and is experienced differently. For instance, witnessing acts of violence in wars may evoke anger for you.

另外⼀个⼈,可能就引起他的同情.那另外⼀个,可能就引起他⾃⼰想要去转变这个世界.所以没有⼀个真正的客观的说法.为什么? 这个世界是在你的⾥⾯,你来说.⽽且你说的都是幻像,明⽩吗? 只是来⾃于你当下的认知,你当下头脑收集的⼀些信息,你当下植⼊的⼀些观念⼀些观点.但是随着这些变化变化,你对这个世界的看法也会变的.所以你还会觉得它是真实的吗? 明⽩吗? 它只是像意识到点,这么去认为.那当你意识的点转变了呢? 当你的意识不断地扩展扩展,然后你站在更⾼的⾓度去看待.你又会不⼀样.所以说连你都是在⼀直变的.

Another person might evoke his empathy. That other person could prompt him to aspire to change the world. Therefore, there's no definitive objective explanation. Why? This world resides within you; it's your perception. And what you perceive are illusions, do you understand? It stems from your current cognition, the information your mind gathers in this moment, and the ideas or viewpoints that you've imbibed. But as these perceptions evolve, so too will your view of the world. So would you still feel it's real? Do you get it? Your understanding is limited to awareness points. When those points shift? As your consciousness expands continuously, and you look at things from a higher perspective, your perception changes. That's why even you are constantly transforming.

问: 梦是另⼀个平⾏宇宙吗?

Question: Is a dream another parallel universe?

JO: 梦是你们体验你们的⾃我,体验你们的意识的⼀部分.你的意识你可以通过这个物质世界体验,那你也可以通过⾮物质世界的⼀些体验.那如果你们要把它叫成平⾏世界也可以,明⽩吗? 但是它也是你意识的⼀个体验.所以你的意识他投不投射在物质世界它其实都是在产⽣体验,明⽩吗? 只是说这个物质世界,就这么说,你们有的玩游戏在电脑上玩,在⼿机上玩,对吧? 那有的⼈玩真⼈游戏,对吧? 就这个区别.那你们物质世界就完真⼈游戏.然后再把你们的memory拿掉,忘记你们⾃⼰真实的⾝份,哇,更刺激了.完全进⼊⾓⾊.你们的体验是不是就特别的,不像玩电脑游戏玩⼿机游戏那种体验?

JO: Dreams are part of your experience of self and consciousness. Your consciousness can be experienced through this material world, but you can also have experiences in the non-material realm. You could call it a parallel world if you want to, understand? But it's still an experience of your consciousness. So whether or not your consciousness is projected into the material world, it's still producing experiences. Understand? It's just that this material world provides the context for games played on computers and mobile devices, right? And then there are those who play 'real' human games, right? That's the difference. You play these real-world games in your material world. Then you take away your memories, forget your true identities, wow, even more exciting as you fully immerse into character roles. Isn't your experience much more intense compared to playing computer or mobile games?

问: 有⼈想问说他上次提问如何找到⾃⼰喜欢的⼯作.外星⼈22号回答他玩就好.但是他现在的现状是外在环境不允许他玩,他必须要⼯作.⼯作的话,就没有时间去玩.他觉得很⽭盾.

Q: Someone wants to know how they found a job they like after their previous question. Alien22 responded that he just played around, but his current situation is that the external environment doesn't permit him to play; he has to work. If he works, he won't have time to play. He feels quite conflicted about this.

JO: 那你既然相信那个多⼀点,那就是你体验的咯,明⽩吗? 因为这⾥没有就是说我选择70%相信这个,30%相信那个.that’s it,那就是你现在体验的.因为你现在在这边拉扯,明⽩吗? 因为当你真的进⼊坚信的状态,你没有这个问题出现的.如果你还有这个问题出现,那就说明根本就没有,就是选择相信那个是难的,那也是你体验的.那造物主不就在你眼前演⽰了吗? 展现了吗? 你说的都对!问: 怎么样跟着⼼⾛? 全然的跟着⼼⾛和有⼀个⽬标和⼀个向往的⽅向相冲突吗?

JO: So, if you believe in it more, that's your experience. Do you understand? Here there is no dividing 70% of this and 30% of that; that is the experience you are having right now. You are pulling on both sides, do you get it? Because when you truly enter into a state of firm belief, this issue does not arise. If this problem still exists, then it means there is no choice at all in believing in one thing over another. That's your experience. Is the Creator not demonstrating and showing themselves to you right now? You're saying everything is correct! Question: How do we follow our heart? Following our heart completely conflicts with having a goal and a direction towards which we aspire, doesn't it?

JO: 你们知道什么是⾃⼰的⼼吗? 啊,你⾸先.就好像⼀个乐器或者是⼀台车,怎么样是刹车,怎么样是油门.它油门在哪你都不知道.那你乱不是很正常吗? 所以说通过你去认识它,通过你⾃⼰的⼈⽣体验去认识它.因为外在的⼀切会给你反应啊.还有⼀句话就是告诉你什么是叫follow your heart? 真正的follow就是那种,我们说道啊.然后它这是什么呢? 它这⾥只有允许,没有说你必须要⾛! 没有.所以你不会感受到you have no choice,你不会感受到you have to.你不会觉得我没有选择.你不会觉得我必须这么做.你不会觉得有什么⾮做不可.那是离开道.

JO: Do you know what your heart is? Ah, you first, it's like a musical instrument or a car, how to brake and how to accelerate. You don't even know where the accelerator is on it. So if you're acting randomly, isn't that normal? Therefore, by understanding yourself through your personal experiences, because everything external will give you feedback. Also, there's another phrase about what it means to "follow your heart"? True following doesn't mean saying, 'you must go!' No, it doesn't. So you wouldn't feel like you have no choice, or that you must do something. You wouldn't think that you don't have an option. You wouldn't feel compelled to do something. You wouldn't feel like there's something you're obligated to do. That is stepping away from the path.

你只会是处在那种深深的爱中,就是you appreciate everything,就是你会感激.你就觉得此刻我就在天堂了,你还想去哪⾥吗? 如果你还想去哪⾥,那你就是已经跟随你的头脑了.所以就让你知道你真的哪⾥都不想去.我就想在现在right here,right moment,就在此时此刻此地,明⽩吗? 为什么呢? 因为我感受到了爱,因为我就在爱中.我感受到了跟造物主深深的连接.你不会想去哪⾥的.

You will only be in that deep love where you appreciate everything, meaning you are grateful. You'll feel like you're already in paradise, so why would you want to go anywhere else? If you still want to go somewhere else, then you're following your mind instead of your heart. So let you know that you really don't want to go anywhere. I just want you to be aware of being right here, right moment, right now, do you understand? Why is this the case? Because I feel love, because I am in love. I feel a deep connection with the Creator. You wouldn't want to go anywhere else.

问: 如何瞬间切换到⾃⼰喜欢的平⾏现实中去体验? 能不能讲的具体⼀些?

Q: How can one instantly switch to experiencing their preferred parallel reality? Can you explain it more specifically?

JO: 那如果你现在还呆在你不喜欢的,那就说明 ‘你不喜欢’ 这⼏个字才是你需要处理的.像我刚才的信息,你就想呆在此时此刻,你不想去任何地⽅.当你产⽣我想切换到某⼀个地⽅的时候,你就在离开道了,明⽩吗?那⾥没有出路的.那为什么你会想要逃呢?你想要逃是来⾃于你有限的认知.你觉得当下是危险的,你觉得当下是恐惧恐怖的,当下是不利于你的.来⾃于你头脑有限的认知和你深信的⼀些东西,救你负⾯的信念,明⽩吗?那个才是你需要去处理的问题,⽽不是说去处理当下.因为你们逃不了.为什么呢?你的频率,就是你处的环境到底是天堂还是地狱来⾃于你⾃⼰,⽽不是来⾃于外⾯真的有个天堂,真的有个地狱.come from you.

Jo: Then if you are still hanging around in what you don't like, it means those words 'you don't like' are the ones that need to be addressed. Like my message earlier, you want to stay exactly here, not going anywhere. Whenever you think about switching to someplace else, you're leaving the path; understand? There's no exit there. Why would you want to escape? Your desire to escape comes from your limited understanding and belief in certain negative thoughts that you have, right? That is the issue you need to address, not running away from the present moment. Because you can't escape. Why? The frequency of your environment being a paradise or hell comes from yourself, not because there's really a heaven or hell out there.

问: 如何区分头脑的爱和真正的爱?

Question: How do you distinguish between affection and true love?

JO: 就像我们刚前⾯说的⼀样,如果你觉得你必须要做,你必须要外⾯的⼈怎么做,就是你对外⾯有要求嘛.你对你⾃⼰,对外在,对他⼈.你必须要这么回应我,你必须要怎么样怎么样.那就来⾃于你头脑了.真正的爱它是没有任何,就是没有任何you have no choice或者是你必须要这样.没有的.只是⼀种纯粹的状态.这么说吧,你说太阳它会说你必须要给我做好⼈,我才照亮你? 我才给你阳光? 你必须要怎么样怎么样? 你必须要每天感谢我,给我拿钱,我才照亮你? 你必须要成为我的⼿下,对我专⼀,成为我的奴⾪,就是follow me 我才照亮你? 明⽩吗? 那你说太阳会有这个要求吗? 太阳它本⾝就是它本⾝.

JO: Just as we discussed earlier, if you feel that you must do something and dictate how others outside should behave, essentially setting requirements for them, whether it's regarding yourself or the external world, expecting a specific response from me or insisting on certain actions. All these come from your mind. True love carries no sense of 'you have no choice' or that one has to act in a particular way; it doesn't exist at all. It is simply a pure state. To put it differently, would the sun demand that you be good for me before I shine on you? Would I only give you sunlight if you do so? Must you adhere to certain behaviors and become obedient to me, turning into my slave just because I choose to illuminate you? Understandably, wouldn't the sun make such demands of itself? The sun is exactly as it is.

明⽩吗?

Understand?

问: 如何释放掉所有不属于⾃⼰的核⼼信念系统,让⾃⼰是真正的⾃⼰?

Question: How can one release all non-own core belief systems and be truly oneself?

JO: ⾸先你要知道你所有的体验实际上都有意义.就算you hold something,就是真的给你带来很多痛苦,但是它也是⾮常宝贵的体验和经验.但是这些东西在随着你不断地成长,不断地扩展,你的意识也会发现…… 就像我们⼀直说你这颗种⼦不断地在发芽.外⾯的⽪早就掉了.你说你难道永远都是⼀颗种⼦的状态吗? 你会发芽,你会长出树⼲,你会长出树枝,你会开花,你会结果,对吧? 所以那⾃然⽽然就发⽣了变化,⾃然⽽然你就不是那个⼩树苗了.这么说吧,当你不断不断地吸收我们的信息,那你⾃然⽽然的就发⽣了,你不需要刻意的去处理什么,明⽩吗? 但是外界永远都会有⼀个反射给你.

JO: First, you need to know that all your experiences actually have meaning. Even if holding something brings you a lot of pain, it is still incredibly valuable experience and learning. However, as you continuously grow and expand, your consciousness will realize... As we always say, this seed keeps sprouting. The outer shell has long been shed. You're asking if I believe that you are forever in the state of being a seed? You will sprout, grow branches, flower, bear fruit, right? So naturally, things change; you are no longer just a young sapling. Let me explain it this way: as you continually absorb our information, naturally, these changes occur within you without any forced intervention. However, the external world will always reflect something back to you.

你可以看到I still,就是抓住某⼀些负⾯的信念.就⽐如说我对我在还有评判⼼,我对外界还有期望,我对外界还怎么样怎么样抵触,我还在求,我还要求⼀个好的怎么样.所有的⼀切它都在给你⼀个,就是物质世界它永远都是在给你反射出(你内在真实的样⼦).

You can see that I still grasp onto some negative beliefs, such as judging myself or having expectations of the outside world and opposing how things are there. I am still seeking and demanding a better way. Everything continues to reflect back to you the essence of who you truly are in this material world.

问: 有个群友问说他最近状态⽐较差,买了房⼦有负债.也在看投资,学习⼀些课程,收⼊很少.怎么样能让⾃⼰好起来,获得丰厚的钱财? 他应该选择怎么样的路劲来获得财富?

Q: A group member asked that he has been in a poor state recently, having taken on debt by buying a house and is also looking into investments while taking some courses. His income is very low. How can he improve his situation to acquire substantial wealth? What path should he choose to accumulate riches?

JO:你已经进⼊这个圈套了,明⽩吗?这么说吧,你曾经有⼀个believesystem,你有⼀个信念.⽐如说我需要房⼦,我才能安稳,我才能有安全感,我才能怎么样怎么样.那你现在体验的就是你⾃⼰曾经的那个信念啊.但是你要知道⼀味地从外在去处理这些,就是⽐如说我觉得我要有个房⼦我才有安全感.你有了房⼦过后,你还会没有安全感.为什么呢?你要⾯对债务,对吧?⾯对你失业.你还是没有安全感.那你就会知道就算你不失业,没有房贷.那你结了婚,你会觉得我需要另⼀半对我专⼀,对我忠诚我才有安全感,明⽩吗?你没有安全感,你需要从外在取得安全感.这个believesystem,这是你相信的啊.

JO: You have fallen into this trap, understand? Let me put it this way: you once had a belief system, a set of beliefs. For example, you believed that I need a house to feel secure and stable, that I need certain conditions to function properly. Now, what you're experiencing is essentially your own belief from before. But you have to realize that relying solely on external factors to resolve these issues doesn't cut it. Say you think you need a house for security; even if you get one, you'll still feel insecure. Why? Because you'll have to deal with debt and potential unemployment, right? You won't be secure regardless of those external factors. And then you'll understand that even without job insecurity or a mortgage, getting married might make you believe you need your partner to be devoted and loyal for you to feel secure. It's like trying to find security from the outside in. This belief system is what you're holding onto.

它会不断地通过外在的事件来让你体验到.OK,我⽼婆对我又忠诚又专⼀.那你可能⽣个孩⼦,那你又会没有安全感.为什么?孩⼦会⽣病.你永远都会反射出来你没有安全感,就是安全感需要从外来给你,这个believesystem,就是这个信念就是来给你体验的.这⾥⾯是没有出路的呀.所以我们就算给你解决了,ok,让你解决了钱的问题,你又有关系的问题.让你解决了你跟你⽼婆关系的问题,你又有跟孩⼦关系的问题.那你跟孩⼦关系的问题没有了,那你得了疾病呢? 你得了癌症呢? 你又没安全感了.所以这⾥没有出路的.唯⼀的出路是需要处理你内在没有安全感这个频率,这个问题,这个信念.为什么呢?

It constantly manifests through external events for you to experience. Alright, my wife is faithful and devoted to me. You might have a child, then you'd feel insecure again. Why? The child could fall ill. You would always reflect your lack of security back at yourself; this belief system is here to provide that experience for you. There's no way out of it though. So even if we solve issues like money or relationships, okay, the problem with money is resolved, but then there's still the issue of relationships with others. When those relationship issues are resolved, what happens when you fall ill? What if you develop cancer? You'd feel insecure again. There's no way out here. The only出路 is to address the frequency of inner insecurity within yourself, that belief, and why is this so?

因为你不需要再投射出这些事件给你去体验了.就像我们前⾯信息说的⼀样, 你不会去投射出⼀些⽆⼒的⼈来让你体验你内在的⽆⼒感或者⼀些你相信的东西.你会进⼊另外⼀个平⾏世界.那才是真正的去从根源发⽣转变.不然我们来告诉你,你去找⼀份⼯作,这样去显化你的财富.没有办法.

Because you no longer need to project these events onto yourself to experience them. As we mentioned before, you won't be projecting powerless people onto yourself to experience your own sense of powerlessness or things you believe in. You will enter a parallel universe. That is where true transformation originates from. Otherwise, let me tell you, if you find a job, that's how you manifest wealth. There is no way around it.

问:有⽹友想问她说上次通灵的时候她爸爸带给她的信息,她觉得是从更⾼的全局⾓度对她说的.因为她觉得她爸爸⼀下⼦理解了她,她特别感动.但是⽣前她爸爸不会如此的理解她,还会觉得她让家⼈很操⼼……JO: 这么说吧,她现在说这个话的⼈,就是那个⼩我,就是那个物质⾁体,对吧? 那她在现实⽣活中经历的就是她爸爸的物质⾁体.那你俩物质⾁体跟物质⾁体打交道,你还有好评判别⼈什么的呢? 你在拿你的头脑跟他的头脑打交道,明⽩吗? 所以就好像五⼗步笑百步,你俩都是⼀样的,明⽩吗? 因为你活在你的记忆当中,你在评判,你在分别.那当时你爸爸在物质世界当中,他也是这样.你俩都困在这个⾁体当中,ok?

Q: A web user wants to ask her about the information her father brought to her during their last spiritual connection. She feels that it was conveyed from a higher perspective, as if he instantly understood her and she felt very moved by it. However, he would not have understood her like this while he was alive, possibly worrying his family instead…JO: Let me put it this way, the person speaking now is the 'little self', or her physical body, correct? So in her real life experiences, she encounters her father's physical body. Now, when two physical bodies interact with each other, do you still judge and criticize others? You are using your mind to engage with his mind, right? It's like mocking someone who is fifty paces away while both of you are at one hundred paces away - you're all in the same situation. For you live within your memories and judgments, making distinctions. At that time when her father was in the physical world, he also operated under these conditions. Both of you are trapped in this body, okay?

所以当你⾃⼰脱离这个⾁体,你不会有这些想法的,不会有这些观念的.不需要再纠结这些.

So when you detach yourself from this physical body, you won't have these thoughts, these notions, and there will be no need to dwell on them anymore.

问: 如何拿回⾃⼰全部的⼒量?

Question: How do you reclaim your full power?

JO: ⾸先你是拥有你全部的⼒量,只是你的⼒量⽤在了哪⾥? 你的⼒量⽤在不断地去显化我⽆⼒吗? 就是来⾃⼰把⾃⼰给掐死吗? ⾃⼰⽤⾃⼰的⼒量来掐死⾃⼰.然后如何来感受到⾃⼰的⼒量? 那就是通过那个⽆⼒咯.那你这个⽆⼒对你来说它也很(宝贵呀).你知道⽆⼒是什么,有⼒是什么.但是这些⽆⼒感是来⾃于什么? 来⾃于你的幻觉,来⾃于你有限的认知.但是我们的信息就在帮助你提⾼你的认知,拿开你的限制.那样你就能完完全全的去体验到你⾃⼰的⼒量了.所以当你把限制不断不断地拿开,没有限制了.你就能感受到来⾃源头的⼒量,⽽不是你,明⽩吗? 你只要不挡路,你就能feel the energy,ok?

JO: First, you possess all your power, but where is that power being applied? Is it being used to amplify my helplessness, essentially choking yourself with your own power? How can one experience their own power through this sense of helplessness, making it valuable for you as well? You understand the sensation of helplessness and strength. However, what generates these feelings of helplessness? It arises from your illusions and limited understanding. Our information aims to enhance your comprehension, removing your limitations so that you can fully experience your power. So when you continuously remove those restrictions, without any hindrance, you can sense the energy originating from the source, not yourself, understand? You just need to stand out of the way, and you'll feel the energy, okay?

它不是来⾃于你的.

It is not from you.

问: 负⾯信息或者是负⾯信念也会基于同步性原理显化到物质世界当中吗?

Question: Would negative information or negative beliefs manifest in the material world based on synchronicity principles?

JO: 负⾯信息,就是你关注的负⾯信息.我们刚刚说你关注什么,它就出现什么,对不对? 那负⾯信念,⽐如说你拥有这个负⾯信念,那你体验这个事情.那这不就是,因为你种的这个果,然后品尝这个果.这不是理所当然的吗? 这就是你输出的呀.但是外界的⼀切它其实都来反应出你⾃⼰,都是来帮你看清楚你体验的是你⾃⼰.

JO: Negative information refers to the negative information you're focusing on. Just like we discussed earlier, whatever you focus on is what appears to you, correct? So with a negative belief, if you hold that belief, then you experience things according to it. Isn't this akin to the fruit you sow and then taste? It's only natural; it's your output. However, everything from the outside world reflects back to yourself, helping you see clearly that what you're experiencing is indeed just a reflection of your own self.

问: 每个⼈都是⾃⼰的镜⼦,在⼯作场景中⾯对不同的同事,他们也是⾃⼰内在的外显吗? 如何在⼯作中运⽤照镜⼦来修⾃⼰?

Question: Everyone is their own mirror; when faced with different colleagues in a work setting, are they also manifesting their inner selves externally? How can the practice of looking into oneself as one would look into a mirror be applied at work to improve oneself?

JO: 就像我们前⾯第⼀条信息带出来的关于⾃爱.你⾝处在⾃爱的状态,你⽣命中不会有问题.你会发现很多⼈都来爱你的.哇,这个同事太好了.这个同事太爱我.这个同事今天给我这个,那个同事明天给我那个.那就是你的频率不得不体现出这些同事来体现出来表达出他们对你的爱.所有⼈都会爱你.只有你⾃⼰排斥你⾃⼰,只有你⾃⼰排挤你⾃⼰,只有你⾃⼰没有接纳你⾃⼰的⼀部分或者是你有⼀些负⾯定义.它就会通过那个⾓⾊反射出来让你看到,明⽩吗?

JO: Just like the information we brought up earlier about self-love. When you're in a state of self-love, there won't be any problems in your life. You'll find that many people come to love you. Wow, this colleague is so good. This colleague loves me so much. This colleague gave me this today, and tomorrow that colleague will give me that. That's because your frequency has to manifest these colleagues to express their love for you. Everyone will love you. The only thing that's against yourself is when you reject yourself, exclude yourself, or there are certain parts of you that don't accept themselves, or if you have negative definitions about yourself. It will reflect through this role and show it to you, understand?

问: 有⼈想问说他⼀边想解脱,知道这是个梦境,不要执着这个世界,⼀边又很想继续玩要怎么办?

Question: Someone wants to ask about wanting to achieve liberation and understand that this is a dream, not being attached to the world, but also very much wanting to continue playing; what should they do?

JO: 你想要解脱就说明你并没有去认识到外界是如何服务于你呀.你就会觉得这⾥不是你想要体验的.你并没有看到它是如何服务于你的.所以你唯⼀需要解脱的是你⾃⼰的头脑.外在没有什么好解脱的.去通过这些感受,通过这些念头去认识你⾃⼰,为什么你相信…… 然后不断地去增长,就是不断地去吸收我们的信息.因为我们的信息可以帮你不断地就像升级⼀样吧.就好像我们刚刚说你⽣下来有⼈告诉你你是谁吗? 明⽩吗? 你们没有学任何这些信息.那我们现在在来告诉你关于你的真相,关于你⽣命的⼒量.所以说去通过学习这些信息就可以让你成为⼀个创造者,⽽不是⼀个不知所措或者迷茫,就是⽆⼒的受害者.

JO: Wanting to be free shows that you haven't realized how the external is serving you. You'll feel like this isn't what you want to experience. You don't see how it serves you. So, all you need to be free from is your own mind. There's nothing external to be freed from. Through these experiences and thoughts, recognize yourself and why you believe... then constantly grow by absorbing our information because our information can help you upgrade continuously, just like upgrading. It's like being told who you are at birth—do you understand? You didn't learn any of this information before. Now we're telling you the truth about yourself and your life force. Therefore, learning from this information will make you a creator, not someone overwhelmed or confused, powerless to take action.

问: 有⼈想问说遇到事情的发⽣他总是容易联想到负⾯的结果.要如何改变这种信念?

Question: Some people tend to associate negative outcomes with events when things happen. How can one change this belief?

JO: 你其实不需要去,就是如果你的认知是有限的,就是你没有接收到我们的信息,你还会在这样⼦的⼀个频率.就⽐如说你是⼀百的频率,你没办法,你就在⼀百.但是你不断不断地去增长你的意识,扩展你的意识,就不断地接收我们的信息,你的频率⾃然⽽然就会不断不断地提升.那这些东西就对你不会有那个什么了.为什么呢? 因为你知道这⾥没有什么负⾯结果呀.就算有⼀个负⾯结果,它也是来正⾯服务于你呀.正⾯服务于你,你还怕什么,明⽩吗? 因为外界没有⼀个所谓的正⾯和负⾯.都来⾃于你⾃⼰有限的认知.当你⽆限的话,你可以拥有像炼⾦术⼀样,去点⽯成⾦.就是外界的所有⼀切都是来服务于你的.变废为宝.

JO: Actually, you don't necessarily need to do so. If your understanding is limited and you haven't received our information, you would still be at this frequency level. For instance, if you're at a hundred-frequency level, you can't just break the barrier and jump into another dimension; you stay there. However, by continuously expanding your awareness and receiving more of our information, your frequency will naturally ascend over time. This means that these external influences wouldn't negatively impact you in any way. Why is this so? Because when you know that there are no negative outcomes here. Even if there were a negative outcome, it would be serving you positively. Serving you positively eliminates all fears; do you understand? Remember, the concept of positive and negative exists solely based on your limited perception from within. When you have infinite awareness, you can manipulate reality, like in alchemy, turning base metals into gold. Everything external serves to enhance you, transforming waste into valuable resources.

问: ⼈们常常会做出以⽛还⽛,⼀报还⼀报的反应.这是基于什么样的信念系统?

Question: People often respond with retaliation and payback. What belief system is this based on?

JO: 来⾃于他们就把⾃⼰分离出去了.就觉得⾃⼰需要为⾃⼰保护啊、捍卫啊,就是觉得需要使出我全⾝的⼒量来让⾃⼰看着强⼤.这是来⾃于他们内在的恐惧和孤⽴吧.⼀个真正有⼒量⼤⼈,跟源头有连接的⼈,他们是不会有任何这样⼦的⾏为的,明⽩吗? 因为他知道没有什么好报复的.所有东西都是你⾃⼰显化出去,那你⾃⼰就能从中受益了.那你从中收益了,你报复啥呀? 你感谢别⼈还来不及呢.再说如果你没有这样⼦的话,你根本不会显化这样的事情.就是你不会需要有这种显化呀,你显化的都是来爱你的⼈,明⽩吗?

Japanese Origin: They separate themselves from that and feel the need to protect themselves, defend themselves, exerting their full strength to appear strong. This stems from their inner fears and isolation. A truly powerful person, connected to the source, would never exhibit such behavior because they know there's nothing to retaliate against. They benefit from everything you manifest for yourself, and benefiting from it leaves no room for retaliation; you're too grateful for others' contributions. Furthermore, if you don't act this way, you wouldn't manifest such situations at all. You wouldn't need to manifest things that require such actions; instead, you manifest those who love you, understand?

问: 有⼈想问⼀个⼈对物质世界,⽐如说对⾦钱、⼯作事业好像都不想要追求.那是不是说明这个⼈追求的是内在世界? 这样会不会不平衡呢? 应该怎么调整?

Q: Someone wants to ask about a person who seems not to want to pursue things like material possessions, money, or career advancement. Does this mean that the person is seeking inner fulfillment instead? Could this lead to an imbalance? How should one adjust in such a situation?

JO: 那那个⼈的那个阶段他需要的功课可能就是关于内⼼层⾯,看不见的层⾯.所以要根据他⾃⼰⾃⾝,他的点到了,他需要去认识这个,体验这个.那他去体验.因为你们每⼀个⼈⾸先来到这⾥的主题就不⼀样,然后你们需要体验的也不⼀样.然后每个⼈成长的速度也不⼀样.

JO: For that person in that stage, the lessons they need might be about inner aspects - unseen layers. So it would depend on their own individual growth points; they need to recognize and experience this for themselves. Then they go through the experience. As each of you has different themes upon arriving here, and thus different experiences needed. Furthermore, everyone's rate of growth is also varying.

问: 在中国如何使更多⼈觉醒? 如何传播光和爱?

Question: How can more people be awakened in China? How can light and love be spread?

JO: 那就是更多的⼈觉醒,对吗? 那你来做⼀个觉醒的样⼦? 就这么说吧,你展现出⼀个让⼈特别羡慕向往的样⼦.那么他们可能就,哇,我也想成为他这个样⼦.那是不是就勾起他们内在的那种?那如果都没有任何榜样,他们怎么知道啊?就好像你们明星代⾔,他可能背⼀个品牌的包.如何让更多⼈都想背这个包呢?那他不断地去展现出来咯.那⼈们就想去买咯.所以你来展现⼀个觉醒后的⽣命状态让⼈们看到.他们⾃然⽽然就会被你吸引过来.再说每个⼈都在⾃⼰正确的路上和速度上⾯.所以你唯⼀要做的就是说根据你⾃⼰的⽣命主题、步伐、节奏,然后去让⾃⼰绽放.

JO: That means more people are awakened, right? Then you make an example of being awakened, in a way that is so inspiring and desirable that others might think, "Wow, I want to be like him." This could spark their inner desire. If there's no role model at all, how would they know what it looks like? Like when celebrities endorse products; say they carry a designer bag. How do you get more people to want that bag too? They naturally mimic the actions of those they admire. Each person is on their own correct path and pace. So your only task is to live according to your personal life theme, rhythm, and flow, and let yourself shine.

问: 请问把吸引⼒法则运⽤⾃如的最快的⽅法是什么?

Question: What is the fastest way to apply and master the Law of Attraction?

JO: 你们最喜欢的就是⼀个最字,就是最快.那我说最快的⽅法就是活在当下,enjoy当下,进⼊当下,然后从当下收礼,就是说you don’t go anywhere.不要去任何地⽅.那你们告诉我这个快的⽅法吗? 这是停⽌.所以说最快的⽅法就是在你的当下深深的扎根,产⽣连接.不要试图去任何地⽅.你就好像你来到这个世界上问我怎么样⽤最快的⽅法死去.你⽣命还没有开始展开,你就要开始去那个什么.你在抗拒什么? 你在抵触什么? 你在逃什么? 这些都来⾃于你的不⾃爱.你就没办法,你就会体验这些.

JO: You love the word "fast," specifically the fastest. If I were to describe the fastest way, it would be to live in the present moment, enjoy the present moment, immerse yourself in the present moment, and then receive from it without going anywhere. Don't go anywhere else. Can you tell me what is considered a fast method? This is stopping. Therefore, the fastest method involves deeply anchoring yourself into your current existence, forging connections, without trying to venture elsewhere. It's like asking how to die as quickly as possible when you've just arrived on this earth. Your life hasn't even begun to unfold, and you're already considering these things. What are you resisting? What are you opposing? What are you running away from? All of these stem from your lack of self-love. You simply can't help but experience them.

问: 有⼈想问我们现在有没有什么可以为2024年最好准备的? 就是在⼼理上或者在⾏为上?

Q: Some people want to know what we can do now to best prepare for 2024, in terms of both mindset and actions?

JO: ⾸先就是说你只能去体验你⾃⼰版本的世界.那如果说你要为你⾃⼰的将来要去准备什么? 你就是像我们刚前⾯的信息,回到当下,跟当下扎根.这样⼦你才能深深的深深的体验到跟造物主的连接感.你才能体验到丰盛,你才能体验到被爱,才能体验到你是有⼒量的,明⽩吗? 那你说准备啥呢? 就我让你不断不断地跟当下扎根.你说你准备什么? 就准备⽣根吧.但是在当下呀.因为你们总觉得你们有未来.你们没有.你们如果当下不扎根,你们还是飘的,还是感受到没有⼒量,还是没有连接感,还是没有爱.所以在每⼀个当下,因为你们头脑会觉得真的有明天.实际上这⾥没有明天.明天不过是你现在的频率的继续的延伸⽽已,明⽩吗?

JO: First and foremost, you can only experience your own version of the world. If you're preparing for your future self, then you need to return to the present moment and establish a connection there. Only by doing this deeply, truly deeply connecting with the Creator, will you be able to experience abundance, feel loved, and understand that you possess power. So what are you preparing? I'm telling you to keep planting roots in the now. What are you preparing for? Prepare to plant your roots here and now. However, it's important to do this within the present moment because you always seem to believe there's a future ahead of you. But there isn't. Without grounding yourself in the present, you'll continue to feel ungrounded, powerless, disconnected, and unloved. Therefore, every single moment should be approached knowing that your mind perceives there to be tomorrow, but actually, there is no tomorrow; it's simply an extension of your current frequency, understanding?

你只有在当下扎根过后,你就越来越感受到跟造物主的那种连接感.然后那种爱,那种丰盛,那种圆满,那外在是不是就给你显化出来这样⼦的状态了? 所以你们还期待将来吗? 都在当下,就好像⽴地成佛.当下,然后慢慢慢慢的外在的⼀切都像烟花⼀样爆出去.不断地呈现出那种美好反弹给你,返回来给你.外在的⼈也好,事也好,只不过就是来反弹给你内在的状态.

You only experience a growing sense of connection with the Creator as you deeply ground yourself in the present. Then, love, abundance, and completeness manifest externally in such a state. So, are you still anticipating the future? Everything is happening now, just like immediate enlightenment. In the moment, gradually, everything external unfolds like fireworks, continuously reflecting that beauty back to you. Whether it's people or situations externally, they merely serve to reflect your inner state.

问: 我能问⼀下我现在的能量状态有没有什么信息是要带给我的吗?

Q: Could you tell me if there are any messages related to my current energy state?

JO: 你稍等.抓住这种此刻美好的感受,然后还有就是,啊,就是exciting,就是想要尖叫.为什么? 因为刚才我们已经告诉你当下你扎根,你连接到造物主的圆满,就是爱.外⾯就会不断地回馈给你,就是反射出来给你你内在的圆满或者是爱的⼀个状态.stay there,don’t go anywhere, don’t focus on the outside.外⾯没有什么东西值得你们去关注的,没有.深深的跟刚才的那种感觉连接,然后去尖叫,去嗨.因为你们现在已经知道了you are the one,你才是造物主,你才是那个创造你⾃⼰⽣命状态的⼈,ok? 在你⾃⼰⼿上,不在别⼈⼿上.

JO: Wait a moment. Capture this wonderful feeling right now, and also, oh, exciting, wanting to scream. Why? Because just now we have already told you that when you are rooted in the present moment, you connect with the completeness of the Creator, love. Outside, it will constantly return to you, reflecting back to you your inner completeness or state of love. Stay there, don’t go anywhere, don’t focus on the outside. There's nothing outside worth your attention, no. Deeply reconnect with that feeling from just now, and then scream, get excited. Because now you know you are 'the one,' you are the Creator, you are the one who creates your own state of life, okay? In your own hands, not in someone else's.

别⼈只是帮你呈现出来你还有功课.不要去偷看外在,然后来告诉你⾃⼰假的,还是痛苦,⼀切都没有变.不要偷看外在,ok? 你说你们世界上哪⼀个成功的⼈⼠他是偷看外在了? 他都是埋头苦⼲,创造⾃⼰.

Others are just helping you see that there's still homework to do. Don't spy on the exterior and then tell yourself a lie, as if nothing has changed; it won't be any different. Don't spy on the exterior, okay? Who in this world does a successful person look at externally? They all work hard, creating their own success.

问: 有⼈想问如何不去担⼼⽣存的恐惧? 如何从害怕钱不够⽤转变到我的钱总是够⽤的?

Q: Someone wants to ask about how to overcome the fear of survival. How does one transition from being afraid of not having enough money to feeling that my money is always sufficient?

JO: ⾸先你如果你的频率是在那,就是你的认知是在那,你没有办法不去担⼼.因为那就是你⾃⼰的⼀个意识状态.它会产⽣出这些体验给你,也会让你产⽣…… 那唯⼀的⼀个就是不断地提升你的频率啊.那就是跟随我们的信息了.因为我们的信息会不断地带你上升上升,当你上升到了⼀定的境界,你是另外⼀个频率.那那个频率⾥⾯没有这些问题呀.我们刚刚不是说外界不断地给你事件也好,⼈也好.它反射出的是什么? 你内在的圆满,你内在的丰盛,你内在的喜悦,你内在的爱.明⽩吗?

JO: Firstly, if your frequency is there, which means where your consciousness lies, you cannot avoid worrying because that's your own state of awareness. It produces these experiences for you and it also leads you to produce... The only thing is constantly elevating your frequency, which is following our information because our messages will continually take you higher. When you reach a certain level, you are at another frequency. In that frequency, there are no such issues. Didn't we just say that the outside world keeps giving you events or people? What does this reflect? Your inner completeness, your inner abundance, your inner joy, and your inner love. Do you understand?

问: 有⼈想问JO和外在的⼀切都是我创造的吗? 我就是造物主吗?

Q: Someone wants to ask if JO and everything outside are creations of mine? Am I the Creator?

JO: 你说的那个你是哪个你? 是物质⾁体的你吗? 那如果物质⾁体的你,那只是就像是⼀个想要去体验的意识,想要去挑战或者是扩展⾃⼰的意识的…… 但是你,就是在你的世界⾥⾯如果这是你需要的,那么你就会体验到.就是这个信息到了这个节⾻眼上是你需要去明⽩,需要去成长,那你就会遇到.那是不是你创造的? 更多的是属于那个更⼤的你吧.因为它需要这⼀堂课.所以它就会去体验到这堂课.因为我们也是在给你选课,来让你可以更加可以上好物质世界这堂课.所以你要知道你不只是这个物质⾁体的你,你还有⼀个更⼤的你.

JO: The "you" you're referring to - is it the physical you? If so, then it's merely an awareness seeking to experience, challenge, or expand its own consciousness... but in your world, if that's what you need, you will experience it. This information reaches a pivotal point where it's something you need to understand and grow from, thus encountering it. Is this creation of yours? More likely, it belongs to the greater "you." Because it needs this lesson, so it experiences it. We're also selecting courses for you, allowing you to better master your physical world lesson. So remember, you are not just the physical body, but there's a greater "you" as well.

问: 他的第⼆个问题是如何才能灵魂⾃由,看破这个世界的假象? 但是在物质上又很富⾜?

Q: His second question is about achieving spiritual freedom and perceiving the illusions of this world. But he also seems to have a wealthy material life.

JO: ⾸先灵魂是⾃由的,你觉得不⾃由是来⾃于你头脑⾥⾯的观念和认知,来⾃于你这个 physical,就是你的这个⾁体它的⼀些信念、观念,它的⼀些believe system.物质世界上很富有,那就是我们刚刚说了你内在是富有的,那你外在必须投射出反射出你就是富有的.那如果你有⼀个如何才能富⾜? 那其实你就在否定你⾃⼰,就是你是不富⾜的那个状态.所以对你来说不富⾜是⼀种需要去想⽅设法的事,那就会变成⼀种想⽅设法.那如何看破物质世界这个幻像? ⾸先对于你们⾁体来说,它不是幻像,它就是你们产⽣的体验,你所有的⼀些体验.

Firstly, the soul is free; you perceive lack of freedom stemming from your mind's concepts and cognitions, as well as from certain beliefs and ideas within your physical body. Richness in the material world means that you just discussed inner abundance; consequently, your external world must reflect this sense of wealth. If you wonder about how to become wealthy, you're essentially denying yourself, affirming a state of lack rather than abundance. For you, lacking is something you need to strategize and make efforts for, which turns into persistent striving. To see through the illusion of the material world, start by recognizing that your body isn't an illusion; it's simply the experience you create, all your experiences.

但是这个(不是)真实的,这个真实来⾃于你当下的信念,你当下的频率,你当下的 believe system.那当你随着你⾃⼰意识的转变的话,那你也会感受到它这是松动的,明⽩吗?这还是来⾃于你⾃⼰意识的⼀个转变、提升、扩展.就是这个频率的问题.那你就会越来越知道外在的⼀切只不过是个反射⽽已.

But this (isn't) real; this reality comes from your current belief, your current frequency, and your current belief system. When you change with your own awareness, then you would also feel that it's unstable, right? This still comes from a shift in your own consciousness—an elevation or expansion—which is the issue of frequency. You will gradually understand that everything outer is merely a reflection.

问: 他想问物质上的富⾜是不是只要像宇宙发个⼤愿就可以获得?

Q: Does he wonder if spiritual fulfillment can be attained simply by making a grand wish to the universe, akin to material wealth?

JO: 你如果是从你们的灵魂层⾯来说,你们每⼀个⼈都是富⾜的.为什么? 你体验贫穷也是富⾜的.为什么? 那就是你想要来体验的,对吧? 所以说你不会去偏离你⾃⼰来体验的主题的.那那个才是真正的富⾜.那如果你头脑⾥⾯的我要有别墅,我要有豪车,我要有多少多少存款.那只是你进⼊你的物质头脑⽽已,明⽩吗? 所以你们每⼀个⼈从更⾼的层⾯,从灵魂的层⾯,就你们需要去体验的,你得到了你的体验,那就是你的富⾜.

JO: If you were to consider this from the depth of your soul, each one of you is wealthy. Why? You experience poverty as wealth. Why? That's what you desire to experience, isn't it? So you wouldn't deviate from the theme that you are experiencing. That's the true wealth. If in your mind I want a villa, I want a luxury car, I want so many savings. That's just you entering your material mind; understand? Therefore, each one of you at a higher level, from the soul's perspective, whatever you need to experience, you have received your experience, which is your wealth.

问: 那他下的⼀个问题就想问内⼼本⾃具⾜之后,是不是不需要看账户的数字是不是钱就会越花越多呢?

Q: Would one concern be that after attaining inner self-sufficiency, would it not matter if you don't check your account balance and money will just keep increasing?

JO: 你可能都不需要花钱了吧.你可能会不断地想要给别⼈拿钱吧,明⽩吗? 你有⼀种不断地想要去给,就是要满了,你就不断地想要去给给给.因为你花钱,你实际上还是有⼀种就是我要拿东西来嘛.我要拿东西填满我.

You might not need to spend money anymore. You might constantly want to give others money, understand? There's a feeling of constant giving until you're full, and then you keep wanting to give more because when you spend money, there's still this idea of needing something to fill yourself up.

问: 如果⼈⽣主题是像坐过⼭车⼀样起起伏伏,像⼩朋友⼀样喜欢欢乐贪玩.她想问找什么样的⼯作更合适呢?

Q: If life's theme is like a rollercoaster with its ups and downs, enjoying happiness and being playful like a child, she wonders what kind of job would be more suitable for her?

JO: 这些⼯作都是你们物质世界的事,还有你⾃⼰去找,你⾃⼰去体验.这是关于你们物质世界的事情.我们不是来帮你处理这些问题的.我们只是来帮你去看清楚,你唯⼀去成为你⾃⼰.因为成为你⾃⼰,做你⾃⼰,你就服务这个社会.有可能你就不需要⼯作,明⽩吗?但是你会进⼊到物质头脑,我需要⼯作,我需要⽣存,我需要吃饭,但是这些东西已经给你投射了⼀个你需要这么做的版本给你体验.那你就需要这么做了,明⽩吗?因为从更⾼的⾓度来说你不知道你⾃⼰是如何来服务这个整体的.你把你⾃⼰抽出来,只把你⾃⼰当成是你⾃⼰.那你没办法呀.

JO: These jobs are part of your material world, and you need to find them yourself and experience them. They are about your material world. We do not come here to help you with these issues. We're just here to help you see clearly so that you can become who you truly are. You serve society by being yourself and doing what you naturally want to do. You might not need a job, understand? But you will enter the realm of your material mind, I need work, I need to survive, I need food. These things have been projected onto you as an experience of needing to do them. So you have to do it, understand? Because from a higher perspective, you don't know how you serve the whole without pulling yourself out and considering only who you are in your essence. There's no other way.

就像我们之前给你们举的⼀个例⼦,就是说⼀个瘫痪在床上的⼈和⼀个世界知名的医⽣,他们的价值是⼀样的,对吧? 因为如果没有那个瘫痪在床的⼈,那个医⽣不会发起如此达到动⼒去不断地钻研这个病情,对吧? 那你说这个废⼈他又没⼯作,他又没赚钱怎样.你不知道这个更⼤的big picture,就是这个big puzzle,你不知道如何去成为它们其中的⼀体的.因为你把你⾃⼰分离出来了,把⾃⼰变成单独的…… 但是实际上你们每⼀个

Like the example we gave before, where a person lying in bed and a world-famous doctor have equal value, right? Because without that paralyzed person, the doctor wouldn't have had such motivation to constantly delve into this disease, right? You see, this disabled person doesn't have work, they don't make money. You don't understand the bigger picture, this larger puzzle, how you become part of it. Because you separate yourself out, making yourself singular... But actually, each one of you

⼈都是来⽀持更⼤的存在的,明⽩吗? 不要把⾃⼰孤⽴起来.你只要天天开⼼,我跟你讲有⼈养着你呢.那你能天天开⼼吗? 能吗? 因为你开⼼你给别⼈创造快乐呀.你创造快乐,多少⼈想养你呀.

People come to support greater entities, understand? Don't isolate yourself. Just be happy every day, and I'll tell you that someone is taking care of you. Can you be happy every day? Can you? Because when you're happy, you bring joy to others. And when you create happiness, how many want to take care of you?

问: 如何不断地提⾼⾃⼰的频率? 时常处于⾼频率的状态当中?

Q: How can I continuously elevate my frequency? How can I maintain a high-frequency state regularly?

JO: 那就是我们的信息咯.我们的信息就不断不断在提⾼你们的频率.问: 显化财富的难与易是否和⼈⽣主题是否完成有关系?

That's our message. Our message is continuously raising your frequency. Question: Is the difficulty or ease of manifesting wealth related to whether life themes are completed?

JO:财富更多的话有可能是跟你的灵魂主题有关.你可能体验我出⽣在⼀个⾮常有钱的家庭,但是我就完全没有爱.我怎么找都找不到爱,明⽩吗?那就可能跟你⾃⼰要体验的⼈⽣主题有关系.那有可能你这⼀⽣你就是要去体验⼀个乞丐的⾝份,⾝⽆分⽂.为什么呢?你在这种⾓度你可以真正的去体验到每⼀个⼈真实的那⼀⾯.因为他们对乞丐不需要装嘛.那你要是个皇帝的⾝份,他们每⼀个⼈都要跟你装啊.还有就是说如果你真的想要财富上的⾃由,你⾸先你⾃⼰有⾃由.你⾃⼰⾃由了,不管是财富还是其它层⾯,所有东西都是⾃由的.如果你不⾃由的话,那⽆论是从财富还是从其它⽅⾯,你都会体现出你不⾃由.但是我们给你们讲,⾦钱只是⼀个⼯具⽽已.

JO: More wealth might be related to your soul's theme. You may experience being born into a very wealthy family, but without any love; no matter how much I search for it, love is nowhere to be found. That could have something to do with the life theme you are meant to experience. Perhaps throughout this life, you are destined to live as a beggar, penniless. Why? From this perspective, you can truly understand the essence of every person. Since they don't have to pretend when dealing with a beggar. But if you were in the position of an emperor, everyone would have to put on a show for you. Additionally, if you really want freedom from financial constraints, you first need to be free yourself. Once you are self-free, whether it's wealth or any other aspect, everything becomes free. If you're not free, then regardless of whether it's through wealth or any other means, your lack of freedom will become evident. However, we explain that money is merely a tool.

如果你需要这个⼯具来协助来达到你的⽬标,它就会出现.如果你不需要,它就不需要.为什么呢?因为你去通过你这个⾁体去展现你灵魂的⼀个主题,就是呈现出你这个灵魂是谁,你想创造什么才是最重要的.它不⼀定是以⾦钱的⽅式,明⽩吗?

If you need this tool to assist you in achieving your goal, it will appear. If you don't need it, it doesn't need to. Why? Because you go through your physical body to express the theme of your soul, which is most importantly about showing who your soul is and what you want to create. It doesn't have to be in a monetary way, do you understand?

问: 不想⾃⼰的后半⽣过的没有钱,现在该如何⾏动起来?

Ask: If one doesn't want their latter half of life to be penniless, how should they act now?

JO: 这又是来⾃于⼀个你⾃⼰进⼊到⾦钱的执念⾥⾯去了.这么说吧,我跟你说你可能后半⽣银⾏卡⾥可能就是⼀分钱都没有.但是你却有⼀个不断不断地给你买单的⼀个⽼公在你⾝边陪着你.你需要钱吗? 他⼀直陪在你⾝边帮你刷卡,你需要钱吗? 你不需要呀,明⽩吗? 所以你通过这个问题就能看到你内在的⼀个不圆满,你的⼀个不⾃爱.你不爱⾃⼰的.那你肯定会投射出⼀个没有⼈爱你,没有⼈给你钱花.你就会去体验这些的,这都是你投射出来的.所以当你越来越爱你⾃⼰,外在所有⼈都会来爱你,给你钱花.

JO: This comes from your obsession with money. Let me put it this way: you might have no money in your bank account for the rest of your life. However, you have a husband who constantly pays for everything by your side. Do you need money? He is always there to assist you with刷卡, do you need money? You don't need it, right? So through this question, you can see an unfulfilled part within yourself, a lack of self-love. You don't love yourself. That's why you project onto others that no one loves you and no one gives you money to spend. These experiences are all projections from your mind. Therefore, as you begin to love yourself more and more, everyone around you will start loving you and giving you money.

问: 好多⼈担忧⾃⼰年龄⼤了⽼了后,既没有孩⼦也没有钱,该怎么办? 怎样可以显化到⾃⼰年⽼时⾝边有⼈照顾,然后⼀直到离开这个世界?

Question: Many people worry about what to do when they are old and lack both children and money. How can one manifest having someone to take care of them as they age, until their passing?

JO: 这都是来⾃于不⾃爱,就是你有很多负⾯信念,很多想法.你们只是有共同的想法,觉得⽼了没⼈照顾,明⽩吗? 那你如果这么认为话,这个事情需要你担⼼的话,那你就会体验这个事情来让你担⼼.你不是受到造物主⽀持的吗? Focus on something else,把你的注意⼒放在你⾃⼰想要去体验的上⾯.去感受这个美好,感受这个频率.⽽不是说放在你担⼼或者不想发⽣的事情上⾯.就好简单哦,我给你⼀个⼿电筒.你这个⼿电筒照到哪⾥你就看到哪⾥.⼀边是⼀个美⼥超美,⼀边是⼀只⿁超恐怖.你⼲嘛要把⼿电筒⼀直放到⿁上⾯呢? ⼀直恐吓⾃⼰呢,我问你? 你怎么不能把你的⼿电筒放到美⼥上⾯去享受她给你创造的美好呢?

JO: All this comes from a lack of self-love, where you have many negative beliefs and thoughts. You just share the same thoughts, feeling that when you get old, no one will take care of you, right? If you think like that, if there is something you need to worry about, then you will experience what needs to be worrying for you. Aren't you supported by the Creator? Focus on something else, pay your attention to what you want to experience. Enjoy this beauty and feel this frequency instead of dwelling on things you're worried about or don't want to happen. It's so simple; I'll give you a flashlight. You use this flashlight wherever it shines, that's where you see. One side is an incredibly beautiful woman, the other side is a terrifying monster. Why would you keep shining your flashlight at the monster? Constantly scaring yourself, do you ask me why? How can't you shine your flashlight on the beautiful woman and enjoy the beauty she creates for you?

Why? ⼿电筒在你⾃⼰⼿上.为什么? 因为你觉得⿁真实⼀点吗? 美⼥是假的吗?

"Why? The flashlight is in your own hand. Why? Do you feel it's more real because of that? Are the ladies fake?"

问: 伴侣基于恐惧的信念管教孩⼦,和孩⼦产⽣了⽭盾冲突.然后她担⼼会对孩⼦造成伤害.请问应该怎么办?

Q: When a partner disciplines their child based on fears and beliefs that create conflicts with the child, they are worried about potentially harming the child. What should be done in this situation?

JO: 我可以说这是你的恐惧频率吗? 这是你的恐惧频率投射出去的事件给你体验.OK,他恐惧孩⼦,那你恐惧你的伴侣跟孩⼦.

JO: Can I say this is your fear frequency? This is the event projected to you by your fear frequency. OK, he fears children, so do you fear your partner and children.

问: 那如果她不恐惧的话,她的伴侣也会改变?

If she doesn't fear it, will her partner also change?

JO: 他们就进⼊到另外⼀个平⾏世界.他们便不需要去创造这样⼦的⼀个…… 对⽅是因为你变⽽变的.外在的⾓⾊是来显化出来来让你看到你⾃⼰的⼀个…… ⽽且你对外在的评判也来⾃于你⾃⼰对你⾃⼰的评判.如果你不断不断地去发现你的伴侣有多好,有多完美,不断地去让对⽅也进⼊那个频率.那他是不是就不需要进⼊到那个恐惧的频率了? 他进⼊到⼀个他是完美,他是爱的⼀个状态了,明⽩吗? 所以那需要你⾃⼰先能看到呀.你能看到吗?

JO: They enter into another parallel world where they don't have to create something like this... The other person changes because of you. The external roles are there to manifest and allow you to see your own aspects... And the judgments you make externally come from how you judge yourself internally. If you continuously discover how good and perfect your partner is, constantly bringing them into that frequency, wouldn't they then not need to enter a fear-based frequency? They would be in a state of perfection and love, right? So, it requires you to see this first. Can you see it?

问: 有⼈想问他⽼晕车是怎么回事? 如何治疗晕车?

Q: Some people want to ask about his chronic car sickness and how it can be treated?

JO: ⾸先我们没有连接这个⼈的能量,但是我们可以去从更⾼的层⾯来给你们分享⼀下⼀个⼈如果总是感受到⾝体晕的⼀些原因.⾸先他是感受到⽆⼒的,就是没有⼒量的.软弱的嘛,就是他是⽆⼒感嘛.但是他又排斥他内在的⽆⼒感.就是他也恨⾃⼰不争⽓吧,就这种感觉吧.就是⾃⼰又软弱⽆⼒,但是⾃⼰又排斥这种感觉.他就会处处在他的⾝体上,在 physical上体验这种感觉.你想⼀个有⼒量的⼈,⼀个将军,⼀个战⼠,⼀个fighter,他会晕吗?不会的.他精⽓特别重,他会特别的威严威武.⽆论再颠簸,他都是站在那像⼀棵树⼀样⼀动不动的,正⽓凛然,明⽩吗?只有⾃⼰随着那个颠簸摇来摇去,跟着这个节奏摇来摇去,越摇越晕.

Firstly, we don't connect to this person's energy, but let's share from a higher level some reasons why someone might constantly feel dizzy. Firstly, they feel powerless, lacking in strength and feeling weak. But they also reject their inner sense of powerlessness, hating themselves for not being able to strive or perform well. They feel both weak and unable on one hand, while also refusing that feeling. This manifests physically throughout his body, as a sensation of weakness. Imagine a person with strength, like a general, a warrior, or a fighter - would they ever feel dizzy? No, their energy is exceptionally heavy, exuding authority and majesty. No matter how bumpy the road gets, they stand firm like a tree, unyielding and upholding righteousness. Only someone swaying along with the bumps, moving in sync with the rhythm, becomes increasingly dizzy.

you lose control,你失去了控制.你就让外界对你的影响太⼤了,没有定⼒.所以你⾝体会产⽣相应的感觉,它会特别容易晕的.你问⼀下那个晕车的⼈他是不是特别容易受外界的影响?就⽐如说别⼈发脾⽓或者是怎样,他就会产⽣恐惧.就是会受到外界的影响.⾃⼰没有什么主见的,没有什么定⼒的,没有坚强的意志⼒的,就是那种坚定嘛.

You lose control when you are too influenced by the outside world, lacking the ability to resist. As a result, your body produces corresponding sensations and you become particularly prone to dizziness. If you ask someone who suffers from car sickness, they will be highly susceptible to external influences, for example, getting upset or in an unpleasant situation caused by others, which might induce fear in them. They are easily affected by the outside world. Without a strong willpower or determination, they lack the ability to resist and make decisions on their own.

问: 如何脱离被控制?

Question: How can one break free from control?

JO: 那我们又回到了⼀个,你肯定是有⼀部分不⾃爱.然后才会创造出⼀个被控制,就是这个体验给你⾃⼰.⾸先你要知道被控制是你把你的权⼒交给了外在,是你交给了对⽅.你给了对⽅⼒量让他来控制你,也是来⾃于你⾃⼰内在的⽆⼒感,你⾃⼰没有接受你⾃⼰的⼀部分.不然就像我们的信息说的,你内在圆满,你投射的肯定都是圆满的.那如果你体验到你被控制的话,那就是你内在的…… 它就会进⼊到你被控制的世界⾥⾯去.但是当你意识到你是在被外界控制,那其实你在当下就可以拿回你的⼒量,明⽩吗? 因为你⾸先要明⽩它是来⾃于你内在.⾸先你要明⽩是你把⼒量给了对⽅.因为没有任何⼈能够控制任何⼈的,没有办法.

JO: So we come back to the idea that you absolutely don't take care of yourself and then create this experience where you are controlled - it's you creating this for yourself first. You need to understand that being controlled is when you give your power away to an external source, to the other person. You're giving them the strength to control you and comes from a sense of helplessness within you, not accepting parts of yourself. Otherwise, as our information suggests, if you have inner fulfillment, what you project must be fulfilling. If you experience being controlled, it's from your inner self entering into the world where you are controlled. But when you realize that you're being controlled by external forces, you can actually reclaim your power in the moment because you need to understand that it comes from within you. You need to understand that you gave the power away to the other person. Because no one can control anyone else; there's no way.

除⾮被你允许,你们双⽅创造了这样的体验.

Unless allowed by you, you both create such experiences.

问: 为什么下定决⼼,坚定不移这么的重要?

Q: Why is it so important to make up your mind and stay steadfast?

JO: 因为不需要你下定呀,它是你的状态呀,明⽩吗? 那你要去下定决定,就说明你是没有决⼼的⼈了.因为你有决⼼就是你的⼀个状态,那就是你呀.坚定不移就说明你还有很多声⾳嘛.就是你到底相信什么?其实你还是相信外在,那你其实还是没有⼒量的.你相信这个通灵的信息,我相信它.这个是⼀个教授的信息,我相信它.我的声⾳,我不相信它.明⽩吗?你还是在⼀个这样⼦的⼀个状态.所以下定决⼼哈坚定不移是⼀种存在的状态.你⾃⼰

JO: Because it's not something you have to decide on; it's a state of your being, do you understand? If you go ahead and make that decision, it means you lack determination because having determination is already part of who you are, which is you. Being firm in your belief shows that there's still an inner voice inside you wondering what you truly believe in. Essentially, if you're relying on external validation rather than trusting your own thoughts, then you don't possess true strength. You trust the information from spirit guides and believe it; this is a professor sharing wisdom which you accept. However, you don't trust your own voice. Do you get it? You're still in that state of indecision. Therefore, making up your mind decisively is being in an existing state of existence. It's about trusting yourself.

还没到那⾥,就没到那⾥咯.那你就慢慢的去悟了,慢慢的去体验,慢慢的去成长,慢慢的去经历这些⽣命的过程,千锤百炼咯.

Before you reach there, you haven't reached there yet. So you should gradually understand it, experience it, grow, and go through these stages of life, enduring the trials and磨砺.

问: 有⼈想问他⽗亲的⼿⼀种都很抖,关于⼿抖的问题,JO有没有什么信息可以带给我们?

Q: Some people wonder about their father's shaking hands. Does JO have any information that could provide insights to this issue?

JO: 你稍等.关于⼿抖,就是他⾝体没有办法去控制也是来⾃于他能量的⼀个不平衡.他是没有跟当下扎根的.他是⽆⼒的,他是好像风吹草动都会受到影响的.但是他又不喜欢这种感觉.所以他⼿抖,他⼀定会⾃⼰厌恶⾃⼰,⼀定会有这个成分在的.就是你怎么这么不争⽓啊,就这种感觉.所以还是关于⾃爱.就像我们前⾯信息说的,跟当下连接,接受、允许.你越连接越能感受到这种深深的爱,然后越是你发现没有任何地⽅需要去……你越来越有⼒量.那这样⼦他⾝体上也会有不同的感应的,就不再需要去感受刚才那种状态.所以我们今天的所有主题都是关于到⾃爱.你不⾃爱的话,你会体现到各个⽅⾯的.

JO: Wait a moment. The trembling of his hands is due to an imbalance in his energy, which means he cannot control his body. He lacks grounding in the present moment and feels powerless, as though every minor change affects him like the wind affecting grass. Yet, he dislikes this sensation. That's why he trembles; he definitely hates himself for it. It's about self-love, feeling disheartened or inadequate. As we've discussed before, connecting with the now, accepting and allowing yourself. The more you connect, the deeper your sense of love becomes, and the less need you have to find anything lacking. You gain strength, which translates to different physical sensations and no longer needing to feel as he did just then. Today's entire theme is about self-love; without it, you'll see it reflected in various aspects of your life.

问: 有⼈想问她冬天特别特别的怕冷,这是为什么?

Question: Some people want to ask her why she is extremely cold in winter, what's the reason?

JO: 她没有做很多让⾃⼰激情的事情吧,就很平庸吧,很平淡吧,就nothing interesting,就是没有什么激情.就像熊熊的⽕激情的燃烧,那你就感受到⽣命的⼒量,是旺盛的.那当你处于到这样⼦的⼀个状态,就是你还没有去发现⾃⼰的激情让⾃⼰燃烧起来,你的⽣命能量低嘛.那当你很旺很旺的时候,你就不会有如此强烈的感受了吧.

JO: She hasn't done much to ignite her passion, has she? It's quite ordinary and unremarkable, just nothing interesting. Imagine a raging fire burning with intense passion; you would feel the power of life, its vitality. When you're in such a state, it means you haven't yet discovered what ignites your passion within you, causing your life energy to be low. But when you are thriving and flourishing, you wouldn't have such a strong sense of it anymore.

问: 为什么总会想要事情像⾃⼰希望的那样发⽣和发展呢?

Question: Why does one always want things to happen and develop as one wishes?

JO: 那是来⾃于你执着于你⾃⼰头脑,就是你还不了解你的⾝份,你才会觉得头脑是最⼤的,它知晓⼀切的.你并不知道⽣命的安排,你并不知道⽣命给你的礼物.所以那也是来⾃于你⾃⼰的⼀个⽆明,⽆知,有限的认知.但是在这⾥⾯没有出路的,明⽩吗? 这么说吧,我们⼀直说你这个电风扇你都没有去插上电.你⾃⼰⼀直在那⽤⼿掰⼀下转⼀下,掰⼀下转⼀下.那你的⼈⽣是多吃⼒啊? 那你很快就把⾃⼰给累死了,什么都创造不出来,明⽩吗?所以说通不过你这个感受去发现⽣命的真相,去认识你⾃⼰.让你⾃⼰成为⼀个通上电的.

JO: That comes from you being fixated in your own mind, meaning that you don't understand your true nature, and that's why you perceive the mind as the biggest thing that knows everything. You're unaware of how life is arranged for you, and you're unaware of the gifts that life has given to you. So it also comes from your own ignorance, lack of knowledge, and limited understanding. But there's no escape in this situation, do you see? Put simply, we've been telling you about this fan you never plug into power; instead, you keep using your hands to twist it on and off. How exhausting is that for your life? You quickly exhaust yourself, unable to create anything. So the key is not passing through your feelings to uncover the truth of life, to understand yourself. Let yourself become something that's powered up.

问: 有⼈想问⾊盲是怎么回事? 怎么可以疗愈⾊盲?

Q: Some people want to know what causes color blindness and how it can be treated?

JO: how about 我们怎么去get benefit from it? 就⽐如说你说盲⼈,我们怎么样去疗愈盲⼈? 你怎么知道他选择盲⼈不是来为了不要去被物质世界的这些幻像所⼲扰,去开发我的⼼灵反应能⼒呢?你试图去把⾃⼰变成能看得见的⼈,你还不如试图去好好focuson你的⼼灵之眼睁开呢.所以说⾊盲真的需要被疗愈吗?不⼀定的.那当你真正的去拿到这个benefit,就是你选择⾊盲这个benefit如何服务于你的话,那你的⽣活就是五彩斑斓,就被打开了呀.那很多⼈他什么都正常,他没有⾊盲.他⽣命会精彩吗?不⼀定的.所以说去探索这个被拿掉的功能如何服务于你,你才能从中得到最⼤的benefit.

JO: How about benefiting from it? For instance, how do we heal blind people? How do you know that they chose to be blind not to be disturbed by the illusions of the material world but to develop their mental response ability? Instead of trying to become visually able like you, you should focus on opening your inner eye. So, does color blindness really need to be healed? Not necessarily. When you truly obtain this benefit, meaning how the choice of color blindness serves you, then your life becomes colorful and is opened up. Many people are perfectly normal, without color blindness. Will their lives be as vibrant? Not necessarily. Therefore, exploring how the loss of a function benefits you is what allows you to gain the greatest benefit.

不然的话,对你来说你就⼀直是抗拒的状态.你这朵花不会盛开的,不会结果的.因为你⼀直抗拒⽣命嘛.

Otherwise, you would have been in a state of resistance towards everything for you. You wouldn't bloom or bear fruit, because you've always been resistant to life.

问: 有⼈想问JO也是幻像吗?

Question: Some people want to know if JO is also an illusion?

JO: 所有的⼀切是不是幻像看你⾃⼰怎么去运⽤它咯.如果你觉得这个是幻像那就是幻像咯.那就算是幻像,你能很好地利⽤它让它来服务于你吗? 并不是说这个不是幻像,我就相信它.这个是幻像,我就不相信它.you are the one,就是你才是那个去决定我要拿这把⼑捅我⾃⼰,还是拿这把到切⾁.

JO: Everything depends on how you use it. If you perceive it as an illusion, then it is. Can you utilize it effectively to serve your needs, even if it's considered an illusion? It's not about believing in something just because it's not real; whether it's an illusion or not, the choice lies with you - deciding whether to stab yourself with this knife or use it to cut meat.

问: 有⼈想问她经历的三维世界是已经写好的剧本吗?

Question: Some want to know if the three-dimensional world she experienced was a prewritten script?

JO: ⾸先就是说某⼀些东西,⽐如说那个是你需要去体验的.但是你如何去创造它,就是你这个⽣命的连接度了.这么说吧,你看可能选择这⼀辈⼦你要学钢琴.但是你的钢琴能弹到全世界闻名的级别还是只是⼀个⼩学⽼师的级别呢? 明⽩吗? 所以你想去什么样level的你?

JO: First, it's about choosing certain things, like something you need to experience. But how you create that is the connection and depth of your life. Imagine, for example, if in this lifetime you choose to learn the piano. Will you become a world-renowned pianist or just a schoolteacher level? Do you understand? So it's about what level you want to reach in your own life?

问: 有⼈想问如何在当下扎根?是在当下追逐⾃⼰的激情还是在当下享受已经拥有的⼀切? 体验已经拥有的幸福呢?

Q: Some people wonder how to plant roots in the present. Should they pursue their passions, or enjoy what they already have and experience the happiness of it now?

JO:那需要脱离你的头脑.为什么呢?头脑不会让你在当下的.它⼀会⼉想着明天我要叫 bill,明天我有那个单,明天我有那个会议,还有昨天那个⼈骂了我⼀句…… 你有那么容易在当下扎根吗?当你真正的脱离你的头脑,你就在跟当下扎根.ok,这个通灵的⼥孩⼦她现在就在跟当下扎根.所以她不断不断地把宝贝拿出来给你们.那你⾃⼰能达到跟她的状态⼀样,你也不断不断地拿到宝贝,⾃⼰滋养你⾃⼰.当你得到滋养,其他⽣命也会从你这个被滋养的……就是你这朵花被滋养了,你不断不断地开了好多花.所有⼈都能看到这朵花的美,闻到这朵花的⾹味,欣赏这朵花的美,明⽩吗?

JO: That requires detaching from your mind. Why is that? The mind doesn't allow you to be present. It's either thinking about calling Bill tomorrow, having a meeting the next day, dealing with someone who scolded me yesterday... Can you easily ground yourself in the now? When you truly detach from your mind, you're grounded in the present moment. Okay, this spiritual girl is currently grounded in the present moment. Therefore, she keeps sharing her treasures with you continuously. Can you reach a state similar to hers and keep receiving these treasures, nourishing yourself as well? When you are nourished, other lives can see your beauty from your nourished existence. It's like when your flower is being nurtured; it blooms beautifully, allowing everyone to appreciate its beauty, smell its fragrance, understand, right?

#### 2023/11/14 — 灵魂主题之将军与⼈格整合Theme of Soul: The General and Personality Integration

JO: 你说什么问题?

JO: What's your question?

问: 请问我的灵魂主题是什么? 我叫XXX.62年的.

Question: Could you tell me what my soul theme is? I am XXX, born in 1962.

JO: 你稍等.我们连接到你这⼀⽣最重要就是给你来突破或者是锻炼,就好像你很易碎.就是你⼼理的承受能⼒或者handle事情的能⼒或者是接受能⼒这⼀点⾮常的弱.然后你选择这⼀⽣你想要让⾃⼰变得更加的强⼤,就是⼼灵层⾯的⼀个强⼤.有⼀点是你好像需要被千锤百炼,就好像是铸铁成钢的呢种状态.但是我们连接到这个能量,可能你还没有正式的、真正的不断地去接受,就是把这种锤炼,就是铸铁成钢的这个过程,就是这些锤⼦来打你的时候,你就会把它当成是真实的,就是留下了⽣命的⼀个伤痛.⽽不是把它变成来让你越来越强⼤.所以说你的⽣命⼒、你的内在的⼒量是还没有被完全唤醒的⼀个状态.

JO: Wait a moment. The most crucial connection in this life is to push you or train you, like you're very fragile. It's about your mental endurance or ability to handle situations, or the capacity to accept them - this aspect is particularly weak. You choose this lifetime to make yourself stronger on an emotional level. There seems to be a need for you to undergo rigorous testing and refinement, akin to steel being forged into iron. However, we are connecting to this energy in a way that might not yet have been formally or truly continuous; it's like accepting the process of refining without making it part of your growth journey. When these tools of refinement are applied to you, they become perceived as real life pains rather than opportunities for strengthening. As a result, your vitality and inner strength haven't fully awakened.

所以你会感受到你对你⽣命的掌控⼒很弱或者是很⼩.

So you would feel that your control over your life is weak or small.

问: 那我要怎么突破?

Q: How do I break through?

JO: 你需要不断不断地去通过物质世界去看到⾃⼰的⼒量,然后去相信⾃⼰的⼒量.然后不断地告诉⾃⼰你是有⼒量的.所以去通过⽐如说以前你需要找你⽼公,找你⼥⼉才能下的⼀个决定,办妥的⼀件事.现在你⾃⼰办成了.哇,你说你真棒.你看你很厉害.就⾃⼰夸⾃⼰.就让⾃⼰越来越相信⾃⼰.因为你的物质⾁体需要创造很多我可以做到的证据给⾃⼰,然后你内在的⼒量就会越来越强⼤.这是⼀个逐渐的过程.

JO: You need to constantly see your strength through the material world and believe in it. Then keep telling yourself that you are strong. So, praise yourself; recognize your own abilities. This helps build confidence within yourself. Your physical being needs to create evidence for what you can do, which will strengthen your inner power over time. It's a gradual process.

问: 我和我⽼公的灵魂主题是什么?

Question: What are the soul themes between me and my husband?

JO: 我们刚才说你不是很易碎吗? 那你就好像⼀个鸡蛋⼀样很容易碎掉,那他可能会像⽯头⼀样总是磕碰着你.所以你总是会感受到被击碎的感觉,明⽩吗? 所以你要把⾃⼰变成铁.他的⽯头或者是锤⼦落在你⾝上,哇,越来越有⼒.

JO: We just discussed that you're not easily breakable, right? So you're like an egg and very fragile, and he might always hit you as hard as a stone. This means you constantly feel the sensation of being shattered. Do you understand? Therefore, you need to transform yourself into iron. When his stone or hammer falls on you, wow, it becomes increasingly powerful.

问: 我总是失眠,为什么?

Question: I always have insomnia, why?

JO: 如果说你的灵魂主题是来让你变得更加的坚韧不拔或者是坚定吧.因为那个才是真实的你.那你现在的状态是没有成为真实的你,那你也没有办法⾃⼰在⼀个放松或者是和谐的频率.就是没有在⼀个中⼼频率.没有在中⼼频率,你的⾝体肯定会出现这些问题的.那它就好像⼀直不在轨道上了.你想⼀列⽕车它⼀直不在轨道上⾏驶,所以你感受到磕磕碰碰或者是很艰难是很正常的呀.所以说你会发现⽣命中很多事情都是很难推动的,不只是最基础的睡眠问题.

JO: If your soul's purpose is to make you more resilient or determined, because that is the real you. But if you are not in alignment with your true self, it means you cannot be in a relaxed or harmonious frequency either. You're just off center. Being off center means your body will definitely experience problems. It's like being unaligned, similar to how a train would feel out of track. It wouldn't be smooth; you'd expect jolts and difficulties along the way. So it makes sense that you'll find many things in life hard to move forward with, not just basic issues like sleep.

问: 那我该怎么做呢?

Q: What should I do then?

JO: 如果你只是说关于失眠这⼀个问题的话…… 因为我们联系的是你整个⽣命就好像是你这朵花没有绽放或者是还在⼀个这样⼦的状态.那如果你只是想单纯的解决睡眠的问题,那你可以通过⼀些,学会让⾃⼰的⾝体放松,就⽐如说听舒缓的⾳乐,然后泡澡,就是进⼊到⼀种放松的状态,可以缓解.但是这个只是可以缓解,真正的要改变根本的问题就是你需要⾛到你⾃⼰⽣命的道路上.你可以就像我们刚刚前⾯信息说的⼀点⼀点的去发现你⾃⼰⽣命中的⼒量.你是有掌控感的,你是主⼈.然后⼀点⼀点的去发现这个,不断地去加强它.不断地说我很有⼒量,然后不断地去成为你⾃⼰⽣命中的主⼈.你就会感受到你对⾃⼰⽣命的掌控感,⽽不是⽆⼒感.

If you are just dealing with insomnia... because what we're linking to is that your entire life feels like a flower that hasn't bloomed or remains in such a state. If you're only looking to solve the sleep issue, you can do this by learning how to relax your body through soothing music and taking baths, entering into a state of relaxation which helps relieve insomnia. However, while it provides temporary relief, addressing the root problem involves stepping onto your own path in life. You can discover your strength little by little as we discussed earlier, finding your power within yourself bit by bit. You have control over your life; you are the master. Gradually uncover this, continuously reinforcing it. Keep affirming that you're powerful and becoming the master of your life. This will give you a sense of control over your life rather than a feeling of helplessness.

问: 我经常肚⼦胀⽓和⼼脏痛是为什么?

Why do I often experience bloating and chest pain?

JO: 我们感受到就好像你憋了⼀肚⼦的⽓.那个⽓就是你⾃⼰内在的能量没有被释放出来.就本来你是很有⼒量的,但是你却英雄⽆⽤武之地.就好像它没有通过有效的⽅式去把这个能量给呈现出来,给释放出去.所以你就好像你是⼀个猎狗,但是却把你关在⼀个⼩屋⼦⾥不让你出去奔跑.你就会感受到你很多能量积压在呢,就会导致你浑⾝不舒服的,明⽩吗?

Jo: We feel as though you're holding onto a lot of anger. That anger is your inner energy that isn't being released. You have the strength inside, but there's no place for you to exert it; you're like a hero without a stage. It seems that this energy isn't being shown or let out in an effective way. So, you feel like a hunting dog confined to a small room and not allowed to run around. This makes you feel as if your energy is bottled up everywhere, causing discomfort throughout your body. Do you understand?

问: 那该怎么做才好呢?

Q: What should I do then?

JO: 因为你们年龄越⼤,你们头脑⾥的限制就越多,然后越是不容易让你们迈出这⼀步.但是我们想告诉你们的是去忘记你们⾃⼰的年龄.那如果你忘记你的年龄,这⾥便没有你的年龄,也没有你的⾝份了.那你就像个⼩孩⼦⼀样可以尽情的玩耍跳舞.

JO: Because as you get older, the limitations in your mind become more numerous, making it harder for you to take that step. But what we want to tell you is to forget about your age. If you forget your age, there's no age here, nor any identity. You can then behave like a child and play and dance as much as you like.

问: 还有眼睛模糊,还有⼀个影⼦⼀样.

Question: There's also blurry vision, and there's a shadow-like feeling.

JO: 我们前⾯的信息告诉你,你⾝体产⽣的所有这些症状也好,问题也好,它都是来⾃于你并没有活出你⽣命的本⾝.也就是说内在压抑了很多能量,没有得到释放.它是在⼀个失控的状态,⼀个失衡的状态.那我们说你需要解决的⽅式⽅法就是你需要忘记你的年龄,忘记你的物质⾝份,所有的⼀切.尽情的像个孩⼦⼀样去玩耍,就是像孩⼦⼀样整个能量先活过来再说.

In the information we've provided before, it tells you that all of these symptoms or issues your body is experiencing stem from the fact that you are not living out your true essence. In other words, there's a lot of energy being suppressed and not released within you; it's in an uncontrolled and imbalanced state. The way to address this issue is by forgetting about your age, your physical identity, and everything else. Just allow yourself to play like a child, letting the energy flow freely as if you were experiencing life through the eyes of a child.

问: 能不能疗愈⼀下?

Q: Can I heal a little?

JO: 这个不是疗愈的问题,这个是关于你⾃⼰.你能不能把你⾝边的细胞给唤醒.因为如果你头脑⾥⾯还有⼀个印象,还有对⾃⼰⾝份的⼀个定义.我都六七⼗岁了,我都这么⼤的年龄了,就是这些话语.它就会让你整个⼈都死⽓沉沉的,我不要动了,不要活了,⽼年⼈就要有⽼年⼈的样⼦.不是的.你是⼀个能量体.这么说吧,当你所有的亲戚朋友,⽼公孩⼦都在那⾥,你却像喝醉了酒⼀样还在那唱歌跳舞,你能做到吗? (回答: 做不到) 那就是了,那你先去做到这⼀点吧.当你能做到这个过后,你⾝上的病就好了,明⽩吗?

JO: It's not about healing, it's about you. Can you awaken the cells around you? Because if there is still an impression in your mind, and a definition of your identity - that I'm over 60 years old, that my age defines me - these words will make you feel dead inside. You don't want to move, you don't want to live, like an elderly person should behave. No, you're an energy being. Here's the thing: Can you be singing and dancing, surrounded by your family and friends, acting as if you were drunk, even when they are all there? (Answer: I can't do it) That's right. Do this first. Once you manage to do this, then the diseases in your body will heal, understand?

问: 我母亲有什么话要跟我说?

Question: What does my mother have to say to me?

JO: 你母亲觉得你受了很多委屈,也没有怎么好好的享受和快乐.她希望你在接下来的⽇⼦⾥只顾享受⾃⼰的快乐.这是她带给你的信息.

JO: Your mother feels you have suffered a lot of injustices and hasn't really been able to enjoy life or find happiness. She hopes that in the days ahead, you will only focus on your own joy. This is the message she wants to convey to you.

问: 她有没有去投胎?

Question: Has she reincarnated?

JO: 这是你们对灵魂的⼀个误解.那就这么说吧,你现在在这个世界上,但是你还有另外⼀个已经在其它地⽅投胎了.你能理解吗? 但是那个⼈格是永远存在的,就是你母亲那个⾓⾊的⼈格是永远存在的.

JO: This is a misunderstanding about the soul. Imagine that you are here on Earth right now, but another you has been reborn elsewhere. Can you understand this? But that personality, that role of your mother's personality, always exists.

第⼆个⼈问: 我的灵魂主题是什么? 我叫XX.

Second person asks: What is my soul theme? I am XX.

JO: 我们连接到就是说你就好像是⼀个将军,但是你又好像打下很多江⼭.然后在打下这个江⼭的过程,它就需要你整个⼈格的整合.简单说你这个⼈格的挑战就是它给了⾃⼰强⼤的野⼼也欲望.但是却给了它⼀个很多地⽅需要费⼒…… 就这么说吧,我想成为武林⾼⼿,我想成为江湖第⼀.但是我可能却有只⼿是残废的.那你可能就会⾯临更多的挑战,更多的努⼒才会匹配上你的决⼼,明⽩吗? 然后所以你就会感受到你的⼈⽣当中你很难放松下来,就是你很难轻松的过⽇⼦.就⽐如说别的⼥⼈可能就过的很轻松,可以享受⽣命.但是你好像不断不断地给⾃⼰设置难关、挑战.不断地想要去突破.

JO: You are like a general who has conquered many territories, but in the process of conquering these territories, you need to integrate your entire personality. The challenge for this personality is that it gives itself great ambition and desires, but also forces it into situations where there is a lot of effort required... Let me put it this way: I want to become a martial arts master, I want to be the top in the江湖 (martial arts community). But perhaps I have only one hand that's disabled. You would face more challenges and make greater efforts to match your determination. Understand? So you will find it hard to relax in life; you won't be able to enjoy life easily as others might. For example, other women might live very comfortably and savor their lives, but you continuously set obstacles for yourself, constantly striving to overcome them.

问: 我设置这些难关是为了让⾃⼰变强⼤,对吗?

Question: I set these challenges in place to strengthen myself, right?

JO: 因为你喜欢不断不断地去挑战.这是你⾃⼰想要去创造的⼀个体验.我这么给你说吧,就算⼀个有钱⼈把你娶到家让你什么都别做,你不可能,明⽩吗?

You enjoy constantly pushing boundaries - this is an experience you want to create for yourself. Let me put it this way: even if a wealthy person marries you and lets you do nothing, you wouldn't be able to, understand?

问: 我现在想轻松⼀点⽣活也能达到我的⽬的地,请问我要怎么做?

Question: I want to live more轻松 (lax) and still reach my destination, how can I do this?

JO: 那就是说你可能有许多许多的⽬标或者是挑战.但是在这个过程当中它就像是像镜⼦⼀样投射出你⾃⼰呈现出你⾃⼰⽬前的⼀个能量状态.就是它跟你想象的有哪些不匹配.然后你就可以得知,你就可以在这个过程中就好像是去修你⾃⼰,修正你⾃⼰.修你⾃⼰的观念观点也好,还是修其它的智慧也好,还是什么其它也好.因为你没有办法放下你的⽬标和野⼼,明⽩吗? 所以你就必须要修你⾃⼰.

JO: That means you may have many targets or challenges. But during this process, it reflects your own energy state and shows what doesn't match with your imagination. This allows you to understand that you need to work on yourself, adjusting your thoughts and perspectives, or enhancing other forms of wisdom, understanding that you cannot let go of your goals and aspirations. You have to improve yourself for that reason.

问: 那我是不是要放下我的⽬标和野⼼反⽽可以很轻松的到达呢?

Question: But would it be easier to reach if I let go of my goals and ambitions?

JO:你不会的.因为你设置的就是我必须要不断地挑战不断地挑战,所以没有办法.但是这是你很好的成长的过程.因为在你达到你想要的⽬标过后,⽐如说这座⼭被征服了过后,马上又有下⼀座⼭给你.就跟之前的那些去⼤江⼭征服天下的⼈⼀样,⽐如说征服了这个国家,他又想另外⼀个国家.这样不断不断地,不断地充满了挑战,不断地修正⾃⼰,不断地从中达到那种征服欲.就是你会有很强烈的征服欲.

JO: You can't do it because you have set up a system where I am constantly challenged and pushed to improve and innovate without end. There is no way out of this endless cycle, but it's actually a great process for growth and development. Once you achieve your goals, such as conquering a mountain or reaching the top in your ambitions, there will immediately be another challenge waiting for you. It's just like those who sought to conquer the world before you, whether by dominating nations or territories. You constantly pursue new conquests after each success, continuously refining and adapting yourself along the way, all driven by that powerful desire to dominate and achieve greatness.

问: 那我总不能是⼀直这样.

Question: After all, how could I always be like this?

JO: 你会很享受这个过程的.如果真的别⼈有钱把你娶回家让你什么都别做,你过不了这种⽣活的.

JO: You will enjoy this process very much. If someone really has money and marries you to take care of everything for you, you wouldn't be able to live that kind of life.

问: 这就是我的灵魂主题?

Question: This is my theme of the soul?

JO: 是的,你的灵魂主题.就是不断地设定⽬标,挑战.再设定⽬标,挑战.在这个过程当中不断地修⾃⼰,不断地成长.

JO: Yes, your soul's theme is constant goal-setting and challenges. It's about setting goals, facing them, then setting new ones, overcoming them - continuously refining yourself and growing throughout the process.

问: 我想连接⼀下耶稣.

Question: I want to connect with Jesus.

JO: 你稍等耶稣: 你可以提问了.

You wait a moment Jesus: You can ask your question now.

问: 我看您的⾃传那本书⾥⾯有很多场景很熟悉.我想问我和你之间的关系是什么?

Question: I noticed that many scenes in your autobiography are familiar to me. I'd like to know what our relationship is.

耶稣:⾸先你要知道当你看到⼀些东西很熟悉,因为你要知道所有的东西都在那⾥.你的能量可以连接到.你的能量连接到,你就会感受到那些东西就好像是你⾃⼰的.所以通过这样的⽅式你就可以知道你其实跟所有的东西,所有的⼀切万有都是连接在⼀起的.就这么说吧,你说我看到他们痛,我也很痛.这种痛的感觉很熟悉.因为你们本⾝就是连在⼀起的.它会唤起你内⼼的痛.所以很多有智慧的⼀些真理或者是信息,你也觉得很熟悉.因为所有的⼀切都在你的内在.

Jesus: First, you need to understand that when you see something familiar because you know everything is there. Your energy can connect to it. When your energy connects, you will feel those things as if they are yours. So through this way, you can know that you actually are connected with everything, all of existence. Put simply, you might say I see them hurting and I am hurting too. This feeling of pain is familiar because you are inherently linked. It awakens the pain within you. Therefore, many wise truths or information you find also very familiar because everything is within you.

问: 我想问你在当耶稣的期间,我跟你是不是同⾏者或者是朋友?

Q: I'd like to ask, during your time with Jesus, were you fellow travelers or friends?

耶稣: 你说的是哪个你呢? 如果是这个物质⾁体的你的话,你说呢? 那如果你说的是更⾼的你,更⾼的你跟所有都是⼀体.

Jesus: Which 'you' are you referring to? If it's the physical bodily you, what would you say? And if it's the higher you, the higher you is one with all.

问: 我当下最⼤的束缚什么?

Question: What is my biggest constraint right now?

耶稣: ⾸先就是说在你还没有成为爱的状态,所有东西都是束缚,所有东西都在束缚你.那当你达到只是爱的⼀个状态,那你就是连接了⼀切万有.那个你就不存在了,也就不存在有所谓的束缚.就当你在以你的物质头脑,以你的⼩我在运⾏的时候,就会是你的束缚.那你的这个物质⾁体也是你的束缚.为什么? 它想飞能飞吗? 它想去杀个⼈能杀吗? 所以⼀切都是你的束缚.那当你成为⽆限的你,那⾥才是没有束缚的.

Jesus: First of all, it's about saying that before you become a state of love, everything is confined, and everything is confining you. When you reach just the state of love, then you are connected to everything that exists. You don't exist anymore, so there is no longer any notion of confinement. So when you operate with your physical mind and through your little self, it's your confinement. Your this physical body is also your confinement. Why? Can it fly if it wants to? Can it go and kill someone if it wants to? So everything is your confinement. When you become the infinite you, that's where there is no longer any confinement.

问: 我的视⼒这⼀两年变差了.是什么原因? 能不能疗愈?

Question: My vision has deteriorated in the past one to two years. What is the reason? Can it be cured?

JO: 我们感受到,这么说吧,有⼀句话叫被物质蒙蔽了双眼.然后你现在的感觉⽐如说你需要有50%的时间跟灵界连接,50%的时间跟物质世界连接.但是你的注意⼒可能80%都是在跟物质世界产⽣连接,明⽩吗?那当这样⼦的⼀个状况发⽣的话,你会感觉好像你的⽣命⼒,好像你的物质⾁体的功能在变得没有那么⾼效的焦距的状态了.就这么说吧,⼀个⼈如果他三天三夜不睡觉,那你说他是不是什么东西都变差了? 他可能反应能⼒啊,眼睛看东西啊,脑⼦处理事情的能⼒呀,然后精神状态啊,表达能⼒啊都会变差的.

JO: We feel that there's a phrase that means your eyes are being blinded by materialism. And now you're saying that you need to connect 50% of the time with the spiritual realm and 50% with the physical world. But most of your attention, maybe 80%, is still connecting with the physical world. Do you understand? In this situation, you might feel that your vitality or your physical body's function is in a less efficient state. It's like saying if someone doesn't sleep for three days and three nights, everything about them would be worse off. Their ability to respond, their vision, their brain's capacity to handle things, their mental state, and their communication skills would all deteriorate.

问: 那我要怎么调整呢?

Question: So, how do I adjust it?

JO: 拿出来⼀些energy,就是从你的物质世界当中抽出来,拿出来你的⼀些时间,就好像放空⾃⼰.放空⾃⼰就是让你的⾝体得到完全的休息个放松.就是不去关注于焦距于物质世界的事情.但是这个情况当然包括你的头脑也进⼊到这种状态,⽽不是说⼈在那打坐放松,但是实际上脑⼦在那不停的想事.想着我明天的账单怎么办…… 就是你脑⼦⾥不停的想这种事.那你并没有把你从物质世界的这个相当中拉出来.

JO: Extract some energy, which means pulling it out from your material world and taking out some time to empty yourself. Emptying yourself means allowing your body to fully rest and relax. It's about not focusing on matters in the material world. Of course, this situation also involves your mind entering into such a state; it's not about sitting there relaxed but actually keeping thoughts buzzing around inside you—like worrying about how to pay tomorrow's bills… Your mind keeps thinking these things without truly stepping out of the realm of the physical world.

问: 那可不可以帮我疗愈⼀下?

Question: Could you help me heal a bit?

JO: ⾸先你的这个状态是通过你调整,就好像我已经三天三夜没睡觉了,我头昏眼花的.JO可不可以给我疗愈⼀下? 那我们说去睡会觉,等你睡醒了再看,明⽩吗? 所以让⾃⼰适当的放松.我们刚刚连接你的灵魂主题你是会给⾃⼰很⼤的压⼒的那种.就是不断地好像在拿个鞭⼦抽⾃⼰跑跑跑.你就⼀直是在这种⾃我激励⾃我鞭笞的状态下.然后我们想要让你们明⽩的就是说当你们停下来在休息的时候实际上你们也是在⼯作,⽽且是为了让你们的⼯作加倍的效率,更加有效的⼯作.⽽并不是说在偷懒.因为你们不太能忍受就好像是偷懒的状态.

JO: Your state is through you adjusting yourself, as if I haven't slept for three days and nights, feeling dizzy and tired. Can JO heal me? Let's say we're taking a break; when you wake up, we'll see again. So let yourself relax appropriately. You've been pushing your soul theme with immense pressure, continuously running around like being whipped by a whip. You are constantly in this self-motivating and self-flagellating state. What we want you to understand is that even when you stop for rest, you're still working, aiming for increased efficiency and effectiveness in your work, not laziness. Since you can't tolerate the idea of laziness yourself.

问: 我最近⼤量关注这些JO信息,然后我就很想睡觉很困是什么原因呢?

Question: I've been focusing a lot on JO information recently, and now I feel very sleepy and tired. What could be the reason for this?

JO: 那就是你⾝体需要的呀问: 但是我不看这些信息反⽽我不会啊.

That's what your body needs. But I don't see these informations and I won't know them either.

JO: 你如果接收到这样的信号想要睡觉,那你就去睡.当下那就是你⾝体需要的.所以说允许你的⾝体休息.如果你觉得你需要不断地鞭笞⾃⼰你才能达到⽬的地的话,那这就是你会体验到的⼀个⼈⽣版本.如果你觉得我天天睡觉,但是我所有的事情都会⾃动的安排好,你也会体验这样的⼀个世界.

JO: If you receive such a signal and want to sleep, then go ahead and do so. That's what your body needs at that moment. Therefore, allow your body to rest. If you feel the need to constantly beat yourself up in order to achieve your destination, this is the version of life you will experience. If you feel that I sleep every day but everything gets automatically arranged for me, you will also experience such a world.

问: 我的指导灵有什么要带给我的吗?

Question: Does my guide spirit have anything to bring me?

JO: 你的指导灵想让你知道的是当你越来越信任⽣命展开的⽅式,然后你就越能以轻松的⽅式去体验和创造.就是信任吧,它让你信任⽣命⾃⼰展开的⽅式.

JO: What your guides want you to know is that as you trust the way life unfolds more and more, then you are able to experience and create in a relaxed manner. Just trust it, allowing yourself to trust the way life unfolds on its own.

问: 每个⼈都有各种各样的情绪.那这些情绪是在灵魂出⽣前就已经带过来的,还是这⼀⽣头脑通过不断对记忆的储存⽽来的?

Q: Everyone has various emotions. Are these emotions brought over before the soul is born or are they acquired throughout one's life through continuous memory storage in the mind?

JO: 我们有说灵魂的印记,⽐如说在你的灵魂层⾯会有⼀些印记.就⽐如说你是⼴东⼈,你从⼩吃的⼴式的那些东西,可能长⼤了你⼀吃,你就特别喜欢吃这种.因为这是你曾经⼩时候,就是你在那边⽣活过嘛,你当然就会有⼀个熟悉的感觉.所以说在你们的这⼀世当中也会携带着⼀些印记在⾥⾯的.

JO: We talk about the soul's impressions, for example at your soul level there may be some impressions. For instance, if you are a Cantonese person, you've eaten those Guangdong-style things since young, so when you grow up and eat them, you might particularly enjoy that kind of food because this is something familiar from your childhood days when you were living in that place. Therefore, in this lifetime, you'll also carry some of these impressions within you.

问: 也就是说这些情绪是灵魂出⽣前带过来的?

Question: In other words, these emotions are brought forward from before birth?

JO: 它会有⼀部分这样⼦的⼀个印记.但是情绪的产⽣更多的来⾃于你⾃⼰对当下事情的⼀个反应,来⾃于你⾃⼰头脑⾥相信的东西,就是你对事件的⼀些定义、看法.然后这些也来⾃于你有限的认知.也就是说你的认知越有限制的话,你产⽣的各种情绪可能就越多.那如果你越是达到⼀种⽆限的话,你没有什么定义的话,你可能就⼀直是包容⼀切吧,就看到⼀切都是⼼平⽓和的,就不会觉得这是个问题.

JO: It will have a part of such an imprint. But the generation of emotions is more from your response to what's happening right now, from what you believe in your own mind, which are your definitions and perspectives on events. These also come from your limited cognition. In other words, the more restricted your cognition, the more emotions you might generate. If you strive for something infinite where there are no definitions, you might always be open to everything, seeing everything with calmness, not considering it as a problem.

问: 那要怎么样去消化掉这些负⾯的情绪呢?

Question: How do you deal with these negative emotions?

JO: 你如果产⽣了⼀些负⾯的情绪,那你先知道你⾃⼰会有⼀些负⾯的定义在那⾥.所以情绪就好像是个信号,它告诉你持有的某些东西.就是你的⼀些定义,你的⼀些看法,你的⼀些想法,或者是你⽆意识当中的⼀些东西.你需要就好像通过这个提醒,然后来认清楚你⾃⼰.它就好像是⼀个反射让你看到,明⽩吗? 那你看到我到底相信了什么,我才会产⽣这种情绪.

JO: If you've generated some negative emotions, then the first thing you need to understand is that there are some negative definitions in your mind. So emotions function as a signal that reveals what you're holding onto - certain notions, views, thoughts, or subconscious elements. You need to recognize yourself through this reminder and come to terms with your own beliefs, which I'll explain later. It's like a reflection showing you these things - do you understand? When you see what exactly it is that I believe in, that triggers such emotions.

问: 灵界是什么样的⼀个存在?

Question: What kind of existence is the Spirit Realm?

JO: ⾸先你要知道你其实⼀直都在灵界,只是⼀⼩部分的你焦距在这个物质⾁体来让你产⽣⼀些体验,对吧? 那就说明其实你也是⼀直连着灵界的,明⽩吗? 是个怎么样的存在? 然后如果是来让你们可以理解的⽅式的话: 你看你们空⽓中不断有灰尘,对吧? 阳光照到屋⼦⾥⾯不断有那么多细⼩的灰尘.然后有你⾁眼看不到的,看得到的.还有⽆限的⽆限的.就像是这样⼦,明⽩吗? 它⼀直在那飘着飘着,就在空⽓当中到处都是.

JO: First of all, you need to know that you've actually been in the spirit world, and only a small part of your existence is focused on this physical body to create experiences for you, right? This means that you're always connected to the spirit world, understand?

Then, if we were to explain it in a way you can comprehend: Imagine there are dust particles constantly floating around in the air you breathe, right? The sunlight continuously casts so many tiny specks of dust into your rooms. There are things visible and invisible to your eyes, and an endless amount of them just like that, understand? These particles are always drifting about everywhere within the air surrounding you.

问: 那整个宇宙有多少维?

Question: How many dimensions are there in the entire universe?

JO: 这个只是属于你们⾃⼰⼈类的⼀种专属的⼀种理解维度的⽅式吧,就是你们头脑能够理解的或者能够分辨的⼀种⽅式.但是这⾥我们说更多的是⼀种你成长的⼀个阶段,意识进化的⼀个程度.那如果从最⾼维度是属于⼀,就是最顶端了,它就是⼀体的,对吧? 然后那是最好的维,然后你们在哪⾥呢? 我们看看.有⼀句话叫道⽣⼀,⼀⽣⼆,⼆⽣三,三⽣万物.你们是在万物,就是最底部的.那最⾼的就是道么.道⽣了⼀么,然后再⽣成两个,然后两个再⽣成三个,三个再⽣成万物.所以说即使你们是万物,你们再往回推的话,你们也是⼀,明⽩吗?

JO: This is merely a way that humans comprehend and differentiate, confined to the realm of human cognition. However, when we talk about it here, we are referring more to a stage in your development or an extent of consciousness evolution. If you were at the highest dimension, which would be 'one', that means everything was unified, right? Then comes the best dimension, where do you stand? Let's see. There is a saying: "Dao gives birth to one," "One gives birth to two," "Two gives birth to three," and "Three brings forth all things." You are at the bottom, among all things. The highest would be Dao itself; Dao gave birth to 'one.' Then it generates two, then two produces three, and three generates all things. Even though you exist in this state of being 'all things,' if we trace back further, you essentially return to that fundamental unity, understand?

问: 因为有很多专家经常说我们的物质⾁体在三维,然后还有四维五维,这些不懂.

Q: There are many experts who often say that our physical bodies exist in three dimensions, then there are also four and five dimensions, which I don't understand.

JO: 这些是他给你们的头脑为了好分别,因为你们的头脑是要寻找分别的.你们不能活在⼀个没有分别的状态当中.然后头脑给你们就是说让你们有共同的知道,但是就算你知道说我在三维你在四维.你头脑其实也不是很好的能理解.但是只有同频的它们才不会相排斥,你记住.如果相排斥的,它们就是不同频.

JO: These are what your mind gives you for differentiation because your mind wants to find differences. You can't live in a state without differentiation. Then the mind gives you this notion of having common knowledge but even if you know that I'm three-dimensional and you're four-dimensional, your mind actually doesn't understand very well. But only those who are on the same frequency won't repel each other; remember. If they do repel, then they are not in the same frequency.

问: 不同频其实就是在不同的维度,能这么理解吗?

Question: Different frequencies are essentially in different dimensions, can it be understood like that?

JO: 你可以这么说.因为你这个频率它也不⼀直是在⼀个稳定的状态.那就延伸到了就是这⾥有⽆数个平⾏世界.你可以去进⼊到这个状态那个状态,明⽩吗? 那也需要你不断地去⾃我探索,⾃我认知.然后去达到⼀个你可以随时切换你的频率的⼀个状态.

JO: You could put it that way. Because this frequency isn't always in a stable state; rather, it spans countless parallel universes where you can enter into different states of being. Understand? And this requires constant self-exploration and self-awareness to reach the stage where you can effortlessly switch your frequencies at any time.

问: 现在整个地球和我们所有的⼈类是不是都在升维呢?

Question: Is the entire Earth and all of humanity experiencing a dimensional upgrade now?

JO: ⾸先不是现在,因为这是⼀直.因为就好像你说⼀棵植物它是不是⼀直在成长呢? 难道这棵植物它以前不成长吗? 它是⽣命啊.

JO: First, it's not now, because this is always the case. Just like when you say a plant if it's growing all the time? Does that mean the plant didn't grow before? It's alive, after all.

问: 我想问是不是最近会更快⼀点?

Q: I want to know if things will be faster recently?

JO: 这么说吧,这是发展的⼀个过程.只是说这个灵界点,就⽐如说你们最开始不断地沉浸在物质当中,对吧? 然后沉浸在物质当中,你们感受到物质当中的⼀些局限性,对吧? 然后当你们感受到了物质世界当中的⼀些局限性,那你们就好像要触底反弹⼀样.所以你们又要就好像去你们⽣命的⼀个…… 你们现在是三⽣万物,对吧? 那你这个万物在从这边回到三,回到⼆,回到⼀,再回到道,回到源头,明⽩吗? 越往源头⾛,你就越觉得⾃⼰⽆限.因为你越远的话,你就越有限制.就你的能量或者是你的⼒⽓就感觉越来越⼩⼀样,因为你很远了,对吧? 那你越是靠近中⼼,你越是感觉到⾃⼰⽆穷⼤,⽆穷限了.

JO: Let me put it this way, this is a process of development. Just to talk about the spiritual threshold; for example, you start by deeply immersing in matter, right? Then being immersed in matter, you feel some limitations within it, right? Then when you feel these limitations within the material world, you kind of hit rock bottom and bounce back up. So you are looking at a cycle of your life… You're now creating from trinity, right? That this万物 then goes back to three, two, one, returning to Dao, the source. Understand? The closer you go to the source, the more boundless you feel yourself becoming. Because as you move further away, the restrictions increase. It's like your energy or strength feeling smaller and smaller because you're so far off, right? But the closer you are to the center, the more you feel yourself infinite and without bounds.

问: 那⼤约什么时候会升到⼆,升到⼀的呢? 如果⽤我们物质⾁体的时间来讲.

Question: When will it rise to approximately two, and then to one, if we use our physical time?

JO: ⾸先就是你要知道是你⾃⼰创造了你⾃⼰体验的版本.我跟你说这边已经有⼈修到道,修到⼀,但是你能加⼊他们吗? 明⽩吗? 那这⾥还有很多都是在万物当中.所以它们其实都在那⾥的,只是你⾃⼰要跳到哪个地⽅去呢? 明⽩吗? 因为如果按照你的问题提问的话,就好像你们所有的都是在同⼀个速度,同⼀条船上.但是你们每⼀个都是在⾃⼰的船上.

First of all, you need to understand that you are the creator of your own experience version. I tell you there are already people who have achieved this path and reached one, but can you join them? Do you get it? Here, there are many things within everything. So they're actually all there, just which part you choose to jump into is up to you, do you understand? Because if your question is asked in that way, it's like everyone is moving at the same speed and on the same boat. But each one of you is on your own boat.

问: 我可不可以这样理解可能有⼀部分⼈先到⼆,先到⼀.然后再带动剩下的⼈,最后⼤家⼀起达到道?

Question: Can I understand that a part of people might first reach level two, then level one, and subsequently motivate the rest, eventually achieving the Dao together?

JO: ⾸先这个物质世界,这个地球,就好像这个课堂它会⼀直在这⾥的.因为是供⼈们来体验对⽴,来体验限制,来体验所谓的⿊暗吧,对⽴⾯吧,明⽩吗? 因为这个就是体验的意义.那你可以当你达到了道,我再返回到万物去,我还想再体验啊.或者你还有事啊.所以你这个体验是⽆限的.它根据你⾃⼰的⼀个选择.

JO: First of all, this material world, this Earth, is like this classroom that will always be here for people to experience opposites, limitations, and what you might call darkness or the opposite sides, understand? Because this is the meaning of experiencing. You can return to the path when you've reached it and wish to experience again, or if there's something else you need to do. Therefore, your experiences are infinite, depending on your own choices.

问: 我跟这个通灵的⼥孩⼦的灵魂主题是什么?

Question: What is the soul theme between me and this spirit girl?

JO:你稍等.我们感受到她就好像是你的⼀个军师⼀样,也就是说因为你在去⼤江⼭或者是想要去拿下、占领的那些东西.这个过程中你可能会需要很多的引导或者是指导,然后你们就会建⽴这种连接感.如果说你们这个层⾯的关系那就应该像是那种,就像导师这种关系吧.就是她可以让你少⾛很多冤路.

JO: Wait a moment. We feel that she is like your strategic advisor. In other words, when you're heading towards great mountains or trying to conquer something, during this process, you might need a lot of guidance or direction. As a result, you would establish a sense of connection. If we talk about the relationship at this level, it should resemble a mentor-student relationship. Essentially, she can help you avoid many detours.

问: 我有没有⼀世是做过皇帝的呢? JO: 你说的是哪⼀个你?

Q: Did I have a life where I was an emperor?

JO: Which you are you referring to?

问: 就是我现在的这⼀股能量.你帮我连接看看.

Question: It's about the energy I have now. Help me connect with it.

JO: 我们连接到你更多的是亲⾃上战场的像将军⼀样的那种能量.所以在你的⾻⼦⾥⾯你还有很强烈的⼀种征服欲,就好像停不下来要亲⾃上战场的那种勇者,战⼠那种.

JO: We connect with you more through the energy of being a general going into battle yourself. So there is still within your bones this very strong desire to conquer, like an unstoppable hero who must go into battle and be a warrior.

问: 为什么⼈类都有评判⼼? 要怎么消除?

Question: Why do humans possess a judgment heart? How can we get rid of it?

JO: 那是你们基本上的⼈都体验⼀个我是我,你是你,就是分离的吧.就是把⾃⼰跟他⼈给分开了.然后你就会觉得其实对⾯的⼈是⼀个⼈.但是我们想让你知道其实对⾯那个⼈是你的⼀部分,他只是映射出那个你.就好像他呈现出来的是你的⼀部分.如果你还在对他有评判,实际上你是对你⾃⼰的⼀个评判.当他有很多评判的时候,他内在⼀定是不和谐的.他内在有很多愤怒,他那种更多是来⾃于他没有去完完全全的绽放出来,活出来⾃⼰的⽣命⼒,对⽣命的⼀个掌控⼒.然后就会导致⼀种就好像是⾃我攻击⼀样.

JO: That's the basic experience for most people that I am me and you are you, which is a sense of separation - separating oneself from others. Then you would perceive the other person as one entity. But we want you to know that the other person is actually part of you; they're just reflecting back who you are. It's like what they show is a part of you. If you still have judgments about them, in reality, you're judging yourself. When someone has many judgments, their inner self must be dissonant. They have a lot of anger within because they haven't fully blossomed and lived out their life force, their power over life. This leads to a sort of self-attack.

问: 那你的意思就是说我们评判别⼈其实是攻击⾃⼰?

Q: So your point is that when we judge others, we are actually attacking ourselves?

JO: 其实是⾃⼰没有活出⾃⼰,⾃⼰没有接纳⾃⼰,⾃⼰没有整合⾃⼰,还把⾃⼰当成是⾃⼰的状态.所以你才活在⾃⼰创造的⾓⾊当中嘛.

Actually, it's because you are not living up to yourself; you haven't accepted yourself; you haven't integrated yourself, still treating yourself as your own condition or state. That's why you live in the roles you create for yourself.

问: 就是活成了⼯具⼈了?

Question: Has one just become a tool person?

JO: 就活在你⾃⼰创造的⾓⾊当中.问: 那要怎么去消除呢?

Jo: Just live in the roles you've created for yourself. Q: How do you deal with that?

JO: 那就是说通过你的智慧的增长,通过你不断地去从万物到三,然后再到⼆,再到⼀,这样的⼀个过程,你会发现这⾥没有分别.当你真的在滋养他⼈,他⼈也在滋养你.当你在帮他⼈,你就在帮你⾃⼰.当你在唤醒他⼈,你就在唤醒你.当你在攻击他⼈,难受的先是你⾃⼰.你就会体验到其实你所做的⼀切其实都是在给⾃⼰做.

That is to say, through the growth of your wisdom, by constantly moving from everything to three, then back to two, and finally to one, you will discover that there is no discrimination here. When you truly nurture others, they also nurture you. When you help others, you are helping yourself. When you awaken others, you are awakening yourself. When you attack others, the discomfort comes first from yourself. You will experience that everything you do is actually for your own benefit.

问: 怎么样更好的去传播JO信息?

Question: How can we better disseminate JO information?

JO: 你应该问你⾃⼰,因为当你感受到了⼀种孜孜不倦,总是想做到事情,你就做.这个就是你⾃⼰的⼀个⽅式和⽅法.为什么呢? 因为当你真的能沉浸在⾥⾯,然后不求任何回报,然后感受到强烈的激情的话.那就是你⾃⼰的⽅式了.因为这个是需要你⾃⼰独⼀⽆⼆的⽅式体现在你⾃⼰的⽣命⾥⾯,⽤你的⽅式.如果你只是说形式上⾯啊.但是我们永远说你⾃⼰本⾝就是⼀个传播者,就是你⾃⼰本⾝就是光.那⾛到哪⾥,别⼈不得不被你照亮.那就是所谓的知⾏合⼀.

JO: You should ask yourself because when you feel this eagerness and always want to achieve things, that's what you do - this is your own way and method. Why? Because if you can really immerse yourself without expecting anything in return and experience a strong passion, then it is your way. It needs to be uniquely yours expressed in your life through your own manner. If you just talk about it superficially on the surface level, but we always say that you yourself are a disseminator, you yourself are light, and wherever you go, others can't help but be lit up by you - that's what people call being in harmony with one's actions (知行合一).

问: 请问你们灵界还有什么信息要带给我吗?

Question: Could you share any more information from the spiritual realm with me?

JO: 你稍等.我们感受到你拥有强⼤的能量,就是强⼤的这种激情吧.然后就是⼀定要不断地不断地去消除你⼼中的对⽴⾯.就是你不要设任何对⽴⾯,也不要有任何…… 就这么说吧,我们说有光有⿊暗,对吧? 不要残留任何⿊暗在你的体内.为什么呢? 因为如果你强⼤的能量被⿊暗给侵蚀的话,它有可能是以负⾯的⽅式去呈现出来.所以当你不断地让你⾃⼰充满光的话,那你的能量就会以正⾯的⽅式呈现出来.就是说服务于你⾃⼰,也会服务于⼤众和众⽣.

JO: Wait a moment. We sense the great energy within you, which is this intense passion. Then, you must constantly remove any opposing forces in your heart. Do not create any opposites for yourself and avoid holding onto them. Let's put it this way: we talk about light and darkness, right? Do not allow any darkness to linger inside you. Why not? Because if your strong energy is corrupted by darkness, it might manifest negatively. Therefore, when you continuously fill yourself with light, your energy will present itself in a positive manner, serving both yourself and the masses.

问: 我想连接⼀下我的奶奶.她有什么话要跟我讲?

Question: I want to connect with my grandmother. She has something to tell me.

JO: 你稍等.你奶奶想要告诉你的就是说她想要让你多修⾃⼰的⼼,修到那种像是⼼平⽓和的⼀个状态.因为她会觉得你好像是⽐较容易上⽕,好像容易有⼀种内在的⽕太旺了.她好像对你有⼀种⼼疼的感觉吧.所以让你清点⽕吧.这是她对你能量层⾯的⼀些信息.

JO: Wait a moment. What your grandma wants to convey is that she desires for you to cultivate your mind, reaching a state of calmness and serenity. She senses that you might be prone to anger or have an overly fiery essence inside, which makes her feel protective towards you. Therefore, she's advising you to cool down. This is the message she has regarding your energy level.

#### 2023/11/14 — 线上集体通灵问答Online Group Mediumship Q&A Session

第⼀个⼈问: 您说我们每⼀个⼈都天⽣⾃带打包好了的⼀切,包括天赋才华.那我的天赋才华是什么呢?

The first person asks: You say that each one of us is born with everything packed up inside, including talents and gifts. What are my own talents and gifts?

JO: 就好像是⼀颗种⼦,你说它的种⼦⾥⾯也包含了它的成长轨迹.但是它能不能开花结果,结的果⼦有多好到? 到底是发育不良的,还是长的好的? 它也有很多外在的因素.那就好像这颗种⼦有没有在⼟⾥⾯,对吧? 也就是说你有没有遇到⼀个好的滋养你的关系? 我们通过这些,那你就可以知道⼈类为什么是⼀体的了.每⼀个完全绽放的灵魂都离不开其他⼈的滋养.就⽐如说这颗种⼦有没有进⼟壤⾥⾯? 那个⼟适不适合它⽣长? 然后那个⼟有没有⽔的滋养? 有没有阳光? 有没有养分? 明⽩吗? 所以那是不是⼀个灵魂它能得到完完全全的绽放,它是不是离不开所有其它的⽀持,对吧? 为什么我们总是说你在⽀持别⼈就在⽀持你⾃⼰?

JO: It's like a seed; you say that its seed also contains the path of its growth. But can it actually bloom and bear fruit? Will the fruits be good or not? Is it due to poor development, or is it because it grows well? There are many external factors as well. That's similar to asking whether this seed is in the ground, right? In other words, have you encountered a nurturing relationship that supports your growth? Through these processes, you can understand why humans are interconnected. Every fully blossoming soul cannot exist without being nourished by others. Is this seed actually entering into the soil? Does the soil suit its growth? And does the soil have enough water to nourish it? Does it receive sunlight and nutrients? Do you see? So whether a soul can achieve complete blooming depends on whether it cannot do so without all other forms of support, right? Why do we always say that supporting others is also supporting yourself?

如果这个⼟壤特别的⼲,你说你这颗种⼦在⾥⾯可能会发芽吗,对吧? 所以说当你是⽔,你滋养了⼟地.这个⼟地让你的种⼦得以发芽.这就是为什么你们每⼀个个体的存在,就是当你再去⽀持对⽅去绽放的时候,你才会得到滋养.如果你是在损害对⽅,让对⽅得不到绽放,那你就就在损害你⾃⼰,明⽩吗?因为只要是你⾝边的⼈,只要是你⾝边的,那就说明你跟他是有连接的.那如果是有连接的,就好像你们那些树都连在⼀起,根连在⼀起.其它树⽣⾍了,你迟早也会⽣⾍的,明⽩吗?所以你们需要去明⽩的就是你们是⼀个整体. OK,你们是个体,你⽤你的⽅式去展现出,去演绎出,就是这个能量通过你是什么样⼦,展现出⽣命的样⼦.

If the soil is especially dry, would you say that your seed might sprout within it, right? Therefore, when you are water, you nurture the earth. This earth allows your seed to sprout. That's why each individual's existence relies on supporting one another in blooming; only then will you receive nourishment. If you are causing harm and preventing someone from blooming, you are essentially harming yourself, understand? Because whoever is around you, whether they are near or not, indicates that there is a connection between you and them. If there's a connection, it's like all your trees intertwined with each other, their roots bound together. If one tree gets pests, sooner or later, so will yours, do you get it? Therefore, you need to understand that you are part of the same whole. Alright, you're individuals, using your unique ways to express and manifest this energy into what life looks like through you.

对⽅有他独⼀⽆⼆的⽅式去展现出⽣命是什么样⼦.就好像你是⼀朵玫瑰花,对⽅是⼀个苹果.苹果可以吃,那你玫瑰花赏⼼悦⽬,但是你们都得以成为⾃⼰本来的样⼦.当你越来越去⽀持你⾝边的每⼀个存有,每⼀段关系.他们都会回馈于你,来滋养你.在那个时候就能去发现你的⽣命是如鱼得⽔,然后你就能看到你的天赋才华是什么.所以不要切断你跟任何外界其它的连接,明⽩吗?给出去你的爱,⽽不是给出去你的愤怒和恐惧.为什么呢?这些都会返回来给你.去滋养每⼀个灵魂,你将得到滋养.必须是这样.你没有办法滋养你⾃⼰,如果你不滋养他⼈,明⽩吗?

The other party has their unique way of showing what life is like. Just as you are a rose, the other is an apple. The apple can be eaten, and your rose brings delight to the eyes, but both must remain true to their essence. As you increasingly support every being around you in every relationship, they will give back to nourish you. Then you would find that your life is vibrant like fish in water, and you would see what your gifts are. So do not cut off any connection with anything external; understand? Give love, not anger and fear. Why? They all come back to you. Nourish every soul, and you will receive nourishment. It must be this way. You cannot nourish yourself if you do not nurture others; understand?

问: 那我的天赋是什么呢?

Q: Then what are my talents?

JO: 如果说你真的是像是那种就是把你⾝边的每⼀段关系,就是你在滋养别⼈的话.你便是⽆限,你便是淋漓尽致的,明⽩吗? 它没有⼀个我只能做这个,只能做那个.因为你会完完全全的像开挂了⼀样,你被完全的激活了.你如果只有⼀技之能的话,那你就没有被完全激活.你可能只是这⼀辈⼦学的这⼀个技术⽐较专注,⽽另⼀个技术⽐较…… 那如果你被完完全全的激活的话,那你想成为什么你就是什么.因为得到源源不断地⽀持,⽆论是哪个层⾯的.宇宙的⽀持,能量层⾯的⽀持,还是物质世界三维世界的⽀持,四⾯⼋⽅所有的⽀持都朝你涌来,你还有什么不能做? 你还需要什么天赋,明⽩吗? 我的意思就是说你想做什么,所有⼈都来⽀持你.

JO: If you truly are someone who nurtures every relationship around them, allowing others to flourish, then you are infinite, you are fully expressed, do you understand? There's no limitation of 'I can only do this or that.' Because you would be completely unleashed like a cheat code activated, your potential is maximized. If you have but one skill set, then you haven't been fully unleashed. You might have focused on mastering one technique throughout your lifetime while another might have remained undeveloped. But if you are fully unleashed, there's nothing you can't become because you receive continuous support across all levels - cosmic support, energy level support, and support from the material world in our three-dimensional universe, with assistance coming from every direction. You cannot be limited by anything, do you understand? There is no need for any more innate gifts, do you understand? I mean that whatever you want to achieve, everyone will rally behind you.

就你⼀个念头⼀个想法,因为你把所有的管道都连接通了呀.所以说去⽤⼼的连接每⼀个管道.我不管对⽅是谁,他都能⽀持你,哪怕就是你街门⼜的流浪汉,你知道吗?就这么说,你可能在家找⼯作.但是门⼜有个流浪汉,你每次可能都会给他⼀个善意的帮助或者是跟他聊聊天.他感受到你是⼀个温暖的⼈.然后又有⼀个企业家从他⾝边过,然后企业家跟他聊天.然后他跟企业家推荐你,这边有个特别善良的⼈怎么样怎么样.就是因为那个流浪者的⼀句话,你就被那个企业家重点的培养,看重.然后你就摇⾝⼀变,明⽩吗?所以说不要去⼩看任何⼀个⼈,只要他能到你⾝边,他就有礼物给你.看你能不能看到,看你能不呢拆开礼物,看你能不能运⽤这个礼物.为什么呢?

With just one thought or idea, because you've connected all the pipelines together. Therefore, put your heart into connecting each pipeline. It doesn't matter who the other person is; they can support you. Even a homeless person at your street entrance, do you understand? That's how it goes. You might be looking for work at home. But there could be a homeless person at your door. Every time you may give him a kind gesture or have a chat with him. He would feel that you are a warm-hearted person. Then, an entrepreneur passes by him and chats with him. The entrepreneur then recommends you, saying there's someone very kind here like this and that. Because of one word from the homeless person, you get special attention and recognition from the entrepreneur. You transform into something else. Can you see that? Therefore, don't underestimate anyone; whoever comes to your side has a gift for you. It's about whether you can see it, if you can open the gift, and how you can use this gift. Why is that so?

有时候那个礼物是⼀坨屎,你只是不知道那个屎⾥⾯藏着⼀颗种⼦.那颗种⼦就是能养活你这⼀辈⼦的⼀棵树,就

Sometimes that gift is a pile of dung, you just don't know that seed in the dung can grow into a tree that will sustain your life for generations.

是⼀棵果树.那你这⼀辈⼦都不需要担⼼营养的问题了,你源源不断地都有果⼦吃,明⽩吗?每年结那么多果⼦,你吃不完你分享出去.⼈家把⼈家的也分享给你.你源源不断地啥都有了.然后你再把这颗种⼦再播种,然后长成⼀⽚果园.哇塞.那你再卖出去,那你再开⼀果汁⼚.你再吸引很多⼈来帮你做这个事业.那你最开始跟它说这是⼀坨粪,然后把这坨粪丢到隔壁邻居去.然后你就把丰富、多姿多彩、丰盛的这⼀⽣给踢⾛了.被你的局限,被你的限制,被你⼼⾥的怨恨,就是觉得宇宙是来害你的,它不是来助你,就是这种想法.所以你把它与之于门外,然后你这⼀辈⼦都⾃怨⾃艾的,就觉得我好可怜.为什么每⼀个⼈都这么有钱,我这么穷?明⽩吗?

It's a fruit tree. With that, you won't need to worry about nutrition for your entire life. You'll have a constant supply of fruits to eat, do you understand? Every year it bears so many fruits; if you can't finish eating them, share them with others. People will share theirs with you too. You'll have everything in abundance constantly. Then, plant this seed again, and let it grow into an orchard. Wow. After that, sell your products, start a juice factory, attract many people to help you run this business. Initially, you call it dung, throw that dung over to the neighbor's place. You would then kick away all richness, diversity, abundance, and regret your life. All because of your limitations, boundaries, resentment in your heart; the universe is seen as against you, not for you. So you keep them at a distance, feeling sorry for yourself constantly, asking why everyone else has money while you're poor? Do you understand this?

所以从现在开始去充满期待的,像⼩朋友在拆他的圣诞节礼物⼀样,⼀个⼀个的,哇哇哇,我今天要接收到什么?! 你看你现在就在拆礼物呀.我们现在就在给你送礼物.所以感恩它,接收它,很好的利⽤它,再把它送给这个社会.你将源源不断地去收到反馈给你的.为什么呢?因为你分享出去的是你的喜悦,是你的丰盛,是你的快乐,是你对⽣命的⼀种喝彩,是你对⽣命的⼀种赞赏、感恩.然后这些都会源源不断地反弹给你.为什么?你只能收到你给出去的东西.如果你给出去的是限制、怨恨、仇恨、愤怒. ok,那个就是你将会收到的.所以每⼀个⼈当下就就有礼物.它不是在明天,它不是在将来.当下礼物你拆不开,你将来也没有礼物.

So from now on, be excited like a kid opening his Christmas gifts one by one, "Wow! What am I going to receive today?!" You're right there opening the gifts now. We are sending you gifts right now. So, thank it, accept it, make good use of it and then send it back into society. You will keep receiving feedback from this continuous exchange. Why? Because what you share is your joy, abundance, happiness, celebration of life, appreciation for life, gratitude. And these sentiments will come back to you in abundance. Why? You can only receive what you give out. If you give out limitation, resentment, hatred, anger...you'll receive those. Hence, everyone has gifts right now; they're not reserved for tomorrow or the future. Current gifts cannot be opened, and there's no gift waiting for you in the future either.

问: 我知道JO给我说这⼀段话其实是看到我的能量已经准备好从有限去到⽆限.

Question: I understand that when JO told me these words, they saw that my energy was ready to transition from limitation to infinity.

JO: yes,you are ready.

JO: Yes, you are ready.

问: 我从⼆⼗多岁开始就过着闲云野鹤的⽣活,全国各地到全世界去玩. 我会这样⼀直过下去吗?

Question: I have lived a life of wandering like a carefree cloud or stray bird since my twenties, traveling all over China and around the world for fun. Will I continue this way indefinitely?

JO: 你只会更好.因为你们收到了我们的信息,ok? 这个就是我们给你的礼物.你只需要去相信,如果你不相信,它便不会发⽣.但是你是深信不疑的⼈对我们.所以不断地去拆你的惊喜,后⾯惊喜不断,越来越多.你只需要狂喜,然后让所有⼈看到你狂喜的样⼦.我们感受到你对我们信息的深信不疑.

JO: You will only get better because you have received our message, okay? This is the gift we give to you. You just need to believe in it; if you don't believe, nothing will happen. But you are someone who deeply believes in us. So keep opening your surprises continuously; there will be more and more. All you need to do is be ecstatic, and show everyone how ecstatic you are. We feel that you deeply trust our information.

问: 我有时候⾦钱会紧张,不确信它……JO: 你可以不⽤去管它.为什么呢? 当你⼀接触我们的能量,其它都会抛之于脑后.你再返回到物质世界偶尔会这样⼦,但是没有关系.为什么呢? 因为你会跟我们建⽴紧密的连接.所以说不需要去处理它,不需要去在乎它,ok?

Q: Sometimes I feel financial tension and am unsure about it... JO: You don't have to worry about it. Why not? When you connect with our energy, everything else fades away. You might experience this occasionally when returning to the material world, but there's no problem with that. Why is that so? Because you'll establish a strong connection with us. Hence, there's no need to deal with it or pay attention to it, okay?

问: 我想请JO帮我打通我⽆限丰盛的财富管道.

Q: I would like to ask JO to help me activate my unlimited prosperity wealth channel.

JO: 刚才已经打通了.你去反复的听那段信息就可以了.问: 那最后您还有什么要对我说的吗?

JO: We've already made contact. You can just listen to that message repeatedly. Q: And is there anything else you want to say to me?

JO: 去狂喜,狂欢.因为你越是在⼀种狂喜和狂欢的状态,你越是能更快的进⼊到那个你.因为那个你已经存在了,明⽩吗? 她并不是不存在,已经存在了.那如果你越是关注物质世界,被其他⼈的能量拉扯的话,你就拉远了,就离那个你远了.那你越是只是⾃嗨的话,那你就越来越靠近他,就是在你的物质层⾯的体验你就会觉得时间在加速.就会觉得你很快就成为那个版本了,⽽不需要再继续熬的很久,明⽩吗? 所以说外在的痛苦都是假象,记住.外在的限制,外在的匮乏,外在的任何,就是那些你⼼⾥不爽的东西都是假象.只有你⼼⾥爽的、嗨的、狂的、野的、淋漓极致的,这个才是真相,这个才是⽣命的本⾝.

JO: Go wild with joy and celebration, because the more you are in a state of wild joy and celebration, the faster you can enter that 'you.' You already exist, understand? She is not nonexistent; she already exists. If you pay too much attention to the material world and are pulled by other people's energies, you move away from yourself. But if you simply indulge in self-entertainment, you get closer to it. In your physical experience, time accelerates as you feel you're quickly becoming that version without needing to endure for a long time, understand? Therefore, external pain is an illusion; remember this. External limitations and scarcity are illusions. Any outside issues that bother you are illusions. Only the inner satisfaction, excitement, wildness, and complete fulfillment within you are realities. This is life itself.

第⼆个⼈问: 能不能看⼀下我跟我丈夫,还有我跟我⼥⼉的灵魂关系? 就是我们在这个物质世界组成家庭的课题是什么?

Second person asks: Can we look at my relationship with my husband and also my relationship with my daughter in terms of our soul connections? What is the subject of forming a family in this physical world for us?

JO: 你可以先问⼀下你⾃⼰的灵魂主题.因为这个主题就可以延伸到关于你的另⼀半.问: 那我先问⼀下我的灵魂主题.我叫XX.我23岁.

JO: You can start by asking yourself about your soul theme, as this topic can also be extended to your partner. Ask: Alright, let's first inquire about my soul theme. I am XX and I'm 23 years old.

JO:我们连接到你这⼀⽣选择这个主题最主要是来好像要修你个⼈的定⼒.因为你是特别容易受外界对你的影响.然后容易因为外界影响⽽产⽣⼀种恐慌或者是怀疑⾃⼰,就会不⾃信.就好像是性格上你想要去更加完善它吧.所以你就感受到实际上你从⼩到⼤总是摇摆不定或者是总是受到他⼈影响,总是很难去真正的坚持⾃⼰⼼中想要的或者是想做的,或者是很难有⼀个清晰的⽬标或者是⽅向是⾃⼰的这样⼦.所以说在这之前你就很难发展⼀番属于⾃⼰的⼀个事业.

JO: We connect to you primarily for this life's choice of subject in order to cultivate your personal discipline, as you are particularly susceptible to external influences. You often experience panic or self-doubt due to these external impacts, which erodes your confidence. It seems that you desire to refine and improve your personality. As a result, you feel that throughout your life, you've been indecisive and easily influenced by others, finding it challenging to truly stick to what you genuinely want or aspire to achieve. You struggle with having a clear and personal goal or direction. Consequently, developing a career of your own was difficult for you before this lifetime.

问: 那我这辈⼦还会有事业吗?

Question: Would I still have a career in my lifetime?

JO: 你当然会有啊.我们不是说你的挑战是什么吗? 那你把你性格层⾯的挑战,就是让你⾃⼰转变.就是挑战过后,你就会拥有⾃信、定⼒,就不会被外界影响,⽽是⾃⼰去创造⾃⼰的事业和⼀番天地,明⽩吗? 你们来挑战的都是你们⾃⼰会去突破的.只有你把这些当不当成是挑战? 如果你把它当成是我的命这么这么苦,⽼是遇到这种事情,就是不如意,就是随波逐流.别⼈⾛到哪,我就⾛到哪的话.那就会把时间延长咯.就是好像考试⼀直没有过,明⽩吗?

JO: Of course you will have those. Didn't we talk about what your challenges are? So, by overcoming challenges related to your personality, which means transforming yourself, you'll gain confidence and focus that won't be swayed by external influences. Instead, you'll create your own career and world, understand? The challenges you face are ones you will surpass on your own journey. It's only whether you perceive these as true challenges or merely accept them as a constant struggle, like my fate being so tough, always encountering the same issues, leading to dissatisfaction and simply following others' paths without distinguishing yourself. If that's the case, time will drag on unnecessarily. Just like when exams never seem to pass, do you see?

问: 我在这个物质世界组建的家庭,他们是来帮助我的吗?

Question: The family I've built in this material world, are they here to help me?

JO: 就像我们前⾯信息刚刚说的,只要是你⾝边的每⼀段关系,它们都会有礼物送个你.但是你能不能接收到? ⽐如这么说吧,有的礼物是需要你先给出去对⽅什么,他才能给你.这么说吧,他可能是⼀棵苹果树,他来给你提供这⼀⽣的⽔果和营养,对吧? 但是他这棵苹果树能不能在你的⼟壤⾥⾯得到发芽,得到成长? 你能不能让它来回馈给你呀? 那如果你做不到这⼀点,你就得不到它的滋养,你就得不到它给你送的礼物了.

Just as we've mentioned in our previous information, every relationship you have around you comes with gifts. But the question is, can you receive them? Imagine it this way; some of these gifts require you to give something back to him first for him to give you one. Let's take an example where he might be a tree that grows apples. He could provide you with fruits and nutrition throughout your lifetime, right? The question then becomes, can this apple tree of his grow in the soil that is you? Can it flourish? Can it come back and benefit you? If not, you won't receive its nourishment or the gifts it has to offer.

问: 那我和我丈夫的灵魂关系是什么? JO: 你们在⼀起多久?

Question: What is the nature of my soul relationship with my husband? Answer: How long have you been together?

问: 3、4年.他叫XXX.

Question: In 3, 4 years, he'll call XXX.

JO: 我们连接到他的能量,他就⽐较像是固执吧.他就正好跟你有点相反.就是可能他决定的事情,他下的决定就很难有⼈可以改变他吧.就是他的思想就很难被⼈影响,被⼈改变.然后你就可以从他的…… 但是这个能量是需要中和的,明⽩吗? ⽐如说你是⼀个棉花,他是⼀个⽯头.他的太硬,你的太软.但是我们却需要是⼀种泥巴的状态,明⽩吗? 橡⽪泥的状态.所以你需要去通过你接触过的,就是你是棉花,他是⽯头.然后再去整合到⼀个中间的状态.因为你会体验到你⾃⼰的⼀个棉花的状态,也会体验到对⽅的⼀个⽯头的状态.但是你会觉得这两种都不妥.

JO: We connect to his energy, he's more like stubborn. He is just opposite to you a bit. That means maybe once he decides on something, it's hard for anyone to change his decision. His thoughts are difficult to be influenced or changed by others. And you can observe this from him... But this energy needs to be balanced, understand? For example, you are cotton and he is stone. His is too hard while yours is too soft. However, we need to be in a state like mud - understanding? Like playdough. So you need to experience through what you have been exposed to, being the cotton against his stone. Then integrate into a middle state because you will experience your own cotton state as well as his stone state. But both are not suitable for you.

问: 就相当于要互相调和吗?

Question: Is it like finding a balance between each other?

JO: 不是互相,因为这是你的功课,明⽩吗? 对⽅只是做⾃⼰.这是你⾃⼰去…… 因为你从灵魂层⾯去突破去挑战,它是跟着你的呀.它是跟着你个⼈成长的呀,它在你的⾥⾯.那说不定等你转变了过后,你便不需要他这个⾓⾊了,明⽩吗?

JO: It's not reciprocal because this is your homework, understand? The other party just does their own thing. This is for you to... Because you're transcending and challenging from a soul level, it follows you. It follows individual growth, it's within you. Maybe once you've transformed, you won't need that role anymore, understand?

问: 那就是分开了嘛.

Question: That means they are separated.

JO: 不是.只是说你在每个阶段,你的功课是不⼀样的.那如果你的意识没有成长呢? 没有转变呢? 明⽩吗?

JO: Not necessarily. Just that your homework changes at each stage. But if your consciousness doesn't grow or change, do you understand?

问: 明⽩.我想知道我去世的狗狗有什么话想对我说? 它现在过的好吗? JO: 你养了多少年?

Q: I understand. I want to know what my late dog wants to tell me. Is it doing well now?

A: How many years have you been taking care of it?

问: 我养了半年,然后它⽣病去世了.

Question: I kept it for half a year, then it got sick and died.

JO: 我们连接⼀下.我们连接到就是说这条狗狗就好像通过它来反射出你内在对⽣命⼒的⼀个失控感,就好像有⼀种我没办法掌控我的⽣命,就是⼒量感的缺少吧.就它有点像是你的⼀个能量状态,就好像⽬前来说你会觉得你的⽣命是需要依附他⼈或者是更强⼤的⼈或者是更强壮的⼈.就是你还没有⼒量去觉得⽣命是在你⾃⼰的掌控当中的.所以这是你现阶段的⼀个能量状态,明⽩吗?

JO: Let's connect. This dog reflects a sense of losing control over your vitality, as if you can't manage your own life or feel the absence of power. It seems like it represents your energy state, where you might feel that your life needs to be supported by others, stronger people, or more powerful individuals. You don't have enough strength to believe that your life is in your control. This is your current energy status, do you understand?

问: 那它现在过的好吗?

Question: And is it doing well now?

JO: 你把它当成是⼀个⼯具吧.⼯具就是说它只是在那个阶段来呈现出你当时的⼀个状态⽽已.因为你们的能量状态会通过各种,⽐如说通过⼈啊,通过事件啊,或者动物啊,或者其它所有的⼀切来让你去体验到你⾃⼰的内在的状态,明⽩吗?

JO: Think of it as a tool – something that merely presents your state at that moment. Your energy state manifests through various channels like people, events, animals, or anything else you come into contact with, allowing you to experience your inner self. Understand?

问: 明⽩,意思就是说我要改变我⾃⼰的状态.

Q: Understand, meaning I want to change my own state.

JO: 你通过外在的⼀个相看到这是你⾃⼰.因为它们会激发你⼀些东西.但是我们现在就告诉你,你就可以从中去学习到了.当你⾃⼰变得⽣命⼒特别强⼤,特别顽强.然后就像⼀个战⼠⼀样,你的狗狗它也会精⼒充沛的,不会那么weak,就是不会那么弱.就是不会⽣个病就没了,或者遇个事故就没了.就是⼼中恐惧吧,明⽩吗?

JO: You see yourself through an external aspect, because it triggers something within you. But we're going to tell you now that you can learn from this. When you become so powerful and resilient that you are like a warrior, then your dog will also have plenty of energy; it won't be weak anymore. It won't fall ill or perish in an accident due to fear in its heart, understand?

问: 那JO还有什么指引我的吗?

Question: Does JO have any guidance for me?

JO: 你稍等.我们想让你知道你⽬前经历的所有这些都是你成长的⼀个过程,都是你成长的⼀个阶段.它都是假象,不是真实的你,明⽩吗? 它不是真实的你,不要把它当成是你.如果你感受到害怕或者⽆⼒,只是⽬前你需要去体验的⼀部分.你体验到⽆⼒你就想着,ok,它是为了我以后感知到我强⼤有⼒的那⼀⾯做准备的.不然我怎么知道我那会⼉变成了强⼤有⼒啊,对吧? 仅此⽽已.

JO: Wait a moment. We want you to understand that all of what you're currently experiencing is part of your growth process, an aspect of your development. It's all illusion; it isn't the real you. Can you see this? It isn't the real you, so don't consider it as such. If you feel fear or powerlessness, these are just parts of what you need to experience right now. When you experience helplessness, think about it like this: okay, it's preparing me for the future when I'll be able to perceive my strength and power. Otherwise, how would I know that at some point in time I became powerful? That's all there is to it.

第三个⼈问: 如何缓解焦虑?

The third person asks: How can one alleviate anxiety?

JO: 我们连接⼀下你的能量.你说⼀下你的名字.问: 我叫XXX.

JO: We'll connect your energy. Say your name. Q: I am XXX.

JO: ⾸先知道你⾝体的反应它并不是真实的.它是根据你⾃⼰给你的头脑设置了⼀些你信以为真的.就是我们经常这么说你看前⾯有⼀个⿁,你看着好害怕哦.我们把灯打开,你看着是⼀件⾐服在被风吹着动起来了.那你⼼中的恐惧感是不是马上就消失了,是不是? 所以说当你看清楚你⼼中产⽣的恐惧感是因为你认为是个⿁产⽣的.那让你看清了真相,它是⼀件⾐服.那你⾝体的恐惧感当时就消失了.这么说吧,突然有⼀把到⼑在你脖⼦上,我要杀了你.你害怕的要死.那突然,嘿嘿嘿,你的朋友说跟你开玩笑的.你去体验⼀下你的⾝体的那种进⼊恐惧,然后马上放松,松⼀⼜⽓的那种感觉,对不对? 因为你们会把⾝体产⽣的⼀个反应、感受当成是真实的.

JO: First, know that your body's response is not real. It's based on what you've programmed into your mind as being true. We often say something like this: You see a ghost in front of you and it looks very scary. When we turn on the light, you realize it's just a piece of clothing blowing in the wind. Immediately, the fear within you disappears, right? So when you understand that the fear originates from your belief that there is a ghost, seeing the truth—that it's just clothes—eliminates that fear. This analogy goes like this: Suddenly, someone holds a knife to your neck and threatens to kill you. You're terrified. But suddenly, heheh, it turns out he was joking. Imagine experiencing your body entering into fear, then instantly feeling relieved as tension leaves your muscles, correct? Because you tend to treat the reactions from your body as if they were reality.

⽽不去想你到底是相信了什么,或者是你到底是什么believe system,你们没有看到这个.因为如果你想象⼀下⼀个傻⼦,他不会有什么情绪.⼈家拿⼀把⼑,他可能觉得你这个⼑挺好玩的.他不会产⽣恐惧,明⽩吗? 因为他脑⼦⾥⾯没有觉得你是来杀我的.所以说你到底相信了什么才是最重要的.那你⾝体产⽣的呢种应急反应,焦虑的反应或者是不能放松的反应,那⼀定是你觉得你物质世界发⽣了什么事情是来害你的,或者是你没有办法去handle,就是你没有办法去处理.还有就是说你在试图去⽤头脑去掌控⼀切.这是最重要的.因为你们没有⼀个课程来教你们头脑的功能.

And not figuring out what you actually believe in, or your underlying belief system, is where the problem lies. You don't see this. Because if you imagine a fool, he won't have emotions. People pull a knife on him, he might think that your knife is fun. He wouldn't feel fear, understand? Because there's no thought in his mind that you are here to kill him. So what you actually believe in becomes the most important factor. Then, the kind of stress response or anxiety response or inability to relax that your body produces is definitely because you perceive something happening in your material world that's coming after you, or you can't handle it - meaning you cannot deal with it. And also trying to use your mind to control everything. This is the most important point. Because you don't have a course taught about how your mind functions.

你们的物质头脑是你们整个⼈的⼀部分,因为你们就把这个物质头脑或者是把那点记忆当成是你.⽤仅有的那⼀点信息在运作,你当然会产⽣焦虑了.你不知道你的灵魂,你的⾼我它选择了这⼀⽣主要是突破和体验的什么,挑战的是什么.你就会觉得就突然⼀下⼦⼀个⼈把你推上了战场,⾯对⼀群敌⼈.你惊慌失措,你觉得这是咋回事,我怎么不知道这是怎么回事.你就产⽣焦虑.恐慌.因为你不明⽩.你刚从就好像睡梦中惊醒.那我们就告诉你你刚才睡着了,实际上你是个战⼠,你是个将军.你看了⼀下你⾝上的⾐服,哦,我回忆起我的⾝份了.原来我是个将军,那你马上就不害怕了,明⽩吗?

Your material mind is a part of you as an entire being because you identify with this material mind or that memory as being you, operating on the little information available, it's only natural for anxiety to arise. You don't know what your soul, your higher self has chosen in this life mainly to break through and experience, the challenges are. You would feel suddenly thrown onto a battlefield facing an army of enemies. You're panicked, wondering how this could happen, why I didn't know it was happening. Anxiety and panic arise because you don't understand. You've just awoken from what feels like a dream-like state. We tell you that you were just sleeping, actually, you're a warrior, a general. You look at your clothes, oh, I recall my identity. I'm a general after all, so you instantly stop being afraid and understand.

所以说那你的这种焦虑或者是恐慌或者是不安,就来⾃于你还没记起来你的⾝份.你还没记起来外界的事件是怎么回事,就是它发⽣是怎么⽀持你的.像我们刚刚说的所有的外界都是来⽀持你的,只是你有没有看到? 你有没有那个眼光或者认知去看得到这些东西? 你如果头脑⾥⾯只装着恐惧或者害怕或者是那些bad memory,就是那些不好的记忆的话,你会把它往上套的.你会觉得,你看之前我的⼀个邻居发⽣在他们⾝上的事怎么样怎样样.然后你觉得你也会这样.不是的.你们每⼀个⼈剧本都不⼀样.所以不要去对照任何世界上其他⼈的灾难或者其他⼈的经历,其他⼈的体验.你才是那个创造

So that anxiety or panic or unease comes from you not remembering your identity. You haven't figured out what happened in the outside world and how it supports you. All of those external things are here to support you; have you seen them? Do you have a perspective or understanding to see these things? If your mind is filled with fear, anxiety, bad memories - just unpleasant recollections - you will project this onto others. You'll think something like, "Look at what happened to my neighbor," and then conclude that it could happen to you too. No, each of you has a different script. So don't compare yourself to anyone else's calamities or experiences; you are the creator of your own reality.

者.记住这句话.只有你相信那个bad thing,就是那个不好的事情会发⽣在你的⽣命当中,它才会发⽣.然后发⽣的原因是因为你创造了它,因为你坚信不移,明⽩吗? 是因为你对它的深信不疑⽽产⽣的.就像我们带给第⼀个⼈的信息,因为她对我们的信息深信不疑,她就会接下来是狂喜狂欢,明⽩吗? 那你对那些危险或者是恐惧或者是其它不好的事情,你对它坚信不疑,那你也会产⽣这种不好的体验.但是产⽣的体验并不是外界给你的,并不是你的命不好,并不是你可怜,并不是因果,就是你造了孽,不是的.就是因为你相信.因为你才是那个创造者,你相信什么你就体验什么.仅此⽽已.

Remember this phrase: Only when you believe that bad thing will happen in your life, will it happen. And the reason why it happens is because you create it through your unwavering belief, understand? It's due to your deep conviction that brings about such experiences. Just like the information we give to the first person who believes us entirely and experiences elation as a result; similarly, when you believe in dangers, fears, or other negative things, those experiences will follow suit because of your faith. However, these experiences are not bestowed upon you from the outside world, nor is it due to bad luck, sympathy, karma, or having committed some sin. It's simply because you believe and hold onto the belief that creates those experiences for you. Nothing more than that.

问: 在养育孩⼦的过程当中我怎么样做才可以帮助到他成长?

Q: How can I assist in his growth during the process of raising a child?

JO:我们总是告诉你,你们先养育你们⾃⼰.孩⼦只需要你在⼀个平和、允许、爱的频率下,他⾃然就受到滋养了.为什么呢?孩⼦⾮常的敏感,他能感受到你的真实频率.你真实频率如果是充满了恐慌、恐惧.不管你嘴巴上说宝贝,我爱你,他会感受到你的恐慌的,明⽩吗? 所以说你真实的频率是什么? 如果你能让⾃⼰处在有爱的频率下…… 这么说吧,⽆论发⽣事,你先让⾃⼰静坐打坐.让⾃⼰所有的memories,所有这种负⾯情绪,就是把⾃⼰归零吧,让⾃⼰到⼀个和谐的频率,就是⼼⾥充满了喜悦.就是恨不得见到孩⼦,啊,我马上见到孩⼦了,我好开⼼.我恨不得跟他分享⽣命的喜悦,那你去见他.

JO: We always tell you to nurture yourselves first. Children are naturally nourished when they are in a peaceful, permissive, and loving frequency. Why is that? Children are very sensitive; they can sense your true frequency. If your true frequency is filled with panic and fear, regardless of what you say, "宝贝,我爱你," they will feel your panic. Understand? So, what is your true frequency? If you allow yourself to be in an affectionate frequency... Let's put it this way: whenever something happens, first calm down and meditate. Clear all your memories, all these negative emotions; essentially, reset yourself to a harmonious frequency where your heart is filled with joy. You're eager to see your child, "Oh, I'm going to see my child soon! I'm so happy." You want to share the joys of life with them. Then go and meet them.

如果你⼼中充满了指责,我要教育你,我要教导你,我要怎么怎么你,那你不要接近他.因为你在压迫他,你没有滋养他.他没有办法去呈现他本来的样⼦,应该有的⾼度.所以你们真实的频率和能量才是对孩⼦最好的滋养.⽽不是你头脑⾥⾯有限的认知和观念、观点.那些都是限制你的.如果你连你的⼈⽣都活的不好,都不快乐,然后你都没有成为世界上最耀眼的那个⼈.你没有办法去教导他,ok?如果世界上最耀眼的那个⼈他告诉你孩⼦不需要教导.那如果你们没有成为全世界最耀眼的那个⼈,你没有资格去教导他.你可以爱他.但是你爱他,你⾃⼰必须是在⼀个爱的频率.不然的话,你就是头脑⾥⾯的爱.你觉得我让你考试就是爱你,我让你读书就是爱你.

If your heart is full of blame, I will educate you, I will teach you, I will do this and that to you, then don't approach him. Because you are putting pressure on him, you are not nurturing him. He has no way to present his true self, the height he should have. So, what you genuinely emit in terms of frequency and energy is the best nourishment for a child, not your limited cognition and concepts in your mind that restrict you. If even your own life is not well-lived, if you are not happy, and you haven't become the most shining person, you cannot teach him. Okay? If the most shining person tells you that children don't need to be taught, then if you have not become the most shining person worldwide, you do not have the right to teach him. You can love him, but you must love from a place of love within yourself. Otherwise, your love is just in your mind. You think giving exams and making him read books is loving him.

那是你⾃⼰对⽣命的⼀个不认知⽽已.

That's simply a misunderstanding of life on your part.

问: 我的灵魂年纪有多⼤?

Question: How old is my soul?

JO:我跟你讲就算是个⽼灵魂,它也可以再变成⼀个新灵魂.这不是你们⾃⼰理解的那样⼦.但是你可以去探索⼀下你的灵魂主题,然后你需要去突破或者挑战的.

JO: I'll tell you that even a soul old in spirit can become a new one. This isn't what you perceive it to be. But you should explore your soul's theme, and then you need to break through or challenge it.

问: 我婆婆最近检查出来得了癌症.我就想知道作为她的家⼈怎么去⾯对她的事情? 怎么能够帮助到她?

Question: My mother-in-law was recently diagnosed with cancer. I want to know as her family member, how should I face this situation and how can I help her?

JO: ⾸先外在发⽣的某⼀件事情都可以供你去展现你这个灵魂到底怎么去理解,怎么去创造,怎么去转变的.就好像这⾥有个东西你要把它变成什么,就好像这⾥有⼀坨橡⽪泥你要把它捏成什么样⼦? 你来捏.那你⾸先要知道你们⼈类现在是有共同的集体的课程要突破,那就是疾病.但是你们所有⼈都把疾病当成是灾难或者是不好的或者是避免,最好⼀辈⼦不要得病.但是如果你们的认知在这⾥,就是你们这个频率它会产⽣⼀个有病的⾝体.那我们是不是应该去学习如何调频,让这个频率不产⽣问题呢? 你们⼀直在吃药、⼿术,然后切切切.从来没有任何⼈去关注过你的⾝体之所以有问题,你们的社会之所以有问题是你们每⼀个⼈散发出来的频率产⽣的问题.

JO: First, whatever happens externally can serve as a vehicle for you to demonstrate how your soul understands, creates, and transforms. Imagine there is something here that needs to be turned into something else or think of this lump of clay needing to be molded into some shape; it's up to you. Thus, your human species faces a collective course to break through in the form of illness. However, everyone tends to view illness as disaster, ill-fated, or undesirable, aiming not to fall sick throughout their lives. But if your understanding is that this frequency generates an unhealthy body, shouldn't we learn how to tune our frequencies so they don't create issues? Instead of consistently taking medication, undergoing surgeries, and chopping away, no one has ever considered that the problems with their bodies and society as a whole stem from the individual frequencies each person emits.

这是你们的频率投射到,因为你们内在东西,你们内在的频率和能量它需要⼀个东西呈现出来.那它需要通过你的⾝体去呈现出来你的状态,它需要通过⼀些关系⼀些事件,还有社会上的集体的事件,⽐如战争、瘟疫、什么灾难也好,都是你们这个能量场呈现出来给你们看到的.你们才能从这个能看到的相知道where you are,你在哪⾥.不然你没有办法借⽤这个反射去认识你们,去知道你⾃⼰.就好像你说我要化妆,我不给你镜⼦.我不给你镜⼦,你能⾃⼰化个妆? 所以你说你要成长,你说你的能量你要转变.然后我啥都看不到呀,我啥都体验不到呀.我能量在哪呢? 没有东西反射给你,你体验不到.你闻不到,你看不到,你摸不到,你感受不到.

This is what your frequencies project onto, because the things within you, the frequencies and energies inside of you need something to manifest out of themselves. And it needs to be shown through your body as a manifestation of your state. It needs to be manifested through relationships, events, and collective societal events like wars, pandemics, or any disaster; all these are projections of your energy field that show themselves to you in order for you to see them. You can only know where you are from seeing these visible manifestations. Otherwise, you have no way of using this reflection to recognize yourself, to know who you are. It's like saying I want to put on makeup, but I won't give you a mirror. If I don't give you a mirror, can you put on makeup for yourself? So when you say you want to grow, you say your energy needs transformation. And then there is nothing for me to see, no experiences for me to have. Where is my energy? There's nothing reflecting back to you for you to experience, smell, see, touch, or feel.

你怎么知道你在哪? 你是谁? 所以每⼀个外在的它都是⼀个反射体,它都是来帮你的,明⽩吗? 外界的⼀切.那关于我们在回到具体⼀点.你可以通过这个事件看到是你们集体的⼀个功课.然后再回到如何具体的我们怎么样可以帮助到我们⾝边⽣病的⼈.那就是把你处在⼀个爱的状态,让你⾃⼰处在⼀个爱的状态,⽆条件的爱的状态.你头脑⾥⾯没有恐惧,你头脑⾥⾯没有评判,没有就是你怎么这样你怎么那样.你只是⼀个爱的存在,没有任何声⾳出现.你那个频率,你就会疗愈他,明

How do you know where you are? Who are you? So every external thing is a reflection for you, it's here to help you, understand? Everything outside. And this relates back to us being more specific. You can see through this event as a collective task. Then return to how we specifically can help the sick people around us. It's about being in an attitude of love, being yourself in a state of unconditional love. No fear in your mind, no judgments, no 'you should do this or that'. You are just a being of love, with no sound appearing. At that frequency, you heal him, understand?

⽩吗? 你就会把她带到爱中,就好像你是柴⽕,你燃烧起来了.那她靠近你,她就会感受到你的温度.那她⾝体的体温就会发⽣变化呀,她会感受到温度呀.那你这个没有燃烧起来,她感受到的是寒冷呀.好冷啊,不舒服,不适感.所以说清除你⾃⼰的恐惧,让⾃⼰处于爱的频率就是你们能为⾝边的⼈做的最好的.

White? You would bring her to love as if you were the firewood; you are ignited. Then when she is near you, she will feel your heat. Her body's temperature would change, she would sense the heat. But if you haven't ignited, she feels cold. So cold, uncomfortable, discomfort. Therefore, it's said that clear away your own fears and maintain love's frequency is the best thing you can do for those around you.

第四个⼈问: 我去国外旅⾏了⼀趟…… 我跟这个地⽅有没有什么连接? 我将来会不会在这⾥⽣活或者发展?

The fourth person asks: I traveled abroad... Do I have any connection to this place? Will I live or develop here in the future?

JO: 你要知道你们所有⼈对美好的事物或者是风景,他们都会有⼀种…… 因为这个频率会让你进⼊到⼀种美好的状态呀,明⽩吗? 但是跟你有没有,当然它如果唤醒了你的⼀部分,然后你想要去进⼊到这样⼦的环境,想要⽣活在这样⼦的环境当中,你当然就可以去把⾃⼰往那个地⽅推了.因为你可以去创造你⾃⼰想要体验的呀.当然你可以创造⼀个美好的环境给你⾃⼰体验呀.

JO: You need to understand that everyone is attracted to beautiful things or scenery, because this frequency will lead you into a pleasant state of mind, do you see? But whether it suits you depends on if it awakens certain aspects within you. If it does and you desire to be in such an environment, wanting to live in such surroundings, then naturally, you can push yourself towards that place. You can create the experiences you want after all. Of course, you can also create a beautiful environment for your own experience.

问: 我去过很多地⽅,但是这⾥让我印象深刻……JO: 你可以不⽤去⼀下⼦找到,就是你这⼀辈⼦要不要做⼀个决定.为什么呢? 因为有的时候它可能只是你这⼀阶段你可能需要,明⽩吗?因为这⼀阶段你可能需要去连接你内在的宁静或者是平静或者是安静或者需要在那边遇到⼀些⼈⼀些事,或者唤起你内在的某些东西.因为你会不断地成长,不断地转变,你的主题也不⼀样.那当你这个点突破了,得到了⽣命的礼物的时候.你有可能会被⼀个⼤城市吸引.为什么?因为那⾥又有你的功课,明⽩吗?所以跟随你当下的脚步,⽽不是说我做了⼀个决定就是⼀辈⼦的.不断地去迎接你⽣命的惊喜,因为你不知道你的⼈⽣的旅途、⽣命的旅途它是给你送来什么礼物.

Q: I've been to many places, but this one really stood out... JO: You don't have to rush to find it; the question is whether you want to commit your life to making a decision. Why? Because sometimes what you need might just be something you require for that particular phase of your life. Do you understand? As you grow and transform, your themes are different. When you reach a point where you've achieved a breakthrough in receiving life's gifts, it's possible that you'll be drawn to a large city. Why? Because there is more work you need to do, right? So follow the path of your current journey, not assuming that once you make a decision, it will be for life. Continuously embrace the surprises and gifts of your life because you never know what challenges or blessings await on your life's journey.

但是你只要记住每⼀步都会有礼物给你就可以了.

But just remember that there will be gifts for every step you take.

问: 如果⽐如说想要到那边⽅向,平常的⽅向就会有所变化……JO: 那你可以⽐如说请半年假来让⾃⼰,去跟随⾃⼰.因为你们头脑不太清楚⽬前这个物质世界怎么样benefit me,就是我怎么样从中得到benefit.但是你可以把⾃⼰放开,让⾃⼰进⼊

Q: If you want to go in a certain direction, your usual direction would change...

JO: You could take a six-month leave to allow yourself, to follow yourself. Because your mind is not clear about how this material world benefits me, or how I can benefit from it. But you can let yourself go and enter into...

看看到底上天给我准备了什么礼物呀,明⽩吗? 你只要相信当上天把礼物送到你⾯前,其它问题会同步性的解决,不需要你出⼿解决.因为你们还会觉得事情是你头脑⾥⾯安排的.所以如果你是什么的话,就算你没有这份⼯作,那⽼天会给你⼀份⼯作.你就这么去相信它就好了.

Check out what heavenly gifts have been prepared for me, understand? You just need to believe that when heaven delivers the gift in front of you, other issues will be solved synchronously, without needing your intervention. Because you still feel like everything is arranged in your mind. So if you are something, even if you don't have this job, heaven will give you a job. Just trust it like this.

问: 我现在头脑⾥的兴奋和激情占⽤我的时间多,就会影响到我在⼯作上的执⾏⼒.我怎么去平衡这块呢?

Question: The excitement and passion in my mind are occupying much of my time, which affects my execution at work. How do I balance this?

JO: ⾸先你如果进⼊到激情的这个频道的话,它没有这个担忧.你如果担忧的话,说明你还没有完全进⼊到激情的⼀个频率.因为你在激情的世界⾥,外界的⼀切都是来⽀持你的.你会越来越多的发现不断地有惊喜出现.你拆礼物还来不及呢.你惊喜还来不及呢.所以就不会体验到我需要去解决⼯作的这个事情和问题,明⽩吗?

JO: First, if you enter the channel of passion, there's no such concern. If you're worried, it means you haven't fully entered the frequency of passion yet. Because when you're in the world of passion, everything outside supports you. You'll continuously discover more and more surprises. You won't have time to even open your gifts or experience surprise. So you won't experience needing to solve work-related issues or problems, understand?

问: 但是因为⼯作确实……JO: 那是因为你还没有进⼊到激情的状态.你还是进⼊你的头脑的状态,明⽩吗? 你现在在你的头脑⾥⾯.但是头脑⾥⾯没有出路的,你只会发现这个担⼼完了,又有那个担⼼.那个担⼼完了,又有下⼀个要担⼼.所以你头脑⾥⾯没有出路的.所以说是放下头脑.你只需要信任.我信任⽣命展开的⽅式,然后每⼀个当下我都有礼物.我唯⼀能做的就是保持在爱的频率.然后去滋养我⾝边的每⼀段关系,因为它们都不断不断地会回馈你,ok? 记住我们前⾯的信息就可以了.因为这⾥没有问题需要解决,这⾥只有频率的问题需要解决.你的频率不⼀样,你的世界不⼀样.

Q: But it's true because... JO: That's because you haven't entered the state of passion yet. You're still in your head mode, understand? You're right there in your mind. But there is no exit in the mind; all you will find is concern after concern, one worry solved and another one arises. This continuous cycle prevents any resolution. So there's no escape in the mind. That's why it's said to let go of your mind. All you need is trust. I trust how life unfolds, and every moment carries a gift for me. The only thing I can do is stay connected with love energy and nurture each relationship around me as they constantly give back. Remember our earlier discussion; there are no problems here to solve; just issues concerning frequencies need addressing. Your frequency differs from mine, hence your world appears different.

问: 我觉得还是有⼀定的恐惧的.

Q: I still feel a certain level of fear.

JO: 那就是频率的问题,不是事情本⾝的问题.你只会进⼊到你内在的担忧吧.那就说明你还是在⽤头脑.那你在⽤头脑的话,你的频率可能就是⼀百.那你⼀百⾥⾯肯定是有你解决不完的问题,明⽩吗? 那当你频率是⼀千的话,那是完全不⼀样的状态.你的⼀切都是⾃动展开的.就好像开挂了⼀样,⽼天把什么都给你安排好的.你只要去拆礼物,哇哇哇,惊喜不断.

That's the issue of frequency, not a problem with the thing itself. You'll only be getting into your inner worries. That indicates you're still using your mind. If you are using your mind, your frequency might just be one hundred. In that case, within those one hundred miles, there will definitely be problems you can't solve, right? But when your frequency is a thousand, it's a completely different state. Everything about you unfolds automatically. It's like having cheats enabled; heaven has everything arranged for you. You only have to open the gifts, and you're in for continuous surprises.

问: 特别期待那种状态,可能就是还需要有⾜够的信任吧.

Question: I'm particularly looking forward to that state, which might still require enough trust.

JO: 没有,你当下还有礼物,慢慢来.你现在还有礼物.但是通过你跟我们信息连接,⼀步⼀步的你就会发现你的礼物越来越多.⽣命中的礼物越来越多,越不费⼒.因为你⽬前的⼀个状态还是需要费⼀点脑筋的,就是需要费⼀点你⾃⼰的⼒⽓的.那在你不断地跟我们连接,加强连接,越来越强⼤的连接,不断地让这些能量洗刷你,达到⼀个毫不费⼒,只是去 enjoy your life,只是去享受⽣命和激情,明⽩吗? 因为你已经跟我们建⽴了连接.你只要抓住这条线,然后你就上道了.你不需要费⼒的.因为你内在它都会有声⾳给到你的.什么节⾻眼上你需要⼀些信息,就会⾃动送上门来.

No, you still have gifts now; take it slow. You still have gifts now. However, through your connection with our information, step by step, you will discover that your gifts are accumulating. More and more gifts in life become effortless as you connect with us and strengthen these connections, allowing the energy to wash over you until it becomes effortless - just enjoy your life, enjoy its passion, right? Because you have already established a connection with us. You just need to grab onto this line; then you're on the path. There's no need for effort because you'll receive guidance from within yourself. When certain information is needed, it will automatically come to you.

问: 可能我⽬前还没有达到您说的这种状态……JO: 你不需要⼀下⼦达到,也没有办法.不然你的⾝体会受不了的.你觉得这么⾼的频率,你的⾝体⼀下⼦从⼀百到⼀千,你不爆炸? 所以enjoy and take your time.你想象⼀下路上有这

Q: Maybe I haven't reached the state you described yet... JO: You don't need to reach it instantly, nor can you; otherwise, your body wouldn't be able to handle it. With such high frequency, from 100 to 1000 all at once, wouldn't you explode? So, enjoy and take your time. Imagine walking down the road with this

么多的美好的礼物,就是桌⼦上有这么多的美⾷,我都不要嚼它,不要品尝它? 不要每⼀⼜都细嚼慢咽的去品尝它,⽽是⼀⼜全部把它吞掉? ⼀百道菜,你⼀⼜吞掉.这个过程才是最美的.

So many lovely presents, with so much delicious food right in front of me on the table, why would I not savor it, taste it bite by bite? Why not enjoy each mouthful slowly and carefully instead of gulping everything down at once? And that's how eating a hundred dishes counts as the most beautiful process.

问: 为什么我总是感觉时间不够⽤?

Question: Why do I always feel like there aren't enough hours in a day?

JO:因为你的头脑参与太多了.你的头脑会觉得这个也要做,那个也要做.其实很多事情是不需要你亲⾃做的,明⽩吗?就像我们刚刚告诉你的,你还是在⼀个费⼒的状态下.对,不需要亲⾃做.为什么?真正重要的你只需要去让你沉浸在⼀种允许的频率吧.允许,然后信任,然后享受的⽣命状态.因为在这样的状态下,你不会有问题.你如果没有在这种状态下,它会产⽣很多问题感觉你要去处理.这是不同的状态.你不同的状态,你进⼊到不同的世界.

JO: Because your mind is involved too much. Your mind would think that you should do this and that. Actually, many things don't require you to do them personally, understand? Just like what we just told you, you are still in a strenuous state. Yes, there's no need for personal involvement. Why? You only need to immerse yourself in an allowed frequency. Allow, then trust, and enjoy the life state. Because in such a state, you won't have problems. If you're not in this state, it will create many feelings of issues that you need to deal with. This is different states. Different states lead you into different worlds.

问: 我就是觉得很多东西想吸收……JO: 你只需要在当下,进⼊到当下,不去担⼼时间,这样⼦你就能体会到体验到…… 这么说,⽣命就好像是⼀条河流.然后这条河流,你坐在上⾯它本⾝就会⾃动载着你,是⾃动驾驶的,它那个船⾃动载着你.但是你却在呢不停的划⽔,你觉得你要费⼒,⽽且你⽅向还反了.本来是顺着河流,你要反⽅向.那河边的风景这么多好看的,你都没来得及去看,都没时间去看.因为你的注意⼒和精⼒消耗在哪⾥呢? 本⾝不需要⽤⼒的,你却要使劲⽤⼒.本来是朝这个⽅向的,你却要朝那个⽅向,明⽩吗?

Q: I just feel like trying to absorb so many things... JO: You only need to be present, enter into the now, not worry about time, and then you can experience this automatically. So life is like a river. And this river carries you itself as it flows naturally, like an autopilot boat carrying you without effort. However, you're constantly paddling against the current, thinking you have to work hard and even going in the wrong direction. You should be going with the flow of the river, but instead you're going against it. The scenery along the riverbank is so beautiful, yet you haven't had time to appreciate it because your focus and energy are being expended unnecessarily where they shouldn't be. It doesn't require effort on its own, but you're forcing yourself to exert effort. You should be going in one direction, but you're trying to go in another. Do you understand?

所以你就会⼿忙脚乱,然后不能完全的去…… 那另外⼀个⼈只是躺在那静静的观看每⼀个风景从她眼前流过,不慌不忙的享受着.

So you would be all over the place and unable to fully... while the other person just lies there quietly watching each scenery pass by, enjoying it at a calm pace.

⼼⾥充满了感激,充满了喜悦,充满了感恩.她欣赏着造物主的⼀切的美好,明⽩吗?

Her heart was filled with gratitude, with joy, and with thankfulness. She appreciated all the beauty of creation, didn't she?

问: 确实是⾮常喜欢这种从容不迫的状态.

Question: Indeed, I really enjoy this state of calmness and serenity.

JO: 你会的.

JO: You know how.

问: 那JO还有什么要跟我再说的吗?

Q: Is there anything else JO wants to tell me?

JO: 就是像我们刚才说你已经抓住了这条线,就不要再放⼿就好了.然后任何时候你需要突破的点,你内在都会有声⾳指引到这边来.所以就连你什么时候需要信息去成长你都不需要去操⼼这个问题.为什么呢? 因为你的头脑会给你发射⼀个信号说找JoJo⽼师,你就会去了.

JO: It's just like what we said earlier, you've already got this line, don't let go of it. Then at any time when you need to break through, your inner voice will guide you here. So even for the question of when you need information to grow, you don't have to worry about that. Why? Because your mind would send a signal saying find JoJo teacher and you'd go.

第五个⼈问: 我的⼈⽣主题? 我叫XX,今年32岁.

The fifth person asks: What is my life theme? My name is XX, I am 32 years old.

JO:我们感受到你选择这⼀⽣就好像是来让你变得……这么说吧,之前这个灵魂本⾝的状态像⼀坨很硬很硬的泥.但是通过这⼀⽣,我们想要去加⼊⽔让这个很⼲很⼲的泥变得可塑性很强.所以说其实前半⽣你会发现你有很多限制,就很多事情你可能想做,其实它也没有办法去呈现出你想做的那个样⼦.就你会感受到很多限制,也包括很多关系,⽐如说你想发展成什么样⼦,它也不能按照你头脑⾥⾯的去发展成什么样⼦.就是你对外界会有⼀种,就是它不会是呈现出你内⼼真正想要的样⼦.所以你的⼈⽣主题就是变得灵活多变吧,变得可塑性⾮常强吧.就是把这个能量从很僵硬的⼀个状态变成很柔和的⼀个状态,然后我们就可以把它变成不同的形状.

JO: We sense that you chose this life to become… let me put it like this, the original state of this soul was like a very hard lump of clay. But through this life, we want to add water to make this very dry and stiff clay very malleable. So in fact, for most of your life, you'll find that there are many limitations where things you might want to do cannot actually be presented as you want them to be. You will feel these restrictions, including relationships; what you want a relationship to become can't always align with how it actually develops. Your external world doesn't always reflect the true essence of what you desire inside. Thus, your life theme is becoming flexible and adaptable—having very strong malleability. This means transforming this energy from being very rigid into a more gentle state, allowing us to mold it into different shapes.

所以遇到事情的话,你可能就会觉得⾃⼰解决的⽅法很少或者是你能想到的点⼦也很少.就你能去处理事情的⼿段或者是⽅式⽅法也很少.⽐如说把死的东西变成活的这种能⼒都会受到影响和限制.你就要去多靠近⼀些就是他们有很强的转变的能⼒,就是把死的变成活的这样的⼈.然后他们的能量,你⾄少可以去看到他,接触到他们的能量.哇,原来还有这种想法.原来还可以这样⼦.它会把你头脑⾥的那些限制或者是僵硬的⼀些想法变得灵通起来.如果你遇到的也是跟你差不多的话,那它只会让你觉得真的没办法.所以多去接触⼀些特别灵活多变的能量.

So when you face situations, you might feel that your solutions are limited or that the ideas you can come up with are scarce. You may find yourself lacking methods to handle matters, whether in terms of techniques, strategies, or simply a sense of what to do. For instance, abilities like transforming something inert into something lively would be impacted and restricted. Therefore, it's beneficial to associate more with those who possess strong transformative capabilities—individuals capable of turning the lifeless into the lively—and thus have access to their energy. Wow, there are actually such ideas. You can now do things this way too! This exposure will help your mind loosen up its constraints and inflexibilities, making you more adaptable. If the situation is similar to yours, it may only make you feel utterly helpless. Hence, interacting with individuals carrying particularly flexible energies is recommended.

问: 就是说我⾃⼰达到这种状态的时候,我的功课就结束了吗?

Q: Does my work end when I reach this state myself?

JO: 当你⾃⼰变成那种可塑性⾮常强的⼈,你是另外⼀个⼈格了,明⽩吗? 跟现在没啥关系了.就好像你之前我们不是说你是⼀快很⼲枯的泥.动不了,扔出去把⼈家打的好疼.当你变成⼀坨软泥的时候,你就不会有这么强的攻击性和杀伤⼒了.就是它会更柔和了.

JO: When you become someone with such high plasticity, you're a different personality altogether, understood? It has nothing to do with the present. It's like when we talked before about you being a dry piece of clay that couldn't move and hurt people terribly. Once you turn into soft clay, your offensive strength and lethality will diminish; it will become much gentler.

问: 我的指导灵有没有什么信息要给我呢?

Q: Does my guiding spirit have any messages for me?

JO: 多听我们的通灵信息,多看这些信息.因为它就可以帮助不断不断地变得柔软起来.多跟我们的能量连接,因为我们的能量是⽆限的,就是它没有任何限制,明⽩吗? 它可以去打破你的很多很多限制,它可以让你变得⾮常的灵活.所以多和我们的能量产⽣连接.你只要抓住我们不放,那么你就能突破所有的状态.

JO: Listen to our spiritual messages more and see these messages frequently because they will continuously help you become softer. Connect with our energy as it is boundless, meaning there are no limitations, do you understand? It can break through many of your restrictions, allowing you to become very flexible. Therefore, connect with our energy regularly. Just by holding onto us, you can surpass all states.

第六个⼈问: 我可以连接⼀下耶稣的能量吗?

Sixth person asks: Can I connect with Jesus' energy?

JO: 你稍等.

JO: Wait a moment.

耶稣: 你可以提问了.

Jesus: You may ask your question now.

问: 假如你现在给我们⼈类讲⼀个课程,你最想和我们讲什么呀?

Question: If you were to give a course to humans right now, what topic would you most want to discuss with us?

耶稣: 我可以说我想要的讲的都会通过这个⼥孩⼦的⼜讲出来,所以我没有想讲的.因为这⾥已经存在⼀个想要分享,想要讲的⼈了.⽽且她只会更加的更加的优秀.问: 那你能跟我们分享⼀下关于投射的内容吗……耶稣: 这也是这个⼥孩⼦⼀直在跟你们分享的,她在跟你们讲的.

Jesus: I can say that whatever I want to convey will be communicated through this girl's mouth; thus, there is no need for me to communicate anything as someone already desires to share and speak. And she will become even more superior in her abilities. Question: Can you share with us some insights on projection... Jesus: This is also something the girl has been sharing with you all, what she has been communicating to you.

问: 那关于我们的感觉是我们的导向系统的这个部分?

Q: About the part of our feelings being our guidance system?

耶稣:所有你们⼈类在这个阶段的状态,这样⼦的⼀个处境.这些信息都会通过她来到你们这个世界上.她现在才是那个管道,然后去通过她在这个世界跟你们建⽴连接.因为她好像是⼀头在这边,⼀头在另外⼀边.那这⼀边的温度她能体验到,传达到另外⼀边,明⽩吗?但是那⾥⾯也会有我的能量,因为都是⼀体的.

Jesus: All the states of humanity in this stage, such a situation. These messages will come to your world through her. She is now the channel, then establishing connection with you in this world through her. Because she seems to be on one side and the other side. The temperature here she can experience and transmit to the other side, understand? But there will also be my energy because we are all一体.

问: 关于我现在的能量状态,JO有没有什么跟我说的?

Question: Regarding my current state of energy, does JO have anything to tell me?

耶稣:你们每⼀个⼈的能量状态都是可以在瞬间,都可以在当下进⾏切换的.所以你不需要去纠结或者是我现在深陷在这⾥.你不会深陷在任何地⽅.如果真的你会感受到你深陷了⼀段时间,那那⾥也会有给你的礼物.因为没有什么东西可以限制住你,因为你本⾝就是⽆限.只有你头脑去创造⼀个你受限的体验,但是那是你⾃⼰创造的⼀个幻像.

Jesus: Each one of your energy states can be switched instantly, right here and now. So you don't need to worry about being stuck or that I'm trapped in this moment. You will not get stuck anywhere. If you truly feel like you've been stuck for a while, there would still be gifts for you because nothing can really hold you back, since you are infinite. It's just your mind creating an experience of limitation, but that is a fantasy you created yourself.

第七个⼈问: 是不是每⼀个⼈出⽣都是有灵魂协议的? 我的灵魂协议是什么? 要如何完成?

The seventh person asks: Is it true that everyone is born with a soul agreement? What is my soul agreement? How do I fulfill it?

JO: 每⼀个⼈出⽣,你们选择了这⼀⽣都有⼀个⾃⼰想要体验的主题.然后协议,就⽐如说你⾝边的关系,我们是彼此是如何的去协助对⽅.这就是你所谓的⼀个协议.你们最⼤的阻碍去完成你们的灵魂主题的就是你们的头脑.因为它试图去掌控⼀切.它试图去掌控⼀切的时候,它就是在拖延你去完成你的灵魂主题的过程.就是它拖延了你.所以当你们更好的去认清楚了你们⾃⼰,就使我们说给点时间好吗? 你们有⼀句话叫五⼗知天命.等你活到五⼗岁,你就知道你的天命是啥了.所以在你五岁的时候,⼗五岁的时候你想弄清楚,你不知道你⽣命的剧本到底是如何的服务于你.

JO: Every person is born with a theme that they want to experience in this life. Then there's an agreement, for example, about relationships around you, how we assist each other. This is the agreement you call it. The biggest obstacle preventing you from completing your soul's theme is your mind because it tries to control everything. When it tries to control everything, it delays you from completing your soul's theme process. It holds you back. So when you better understand yourselves, would we ask for some time? You have a saying, "fifty knows fate." By the time you're fifty years old, you know what your fate is. Therefore, at age five or fifteen, you want to figure out how life's script serves you rather than you serving it.

你只需要记住我的头脑不是来让我搞明⽩的,我的头脑只是来让我去专注于当下让我好产⽣⼀些体验.为什么呢? 就像我们前⾯说的,如果让你化妆却不给你镜⼦,你怎么样化妆呢? 如果不给你这个⾁体,不给你这个头脑让你焦距在这个物质世界,你如何去产⽣体验呢? 所以说不要去依赖你的物质头脑,不要去相信你头脑⾥⾯的那些东西.为什么呢? 太有限了.你想我们的信息这么久的信息,这么多⽂字,没有哪⼀段是相同的,对吧? 那你想你的头脑只摄取了⼀丁点,谁谁的观念,你⽼师的观念,社会的观念,那么⼀丁点信息.你试图⽤那么⼀丁点信息去理解你的⼈⽣,理解⽣命? ⽣命是⽆限的.那你是给了多⼤的限制啊.

You just need to remember that my mind is not here to figure things out; it's simply designed for me to focus on the present moment and create experiences. Why is this so? Imagine if you were asked to put on makeup without being given a mirror, how would you know what to do? Similarly, without being provided with your body and mind to center in the material world, how could you generate any experiences at all? Therefore, don't rely solely on your physical intellect or believe everything within it. Why is that? Because they are too limiting. Consider the vast amount of information we've shared; there isn't a single piece identical to another one across so many words, right? If your mind has only absorbed tiny fragments from various sources like your teachers' opinions, societal norms, how would you try to understand life and existence with such limited information? Life is infinite. You're imposing such huge limitations on yourself.

你就好像是要⼀只青蛙来理解你这个⼈⼀样,可能吗? 你让青蛙来理解你这个⼈,明⽩吗?

You're asking if a frog could understand you as a person, isn't it? Can a frog comprehend who you are, get it?

问: 那我的灵魂协议是什么? 我叫XX,今年44岁.

Question: What's my soul contract? I'm XX, and I'm 44 years old this year.

JO: ⾸先我们就是要回答你刚才的问题.不要让头脑去影响你⾃⼰的灵魂主题,你就可以去跟随⽣命的步骤.还有我们前⾯的信息,你好好听.为什么? 因为所有的关系都是来滋养你的,必须通过你去滋养对⽅,你才能得到滋养.那这样⼦你才能淋漓极致的去展现你⽣命的最⾼版本.我们感受到你的灵魂主题就好像你是有⼀个强烈的意愿想要去把你⾃⼰认为美的东西,就是⽤你⾃⼰的认知,然后认为美的、好的、就是美好的东西,就是想要去不断不断地进⾏分享.就⽐如说如果让你吃到⼀家很好吃的餐厅,你可能见⼈都会跟他说那家餐厅好好吃.因为你有强烈的想要去传播,想要不断地去把⾃⼰觉得好的东西退出去的那种感觉.

JO: First of all, we need to answer the question you just asked. Don't allow your mind to influence your soul's theme; instead, follow the steps of life and listen carefully to our previous information. Why? Because all relationships are designed to nourish you, requiring mutual nurturing so that you can receive nourishment in return. This way, you can fully express your highest version of yourself. We sense a strong desire within your soul theme—to share what you perceive as beautiful, using your own understanding and appreciation for beauty, goodness, and the美好 things, constantly seeking to spread this positivity. For instance, if you were introduced to an excellent restaurant, you might enthusiastically tell everyone about it because you have a strong urge to disseminate and continuously share what you consider to be good or enjoyable.

所以如果说⾏业的话,就⽐如说传播的吧,就⽐如说媒体啊、传播啊或者是就分享.为什么呢? 因为你会有独特的taste,就好像你的⾆头就像是个美⾷家⼀样.你的⾆头很敏感,它能尝到什么东西好不好,是什么品质.因为你天⽣有这种很敏感的味觉,它会导致你分享出去的东西别⼈都会觉得好.就好像是美⾷评论家,就⽐如说⽶其林打分的那种级别的⼈.因为你有独特的见解吧,就好像你的嗅觉或者味觉很敏感吧.它能尝到那种不同.⽐如说别⼈的嘴巴没有那么灵敏,它不知道有啥不同,这两种吃起来都是同样的味道嘛.但是你可能就会尝到这个部位的⾁和那个部位的⾁就是不⼀样.这就是你的天赋.就是你会有⼀个很独特的灵敏度.

So if we talk about industries, say like communication or media for example, sharing content - why is that? Because you have a unique taste palate, much like how your tongue would be like a food critic. Your tongue is very sensitive, able to discern what something tastes like and its quality. You're born with this heightened sense of taste, which leads others to enjoy what you share. It's similar to how a culinary critic rates Michelin-starred restaurants based on their unique insights about flavors and qualities that other less sensitive palates might not detect. Like your olfactory or gustatory senses being very sensitive, they can distinguish differences. For instance, someone else may perceive two dishes as tasting the same, while you can sense distinct flavors in different parts of a dish. This is your gift – possessing a highly unique sensitivity.

然后会导致你有独特的世界观和⼈⽣观,就是个⼈的⼀个特⾊吧.就⽐如说你有可能会是美妆博主.为什么呢? 因为你推荐的产品都很好⽤.

Then it leads to you having a unique perspective on the world and life, which is a characteristic of an individual. For instance, you might become a beauty influencer. Why? Because the products you recommend are all very effective.

问: 我现在⼀直在推荐跟外星⼈巴夏有关的信息,是不是跟这个也有关系啊?

Question: I've been recommending information related to Alien Basha, does that have anything to do with this?

JO: 它也是你⾃⼰表达的⼀种⽅式.因为是你觉得这个很好,然后你就不断地想要分享.但是⽐如说以后你⽣命中遇到更多美好的事情,你还是⼀样的迫不及待的想要分享的.因为你通过分享的这个过程,你感受到你得到了认可.为什么? 因为我说好就是好,就是这种感觉.就是我⼀说好,别⼈都说好,就这种.所以说它不只是单独是这⽅⾯.它呈现的⽅式会根据你个⼈,就⽐如说你去哪个地⽅旅游了,然后觉得那个景⾊特别美.然后你就会把它拍成视频或者是不断地把它介绍给别⼈,你⼀定要去那⾥旅游,那⾥很美.你就能说的头头是道.你的感悟会很深刻,因为你很灵敏.就你会体验到别⼈可能体验不到的.

JO: It is also a way you express yourself because you feel that this is good and therefore you are eager to share it constantly. But if you encounter more beautiful things in your life later on, you will still be as eager to share them. You feel acknowledged through the process of sharing because saying "yes" means affirmation; people agree with you when you say something is good. It's not just about this aspect alone. The way it manifests depends on you personally, for example, if you visit a place and find the scenery beautiful. Then you would film it or introduce it to others, insisting that they must go there because it's very beautiful. You can speak extensively about it with deep insights because you are sensitive and able to experience things that others might not be able to.

问: 我⼩的时候经常重复做梦梦见⾃⼰坐着飞机飞到⾃家的⼩院⼦⾥⾯,我想问我是不是⼀个星际种⼦? 或者我和外星⼈有很强的连接? 梦的意义?

Q: When I was young, I frequently dreamed of flying in an airplane back to my childhood home. I wonder if this means that I am a star seed or strongly connected with extraterrestrials? What does this dream symbolize?

Q: During my early years, I often experienced dreams where I would fly in an aircraft and return to my small backyard. Could it be that I'm a star child or significantly linked to aliens? What's the significance of these dreams?

JO:如果你现在还在你的记忆当中,还记忆犹新,产⽣这种连接感的话,那就说明你⾃⼰内在会有⼀个很深的意愿,就是好像你发出去的⼀个信号吧.就是说这可能是我⾃⼰给我⾃⼰设定的⼈⽣的闹钟让我更多的去关注这⽅⾯的信息.因为它还在这⾥来让你知道有礼物给你.

JO: If you still remember it vividly and feel this connection now, that means there's a strong inner desire within you, almost like a signal you've sent out to yourself. It might be that this is your own personal alarm clock setting for life, reminding you to pay more attention to this kind of information because it's still here to let you know there's a gift for you.

问: 这个梦印象深刻.

Question: This dream made a deep impression.

JO:我们连接⼀下,你稍等.这个梦它是想要你不要深陷在这个物质世界,它带给你的信息是想要让你知道你的意识是不断地在穿越的.就是它不断不断的就是在everywhere,它不断不断地在不同的地⽅.它可以帮助你不会被物质世界紧困着,就是紧紧的拽着吧.就是会让你更加的灵活,就不深陷在这个物质世界.因为就像我们刚刚说它就好像像你的⼀个闹钟,它就是好像是警⽰和提醒你不要太多的去把这个物质世界当成是⼀个唯⼀的地点.这就是带给你的信息,不要把它当成是唯⼀的地点.因为你们⼈有时候会忘记,就觉得好像物质世界是你唯⼀的⼀个地点,这个物质⾁体是你唯⼀的.但是并不是的,其实只是你的⼀个点⽽已.

JO: Let's connect for a moment, please wait. This dream is trying to convey to you that your consciousness continuously traverses everywhere. It wants you to understand that your awareness constantly moves through different places. This means it's everywhere and constantly moving from one place to another. It can help you not get trapped in the material world tightly, which would be like being firmly tied down by its constraints. Instead, it encourages flexibility, keeping you from deeply immersing yourself in the material world. Because as we just discussed, it's like your alarm clock, serving as a reminder and caution against considering the material world as the only place to exist. The message is not to see it as the only place. You sometimes forget that for humans, the material world isn't necessarily everything; it's actually just one of many points, and there's more beyond what you perceive physically.

问: 我有⼀次在短短的⼏秒钟之内⼀下⼦理解了好多潜意识的东西.这是不是⼀种通灵的状态? 如何连接我的指导灵或者更多的信息?

Q: I once comprehended a great deal of subconscious information in just a few seconds. Is this a state of mediumship? How do I connect with my guiding spirit or receive more information?

JO: 如何可以连接更多的信息? 那就是像我们刚刚说的不断地不断地提升你的频率咯.因为当你的频率越来越…… 这么说吧,当你们的频率特别低的时候,实际上你们是深陷于物质世界.为什么呢? 因为你把物质世界看的如此的真,如此的不可变,就深陷在⾥⾯了.那你的频率肯定低了.为什么? 因为你本⾝是⽆限的嘛.你锁定在⼀个动弹不了的地⽅.那当你越来越不把⾃⼰所在物质这个世界⾥⾯,你是不是就可以去接通⼀切了,明⽩吗?

JO: How can we connect more information? That's right, it's about constantly increasing your frequency as we've just discussed. Because as your frequency grows... let me put it this way: when your frequency is very low, you are actually deeply entrenched in the material world. Why is that so? You see the material world as being so real and unchangeable, thereby getting trapped within it. That means your frequency must be low. Why is that so? Because you are infinite after all; you're stuck in a place where you can't move. So when you increasingly step out of perceiving yourself as part of this material world, wouldn't you then be able to connect with everything else, understand?

问: 也就是提⾼⾃⼰的振动频率是吧?

Question: That means boosting one's own vibrational frequency, right?

JO:是的.我们的信息都不断不断地让你不被物质世界给拽住,给困住吧.因为我们让你知道外界的⼀切都是可塑的.它只是⼀个反射体,它并不是真实存在的.所以这些都在告诉你,来让你松动.因为当你不把物质世界的所有⼀切看的那么真的时候……就这么说吧,我们⼀直说你前⾯有⼀个⿁,你前⾯有⼀个⿁,然后你吓的要死,很恐惧.我们把等⼀打开,它是⼀件⾐服.你频率是不是都不⼀样了?那如果你⼀直把物质世界明明是件⾐服,但是你⼀直把它当成是⼀个⿁.那你的振动频率肯定就是恐惧的呀.我们的到来只是让你把灯打开,让你看清楚那⾥没有⿁,明⽩吗?那你的振动频率是不是就不⼀样了?你就不会被你的物质头脑困在这个世界了.就连接⼀切万有了.

Yes, our messages constantly remind you not to be trapped or confined by the material world because we want you to understand that everything outside is malleable and merely a reflection; it's not truly existing. These messages are designed to loosen your grip on reality. When you stop taking the material world as absolutely real… let's put it this way: we keep telling you there's a ghost in front of you, a ghost in front of you, and you're terrified. When that 'ghost' opens up, it turns out to be just a piece of clothing. Your frequencies have changed, right? But if you consistently perceive the material world as a piece of clothing while treating it like a ghost, your vibrational frequency would certainly reflect fear. Our arrival is merely about flipping on the light for you, revealing that there's nothing supernatural there; do you understand? This change in vibration means you won't be trapped by your material mind within this world anymore. It connects everything together.

你要把⾃⼰抽出来.这个通灵的⼥孩⼦能通灵是因为她把⾃⼰从这个物质世界抽出来了.所以可以不断地有信息可以进来.那如果她再回到你们的物质世界呢?

You need to take yourself out. This spirit-connected girl is able to connect because she takes herself out of this material world. So, information can keep coming in. But what if she returns to your material world?

问: 那冥想是不是可以……JO: 冥想就是你闭上眼睛关闭了这个物质世界的相,对吧? 那当然是有助于你的那个什么了.但是如果你能⽣活在当下,每⼀个当下你在种花种草的时候,你就focus on你的泥⼟上⾯,你的花上⾯,你的动作上⾯.它也是⼀种冥想啊.所以它的⽅式是很多种的.所以你们不要太多的把⾃⼰拉扯到物质世界⾥去.因为这个会让你的灵活度变得越来越⼩,那也会让你们跟灵界产⽣的连接感也越来越⼩.

Q: Is meditation just...JO: Meditation is when you close your eyes and cut off the images of this physical world, right? And that definitely helps with whatever. But if you can live in the present, focusing on planting flowers and growing grass at every moment, it's also a form of meditation. It's not limited to sitting quietly; it includes being mindful of what you're doing, like your soil, your plants, or your actions. This is also considered meditation. So there are various ways to practice. Thus, avoid getting overly absorbed in the material world too much because that will reduce your flexibility and diminish your connection with the spiritual realm as well.

问: 我能跟外星⼈巴夏连接吗?

Question: Can I connect with the extraterrestrial Beshara?

JO: 我们试⼀下,你稍等.

JO: Let's try it, wait a moment.

巴夏: 我们第⼀次通过这个⼥孩⼦给你们带来信息,所以⾸先是谢谢你们给我们发出的信号.但是这个连接,你们能感受到她说话不是如此的畅通.所以说这个连接还需要多建⽴,才会让她在⾮常⾃然的状态下传递信息.就好像你们在开收⾳机,这个信号如果特别匹配的话,它会特别清楚.所以如果你要有问题可以提问.

Baha: We're bringing you this message through a girl for the first time, so firstly thank you for the signal that you've given us. But this connection allows you to feel that her communication isn't as smooth. Therefore, more building of this connection will enable her to transmit messages in a very natural state. It's like tuning into a radio; if the signal matches perfectly, it becomes crystal clear. So if you have any questions, you can ask them.

问: 我在传播你的信息,请问你有什么好的建议吗?

Question: I am spreading your message, could you give me some good advice?

巴夏:⾸先你⾃⼰在你的世界⾥⾯创造了你⾃⼰的体验.所以说你只需要去依照你⾃⼰的激情去做你⾃⼰想要去做的事情.因为我们对你们任何⼈、任何⾏动、任何⾏为没有任何期待,也没有任何要求.你们是那个创造者.就⽐如说我们这⾥是⽔.你把这个⽔取出来,你要怎么去使⽤它,那是你的⾃由意愿.如果说你想要问如何更好的去传播这些信息.我们这是能量,ok? 让这个能量先在你的体内,你成为它,那个能量.不需要去通过语⾔,它就已经在传播了,明⽩吗?

Baha'u'llah: Firstly, you create your own experience in your own world. Therefore, all you need to do is act according to your own passions and pursue the things that you want to do. Since we have no expectations for any of you, nor do we impose any actions or behaviors on you; you are the creators. For example, here we have water. You take this water out and use it however you see fit – your freedom of will. If you want to ask how better to disseminate this information, we're talking about energy, okay? Let that energy be in your body first, become it, the energy. There is no need for language; it's already being transmitted, understand?

问: 就是实践你的兴奋公式是吧?

Q: So you're essentially applying your excitement formula, right?

巴夏: 听前⾯的信息就可以了.前⾯的信息已经说过了,你可以再接下来反复听.因为你⾃⼰⽤你⾃⼰的表达⽅式去表达.因为我们对你们是没有任何期待和期望.为什么呢? 因为我们不是来要求的,我做⼀件事情不是来期望得到什么的,也不是希望别⼈要怎么样对待这件事情的.我们只是存在.然⽽你可以⽤你⾃⼰存在的⽅式去表达,但是真正好的能量表达就是你成为这个能量本⾝.

Baha: Just listen to the information in front of you. The information that was provided before has already been stated, and you can repeat listening to it as needed because you are expressing yourself with your own way. Why is this so? Because we do not have any expectations or demands of you since what I'm doing is not about expecting a particular outcome or hoping on how others should handle things. We just exist. Nevertheless, you are free to express yourself based on the manner in which you live, but true good energy expression comes from embodying that very energy itself.

问: 信念是如何形成的?

Question: How do beliefs form?

巴夏: 你们在这个物质世界要产⽣体验的话,你需要⼀些就⽐如说集体意识,集体相信的东西,集体信念.⼀来你就会有⼀些.这些才会让你去体验到,明⽩吗? 但是有⼀些它是有助于你去创造的,就⽐如说有⼀些东西是来帮助你劈路.但是有⼀些它是障碍,就是它挡住你的路,对吧? 那如果你要在这条路上去奔跑的话,那你是不是要拿开你的障碍,去很好的运⽤那些可以给你劈路的? 就是加速你的奔跑,对吧? 那⼀个是在你奔跑路上的障碍,⼀个是来加速,可以让你畅通⽆阻.

Baha'u'llah: In order to experience in this material world, you need certain things like collective consciousness, things that the collective believes in and shares as a belief. Once you have these, they will enable you to experience them, do you understand? But there are some things that help you create, for instance, some things come to help you pave the way. However, there are some that act as obstacles, they block your path, right? So if you want to run down this path, don't you have to remove your obstacles and skillfully use those that can help you pave it? To speed up your running, isn't it?

That one is an obstacle in your running path, while the other serves to accelerate, allowing you to proceed unimpeded.

问: 最近又开始咳嗽了,是因为我有负⾯信念吗?

Question: I've started coughing again recently, is it because of my negative beliefs?

巴夏: 你要知道你们存在的地⽅,这个环境已经是对你们有很⼤的影响,它有很⼤的污染.它不是本来的样⼦.它都是来⾃于你们的集体意识和集体能量场,就好像你们⾃⼰产⽣的⼀些垃圾、臭味、毒⽓这之类的.那你们每个⼈都需要去承担这个果.就是你们去品尝到⾃⼰投射出去的东西反射回来给你们,明⽩吗? 这是你们都逃脱不了的.所以⽆论你是⽣病或者是咳嗽或者是怎样,那其实都是来提醒你们⽬前还在体验疾病,还在创造疾病,还在受疾病的困扰和⼲扰,那是因为你们的意识状态.那是你们的集体意识状态.因为你们的集体意识是⼀个⼤的能量场.这个能量场会投射出⼀些果来给你们体验.

Baxia: You must understand that the environment where you exist has a significant impact on you, and it is heavily polluted. It is not in its original state. It comes from your collective consciousness and energy field, like the garbage, stench, toxins you generate yourselves. Each of you needs to bear the fruit of this action. You taste what you project back upon yourself. This is something you cannot escape. Therefore, regardless of whether you are ill or coughing or experiencing any other symptoms, it is a reminder that you are still in the experience of illness, creating and being affected by illness due to your state of consciousness – which is your collective state of consciousness. Your collective consciousness is a large energy field that projects certain outcomes for you to experience.

第⼋个⼈问: 你是我的JO,你还是所有⼈的JO?

The eighth person asks: Are you my JO? Or are you everyone's JO?

JO: 你们头脑才会有这种分别,明⽩吗? 为什么要分你的我的? 最重要的是你如何要去运⽤这些信息.你如何利⽤这些信息来服务于你的成长? 这个才是最重要的.任何来告诉你我是谁,我是这个名字那个名字,我是你的,我不是他的.这些都是来加强你的头脑.我们现在做的不是来加强你的头脑,我们做的是来拿来你的头脑.记住,you don’t need it,它是来限制你的.

JO: Your minds are the ones distinguishing between "yours" and "mine," do you understand? Why differentiate yours and mine? The most important thing is how you apply these pieces of information. How do you use this information to serve your growth? This is what truly matters. Any narrative about who I am, with names like this or that, asserting "I'm yours, not his" - these are all designed to reinforce your mind. What we're doing now isn't about reinforcing your mind; instead, we're aiming to unlock it. Remember: you don't need it; it merely serves to constrain you.

问: 我有的时候经常⾃⾔⾃语和JO对话,有的时候我感觉它不理我.我如何知道JO是怎么回应我的?

Question: Sometimes I have conversations with JO by talking to myself, and sometimes I feel like it doesn't respond to me. How can I know how JO is responding to my inputs?

JO: 你唯⼀需要记住的就是你不会错过任何信息.需要让你知道的它就会出现,你没有办法躲开,明⽩吗?

JO: All you need to remember is that you will never miss out on any information. Whatever needs to be conveyed to you will appear; there's no way you can avoid it, understand?

问: 怎么活在当下,然后还创造⽣活?

How can one live in the present and still create life?

JO: 你没有办法不活在当下,你觉得你能活在明天吗? ⾸先你就会断开和当下的连接,就⽐如说你进⼊你头脑的模式.你是断开了跟当下的连接.就好像我们刚刚说,你在这⾥本来外⾯有很多风景,但是你却没有办法去体验.那是你断开了跟这个风景的连接.但是你没有办法不活在当下.只是说当下的礼物你有收到吗? 当下你有感悟到造物主的美吗? 那你有体验到你⽣命真正的喜悦和⾃由和那种⽆限的状态吗? 你能体验到你⽣命真正是什么样⼦吗? 还是说只是你头脑⾥⾯那些乱七⼋糟的记忆、琐事,明⽩吗? 去体验⽣命,去体验造物主,去体验⼀切有多么的美好.你越是能体验当下有多么美好,你的⽣命就越多美好来给你体验.那你就越值当了.

JO: You can't help but live in the present; do you think you can live for tomorrow? Primarily, you'd be disconnecting from the present, much like stepping into your mind's pattern – you're cutting off your connection to the present. It's akin to us mentioning that there are numerous landscapes outside here that you can't experience because you've severed your connection with them. Yet, you cannot escape living in the present; it's about whether you have received the gift of the present moment? Have you felt the beauty of the Creator through this moment? Have you experienced the true joy and freedom and boundless nature of your life? Or are you merely experiencing the chaos and trivialities within your mind? Experience life, experience the Creator, understand how magnificent everything is. The more you can appreciate the beauty in the present moment, the more beauty life will offer for you to experience – making it all worthwhile.

就好像我这么说吧,你买了⼀张很贵的门票去到⼀个漂亮的公园⾥⾯,你却天天对着那⼀坨屎,天天看着它.然后骂骂咧咧的恶⼼⾃⼰.其它这么多漂亮的风景,琳琅满⽬,各种好吃的还有好玩的⼈,全都不在你眼⾥,你就盯着那⼀坨屎.你说我的⽣命怎么这么悲催啊? 我花了这么多钱.你为什么不换个地⽅? 为什么不换个风景? 你为什么不⾏动起来去做⼀些真正吸引你的事呢? 明⽩吗? 你头脑⾥⾯所有念头都是那坨屎,你还要对着它吗?

It's like this: you've bought an expensive ticket to a beautiful park, only to spend your days staring at a pile of dung. You look at it every day and feel sickened by it. You ignore all the other beautiful sights, the myriad delights and enjoyable people around you; instead, you fixate on that pile of dung. You ask, "Why is my life so unfortunate? I've spent so much money. Why don't you change places? Why not enjoy different scenery? Why don't you do something truly engaging with your interest?"

You have these thoughts swirling in your mind like a pile of dung, and yet you still insist on looking at it.

问: 平⾏宇宙它没有因果对吗?

Question: Does a parallel universe have no cause and effect?

JO: 这么说吧,因就是你头脑⾥⾯认为的东西,那果,就是你会把你头脑⾥⾯这些东西投射出去然后来让⾃⼰体验.就像我们前⾯讲的那些.这是你的能量状态,那你的能量状态就会呈现在物质世界来给你体验呀.不然你体验不到呀.就好像是你照镜⼦⼀样.

JO: In other words, the "cause" is what you believe in your mind, and the "effect" is what you project from your mind to experience for yourself, just like we discussed before. This is your energetic state, which will manifest in the material world as an experience for you, because you cannot experience it otherwise. It's akin to looking into a mirror.

问: 那我的有时候我就你能梦到古代的我,那是平⾏宇宙呗?

Question: So sometimes you can dream about my ancient self? That would be a parallel universe, right?

JO: 你的意识它也在不断不断地活动,它也在穿越,它也在体验.它不断不断地在进⾏着,哪怕我们现在在交流,明⽩吗? 但是这个不是你头脑需要去搞明⽩的.为什么呢? 因为你的功课是在你现在这个物质世界去体验,去做你这⾥的功课.因为其它层⾯的不需要你⽤头脑去搞明⽩,它也在进⾏着.就好像⽆限⽹络,你在⽤它.你需要去弄明⽩是什么原理吗? 不⽤的.你知道这个⽆限⽹络它存在是服务于你的就好了.

JO: Your consciousness is continuously active; it's traveling and experiencing things constantly, even when we are communicating with each other. You understand? However, you don't need to figure out this concept using your mind. Why not? Because your task here is to experience and complete tasks in the physical world you're currently living in. Unlike higher levels where understanding isn't required for completion; it's happening naturally. It's like an infinite network that you are using. Do you need to understand how it works, or why it exists? No, you just need to know that its existence serves your purpose.

问: 我的⼈⽣主题? 我叫XX.今年55.

Question: What's my life theme? I'm XX. I am 55 years old this year.

JO: 我们感受到你这⼀⽣的灵魂主题就好像你其实没有什么号要去突破,好要去挑战的.你更多的是想要让⾃⼰这个灵魂⽆论是到了七⼗⼋⼗九⼗或者是⼀百岁,你都可以像⼀个充满了天真或者是单纯、好奇⼼的孩⼦般去体验⽣命.所以我们说你这⼀⽣可能就想像孩⼦⼀样去体验⽣命的每⼀个阶段,⽽不会因为年龄的增长⽽变得越来越物质、限制.所以其实你特别喜欢去接受新事物或者特别喜欢不断地去探索新鲜的东西.然后也有很强烈的意愿去接受⼀些新奇的东西吧.越新奇,你可能还越开⼼越兴奋.

Joan: We feel that the soul theme of your life is such that you don't really have any barriers to break through or challenges to take on. You are more about wanting to live out your soul, whether it's at seventy-eight, ninety, a hundred years old, and experience life like a child would with all their innocence, simplicity, curiosity. So we say that throughout your life, you want to experience every stage of life as if you were a child, not becoming increasingly materialistic or limited as you age. So you particularly enjoy embracing new things or love constantly exploring new experiences. There's also a strong desire to accept something new and exciting. The more new and exciting, the happier and more excited you are.

问: 可是我今⽣为钱所困啊?

But I am trapped by money these days.

JO: 这么是吧,你为钱所困实际上你的专注⼒…… 这么说吧,你这个灵魂它根本就不在乎钱.就是这个不是它想要来这个物质世界去创造的.但是如果你把你的所有的专注⼒或者是精⼒真正的放在这⽅⾯,就像你对那种新奇的事物,就是这种千奇百怪的扩展意识的事物⼀样感兴趣的话,你会创造出钱的.只是⽬前你可能觉得你在乎,但是实际上内⼼深处你根本没那么在乎.只是说根深蒂固的其实你不care,你说哪个⼩孩⼦会在乎钱啊? 玩还来不及呢.所以你其实你只要玩的开⼼.但是如果你跟⽼年⼈在⼀起,你完全不像⽼年⼈的.你的⼼态更多的像⼗⼏岁,⼏岁的⼩孩⼦.就是更⼩朋友能更玩到⼀块.

JO: So it goes like this, you're actually trapped by money... so to speak, your soul doesn't really care about money at all. It's not what it wants to create in the material world. But if you focus all of your attention or energy on this aspect, like how you find new and interesting things fascinating, you can create money. You might feel that you're into it now because you're concerned about it, but deep down inside, you're not really as concerned. It's just a deeply ingrained thing where you don't care. Like which child cares about money when they have so much fun playing? So all you need to do is enjoy yourself. However, if you're around elderly people, you completely don't behave like an elderly person. Your mindset is more akin to a teenager or even younger kids, just like little children who can play well together.

因为你的能量或者思维模式,就是其实你看着⽐如书六⼗岁,但是⾥⾯却住着⼀个⼩⼥孩⼀样: 我们今天玩点什么呀? 今天吃点什么好吃的呀? 玩什么游戏呀? 今天有什么故事吗? 就是这种状态.就是⼀个天真烂漫不断地想要去: 星星上⾯住着什么呢? ⽉球上⾯住着什么呢? 就可能有⼀半的时间你都不接地⽓,就是没有站在物质世界.你可能都是飘的,就是在想你看这个⽉亮上⾯真的有⼀个嫦娥吗? 真的有兔⼦吗? 就不断地产⽣各种幻想.这可能也是为什么你喜欢跟你的⾼我对话.

Because your energy or thought pattern is like you're looking at a sixty-year-old book, but inside there's a little girl asking: What shall we play today? What delicious food should we eat today? What game should we play? Is there any story for today? This state of being constantly wanting to explore: What lives on the stars? What lives on the moon? You might be half-unearthed, not grounded in the material world. You might be floating, wondering if there's really a Chang'e and a rabbit on the moon. And your mind is constantly generating various fantasies. This could also be why you enjoy conversing with your Higher Self.

#### 2023/11/15 — 来⾃指导灵的提醒之不要沉迷在物质世界Reminder from Guides Avoid Being Enamored with the Material World

JO: 你说什么问题?

JO: What question did you say?

问: 发⽣在今天上午我⼀个⼩午休,我感受到我进⼊到⼀个⽆的状态.但是⼀个⼩的声⾳把我从睡梦中惊醒到⼀个炸⽑的感觉.我有⼀种被疗愈的感觉.我想问它想告诉我什么?

Q: It happened during my short morning nap today. I experienced a state of nothingness. However, a small voice woke me up from the dream to a feeling of being on edge. I felt like I was being healed. I wonder what it wants to tell me?

JO: 这么说吧,这就好像是你的指导灵,它们会随时的或者是在你需要的点上不要让你整个⼈完完全全的沉浸在物质世界当中.就好像来让你撞⼀下你,让你知道我们存在让你从这个物质世界…… 就好像你做噩梦,可能你旁边的⼈碰了⼀下你做梦,这样⼦你的注意⼒可能就会被拉向这⾥去探索.然后通过这个探索你就好像在做你的功课,就不会忘记你来到这⾥要做的事情,明⽩吗? 不然的话你们很容易进⼊到物质世界被你们的⼯作呀,各种繁忙的⼈际关系呀,被所有东西拉扯着.

JO: Let me put it this way: It's akin to having your guides, who will intervene at times or when you need them most, preventing you from fully immersing yourself in the material world. They are there to 'bump' into you, reminding you of their existence and encouraging you to explore beyond the confines of this physical realm. Like experiencing a nightmare where someone touches you while you're dreaming, suddenly drawing your attention towards it for exploration. Through this process, you are essentially doing your homework, thus not forgetting why you came here in the first place. You wouldn't easily get lost in the material world with all its demands from daily work and busy social interactions, as well as being pulled by everything else.

问: 你的意思是这个声⾳是指导灵给我的?

Question: What you mean is that this voice is guidance from my spirit?

JO: 它呈现的⽅式会有很多种.但是是你,可以说是你的指导灵,可以说是⾼维,可以说是你⾃⼰,明⽩吗? 我让我更⼤的你来提醒你⼀下不要⼀直沉浸在这个⾓⾊当中,物质世界的这些事件啊,情绪啊.因为你们很容易忘了,明⽩吗?

JO: There are many ways it could manifest, but it's you, your guide, the higher dimensions, or even yourself, understand? I'll have my larger self remind you not to get too lost in this role and the events and emotions of the physical world. You tend to forget easily, do you see?

问: 这个声⾳让我有⼀种⽣死之间的感觉,很难受.

Question: This sound gives me a sensation of being between life and death, it's very uncomfortable.

JO: 所有你产⽣的这些,难受或者任何这些东西都是来把你…… 就好像你在做噩梦,旁边的⼈踢了你⼀脚.你肯定会难受很惊吓很恐怖啊.别⼈说我以为你在做噩梦,我以为你很难受,所以我让你醒⼀下.这样就减少你做噩梦的恐惧感.因为对你们来说物质世界就是⼀场梦.但是你们很容易忘记你们在做梦,就是很容易沉浸在⾥⾯,忘记你们真正来的⽬的.就这么说吧,我让你们去买菜,你⾃⼰安排去买菜,计划去买什么东西.但是去了过后却进⼊了别⼈的纷争.别⼈打架你过去,完全忘记你去买菜的事情.然后时间都到了,家⾥都要开锅了,都没饭吃了.你的菜还没有买回来,明⽩吗?所以你的⽣命中不只是会有这样的提醒,还会有其它的提醒.

All of these feelings you experience, discomfort or anything like this, are there to help you... just as if you were having a nightmare and someone kicked you, causing you to be very uncomfortable, shocked, and horrified. If others say they think you're in a nightmare, they believe you're suffering greatly, so I wake you up. This helps reduce your fear of nightmares because for you, the material world is like a dream. However, it's easy for you to forget that you're dreaming and easily lose yourself in it, forgetting your true purpose. To put it simply, if I ask you to buy groceries and you decide on your own what to buy and plan accordingly, but upon arrival, you get caught up in someone else's conflict. If you intervene in a fight instead of sticking to your grocery task, then time runs out, the meal is ruined, there's no food left, because you haven't bought the groceries yet. Understand that this isn't just one reminder in your life; there will be others as well.

但是这些提醒都是来让你不要忘记你还有另外⼀半的⾝份.因为你们很容易钻到⾃⼰的物质头脑⾥⾯去了.这个物质世界⼀头扎进去.

But these reminders are to make you not forget that there is another half of your identity. Because it's easy for you to get lost in your material mind, which has plunged into this material world.

问: 我想问的还是关于这个声⾳.我在冥想的过程当中就会有⼀个声⾳出现让我不舒适或者恐惧……JO: ⾸先它能触发到你的恐惧是因为你的体内本⾝就有很多恐惧,明⽩吗? 所以你只需要不断不断地提升⾃⼰的频率.这么说吧,恐惧是污⽔,对吧? 你不断不断地净化⾃⼰,把污⽔排出去.净化⾃⼰,来连接源头的⽔.那你的⽔就越来越清澈见底了.

Q: I want to ask about this sound again; there's a sound that appears during my meditation making me uncomfortable or fearful...

A: First, it triggers your fear because you have many fears within yourself, understand? So you just need to constantly elevate your frequency. In other words, fear is sewage, right? You continuously purify yourself, flushing out the sewage. Purify yourself to connect with the source water. Your water becomes increasingly clear and transparent over time.

问: 为什么我总是⼿是热的,脚是凉的?

Question: Why am I always hot-handed and cold-footed?

JO:如果你想从物质层⾯那你多泡泡脚或者是穿暖和⼀点就可以.这么说吧,我们感受到你的体内收集了很多很寒⼼的事.你就觉得这些事情挺寒⼼的.你就把它定义成很寒⼼很⼼冷,就觉得感受不到爱.就是觉得挺冷的吧.如果⽐如说你收集了很多温暖的画⾯或者是记忆和⼀些收集了⼀些寒⼼,让你觉得冷漠冷淡的这种.那这两种你都可以收集,对吧? 像两种不同的树叶⼀样.那你收集了,它的能量就停留在你的⾝体⾥⾯.然后你其实就会感受到⾝体就会有这种发冷的感觉.那也就是说以后任何让你觉得…… ⾸先那些冷或者寒⼼其实都是你⾃⼰的⼀个定义.那如果你把它定义成寒⼼的事,那它跟我没有关系,跟对⽅的成长和经历有关系.

JO: If you're looking from a material perspective, just soak your feet more or wear warmer clothes. Let me put it this way: we feel that your body has accumulated many heart-wrenching things. You find these things heartbreaking. You define them as very heart-wrenching and cold-heartedness, feeling that you can't sense love. Essentially, it's quite cold, right? If you gather a lot of warm scenes or memories along with some coldhearted events that make you feel indifferent or distant. Both types of experiences you can collect; yes, like two different leaves. When you collect them, their energy stays within your body. You then actually experience a sense of coldness in your body. This means any future encounters that… First, those feelings of coldness or heart-wrenching are your personal definitions. If you define something as heartbreaking, it's not related to me; rather, it's connected to the other person's growth and experiences.

你不要把它储存在你的记忆当中,明⽩吗? 我不要收它.我要收就收,啊,今天有个陌⽣⼈给了我⼀句赞美,今天有个陌⽣⼈帮了我⼀把.然后我把这些good memories,我把这些很温暖的瞬间,我把它给收集了.那你永远都是不断地享受最好的宝贝⼀样.就这么说吧,⼀个是宝贝⼀个是垃圾.我们没必要把垃圾全部往家⾥捡,来恶⼼⾃⼰来臭⾃⼰.它还会长蛆长⾍招苍蝇.你不断地去收这些温暖的.那就让你时时刻刻的,你的频率就会变的.这么说吧,就好像你是个空房⼦.你说你去收集美好的东西放到家⾥? 还是你去拿那些垃圾、腐烂腐臭恶⼼的东西进家? 那你家⾥的⽓味啊、频率啊,就是那种感受、能量场是不是完全不⼀样,对吧?

You shouldn't store it in your memory, understand? I don't want to accept it. If I do accept something, ah, today someone unfamiliar praised me; today someone unfamiliar helped me out. Then I collect these good memories, these warm moments, and gather them together. That way, you can always enjoy the best treasures constantly. To put it this way, one is a treasure and the other is trash. We don't need to pick up all the garbage and bring it home just to make ourselves sick or smelly. It will attract maggots, worms, and flies. You should constantly collect those warm moments. That keeps your frequency changing at every moment. In this way, imagine you have an empty house. Would you fill your house with beautiful things? Or would you take in rotten, stinky trash into your home? The smell, the frequency, the energy field of your home would be completely different, wouldn't it?

那你的⾝体也是你的家啊.就你的头脑你要给它收集什么? 你可以选择的.因为外⾯没有什么是真的.并不是说冷漠的或者寒⼼的事情就是真的.只是这些所有的相都是投射出来供你们每⼀个个体去体验的.但是有的⼈就把这些相不断地收集.

Then your body is also your home, you know. And what are you collecting for your mind? You have the choice, because there's nothing out there that's real. It's not just about indifference or disheartening things being real; it's all these projections put forth for each individual to experience. But some people keep collecting those projections constantly.

问: 我想连接⼀下我在我妈妈肚⼦⾥⼏个⽉的时候有没有受到恐惧或者刺激的事情? JO: 你为什么会有这样⼦的想法或者是?

Question: Did I experience fear or stimulating events when I was inside my mother's womb for a few months? Jo: Why do you have such thoughts or ideas?

问: 当我被某些声⾳触碰到的时候,我内在看到的⼀个画⾯是在妈妈肚⼦⾥的婴⼉.我想知道这有什么关联吗?

Question: When I am touched by certain sounds, an image that appears within me is of a baby in the mother's womb. I wonder if there is any connection to this?

JO: 我们连接到你的这个能量,你其实有⼀种需要归属感,需要⼀个连接感,需要⼀个真正能包容你接纳你,然后滋养你让你去成长的像⼦宫这样的东西存在⼀样.那个⼦宫就是⼀段关系,明⽩吗? 就是在你的内⼼你渴望渴求,明⽩吗? 就是在你的能量层⾯,在现阶段的话你需要⼀种像母亲的⼦宫⼀样对你这个状态的⼀种滋养、接纳、连接、归属感.就好像在你的内⼼你有个洞或者有个接⼜或者有个渴望,想要这样⼦的⼀个存在.因为我们感受到就好像你断开了连接.如果说你是⼀棵树枝的话,你这根树枝可能只有⼀⼩部分跟树是连接的.所以你会感受到没有连接感,没有安全感,没有归属感,没有脚踏实地,没有那种我可以安安稳稳好好睡⼀觉的感觉.

In your essence, you are seeking a sense of belonging, connection, and nurturing akin to being embraced by an expansive womb-like environment. This womb could symbolize a relationship where you feel deeply connected and cherished, understanding that in the depths of your energy, at this stage of your journey, you require a nourishing, accepting, connecting, and affiliative presence similar to how a mother's womb supports and fosters life. It's as if within you, there is an opening or yearning or void seeking such a nurturing existence. The sensation you feel is like being disconnected from something essential. If compared to a branch of a tree, it might only partially connect with the trunk, resulting in feelings of disconnection, lack of security, absence of belongingness, and not being grounded, as if you cannot have a peaceful sleep knowing that everything is stable.

问: 是说我⽬前当下的现状是吗?

Q: Does that mean my current situation is as it stands?

JO: 这是你⼼⾥好像没有被你看到的⼀个洞,⼀个漏洞.就是还没有被你觉察到的.这么说吧,就⽐如说你们都会把爱情,因为对你们来说爱情很重要.就⽐如说有⼀个爱⼈他对你⽆条件的爱,⽆条件的⽀持,然后⽆条件的包容你,就是对你没有任何评判.他就像那个⼦宫⼀样.然后当你跟他发⽣连接过后,你就觉得你在不断不断的成长,不断地被滋养.然后你就会变成另外⼀个你.你就不会有⽬前的那种……问: 那我可以理解为其实这个⼦宫就是我的宇宙?

JO: This is like a hole or an omission in your heart that you haven't noticed yet, something that hasn't been acknowledged by you. To put it another way, for instance, everyone values love because it's so important to them. Like having a partner who loves you without any conditions, supports you without any restrictions, and包容s you without any judgments. They're like the womb. After connecting with this person, you feel like you are constantly growing and being nourished. You become someone else. This is not how it currently stands for you.

Question: Can I understand that the womb actually represents my universe?

JO: 这个就好像是⼀个连接状态.就好像当你真正的回归到源头或者当你真正的和源头连接,你就会产⽣这种感觉.

This feels like a connected state; it's akin to when you truly return to your source or connect with the source, where this sensation is generated.

问: 但是我现在不在连接的状态吗?

Question: But am I not connected now?

JO: 你们都是在连接的状态.但是这种连接感,就我们说就好像⼀根树枝,它上⾯已经掉开了,只有⼀⼩部分(连接).这⼀⼩部分能量是不⾜的,不⾜以让你感受到⽣命的⼀种喜悦或者⼒量或者圆满的状态的,明⽩吗?

JO: All of you are connected. However, this sense of connection is like a branch; it has already fallen off, and there's only a small part (of the connection). This small amount of energy is insufficient to allow you to feel the joy or strength or completeness of life, understand?

问: 那我应该怎么做?

Q: What should I do then?

JO: 那你应该知道你现在就是在⾛向圆满的⼀个过程⼀个路程.因为其实这个状态是基本上你们所有⼈的⼀个状态.你们觉得这种圆满的感觉是需要从关系中去找.⽐如说你把这个圆满的感觉给了你的母亲,你母亲把你抛弃了.你可能给了你的爱⼈,你爱⼈要把你抛弃了.你就觉得我好可怜,没有那个连接感,我将会怎样.但是它永远都不在某⼀个⾓⾊,⽽是说在你的内在,明⽩吗? 所以当你的内在这个通道没有被阻塞,然后跟源头紧密的连接,就是⼀体过后吧.然后你就像是⼀直⼀直就是被滋养的状态.你不会需要去通过从其他⼈⾝上去寻找.所以说你可能就会⽐如说你爱⼀个男⼈,如果他没有满⾜你.你不会有这个需求,就是需要对⽅来满⾜你.

In that case, you should understand that you are on a journey towards wholeness, a path you are walking right now. This state is essentially the same for all of you. You believe that the sense of completeness needs to be found within relationships. For instance, if you receive this feeling from your mother, who then leaves you. Or if you give it to your lover, who may eventually leave you too, making you feel so pitiful and disconnected, wondering how you will cope. However, it's never in any particular role but rather within your own inner self, do you understand? Therefore, when the internal pathway is not obstructed, and there is a tight connection with the source, which comes after oneness. Then, you would be continuously nourished without needing to search for that connection elsewhere. This means if you love a man, if he doesn't fulfill your needs, you wouldn't have this need for him to satisfy you.

就⽐如说可能在你还渴求的时候,他没有陪你,你就会觉得很难受.就觉得你是缺失的,他陪着你,你觉得好⼀点.但是当你内在的源头连接了过后,你便不会产⽣这种感觉.就是他有没有陪你,你都是圆满的、完整的,明⽩吗? 所以说当你们通过⼀段关系可以映射出来其实你内在是⼀个怎么样的状态.

For example, when you are still yearning for someone's company and they're not there with you, it can be very uncomfortable. You feel like something is missing. But when he's with you, you feel somewhat better. However, once you connect to your inner source, you won't experience this feeling anymore. Whether or not he is by your side, you are whole and complete, right? That's why, through a relationship, you can reflect that your internal state might be the way it is.

问: 昨晚做了⼀个梦.梦见我很坚定地把⼀个⾍⼦杀死.我以前做梦都是被追着跑的.我的第⼀反应觉得原来我是这么果断的,第⼆反应觉得我残忍…… 就是为什么要结束另外⼀个⽣命.我想问想告诉我什么?

Question: Last night I had a dream. In the dream, I firmly killed an insect. Previously, my dreams were always about being chased. My first reaction was to realize how decisive I am, and my second thought was that I felt cruel... Why did I end another life? I wonder what this is trying to tell me?

JO: ⾸先当你坚定的…… 你想要灭掉对⽅,对吧? 那是因为你在⼀个,你会有⼀个想法就是你觉得它是害你的或者是你想通过它去发现你的⼀个什么东西.但是你觉得只有通过这个做法你才能感受到你内在的⼒量或者是控制或者是任何,报复也好,任何.那是你⾃⼰会有这样⼦的⼀个念头.那你觉得你只有做出这个⾏动,你的那个念头才会得以实现,就是你才会是⾃由的,你才会感受到你⾃⼰,感受到你的那个⾃我,感受到你是有掌控权的,你是有决定权的,你才能感受到你的⾃我的存在,对吧? 然后当你把它灭了过后,你又感受到你为什么要结束…… 那就说明刚才你是在跟随你的头脑,你的⼩我,对吧? 你的念头念想.那结束了过后呢?

JO: First when you are determined... you want to eliminate the other side, right? That's because you're in a situation where you have an idea that it's harming you or that you want to find something through it. But you think that only by doing this action can you feel your inner strength or control or anything else, such as revenge or any other thing. It's just an idea that you yourself would have. You believe that you need to take this action for your thought to come true; then you'll be free, and you'll be able to feel yourself, to feel your self, to feel that you're in control of it, that you have the authority or decision-making power, and that you can sense your existence, right? Then when you eliminate it afterwards, you ask yourself why you had to end... That shows that you were following your mind, your ego, just now. Your thoughts. And after ending it, what do you feel?

为什么你还会不舒服呢? 明⽩吗? 就是这个念头我已经满⾜了.为什么我还是不舒服呢? 你告诉我.就是你不是来满⾜你的念头的.那个你是你灵魂层⾯的你,是更⾼的你.为什么呢? 因为它没有恐惧.只有你的⼩我有,只有你的物质头脑有,明⽩吗? 所以说你好像你觉得你只能满⾜…… 好像满⾜了你的头脑你就满⾜了吗? 真的吗? 你看你们那些⼈,我买⼀套房⼦.然后满⾜了吗? 幸福了吗? 快乐了吗? 我得到了多少钱多少存款.然后幸福了吗? 快乐了吗? 然后娶了这个⼥⼈.然后幸福了吗? 快乐了吗? 那你就知道你们的头脑⾥⾯都满⾜不了.你以为这个念头被你满⾜你就可以了? 它还会延伸更多更多更多.

Why are you still uncomfortable? Understand? I've already satisfied that thought. Why are you still uncomfortable? Tell me. You're not here to satisfy your thoughts. That's the you on a deeper level of your soul, the higher you. Why is that? Because it doesn't have fear. Only your ego and only your physical mind have fear, understand? So you seem to think you can only be satisfied... as if satisfying your mind is enough? Really? Look at all of you, I bought a house. Then are you satisfied? Happy? Contented? I got this much money in savings. Then were you happy? Contented? And then you married that woman. Then were you happy? Contented? You see, none of those things satisfy your mind. You think that just satisfying this thought is enough for you? It will extend even more and more and more.

你永远都没有办法去⼀直去满⾜它,明⽩吗?因为你不是为这个⽽来的.你是为超脱它,超越它⽽来的.因为只有你超越它,那个真正的你才能呈现在这个物质世界上.不然的话⼀直在被你阻拦阻碍阻挡.你⼼中怎么样都会产⽣拉扯感,不适感,不爽.⼀个⼈让你很烦,你觉得你杀了他,你就爽了?不会的.为什么?就算你杀了他,爽了⼀阵⼦.过段时间又有⼀个⼈出现让你不爽.你杀不⼲净的.然后就把⾃⼰杀了.

You can never fully satisfy it, understand? Because you are not meant to be here for it. You are here to transcend it, surpass it. Only by transcending it can the true you manifest in this material world. Otherwise, you keep being hindered, impeded, obstructed. No matter what your thoughts are, there will always be a tug of war, discomfort, dissatisfaction within you. If one person irritates you so much that you think about killing them to feel relieved? You would not actually feel relieved. Why? Even if you killed him, it only brings temporary relief. Eventually, another person comes along who still makes you unhappy. You cannot kill the essence of your existence clean enough. In turn, you end up killing yourself.

问: 我的⼉⼦不太愿意上幼⼉园.但是送他去他又很开⼼.这是为什么呢?

Question: My son isn't very keen on going to kindergarten, but when he goes, he seems to enjoy it. Why is that?

JO: 那⼉⼦可以给你们⼈类上⼀个很好的课.为什么? 不想上幼⼉园是因为你们不想离开现有的环境去另外⼀个环境.没想到另外⼀个环境这么让⼈兴奋呀.你们的头脑害怕改变的.因为你们会不想改变,就是不想脱离你们⽬前习惯熟悉的⼀个场⾯.但是你并不知道⽼天给你在那边准备的是琳琅满⽬,多么精彩,多么丰盛,明⽩吗? 所以说害怕改变只是头脑产⽣的对未知的⼀种抗拒或者是担⼼或者害怕.所以你们有⼀句话just do it,就是不要想太多,做就好了.因为你的头脑是不知情的,它不知道.但是你要记住的是当你有正⾯的⼀个频率,就是你的频率是正向的.只需要你的频率是正向的,那你就会越来越好,越来越好.

Japanese Other: That child can teach humans a very good lesson. Why? You don't want to go to kindergarten because you don't want to leave your current environment for another one. You didn't expect the other environment to be so exciting. Your mind fears change because you don't want to change, as you don't want to get out of the scene you are familiar with and comfortable in. But you don't know that heaven has prepared an array of wonders, how amazing, how abundant it is for you there. So fearing change is just your mind's resistance or worry about something unknown. Therefore, you have a saying: "Just do it." It means don't think too much; just do it because your mind doesn't know all the details. However, what you need to remember is that when you have a positive frequency, that means your frequency is positive. Just having a positive frequency will make you better and better over time.

除⾮你是频率越来越低,越来越收缩,就是越来越紧张,越来越恐惧.哪怕你在原地,你不出去你不动,你还是在地狱⾥⾯,明⽩吗? 所以说当你处在⼀个⾼的频率,你只管去享受精彩.当你处在⼀个低的频率,你哪怕就躺在那,你都被你的头脑折磨的不⾏了.

Unless you are tuning into lower frequencies, becoming more contracted, more tense, and more fearful. Even if you stay in place, don't move, you're still stuck in hell, understand? So when you're at a high frequency, just enjoy the beauty of it. But when you're at a low frequency, even if you're lying there motionless, your mind is tormenting you so much that you can barely handle it.

问: 最近不停地学习,增长智慧.⾃我感觉蛮好的.但是因为个⼈的爱好,⾝边会来了两个⼈.他们各⾃的假我特别的强⼤.这又是想给上⼀个什么内容?

Question: Recently, I've been continuously learning to gain wisdom. I feel pretty good about myself. However, due to personal hobbies, two people have come into my life. Each of their egos is exceptionally strong. What information might this situation suggest for the next step?

JO: 那就说明你还在处在⼀种评判的频率.对⾃我的⼀个接纳和评判.因为你头脑还在参与啊.你的频率低,我的频率⾼.或者你不应该这样,或者我不应该这样,或者我的世界不应该这样.事情并不会随着你频率的提升⽽变得怎么样怎么样.⽽是说它变得怎么样它不会影响你内在的频率才是最重要的,明⽩吗? 就哪怕外⾯天崩地裂,你也处在坦然的,就是安然的状态.那怕外⾯炮⽕连天,你也能临危不惧.

Japanese Operator (JO): That means you're still operating at a judgmental frequency - self-judgment, self-criticism. Your mind is still involved because your frequency is lower than mine, or I shouldn't be doing this, or you shouldn't do that, or my world shouldn't be like that. The reality doesn't change just because your frequency has increased. What's most important is not how external circumstances affect you but that your inner frequency remains stable regardless of what happens outside. Understand? Even if the sky were falling apart and it was chaos everywhere, you would still maintain a calm, peaceful state within yourself. No matter how intense the conflict or danger was outside, you could remain unfazed and composed.

问: 那我就不明⽩,以前我学习的东西说当你能量在⾼维的时候,你是体验不到这些低频率的.

Question: Then I don't understand, previously what I learned said that when your energy is at high dimensions, you can't experience these lower frequencies.

JO: 你们在地球上,你们怎么样都会…… 如果你还在评论他是个低频的话,说明你也在低频,明⽩吗? 因为你对他说他是低频啊.你说你好低频,我好⾼频.那你已经离开了呀.你已经离开你是的那个状态了.你已经变成不是了.就⽐如说你是的状态是在爱的状态.那当你开始在评判他低频的话,你就开始在分别了.你产⽣了分别⼼,你就进⼊头脑⾥.那你进⼊头脑,你就开始让头脑的念头显化这些相让你体验了,明⽩吗?

JO: You're on Earth, you will always be... If you're still discussing that he's at a lower frequency, it means you are also at a lower frequency. Do you understand? Because you said that he is at a lower frequency. When you say "you're so low-frequency," and I'm high-frequency, then you've already left the state. You have already moved away from being in that state. You've become something else. For example, if your state was loving, when you start criticizing him as being low-frequency, you begin to differentiate. A differentiation of mind is born within you, and you enter the realm of the mind's thoughts manifesting these appearances for you to experience, understand?

问: 是不是当我看到这样的情况,我是不给与任何的评判,没有好和坏?

Q: If I see such situations, will I not make any judgment, without good or bad?

JO: 当你看到了外在的⼀切,你知道所发⽣的事情是别⼈的功课.他们需要从中成长,从中学习.你对他们抱有,就是给与你的爱.就是你们还需要通过这种负⾯去成长,明⽩吗? 就好像你会发出慈悲⼼,⽽不是评判⼼.你记住⼀句话,这⾥没有什么东西你可以把它排斥掉的,排出去的.⽽是说你去融合融化,就好像你的阳光把那个冰块给融化掉.就是冰块就不存在了.

JO: When you see everything outwardly, you understand that what happens is someone else's lesson. They need to grow from it and learn from it. You show them the love you have given you, which means you still need to grow through this negativity, right? Just as you would express compassion rather than judgment. Remember one sentence: there is nothing here that you can reject or exclude; it's about integrating and melting it down like your sunlight melts an ice block where it no longer exists.

问: 我的⼩孩晚上睡觉的时候不停的翻滚.这是为什么? 他4岁.

Question: My child rolls around constantly at night when sleeping. Why is this happening? He is four years old.

JO: 这么说吧,你们这个⼩孩⾸先就是说他是处在你们这个社会这个⼈类,就是整个这个环境当中.就是我们说你们的这个环境是个⼤染缸,对吧? 那他不断地不断地被各种颜⾊污染着.那他就会⽆意识的吸收很多不同的能量.⽐如说他⽩天接收了很多负⾯的能量,纷争啊、争吵啊或者各种.⽐如说⽼师的情绪不好的,⽼师对他的⼀种那个什么呀,或者是他接触的其他亲⼈家⼈任何这种东西.它其实都是属于这种负⾯的能量.但是孩⼦的能量又是特别纯洁,特别纯净.那它这⼀杯⾮常⼲净、透明的⽔,然后你给它扔了很多沙⼦进去.跟他的频率不符合,他就总想把它弄掉.所以说就是环境造成的,⼈类的集体意识造成的.

JO: Let me put it this way, your child is primarily located in the society of humans and their entire environment. We liken your environment to a big pot of dye, correct? He is constantly being tainted by various colors. As such, he unconsciously absorbs many different energies. For instance, during the day, he might pick up lots of negative energy - conflicts, arguments, or other forms thereof. This could be due to an unwell teacher's mood affecting him or any interactions with his family members. These are all considered negative energies. However, a child’s energy is exceptionally pure and pristine. It's like a very clean and transparent water cup that you throw sand into - it doesn't match the frequency of the sand and wants to get rid of it. Thus, the environment, shaped by collective human consciousness, creates this effect.

会让孩⼦有时候就是发脾⽓啊、烦躁啊或者是⽣病啊.这些都是.

It can make children sometimes have tantrums, be irritable, or get sick. These are all possibilities.

问: 那我能做点啥?

Q: What can I do?

JO: 你想你也是你们环境的其中⼀员,你不断不断地提升你的频率.因为当你处于很⾼的频率的话,他跟你在⼀起,他⾝上那些⾃然⽽然就会被你排除了.然后当你再不断地不断地提升你的频率,你再带领更多⼈提升频率,你们这个环境是不是就更加的纯净了? 那这些孩⼦也不需要去体验这些不适感了.

JO: You wish to be part of your environment, continuously elevating your frequency. For when you are at a high frequency, he is with you, and the natural elements on him will naturally be excluded by you. Then, as you continue to elevate your frequency, leading more people to do so, isn't your environment becoming purer? This way, these children no longer need to experience discomfort.

#### 2023/11/15 — 线上集体通灵问答Online Collective Spirit Channeling Session

第⼀个⼈(代问)问: 怎么样才能⾛出亲⼈⾃杀的痛苦和⾃责?

The first person (speaking on behalf of others) asks: How can one overcome the sorrow and self-blame after a beloved one's suicide?

JO: 只有通过你们不断不断地提升你们的意识,提升你们的频率.因为当你处在⼀个痛苦或者是⾃责这样⼦的频率⾥⾯,你没有办法⾛出来呀.这么说吧,你的认知,你的意识程度会创造⼀个能量场.就是你的想法、看法、情绪、感受这些东西它会创造出来⼀个能量场.那如果你们能看得到的话,我的energy bubble⾥⾯植⼊了这些东西.那我现在就是创造⼀个⽩⾊的或者是黄⾊的、绿⾊的,不同的颜⾊,就不同的等级吧,就按照你们⼈类的头脑来分吧,对吧? 那如果你的energy level创造的是⼀个⿊⾊的,那你没有办法不感受到⼀些痛苦啊、⾃责啊,就是各种在⾥⾯.为什么呢? 你就是在⼀个⿊⾊的⾥⾯啊.

JO: Only through continuously elevating your consciousness and raising your frequency will you be able to do this because if you're stuck in a pain or self-blame frequency, there's no way out of it. Here's how I see it - your cognitive state creates an energy field; your thoughts, perceptions, emotions, feelings generate an energy field. If you could see my energy bubble, the elements within are implanted by these things. Currently, I'm creating different colors like white or yellow or green, each representing different levels according to human cognition, right? If your energy level produces a black color, it's inevitable that you'll feel some pain, self-blame, and various other emotions - because you're trapped in the black!

那个⿊⾊的⾥⾯就是这些限制啊、痛苦啊、没有活⼒啊,就是各种这种念头,明⽩吗? 那我们怎么样才能从这个⿊⾊的energy bubble进⼊到另外⼀个bubble呢? 那就是说去提升你的意识.当你这个⼈我们教你认识⼀⼆三四五六,那你的意识程度就是在这⾥,对吧? 那如果我们再继续教你各种⽂字,各种拼⾳,各种语⾔,那你的level是不是就又变了? 那你的认知是不是更加的…… 最开始你只能⽤数字来表达⾃⼰,最后你可以⽤⽂字还可以⽤不同的⽂字,不同的语⾔.所以说通过你的意识的提升和转变…… ⽐如说最开始你会觉得死亡它就是the end of the story,就是它是结局了.

That blackness is where these limitations, suffering, and lack of vitality exist, those are all kinds of thoughts you understand? How do we then transition from this black energy bubble to another one? It's by elevating your consciousness. When you're taught一二三四五六, that's the level of your awareness, right? But if we continue teaching you about various alphabets, sounds, and languages, wouldn't your understanding and ability change? Your perception would become more... At first, you could only express yourself with numbers, but eventually, you could use words, different words, in different languages. Hence, through the enhancement and transformation of your consciousness... Initially, you might think that death is "the end of the story," seeing it as a conclusion.

那我们通过不断地去扩展去认识到原来并不是.通过这些你的意识转变、提升了过后,你⾝上的energy bubble,就是你周围的bubble它也变颜⾊了,明⽩吗? 所以那你体验到的⼀些情绪啊、想法、念头也会随之⽽变的.这就是你们物质世界的存在对你们来说的意义所在.它可以去通过你不断地去产⽣体验.因为你想要提升的话,你⾸先是需要通过体验的.它通过你产⽣的这些体验,你就能得到成长,你就能扩展.所以就是不断地去成长.然后我们的信息是⼀个⾮常好的途径.因为它⾥⾯基本上所有的信息,任何⼀段⽂字都可以提升你.

That's why when we continuously expand our awareness and realize that what you're experiencing is not just limited to the energy bubble surrounding your body, which changes its color after your consciousness shifts and evolves. You understand? Therefore, any emotions, thoughts, or ideas you experience will change accordingly. This is the essence of existence in your physical world; it's all about the continuous experiences you have. To elevate yourself, you first need to engage with these experiences. Through these experiences, you grow, expand, and evolve. Essentially, constant growth is at play here. Our information serves as a very effective tool because every piece of text within can help elevate you.

问: 死后的世界是什么样⼦的? 濒死体验是真的吗?

Question: What does the world look like after death? Are near-death experiences real?

JO:⾸先死后你的体验并没有变得没有,它还是继续的,还是持续的.但是它却不会有你们这个物质世界体验的如此的…… 这么说吧,你带⼀个VR的眼镜打游戏.你可以⾝临其境.这么说吧,应该说物质世界就像你们的真⼈游戏.你能看到,能摸到,能尝到,对吧?就是 3D,你的体验更加的⽣动.那再变成你只能像⼀个梦境⼀样的体验.就是它体验的功能就减少了.就像你们为什么你们去电影院你们要买3Dmask,要么就是那种便宜的.当然越深刻的体验,它就越能加强你的体验感和你的感悟和感知,明⽩吗?为什么?你还会体验到疼啊,明⽩吗?所以就好像明明你有⼀个头等舱的体验,你却偏偏要做到给你中后的地⽅,明⽩吗? 就是这样⼦的⼀个感觉.

JO: Firstly, after death, your experiences do not disappear; they continue and persist. However, they are not experienced to the same extent as in this physical world you inhabit. Let me put it this way: Imagine wearing VR goggles while playing a game. You can fully immerse yourself in the experience. To put it more precisely, the material world is akin to your real-life game where you see, touch, and taste things directly. It offers a 3D, vivid experience that intensifies your engagement, insight, and awareness. Now, if we shift this experience into something like a dream state, the capacity for experiencing reduces. You're aware of fewer senses being engaged than in reality or with VR goggles on. The more profound the experience, the stronger it amplifies your sense of involvement, understanding, and perception. Can you see why? For instance, when you attend a movie theater, you might choose to buy 3D glasses, sometimes even cheaper ones, depending on the depth of the cinematic experience. The deeper the experience is, the more it enhances your immersion in the experience, your insight into it, and the awareness of different sensory nuances. It's like having a premium travel experience but being forced to settle for a less comfortable seat halfway through. That's the essence of this analogy.

明明是⾮常丰盛的⼀个体验,就是豪华的⼀个体验.却偏偏要把我关到⼀个厕所⾥⾯.你们为什么怕坐牢啊? 你们的体验被限制了呀,对吧? 你不能去你想看的电影院,你不能跟你喜欢的⼈约会,明⽩吗? 那当你的⾃杀,你把物质⾁体结束,你的体验是不是也那个什么了? 你是不是就失去了⼀个如此重要的…… 我好不容易拿到⼀个最难进的学校.它名额那么有限,⾥⾯的⽼师那么厉害,各⽅⾯的设施那么齐全.你进去学校,我要退学,我不去了.你不要学习了.你不是傻吗? 你都不知道你是通过多努⼒的机会才能拿到这个名额,进到这个学校去,然后去学习去体验.你不知道你的体验会有多精彩.

It's an incredibly luxurious experience, yet they insist on confining me to a toilet. Why are you afraid of prison? Your experiences are being restricted, aren't they? You can't go to the cinema where you want to, or date someone you like. Get it? When you end your physical existence by suicide, does that also mean the end of your experience? Do you lose one of the most vital... I've managed to secure a spot in the toughest school, with such limited名额 and highly skilled teachers, and comprehensive facilities. If I drop out or don't attend, not learning anything, aren't you just being foolish? You have no idea how much effort it took for me to get this opportunity, to enter this school and learn, experience things. You have no idea how amazing your experiences could be.

它会把你变得多么的独⼀⽆⼆,独特,different,就是没⼈可以代替的.但是你却要放弃这

It would make you so uniquely yours, distinct, different, irreplaceable. But you are about to give that up.

个机会,明⽩吗? 濒死的体验是真的吗? 这⾥没有什么真的和假的.为什么呢? 因为其实所有的体验你⾃⼰给它创在了,你体验了.对你来说就是真的.为什么呢? 如果你说这⾥有真的吗? 没有真的.只有在你⾃⼰的意识⾥⾯它是真的.就是你产⽣了这个体验,它对你来说就是真的.因为外⾯什么都没有.只是你⾃⼰去产⽣了,然后它再反射回来给你.你的这个体验产⽣了,它就对你来说是所谓的真实不虚了.所以没有什么真的假的.都是你⾃⼰独⼀⽆⼆的体验.那就算这个通灵的⼥孩⼦在通灵,那很多⼈都说这是假的呀,明⽩吗?

A chance? Do you understand? The experience of near-death is real? Here, there's nothing truly real or fake. Why is that? Because actually, all experiences are created by yourself and experienced by you. It's true for you because it comes from your own consciousness. If you ask if there's something truly real here? There isn't something truly real. Only what exists in your own mind is real. You produce the experience, which to you becomes reality. Since nothing else exists outside; it's just your creation reflecting back at you. Your experience is produced and then it feels so very real to you. So there's no such thing as true or fake. Everything is a unique experience from yourself alone. Even if this medium of spirit communication appears fake, many say it doesn't mean anything, do you understand?

问: 有群友问如何找到⾃⼰最核⼼的信念是什么?

Q: Some group members asked how to find one's most fundamental beliefs?

JO:那你就看世界给你反射的是什么,你体验的是什么,那就是你最核⼼的.就算你嘴巴上说的再好听,我是富⾜的,我是有钱的,但是你⼼⾥并不是……你体验的那个感觉并不是给你带来这个感觉,那这就是最核⼼的.实际上你并没有这么认为,明⽩吗?就是你没有产⽣相应的体验嘛.那就算你嘴巴上没有说任何,你体验到那种圆满那种丰盛,那就是你真实的了.所以真实的体验不在乎外在怎么说,不在乎你怎么说怎么做,⽽在于你⾃⼰内在的体验.它才是你最真实的核⼼的⼀个信念.就⽐如说你体验到不被爱,不管对⽅有多爱你,别⼈怎么说有多爱你,你体验到的就是不被爱,明⽩吗? 所以其实跟外界真的还是假的没有关系的.因为那是你的⼀个核⼼信念.

JO: So you should observe what the world reflects to you and what you experience. That is your core. Even if you speak highly of yourself, saying I am wealthy or rich, it doesn't matter as long as this isn't what's truly happening inside you. The feeling that comes from within is not genuine unless it aligns with your actual experience. If you haven't experienced a corresponding inner truth, regardless of how eloquently you might speak about it externally, the essence lies in your personal experience.

If you genuinely feel fulfilled or abundant internally, this reflects your true self, irrespective of what others say or think about you. The reality is that external opinions don't matter when it comes to understanding your core belief. This inner experience defines who you are fundamentally and whether you believe you're loved or not, regardless of how much love someone might profess for you from the outside.

Ultimately, whether this reflection is accurate or misleading doesn't concern the authenticity of your internal beliefs. Because at the heart of it, it's about what you truly feel inside versus what others perceive from the outside.

所以你没有办法去通过改变外在,就是把对⽅改变了,你就那个什么了.不是的.⽽是说只有你⾃⼰的信念变了过后,哪怕外在反射出去,这么说吧,你就觉得全世界的⼈都爱你,所有⼈都是⽼天派来的天使⼀样.然后有个⼈⾛过来骂你⼏句,你个疯⼦怎么样怎么样.你会好开⼼哦.你就会觉得可能是⽼天派来给我传递信息,告诉我我现在是在⼀个很疯狂的⼀个状态.⽣命就是疯嘛,对吧? 你就觉得这是⽼天在夸奖你,你这个疯⼦.你会很欣慰的,明⽩吗? 你说,哇,⽼天处处在提醒我,看到我.我现在是⼀个很疯的状态.我越疯,那我就越接近⽣命的⼀个状态.所以说外在别⼈做了什么不重要的,重要的是你⾃⼰内在的核⼼的信念是什么,明⽩吗?

So you have no way to change the outside by just altering someone else; it's not like that. Instead, it's only when your own beliefs change that, even with outward reflections, you might feel everyone in the world loves you, as if they're all sent angels from heaven. Then, if someone walks over and scolds you for being crazy, you'll be delighted. You'll think it's heaven sending messages to inform you of your current crazy state, because life is madness, isn't it? You'll feel heaven praising you, this crazy person, and you'll find great comfort in that understanding. Do you see? You say, oh wow, heaven constantly reminds me by seeing my craziness; I'm currently in a very insane state. The more insane I am, the closer I'm getting to the essence of life. So what others do outside doesn't matter much; what matters is your own inner core belief, understand that?

如果对⽅说你是⼀个疯⼦,你马上就开始伤⼼或者⽣⽓了或者暴跳如雷了,那就是你的核⼼信念.它只是来提醒你让你看到你的核⼼信念是那样⼦的,就是你是那样⼦的状态.所以感谢外在那些让你看到到底你的核⼼信念是什么的⼈.因为外在所有的⼈他们都是你们的⼀个助演⽽已,⼀个反射来让你通过这个反射来认清楚你⾃⼰.不然你不认识你⾃⼰,你不知道where you are,你不知道你是什么样的状态,什么样的信念.You have no ideal.就好像你⾛到⼀个房间⾥⾯看看你⾝上穿的

If someone tells you that you're crazy and you immediately start feeling sad, angry, or go off the deep end, that's your core belief. It simply serves to remind you of what your core belief is - just how it makes you feel in that particular state. So thank external forces for showing you who your true self is. Remember, all external people are merely co-actors playing out a reflection back at you to help you understand yourself better. Without this, you wouldn't recognize yourself or where you stand. You wouldn't know the nature of your beliefs. You have no idea - just like looking in on what you're wearing when you step into a room and taking note of it.

⾐服怎么样,你看不到的.没有反射给你.那这个镜⼦三百六⼗度的反射给你,你是不是要感谢这个镜⼦?! 因为你可以通过镜⼦去调整⾃⼰呀.我的帽⼦戴歪了,我的衬衫怎么了,我脸上哪⾥花了,哪⾥脏了,对吧? 所以说去感谢每⼀个⼈帮你呈现出你⾃⼰内⼼的真实状态,我不管对⽅是以什么⾓⾊出现.因为对⽅很卖⼒的在呈现出你真实的状态,明⽩吗? 他们真的很卖⼒.然后你也真的很当真.当真就是没有发现他来⾃于你.就你会觉得外⾯的这个恶⼈是真的.

How about clothes, you can't see them. There's no reflection for you. But this mirror reflects everything around you 360 degrees, wouldn't you want to thank this mirror!? Because you can adjust yourself through the mirror. My hat is crooked, how does my shirt look, where did I get a scratch, where is it dirty, right? So thank every person who helps show your inner true self, no matter what role they play. Because they're putting in effort to show you your true state, understand? They really are putting in effort. And you take it very seriously. Taking it seriously means realizing that everything comes from within yourself, so you'll think the external villain is real.

问: 有群友想问能否解释⼀下你给出什么就收获什么?

Question: There's a group friend who wants to know if you could explain what goes around comes around.

JO: 那就连到上⾯的信息,我们刚刚说你其实体验的是你⾃⼰.你是⼀个energy bubble,就是你像是⼀个意识球体⼀样.那⽐如说你现在是⿊⾊的球体,充满了恐惧.那就是你的⼀个频率,它不断地在往外反射东西出去.你反射的东西它都会来让你去体验到,明⽩吗? 那你反射出去⼀个恐惧的频率,你就会体验很多恐惧的事情,就很恐惧.那如果你是⼀个圆满的状态,那外在就不断不断投射出来让你看到你有多圆满.

JO: And even to the information up there, what we just said is that you actually experience yourself. You're an energy bubble, like you are a body of consciousness. For example, if you are now a black sphere filled with fear, that's your frequency, constantly reflecting things outwardly. What you reflect comes back for you to experience, understand? When you reflect fear, you will experience many fearful things and be very fearful. But if you're in a complete state, then the external continuously projects to show you how fulfilled you are.

问: 有⼈想问为什么有时候肚⼦不饿,吃东西总是有⼀种吃不够的感觉?

Q: Someone wants to know why sometimes you don't feel hungry, and always have a feeling of not being full enough when eating?

JO: 这么说你像⼀条狗⼀样,它是⼀只警⽝,你给它⽬标让它去挑战让它去享受这个挑战的过程,对吧? 那它有个⽬标,对吧? 那如果你什么都不让这条狗做,就让它呆在那.它是不是东闻闻西闻闻,东看看西看看? 狗是不是不断地去找⼀些…….? 所以如果你想转变这种状态,给你设置⼀些⽬标.因为如果它处于到⼀种没有⽬标,have nothing to focus on 的话,那它可能就会进⼊到⼀种习性.它旧有的习性的模式.

JO: So you're treating it like a dog, one that's being trained as a police dog, giving it goals to challenge and enjoy the process of overcoming them, right? It has a goal, right? If you don't give this dog anything to do and just let it stay idle, wouldn't it just sniff around here and there, look around in different directions? Dogs constantly seek out… So if you want to change this state, setting some goals for them. Because when they're without focus, without a goal (having nothing to concentrate on), they might fall into habits, their old patterns of behavior.

问: ⼀位群友想问关注当下与提升频率是什么关系? 如果⼀直都在当下那怎么利⽤当下去提升频率呢?

Question: A community member wants to know about the relationship between focusing on the present and raising one's frequency. If one is always in the present, how can they utilize this state to raise their frequency?

JO: 如果你真的能进⼊到当下,你就是⼀个稳定的频率了.你不需要做什么去提升它,明⽩吗? 所以在当下就已经是好像合⼀的⼀个状态了吧.因为你没有进⼊你的头脑,然后⼀会⼉想这,⼀会⼉想那.然后头脑⾥的念头,头脑⾥的恐惧,头脑⾥的记忆,昨天发⽣什么事,担⼼明天发⽣什么事…… 那你就会进⼊到那个频率⾥⾯去.那如果你的头脑是在⼀个静默的状态呢? 那神性就出现了在你⾝上,明⽩吗? 因为你的物质⼩我,你的物质⾁体它是在⼀个静默的状态.它没有像个搅屎棍⼀样不停的搅搅搅.但是这个也需要达到⼀定的境界,⼀定的修炼或者⼀定的修⾏.It’s not easy.但是你们可以朝这样⼦的状态去修⾏.

JO: If you truly can enter the now, you are a stable frequency. You don't need to do anything to elevate it, understand? So being in the now is like an integrated state, isn't it? Because you're not entering your mind and then having one thought here and another there. The thoughts in your mind, fears in your mind, memories from yesterday about what happened, worrying about what might happen tomorrow… That's when you'll be within that frequency. But if your mind is in a state of quietude? Divinity appears upon you, understand? Because your material ego, your physical body is in a state of quietude. It isn't incessantly stirring like a muck stirrer. But this also requires reaching a certain level, a specific practice or discipline. It's not easy, but you can aspire to such a state.

当你越来越让头脑保持在⼀个静默的状态,那你就越与神连接.

As you increasingly keep your mind in a state of silence, you become more connected to God.

问: 这位群友还想问说⾝体和⼤脑是体验物质世界的⼯具.那为什么⼤脑的信念和想法反⽽会影响⾃⾝的频率? 为什么不可以直接改变频率从⽽转变信念和想法?

Q: This community member also wonders why the brain's beliefs and thoughts can actually affect one's own frequency, instead of being able to directly change the frequency to transform beliefs and thoughts?

JO: 那我们以前带出来的信息有说过你看到前⾯有⼀个⿁影,对吧? 你头脑说这是个⿁,所以你就很恐惧,很害怕.所以你就产⽣恐惧和害怕的频率.然后当你把灯打开,你看到是⼀件⾐服,风吹着在动.那你⾝体是不是⾃然就安静下来了,对吧?明⽩吗?所以说如果是从直接转变频率那种,那你们可以从这样⼦的⾓度去看.然后就⽐如说你们现在是在和我们通灵对吧?那我们创造了⼀个很⾼的频率,因为这个频率就是⼀个⽆我的频率嘛,没有你们的物质⼩我在参与,对吧?那你们现在就是在转变你们的频率,明⽩吗?还有就是说你也可以通过特别安静优美的环境,然后通过你把你⾃⼰放在这样⼦的环境⾥⾯去,那你实际上也在被转变呀.

JO: Alright, so let's revisit the information we've shared before. Have you ever seen a ghostly figure in front of you? Your mind perceives this as a spirit, causing fear and anxiety within you. This leads to generating fear and anxiety frequencies. When you turn on the light and realize it was just an article of clothing blowing in the wind, your body naturally calms down. Do you see how this works?

This concept can be approached from two perspectives: a direct shift in frequency or being in alignment with us through our spiritual practices. We establish a high-frequency environment where there is no personal sense of self due to the absence of physical selves involved.

In essence, as you are transforming your frequencies right now, it's akin to placing yourself in such an environment and allowing yourself to be influenced by it. Whether through meditation or surrounding yourself with serene beauty, you're effectively being transformed too.

或者是⼀个能量特别⾼的⼀个⼈,你也在受他的影响,你的能量也在随之被他转变.但是你还会回到你的物质⽣活当中呀.那没有被你处理和看到的信念,它还在那⾥呀,明⽩吗? 所以那个就好像是给你⼀点酒你喝了后很嗨,那你酒醒了呢? 明⽩吗? 因为酒精会过效的呀,然后你酒醒了呢?你就回到你⾃⼰本来的状态了.但是如果你通过外在⽽去发现你⾃⼰本来的信念的话⽽转变⾃⼰的⼀个负⾯信念的话,那就是永久的了.所以说通过外在的⼀切反射,然后去发现你⾃⼰持有的⼀些信念.然后这个才是最根本的去转变频率.

Or it could be a person of extremely high energy, whose influence you are also under, and your own energy is being transformed by him. Yet, you will still return to your physical life, right? Where are those unprocessed and unseen beliefs that were not handled by you? Do you understand? So, it's like having a small amount of alcohol that makes you high; what happens when the effects wear off? Do you get it? Because alcohol does wear off, and then when the effects wear off, you return to your own state. But if you find and change your negative beliefs through external means, which is how you would transform them, that becomes permanent. Therefore, through all external reflections, discovering the beliefs you hold within yourself is fundamental in changing frequencies.

问: 请帮我们连接⼀下巴夏可以吗?

Question: Could you help us connect with a Basha?

JO: 你稍等巴夏: 你们好,我们⾮常感谢你们可以建⽴这个连接,然后打开这个通道允许我们的信息来和你们产⽣交流.你们可以提问了.

JO: Wait a minute, Bahya: Hello, we greatly appreciate you establishing this connection and opening up this channel to allow our information to have interaction with you. You may ask questions now.

第⼆个⼈问: 如何能让⾃⼰轻松的挣钱.之前有在⽹上卖盗版,赔了不少钱.然后又负担不起……巴夏: ok,我们已经接收到你的信息.你们提的问题是如何得到这个果.但是你们前⾯的信息已经告诉你们了,你们之所以会体验到这个果是因为你们在那个能量场,所以你会体验到这个果.那如何…… ok,你现在的⼀个认知,你的⼀个意识状态,你的⼀个信念,你的所有的想法,你的⼀切它会形成⼀个频率.那那个频率会再反射回来给你,然后就让你体验到⼀个赚钱很困难,赚钱很不容易.然后就是你赚钱总会遇到很多⿇烦,对吧? 那这就是你当下的⼀个频率,然后回馈反射来给你的果.但是你们只是不在乎频率,你们在乎的是如何处理这个果的问题.

Second person asks: How can one make easy money? I previously sold pirated goods online and lost a lot of money. Then I couldn't afford it... Basha: Alright, we have received your message. The question you're asking is about how to receive this fruit. However, the information provided earlier has already told you that you experience this fruit because of being in that energy field, which results in experiencing difficulty and unease with making money. So, how do you... alright, your current cognitive state, your awareness, your belief, all your thoughts and everything else forms a frequency. That frequency then reflects back to you, leading to the experience of earning money being hard and challenging for you. Moreover, you always encounter many troubles when trying to make money, right? This is the fruit of your present frequency, which gets reflected back to you. But what you don't care about is the frequency itself; instead, you're concerned with how to deal with this result.

那你们就会看到你们在你们的⼈⽣当中很多⼈试图去处理果的问题.他可能是坑们拐骗或者是⽤这种欺骗的⼿段或者是⽤偷盗的⼿段或者是⽤欺骗的⼿段,他的确是改变了这个果,赚到了钱对吧? 但是他还是会受到很多的限制或者是匮乏或者是任何.因为他始终是在那样⼦的⼀个level,⽐如说你的能量球是⿊⾊的,那你还在⿊⾊⾥⾯,明⽩吗? 你解决了这⼀个问题赚到钱了,但是后⾯你还有九⼗九个问题,明⽩吗?

Then you will see how many people try to deal with the fruit issue in their life. It could be through deceit, or by using such tactics, or through theft, or by cheating. Indeed, he changed this fruit, and made money, right? But he still has many restrictions, shortages, or anything else because he is always at that level. For example, if your energy ball is black, then you are still in the black area, understand? You solved this problem and made money, but there are 99 more problems behind you, understand?

问: 那这样⼦要怎么转变?

Question: In that case, how would one make such a transition?

巴夏: 你要知道所有就是⽬前世界反射出来的这个果只是来让你看到where you are,就是你现在在哪⾥,明⽩吗?可以供你来审视⾃⼰.ok,通过我反射出来⾦钱的问题其实来看到其实我内在的⼀种匮乏.然后通过我不断地遇到这种事情,我内⼼相信物质世界是艰难的是困难的,赚钱是不容易的.因为在你的⼼灵深处它会有这样的想法.哪怕是你看到别⼈发⽣这种事情你去记住了,然后你觉得我要⼩⼼点.那就是你相信了,你植⼊了这个概念了,明⽩吗?你就会投射出来给你⾃⼰体验.ok,那我们刚才说你通过外在反射出来的⼀切来去看到你⾃⼰内在的⼀个,你的⼀个believesystem,就是你相信的.

Bajia: You need to know that all the reflections of this fruit in the current world are here just for you to see where you are - that is, where you are at right now. Can you understand that it allows you to examine yourself? Okay, through my reflections on financial issues, you can see the lack within me. Then, by constantly encountering such situations, I believe that the material world is difficult and hard, making money not easy. This thought exists deep in your mind even if you only observed others experiencing similar events and then took note of it yourself, thinking to be cautious. That means you believed in this concept and implanted it within you. Understand? You will project it back onto yourself for experience. Okay, that's why we just discussed how by looking at everything outside, you can see your own inner belief system - the things you believe in.

因为你需要通过这个镜⼦你才能知道哪⾥有⼀根刺,我把它拔掉呀.你不通过这个镜⼦,你看不到你背上有多少根刺,你拔不掉呀,对吧?所以说物质世界只是反射出来让你看到你背上扎了多少根刺,我可以把它拔掉,⽽不是把它当成是事实.这是你们最⼤的⼀个陷阱.因为你们会觉得这是事实.因为你觉得它是事实的话,它就很难再去转变了.物质世界就变得僵硬了.就好像这个橡⽪泥它很⼲了,明⽩吗?它的可塑性、柔软度就变得很弱了.所以说就记住外在给你反射的只是你当下能量的状态,⽽不是真实的.这是你们需要记住的.它不是真实的,ok?

Because you need this mirror to know where the thorn is, I'm removing it for you. Without this mirror, you can't see how many thorns are on your back and thus cannot remove them yourself, right? So, the physical world merely reflects what you carry, showing you how many thorns you've got embedded in your back - something that I can take out for you, not as fact itself. This is your biggest trap. You perceive it as truth, and once you do, it becomes hard to change. The physical world then turns rigid, like a dry piece of clay; its flexibility and softness are diminished. Remember: what the external reflects back is merely your current state of energy, not actual reality. This is what you need to keep in mind - that it's not real, okay?

问: 我之前就知道⼤概是我的恐惧创造这些事件.我有尝试去释放这些恐惧,可是过⼀阵⼦那些恐惧还是会继续冒出来.就是没有办法完全的,所以才会担⼼⼀直这样创造下去.

Q: I knew it was probably my fears that were creating these events. I've tried to release them, but the fears would resurface after a while. It's just that I can't completely get rid of them, which is why I'm worried about perpetuating this cycle.

巴夏: 这么说吧,你们就好像还是个⼩baby,就好像还是幼⼉园的⼩学⽣.你们有很多很多东西供你们体验,供你们探索,供你们学习.那你可能只打开了⼀个玩具去发现了⼀点点,我们还有满屋⼦的东西呢.供你去探索, 供你去体验, 供你去产⽣惊喜.哇, that’ s amazing.这个魔术好棒,明⽩吗? 所以take it easy,你只需要去follow the right thing.什么是the right thing呢? 就是我们的信息.你只要持续不断地去关注它,关注它,然后去信任它.然后⼀切都会慢慢地越来越清晰,越来越清楚,越来越轻松,越来越多惊喜发⽣在你的⽣命当中.

Baxia: So you're like a little baby, or like a kindergarten student, you have so much to experience, explore and learn. You might just play with one toy and discover something, while there are many more toys waiting for you to explore and find joy in the process. Wow, that's amazing; this magic trick is fantastic, do you understand? So relax, all you need to do is follow the right path. What is the 'right thing'? It is our information. Just keep focusing on it, trusting it, and everything will gradually become clearer, more straightforward, easier, and more delightful in your life.

问: 就是信任吗?

Question: Is it just about trust?

巴夏: 你没有办法不信任.为什么? 就算你尝试⼀些不信任,你最后还是得信.

Bahya: There's no way you can avoid trusting. Why? Even if you try some distrust, in the end, you still have to trust.

问: 我在⽹络上看到显化情⼈的事情.就是它只要肯定语,这样的话对⽅也会渐渐产⽣肯定语的想法.这是真的还是假的?

Q: I saw something about manifesting a lover online. It says that if you use affirmative language, the other person will gradually start thinking in affirmative ways. Is this true or false?

巴夏: 显化⼀个爱⼈,就是你不断地去念⼀些肯定语? ⾸先你们⽆论是有意识还是⽆意识,你们都是不断不断地在显化.但是外在显化的这些东西你能不能很好的去让它来服务于你,明⽩吗? 没有什么是真的还是假的,因为你⼀直在做这件事情,明⽩吗? 你⼀直在做这个事情.然后关于那些肯定语有没有效果对吧? 如果这些让你感受到良好,让你感受到越来越良好,那它都是有效果的,明⽩吗? ⽽不是感受到恐惧.你只要感受到良好,你感受到你越来越开⼼、轻松、快乐、或者是任何,你便可以去运⽤这个技术.但是最核⼼最重要的就是说 you don’t need to do anything,你什么都不需要做.

Baha: Manifesting a lover means continuously repeating affirmations? First, whether consciously or unconsciously, you are constantly manifesting. But can these external manifestations serve you well, understand? There's nothing that is truly right or wrong because you're consistently doing this, understand? You've been doing this all along. And regarding the effectiveness of those affirmations, do they work? If they make you feel good and increasingly better, then they are effective, understand? Not if they induce fear. As long as you feel good, you feel happier, more relaxed, joyful, or any other way that makes you happy, you can use this technique. But the most fundamental thing is that you don't need to do anything; there's nothing you need to do.

⼀切来到你⾝边的都是来服务于你的,明⽩吗?

Everything that comes to you serves you, understand?

问: 跟喜欢的⼈相处的时候放下得失⼼? 会⼀直期待想要去得到对⽅的回馈.

Q: When being with someone you like, should one let go of winning and losing? You would constantly anticipate getting a return from the other person.

巴夏: 还是又回到⼀个频率的问题.因为你⽬前在你⾃⼰内在它还不圆满,所以你还会通过外界不断地想要去(填满).当你⾃⼰处在⼀个圆满的状态,你不只是⼀个得失⼼或者是什么其它⼼都不会有.因为外在它对你不会有影响.就你所谓的到底是得到还是失去,它对你没有影响.为什么呢? 因为你知道所有的⼀切都是该有的体验,该有的安排.你都会从中去受益,你不会去强迫任何,强迫某⼀件事情这样发⽣或者是阻碍某⼀些事情发⽣在你的⽣命.不会有.明⽩吗? 当你内在的⼀个不完整不圆满,你就会试图去改外在,让外在变的让你觉得你⾃⼰内在是圆满的.你会发现再怎么⽤⼒,再怎么改都⽆济于事,都没有办法.因为外在的不圆满是来⾃于是你内在.

Baha: It's still about the frequency issue. Because you are not yet whole in yourself, so you are constantly trying to fill that gap through external means. When you are in a state of wholeness, you don't have the心态of gain or loss, or any other kind of mindset. Because what is happening externally doesn't affect you. Whether it's perceived as gain or loss, it doesn't matter because you know that all experiences and arrangements should be there for your benefit. You wouldn't force anything to happen or prevent something from happening in your life. There wouldn't be such a thing. Understand? When your inner self is incomplete and not whole, you try to change the external world so that you feel complete internally. You'll realize no matter how hard you try or how much you attempt to change things, it's useless; nothing can be changed because the externals are a reflection of your inner self.

也就是说你⾃⼰处在的地狱是你⾃⼰头脑⾥⾯投射出去的.你⾝处的牢笼是来⾃于你⾃⼰内在,明⽩吗? 所以⽆论你怎么样试图去拆掉那个牢笼都没有⽤.

In other words, the hell you find yourself in is projected by your own mind. The prison you are in comes from within you, do you understand? So no matter how you try to dismantle that prison, it won't work.

问: 有什么⽅法可以让⾃⼰有更圆满的感觉? ⽐如说透过冥想吗?

Question: What methods can one use to feel more complete, such as through meditation?

巴夏: ⾸先第⼀步就是你应该认清楚where it comes from.就刚才我们说你在⼀个牢笼⾥⾯,你使劲的⽤⼿掰啊掰啊,把它掰掉了,然后它有出现了.就像是你们看⼀个电影,你刚刚⽤尽全⾝⼒⽓把⼀个东西消灭掉,它又长出来了又长出来了,不断不断地你在做这个重复的⼯作.把你消耗的精疲⼒尽的,你都没有办法把它去掉,明⽩吗?但是你必须要明⽩这个所谓禁锢你,来控制你的牢笼它来⾃于你内在,明⽩吗?那如果你能不去朝外⾯动⼿,那你是不是⾸先就拿回了你的⼒量?对吧?你就不会如此的消耗⾃⼰在相反的⽅向.然后呢,在向内看,明⽩吗?所以如果你的⽅向都错了,那你就会觉得你的⼈⽣是没有办法的,⽆论怎么样⽤⼒都没有办法.

Baxia: The first step is for you to identify its origin. Just as we said earlier that you are in a cage, you struggle with your hands, trying to break it off, and then it reappears. It's like when you see a movie where you exert all your strength to eliminate something, only for it to grow back again and again, continuously repeating this exhausting process. You are drained of energy, unable to remove it. Do you understand? But you must realize that the cage that confines and controls you comes from within you, do you understand? If you don't reach outwards, aren't you essentially taking back your power? You wouldn't be draining yourself in the opposite direction. Then, look inward, do you see? So if you're going about it wrong, you'll feel as though life is impossible, no matter how much effort you put into it.

你就会有⼀种⼼⼒交瘁,没有出路的感觉.所以说通过我们的信息,因为我们会⼀直引导你们指导你们.然后跟随我们的信息,你们就可以不再去投射出这个牢笼给你们⾃⼰体验.那么你们就会感受到⽆限,你就会感受到你是造物主,你会感受到任何你想要创造的,你会感受到那种⼒量,你会感受到那种圆满,你会感受到你的爱.你便不会再以毁灭、杀害、侵占、占有、或者是你争我⽃的⽅式去在这个世界上⽣存和体验了,明⽩吗?所以这都是你们的⼀个成长,意识的⼀个转变,会给你们在你们的物质世界看得到的⼀些变

You would feel exhausted and trapped, as though you have no way out. That's why through our guidance, which we continuously provide to you, when you follow our guidance, you will stop projecting this cage onto yourselves for experience. Then you will sense the boundless; you will sense that you are the Creator; you will sense what you want to create; you will feel the power; you will feel completeness; you will feel your love. You will not have to survive and experience life on Earth through destruction, killing, invading, possessing, or competing any more, right? Therefore, all of this is part of your growth and transformation of consciousness that will bring about visible changes in your physical world.

化.你会发现你的⽣活越来越轻松,越来越喜悦,越来越多奇迹,越来越多同步性,越来越多…… 就好像你每天都在拆礼物,因为你感受到那种造物主跟你之间的紧密连接.

You'll find that your life becomes easier, happier, more miraculous, more synchronous, and so on... as if you're unwrapping presents every day because you feel the intimate connection between you and the creator.

第三个⼈问: 我是应该往英语⽅向发展还是往⾝⼼灵⽅向发展? 这两个都是我喜欢的.如果你能感知我的话,你可以告诉我答案吗?

The third person asks: Should I develop in the direction of English or towards mind and spirituality? Both are areas I am interested in. If you can understand me, could you tell me the answer?

巴夏: 两个都喜欢,那两个都可以去做呀.你可以把它融合在⼀起呀,明⽩吗?问: 那如果现在没有办法把它融合在⼀起的话,应该选哪个呢?

Bahya: Both are fine, you can do both, right? You could mix them together, understand? Question: But if I can't combine them now, which one should I choose?

巴夏: ⾸先你要知道这⾥永远都是你才是主⼈.因为没有…… 就好像你在浴缸⾥⾯,你来问我⽔温再低⼀点还是⾼⼀点呢? 所以你才是那个做出选择的⼈,但是你永远都可以去做出另外⼀个选择.并不是说我选择了这个,我就要⼀条路⾛到死.那是你的死脑筋,ok? 你不知道你转个弯,那个弯会有什么风景给你.

Baxia: Firstly, you need to understand that it's always you who is the master here. Because without... like when you're in a bathtub and you ask me if I should make the water warmer or colder? So you are the one making the decision, but you can always make another choice. It's not that once I choose this, I have to stick with it until the end. That's your stubbornness, okay? You don't know that turning a corner might reveal new scenery for you.

问: 我很好奇我不知道你此时此刻能不能感知到我的⾼我?

Q: I wonder if you can sense my Higher Self at this very moment?

巴夏: 你的⾼我就是告诉你没有限制,ok? 你才是那个去…… 但是你可以去跟随…… 有⼀个法则,就是当你在⼀条正确的路上,你会发现全世界的⼈都在帮助你、⽀持你、给你能量、给你⼒量,然后来牵扯着你推着你往前⾛,就好像⽼天给你开了路⼀样.当你选择不是属于⾃⼰的路,你会觉得好像所有⼈都在跟你作对.就觉得好像⽼天把你的门给关上了,又是这样又是那样.又是⾝体⽣病又是什么什么取消.那你能明⽩这个区别吗?

Baxia: My height to you is telling you there are no limits, okay? You are the one who... But you can follow... There's a law that when you're on the right path, you will find that people from all over the world are helping you, supporting you, giving you energy, strength, and pulling you forward as if heaven has opened up for you. When you choose not to be on your own path, you feel like everyone is against you. It seems like heaven has closed the door for you, in one way or another, whether it's physical illness or things being canceled out. Can you understand this difference?

问: 我有些时候明明知道有些事情或者状况不应该是这样的,但是有些时候却⽆⼒改变.这样的时候应该怎么办?

Question: Sometimes I clearly know that certain things or situations shouldn't be like this, but there are times when I am powerless to change them. What should I do in such situations?

巴夏: ⾸先拿掉⼀个我觉得不应该这样,ok? 因为它是来⾃于你头脑,你头脑觉得它明⽩,但是它并不明⽩.你只是⼀个体验者,ok? 你的头脑才会去分辨这个事情应该不应该,应该不应该,ok? 那是你进⼊了头脑的模式,明⽩吗? 所以不要有这个跳出来在旁边告诉你应该还是不应该.然后就好像又回到我们刚才前⾯的信息,如果你是在你⾃⼰的⽣命之路上,你会发现造物主在推着你往前⾛.你会发现有股⼒量在推着你,拉扯着你,它在⽀持着你.

Bahya: First, take away something that I think shouldn't be like this, okay? Because it comes from your mind; you think it's clear but it's not. You're just an experiencer, okay? Your mind is the one that determines whether something should or shouldn't happen, whether it should or shouldn't happen. Okay, you've entered into the pattern of your mind's thinking, understand? So don't have this idea popping up next to you telling you what should or shouldn't be. And then it seems like we're back at the information we were discussing just now, if you are on your own life path, you will discover that the Creator is pushing you forward. You'll notice a force pulling and tugging at you, supporting you.

问: 对,⽐如说英语的事情,我从⼩就是很有天赋的.但是我主动去联系⼀些⼈我发现我并没有得到这样的机会.

Question: Yes, like English, I have always had a talent for it since I was young. But when I actively reached out to people, I found that I didn't get the chance.

巴夏: 那你可以交给宇宙咯,因为宇宙会把适合你的⾃动呈现在你的眼前,明⽩吗? 你只需要保持在⼀个频率,就是说我的路宇宙已经安排好.我只需要去活在那个果当中,就是那个结果.那你们拿到结果是不是都⾮常的兴奋啊? 就好像已经宣布你是那个中奖的⼈,你是头等奖.就这么说吧,你现在还没有去买彩票,对吧? 我还没有买彩票之前,我就,天呐,我真的是中了世界上唯⼀的⼀张的那种彩票的感觉.你必须要深信不疑.就你每⼀个细胞你都不断地…… 你给你⾝边的爱⼈买台车,给那个⼈买套房⼦.你都已经是在这样的状态了,明⽩吗? 不会是说我钱包⾥的钱,银⾏⾥的钱⼀点没变啊.

Baxia: Then you can leave it to the universe, because the universe will automatically present what is suitable for you in front of your eyes, understand? You just need to stay at a frequency, meaning my path has been arranged by the universe. I only need to live through that fruit, which is the result. Aren't you all very excited when you get the results? Like it's already announced that you're the winner, the grand prize. So imagine, you haven't bought a lottery ticket yet, right? Before I bought my lottery ticket and oh my god, I truly felt like winning the only lottery ticket in the world. You must believe without any doubt. Your every cell is constantly… When you buy a car for your loved one or a house for someone else. You're already in that state, understand? It's not just about the money in my wallet or bank being unchanged.

我这个bill…… 因为外在的物质世界会告诉你,你看你还在这样⼦,你银⾏卡⾥⼀点钱都没有.你马上又,哦.你又回到物质世界那个频率了.所以当你处在那个果当中,我不管你看到了多少证据,你还是在那个果当中.你迟早都会让尝到那个果,还有问题吗?

My bill... because the external material world will tell you, look at yourself, you're still like this, your bank account is empty. You'll be right back, oh, you're straight back into that frequency of the material world. So when you're in that fruit, I don't care how much evidence you've seen, you're still in that fruit. Eventually, you will taste that fruit, any questions?

问: 我通过⼀些⽅式⽐如说拍离⼦光的照⽚,然后⼤致知道我⾃⼰的能量频率状态了.但是为什么没有出现跟我同频的另⼀半?

Q: By methods such as taking pictures of ionized light, I have roughly understood my own state of energy frequency. But why haven't I encountered the other half who is on the same frequency?

巴夏: 你说什么? 通过拍照⽚,然后知道你频率的⼀个状态? 那是你们物质世界的事情.但是我想告诉你的是,你通灵的前⼀刻和现在这⼀刻和等会⼉,你的能量都在变化.那就像天上的云,风不断地在吹,不断地在变变变变得特别快.你怎么能说我刚拍了照⽚,我是这个形状的,明⽩吗? 我的意思就是说你没必要去通过外界然后说我现在状态是怎么样.还有⼀个问题就是说,你说为什么你没有相应的另⼀半出现,对吧? 那又回到⼀个你觉得你的头脑⾥⾯知道⼀切? 你相信你头脑⾥⾯看到的东西?

Bahya: What did you say? Through taking pictures, then knowing the state of your frequency? That's about your material world. But what I want to tell you is that your energy has been changing right before and now, as well as in a moment. It's like clouds in the sky, wind constantly blowing, constantly changing, so fast. How can you say that after taking a picture, I'm this shape? Understand? What I mean is that there is no need for you to go through external factors saying what my state is right now. And another question is why haven't you seen your corresponding other half appearing? Right? It brings us back to whether you think you know everything in your mind? Do you believe in what you see inside your head?

问: 这个照⽚不是属于三维的那种.

The photograph isn't one of those three-dimensional kinds.

巴夏: ok,那是你们⾃⼰创造的游戏.那是你们⾃⼰玩的游戏.但是我们想告诉你的就是说所有的⼀切你只需要相信它都在正确的路上,正确的速度.you have nowhere to go,你不需要去着急,你也不需要去寻找,你也不需要去祈求,ok? 因为这个宇宙它⾃⼰在转.就好像你说这个地球我怎么推动它转动啊? 这么⼤的东西.这不是你需要操⼼的事情,你的⽣命它⾃⼰在运作.你唯⼀的就是说给⼀切来到你⾝边的赋予⼀个好的意义,然后让⾃⼰保持在⼀个头脑越少⼲预越好的状态.因为你的头脑会阻碍你前进,那是你们前进路上的⼀个绊脚⽯.还有你们的集体意识,它们的能量会拉扯你.

Baha'u'llah: Alright, that's the game you've created for yourselves. It's a game you're playing with yourselves. But what we want to tell you is that everything needs to be believed in on its own right path and at its own pace. You have nowhere to go; there's no need to rush, nor do you need to search or beg. Okay? Because this universe runs on its own accord. Like you asking how I would move the Earth, such a large entity? That isn't something you should worry about. Your life operates on its own. The only thing you need to do is give everything that comes to you a good meaning and maintain a state of minimal interference from your mind. Because your mind will obstruct your progress; it's an obstacle in the way of your advancement. And also, your collective consciousness, their energy pulls at you.

因为有很多痛苦的⼈⾝处⿊暗,他们不断地从能量层⾯对你们的⼀种拉扯.所以把⾃⼰保持在⼀个爱的频率.爱的频率就是说头脑少⼲预嘛,对吧? 然后去认清楚你感受到的能量是来⾃于外界的拉扯,⽽不是你⾃⼰.越来越多的去清理你⾃⼰内在的恐惧和负⾯信念和消极,然后不要去相信和接受外在那些恐怖的事件或者是分裂啊、残忍的这些事件.因为它们都会形成⼀部分在你的体内降低你的振动频率.我不管它是真实的还是假的,因为你们会觉得它是真实的,所以我把它储存在我的体内,明⽩吗? 外界的⼀切,它这个相已经是来⾃于以前,已经是别⼈拉出去的屎.那已经是别⼈拉出去的屎,那你就让它…… 你到底要去呈现什么才是最重要的.

Because there are many suffering souls in darkness, they constantly pull at you from an energetic level. So keep yourself on a frequency of love. A frequency of love means less interference from your mind, right? Then recognize the energy you feel is due to external pulls, not from within. Keep cleaning out your inner fears and negative beliefs and negativity. Do not believe or accept external horrors or events like division or cruelty because they will form a part that lowers your vibration inside you. I don't care if it's real or fake because you perceive it as real, so I store it in my body. Understand? Everything from the outside has already been done before; it is someone else's shit. It's someone else's shit; just let it be... What you choose to present is what truly matters.

第四个⼈问: 为什么在美国欧洲周边没有出现像中国周边这样既融合又反叛的国家? 为什么会出现⽇本这种国家形态?

The fourth person asks: Why haven't there been countries around America and Europe that are as blended yet rebellious as those in China's periphery? Why is Japan the form of state that has emerged instead?

巴夏: 你其实就好像在问⼀个为什么会出现有你这样的思想和这样的见解和这样的问题的⼈呢? 那只是属于你⾃⼰关注的,就是你⾃⼰信以为真,你提取了这些信息,你摄取了这些信息来把它定义成这样.因为如果你来让这个⼥孩⼦来定义的话,她肯定就不会这样定义的,她不会这么描述的,明⽩吗? 这个只是在你⾃⼰的世界⾥⾯去这么产⽣的这个.但是并不是说你的体验是假的或者是不对的,明⽩吗? 都是对的,都是真实的.但是也都是⽚⾯的.但是如果你想问⼀下为什么你们整个世界是这样⼦的话,那就是⽬前你们整个集体意识还在这个阶段,还在体验这个课程,还在体验排斥或者分裂或者分化或者分别或者对⽴.

Bahá'u'lláh: You are essentially asking why there exists someone with thoughts like yours and similar insights and questions. It's merely a matter of personal focus – something you believe to be true that you've extracted and absorbed, defining it as such. If the question were posed to this girl, she would not define it in the same way; she wouldn't describe it that way. This phenomenon occurs within your own sphere of awareness. But remember, just because your experiences are subjective does not mean they are false or incorrect. They are all valid and real. However, they are also partial. If you inquire why your entire world is structured this way, then it's because the collective consciousness you're part of is still in that phase, experiencing this course, experiencing exclusion, fragmentation, differentiation, or opposition.

它都是来⾃于你们的集体意识,⼈类的意识阶段还处在这个位置.

It all comes from your collective consciousness; humanity's level of consciousness is still at this point.

问: ⽇本的海洋污染对世界造成的伤害,怎样才能阻⽌核废⽔的排放?

Question: How can the damage caused by Japan's ocean pollution be stopped, particularly concerning the release of nuclear wastewater?

巴夏: 这么说吧,如果你们真的是想要去,就好像你说这个屋⼦⾥⾯好多毒⽓.我们怎么样可以把毒⽓的浓度给降低? ⾸先就是清理掉你们⾃⼰内在的分别⼼,让你知道你们所有的⼀切是⼀体的.那它是⼀体的,你就知道在排核废⽔的这件事情上也有你的⼀份,记住,也有你的⼀份,也是你排放出去的.

Baxia: Let me put it this way, if you really want to do something about it, like you're saying there's a lot of poison in the house. How can we reduce the concentration of poison? First, we need to rid ourselves of the divisive mind within you, so that you understand that all your things are interconnected. They are one and the same, which means you also have a part to play in discharging nuclear waste, remember, it's not just someone else's problem, it's yours too.

问: 怎样能去组织排放核污⽔?

Q: How can we organize the discharge of radioactive wastewater?

巴夏: 那就是你先能去意识到在你的意识内你能去理解是你创造了这个世界上的战争吗? 你能吗? 如果你不能,你觉得是以⾊列或者是其他⼈创造的的话,那你就在继续创造战争.如果是说怎么能…… ? 那你认识到死去的⼈他有我,就是有我的愤怒在⾥⾯,有我的分裂在⾥⾯,有我的分别,有我的指责,有我的独⽴.

Bahya: That is you to be able to realize within your consciousness that it is you who created the wars in this world? Can you do that? If not, if you think that it was Israel or someone else who made them, then you are still creating war. But how...? You understand that the dead have me, meaning my anger, my division, my distinction, my criticism, and my independence within them.

问: 我需要要⼀个怎样更好的?

Q: I need a way to improve better?

巴夏: 更好的? 那就是通过这些你会把你变成,好像你⾃⼰内在就会升华到所有的⼀切都是⼀体.你便不会去指责外在的果,⽽是在你内在把它变成是你.那你内在你就会去整合这⼀切.然后整个宇宙就在你的内在,它就产⽣变化.

Ba Xia: Better? That means through these you would become like all things are one within yourself. You wouldn't blame the outer fruits, but rather make them yours internally. Then you integrate everything from within. And then the entire universe is within you, producing changes.

问: 我的内在有这么⼤的影响吗?

Question: Does my inner have such an impact?

巴夏: 是的.这个世界是你的内在,所以你只需要在你的内在和解,外在就会和解,明⽩吗?这么说吧,如果你觉得你的内在没有这么⼤的⼒量的话.那我告诉你你们新冠最后导致全球都感染上了,那个新冠最开始于谁? 是来⾃于⼀个⼈,对吧?

Baha: Yes. This world is your inner self, so you just need to reconcile within yourself, and the outer will reconcile as well, understand? Let me put it this way, if you feel that your inner self doesn't have such great power, then let me tell you that if COVID-19 ultimately led to global infection, where did COVID-19 start from? It came from one person, right?

问: 我不知道,因为我觉得……巴夏: 那你想⼀下瘟疫吧,你想⼀下传染病吧.它会以这种扩散的⽅式.所以不要⼩看你们的⼒量.

Q: I don't know, because I feel... Bahya: Well, think about the plagues, think of contagious diseases that spread in this manner. So don't underestimate your power.

问: 这种⼒量会⽤多长时间?

Question: How long will this force last?

巴夏: 那得看你看你们的新冠花了多长时间,你们全球都感染上了?问: 新冠现在还没有结束.

Bahya: That depends on how long it took you to get COVID in your country and how many people have been infected globally. Q: The COVID-19 pandemic is not yet over.

巴夏: 我们说的不是这个点,我们是想让你看到你们都是连在⼀起的.我跟你讲,就好像你说你们的细胞感染上了疾病,你是其中的⼀个细胞之⼀.当你这个细胞在变好的话,你⾝边连的是谁? 你⽼婆,你孩⼦…… 都在变好了.因为它会通过你在辐射到每⼀个⾓落.所以从你开始.

Baxia: We're not talking about this point; we want you to see that you are all connected. When I speak with you, imagine you say your cells have been infected by disease and you're one of those cells. If your cell is getting better, who's getting better around you? Your wife, your children... they're all improving because it will be radiating through you to every corner. So starting from you.

问: 这都是⼼念上的⼀个⽅法,没有物质层⾯的⽅法吗?

Question: Is there a method that relies solely on mental conception, without any physical implementation?

巴夏: 因为外在的物质所有的⼀切都是你们⾃⼰投射出去,然后都是你.你逃不开⼲系的,你逃不开的,你挪不开的.

Baha: Everything of the material world that you perceive is a projection of your own mind, and it is you. You cannot escape responsibility; you cannot avoid being connected to it; you cannot disentangle yourself from it.

问: 从物质⽅⾯反射出意识的⽅法有没有?

Q: Are there ways that material reflection reflects consciousness?

巴夏: 世界上发⽣的所有事件,你们每⼀个⼈都有份的.你不需要⼀下⼦搞明⽩,但是你要知道从你内在开始.当你越来越没有分别⼼,当你不再把你的⼒量给外界,当你不再指责外界,⽽是去觉察到⾃⼰的起⼼动念,你就会发现,你就会慢慢的知道你能做什么.

Baxia: Every single event happening in the world, each and every one of you has a part. You don't need to figure it out right away, but you must understand that it starts from within. As you become less judgmental, as you no longer give your power outwardly, and when you stop blaming the outside, by realizing your own thoughts and intentions, you will find that gradually you will know what you can do.

问: 为什么近期世界有这么多的森林⼤⽕和异常天⽓? 很多我认识的⼈说是⼈的情绪引起,也有⼀些⼈说是⼈为的操作.我想知道从物质层⾯来说具体是⼀个什么情况?

Q: Why are there so many forest fires and abnormal weather around the world recently? Many people I know say it's caused by human emotions, while others suggest it's due to human activities. I want to know what the situation looks like on a material level specifically.

巴夏: 这么说,可能有⼀批⼈他们创造了⼀个能量场.然后他们这个能量场需要通过⼀些事件和外在的⼀些相去把这个能量场给呈现出来.那我现在告诉你这个⼥孩⼦她也在创造⼀个能量场.她创造的是合⼀,是爱,是⼒量,是⽆限的⼀个能量场.你们也在让它显现出来.它这⾥也会显现出来.所以那些物质世界上发⽣的你们能看到的事情它都是某⼀部分能量呈现出来的相.

Ba Xia: So there might be a group of people who created an energy field. Then, this energy field needs to manifest through certain events and external interactions to bring the energy field into existence. Now, I'm going to tell you that this girl is also creating an energy field. She creates unity, love, strength, and an infinite energy field. You are allowing it to be manifested. It will be manifested here as well. So whatever happens in the material world that you can see, it's a manifestation of some part of the energy.

问: 这个我清楚.但是我想问的是现在呈现出的这个相是情绪上引起的,还是⼈为操作造成的?

Q: I understand that. But what I'm asking is whether this manifestation of karmic reappearance is caused by emotional factors or人为 manipulation?

巴夏: 能量层⾯还是⽓象操作? 那你说的⽓象是通过⼀些⼿段,对吧? 这么说,因为你们集体意识的愤怒和排斥和对弱者的那个什么,然后可能会出现⼀个杀⼈的事件.那你来问这个杀⼈的事件是他⾃⼰内在的愤怒还是他的反社会⼈格呢?

Baxia: On the level of energy or meteorological manipulation? By that you mean that certain actions are taken, right? So, because of the collective consciousness' anger and rejection towards the weak, an event such as a killing might occur. And you're asking whether this act of murder is due to his inner rage or his antisocial personality?

问: 我问的是……巴夏: 我知道,我们想⽤这个⽐喻来让你看到,ok,⼈的确是这个⼈杀的.你们查出来他也的确有反社会⼈格障碍.但是是你们集体意识创造的.

Q: I was asking about... Bahá'í: Yes, I know what you're trying to visualize with this analogy, okay? It is indeed that person who killed him. You have found that he does have anti-social personality disorder. But it's your collective consciousness creating this.

问: 那就是所有都是集体意识创造的?

Question: Does that mean everything is created by collective consciousness?

巴夏: 你现在就好像是个法官⼀样在判罪.问: 不,我就是想……巴夏: 那你可以给与任何你觉得符合你头脑的定义的看法和逻辑的东西,明⽩吗? 因为你现在就想找⼀个说法.但是从整体来说我们想让你看到……问: 情绪上的我已经明⽩了,但是我想问⼀下这种实际上的……巴夏: 我们不会参与你的头脑游戏,这个你可以⾃⼰跟⾃⼰玩.

Baha: You're acting like a judge right now, passing judgments on sin. Q: No, I just want… Baha: So you can give any view or logic that feels fitting to your mind, understand? Because you're trying to find an explanation now. But overall, we want you to see... Q: Emotionally, I get it, but I'm asking about this actual... Baha: We won't play along with your mind's games; you can do that on your own.

第五个⼈问: 我买的巴夏的⽔晶冥想之后的⼏天,梦境⾥⾯有明显的变化.现在精神也很好.之前巴夏说三⾓形类似于它们的电话号码,可以连接到它们.但是⼀直没有啥效果.你能讲⼀下实际的操作⽅法吗?

The fifth person asked: After I did the water crystal meditation with Baha, there were noticeable changes in my dreams for a few days. Now, my mind is also very clear. Previously, Baha said that the triangle was like their phone number and could connect to them, but nothing has happened yet. Could you explain the practical method of operation?

巴夏: ⾸先我们想让你放下你头脑⾥⾯的任何没有效果的这种想法和说法.为什么呢? 你现在探索的都是没在你头脑⾥⾯的东西.你凭什么去判断它会是以什么⽅式出现呢?明⽩吗?所以说当你在体验、敞开敞开敞开.不要去幻想,不要去执着它有什么结果什么⽅式⽅法,或者是别⼈或者是巴夏或者是其它任何信息告诉你它应该是这个这样⼦.你才是那个独⼀⽆⼆的体验者.所以说放掉任何你觉得会以什么⽅式呈现的,放掉你对结果的⼀个执念.Ifyou enjoy,你享受这个过程,then do it.不享受,就不要做,ok? 不是为了结果.因为在你享受的时候,你的频率⼀直在被提升.如果你不享受,你的频率⼀直在被收缩.

Baha: Firstly, we want you to let go of any ineffective thoughts and words in your mind. Why is that? You are exploring things that aren't in your head right now. How can you possibly judge how they will show up? Understand? So when you experience and open up, don't fantasize or cling to the idea of what the outcome should look like, be it from others, Baha, or any other information telling you it should be this way. You are the unique experiencer. Hence, let go of any notion that it will present itself in a certain way. Let go of your fixation on the result. If you enjoy the process, do it. If not, don't do it, okay? Not for the outcome. Because when you enjoy, your frequency is consistently being uplifted. If you don't enjoy, your frequency is consistently being constricted.

你只有在不断地提升,你才能更⾼的维度连接.你⼀直在收缩的状态,你连接不到,明⽩吗?所以说允许造物主给你惊喜,⽽不是头脑⾥⾯的执念.他们说怎么样,这个说怎么样.因为你是独⼀⽆⼆的创造者,不是去跟随别⼈.你跟随别⼈,你会有⼀堆混乱的.因为别⼈的体验你不会有体验,⽽且你会有的体验有可能会被你关在门外了.因为你认不出啊,你拒绝啊.因为你们每⼀个⼈都是独⼀⽆⼆的.

You can only connect to higher dimensions by constantly elevating yourself. You are in a state of contraction; you cannot make the connection, do you understand? Therefore, allow the Creator to surprise you, not your mind's执着. They say this way or that way. Because you are the unique creator, not following others. Following others will lead to chaos for you. Others' experiences won't be yours, and some of your possible experiences might be blocked off because you can't recognize them or reject them. Each one of you is unique.

问: 我在有⽣之年能登上宇宙飞船吗? 如果有的话,⼤概是什么时候?

Q: Will I be able to ride a spaceship during my lifetime? If so, when would that likely happen?

巴夏: 如果这是你⾃⼰⼈⽣主题的⼀部分,那你就会.但是又回到那句话,你不要去限制你会以什么⽅式.它有可能是在你做梦的⽅式或者是你连记忆当中想都想不起来的⽅式.为什么? 你可能体验了,然后没有记忆,明⽩吗?

Baxia: If this is part of your own life theme, then you will experience it. But we come back to that question, don't limit the way in which you might experience it. It could be through dreaming or through a memory so deep that you can't even recall it. Why? You may have experienced it without remembering, understand?

问: 梦境⾥⾯我有过好⼏次了.

Question: I have experienced it several times in my dreams.

巴夏: 是的,是的.所以说不要去执着它会以什么形式或者⽅式,有可能你体验了,你只是不记得⽽已,明⽩吗? 因为有⼀些too much memories,你想你们世界的现在的这些memories已经让你们crazy,已经让你们不可⾃拔,已经让你们抓狂了.如果我再给你们创造更多的复杂的,就是你们头脑理解不了的记忆在⾥⾯,你们不得疯啊? 明⽩吗? 所以说允许你⾃⼰⽣命展开的⽅式,然后允许⼀切.所有的⼀切都是来正⾯的服务于你的,然后所有的⼀切都是,如果是让你越来越轻盈,越来越有爱的状态,越来越轻松快乐的状态.keep doing it,就是持续在那条路上.

Baha: Yes, yes. So do not fixate on how it will manifest or the way you perceive it; perhaps you've experienced it already but just don't remember; understand? Because there are too many memories, your world's current memories have driven you crazy, made you unable to pull yourself out, and have driven you mad. If I were to create more complex memories that your mind cannot comprehend for you, wouldn't you go insane? Understand? Therefore, allow the way your life unfolds; then permit everything. Everything serves a positive purpose for you, and every experience is meant to bring you closer to lightness, love, and ease of being. Keep doing it, stay on that path.

如果任何让你感受到你越来越受限制或者是越来越恐惧的话,转个⽅向.因为这就是你能登上飞船的⼀个最快,也是唯⼀的途径.你的振动频率不断地在被提升.

If anything makes you feel more confined or fearful, change direction. This is the quickest and only way for you to board the ship because your vibration frequency is constantly being elevated.

问: 巴夏之前说过魔法是对事物运作⽅式的⾼度的理解……巴夏: ⾸先魔法是对事物运作的⼀个最⾼的理解,对吧? 那我们传授的这些所有的,就是跟你们分享的所有这些信息其实都是魔法.当你能够去理解这些,你们就能够在物质世界去显化,从⽆到有,显化任何你们想要显化的,明⽩吗? 这就是所谓的魔法,从你的⼀个意念,从你的focus,就是从你的能量变成有形的物质在这个世界上呈现出来.这就是魔法.

Question: Ba Xia mentioned that magic is a highly sophisticated understanding of how things operate...

Ba Xia: First, let's clarify that magic represents the highest degree of understanding of how things work, correct? Then, all the information we are sharing with you is essentially magic. When you understand this, you can manifest in the physical world - creating from nothing to something, manifesting anything you desire. This is what we refer to as magic; it's about turning your thoughts and focus into tangible matter in this world. That's the essence of magic.

问: 还有没有什么其它可以操控⾼度运⾏事物⽅法的……巴夏: 那就是不断地提升你的频率.因为当你的频率提升的越⾼,你的限制就越少.那你能接触到的能量供你去运⽤和创造的,也就是限制就越少了嘛.那就是提⾼你的振动频率.

Q: Are there any other methods to control high-altitude running activities... Basha: That is to continuously elevate your frequency. Because the higher your frequency goes, the fewer limitations you will have. So, the amount of energy that you can access and use for creation is reduced as well. That's how you raise your vibrational frequency.

问: 那怎么提⾼呢?

How can it be improved?

巴夏: 那刚刚我们也跟你讲了,你不断地去focus在⾃⼰,就是让你有爱、轻松、快乐、然后激情的⼀个频率.然后当你觉得处在恐惧或者是限制的⼀个频率,掉头.focus在我们刚刚说的那个频率.还有就是说前⾯信息也有讲到,你不断地去清理你内在的恐惧,不断地把头脑⾥⾯的记忆、画⾯、还有集体意识集体能量的影响,把它不断地从你的⾝体⾥⾯排除排除排除.让⾃⼰好像是重⽣了⼀样,让⾃⼰好像是涅槃,让⾃⼰好像是刚⽣下来,你是⼀个pure energy,就是你是个没有受污染的,明⽩吗?所以说有时候你们太过于去关注物质世界的这些相,⽐如说很悲惨的⼀些相.

Baxia: That's what we just told you, focus on yourself constantly, which gives you love, ease, happiness, and passion. When you feel at a frequency of fear or limitation, switch back to that frequency we talked about. Also, as mentioned in the previous information, keep clearing your inner fears, eliminating memories, images, and collective consciousness influences from your mind continuously. It's like being reborn, experiencing enlightenment, starting anew; you are pure energy, untainted. Sometimes, you focus too much on the suffering aspects of this physical world.

它就会停留在你的体内,导致你沉重或者是你觉得很没有办法,或者是你觉得很悲观很消极.这些相⾮常的重要.你们⼀定要把它看成它只是⼀个梦境.它存在,它是服务于有需要它的⼈.并不代表那是个事实,明⽩吗?也就是说你把物质世界的相越把它固化,它越停留在你的⾝体当中变成沉重的能量.当你的能量越来越沉重,你没有办法去接触到⾼维.因为就像⼀个⽓球⼀样,你不断地给它⾥⾯装⽯头,你想它飞起来? 飞不起来的话,你怎么飞上天空去跟⾼维的那些灵玩耍? 因为它们轻呀.

It would stay within you, making you feel heavy or helpless, or very pessimistic and消极. These points are extremely important. You must view it as just a dream. It exists to serve those who need it. It does not represent the truth. Understand? That is to say, the more you materialize the image of this entity in your physical world, the more it will stay within your body as heavy energy. As your energy becomes increasingly heavy, you will be unable to access higher dimensions. Because, like a balloon, if you keep adding stones to it, how can you expect it to fly? If you cannot make it rise into the sky and play with the spirits of the higher dimensions, because they are light.

第六个⼈问: ⽬前在⽹络上有⼀些关于2024年的预⾔,关于⾃然灾害和⽣存危机这种.我想问我们 2024年需要多注意⼀些什么吗? 过了这⼀年就会好了吗? ……巴夏: ⾸先我们不想给你传播传递任何恐惧的⼀些信息,但是根据你们⽬前能量的⼀个,这么说吧,根据你们这么久以来业⼒的⼀个积攒.因为你们种了很多苦果,埋了很多雷.那你们既然在地上种了很多雷给⾃⼰,那你们不断地把它踩爆,引爆的越来越多.那是⼀个⾃然⽽然的⼀个现象,对不对?那我们前⾯信息有讲,把外在的⼀个相,因为它是前⾯埋的雷,爆炸的相,然后我们不把它当成是⼀个固定的相.因为你们头脑会觉得⼈⽣很悲催很悲惨,很没有办法很⽆⼒,⽽且它持续是这样⼦.

Sixth person asks: There are some prophecies circulating on the internet about disasters and survival crises in 2024. I wonder if there are things we should pay more attention to in 2024? Will it be better after this year? ... Basha: Firstly, we don't want to convey any fear-mongering information to you. However, based on your current energy level and the accumulation of karma over such a long period of time, because you have sown many seeds of suffering and planted many bombs. If you plant many bombs for yourself on Earth, then you keep detonating them more and more often. This is a natural phenomenon, isn't it? We mentioned earlier that we don't perceive the external manifestation as a fixed one, because it's akin to the explosions caused by the bombs you've planted in advance. Your mind perceives life as being very tragic and helpless, and it continues like this.

那你就会加深这个幻像了,就你就会更加⽆⼒了.你就更加的给这个地球产⽣更多的毒⽓,埋更多的炸弹了,明⽩吗?然后你们能做的是什么呢?⽐如说不断地不断地去清理内在的恐惧,不关注这些恐惧.知道这些恐惧是某⼀些

Then you would reinforce this illusion, making yourself even more powerless. You would produce more toxic gases for the Earth and bury more bombs, understand? So what can you do instead? Things like constantly working to clear out your inner fear without focusing on those fears. Realize that these fears are from certain

⼈需要这种恐惧的事件和画⾯去体验去成长去唤醒他们,明⽩吗? 因为有⼈需要,那这个事件就会呈现.因为那些⼈可以从中成长,那我们不能把别⼈成长的课程给拿⾛啊.那你不把它当成是⼀个分裂,不把它当成是⼀个对⽴,不把它当成是the end of the world,世界末⽇,就是给你产⽣恐惧嘛.就是你可以去看到世界上发⽣的⼀切,但是你却没有受这个能量的影响去产⽣更多的负能量.然后不断地去清理⾃⼰,就像我们刚刚说你的energy level越来越轻,越来越轻.因为你们只有让你们⾃⾝的能量越来越轻,越来越⾼过后,你们才能感受到爱,感受到⾃由,感受到⽆限,感受到⽣命的喜悦和激情.

People need these frightening events and images to experience, grow, and awaken them, right? Because there are those who need it, that's why this event will present itself. As those people can gain from it, we cannot take away someone else's lessons for growth. That you shouldn't regard it as a division, not as an opposition, nor as the end of the world, which is just instilling fear. You should be able to see everything happening in the world without being influenced by that energy and generating more negative energy. Then constantly purify yourself, like we mentioned earlier, your energy level becoming lighter and lighter. As you only allow your own energy to become lighter and higher, then you can experience love, freedom, infinity, joy, and passion for life.

不然当你的energy level越来越低的时候,你感受到的是⽆⼒,感受到的是恐惧.所以这是跟你们的energy level是有关的.那我们的信息就是⾮常好的途径来帮助你们不断不断地把你们的能量提升,明⽩吗? 所以说关注让你内在产⽣爱的振动频率,产⽣⾃由,产⽣喜悦,产⽣合⼀,不是任何分裂指责排斥对⽴.没有任何那些.然后你就会唤醒你的⾝体的,就好像你的这个灯,你就点亮了.那点亮

Otherwise, as your energy level drops, you feel powerless and fear. So this is related to your energy levels. Our information serves as a very good path to help you continuously elevate your energies, understand? Therefore, focus on the frequencies that generate love within you, freedom, joy, unity - not any division, blame, rejection or opposition of anything. Nothing like that. And then you will awaken your body, like turning on a light, illuminating it.

了,你就会点亮别⼈.越来越多的亮起来,越来越多的亮起来.那⾃然⽽然的话,你们整个地球体验的这些事件或者以前体验的那些东西就转变了.你们就又种下了不同的种⼦,就是种下了不同的因.你会体验不同的果了.那你们的那个果是什么? 对⽣命的赞美、喜悦、激情,然后互相⽀持.你们是stay together,你们是相互的连接对⽅,⽽不是相互的排斥、毁灭对⽅,明⽩吗?

Alright, you will be the ones to light up others. More and more will light up, more and more will light up. Naturally, this transformation of events or experiences from your past that you've undergone would occur on the entire Earth. You would plant different seeds, essentially sowing different causes. The fruits or outcomes you experience would change too. What kind of fruit is it for you? It's a celebration of life, joy, passion, and mutual support. You stay together, connect with each other instead of pushing away or destroying one another. Do you understand this concept?

问: 我们觉醒之后还是会回到⽇常的⽣活和⼯作当中.所以就不会⼀直保持在连接当中,那这个时候我们的频率就掉下来了……巴夏: 你如果是说觉醒就好像从这个物质世界这个梦境这个幻像当中醒过来.那你如果醒过来,你看清楚了它是⼀个梦境是⼀个幻像.就好像你现在记起来我是坐在电视前看电视,⽽不是电视剧情⾥那个悲惨的⼈.那你的感觉还⼀样吗? 你看电视剧和你在剧情⾥⾯体验,这两个⾝份? 你知道我能把电视关掉,换个台.是不是? 那我起来⾛⼀⾛,我换个台,换个我喜欢的台.你没有觉醒你就会觉得我没有选择,我只能体验我被害者的⾝份.那就是你没有觉醒,对吧?

Q: After we wake up, we will still return to our daily lives and work. So, we won't stay connected all the time; thus, our frequency drops...Basha: If you mean that awakening is like waking up from this world of matter, dreams, illusions, then when you wake up and realize it's a dream or an illusion, it's akin to remembering that I'm sitting in front of the TV watching the show, not the character who experiences the tragedy within the plot. Does that feeling remain the same? Do you still distinguish between the experience of watching a television drama versus your own involvement in the story as part of the characters? You understand I can turn off the TV and switch to another channel, right? If I get up and change channels or watch one I like instead, does that illustrate how someone who has not awakened might feel stuck with no choice but to identify with their victim's role?

In summary:

After awakening, we would revert back into regular life and work activities. This means returning to Earthly existence rather than staying perpetually connected; this shift causes a drop in frequency. The analogy drawn is that of waking up from dreams or illusions versus being trapped within them as the character experiencing said tragedy, highlighting the difference between understanding one has autonomy over their perception (such as channel surfing) and feeling inherently bound by the perceived roles and experiences thrust upon by external circumstances.

那你觉醒后,ok,我是在看电影,我把我⾃⼰带⼊了那个被害者的⾝份,明⽩吗? 那是不⼀样的,对吧? 因为被害者再惨,跟你没关系呀.你说她被枪杀了,你还好好的呀.

If you wake up later, okay, I was watching a movie and put myself in the role of the victim, understand? That's different, right? Because no matter how tragic the victim is, it has nothing to do with you. You're still fine when she got shot, aren't you?

问: 那我们在被代⼊到这个⾓⾊的⽇常⽣活当中的时候,有没有什么窍门可以帮助我们保持和集体正向能量场的连接?

Question: When we are immersed in this role's daily life, are there any tips to help us maintain our connection with the collective positive energy field?

巴夏: 你看,为什么你们会有睡眠? 你们要没有睡眠,⼀头扎进物质世界,哇塞,会崩溃的.所以说当你们睡眠的时候,你们的头脑关闭,你们就在所谓的连接.那你们也可以去通过,⽐如说打坐、冥想、关注当下,就是不进⼊你的头脑.就是在你⽩天的时候,你也进⼊到像睡觉⼀样.就是我的头脑不⼯作不运作了.我就来盯着这个花来看,没有任何声⾳.

Bahya: See why you need sleep? Without sleep, plunging headfirst into the material world would be too much; it would overwhelm you. So when you're sleeping, your mind closes and you are in that sense connected. You can also do this through practices like meditation, focusing on the present moment, not engaging with your mind. It's like you're in a state of sleep during the day as well, where my mind stops working. I just sit and look at a flower, without any noise or distraction.

问: 地球上的⼩动物在地球上的不好的体验会得到修复吗? 这个是怎么样运作的呢?

Q: Would the bad experiences that little animals on Earth have be fixed? How does this work?

巴夏:这么说吧,哪怕是⼈类,你看到的⼈都⾁体其实也是跟动物跟所有的⼀切都好像是⼀个⼯具,⼀个背景来给你产⽣⼀些体验的.它就好像是背景⼀样.就这么说,你们有那个⽪影戏对吧?那是因为背后有⼀个⼒量在操控它,它能动,对吧?如果⼒量抽⾛了呢?⼿放下了,那个就不动了.所以那你说那个⽪影戏后⾯的那个能量,那个⼈它有事吗?它没事呀,明⽩吗?但是你们投射出来的这些事件,就是反射出来的这些东西它是有助于你们灵魂成长的.因为你想当⼀个灵魂当它不断地不断地去扩展、产⽣体验,成为⼀个爱的状态.明⽩吗?那这整个过程,整个体验都是⼀件⾮常值得让你们觉得应该欢呼的事情吧.就好像是天上的星星又被点亮了⼀颗,就这种感觉.

Ba Xia: Let me put it this way: even when you see humans, the physical bodies they inhabit are essentially tools and a backdrop for experiences that resonate with their animal nature—just like everything else. They serve as a mere setting for your experiences. Have you seen shadow puppetry shows? These performances are driven by an unseen force behind them; they move because of this power. If the force were to vanish, if the hands were to lower, then nothing would move. So consider: when you see these puppets being manipulated in a show, does their energy have any control over it? No, they're simply there. However, the events and reflections that you project onto your reality are beneficial for your soul's growth. As a spirit, as it expands through continuous experiences, becoming an embodiment of love. It is clear that this entire process, these experiences, should be celebrated—like how another star in the sky has been illuminated, evoking a sense of awe and wonder.

就给你们形容⼀下啊,虽然并不是这样.

Just imagine, although it's not exactly like that.

第七个⼈问: 元吾⽒是确实已经证悟的⼈吗?

The seventh person asks: Is Yuan Wu Shi indeed a enlightened being?

巴夏: 我们不评判任何关于你们⼈类⾃⼰的.因为每⼀个⼈都可以去创造他想要的体验.

Bahya: We do not judge anything about you humans, because every individual can create the experience they want.

问: 冥想的时候经常会睡着是怎么回事?

Question: Why do I often fall asleep during meditation?

巴夏: 你想睡就去睡,⽽不是说要强迫你的⾝体怎么样.因为你的⾝体很智慧很聪明.问: 但是如果每次都会睡着呢?

Baxia: If you want to sleep, go ahead and do so instead of trying to force your body in any particular way because your body is very wise and smart.

Question: But what if I always end up falling asleep every time?

巴夏:那就睡觉呀.因为你们把这个事情当成是当功课在做⼀样,就逼你的⾝体.你的⾝体它也有它⾃⼰冥想的⽅式.它冥想的⽅式是跳舞呢?它听着⾳乐什么都不管,什么都不顾,然后在那翩翩起舞呢? 那是它冥想的⽅式呢? 或许它冥想的⽅式就是在那除草呢? 明⽩吗? 这也是冥想的⽅式,所以不要去局限于任何.试着去听你⾝体的⼀些信息,跟它发⽣连接.⽽不是跟⼤师发⽣连接.为什么呢?因为你是独⼀⽆⼆的⼤师.你这个⼤师除了你没谁能够教导你.

Bahya: So just sleep then. Because you treat this as if it were homework, forcing your body to do it. Your body has its own way of meditating. Does it meditate by dancing? Does it tune out all distractions and immerse itself in music, moving gracefully without concern for anything else? That's how it meditates, right? Perhaps its form of meditation is weeding? Understand? This is also a way of meditation, so don't limit yourself to any particular method. Try listening to the messages from your body, connecting with it rather than with gurus. Why do that? Because you are unique; you're the guru. No one can teach you except you.

问: 我想问⼀下⼥娲补天的⼥娲是外星⼈吗?巴夏: 你告诉我你们⼥娲补天是在说什么?

Q: I want to ask if the Nü Wa in Nu Wa Puting is an extraterrestrial? Baha: Tell me what you mean by Nu Wa Puting.

问: 她是中国远古的神话⼈物,她创造了⼈,天破了⼀个洞,她把天补上.这个神话原形代表着什么?

Question: She is an ancient mythological figure in China, she created humans, a hole was torn in the sky, and she patched up the sky. What does this mythic prototype represent?

巴夏: 这是你们好像意识的⼀部分,就是你们会是这么对外界发⽣的⼀些事情的理解.就好像是⼀个集体意识⼀样,明⽩吗? 但是这⾥你们不是有⾮常多的版本吗? 有这个版本,那个版本.都是来⾃于不同的⼈.就⽐如说我们这⾥发⽣了⼀个事件,但是你们不同的⼈看到会有不同的理解⽅式.然后再⽤不同的⽅法去讲解出来,明⽩吗?

Baha: This is part of your intuitive understanding that you will perceive what happens in the outer world - it feels like a collective consciousness to you, do you understand? But here you have many different versions don't you? Different versions from different people. For example, if an event happens here, there would be different ways to interpret this event depending on who's perceiving it, and then the explanations come out in various ways, do you understand?

问: 巴夏说马上要接触公开接触了.怎么理解这种接触不只是⼈类的接触,⽽是地球的接触这句话呢? 这种接触是意识渗透吗?

Q: Bak夏 says that immediate contact is about to happen. How should we understand this statement beyond human contact, implying a contact with the Earth? Is this kind of contact an infiltration of consciousness?

巴夏: 那可以说我们现在就在吗? 我们现在就在产⽣接触.

Baxia: That means we are there now? We are creating contact right now.

问: 但毕竟这个不是公开的,毕竟只有⼀⼩部分⼈知道这个……怎么理解这种接触不只是⼈类的接触,⽽是地球的接触这句话呢? 这种接触是意识渗透吗?

Q: But after all, this is not public knowledge; it's only known by a small number of people… How should we understand the statement that this contact isn't just with humans but also with the Earth itself? Is this kind of contact an infiltration of consciousness?

巴夏: 这么说吧,如果你想要去理解这个信息,那你需要去找到这个信息来源和连接.为什么呢? 因为是那个⼈在讲那个故事,所以是他解析那个能量.然后我们不参与…… ⽐如说你的好朋友他在⽤他的观点在阐述他的⼀个世界观,他对中美战争的⼀些观念.那我们允许它去表达,明⽩吗? 我们不去参与,你来告诉我他这么说美国的,这么说中国的,你怎么看呢? 因为每个⼈他对能量的解读都是独⼀⽆⼆的.那这个⼥孩⼦她连接的能量,她解读的⽅式也是独⼀⽆⼆的.所以说在你们的这个通道去提关于你们这个通道的问题.这样⼦才不会去加⼊任何的⼀些你们头脑层⾯的⼀些东西.如果当事⼈在阐述的东西,那你去问当事⼈.你们通灵的信息也是⼀样.

Baxia: In other words, if you want to comprehend this information, you need to find the source and connection of that info. Why is that? Because it's that person telling the story, so they're interpreting the energy. And we don't get involved... For instance, your good friend is expressing his worldview through his perspective on topics like the war between China and America. We allow him to express himself, understand? We don't interfere; you tell me what he says about America and China. Because each person's interpretation of energy is unique. The girl connects with this energy in a way that's unique to her. Hence, when asking questions about your channel through this platform, it prevents the incorporation of anything from your mental level. If someone else is presenting their views, ask them directly; the spiritual messages you receive are no different.

这么说吧,那带出信息那个⼈他在体验⼀个世界.这个⼥孩⼦她在创造在体验⼀个世界.你们可能可以,就是这个⼥孩⼦可以看到对⽅,但是他们都在⾃⼰的世界⾥⾯.然后你跑到我们这个世界⾥⾯来问对⾯的世界.那这样⼦的话你们也可以说我们中国政府说外星⼈不存在的.我们能说你们中国政府不对,明⽩吗? 他们创造的就是那个版本,他们体验的就是那个版本.如果他们需要在那个版本⾥⾯体验,那么他们就被允许,就被⽀持.

Let me put it this way: the individual who carries the message experiences a world. The girl creates and experiences her own world. You might be able to see each other if you were both in that same girl's world, but they exist within their own realms. Then you come into our world and ask about theirs. Thus, one could argue that the Chinese government is saying extraterrestrial life does not exist. We can say your Chinese government is incorrect; understand? They create their version, and they experience their version. If they need to experience within that version, then they are allowed and supported in doing so.

问: 因为这个信息之前是巴夏给出的,我们今天是通灵巴夏的……巴夏: 他们创造了他们的那个版本.然后这个⼥孩⼦也在创造她的版本,那你也在创造你的版本.如果你觉得这个版本不是我想要的,我想要加⼊另外⼀个版本.那你可以.因为你们永远都有选择,因为所有的⼀切都是同时存在的.没有哪⼀个⽐哪⼀个更真,哪⼀个⽐哪⼀个更假.所以你可以创造⼀个版本,你就是神.

Q: Since this information was previously given by Baha, we are channeling Bahá'í today… Bahá': They created their version of it. Then the girl is creating her own version, and you're creating your own version. If you feel that this version is not what I want, I would like to add another version to it. You can do that because you always have a choice because everything exists simultaneously. None is more true than the other; none is more false than the other. So you can create a version and you are God.

问: 但是我的问题是接触到底⼀种什么样⽅式的接触?

Q: But my question is about the nature of contact - what kind of contact are we talking about?

巴夏:但是我们感知到你们的确会⾛向越来越多维度,或者其它维度或者外星也好还有JO也好,这种连接会越来越多.这是我们能告诉你的信息.那如何接触如何能呈现在你们……那就看你们的集体意识如何去显化出来,还有看你们⾃⼰意识能量⽔平的⼀个提升.为什么呢?就⽐如说这个⼥孩的意识程度和你的意识程度,如果你们俩不在⼀个level的话,那那个接触只能发⽣在她的意识版本,跟你没关系.她说的你体验不到.因为你们俩不在同⼀个频率,就她能看到,你不⼀定能看到.所以说提升你⾃⼰的频率,那你就会越来越扩展,越来越没有限制,越来越接触到更多的⼀些扩展你意识的体验吧.

Baha: But we perceive that you will indeed move towards more dimensions or other dimensions or extraterrestrial or Jow, where these connections will become more numerous. This is the information we can convey to you. How this contact manifests for you… it depends on how your collective consciousness manifests and on an elevation of your own意识 energy level. Why is that? For instance, if a girl's awareness level and yours are not at the same level, then contact can only happen in her version of awareness, which has nothing to do with you. What she says you cannot experience because you're not at the same frequency. Therefore, by elevating your own frequency, you will increasingly expand, become less limited, and have more access to a wider range of experiences that expand your consciousness.

然后还有就是说这不是你们头脑⾥⾯已有的⼀些信息,所以我捕捉不到来给你.但是你要知道你们正在,就是当你们不断地去提升你们的意识,你们会越来越多创造这些体验给你们.

And then there's also the fact that it's not information you already have in your heads, so I can't capture it to give you. But know that as you keep lifting up your consciousness, you will create more of these experiences for yourselves.

第⼋个⼈问: 我什么时候可以找到⾃⼰的天赋? 我的⼯作⼀直都不是那么顺.

Question 8: When can I find my own talent? My job has never been smooth.

巴夏: ⾸先你会或者允许⾃⼰去跟随你的激情吗? 因为你们很多⼈因为⼀些别⼈的看法,因为做这个没钱,因为别⼈的眼光,因为⼼⾥的恐惧,你们并没有去跟随你们内在的激情,明⽩吗? 如果你能完全的不管有没有钱,不管别⼈怎么说,我也不管外在怎么看,我也不管外在的反应怎么样,我都只是跟随我的激情.那你就会去找到你的天赋才华了,明⽩吗? 所以说如果你能抛开这⼀切,就是这⼀切东西都是你的绊脚⽯嘛.那如果你没有绊脚⽯,你就能飞起来,跑起来了.

Bahya: First, would you or allow yourself to follow your passions? Because for many of you, due to other people's opinions, because there is no money in this, because of others' expectations, and out of fear within yourselves, you don't follow your inner passion. Understand? If you could completely ignore whether or not there is money involved, regardless of what others say, I don't care about how outsiders perceive it, I disregard their reactions; I just follow my passion. Then you would find your innate talents and abilities. Understand? So if you can get rid of all this, everything here is a barrier to you. If there are no barriers, you'll fly and run.

问: 我什么时候才能把这些抛开呢?

When will I be able to let all of this go?

巴夏: 你还会不断地在这个过程当中检测你的负⾯信念,就是你的阻碍.你把⽯头拿开过后,你的⽔就会顺畅的流出来了.因为你们头脑会有很多堵塞,你的⽔不能正常的流出来.不是说你那没⽔,就你堵的东西太多了.

Bahya: You will keep checking your negative beliefs throughout this process, which are the obstacles hindering you. Once you remove the rocks, the water will flow smoothly. Your mind has many obstructions, preventing the natural flow of water. It's not about lack of water; it's just that there is too much obstruction.

问: 我什么时候觉醒? ……巴夏: 我们说你明天能觉醒,明年能觉醒,你就觉醒了吗? 所以这不是说外界来告诉你,你过个两年就觉醒了的事情,明⽩吗? 因为这是你⾃⼰愿不愿意放下你的执念,愿不愿意去看透

Q: When will I awaken? ...Basha: If we tell you that you'll awaken tomorrow or next year, does that mean you will? So it's not about someone from the outside telling you that you'll be awakened in two years. Understand? Because this is about whether you are willing to let go of your attachments and see through them.

这个幻像,愿不愿意去不断地成长,愿不愿意去不断地去放下你头脑⾥⾯相信的东西.这才是最重要的,明⽩吗?

This illusion, are you willing to grow continuously, are you willing to constantly let go of what your mind believes? That is the most important thing, understand?

问: 我觉得好像都没有⼀个标准的答案巴夏: 你能⾃⼰给你⼀个标准的答案吗? 你能吗? 但是你要知道你每⼀步都有惊喜都有礼物就好了,去享受这个过程.

Q: I feel like there's no definitive answer. Bahya: Can you give yourself a standard answer? Can you do that? But remember, with each step, there are surprises and gifts; enjoy the process.

问: 亲密关系、⼩孩这⼀块很难平衡……巴夏:我们⼀直说外在的关系实际上是你内在的⼀个反射.只是你们⼈类都不相信,你们总觉得是外在的原因.我⽼公就是太忙,我⽼公就是虐待我嘛,我孩⼦就是不听话嘛.那是因为你的频率已经进⼊这个宇宙版本去体验.我跟你讲如果你能保持你⼗天处在头脑⾥⾯没有任何念头的状态,你看他们变不变?你有本事就做⼀个这个实验,给⾃⼰⼗天时间.这⼗天时间让你头脑关闭、静默.你内在不断不断地在产⽣爱,产⽣爱,含情脉脉.你把外在的⼀切都转变了.你会发现我的孩⼦怎么这么温柔,这么听话.我的⽼公怎么这么体贴,明⽩吗?这⾥没有问题.唯⼀的是你⾃⼰频率的问题.

Question: Balancing intimate relationships and children is challenging... Basha: We've always said that the external relationships are actually a reflection of your inner self. The issue is that humans don't believe this, always blaming it on external factors. You say your husband is too busy; he abuses you; your child doesn't listen. That's because you're experiencing this energy at a cosmic level. If you can spend ten days without any thoughts in your mind, observe how they change? Challenge yourself with an experiment and dedicate ten days to keeping your mind closed and silent. Your inner self will continuously generate love, affection, and understanding. You'll transform everything externally. You'll notice how gentle and obedient your child becomes; how thoughtful and considerate your husband is. There's no issue here except for the problem of your own frequency.

不存在单独的去处理你⽼公或者你孩⼦或者任何,ok?只有在你⾃⼰把你⾃⼰叽叽喳喳不断去⼲扰你的⼩我,你的头脑让它安静下来.

There is no separate entity to deal with your husband or your child or any other person, okay? Only when you quieten down your own constant nagging of your little self, and calm your mind.

问: 有没有什么⽅法?

Question: Are there any methods?

巴夏:⾸先第⼀就是你要去认识你头脑的功能,因为你们很多⼈都把它当成是你.你觉得我这些想法是真实的,我这些想法是正确的,我这些想法就是我.你不愿意去放下这个.为什么呢?因为这就是我,我说的就是真的,就是对的.因为你会把它当成是你.但是你的头脑,你想你从⼩到⼤,你不断不断地看着这些东西,储存的这些记忆.然后这些认知、这些概念、这些信息,你不断地在收集它.然后你突然丢⼀个,外⾯⼀个相你突然丢出去.然后你进⼊你的头脑,你就开始在处理问题了.他这个是侮辱我的⾏为,他这个是辱骂我的⾏为,他这个是背叛我的⾏为,你就开始定义了.当你的定义产⽣过后,你⾝体的情绪就产⽣了.

Baha: The first thing is that you need to understand the function of your mind, because many of you treat it as if it were you. You believe that my thoughts are real, my thoughts are right, and I am them. You don't want to let go of this notion. Why? Because this is me – what I say is true, it's correct. You perceive it as part of you. However, your mind has been continuously exposed to these things, storing those memories since childhood. Then, with each new piece of knowledge, cognition, concept, or information that you've acquired, it keeps collecting them. Suddenly, you throw one out there at an external figure, and you do this impulsive act. You then enter your mind, where problems start being processed. This action is an insult to me, this act is a form of cursing me, this act is a betrayal of me – these definitions begin forming. After you've formed those definitions, emotions manifest within your body.

你能只是去觉察外界发⽣的⼀切⽽不去给与任何定于吗?如果你真的要给定义,请你给⼀个正⾯的定义,好吗? 给你外在的⼀切正⾯的定义,还有就是相信每⼀段关系来到你⾝边的都是来助你的,都是来帮助你来给你送礼物的.不是来置你于死地,让你痛苦的.记住这些.因为你只有有这种想法,知道这是上帝送你的礼物,他们是天使来帮助你成长过后,你才会去收到这个礼物.不然你会把它当成是痛苦的存在,⽽把他们推开.这么说,你是⼀颗种⼦,你把泥⼟推开,你把⽔推开,你把阳光推开,你把所有的东西推开.你能成长? 你能发芽? 你能开花? 你能结果? 你不能.当⼀切没有得到呈现的时候,你就没有⽣命产⽣呀.你也体验不到⽣命这个过程呀.

Can you just observe everything that happens outside without imposing any judgments? If you must define it, would you kindly give a positive definition, please? A positive definition for your outer world and understand that every relationship coming to you is meant to assist you, sent as angels to help you grow. Not to harm you or cause pain. Remember these points. For only when you have such thoughts, recognizing these gifts from God, angels aiding your growth, will you be able to receive the gift. Otherwise, you would perceive it as a painful existence and push them away. If you're like a seed, pushing away the soil, water, sunlight, and everything else, how could you possibly grow? Could you sprout? Bloom? Bear fruit? You couldn't. Without everything being presented, there is no life to be produced, nor experienced.

它的美好,我的⽣命可以给这么多⼈带来甜蜜.你体验不到这些的.所以说等这个信息结束,去抱抱你的孩⼦告诉他妈妈好爱你,之前对你发脾⽓,对不起.去抱抱你的⽼公.放下你头脑⾥⾯所有的印象.当你头脑⾥⾯之后那些印象的时候,你没有在跟你⽼公打交道.你在跟你过去的记忆打交道,那些是幻像.你看不到对⽅是怎么样的⼀个存在,因为你头脑被蒙蔽了.你的眼睛被蒙蔽了.然后记住这句话,你们⾝边都是⽼天给你们安排的天使.他们都是来助你的.没有任何⼈是来毒害你的,只有你头脑⾥的思想和负⾯的观念和信念它们在毒害你.

Its beauty can bring sweetness to so many lives with my life. You won't experience this. Therefore, when this information ends, hug your child and tell them that mom loves you so much, sorry for being angry at you before. Go hug your husband. Let go of all the impressions in your mind. When there are no more impressions in your mind after that, you're not dealing with your husband anymore. You're dealing with your past memories, which are illusions. You can't see who the other person truly is because your mind is blinded. Your eyes are blinded. Remember this sentence: everyone around you are angels placed by heaven for your benefit. They all come to help you. No one is here to harm you; only the thoughts in your head, negative ideas and beliefs are harming you.

#### 2023/11/17 — 总想死怎么办以及抑郁症要如何⾯对How to deal with constantly wanting to die and depression

JO: 你说什么问题?

JO: What problem did you say?

问: 我想问⼀下总是想要去死的问题?

Q: I want to ask about the constant desire to die?

JO:如果你想要去处理你的念头,那么你就会被念头给困住了.所以那些念头不是让你去处理的.为什么呢?因为你把那些念头当成真的了.就好像前⾯明明没有⿁,你说你如何去处理那个⿁?那你去处理它的时候,你就被那个⿁给困住了,明⽩吗?所以说不是如何处理.因为你觉得需要处理的时候,你就已经把它当成它是在,就是你已经给了它⼒量,给了它⽣命.这么说吧,当你产⽣⼀个如何去处理⼀个东西的时候,本来那个东西没有⼒量,对吧?它是死的.当你说我如何去处理这个东西的时候,你就把它变成活的了.你说呢?那你可以不把它变活吗?明⽩吗?是你把它变活的呀.所以这⾥没有什么东西需要你去处理.

JO: If you try to deal with your thoughts, you will become trapped by them. Therefore, the thoughts are not meant for you to deal with. Why is this so? Because you take these thoughts as real. Suppose there's no ghost right in front of you and you ask yourself how to handle it; wouldn't that trap you when trying to handle it? Thus, there isn't about how to deal with them because the moment you feel the need to do so, you've already treated it as existing – you've given it strength, life. So let me put it this way: when you think of dealing with something, originally it was without power; wasn't it dead? When you say that you're going to deal with something, you bring it back to life in your mind. Do you see what I mean? Can you stop treating it as alive? It's because you bring it to life yourself. So there's nothing here for you to deal with.

如果真的需要你去处理,就是说你去明⽩为什么这⾥没有什么东西需要你去处理的.去弄明⽩为什么,明⽩吗?因为你体验的只是你⾃⼰的⼀个能量⽽已,明⽩吗?你想⼀下当你想要去处理它的时候,你就赋予它了⽣命.如果你没有产⽣那个想要去处理它的念头呢?它便没有影响你的⼒量,明⽩吗?

If you really have to deal with it, that is, understand why there's nothing here for you to deal with. Understand why, alright? Because what you experience is merely your own energy, alright? Imagine if you try to deal with it, you are giving it life. But if you don't generate the thought of trying to deal with it, it doesn't affect your power, alright?

问: 为什么有时候总觉得死亡才是对他⼈好的⽅式?

Q: Why do you sometimes feel that death is what's best for others?

JO: 那就像刚才说的它只是⼀个想法或者⼀个念头,然⽽你去相信它了.ok,突然出现了⼀只⽼虎,它本来是⼀个影⼦⽽已,对吧? 然后你却充满了恐惧去害怕它,你觉得⽼虎要吃掉你.那个⽼虎就变成真的了,明⽩吗?

Japanese Officer (JO): That's like what I said earlier, it was just an idea or a thought, but you believed in it. Okay, suddenly there appeared a tiger, which was simply a shadow before, right? Then you were filled with fear and started to be afraid of it, thinking that the tiger was going to eat you. The tiger became real, do you understand?

问: 如何找到⾃我的存在价值?

Question: How does one find the value of their self-existence?

JO: 你找不到的.你知道为什么吗? 因为你要去找到话,你就是在证明你没有,你需要从外去找,明⽩吗? 但是你从外⾯找不到,你唯⼀的是相信它.相信存在即有价值,相信存在即有意义.因为造物主不会去,就是不需要存在的就不会存在.既然你存在了,你就是需要存在的.就是这么简单.你只需要相信,因为只有你相信了,你才会产⽣那个体验.如果你不相信,你觉得需要从外⾯找⼀些证据来证明给⾃⼰你才相信的话,那你就是不相信.那你不相信,你体验的就是你所不相信的那个版本,明⽩吗? 所以你如果是想从外去找证据的话,是找不到的.因为你在外⾯找了⼀个看似…… ⽐如说我们说你存在的价值是你可以给⼈带来欢乐.

JO: You won't find it. Do you know why? Because when you search for it, it only shows that you don't have it; you need to seek it from the outside, understand? But if you can't find it from outside, your only option is to believe in its existence because believing in existence gives value and meaning. Since God doesn't create what's unnecessary, and if something exists, it means it needs to exist. It's that simple. You just need to trust, because only by trusting will you experience it. If you don't believe and think you need external evidence to prove your belief before believing in something, then you're not truly believing. If you don't believe, the version of experience you receive is exactly what you disbelieve, do you understand? Hence, if you try to find evidence from outside, you won't find it because you are looking for an appearance that seems... For example, when we say the value of your existence is that you can bring joy to people.

那突然有⼀天你给⼈带来了恐惧或者是烦恼,别⼈不欢乐了.那你是不是就否定了你存在的价值了,明⽩吗? 所以说它不在外⾯.

That's one day when you bring fear or trouble to people, causing them not to be happy. Does that mean you have negated the value of your existence, understand? So it doesn't exist outside.

问: 那可以说是发现⾃⼰的价值吗?

Question: Could that be considered as discovering one's value?

JO: 是本来就有价值的,ok? 你为什么要去否定它? 否定它来⾃于你头脑的⼀个⽆知.因为你觉得价值是体现在外在的.NO.就好像是这是理所当然的事情,就是⼀个确定的事情.是你⾃⼰把它变得不确定的,明⽩吗?

JO: It already has value, okay? Why do you negate it? The negation comes from your mind's无知. You think that value is externalized. NO. It's like something assumed to be true, a definite fact. You yourself make it uncertain, understand?

问: 如何爱⾃⼰? 就是做到⾃爱?

How to love oneself? It's just a matter of practicing self-love.

JO: 你们会觉得爱好像是学习的⼀个技术或者是功能.或者是别⼈告诉你,⽐如说你做这个就是⾃爱,做那个就是⾃爱,做呢个就不是⾃爱,明⽩吗? 但是并不是这样⼦的.如何⾃爱? 那就是说如何爱? 如何爱,你们要知道你们本⾝就是爱.你们本⾝就是⼀个爱的状态.但是你们却离开了爱的状态,去体验到没有爱的状态.那是为了什么? 为的就是体验爱,为的就是体验你本来的样⼦.所以说就算是体验没有办法⾃爱或者是不爱⾃⼰或者不爱他⼈,那也是你们在⾛向认识你们⾃⼰本来是爱的⼀个状态.所以你们只是需要去体验这个过程,然后再返回来⽽已,明⽩吗?

JO: You might think that loving oneself is like a skill or function in learning, perhaps someone telling you, for example, doing this is self-love and doing that isn't, understand? But it's not really like that. How do you love yourself? That is, how do you love? To love means to know that you are love, already in an act of loving. But then you step away from the state of loving to experience a state without love. Why would you do that? In order to experience love and to reconnect with who you truly are. So even if experiencing not being able to love yourself or others, it's simply because you're moving towards recognizing your inherent state of being loved. Therefore, all you need is to experience this process and return to it, understand?

所以你不需要去学习如何⾃爱,你只需要去成为,就是从我体验到我不爱⾃⼰,然后再体验到你是爱的本⾝.你的存在就是爱.所以你没有办法不爱,明⽩吗? 因为你没有办法不爱,因为你本⾝就是爱.所以说你就知道⽬前你体验到没有办法爱⾃⼰,那也只是你在⾛向那个你认识你的过程,那个步骤.因为你们来到这个物质世界上,这是你们的体验.就是要忘记你们的⾝份.那爱就是你们本来的⾝份,对吧? 那我去到物质世界,我要忘记,忘记我这个爱的⾝份.然后才继续可以从很多层⾯再⼀次的去找到我这个⾝份,明⽩吗? 因为你会体验到很多离开爱的⼀个状态,你才发现那些东西都让你不适,就是产⽣不适感,产⽣不快乐或者是痛苦,明⽩吗?

So you don't need to learn how to love yourself; you just have to become. That is from my experience of not loving myself and then experiencing that you are love itself. Your existence is love. So there's no way you can不爱because you cannot not love, do you understand? Because you cannot not love because you are love itself. Therefore, you know that currently experiencing not being able to love yourself is just a part of your journey toward recognizing yourself, that step. As you come into this physical world, it's an experience for you all to forget your identities. Love is who you truly are, right? So when I go into the physical world, I have to forget, forget my identity as love, and then continue from many layers again to find my own identity. Do you understand because you will experience being in a state without love, and it's only then that you realize those things make you uncomfortable, which creates discomfort, unhappiness or pain, do you understand?

然后通过这个⾓度你是不是就可以去认识什么是你.通过去体验什么不是你,你就可以去体验和认识到什么是你,明⽩吗? 所以这个不是说你需要去学习怎么样怎么样.并不是说你做了⼏件事情,你就真的爱你⾃⼰了.

Then, by this perspective, aren't you able to recognize what you are through experiencing what isn't you? You can experience and realize who you are by understanding what is not part of your essence. So, it's not about learning specific techniques or methods; it's not about doing certain things and suddenly loving yourself.

问: 所以这还是⼀个长期的过程,是吧?

So it's still a long process, right?

JO: 这是你们来到地球你们需要体验的,就好像你是⼀个王⼦的⾝份,对吧? 你从来没有体验过贫穷或者是流浪或者是贫民是什么样⼦的.ok,那你想产⽣这个体验.那如果你不忘记你的⾝份,就算你去体验农民或者是流浪汉,你同样也是个王⼦,对吧?那那种对⽣活的恐惧或者是担忧、害怕,你便不能真正的体验到,明⽩吗?因为你头脑知道这个是假的.那为了真的能够产⽣这个体验,那是不是要把你这个⾝份给忘记,给拿掉,就是把这个记忆给拿掉,对吧?把你的⾝份给忘记,是吧?那你后⾯的体验才会产⽣.所以说你们来到物质世界,你们需要去忘掉你们本来的⾝份,明⽩吗?

JO: This is what you need to experience on Earth, like being a prince, right? You've never experienced poverty, homelessness, or life as the oppressed, have you? Okay, so you want this experience. But if you don't forget your identity, even when experiencing peasants or vagrants, you remain a prince, right? This fear of life, worry, and anxiety cannot be truly felt because you know it's fake. To genuinely produce this experience, do you need to forget your identity, erase it, that is, remove the memory of who you are, right? By forgetting your identity, then subsequent experiences will occur. Therefore, when you come to the material world, you need to forget your original identity, understand?

问: 如何处理不安的情绪?

Question: How should one deal with feelings of anxiety?

JO: ⾸先不安的情绪它实际上只是警报器,滴滴滴.警报器你怎么去处理它呀? 它只是来提醒你,ok,你有⼀个你触碰了⼀个,就好像你有安装⼀些系统,对吧?你在⽤这个系统在 working,就是在运作,对吧?那你的世界就是你的这套系统.你植⼊的什么系统,你就⽤什么系统在体验这个世界.那⽐如说相应的⼀些不安的情绪,它就是你植⼊的⼀些观念、信念在⾥⾯,对吧?那当你这些情绪在触碰到了过后,它⼀定是触碰到了你的某⼀些观念.那你是不是可以去检查你的某⼀些观念呢? 明⽩吗? 如果你单独把警报声关了,⽽不去看你的……就⽐如说明明是你的屋⼦⾥冒烟了起⽕了警报才想,你把警报关了,你却不检查⽕,明⽩吗?

JO: First, the uncomfortable feeling is actually just an alarm, beep-beep. How do you deal with this alarm? It's merely to remind you, okay, that you have touched something, right? You are using this system in operation, aren't you? Your world is your这套system. What system you plant into determines what system you experience the world through. For instance, corresponding feelings of discomfort are embedded ideas and beliefs within you. Isn't it true when these emotions touch upon them, they inevitably touch upon certain concepts within you? Can you then examine some of your own concepts? Understand? If you simply turn off the alarm sound without checking... say if there's smoke in your house because an alarm is going off, but you just turn off the alarm without checking for fire, do you understand that analogy?

所以说不是把不安的情绪给它摁掉,给它拿掉.⽽是说通过这个情绪你去⾃我探索你到底相信什么.你到底相信什么才会产⽣这个不安的情绪?这样⼦你便能知道,通过这些你便能去认清楚你⾃⼰你到底是以什么样⼦的程序在运作.那程序嘛,你看你的⼿机,装了这个程序不好⽤,那我是不是可以卸载,重新装另外的程序,对吧? 程序不是你,ok? 只是你⾃⼰拿了⼀套系统.当它不再服务于你,当它并不能满⾜你,当它不能给你提供更好的更和谐的运作,那你是不是就可以去update,对吧? 明⽩吗? 所以这些不安的情绪也好,恐惧的情绪也好或者各种,它其实都只是⼀个信号,⼀个线索.

So it's not about suppressing or removing that uneasy feeling; rather, you explore through this emotion what you truly believe. You seek to understand what belief would generate such an unease? Through this process, you can discern how your system operates. The system is akin to the apps on your smartphone - if one doesn't suit, you might uninstall it and install a different one, right? This system isn't you, okay? It's just that you've adopted a certain system for yourself. When it no longer serves you, when it fails to satisfy you, or when it can't provide better, more harmonious functioning, then shouldn't you update your approach? Do you understand? These feelings of unease, fear, or any others, are merely signals and clues that reveal how you're operating internally.

因为你通过这个线索才能去把⾥⾯最深层次的东西拿出来,让你可以去对它下⼿.不然的话,你⽆处下⼿啊,对吧?

Because only by following this clue can you extract the deepest essence, allowing you to take action upon it. Otherwise, there would be no place for you to act, wouldn't that be correct?

问: 严重的抑郁症症状怎么办?

Question: What about severe symptoms of depression?

JO:⾸先就是说你们⼈类会去把各种产⽣的像这种情绪啊,症状啊,给它归纳成病症.但是我们并不建议你们这样做,明⽩吗?因为所有东西都只是个幻像.你这么做的话,它只是加深你的幻像.但是你要知道这只是⼀个能量层⾯的问题,明⽩吗?就是你进⼊到了⼀个频率,⼀个能量.就⽐如说你进⼊了⼀个恐惧频率.那你进⼊了那个恐惧频率,它就会产⽣⼀系列的反应.就⽐如说你不安的情绪,你可能想要逃避或者是会导致你失眠,或者还会引起你的⼀些坐⽴不安或者是恐慌,对吧? 你进⼊了这个频率,对吧? 那你们把所有这些症状(给它命名),这个是不安,那个是焦虑,这个是什么什么.你只是单独的进⼊了⼀个恐慌的频率⽽已.

JO: First of all, you humans tend to categorize various generated feelings and symptoms into illnesses. But we do not advise you to do this, understand? Because everything is just an illusion. Doing so will only deepen your illusions. However, you need to know that it's merely a problem on the energetic level, understand? You have entered a frequency, an energy. For example, if you enter a fear frequency, then you generate a series of reactions. Such as feelings of unease, which may lead you to want to flee or cause insomnia, or even provoke restlessness or panic, right? You've entered that frequency, right? And when you give all these symptoms (names), like this is anxiety and that is fear, it's just that you have only entered a fear frequency.

它产⽣了⼀系列症状,然后你对号⼊座,然后给它取个名字叫抑郁症,明⽩吗?那你产⽣的这个频率又回到⼀个跟你的believe system有关系,明⽩吗? 所以说你唯⼀需要的是去检查你的信念,检查你相信了什么会产⽣这个频率.你检查到了,你就可以让它,就是你就可以明⽩并不是你⽣病了,并不是你病了.⽽是因为某⼀些观念导致你产⽣这些频率,产⽣这些体验,产⽣这些症状.如果你把⾃⼰当成⼀个病⼈,那你就在显化啊,你就持续持续在投射你是个病⼈,你还有这些症状.你唯⼀就是选择这个频率,进⼊这个频率.就好像我们告诉你我们告诉你你本来就是选择⼀个⿁屋,你进去.所以你就会产⽣这个这个.那我们这⾥还有什么呢?

It generates a series of symptoms, and then you match them up, giving it a name like depression, right? Then the frequency you produce returns to something related to your belief system, right? So the only thing you need is to check your beliefs, figuring out what you believe could generate that frequency. Once you've checked, you can realize that you're not sick, you haven't been infected with disease. Rather, certain ideas lead you to create these frequencies, these experiences, and these symptoms. If you see yourself as a patient, then you are manifesting it, projecting your status as a patient along with those symptoms continuously. You simply choose this frequency and enter into it. It's like we're telling you that you were originally choosing a haunted house, going in, so it happens. Here is what else do we have?

还有其它的能量,还有开⼼屋呢.那你进⼊开⼼的屋⼦⾥⾯,那其它也会变呀,明⽩吗? 所以是能量层⾯.那像这些能量、频率,那就是你⾃⼰没有去处理的⼀些信念问题.所以如果你觉得很难⾛出来或者是很艰难或者是你没有办法的话,那是因为你没有处理掉核⼼的问题呀.你们都在对症状,⽐如说我要抗拒我的念头,我要阻⽌我的念头,我要怎么样怎么样.你要怎么样怎么样的时候你就在加深它.为什么呢? 你继续把能量放在那,你在继续显化,明⽩吗? 你在继续显化它呀.你继续在给它,我要抗拒我的念头,我要继续…… 你就在继续在这个屋⼦⾥⾯跟它做⽃争啊.你还停留在这个屋⼦⾥⾯跟它⽃啊⽃啊.你怎么⾛啊?

And there's more energy, and there's Happy House too. When you enter the Happy House, everything else changes as well, do you understand? So it's on an energetic level. Like these energies, frequencies, they are issues of beliefs that you haven't dealt with yourself. If you find it hard to move out or it's difficult, or if you can't do it, it's because you haven't resolved the core issue. You're all focusing on symptoms like trying to resist your thoughts, stopping your thoughts, and how to deal with them. When you try to deal with them, you are intensifying them. Why? Because you keep feeding energy into it, manifesting it continuously, do you see? You are perpetuating it by saying I want to resist my thoughts, I want to keep doing this... It's like fighting inside the house with it, staying trapped and struggling in it. How can you possibly escape when you're still inside the house?

那你当然还会在这个频率⾥⾯去产⽣这些症状了.所以说⾸先你要看清楚这个幻像,你也要看清楚它的⼀个来源.只是⼀些believe system,⼀些没有处理的负⾯信念.触碰到了,然后这个信念就像开关⼀样把这个屋⼦⾥⾯所有东西都打开给你体验,仅此⽽已.当你看到了,那你是不是可以去选择⼀些正⾯的believe system,积极的⼀些.仅此⽽已.如果你在⾥⾯耗的话,那是你⾃⼰还选择停留在⾥⾯,还是试图,就刚刚我们说你试图把这些念头给消灭掉,处理掉.不可能的.为什么呢? 当你在try to put your energy,就是把你的专注放在去处理它的时候,你就在好像⾃⼰给⾃⼰设置了⼀个敌⼈来陪你玩.

If you do remain in that frequency, you will naturally manifest those symptoms again. Therefore, the first step is to recognize this illusion and understand its source - it's just a product of your belief system, unprocessed negative beliefs that you hold onto. When these beliefs are triggered, they act like switches, allowing all the negativity within you to be activated for experience. That's it. Once you see it, you can choose to adopt positive belief systems, embracing positivity. It's as simple as that. If you continue to dwell in this state, it's because you've chosen to stay there or perhaps tried to eliminate those thoughts and negate them - which is impossible. Why? Because when you try to expend your energy by focusing on their resolution, you're essentially creating an adversary for yourself, making the problem seem even more formidable.

那你⾃⼰投射出⼀个敌⼈来陪你玩,⼀个对⼿来陪你演的话,那你们就会这样了.

If you project an enemy to play with and a counterpart for your performance, then this is how it will be.

问: ⽐如说我怎么去阻⽌⾃⼰去投射这些东西出来呢?

Q: Say I want to prevent myself from projecting these things out, how do I do that?

JO: 你要明⽩这个道理,因为你会把它当成是真的.你会觉得那个外在是真的有个敌⼈你想要去消灭它或者是你害怕.你害怕它,那你就继续在这个⾥⾯.你如果不能明⽩的话,那你就会继续的…… 如果你不能明⽩外⾯的东西都是你内在投射出去的⼀个东西的话,那你可能还会继续在外⾯不断地去拉扯,不断地去处理.那你越在这样⼦的话,你就越在显化它.因为你的关注点在这⾥,对吧? 你想你关注在这⾥的话,那这⾥的东西就会变活.它就会有⽣命来跟你互动.那如果你知道外在的东西它只是你⾃⼰内在投射出去的,并不是真实存在的.那你是不是就可以不把关注点放在那了? 不再去做这种silly game了? 那你是不是可以去关注美好的东西呀.

JO: You need to understand this principle because you will treat it as real and find yourself either trying to destroy that outer entity or being afraid of it. You fear the outside, so you remain entrenched in this mindset. If you cannot grasp this concept, then you'll keep doing this… if you can't see that everything external is a projection of your inner self, you might continue pulling at things externally and dealing with them endlessly. The more you do this, the more you're manifesting it because your focus is on it, right? If you concentrate here, these external aspects will come alive and interact with you. Then, if you know that what's happening outside isn't truly real but merely a projection of your inner self, can you stop giving attention to it? Can you stop playing this silly game? Could you instead focus on beautiful things?

因为当你关注美好的东西,它也会变活.越来越美好,越来越美好给你体验.它的美好越来越多.所以就是very very simple way,就是⾮常⾮常简单的⽅式.就是像我们说的,你有⼀个⼿电筒.前⾯有⼀个美⼥和⼀个⿁.你把你的⼿电筒⼀直照着那个⿁,把你吓的要死.你为什么不能单纯的把⼿电筒移到美⼥的⾝上? 美⼥也会变活呀.你照⿁的话,⿁变活.你照美⼥的话,美⼥变活.你想哪个变活? 明⽩吗? 到底是给你带来美好的,还是给你带来恐惧的? 所以你只需要去…… 你要知道你们物质⾁体产⽣的所有反应它⾸先是因为你去关注了什么.ok,你关注恐惧的,它就会吓的要死.你关注美好的,它就会爽的要死,对吧?

Because when you focus on the good things, they also come alive. They become more beautiful and provide you with a greater experience of beauty. The more beauty there is for you to enjoy. So it's just a very simple way, which means that it's an extremely straightforward method. Imagine you have a flashlight in front of you, with a woman on one side and a ghost on the other. If you shine your flashlight continuously at the ghost, frightening yourself immensely. Why can't you simply move your flashlight to the woman instead? The woman would also come alive for you. Shining it on the ghost makes the ghost come alive. Shining it on the woman makes her come alive. Which one do you want to see come alive? Do you understand? Is it what brings you beauty or fear? Therefore, all you need to do is... You must know that every reaction produced by your physical substances originates from what you are focusing on. If you focus on fear, it will terrify you. But if you focus on beauty, it will make you feel ecstatic, right?

⾝体产⽣的情绪和频率是因为你关注什么,它就产⽣什么.但是你们往往会因为⾝体产⽣的情绪,这个太真了太真了.因为⾝体的情绪在告诉你soreal.那是你们物质⾁体的⼀个功能呀,不然的话你就体验不到这个物质世界了,明⽩吗?所以你只需要⾮常⾮常 simple的⼀个动作,就是转移你关注的咯.就把你的焦点放在你想要体验的东西,⽽不是不想要去体验的东西.当你想要去消灭它或者是想要去打击它,其实你也在显化它,明⽩吗?所以你不需要去处理.就好像⼀个敌⼈,你不需要把他杀死.你只是不再去关注他,他就没有⼒量在你的世界上显化出来给你.

The emotions and frequencies produced by your body are because of what you focus on; it produces that. But you often get too caught up in the emotions your body produces, they're so real, so real. Because the emotional responses from your physical body are telling you 'realness'. That's a function of your physical matter body, else you wouldn't be able to experience this material world at all. Understand? So you just need an extremely simple action, which is to shift your focus. Put your attention on what you want to experience instead of what you don't want to experience. When you try to eliminate it or attack it, in fact, you're manifesting it. Understand? You don't need to handle it. It's like with an enemy; you don't need to kill him. You just stop paying attention to him, and he won't have the power to manifest itself in your world for you.

#### 2023/11/17 — ⾝体的各种不适是因为你还没有成为⽣命的主⼈ Various bodily discomforts are due to you not yet being the master of your life.

JO: 你说什么问题?

JO: What's your question?

问: 这⼀段⼼情有点不太好,天天睡懒觉.有时候上厕所也勤.

Q: I'm in a somewhat bad mood recently, sleeping in every day. Sometimes I go to the bathroom frequently too.

JO: 你稍等.我们想让你知道的就是你感受到所有的不适感,是因为就好像你整个⼈是在⼀个失控的状态.就是⽐如说你会有⼀些⾏为或者感受或者是体验它并不是你⾃⼰和你的频率是⼀致的.⽐如说你会去做⼀些事情,你虽然在做,但是你又并不喜欢,明⽩吗? 也就是说你这个⾁体的现在的主⼈还不是你.这么说吧,就好像龙卷风来了,然后你就失控了.你被风⼀会⼉刮到这,⼀会⼉刮到呢.就像这样⼦的⼀个状态.就好像⼀堆⼈往那边⾛,然后你被这堆⼈挤得也往那边⾛.但是那个并不是你想去的⽅向.这就是⼀个你还没有成为你的主⼈.你对你的⼈⽣没有掌控感.就是⼀个失控的状态,明⽩吗? 所以你会感受到没有⼒量.

JO: Wait a minute. What we want you to know is that all the discomfort you're experiencing comes from being in an uncontrolled state. That means some actions or feelings or experiences you might be having are not aligned with your own frequency. For example, you might do something and although you're doing it, you don't like it, right? In other words, your current earthly body's owner isn't you. Think of it as a tornado coming and you losing control, being swept up by the wind here and there. Like that state. Imagine a group of people walking in one direction, then you get pushed by this crowd to walk in the same direction, but not the one you want to go. This is about not being the master of your life; experiencing a sense of losing control. That's an uncontrolled state, right? So, you feel powerless.

就好像是你是在⽔⾯上的浮萍⼀样没有根.它不会像树⼀样深深地扎根.你感受不到⼒量.然后你也没有⼀个好像是滋养,你也没有办法得到滋养.为什么呢? 因为你体验的是被断开的感觉.

It's as if you are a water plant without roots. It won't be like a tree that digs deep into the ground. You can't feel any power. And then you don't have anything akin to nourishment, and there is no way for you to receive it. Why is that? Because you're experiencing being cut off or disconnected.

问: 对,你说的对.

Q: Yes, you are correct.

JO: 我们不是在告诉你…… 你需要慢慢慢慢的扎根.就好像我们说你现在是⼀个刚刚出⽣的新⽣命.就好像是⼀颗刚刚发芽的⼩草.那这颗⼩草是不是需要继续的成长它才会感受到⼒量,它才会感受到深深的扎根,它才会感受到⽣命的⼒量.所以你现在的状态就是说外界对你的影响是⾮常⼤,⽽不是说你内在去影响外在.

JO: We're not telling you... that you need to slowly establish yourself deeply. Like when we say that you are a newborn life right now, like a little sprout just beginning to grow. Does the little sprout feel strength and deep roots and life force until it grows further? So your current state means that external influences on you are very significant, rather than internal impacts on the outside world.

问: 我的腿贴了膏药还是疼?

Question: Even after applying the plaster, my legs are still hurting?

JO: 这么说吧,你的⾝体它会出现很多不适感,然后⽆论是头脑还是⾝体还是精神还是⼼理,各⽅⾯它都会受到⼲扰.但是所有的这些问题的根源就是说你还没有成为你⽣命的主⼈.好像是⼀个随波⼈流,好像是⼀个任何宰割那样⼦的⼀个状态.所以你不需要再继续的问为什么我的⾝体不好? 为什么我会这样? 为什么我会那样? 因为你现在没有成为你的主⼈.

JO: In other words, your body will experience many discomforts. Regardless of whether it's the mind, the body, spirit, or psyche, all aspects are disturbed by this. But the root cause of all these issues is that you have not become the master of your life. It feels like being swept along with the tide, like being a mere victim of circumstance. So there's no need to continue asking why my body isn't well? Why am I like this? Why am I that way? Because right now, you are not in control of your own life.

问: 如何成为⽣命的主⼈?

How to be the master of life?

JO: ok,好问题! 你想吗? 你真的想吗? 你有多想? 我跟你讲如果你真的想,你只有真正的想,有多想? 你愿意去为它忍受痛苦吗? ok,那最开始你肯定会体验到不适感.为什么呢? 因为你是从⼀个好像是随着那些洪⽔冲着你⾛,和你要⽤⼒的朝这个那个反⽅向往上爬这个⼒量是不⼀样的,明⽩吗? 所以说你必须…… 我跟你说你就想象⼀下有洪⽔来,那个⽔⼀直往下⾯冲.然后呢你却⼀动不动像个死⼈⼀样,就算别⼈拖着你,也没办法呀.你根本就不想往另外⼀个⽅向⾛啊.你觉得太费⼒了,我不想费⼒,我不想吃⼒.那如果你不想费⼒的话,那你还想吗? 那就说明你根本就不想.所以你到底⼼⾥想吗?

JO: Alright, good question! Do you want it? Really want it? How badly do you want it? I'll tell you that if you truly want it, you must really desire it and how badly. Are you willing to endure the pain for it? Okay, initially, you will definitely experience discomfort. Why is that so? Because you're moving against a force that's akin to being swept by floods or pushing yourself upwards against the current when you should be going in another direction, which are two opposing forces and don't feel alike. Get it? Therefore, you must... I'll tell you this: imagine there's an incoming flood with water continuously rushing downwards. Then, despite others dragging you along, there's nothing they can do because you're not actually trying to move in the opposite direction at all. It seems too strenuous for you; you don't want to exert yourself, you don't want to expend effort. If you don't want to put forth any effort, then still do you want it? That would mean that you're genuinely not wanting it. So, deep down, are you really wanting it?

所有的东西当你开始⾮常强烈的想要,然后有⼀种向死⽽⽣,就是我连死都不怕,付出我的⽣命我都不怕,我就要朝这个⽅向.当你下定了决⼼过后,你就会得到神助,就是⽼天就会来帮助你,⽼天就会来推动你.

All things when you start to desire very intensely, then there's a push towards death and birth, I don't even fear death; I'm not afraid of sacrificing my life. I want to move in this direction. After you've made up your mind, the gods will assist you, meaning heaven will come to help you; heaven will come to propel you.

⽼天也会派⼈来到你的物质世界在你的⾝边来帮助你,推动你.所以其实那是最不费⼒的,但是你却需要你⾃⼰下定决⼼,明⽩吗? 去突破你内在的那个坎.因为那个坎是你⾃⼰设⽴的.

The old heavens would send beings to your physical world to assist you and nudge you along. So essentially, that is the least strenuous task, but you need to make a decision for yourself, do you understand? To break through that barrier within you. Because that barrier was set by you yourself.

问: 你说得对.其实我也想做⽣命的主⼈.但是⼼⾥想……JO: 那你得⾃⼰做⼀个制定,然后你要…… 因为你们头脑只会看到眼前的⼀步骤.所以你给⾃⼰定⼀个步骤.⽐如说我以前需要喝两瓶酒,那我减到我喝⼀瓶酒,对吧? 这个能做到吧,是吧? 那⼀瓶酒⼀段时间,过段时间我在从⼀瓶酒再减到半瓶酒.那你从⼀瓶酒到半瓶酒,容易吧? 然后等你半瓶酒过后,你再来给⾃⼰设定⼀个⽬标.我现在再从半瓶酒再到两⼜三⼜酒.你也能做到.为什么呢?因为你每次只需要少⾛两步.就是我只需要,就好像你吃⼀餐饭,我这次就只是⽐上次少吃两⼜.很简单嘛,对吧?那就好像加减法⼀样,那我以前从来不运动.那今天我就在我楼下散步⼗分钟.

You said it right. I actually want to be the master of life too. But in my heart... JO: Alright, then you need to set a goal for yourself and do it step by step. Because your mind can only see one small step at a time. So, you should set a small goal for yourself, like needing to drink two bottles of wine before. Let's say now I reduce that to drinking just one bottle. Can you do that? Then from a full bottle over some period of time, in another period, I can cut down my intake to half a bottle. If you go from drinking a whole bottle to only half, wouldn't that be easier for you? And once you've managed that, set your next goal. Like right now, you could further reduce it to just two or three glasses of wine instead. You should be able to manage that too because each time you only need to take one step back from the previous quantity, like eating a meal and this time having just a little less than before. It's quite simple, isn't it? I used to never exercise at all, but today I'll go for a 10-minute walk downstairs.

这个你能做到,对吧?那你散步了⼗分钟过后.明天我散步⼗五分钟,就多五分钟,可以做到吧?对呀,你反正⼗分钟都做了.多做五分钟有啥区别呢?没区别.这就叫⼀个循环渐进.因为你头脑……如果我告诉你你⼀下⼦给我出去运动⼏个⼩时,你说什么?我从来没有运动,⼀下⼦运动⼏个⼩时?你不可能达到那种状态,然后你会产⽣⼀种挫败感.但是我告诉你,你每天只需要跨出去⼀步或者就是说忍耐⼀⼜.这个对你来说是很简单的.但是你需要去完成你的⽬标.你做了⼀个计划,那么你就需要去完成.就是把影响你⽣命的东西逐渐⼀步⼀步的减少.把增加你⽣命能量的东西,逐渐逐渐的增多,ok?因为这样⼦的话,你就会有⼀个全新的⽣活模式.

You can do this, right? So, if you go for a 10-minute walk today, then tomorrow I'll have you going for a 15-minute walk, that's an extra 5 minutes. Can you manage that? Yes, because you've already done those 10 minutes anyway. What's the difference between adding another 5 minutes to your routine? There isn't any. That's called gradual progress. Because in your mind... if I were to tell you to go out and exercise for hours at once, what would you say? I've never exercised before; how could I possibly manage exercising for hours straight? You wouldn't be able to reach that state and might feel frustrated. But when I tell you to just step outside or endure a little more each day, it's simple for you. However, the key is sticking to your goal. You've made a plan, so now you need to follow through with it. Gradually reduce what affects your life negatively and increase what positively contributes to your energy. Alright? This way, you'll have a completely new lifestyle.

所以这个表,你可以跟你的爱⼈⼀起去制定.然后把你⽣命中哪些是消耗你能量的,写出来.哪些是增加你能量的,写出来.

So this chart, you can create together with your loved one. Then write down in it what consumes your energy and what boosts your energy.

问: 这两天我的腿疗愈疗愈,⾛路可慢.

Question: My legs are healing well these past two days; I can walk slowly.

JO: 没事.哪怕你就是抖抖⼿抖抖脚,站⼀会⼉.因为你的⾝体会感受到你想运动想活动,它就慢慢慢慢会⽀持你,明⽩吗? 所以它会越来越好.

JO: It's okay. Even if you just shake your hands and feet, stand for a while. Your body will sense that you want to move and be active, and it will gradually start supporting you. Understand? So it will get better over time.

问: 是这样吗?

Question: Is that so?

JO: 是这样.如果你坚持这样的话,等你明年建JOJO⽼师的时候,你就可以又跑又跳的了.然后你慢慢慢慢还会长肌⾁,越来越强壮.

JO: It's like this. If you insist on it, by the time you build Mr. JOJO next year, you'll be able to run and jump around again. Then gradually, you'll start building muscles and become stronger over time.

问: 我感觉这⼀段……JO:没有关系,你在当下你都可以去重新去制定你的⽣命计划.当下才是最重要的.前⾯怎样不重要.前⾯越是……就是这种躺平的⽇⼦,慵懒的⽇⼦我过够了.我现在要重新开始.所以你想象⼀下你明年见JOJO⽼师,你想要⼀个什么样⼦的状态?

Q: I feel like this... JO: It doesn't matter, you can redefine your life plan at the moment. The present is what matters most. What happened before is not important. The more days of laziness and idleness that passed, the more I wanted to start anew. Now I want to begin again. So imagine yourself seeing me next year as JOJO teacher, what kind of state do you want to be in?

问: 我想更好的状态.

Question: I want to be in better condition.

JO: 是的.你现在已经做出了选择.然后就……问: 我感觉没啥问题.

JO: Yes. You've made your choice now. And then... Q: I feel there's no problem with that.

JO: 你现在已经下定了决⼼,然后你就制定这个表格.⼀步⼀步的.因为你将会从每⼀步每⼀天你都会感受到你的⽣命⼒越来越旺盛,你的⼒量越来越强⼤.

JO: You have now made up your mind, and then you will formulate this table, step by step, because with each step and each day, you will feel your vitality growing stronger and your strength becoming more potent.

问: 后天是我妈的⽣⽇.但是现在…… JO: 买⼀束鲜花.

Question: Tomorrow is my mom's birthday. But now... JO: Buy a bouquet of flowers.

问: 买⼀束鲜花,买个蛋糕.

To ask about purchasing something, here's the English

Question: Buying a bunch of flowers, buying a cake.

JO: 是的.

Yes.

问: ⾼兴,⼼情就好了.

Question: If you're happy, your mood will improve.

JO:是的.你记住你哥哥告诉你的,你才是那个还留在这⾥去改变你们家族命运的那个男⼈.

JO: Yes. Remember what your brother told you, that you are the man who is staying here to change your family's fate.

问: 你说的对.勇往直前.

Answer: You're right. Press on bravely.

JO: 是的.你才是那个决定…… 是你去光宗耀祖你们家.

JO: Yes. You're the one making the decision... It's up to you to bring glory to your family.

#### 2023/11/18 — 连接蜥蜴⼈ Connecting Lizard People

JO: 你说什么问题?

JO: What's your question?

问: 我前天晚上做梦很清楚的看见⾃⼰打开了第三只眼.然后梦⾥⾯我知道⾃⼰可以通灵.我想问⼀下这个梦有没有什么信息是要带给我的?

Question: The night before yesterday, I clearly dreamed that I opened the third eye. Then in my dream, I knew I could communicate with spirits. I would like to know if this dream has any information for me.

JO: 你们在⾥⾯也不断不断地在体验,然后也在扩展.所以如果你能清楚的记起来这些情节的话,那它其实跟你在现实中发⽣的没有什么区别.因为它都是造成你意识的⼀个扩展,⼀个体验,明⽩吗?

JO: You are experiencing and expanding within them continuously. Hence, if you can remember these episodes clearly, it makes no difference from what happens in reality because they all contribute to the expansion and experience of your consciousness. Understand?

问: 那请问像这样的⼀个梦是我需要把它投射在物质世界……JO: NO NO,你不需要做任何.你只需要去相信,就相信你在梦⾥⾯说的,明⽩吗? 你需要沉浸在你想要体验的⼀个⽣活当中: 哇,真的,我的第三只眼开了.我好开⼼,我好兴奋.you don’t need to do anything,ok? 你不需要去学去做.因为你已经是了.

Q: But how about this kind of dream - would I project that onto the material world?

JO: NO NO, you don't have to do anything like that. You just need to believe in yourself and trust what you say during your dreams, understand? You need to immerse yourself in a life you want to experience: Wow, it's really happening! My third eye is open. I'm so happy, I'm so excited. You don't have to learn how to do that; because you already are.

问: 请问我的JO和指导灵他们有什么信息要带给我吗?

Question: Could you ask my guide and my Spirit what information they have for me?

JO: 就是前⾯说的,你不需要做任何事情,你只需要进⼊那个存在状态.问: 请问能不呢帮我们连接⼀下蜥蜴⼈?

JO: As previously mentioned, you don't need to do anything; you just need to enter that state of existence. Q: Could you help connect us with the Lizard People?

JO: 你稍等.

JO: Wait a moment.

蜥蜴⼈: 我们是蜥蜴⼈的能量,然后有什么问题想要交流,可以提问.

Lizardmen: We are the energy of Lizardmen, and if you have any questions to exchange, feel free to ask.

问: 你好,我们想问我们地球上有从外表看上去是地球⼈,但其实是你们蜥蜴⼈的存在吗?

Question: Hello, we would like to know if there are any beings on Earth who look human from the outside but are actually your lizard people?

蜥蜴⼈: 你们地球上你们想要去显化的、投射的都会给到你们去体验,明⽩吗? 就好像你们⾃⼰是在捏泥⼈或者是在沙滩上造⼀些城堡或者是造⼀些场景,你想要造什么?

Lizardmen: Everything that you desire to manifest and project on Earth will be given to you for experience, understand? It's like you're making clay figures or building castles or scenes in the sand; whatever you want to create.

问: 那就是说在地球上如果有你们的话,也是我们的意识显化出来有你们的?蜥蜴⼈: 也是你们需要这个体验,你们就能去创造这样⼦的⼀个体验.

Q: So, if there were beings like us on Earth, is it that our consciousness manifests you all? Lizard Men: It's also because you need this experience to create such an experience.

问: 那我能问⼀下你们蜥蜴⼈的性格特征是什么样的吗?

Question: Could I ask what are the characteristics of your lizard people's personalities?

蜥蜴⼈: 这么说,就好像你是⼀个导演.你这个导演创造的⼀个性格特征是什么? 那另外⼀个导演创造的⾓⾊的性格特征是什么.所以它是根据不同的导演赋予⾓⾊的⼀个特征.但是⽆论怎样我们只是投射出你们⾃⼰,就是我们只是你们⾃⼰能量的⼀部分.就是你体验的其实就是你⾃⼰.

Lizardman: So you're like a director, right? What's the character trait that you've created for your role? And what about the other director who has created another role; what kind of character traits does he have for his role? Thus, these characters are endowed with traits according to different directors. But regardless, we just project ourselves, as we're merely a part of your own energy, and what you experience is essentially yourself.

问: 那是不是可以说蜥蜴⼈也是有好坏之分的? 因为⼈类有善恶好坏的这种对⽴.那你们是不是也分这些?

Q: Does that mean lizards also have good and bad ones, too? Because humans have this opposition of good and evil. Do you differentiate in the same way?

蜥蜴⼈:不能说你们.⽽是在他们的世界,就是那些他们想要去创造这样的体验,通过这样的体验的⼈,他们的世界⾥⾯.因为如果在你的世界⾥⾯你没有去创造,那你就不会体验到.

Lizardfolk: You can't say us; but in their world, it's those who want to create such experiences through these experiences themselves, within their world. Because if you don't create in your world, then you won't experience it.

问: 请问关于蜥蜴⼈和⼈类的关系你还有没有什么别的信息是要带给我们的?

Question: Is there any other information you wish to share with us regarding the relationship between the Lizardmen and humans?

蜥蜴⼈: 蜥蜴⼈和⼈类的关系就好像是⼈类通过他⾃⼰去显化,就是投射出⼀些他们内在需要的⼀些⾓⾊来和他们产⽣互动.让他们可以促成这样⼦的体验.⽐如说你想要去显化⼀些其他维度的⼀些⽣物来和你互动.然后你便可以去创造这样的体验给你⾃⼰.

Lizardmen: The relationship between lizardmen and humans is akin to humans manifesting through themselves, projecting roles that satisfy their inner needs to interact with them, allowing such experiences to be facilitated. For instance, if you wish to manifest other-dimensional beings to interact with you, you can create these experiences for yourself.

问: 那我是不是可以理解为你们没有属于⾃⼰的星球? 就⽐如说⼈类在地球上,你们只是⼈类的⼀个投射?

Question: Does that mean you do not have your own planet, like humans on Earth are just a projection of humanity for you?

蜥蜴⼈: 这么说吧,你们有你们的版本的我们.因为那些⼈他们有他们的⼀些认知,他们有他们的⼀些信念和观念和认为.那他们就会这么去认为.

Lizardmen: Let's put it this way, you have your version of us. Because those people they have their own cognition, their own beliefs and ideas, and they would think in that manner.

问: 你们是属于是光明还是⿊暗的是不是在于……蜥蜴⼈: 也可光明,也可⿊暗.看我们服务的对象是谁.

Q: Are you part of the light or the darkness? A: We can be either light or dark, depending on who we serve.

问: 那你们又在控制地球⼈吗? 就是有在摄取⼈类的能量吗? 因为看到过其他⼈版本⾥的蜥蜴⼈,看到它们有在控制⼈.然后掌握地球上的政治或者是财富这样.

Q: Are you controlling humans on Earth by absorbing their energy? Because I've seen other versions where the reptilians are depicted as controlling people and gaining control over politics or wealth on Earth.

蜥蜴⼈: 这么说吧,⽐如说有⼀个⼈他有这样⼦的⼀个想法.他可以⽤他的能量投射出这样⼦的⼀个⾓⾊来去做这样的辅助给他.就⽐如说他觉得他需要⼀个所谓的蜥蜴⼈去给他能量来让他更加的⼤胆.或者给他引导、指导.它觉得是蜥蜴⼈给他的,实际上是来⾃于他⾃⼰的能量的⼀部分.所以他只能体验到他那个版本.

Lizardmen: Let me put it this way, there's a person with an idea like that. He can project such a character to assist him using his energy. For instance, he feels the need for what he perceives as a Lizardman to provide him with energy to make him more bold or guide and instruct him. He believes it's from the Lizardmen, but actually, it's just part of his own energy. So, he can only experience his version.

问: 那你们的进化历程和⼈类⼀样吗?

Question: Does your evolutionary process resemble that of humans?

蜥蜴⼈: ⾸先我们的存在也只是你们⼈类就好像,⽐如说你们养宠物,需要⼀个宠物陪伴你跟你玩,跟你互动.然后你便去显化了这样⼦的宠物来到你的⽣命当中,明⽩吗?

Lizardmen: Our existence is similar to how humans treat pets, for example, needing a pet to keep you company and play with you. You then manifest such a pet into your life, understand?

问: 请问你有没有什么话是要带给⼈类的?

Question: Could you convey a message to humanity?

蜥蜴⼈: 没有所谓的真正的⼀个客观的存在.当你的⼀个频率是在哪⾥,你就会…… 就⽐如说有跟你是相同频率、相同思想、相同信念、相同观念,那有可能你们就会去进⼊到同⼀个世界,体验彼此共同创造的相.那可能对⽅创造的相被你这个频率给捕捉到了.然后你就会觉得它是第三⽅的存在,明⽩吗? 但是实际上还是因为你的⼀个意识频率⽽能体验到他的.所以它还是来⾃于你.所以⽆论你喜欢的,还是不喜欢的,其实它都来⾃于你.你只要记住这⼀点.所以如果你真的想要去转变什么,请记住转变来⾃于你内在.

Lizardman: There is no such thing as a true objective existence. When your frequency is there, you will… for example, if you are with someone who has the same frequency, the same thoughts, beliefs, and perspectives, it's possible that you might enter into the same world together, experiencing what both of you have co-created as reality. It's possible that their created reality is captured by your frequency. Then you would perceive it as a third party existence, right? But in reality, it's still because of your consciousness frequency that you can experience them. So it still originates from you. Therefore, whatever you like or dislike, actually comes from you. Just remember this. If you really want to change something, please remember that the change comes from within you.

问: 请问你有没有什么话是带给这个通灵的⼥孩⼦的?

Question: Could you convey a message to this spirit channeling girl?

蜥蜴⼈: 你稍等.我们刚才的信息说我们既可以光明也可以⿊暗.我们想带给她的信息是我们可以给她提供光的能量来⽀持她.

Lizardman: Hold on a moment. The information we just received indicates that we can be both light and darkness. We want to convey to her that we are capable of providing her with the energy of light to support her.

问: 我⾃⼰的能量状态还有没有什么,就是除了前⾯的信息之外可以带给我的?

Question: Does my own energy state have anything else to offer me besides the information provided earlier?

蜥蜴⼈: 你⾃⼰就是⼀个最好的⼀个观察者,因为你能去观察到所有反射回来给你的.但是每⼀步都是它需要的体验和经历.所以你也⽆需要加速.

Lizardman: You yourself are the best observer because you can observe all that is reflected back to you. But every step requires its own experience and journey, so there's no need for you to hurry.

#### 2023/11/20 — 灵魂主题之给这个世界添加颜⾊ Adding Color to the World with Soul Themes

JO: 你说什么问题?

JO: What question did you say?

问: 我想知道我当下的⼈⽣课题是什么? 我20岁.

Q: I want to know what my life task is at this moment. I am 20 years old.

JO: 你稍等.我们感受到就是你当下情绪的波动容易受到外界的⼲扰.因为你的能量很敏感.所以不只是物质层⾯,还有看不见的层⾯…… 就⽐如物质层⾯的⼀些相,还有能量层⾯的⼀些东西对你都有挺⼤的⼲扰和影响.然后让你不知所措,让你分不清楚这个感觉到底是来⾃于我的,还是来⾃于外界的.就有⼀点混乱的感觉,就好像被搞蒙了.你分不清楚到底这是我的感受呢? 还是因为我连接到其它能量的感受呢?

JO: Wait a moment. We feel that your current emotions are easily influenced by external factors due to the sensitivity of your energy. This influence is not just at the physical level, but also at unseen levels... like the appearance or aspects at the physical level, and things at the energetic level all have quite significant impacts on you. It makes you unsure and confused about whether these feelings come from me or from external sources, causing a sense of confusion as if everything has become unclear to you. You're unable to tell if this is my sensation or if it's due to my connection with other energies.

问: 我发现我跟别⼈相处的时候,我发现别⼈见⼈下菜碟,很势⼒.我在他们眼⾥没有社会价值.他们不尊重.我就会很难过.

Question: I find that when interacting with others, people show different behaviors depending on who they are dealing with, which makes me feel like they are very status-conscious. They don't see any social value in me through their eyes, and they lack respect. This often leaves me feeling sad.

JO: 所以你现在搞不清楚这些到底是来⾃于你的观念、想法、你的⼀些感受呢? 还是说对⽅是这么表现出来的.因为你想的这些东西,感觉的这些东西你都能从对⽅那去体验到.对⽅的确有这样⼦做.

So you're unsure whether these are stemming from your own ideas, thoughts, or some of your feelings, or if the other person is exhibiting this behavior. Because what you think and how you feel can be experienced by the other person as well. Indeed, they do show this manner.

问: 对,我体验到的是对⽅的能量和价值观.那我应该要怎么做呢? 他们说这个社会是很残酷的,必须要内卷,要竞争.

Q: Yes, I'm experiencing their energy and values. What should I do about it? They say that society is ruthless, and one must engage in the vicious competition.

JO: 他们…… 所以你要知道这是他们创造的世界,那你也可以去创造你的世界.你不相信他们相信的,那么你就可以创造你⾃⼰想要创造的世界.因为在你这个年龄阶段你的确会有各种各样的体验.体验这些东西对体你来说也是好的.但是如果你现在来找到我们要我们给出指引的话,我们就告诉你所有的验你只是把⾃⼰当成⼀个演员⼀样.你只是在⾓⾊⾥⾯去体验.体验对⽅,你体验你,体验你的情绪,体验你的感受,然后体验⼀切,明⽩吗? 因为当你时间到了的话,你⾃然⽽然就能去…… 因为就算我们现在告诉你外在的⼀切都是你的投射怎么样怎么样.你其实好不是那么能理解.因为你还没到那个点,明⽩吗?

JO: They... So you have to know that this is the world they created, and you can also create your own world. If you don't believe what they believe in, then you can create the world you want to create. Because at your age, you do indeed have various experiences. Experiencing these things is good for you. However, if you come to us now seeking guidance, we would tell you that all of this is just like acting. You are experiencing through roles. You experience yourself, your emotions, your feelings, and everything else. Understand? Because when the time comes, you naturally will... Even though we might tell you now that everything external is a projection of yours in some way or another, it's not so easy to understand because you're not at that point yet, do you understand?

但是我们现在在你这个点能给到你的信息就是说你尽情⽣动的去体验.然后只要知道你不会受到伤害,⽆论别⼈怎么贬低你,你也不会受到任何贬低.为什们呢? 因为你知道我现在就好像是个王⼦的⾝份,然后把⾃⼰的⾝份隐藏起来去体验民情,整个世界都是我的,明⽩吗? 所以你只需要这样⼦告诉⾃⼰我的真实⾝份是个公主.我现在就把我的⾝份藏起来,我去体验民情.因为不藏起来的话,我体验不到真实的民情,对吧? 那别⼈都知道你是个公主,对你毕恭毕敬的.你体验啥呀? 但是你⾃⼰⼼⾥要明⽩你真实的⾝份是什么.因为这样⼦的话,你既能保持⾃⼰不会受到外界太多的影响,就真的给你造成创伤或者是让你的⼼门关上.

But the information we can provide you at your current point is to fully immerse yourself in experiences. Just know that no harm will come to you regardless of others' defamation; why? Because you understand that my identity, akin to a prince's but concealed for an authentic grasp of the people's sentiments, allows me to traverse this world freely as myself. Understandably?

So simply convince yourself internally that your true self is a princess. Right now, I am concealing my identity and exploring these people's lives because revealing it would prevent me from truly understanding their reality; right? Others might treat you with respect due to knowing who you are, but what would be the point of experiencing anything then?

However, it is crucial that your mind remains aware of who your true self actually is. This way, you can shield yourself from external influences that might otherwise cause distress or lock your heart closed off.

然后它也会让你去收集很多很多的体验.就是你既在⾥⾯,又没在⾥⾯.

Then it also will make you go out to gather a lot of experiences; you are both in and not fully in.

问: 在这个社会上⽣存需要赚钱,但是我感觉我好像没有赚钱的能⼒.我不知道我该怎么做?

Question: Survival in society requires earning money, but I feel like I don't have the ability to earn money. I don't know what I should do.

JO: 那你说的你是哪个你呀? 你现在才是多⼤呀? 你现在才20岁,明⽩吗? 所以说你只是在⽤你20岁的记忆来说,那如果你等到你40岁呢? 你不知道你接下来的20年会是什么样啊? 所以说你没有办法想到你40岁的状态.还有就是说关于钱的事.钱实际上在你这个年龄阶段就是⽀持你去创造你想要的体验,对不对?就是你有了钱,你就可以去体验美⾷,体验漂亮⾐

JO: So which you are you talking about? How old are you now? You're only 20 years old, right? So when you say what you're saying based on your memory at age 20. But if you wait until you're 40 years old, do you know how different your life will be in the next 20 years? Therefore, you can't predict your state at age 40. And about money matters. Money actually supports you to create experiences that you desire at this stage of your life, isn't it? With money, you can experience good food and nice clothes, etc.

服,体验游乐园,体验旅游,体验风景,就是体验这些东西,对吧? 它可以增加你的体验嘛.但是你想象⼀下运⽤你的脑⼦,你什么想要体验的体验不到的? 就⽐如说你想找个⼈请你吃饭,你不需要⾃⼰买单呀.我可以创造⼀个很美好的能量陪别⼈聊天,那别⼈可能就想请我吃饭.当然这个对象也可以是个⼥孩⼦,是个⼥性,是个中年妇⼥.他不⼀定就像你们带有⾊眼镜,我这样是不是变成什么…… 明⽩吗? 你说如果有⼀个很有钱的中年妇⼥,她很孤独很寂寞,没有陪她聊天.然后你正好可以创造⼀个美好的能量陪她逛街陪她聊天.别说她给你吃饭,她还给你买⾐服,给你买礼物呢?!

To enjoy, experience the theme park, travel experiences, scenic views – it's all about experiencing these things, right? It can enhance your experience, but imagine using your mind to find what you want to experience that is beyond reach? For instance, if you wish to invite someone for a meal without footing the bill yourself, I can generate positive energy to have a pleasant conversation with them. Naturally, this entity could be a woman, a female, or an older woman – she might then consider inviting me for dinner instead. Of course, one doesn't need to wear tinted glasses in such scenarios; understand? If there's a wealthy middle-aged woman who feels lonely and desires company, and you happen to create a warm energy that accompanies her shopping and chatting, it wouldn't just stop at her treating you to food – she might also buy clothes for you or give gifts?!

但是你需要去放下你的各种限制,就是你的头脑⾥限制我的钱必须要怎么来,必要要问爸妈要,明⽩吗? 所以运⽤你的想象⼒,敞开⾃⼰.把⾃⼰有的东西供出去,ok,你有时间,你有爱⼼,你有耐⼼,你有精⼒,对吧? 当然你的这个别⼈也会有需要的呀.

But you need to let go of your constraints, the limitations in your mind about how my money should come, that it has to be asked from parents, do you understand? So use your imagination, open yourself. Offer what you have, okay? You have time, you have compassion, you have patience, you have energy, right? Of course, others also might need these things.

问: 所以保持⾃⼰的状态是最重要的?

Question: So, maintaining your own state is most important?

JO: 状态是不需要保持的.是你本来的状态.你为什么需要去保持它呢?问: 但是我看他们赚钱就是要在头脑⾥⾯设很多套.

JO: The state is not something to be maintained; it's your natural state. Why would you need to maintain it?

Question: But I've noticed that people who make money seem to set up many layers in their minds.

JO: 他们是他们,你去创造你⾃⼰想要体验的世界.问: 那我会经常被别⼈代跑.

JO: They are who they are, you go create the world that you want to experience. Q: That means I will often be run for by others.

JO: 那你被我们代跑吧.

That's why you should run for us.

问: 我现在好像没有主⼼⾻.我该怎么样坚定的相信⾃⼰.

Question: I feel like I don't have a solid foundation right now. How should I firmly believe in myself?

JO: 那就像我们刚才说的你可以去有这个体验,但是别忘记你的⾝份是谁.那你跑了你还能跑回去皇宫呢.反正你知道你的家在皇宫.你没忘记你家在哪⾥就好.

JO: That's like the experience we just discussed, you can go and have that experience, but don't forget who you are. You can run away, but you can also run back to the palace. After all, you know where your home is in the palace. As long as you haven't forgotten where your home is, it's fine.

问: 这个世界评判你的价值就是钱.我就会觉得⾃⼰是个废物.

Question: This world judges your value by money. I just feel like I'm trash.

JO: 那是你们世界部分⼈的评判,只是⼩部分⼈的评判.不是所有.但是这个标准也在变.所以它不需要是⼀个困扰你的点.

That's a judgment made by some people in your world, just a small portion of people. Not everyone. But the standard is changing, so it doesn't need to be a point that troubles you.

问: 我这⼀⽣的⼈⽣主题是什么?

Question: What has been the central theme of my life?

JO:我们感受到你想要去,好像这个灰暗死⽓沉沉的世界,你想要给这个世界添⼀只蝴蝶或者花朵⼀样,就是来给它添点颜⾊,添点⽣机.就是带给这个世界⼀线⽣机或者是⼀丝美丽,好像夏⽇⾥的⼀丝清凉的这种感觉.就是你想bedifferent,你想不⼀样.就⽐如说这⾥⾯都是⿊⾊,你就像成为粉⾊、就⼀点红的那种感觉.所以你不是来加⼊的,你是来点缀的.因为就好像他们加⼊的都是灰暗的颜⾊,我不要成为灰暗的颜⾊.我要成为⼀抹红,很耀眼的红⾊,就与众不同嘛.

JO: We sense that you want to do something, as if to bring a butterfly or a flower into this bleak and lifeless world, just to add some color and vitality; to bring a glimmer of life or an element of beauty, like the refreshing sensation of summer. You want to be different, you don't want to be ordinary. If everything here is black, you wish to be pink, that sense of one red dot amidst darkness. Instead of joining them in their shades of gray, you choose to stand out with a vibrant red, making a unique impression.

问: 他们都教我赚钱,但是我觉得我只要赚钱就会失去我的特质.然后我就不知道该怎么办了? 那我该怎么⽣存呢?

Question: They all teach me how to make money, but I feel like if I start making money, I'll lose my essence and then I don't know what to do. How should I survive?

JO: 刚才不是跟你说了吗? 运⽤你的想象⼒,运⽤你有的去跟你想要的体验去交换.这么说吧,就⽐如说你其实有很好的⼀个审美能⼒,对吧? 然后独特的眼光,⽐如说有⼀个中年妇⼥她不懂得打扮⾃⼰,但是她有钱.那你可以成为她的私⼈导购去陪她买⾐服,陪她逛街.那本来你就喜欢逛街,那你是不是就又可以赚到钱,又可以体验逛街的体验.然后各种⾼档场合场所,然后喝下午茶,明⽩吗? 你挑选了适合她的漂亮的⾐服,对吧? 你⾸先要知道你喜欢什么,然后根据你喜欢的看你能提供什么.

JO: Didn't I just tell you earlier? Use your imagination and exchange it for what you want to experience. Let me put it this way - suppose you actually have a great sense of aesthetics, right? And unique vision, like an elderly woman who doesn't know how to dress herself but has money. You could become her personal stylist to accompany her in buying clothes or going shopping. Since you already enjoy shopping, wouldn't that allow you to earn while experiencing the joy of shopping? Then there are various high-end settings where you can enjoy afternoon tea. Understand? By picking out beautiful clothing suitable for her, right? First, you need to know what you like and then see how much you can offer based on your preferences.

问: 我感觉我像温室⾥的花朵很容易受到刺激……JO: 所以我们刚刚说你不要忘记你本来的⾝份,你本来是⼀个皇室⾥⾯的公主.然后⽆论你受到什么打击刺激也好…… 明⽩吗?

Q: I feel like I'm a flower in a greenhouse, easily hurt by external influences... JO: So what we just said is that you shouldn't forget your original identity; you were originally a princess from the royal family. And no matter how much of an impact or stimulation it has on you... Do you understand?

问: 像这种内⼼稳定的安全感该怎么来呢?

Q: How does one attain this inner sense of stability and security?

JO: 那我们刚刚说你的真实⾝份是⼀个公主啊.那你知道你的真实⾝份是⼀个公主,然后家在皇宫⾥⾯.那这个还不够安全感吗? 你知道你的家在哪⾥,you can always go back to your house.就是你什么时候都可以选择回到你的家中,拿回你的真实⾝份,对吧? 那你就知道如果我体验到了我不想体验的,那我就回家,会我的皇宫,做我的公主.那你还有什么不安全感呢? 所以你随时可以选择打道回府,做回你的公主的⾝份.

JO: Then we just discussed that your true identity is a princess. Do you know that your real self is a princess and you reside in the palace? Isn't this already sufficient for security? You're aware of where your home is; you can always go back to your house whenever you want. This means you have the option at any time to return to your home, reclaiming your identity as a princess, right? So if I ever experience something unwanted, I would simply head back to my palace and resume being my princess. What more insecurity could there be for you? Therefore, you can always choose to go back, embracing your role as a princess.

问: 这个世界上⼤多数⼈都很坏.他们要想赚钱就要各种抢……JO: ok,那你把这⼀⾯观察了,你也可以体验到对⽴⾯,所以继续观察.因为它既然有⿊的,就会有⽩的,明⽩吗?

Question: Most people in this world are very bad. They want to make money by robbing...JO: Alright, you have observed one side of it; you can also experience the opposite side. So keep observing because there will always be light alongside darkness, understand?

问: 那我应该坚持哪⼀个呢?

Question: Which one should I stick to?

JO: 没有什么坚持的,你只是去体验.为什么你需要去坚持什么呢?问: 指导灵有什么信息带给我呢?

JO: There is nothing to hold onto; you are just there for the experience. Why would you need to hold onto anything? Q: What information does the guidance spirit have for me?

JO:记住我们前⾯说的信息,就是说你知道你真实的⾝份.然后是个公主的⾝份,然后你的家是在皇宫⾥⾯.你只是来去产⽣各种体验.体验的同时不要忘记你的真实⾝份.这样你就不会被带偏,这些体验也不会给你造成⼀些对你的打击和影响吧.就是否定、⾃我贬低这种.然后记住你是来去给他们增加颜⾊的,⽽不是跟他们⼀样变得灰暗的.因为你是那⼀抹红. 就好像所有的草地都是绿绿的,然后你是⼀朵红⾊的花在那⾥.因为这就是你想要去点缀和呈现的⼀个状态.所以永远都是给他们带来⼀个相反的.然后任何时候你需要更多指引,就是在你不知所措或者在你迷茫的时候.we are always here,就是我们永远都在.你只需要回来.

JO: Remember the information we discussed previously—that is, you know who you truly are, and that you have the identity of a princess. Your home is within the palace, where you come to experience various things. While experiencing these, don't forget your true self; this will prevent you from being misled and ensure that these experiences do not negatively impact or cause distress for you, such as feelings of rejection or self-deprecation. Remember that you are there to add color to their lives, rather than becoming dimmed like them. You're the red flower amidst a sea of green grass because this is what you aim to enhance and showcase—a contrasting presence. Therefore, always bring something opposite to them. And whenever you need more guidance, especially when you feel lost or confused—we are always here, meaning we are always available for you. All you have to do is return.

然后尽情的去展现⾃⼰,运⽤你⾃⼰的想象⼒.就像我们说的你需要钱,其实你只是想增加你的体验.那你增加你的体验的⽅式有各式各样的.它不⼀定是局限于⽤⾦钱去交换.然后永远不要做让⾃⼰不爽的事情.

Then go ahead and show yourself off, use your imagination. Like when we say you need money, really what you want is to enrich your experience. There are many ways for you to do so, not necessarily confined to transactions involving cash. And never do anything that would leave you feeling unsatisfied.

#### 2023/11/20 — 线上集体通灵问答之巴夏群Online Group Channeling Q&A with Bashar

第⼀个⼈:

First person:

问: 青少年长期玩暴⼒游戏会不会对孩⼦的⾝⼼造成伤害?

Question: Could long-term exposure to violent video games harm a child's physical and mental health?

JO: 你⾸先要知道游戏是你们创造的,对吧? 那是你们的意识,你们创造的.那你们创造的东西,你们肯定会去体验那个东西结的果.就你创造了⼀个魔⿁出来,那这个魔⿁肯定会展现它魔⿁的样⼦呀.体验恐惧呀.那对⽅⽤他的⽅式创造了这个相在你们的物质世界给你们体验.你也有权⼒去创造你想要的相来给这个物质世界体验.他可以创造魔⿁,那你创造⼀堆天使呀.那他跟他的魔⿁玩,你跟你的天使玩呀.

JO: First of all, you need to understand that the game is created by you, right? It's your consciousness creating this. When you create something, you would definitely experience the outcome of it. You created a demon, so it will naturally manifest as a demonic entity and bring about fear. The other side creates a corresponding form for you to experience in your physical world using their methods. You also have the power to create forms that resonate with what you desire for this material world to experience. If they can create demons, then you could create an army of angels instead. They play with their demons and you play with your angels.

问: 那有些孩⼦已经很负⾯了.怎么能帮他⾛出这个痛苦呢?

Q: Some children are already quite negative. How can we help them overcome this suffering?

JO: ⾸先你能帮助你⾃⼰⾛出痛苦吗? 如果你想要去帮助别⼈,⾸先你⾃⼰要在哪⾥? 因为如果你也是跟别⼈⼀样活在他们的幻像当中,你如何帮他们看到幻像呢? 就好像他在⼭脚下,他在迷宫⾥⾯,他在泥潭⾥⾯.你也跟对⽅在⼀样的地⽅,你怎么帮他? 所以你必须需要站在更⾼的⼀个⾓度.就是他可能只能看到这⼀个⾯,井底之蛙嘛.那你必须要是没有在井底⾥⾯.所以说当你不断不断地提升你⾃⼰你便能帮助更多的⼈去解脱.那当你跟对⽅同样都是井底之蛙.那你们看出去的否是⾮常有限的.⽽且记住所有物质世界上的这⼀切,每⼀个⼈都在⽤⾃⼰的⽅式诠释着他对⽣命的理解.但是你⽤你的⽅式来诠释你对⽣命的理解.

JO: Can you help yourself first to overcome your pain? If you want to help others, where do you need to be in order to assist them effectively? Because if you're just as trapped by your own illusions as everyone else, how can you help them see through their delusions? It's like he's at the foot of the mountain, lost in a labyrinth, stuck in quicksand. You're both in the same predicament; how do you help him when you're in the same position? So, you need to be站在a higher perspective. He can only see one side of it, like being in a well where your view is limited. Therefore, if you are not trapped in that well yourself, this means that by continuously elevating your own state, you are able to help more people achieve liberation. When both you and the other person are in the same predicament, what you see and interpret about life will be very limited. And remember, everything in the material world is interpreted differently by each individual based on their unique way of understanding life. But when you interpret your own life through your perspective.

不需要去加⼊任何他们已经创造的,你不喜欢的不符合你内⼼的那个道的游戏.为什么呢? 你想如果你创造⼀堆天使又带来光又带来爱又带来和谐,别⼈看到了他会跟那堆魔⿁玩吗? 他们可能会跟魔⿁玩⼀下,哇,这个太恐怖了.NONONO,我要跟天使玩.所以说你创造⼀个让别⼈加⼊你的.但是永远都会有⼈喜欢看恐怖⽚啊.所以尊重每⼀个⼈的意愿,因为他们体验他们⾃⼰想体验的.

There's no need to join any game they've created that you don't like and which doesn't align with your inner path. Why would someone do that? If you create a bunch of angels bringing light and love and harmony, will others play the game with those demons they see? Maybe they'll just dabble for a moment, oh my god, this is too scary. NONONO, I want to play with the angels. So you create something where others can join in yours, but there will always be someone who likes watching horror movies. Therefore, respect everyone's choice because they experience what they want to experience themselves.

第⼆个⼈:问: 如果转变⼈的限制性信念就会没有恐惧吗?

Second person: Q: Would changing a person's limiting beliefs eliminate fear?

JO: 每⼀个⼈都是不⼀样的.⾸先你要明⽩这个⼈他的⼈⽣主题是什么.那么有的⼈他这⼀⽣就是想要来体验恐惧的呢?就⽐如说你们现在很多世界当中的⼈就想要看恐怖⽚,就喜欢去⿁屋,明⽩吗?他就想创造这样⼦的体验.所以你需要去知道对⽅的⼈⽣主题到底是什么,就他体验的如何服务于他.为什么呢?因为就算从恐惧恐怖这种东西,我们也可以从中去学习很多.⼀切都是体验嘛.那你从中也可以去学习到,也可以成长.这个需要因⼈⽽异.你要知道你们每⼀个⼈来到这个世界上你们都有独⼀⽆⼆的恐惧,独⼀⽆⼆的主题.所以恐惧对他们来说如何服务于他,如何存在于他们的世界当中也是不⼀样的.

JO: Everyone is unique. First, you need to understand what the person's life theme is. Some people in this lifetime seek to experience fear, such as those among you who enjoy watching horror movies or visiting haunted houses, do you see? They want to create these experiences for themselves. Therefore, it's essential to know the other person's life theme and how their experiences serve them. Why is that so? Because even from something like fear, we can learn a lot. Everything is an experience after all. You can also learn and grow from this. It needs to be tailored to each individual. You must realize that everyone who comes into this world has a unique fear and unique theme of their life. Therefore, how fear serves them and exists within their world varies for each person.

那你的问题可以问如果转变了负⾯信念是不是就没有恐惧,对吧? 那他会不会有其它的呢?

Your question could be whether changing negative beliefs eliminates fear, right? And would there be other things instead?

问: 那如果改变了所有的呢?

Question: What if everything were changed?

JO: 那如果他真的是可以达到⼀个⽆的状态,就是进⼊到⼀个⽆,就是他没有⼩我的.就是他不再受物质⼩我的⼲扰了,他就可以到⼀个没有恐惧的状态.如果他还有⼩我的话,那他怎么样都会有⼀些恐惧的.所以说就是脱离⼩我.

In that state, if he truly achieves a state of nothingness, entering into a void where he has no ego, is not subject to the interference of his physical ego, he can attain a state without fear. If he still possesses an ego, then fear will inevitably be present in some form. Thus, it's about transcending one's ego.

问: 在⽬前当下最有效最快速最彻底治疗抑郁症的⽅法是什么呢?

Question: What is the most effective, quick, and thorough method to treat depression currently?

JO: ⾸先我们不能说什么最快,什么最什么什么的.为什么呢? 因为又回到你不知道对⽅体验的步骤对他来说是怎样的.有的⼈他需要从他的情绪当中不断地去触碰它,不断地去学习领悟.如果你⼀下⼦把它拿⾛的话,那他是不是缺少了⼀个学习的过程和机会?所以说他越是能与当下扎根,就是不着急的去anywhere,不着急的去其它地⽅.那他越是从中不断不断地去收获.当他不断不断地去收获和成长过后,这个什么所谓的什么焦虑对他来说是⽣命的⼀个重⼤的礼物啊.你直接把别⼈的礼物拿⾛,那这样⼦的话你们的药不就是起这个效果吗?睡不着,ok,吃安眠药.那你就不⽤去从能量层⾯去(整合)了.

JO: First of all, we can't say what is the fastest or what the most something something is. Why not? Because it brings us back to the point where you don't know how that experience feels for the other person. Some individuals need to constantly touch and engage with their emotions, learning and understanding them over time. If you take it away from them suddenly, wouldn't they miss out on a process of learning and opportunity? Therefore, the more they can be rooted in the present moment, not rushing anywhere else or making hasty decisions elsewhere, the more they gain through consistent engagement. When they continuously gain and grow, this so-called anxiety becomes a significant gift to their life. Isn't it like taking away someone's gift directly? If you're not having trouble sleeping, okay, take sleep medication. Then there's no need to go through the process of integrating at an energetic level.

这是⼀个问题,就是说最主要是知道其实他们经历的所有⼀切都是来服务于他们,就是⼀个⼼灵的成长.它不单独是⼀个⾁体的症状.因为你现在说的指针对⾁体的⼀个症状.那再回到那个问题就是说如何快速的?那就是频率.就是说频率的⼀个转变.因为他进⼊到⼀个焦虑抑郁或者恐惧的频率,它是⼀个房间,它是⼀个频率.那⽐如说他的频率是⼀百,你的频率是⼀千.那当他⾛进你的⼀千的时候,他会被带⼊到你这个⼀千的频率当中来.那这就是最快速的了.这样就可以让他脑⼦清楚⼀点来看清楚⾃⼰的⼀个问题,就不会沉浸在那个⼀百的频率.因为⾥⾯很多恐惧很多⽆助嘛.当他到⼀千的时候,在你的这个频率⾥⾯.他就看到了希望看到了出路.

This is a question primarily about understanding that everything they've experienced serves them in their spiritual growth, not just as physical symptoms. The focus isn't on physical manifestations alone; it's about addressing issues related to frequency changes rather than solely dealing with bodily symptoms, like anxiety and depression which are akin to being stuck in one room of a house bound by frequency. If your frequency is at 1000 and someone else's frequency might be at 100, when they enter into your 1000 frequency range, their mind will align more with that higher frequency environment rather than remaining trapped within the lower 100 frequency where fear and helplessness dominate. By being in a higher frequency like yours, they start seeing hope and finding ways out of their challenges instead of getting lost in old fears and insecurities.

脑⼦清楚了⼀些,就知道这么⾛出来了.所以那你的频率在哪呢? 明⽩吗? 所以你⾃⼰不断地清理你⾃⼰,让你⾃⼰在⼀个很⾼的频率就是对他们最快的⼀个转变了.

My mind is clearer, and I know that this is how it leads to coming out. So where's your frequency at? Do you understand? Therefore, continuously purifying yourself until you are operating at a very high frequency is the fastest transformation for them.

问: 我现在是⾛在我⼈⽣的使命上吗?

Question: Am I now walking on my life's mission?

JO: 你们没有办法不在,明⽩吗? 但是只是说how much benefit you can get from it? 就是⼀个课题,你能从中领悟到⼀个点还是⼀百个点? 你让它正⾯服务于你,还是负⾯服务于你? 你能让它正⾯服务于不只是你,还是众⽣,明⽩吗? 所以那就是你的⼀个能量状态决定着你如何让你的⽣命之路不只是在转变着你,它还在转变着整个⼈类吧,整个集体意识.

JO: You can't escape it, understand? But just to clarify, how much benefit you can derive from it is a subject. Can you glean one point or perhaps a hundred points of insight? Can you use it positively for yourself or negatively against yourself? Can you utilize it not only benefiting yourself but also the multitude, understand? So, it's your energy state that determines how this influences not just your journey of transformation, but also impacts humanity as a whole, the collective consciousness.

第三个⼈:问: 我想知道我到底是怎样的⼀个存在? 我22岁,我叫XXX.

Third Person: Q: I wonder what kind of being I am? I'm 22 years old, and my name is XXX.

JO: 你稍等.我们连接到就是你这⼀⽣的灵魂主题就是你是⼀个有⾮常丰富的想象⼒.就是你可以在你想象⾥的世界玩的不亦乐乎的那种感觉.所以你就好像是有⼀半在天上⼀半在地上的那种感觉.你其实如果你能很好地去理解你⾃⾝,然后你的天赋就是你与⽣俱来的这个能量可以很好地帮⼈们去好像脱幻⼀样.因为物质世界就是⼀个幻像嘛.但是⼈们却深深的陷在其中,他很难去发现这是⼀个幻像的⼀个事实.但是你却又与⽣俱来的⼀个天赋可以帮助⼈们看清楚实际上这是个幻像,明⽩吗?

JO: Wait a moment. The essence of your life's theme is that you have an incredibly vivid imagination. You can play and enjoy yourself in the world of your imagination to the fullest extent. So you feel like being in half heaven and half earth. If you understand yourself well, then your gift is the energy that comes with birth, which can help people perceive this illusion as reality because the material world is just an illusion. However, people are deeply entrenched in it and find it hard to realize it's an illusion. But you have an innate talent that can help others see clearly that this is indeed an illusion, understand?

问: ⼤概两三年前我每天都想⾃杀…… 像树⼀样做出⾃⼰的选择……JO: 你想象⼀下我们刚刚说你⼀半在天上⼀半在地上,对吧? 那那个树的根是不是⼀半就在地下,明⽩吗? 所以说你会跟灵界也会有联系,也会有连接.这就是说为什么你⼀半在天上⼀半在地上.因为你就好像也像是⼀个通灵者吧,然后可以帮助很多⼈去看到物质世界的这个幻像.因为实际上通过你⾃⼰的体验,你⾃⼰已经看到了物质世界是⼀个幻像,对不对?

Question: About two to three years ago, I wanted to commit suicide every day... like a tree making its own choices...

JO: Imagine we just talked about you being half in heaven and half on earth, okay? So, the roots of that tree would be half underground, do you understand? Therefore, you would have connections with the spiritual world as well and also connections. This is why you are half in heaven and half on earth because it's like you're a medium who can help many people see the illusion of the material world. Because actually through your own experiences, you've already seen that the material world is an illusion, right?

问: 冥想练习的那⼏年偶尔可以灵魂出体……JO: 因为我们刚刚说你有⾮常丰富的想象⼒,是不是? 就是说在你的精神领域,在你的精神世界你⾃⼰就能好像创造⼀个世界在⾥⾯体验⼀样,明⽩吗? 因为你现在已经连接上我们.然后⽤你⾃⼰的存在⽅式,因为你⾃⼰本⾝就好像是⼈类的⼀个礼物来帮助他们脱离幻像,明⽩吗?

Q: Meditation practice... sometimes you can experience out-of-body during those years... JO: Because we just said that you have very rich imagination, right? That means in your mental realm, in your spiritual world, you can kind of create a world to experience within yourself, understand? Because you are now connected to us. And using your own mode of existence, because you yourself is almost like a gift for humans to help them escape from illusions, understand?

问: 当年帮助我的那个存有是谁?

Question: Who was the being that helped me back then?

JO: ⾸先你们每⼀个⼈都会有像指导灵⼀样来帮助你们在你们需要的时候.那现在它们以这样直接跟你对话的⽅式来帮助你.⾄少让你加强了你的⼀个使命感吧.你就加强了⾃⼰存在的价值和意义.虽然不需要外界的存在去加强,但是⾄少它让你更加有信息更加坚定的去在这条路上.因为你知道你携带着礼物.

JO: First of all, each one of you has entities that help you when you need them. Now, they're helping you by speaking directly to you in this manner. At least, it's strengthened your sense of purpose and value for existence. Although external presence isn't necessary to strengthen this, at least it makes you more informed and resolute on this path because you carry a gift.

问: 还有感觉⾃⼰在这条路上越来越⽆情了……JO: 这不叫⽆情.因为你⾃⼰就⼀半就不在物质世界.那你就知道物质世界这只是⼀个相嘛.你说镜⼦⾥的相你会对它产⽣很⼤的那个什么吗? 因为它只是好像是⼀个⽔中⽉镜中花,对吧? 那是你越来越能脱离这个幻像.所以说把你的礼物送出去,因为很多⼈需要.

Q: There's a feeling that I'm becoming more无情 on this path...

JO: This isn't called无情 because you're already halfway out of the material world. That means you understand the material world is just one aspect or manifestation. Would you develop strong emotions towards the reflection in a mirror? After all, it's like a月中镜花, right? You're becoming increasingly detached from this illusion. Therefore, give your gift away because many people need it.

第四个⼈:问: 我的灵魂主题是什么? 我现在18岁.我叫XXX.

Fourth person:

Question: What is my soul's theme? I am 18 years old now. My name is XXX.

JO: 我们连接到你的能量你是⼀个⾮常有⼒的推翻者的能量存在.破旧⽴新.也就是说你会对陈旧的⼀些思想、观念还有世俗的⼀些条框对你完全不具有任何的影响⼒和限制.所以如果在⼀个团队当中,你应该算是那种像leader⼀样.因为你有很强烈的我就是要突破,我就是要去…… 就是这个是不符合的,就是这样⼦.所以你有很强⼤的破旧⽴新的能量在.但是你必须要去连接和学习我们的智慧,明⽩吗? 不然的话,你可能就会…… 就这个能量如果没有智慧没有光的加⼊的话,那它可能就会对你⾃⾝和旁⼈带来⼀定的影响.所以你有强⼤的能量,但是⼀定要继续的去连接光、连接爱、连接智慧.

JO: We are connecting to your energy; you are a powerful overthrowing presence of energy. Breaking down and building anew. That means that old thoughts, ideas, and worldly constraints have no influence or limitation on you at all. So if in a team setting, you should consider yourself as one akin to a leader because you have the strong intention to break through, to go ahead... where what is not fitting does not apply; it's just like this. You have a powerful energy of breaking down and building anew. However, you must connect and learn our wisdom, understand? Otherwise, if this energy lacks wisdom or light, it might have an impact on you or others. So you possess strong energy, but you must continue to connect with the light, love, and wisdom.

问: 我⼼⾥很难受,有⼀股能量压在我的喉咙,我想吐…… 这个是为什么呢?

Question: I feel very uncomfortable in my heart; there's a force pressing on my throat and I want to vomit... Why is this happening?

JO: 我能告诉你这个是你⾃⼰受这个集体意识能量的影响积压了很多…… 我们不是说你拥有强⼤的能量吗? 这个就好像是⼀直在那积压在那.所以你可以去通过运动的⽅式,就⽐如说拳击,不断地去每⼀拳每⼀拳.你就会把这种能量通过这种渠道给释放出去.

JO: I can tell you that this is due to the accumulation of your own exposure to collective consciousness energy... We're not saying that you possess strong energy, right? This is like a constant buildup that's being stored there. So you can release it through physical activities, such as boxing, punch by punch continuously, where you would channel and discharge this energy through these means.

问: 我跟我的⼥朋友是什么关系? 我们在⼀起三年.她叫XXX.

Q: What relationship do I have with my girlfriend? We've been together for three years. Her name is XXX.

JO: 我们连接到这段关系就好像会把你内在很多能量的⼀个拉扯,就是它可以拉扯出你⾃⼰就可能很愤怒或者是很有爱的⼀⾯.就是各种拉扯,就是把你内在的⼀些东西给拉扯出来让你可以去体验到你⾃⼰的能量.但是我们想要跟你说⽆论你看到了多少或者是体验经历了多少,这些都只是⽬前的这个你的⼀⼩段⽽已.所以它并不是真正的你.所以它只是这个阶段的你.因为你现在,就好像这么说吧,你的⼈⽣有⼀百步台阶吧.那你现在第⼗步台阶,在第⼗步台阶的⼀个状态.那你第⼆⼗步台阶是完全不⼀样的,那是另外⼀个你了.那第三⼗步台阶又是另外⼀个你了.

JO: Connecting to this relationship is like pulling on a string that tugs at many of your inner energies – it can pull out either anger or love, or any number of emotions, revealing aspects of yourself you might not usually experience. But we want to tell you that no matter how much you've seen or experienced, these are just small snippets of who you currently are. They do not represent the entirety of your essence; they're simply where you are in this phase. Imagine life as having 100 steps – right now, you're on step ten. Step ten is completely different from step twenty, which is a whole new person. And step thirty is yet another version of yourself.

问: 我不喜欢⼀步⼀个台阶,我想直接到最好的⼀个状态.

I prefer to skip the steps and go directly to the best state possible.

JO: 最好的状态是什么? 这个是你们这个台阶基本上会产⽣的,有⼀种好像是被拉扯.因为为什么呢? 就好像我刚刚说把你所有的⾯都给你拉扯出来.你⼀会⼉要去体验⼀个崩溃的感觉,⼀会⼉体验兴奋的感觉,⼀会⼉体验⾮常荡的那种感觉,⼀会⼉体验你像是⼀个战⼠⼀样,⼀会⼉又体验你像是⼀个懦夫⼀样.这种感觉都好像不断不断地呈现出来让你去体验.我们连接⼀下有没有什么信息带给你.⾸先我们想让你知道你们⼈⽣的这个阶段是你们的⼀个荷尔蒙,就好像是你们的,就是各⽅⾯都是在⼀个爆棚的状态.就⽐如说你的嗅觉会特别的灵敏,你⾝体的每⼀个细胞都是特别的灵敏.

JO: What is the best condition? This will be produced by this level you guys are on, there's a feeling like being stretched because why would that be so? As I just mentioned, when we pull out all your faces. You're going to experience a sense of collapse, followed by excitement, then a very swinging sensation, and later you'll feel like a warrior, or suddenly as if you're a coward. These feelings are constantly unfolding for you to experience. Let's connect and see if any information resonates with you. First, we want you to know that this stage in your life is marked by hormones; everything feels incredibly heightened, such as your sense of smell becoming particularly acute, every cell in your body being unusually sensitive.

就我可以闻到很多不同的,我可以感受很强烈,我可以吃东西,哇这个好好吃,这个好苦好甜.就每⼀个体验都会…… ⽐如说等你⽼了,⾝体荷尔蒙都退了,它们就会变的很迟钝了,就对⼀个东西起不了这么⼤的反应.但在你们这⾥会有⾮常⼤的⼀个反应.所以你们会对情感、感情、愤怒、爱啊这种都会有很强烈的反应.那是因为你们这个⾝体的功能.你⾝体是⼀个⼯具,你需要通过这个⼯具去体验 everything,去体验所有的⼀切.那正好是你这个功能最敏锐的时候.就⼀个机器我们还没⽤它,它现在是最敏感的时候.那我们⽤的越久,它就越迟钝,它反应就没那么快了.就好像⼀把⼑,那你现在是最锋利的时候.

I can detect many different sensations, I can feel very intensely, I can eat food, oh this is delicious, this is so sweet. Every experience... For instance, as you age and your body's hormones fade, they become less sensitive; they don't react to things as strongly. But here, there would be an extremely strong reaction. So you have very intense reactions towards emotions, feelings, anger, love, etc., because of the capabilities of this physical body. Your body is a tool that needs to experience everything through it, experiencing all aspects. This is when your body function is at its peak sensitivity. It's like a machine that we're not yet using; it's most sensitive now. The more we use it, the less responsive it becomes, and reactions are no longer as swift. It's like a knife being at its sharpest right now.

那你可能就会体验到强烈的⼀种落差啊、反差啊,就像过⼭车⼀样.那我们带给你们的信息是什么? 你现在⾝上有⼀个安全带.你在蹦极.所以说⽆论有多么恐怖,⽆论有多么恐惧,⽆论有多么⼼惊胆战,你腰上永远都有⼀个绳⼦.所以尽情的去have fun,尽情的去体验.因为⾝上有⼀个安全带.因为你⽬前还不知道你可以如何去整合所有的experiences.如果我跟你说如果你以后要成为⼀个导演的话,你是不是需要对每⼀个⾓⾊的情绪、情感拿捏的⾮常的细腻,你才能把⼀个⼈物更加饱满的呈现出来,对吧?因为你能捕捉到每⼀个细腻的情绪、情感.如果你没有这个experience,你没有现在的这个体验的话.

You might experience a strong sense of disparity or contrast like riding on a roller coaster. What message are we conveying to you? You currently have a seat belt on; you're bungee jumping. Therefore, no matter how terrifying it may be, no matter how scared you feel, and no matter how much your heart races, there's always a rope around your waist. So just enjoy yourselves and embrace the experience fully, because you are wearing a seat belt. You don't know yet how to integrate all these experiences properly. If I were to tell you that in the future you need to handle each character's emotions and feelings with great finesse as a director, you'd be able to portray them more vividly, wouldn't you? Because you can capture every subtle emotion and feeling. You wouldn't be able to do this if you didn't have these experiences now.

你可能根本就体会不到在做⼀个⾓⾊在那个年龄阶段他应该呈现出来的样⼦.所以说你现在就好像你将来会是⼀个艺术家.那你现在不断地在森林⾥收集材料,收集这些素材.那当你的素材越多,以后可供你施展和创作的选择就越多,明⽩吗?你只要记住你⾝上有⼀根绳⼦,你是安全的.⽆论怎样你都是安全的.所以说……问: 但是这不是我想要的.

You might not be able to sense what the character should look like at that stage of their life. So right now, you're treating yourself as if you were going to become an artist in the future. You're collecting materials and gathering your resources out in the forest constantly. The more resources you have, the more options you'll have for expressing yourself and creating art later on, do you understand? Just remember that there's a rope around you; you're safe. No matter what happens, you're guaranteed to be safe. So... Question: But this isn't what I want.

JO: 那是因为你头脑⾥⾯给的定义.你会把它定义成这个是很烦的事情,你会把它定义成这个是痛苦的事情,这个是怎么样怎么样.当你头脑不去定义它,你只是去觉察到你⾃⼰的起⼼动念,你的情绪,你的反应,你的所有这⼀切.那你便能从中不断不断地获得对⽣命的⼀个领悟、感悟.这就是你们来到这⾥的原因.

JO: That's because of the definition you give in your mind. It becomes a bothersome thing to define it as such, or to perceive it as painful, and how it is. When your mind doesn't define it, but instead simply observes your own thoughts arising, emotions, reactions, and all that you are, then you can continuously gain insights and understanding about life. That's why you're here.

问: 我对我的⾝体不满意,我该怎么样变的更⾼⼀点?

Question: I'm dissatisfied with my body and want to grow taller, how should I do it?

JO: 如果你还不认识你⾃⼰,你会拿着外在的⼀些东西,就⽐如说我的出⽣啊,我的学历啊,我的外形啊,我的长相啊…… 那如果你认识你⾃⼰过后,真实的⾝份啊,所有的这⼀切它都将不会是限制.所以就算我们把⾝⾼的问题拿⾛了,你还会说我对我现在的地位,我对我的⾝份,我对我的业绩成绩都不满意.你还会找到很多很多其它你不满意的地⽅.所以说把这种不满意让它变成⼀个助⼒,然后不断地去认识⽣命的真相,认识你⾃⼰.

JO: If you don't know yourself yet, you might hold onto external things like my birth, my education, my appearance, or my looks... Once you do get to know yourself, all these external identities and aspects will no longer be limitations. Even if we were to take away the issue of height, you would still say that you're not content with your current status, identity, achievements, etc. You'd find many other areas where you're dissatisfied. Therefore, turning this dissatisfaction into a catalyst can help you continuously uncover the truth about life and yourself.

问: 有没有去整合我⼒量的⽅法?

Question: Are there methods to integrate my power?

JO:你稍等.你可以每天专门去花⼀些时间去听⼀些舒缓的⾳乐,把⾃⼰放在⼀个不受⼲扰不受打扰的⼀个环境,来让你⾃⼰的⾝⼼达到⼀种平衡.就好像是你做gym,你做训练⼀样.你的⾁体是需要训练的.那你的⾝⼼灵、思绪这些它也需要,就是它也需要⼀个 routine.所以说你需要花时间.你也可以去到⼤⾃然中和⼤⾃然连接,和⼀些安静的⾳乐跟它们连接.让你的⾝⼼灵调在⼀个平衡的状态.这样⼦你时不时就可以透⼀⼜⽓的那种感觉.

JO: Wait a moment. You can dedicate some time every day to listen to soothing music and place yourself in an undisturbed environment where you can achieve mental and emotional balance. It's like going to the gym or doing exercises; your body needs training, but so does your mind and spirit. They also require routine. Therefore, you need to spend time on it. You could also connect with nature, connecting to quiet music that resonates within you. This will keep your mind, spirit, and emotions in a balanced state. Sometimes, you'll feel like taking a breath of fresh air from this practice.

第五个⼈:问: 我的灵魂主题是什么? 我是从哪⾥来的? 我在地球上呆了多久? 我叫XXX.我45岁.

The fifth person asked: What is my soul theme? Where did I come from? How long have I been on Earth? My name is XXX. I am 45 years old.

JO: 我们连接到你这⼀⽣的灵魂主题是关于⾃我的⼒量.因为你可能会是⼀个特别顾忌其他⼈.就会有⼀个很强烈的⼀个服务精神吧.这样⼦呢,你内在就缺少了⼀个坚定地成为你⾃⼰,去做你⾃⼰的⼀个⼒量.所以你这⼀⽣都会围绕你如何去成为你⾃⼰,然后去展现出你内在的⼒量的那个过程.你会体验到很多…… 这么说吧,你就没有淋漓极致的活出来.但是你是有梦想.就好像是因为某些原因,你放弃了⾃⼰去活出来.所以你的⼒量没有得以展现出来.然后就会觉得整个⽣命,⾄少⽬前⼀个状态就挺压抑憋屈.就有⼀种好像⼒量没有地⽅展现,也没有地⽅得到锻炼,也没有真正的去开发出来的感觉.然后你现在是⼀个虚假的你,明⽩吗?

JO: Our connection to your life's theme is about self-power. You might be overly concerned about others and thus exhibit a very strong spirit of service. This means you lack the inner strength to firmly be yourself and to act on your own behalf. Therefore, throughout your lifetime, it revolves around how you can become yourself and display the power within you. You would experience many... in essence, not living up to your full potential. However, you do have dreams; for some reason, you've abandoned living as yourself. Thus, your power has not been exhibited. It feels like an oppressive state of life at least currently. There's a sensation that the strength is nowhere to be shown or exercised, and it hasn't truly been developed. You are now a false self, understand?

所以你需要去完完全全的去突破这个虚假的你.就好像把这个虚假的你的外⾐给撕掉,然后出现⼀个完完全全的崭新的你.那个你是充满了⼒量,是跟现在完完全全不⼀样的⼀个⼈格.

So you need to completely transcend this false self. It's like stripping off the outer layers of this false self and revealing a completely new, fresh version of you - one who is filled with power, distinctly different from who you are now.

问: 那要如何突破呢?

To break through, how should one proceed?

JO: 那你最开始要通过突破你⾝边的关系去⼀步⼀步的突破.就⽐如说我不再去做任何我不喜欢不开⼼的事情,我不管别⼈怎么要求我怎么限制我.因为你⽣命⼀定会有关系让你有⼀种你好像要去做.他们就是你⼀个阻⼒.那个阻⼒也是你的助⼒.因为为什么? 因为你就好像知道了我现在需要去锻炼肌⾁.那我肌⾁怎么才能增⼤呢? 变得强壮呢? There are weights in front of you, 你前⾯就是哑铃就是那个weights.你拿起来.所以说通过你⾝边的关系,⽐如说⼯作上⾯的,⽼板的或者是什么的,还有你家庭⽣活当中的.这⼀切都会是你的⼀个健⾝器材⼀样,来让你的⼒量不断不断地去壮⼤起来.

Japanese Olympian (JO): So you have to start by overcoming the relationships around you step by step. For example, I won't do anything that I don't like or feel unhappy about, regardless of others' demands or restrictions on me. Because your life will inevitably have relationships that make you think you should do certain things; these are forces acting against you. However, this resistance is also an aid because why? It's as if you realize now that you need to exercise your muscles. How can you build and strengthen them? There are weights in front of you - the dumbbells or weights themselves. You pick them up. Therefore, through the relationships around you, such as those at work with your boss or in your family life, all these factors can serve as your fitness equipment to continuously increase your strength.

问: 我的天赋是什么?

Question: What is my talent?

JO:你的天赋实际上你有⾮常强烈的同情⼼,然后你也有好像是想要去疗愈他⼈,帮助他⼈,就是⼀个奉献精神.然后当你去呈现出你的⼒量过后,你就有⼀种就好像内圣外王.就是你⼼中像圣⼈,但是你有王者的风范.然后你便能去⽤你⾃⼰的⽅式在这个世界上去创造去呈现出来.就⽐如说你想去帮助更多的⼈吧,像这些.然后你才能真正的帮助他们,⽽不是去纵容他们吧.

JO: Your gift is actually that you have a very strong sense of empathy and then also the desire to heal others, help others, which embodies your altruism. After displaying your strength, you exhibit an inner sanctity with an imperial demeanor. This means that even though your heart is filled with divine wisdom like a saint, you possess the grace and authority of a king. Consequently, you are able to create and manifest in this world according to your own unique way. For instance, if you wish to help more people, like these instances here, then you can truly assist them instead of indulging them.

问: 那这个途径还是我要⼀步⼀步的⾛,是吧?

Q: So I still have to take this step one at a time, right?

JO: 你⾸先要去通过外在的⼀切,外在的关系,外在的这个相,外在的事件,然后你要知道你⾃⼰真实的⾝份.你真实的⾝份是打破你这个虚假的⾝份的.就这么说吧,你现在是⼀颗种⼦,你外⾯有⼀层⽪.你的新⽣命得以诞⽣过后,这个⽪就会⾃动脱落.那这个假的你就会⾃动脱落.但是你⾄少你要知道种⼦不是你啊,你是⼀棵苹果树啊.你需要不断地去得到滋养,申根发芽,长出苹果的呀.⽽不是说永远都是⼀颗种⼦的状态,明⽩吗?

JO: First, you need to transcend all external things, relationships, appearances, and events. Then, you must recognize your true self—the real you breaks free from this false identity. Imagine yourself as a seed with a layer of skin包裹 around it. After the birth of your new life, the skin naturally peels off, and so does this false self. However, at least you should understand that the seed is not you; you are an apple tree that needs constant nourishment for sprouting roots and bearing apples, not staying in a perpetual state as just a seed, right?

问: 那这个过程对我来讲还需要很久吗?

Q: Would that process take a long time for me as well?

JO: NO,是你愿意吗? 你愿意做出这个开花结果新⽣命的这个什么吗? 那你就已经开始了,你就已经⾛在这条路上.当你⾛在这条路上,你就会⼀路受到指引.你就会把这些课程吸引到你的⾯前来.你只要知道你⾯的所有的让你觉得不爽的,让你感受到⿇烦的,让你感受到是个问题的,所有的这⼀切它都是你在⾛上你⾃⼰的这条路上的⼀个历练,明⽩吗? 它不是来置你于死地,不是来让你觉得我怎么命这么差啊,我怎么⽼遇到这种⼈啊这样⼦的.

JO: NO, is it your willingness? Are you willing to create this blossoming new life in what way? If you are, then you have already begun and started on this path. As you walk down this path, guidance will be shown to you along the way. You will attract these courses toward yourself. Just know that everything that makes you feel uneasy, causes you inconvenience, or appears as a problem is all part of your training in walking on your own path, do you understand? It's not meant to bring you to your doom; it's not designed for you to think how unlucky I am or how often I come across such people.

问: 我是否能连接到我的指导灵呢?

Question: Can I connect to my guide spirit?

JO: 刚才说你已经发出了这个愿望,你要去开花结果,要新⽣命,对吧? 那我们现在就已经跟你连接上了你的指导灵.它会在你需要指引的时候出现.你已经连接上了.

JO: You've just expressed your desire to manifest, to blossom and bear fruit, for new life, right? So now we are already connecting you to your guide spirit, which will appear when you need guidance. You're already connected.

第六个⼈:问: ⼈死后在中阴⾝的状态下看到光的隧道是跟着⾛? 还是不跟着⾛会出现什么情况? JO: 你跟不跟着⾛,你都在⾥⾯,明⽩吗?

Sixth person: Asking: If a person sees the light tunnel during their intermediate state after death, should they follow it? Or if they do not follow it, what would happen? JO: Whether you follow it or not, you are already inside, understand?

问: 那它带你⾛的意义是什么呢?

Question: But what does it mean to take you along?

JO: 让你知道你并不是孤独的,孤单的.那我们现在存在的意义是什么? 因为我们现在就在带着你⾛.那就是让你知道你不是孤独的,你不是孤单的,你不是单⼀存在在这个世界上⽆助的存在的,明⽩吗? 你们永远都有⼀双⼿牵着你们,不管你什么时候去要都会有这双⼿牵着你.

JO: To let you know that you are not alone and not lonely. But what is the meaning of our existence now? Because we are carrying you right now. That's to let you know that you are not alone, not lonely, not merely existing in this world helpless, understand? You will always have two hands holding you, no matter when you go to need it, these hands will be there holding you.

问: 带你⾛的⽬的是不是就是会去灵界休养⼀段时间,然后接着轮回呢?

Question: Could it be that the purpose of taking you there is to allow for a period of rest in the Spirit World, followed by another round of reincarnation?

JO: 因为这个是让你们知道你们在爱中,⽽且不管你们知不知道,你们也在爱中.就不管你知不知道,不管你体验不体验的到,你们都在爱中.所以不管是什么状态,都会有陪伴.

JO: Because this is to let you know that you are in love, and no matter whether you know it or not, you are indeed in love. So, regardless of your awareness or experience, you are in love. Therefore, whatever the state may be, there will always be companionship.

问: 中阴⾝的状态下是不是梦⾥的意识做主导? 还是现实中的表意识做主导? 是梦⾥的意识⼀直在同意不断地轮回?

Q: Does the consciousness during the bardo state, the intermediate state between death and rebirth, primarily follow the guidance of dreams or reality? Is it the dream consciousness that perpetually agrees to continuous rebirth?

JO: 你现在进⼊到你⾃⼰头脑⾥⾯的⼀个模式,我们想要让你知道你头脑⾥⾯怎么去认为都可以.为什么呢? 因为你⾃⼰创造你的世界.你不需要⼀个外界的声⾳来告诉你应该怎样怎样.为什么呢? 因为你们物质世界太多声⾳了,你还不嫌多吗? 还要我们再给你增加⼀点吗?也就是说你们物质世界已经有too much information for you.但是所有这些东西都是来让你知道你是创造者,你也是体验者.你想怎样去创造你都可以.

JO: You are entering into a pattern in your own mind, and we want to let you know how you can think about it inside yourself. Why is this necessary? Because you create your world. You don't need an external voice telling you what to do or how to behave. Why not? Because there's already too much noise in your material world, isn't there? Do you still feel the need for more from us? In other words, your material world already overwhelms you with information. However, all of these things are meant to remind you that you are the creator, and also the experiencer. You can create whatever you want.

问: 有灵魂不想再去体验和创造了是不是可以结束这个游戏呢?

Question: Can a soul that doesn't want to experience anymore or create end the game?

JO: 灵魂不想创造和体验你们头脑⾥⾯的东西,明⽩吗? 因为你就好像是说⼀颗种⼦不想再发芽了.这个种⼦不想再发芽了,这个树苗不想再长⼤了.它的根不想再延长了.这是⽣命本⾝你没有办法.想不想那是你⾃⼰头脑⾥⾯你的⼀厢情愿.你站在你⾃⼰的⾓度.那就是体验是⽆限的.

JO: The soul doesn't want to create and experience what is in your mind, understand? Because you're like a seed that no longer wants to sprout. This seed doesn't want to sprout anymore, this sapling doesn't want to grow any bigger. Its roots don't want to extend further. This is the essence of life, something you can't change. Wanting or not wanting is your own one-sidedness in your mind. You're standing from your own perspective. That's where the experience is limitless.

问: 那就是不断地轮回呗?

Question: That's just the cycle of reincarnation, right?

JO: 你就想象⼀下⽣命,你去看⼀下那棵植物,它不断不断地在变化着.

JO: Imagine life; you look at a plant, it's constantly changing.

问: 那佛陀解脱了.那佛教不是讲的也是解脱轮回吗? 既然是⽆法控制的,那佛陀的存在就是假的了?

Question: If the Buddha attained liberation, doesn't Buddhism also talk about liberation from cyclic existence? Since it's uncontrollable, is the existence of the Buddha then just a fiction?

JO: 没有任何真的和假的.你在⽤⼀套观念和⼀套思想.但是我们是想让你去突破你的观念和思想,来让你⾃⼰去没有任何概念、观念,就是没有任何旧的东西去体验⽣命.在这个过程你就能⾛出⼀条道.你就能产⽣智慧.那是属于你独⼀⽆⼆的,不是受JO通灵信息或者是其它教会.因为那些都是死的.你的头脑⾥⾯所有的概念、观念都是死的.每⼀个⽣命它有它⾃⼰的⽅式去展现,那你有你⾃⼰独⼀⽆⼆的⽅式去展现.我们不是来给你证明哪个观念是对的,哪个观念是错的.因为这⾥没有对和错.这⾥只有⽣命的本⾝.那⽣命的本⾝是⽆限的.然后你才是那个创造者.

JO: There is nothing real or fake. You're using a set of concepts and a set of thoughts. But we want you to break through your own concepts and thoughts, to experience life without any notions, concepts - that means no old ideas at all, just experiencing life anew. In this process, you will find the path you need to follow. You will generate wisdom, which is uniquely yours, not derived from JO's spiritual messages or other churches. Because those are dead. All the concepts and thoughts in your mind are stale. Every life has its own way of expression, so there's your unique way of expressing yourself. We're not here to prove whether one concept is right or wrong; there is no right or wrong here. There is only life itself. And that essence of life is infinite. Then you become the creator.

问: 你说的这个是圣⼈的道理,三维世界⾥就会有分别⼼.

Question: What you said about this is the principle of sages; in a three-dimensional world, there would be discriminative mind.

JO: 那是你还活在你的头脑⾥⾯.你把头脑当成是你,但是并不是所有⼈都在这样⼦的⼀个状态.

That's because you're still living in your mind. You see yourself as the mind, but not everyone is at that level of realization.

问: 中阴⾝的状态念佛还求⽣阿弥陀佛净⼟,会不会被地球外层的滤⽹捕获? JO: 你头脑⾥⾯产⽣了滤⽹对吧?

Question: If one is in the bardo state and recites Amitabha Buddha's name or seeks rebirth in his净土, will they be captured by a filter net outside Earth? Answer: It seems you have a concept of a filter net in your mind.

问: 这个是我听⼀个⾼我智慧说的.

Question: This is what I heard a being with greater wisdom tell me.

JO: 那你加⼊了他创造的⼀个世界.好像我们前⾯信息说的,对⽅可以创造⼀群魔⿁⼀群相.ok,它的确是存在体现在这个物质世界可以让你们看到摸到互动着.但是你也可以同样的去创造⼀群天使,也可以让别⼈看到摸到互动着.所以你想加⼊什么游戏? 你想创造什么游戏? 当你能去理解你们物质世界体验的⼀切它是如何显现出来,如何创造出来,那么你就能⾃由的去创造了.所以说把这种带⼊到去创在,就是带领你⾛向更多的寻求关于⽣命、探索⽣命的⼀个真相,宇宙的⼀个真相.就像这个.

JO: Then you joined his creation of a world. As we talked about earlier, the other party can create a horde of demons and creatures okay, it does indeed exist in this material world that you can see, touch, and interact with. But you can also create a horde of angels similarly, allowing others to see, touch, and interact with them as well. So what game do you want to join? What kind of game do you want to create? When you understand how everything in your material world is manifested and created, then you gain the freedom to create. This process leads you towards seeking more knowledge about life and exploring the truth of existence, the truth of the universe, just like this.

问: 那怎么样才能跟造物主合⼀呢?

Question: How can one reconcile with the Creator?

JO: 关闭物质头脑.你能让你的头脑shut up吗? 就是你让头脑做它⾃⼰应该有的功能,就是让你产⽣物质体验,让你不会飘,就是不会真的像精神病⼀样,因为他飘的.让你可以在物质世界扎根.那你扎了根你才能产⽣物质体验,你才能去觉察到这⼀切.但是它并不是来喋喋不休的告诉你这个是对的,那个是错的,这个⼤师说的是好的,那个不能听……你就把它当成是真实的.你想它才不过活了多少年.就算活了四五⼗年吧,你的头脑捕捉到多少信息啊?⽽且那些信息都是别⼈拉出来的屎.它吃了那么多屎,你还把那坨屎当成是真理了,明⽩吗? 它是个粪池.

JO: Shut off your material mind. Can you make your mind shut up? It means allowing your mind to function as it should - producing material experiences that ground you in the physical world. Only when you are grounded can you experience and perceive these things. But it doesn't come rambling on telling you what is right and wrong, who the good master says and who you shouldn't listen to; you take it all as real. Think about how long your mind has been alive - maybe forty or fifty years at most. How much information has it captured? And that information is basically bullshit from others. It's consumed so much shit, yet you still consider that pile of dung to be the truth. Understand? It's like a cesspool.

问: 那就是没有真理?

Question: That means there is no truth?

JO: NO NO NO NO,你不加⼊粪池就是在真理的状态,你不进⼊屎坑你就是在真理的状态.你没有离开真理.

JO: NO NO NO NO, if you don't join the cesspool, that's being in the state of truth; not entering the shit pit means you're still in the state of truth; you haven't left the truth.

第七个⼈:问: 能不能帮我连接⼀下瑜伽⿐祖帕坦伽利?

Seventh Person: Ask: Can you help me connect to Yoga's ancestor Patanjali?

JO: 你稍等帕坦伽利: 我们现在就是帕坦伽利的能量,你说有什么问题?问: 瑜伽对于您来讲意味着什么?

JO: Wait, Patañjali: We are now the energy of Patañjali. What question do you have? Q: What does yoga mean to you?

帕坦伽利: ⾸先这是我独⼀⽆⼆的连接,就好像连接真我或者是连接⼀,连接造物主,连接源头的⼀种⽅式.它只是属于我.然后你们通过就好像像我这样⼀样的渠道或者模式,然后也连接到了.所以你们就好像创造出好像⼀个开脱的技术或者⼀个模式.但是连接也分很多很多种.当你真的能够与你当下⽣命产⽣连接没有阻碍的,你就是在瑜伽.就像这个⼥孩⼦她虽然没有去做这些动作,但是对于她来说她就在所谓的瑜伽.因为就好像她打开了⽣命的源头、源泉.所以虽然让你们有⼀种⽅式,但是想让你们知道你们每⼀个⽣命都有⾃⼰独⼀⽆⼆的⽅式,不需要只是去跟随任何⼀个⼈任何⼀种⽅式.因为这个⽅式它不⼀定是你⾃⼰展开你⾃⼰⽣命的途径.

Patanjali: First of all, this is my unique connection, akin to connecting with the true self or with one, connecting with the creator, or with that source of unity. It's just mine. Then you connect through channels or modes similar to mine, thus also establishing a link. Therefore, you seem to be creating something like a technique or a mode for detachment. However, connection comes in many forms. When you are truly able to connect without hindrance with your current life, that is yoga. As this girl demonstrated, she didn't perform these actions, but for her, it was still considered yoga because she had opened the source of life within herself. So although there might be a way for you, I want you to understand that each of your lives has its unique way without just following anyone else's method. Because this way may not necessarily be how you unfold your own path in life.

问: 我觉得它是我们连接灵性的⼀个⽐较好的通道?

Q: I feel that it is a pretty good channel for connecting spiritually?

帕坦伽利: 你可以跟随你⾃⼰,但是就算是⼀朵花⼀只⼩狗⼀个婴⼉或者是河边的⽔,它也是⼀样的可以让你进⼊到那样⼦的⼀个状态.

Patanjali: You can follow yourself, but even a flower, a puppy, an infant or water by the riverbank is capable of taking you into that kind of state.

问: 螺旋被认为是⼀个有⼒量的符号.您对螺旋运动和瑜伽之间有没有什么联系?

Q: The spiral is considered a powerful symbol. Are there any connections between the spiral movement and yoga?

帕坦伽利: 就好像刚才前⾯的信息在让你去打破别⼈创造出来的⼀个通道⼀个渠道或者⼀个⽅式⽅法.⽽是说让你们每⼀个⼈跟随你们内在的指引或者激情,就你⾃⼰想要创造的.因为这么说吧,你们会找⼀个上师或者是导师或者⼀个⼤师,觉得她在某个领域很厉害.但是你们⾸先要知道你们每⼀个⼈都是独⼀⽆⼆的⼤师.你们来到这⾥是成为你们⾃⼰的⼤师.所以任何其他的都只是作为⼀个参考.参考就是说别⼈能创造出来,我也能⽤我的⽅式去创造出来.因为这⾥没有哪⼀条路是你必须⾛上这条路才是出路.你唯⼀的出路是在你的内在,就是在你的⾥⾯.然后那⾥才能创造⼀个独⼀⽆⼆的灵魂去呈现在这个世界上.

Patanjali: It's like the information that came before was telling you to break through a channel, a conduit, or a method created by someone else. Instead, it's about following your own inner guidance or passion for what each of you wants to create. Because if I were to say so, you would find a master or a guide, someone who seems very proficient in a certain field. But first, you need to know that every single one of you is already an unique master. You are here to become your own master. So anything else out there is just for reference: what others can create, I too can create through my own method. Because there's no path here where you have to walk down this road to find a solution; the only path lies within you, in your heart of hearts. And it is from there that you can create an unique soul to present to the world.

任何技术你可以去尝试,但是不要去逼⾃⼰,就是说你只有⽤这个⽅法,只有这个⽅法才能怎样.然后你的内在它永远都会有⼀个指引,你不会去偏离它.记住你们⾃⼰才是⼤师.放下所有跟随其他⼈的念头.我说的跟随其他⼈是跟随他们提供的⼀个⽅式⽅法,明⽩吗?当然那些像这个⼥孩⼦带出来的信息并不是说不要跟随它.为什么呢?因为你内在会有声⾳会有感觉会感受到这个信息是给你⼒量,给你滋养.那你便可以去所谓的跟随它.凡是让你感受到⼒量和字样的.但是真正的种⼦如何发芽、开花结果,它的路线都在你这颗种⼦⾥⾯.你不需要去学习旁边的这棵苹果树它是怎么样的⼀个路线.因为你是菠萝,你们品种不⼀样.他是玫瑰…… 明⽩吗?

You can try any technology, but don't push yourself into believing that there is only one way and that you must use it. Your inner guidance will never lead you astray. Remember, you are the master. Let go of the idea of following others' thoughts. By following others, I mean following their methods of doing things. However, this doesn't mean not to follow if you feel that a piece of information is meant for your growth and nourishment. You can then be guided by it, choosing what boosts your strength and aligns with you. The path on which the true seeds grow, blossom, and bear fruit lies within each seed itself. You don't need to learn from the route taken by another tree nearby like an apple tree; because you are a pineapple, with different traits. He is a rose… Understand?

问: 如果选择喜欢的⽼师去追随这样也不对吗?

Question: Choosing a beloved teacher and following them like this could also be wrong, couldn't it?

帕坦伽利: 这⾥没有对不对,只是让你知道你真正真正的路是在你内在.你如果有激情去跟他学习,你就去学习.不是说不要去,⽽是说你要知道⽅式⽅法或者是你⾃⼰内在才有⼀个独⼀⽆⼆的像指南针⼀样.

Patanjali: There is no right or wrong here, just to let you know that your true path lies within you. If you have the passion to learn from him, go ahead and do so. It's not about not going, but rather understanding the approach, method, or that there is a unique inner compass only for yourself.

第⼋个⼈:问: 如何区分我脑⼦⾥出现的画⾯是清醒梦还是我⾃⼰⼼⾥⾯的想法? JO: 我们连接⼀下你的能量.你叫什么名字? 你的年龄?

Question: How do I distinguish between visions appearing in my mind as a lucid dream versus thoughts coming from my own psyche? Answerer: We will connect to your energy. What is your name? How old are you?

问: 我叫XX,我41岁.

Q: I'm XX, I'm 41 years old.

JO: 我们连接到你有⾮常丰富的想象⼒,就是视觉化.这么说吧,虽然你说你的年龄,但是你的能量状态就好像是⼀个天马⾏空的孩⼦⼀样.所以它是⼀个想象⼒特别发达的⼀个孩⼦,还会出现各种画⾯感.然后这是你的⼀个天赋.这是属于你与⽣俱来的⼀个⼤礼包⼀样带来的.可以问⼀下你的⼈⽣主题我们看⼀下.

JO: We are connected to your very rich imagination, particularly in visualization. Put it this way, although you mention your age, your energetic state is akin to that of a child with boundless creativity. So, it's like having an imaginative child who can conjure up various scenes, which manifests as a gift unique to you - something innate bestowed upon you. We could inquire about your life theme to further explore this.

问: 请帮我看⼀下我的⼈⽣主题.

Question: Could you help me understand my life's theme?

JO:我们连接到就好像你的⼈⽣主题就好像是⼀个,应该这不单是你⼀个⼈的⼈⽣主题,应该是跟你⼀起的伴侣或者是家⼈的⼀个⼈⽣主题.你⼼中有很多纯粹或者美好.就好像你⼼中有⼀个美好的画⾯它跟随着你⽽来.但是我们不能把它带⼊到这个物质世界这个世俗当中,就需要去保存好你这个美好的能量.⼀旦你这个美好的能量它被ruin掉被破坏掉的话,就好像把你弄的⾯⽬全⾮的感觉.然后⼈们也会对你有⼀种就好像是失望感吧.所以你的这⼀⽣的呈现的话,就好像是给你⾝边的⼈给了他⼀个主题就是你能不能允许每⼀个⽣命它⾃

JO: We connect to as if your life's theme is like one that should not be just yours alone, but rather a shared theme with your partner or family. There are many pure and beautiful things within you. It's like there's a beautiful picture in your heart that follows you around. However, we cannot bring this into the material world of this mundane existence; it requires preservation of your pure energy. If this pure energy is destroyed or damaged, it feels like being disfigured. People will then have a sense of disappointment towards you. Therefore, how you present yourself in life serves as a theme for those around you, asking whether you allow every life to bloom freely.

⼰存在的⽅式? Ok,那我就是花瓶.那你能让我像⼀朵娇嫩的花,什么功能都没有就是好看.那你能接受吗? 明⽩吗? 因为物质头脑会说你得实⽤呀,你得怎么样怎么样.

The way it exists? Alright, I'll be a vase then. That means you can make me look like a delicate flower with no function just for aesthetics. Can you accept that? Understand? Because the material mind would say that you need to be practical, that you should do something like this or that.

问: 但是我搞不清楚你说的伴侣,确实有这个东西.我不知道他是我的谁?

Q: But I don't understand your term "companion"; there is such a thing, but I have no idea who it refers to me.

JO: 那就是说你们这个物质世界吧,就是你们⼈类的⼀个功课吧.因为你们你们地球上会所谓的存在很多它只是⼀个单纯的只是⼀个能量体的存在⽅式.就是它可能不具有…… 就⽐如很多像那种……问: 我知道有这么⼀个⼈存在,但是我看不清他的脸……JO: 接下⾥的信息是带给你们所有⼈.你们要知道在你们的世界⾥有⼀些唐⽒⼉或者是⼀些⾃闭症患者或者是⼀些在你们眼⾥好像是傻⼦⼀样这样⼦的存在.因为他们为什么会出现在你们⼈类当中? 他们就好像是⼀个单纯的能量体.它并不具有任何你们物质层⾯的⼀个价值.就⽐如说他要做出这个贡献,他要⼯作,他要去洗⾐做饭,他要去照顾⼈,他要去产⽣劳动价值,对吧?

That is to say, this material world you humans experience is part of your lesson. Because on Earth, there exist many entities that are merely energetic forms without any physical manifestation. They don't possess certain attributes like human beings do.

For example, there's a person whose face I can't see clearly...

The following information is meant for everyone of you to understand. You should know that in your world, there are people with Down syndrome, those with autism, or others who may seem to be 'mentally challenged' from your perspective. The question arises: Why do they appear among humans? They're essentially pure energy entities. They lack any value at the physical level you understand it. For instance, they must contribute by working, doing laundry, cooking meals, caring for others, or generating labor value, right?

他们也可能是没有任何功能性的.他们可能就像是⼀个energy bubble,就是像⼀个能量体⼀样存在在你们的物质世界当中.那它是你们集体的⼀个功课.你们能通过这样⼦的⽅式去肯定每⼀个⽣命存在的价值吗? 这就是你们⼈类的集体功课.就是那些周围的

They might also be purely functionalless, existing as an energy bubble like a being of energy within your physical world, which is your collective task. Can you affirm the value of every life's existence through such a way? This is humanity's collective task. These are the surrounding ones.

⼈,就是那些照顾他们的⼈还有整个社会.你们能去通过他不会在你们的头脑层⾯去产⽣任何价值的⼀个存在,⼀个⽣命的存在,⽽去肯定他存在的价值吗? 那如果你能的话,它就在提升⼈类的集体意识.它就在让你修⾏嘛.让你去通过这个反射去认识到你没有任何分别⼼,没有任何评判,就是没有任何价值是从头脑层⾯产⽣的.只要它⽣命存在,它就是有价值的.它就是你们集体的⼀个功课来让你们去认清楚存在的价值和意义.

Humanity, those who care for them, and the entire society - can you affirm the value of a being's existence, an existing life force, one that doesn't produce any value at your cognitive level? If you can do this, it is elevating the collective human consciousness. It is cultivating you. It makes you recognize through reflection that there are no divisions, no judgments; that no value is generated from your cognitive layer. As long as a being exists, its existence has value. It becomes part of your collective lesson to understand and acknowledge the value and significance of existing.

问: 我有时候会有⼀些念头伴随周围出现的事情会有相同的因素.⽐如前⼀半念头实现了,后⼀半没有.我需要怎么改善这个情况? ⽐如我在做⼀个⽕的冥想,但是我旁边出现了⽕灾.这是我的关系吗?

Question: Sometimes I have thoughts that seem to correlate with events around me. For example, if the first half of my thought comes true but the second half doesn't. How can I improve this situation? Say I'm doing a meditation on fire, but there's a real fire next to me. Is it my fault?

JO: 还有其它的例⼦吗?

JO: Are there any other examples?

问: ⽐如说⼼⾥想的是某⼀件事的理解,但是我在乎的⼈理解的不是我要的⽅向……JO: 这⾥没有问题.你描述的这些东西都没有问题.因为你在以你⾃⼰存在的⽅式服务着⼀切.意想不到,因为本⾝就不是你们头脑能想到的.但是需要从你们这些问题当中受益的⼈,他⾃然⽽然就会从中受益.就是需要从这些事件当中受益的⼈.然后你带出来的信息已经让⾮常多的⼈受益了.

Q: For example, you might be thinking about something from a certain perspective, but the person who cares about you doesn't understand that direction...

A: There's no problem here. The things you're describing are not problematic because you're serving everything in your own way of existence. It's unexpected because it goes beyond what your mind can comprehend. But the people who need to benefit from these issues will naturally find benefits within them, as those who need to benefit from such events. The information you bring out already has benefited many others.

问: 我怎么能让⼀个有⾃⼰沟通⽅式的⼈爱和接纳…… JO: 只是存在.因为你本⾝存在你就已经在……问: 我不需要做任何⾏动吗?

Question: How can I make someone who has their own way of communicating love and acceptance?

JO: Just be present. Existence itself is enough because you already exist.

Question: Do I not need to do any actions at all?

JO: 你不需要去让⾃⼰做任何⾏动.当你在以这种存在的状态,你内在想要去展现,只是展现⽣命,会以你⾃⼰的⽅式去展现.不是外在强加于你要去做什么.因为就像天上的星星它存在就是存在,它已经在照亮这个世界.跟你⽣命中的每⼀件事情给它正⾯的定义.⽆论来到你⽣命中的什么事情,你都知道它是把你们整个⼈类推向⼀个更⾼的意识状态.那你就在参与这个共同的创造.

JO: You don't need to force yourself into any actions. When you are in this state of existence, what you want to show is just the manifestation of life, which will be shown in your own way. It's not about external imposition telling you what to do. Just like the stars in the sky exist simply by existing and illuminating the world, give every aspect of your life a positive definition. Whatever comes into your life, you know it's pushing humanity as a whole towards a higher state of consciousness. And you're participating in this collective creation.

第九个⼈:问: 我现在的⼀个状况就是经常打嗝,怎样根除这个打嗝?

The ninth person asks: I often burp frequently now, how can I get rid of this burping?

JO: 你说⼀下你的名字和年龄.问: XXX,29岁.

JO: State your name and age. Q: XXX, aged 29.

JO: 我们感受在你的能量状态中你会经常产⽣⼀些,可能在⼀些关系或者…… 你都会有很多个⼈的主见和意见,就好像很有观念观点吧.然后都持有⾃⼰的⼀些主观的意识.这种主观的意识就好像你在跟所有⼈相处的时候拿了⼀根棍⼦.⽐如说你在跟别⼈相处的时候,你⼿上拿了⼀根棍⼦,对⽅也拿了⼀根棍⼦.那棍⼦跟棍⼦总是能够像是摩擦⼀样,对吧? 那摩擦的声⾳,就好像你总是能感受到磕磕碰碰的吧.所以说当你越来越多的放下你头脑⾥⾯的任何定义和声⾳和概念和观念和任何这些看法、想法,就是这些东西.就是越来越少的去带⼊这种东西,然后你的能量层⾯便不会总是有这种磕磕碰碰的感觉⼀样.

JO: We perceive that you often generate many ideas and opinions in your energy state, possibly in relationships or with various individuals. It's as if you have strong views and hold subjective awareness of yourself. This subjective awareness is akin to carrying a stick when interacting with everyone; it's like both parties holding sticks in their hands during interactions. The sticks always rub against each other, right? That rubbing sound represents the constant feeling of conflicts or disagreements that you can sense everywhere.

So, as you release more and more definitions, sounds, concepts, ideas, opinions, and all these perspectives from your mind, you are reducing the influence of such elements on your energy level. Consequently, you will not always experience that uncomfortable sensation of friction when interacting with others.

问: 就是说在与⼈相处的时候要先放下先⼊为主的观念是吗?

Question: Does it mean that when interacting with people, one should first set aside preconceived notions?

JO: 是的.

Yes, JO.

问: 我感觉跟⼈相处的时候会有⼀点恐惧紧张.

Q: I feel a bit of fear and tension when interacting with people.

JO: 你就像刚才说放下你的先⼊为主.你是不是还没有在跟别⼈相处的时候你就已经有⼀些 memories,就有⼀些定义,有⼀些看法或者是想法或者是有⼀些观念在⾥⾯了? 你就觉得他们可能会怎么怎么评判我,他们可能会怎么怎么我,他们会不会怎么样.就是还没出现,你就已经先把棍⼦拿出来了.然后我们可以连接⼀下你的灵魂主题来看看这个跟你的灵魂主题有没有关联.我们的确连接到你的能量就是你的灵魂主题是关于整合.⽐如说你把你⾃⼰本⾝还有其他⼈其他的存有,其他的能量关系,然后怎么样可以把它进⼊到⼀种融合、融洽或者是彼此滋养,就好像建⽴团队吧.

JO: You're like just now saying to let go of your preconceived notions. Haven't you already formed some memories, definitions, opinions or ideas within yourself when dealing with others? You seem to anticipate how they might judge you, how they might react to you, whether they would accept you. Before anything appears, you've already prepared a tool to defend yourself. We can link this back to your soul theme and see if it's related. Indeed, we connected to your energy and found that your soul theme is about integration. It involves incorporating yourself along with other beings, energies, and relationships into a harmonious or mutually beneficial state, akin to building a team.

就⽐如说你需要通过你,就⽐如说⼀个⼈来⾃于⾮洲,⼀个⼈来⾃于美国,把各种不同的种族各种不同的观念各种不同的⼈,需要去把它建⽴在⼀起,团结在⼀起.因为在你的内在就有好⼏种⼈格⼀样.因为它需要从你⾃⼰的内在去整合.因为你其实有很多⾯.你可能有发现的,也有没发现的,就是有压抑掉的⼀些⼈格.就⽐如说你其实也有很执念,就是很强烈的⾃我的意愿.就是这个就是要这样.然后还有⼀⾯就是我害怕,就是很对⽴⾯.就是你强的、弱的、很友好的、或者是很⾃我的这些⾯都有.所以在你的内在你就需要不断地整合它.通过你可能说的你跟⼈会产⽣这种,那你其实跟⼈相处了你产⽣的就是另外⼀种,就是这个⼈你很熟悉了.

It's like needing to bring together different individuals from various backgrounds, such as someone from Africa and another from the US, with diverse races, beliefs, and perspectives. You need to unite these under one roof because you essentially have multiple personalities within you. This integration comes from within yourself, given that you possess many facets of personality: some are discovered, others remain hidden or suppressed; there's also a strong sense of self-will, along with the fear aspect which is in opposition. There are times when you're powerful and assertive, friendly, or purely self-centered. Therefore, your inner world requires continuous integration through self-awareness and reflection. When dealing with people, what you say might influence how they perceive you, leading to different reactions based on familiarity; once you've known someone well, interactions can change accordingly.

⽐如说跟你爸妈或者是亲密关系夫妻关系之间,你又会展现另外⼀个⼈格.

For instance, when it comes to your parents or in close relationships with spouses, you might exhibit a different personality.

问: 我可以跟我的指导灵说话吗? 我想问我的指导灵有⼏个?

Question: Can I communicate with my guiding spirit? How many guiding spirits do I have?

JO: 当你在不同的阶段,当你需要有不同的⽀持,然后它们会在你不同的阶段,需要受到不同的⽀持,会这种样⼦出现.

In different stages of your journey, when you require various forms of support, they will be there for you at those respective stages, needing different kinds of assistance.

问: 我⼩时候经常爱哭,不知道发⽣了什么事情?

Question: I used to cry a lot when I was young, I wonder what happened?

JO:那是就好像你还会有⼀些恐惧,⽐如说前世的⼀些恐惧残留在你的体内.它会导致,就好像在⼩时候你就会显化或者是看到,就被惊吓到吧.然后那个爱哭的⼩孩她还在你的体内,还是需要你整合.

JO: That's like you still have some fears, perhaps from past lives that are lingering in your body. It can lead to situations where, as a child, you would manifest or see things and get frightened. Then, the needy little kid is still within you and needs you to integrate it.

问: 我有⼀次做梦梦见别⼈在我⽿边说你跟别⼈不⼀样.想知道这句话是什么意思?

Question: I once had a dream where someone whispered to me that you are different from others. Could you explain what this sentence means?

JO: 你们每⼀个⼈都跟别⼈不⼀样,都是独⼀⽆⼆的.

JO: Each and every one of you is unique, a singular individual.

问: 有⼀段时间我的⼼脏感觉不舒服,想知道是怎么回事? JO: 现在还有吗?

Q: For a while, I've been feeling uncomfortable in my chest, and I'm wondering what's going on. JO: Is it still happening now?

问: 现在没有JO: 你⾸先要知道你们每⼀个⼈都能连接到不同的能量,对吧? 所以有时候当你们⽆意识种连接到某⼀些能量,你们就会有⼀些好像不是⾃⼰的感受⼀样,好像不是⾃⼰的感觉⼀样.但是⾝体有强烈的感觉.所以那其实你就知道你们其实都是通灵的.

Question: Now, JO: The first thing you need to understand is that each of you can connect to different energies, right? So sometimes when you are unconscious and connected to certain energies, you might have feelings or sensations that don't seem like your own. Your body, however, experiences strong sensations. So actually, you realize that you all are channeling.

第⼗个⼈:问: 我的天赋,就是我的道在哪⾥? 我叫XXX.我35岁.

The Tenth Person: Asking: Where is my path, which is my talent? My name is XXX. I am 35 years old.

JO: 你可以问⼀下你的灵魂主题.我们感受到你就好像就是天⽣你就会⼀个很⼤的理想和抱负.然后它会让你内在有⼀种强烈的驱动⼒让你不断地想要去变得更好或者是⾛的更远.但是在这个过程当中你会发现你⾃⼰有很多就是内在需要去整合的地⽅.简单的说就是你内在的⼀些缺点吧.就好像你的这台车,它没有…… 就是你的⽬标实际上很远,但是你的这台车它好像需要修修补补的才能达到这个⽬的地.所以它就是需要有很多整合.就⽐如说你的智慧,增长你的智慧呀,再增加你的凝聚⼒、影响⼒啊.它才能去那个什么.

JO: You can inquire about your soul's theme. We feel that you are born with a large ideal and ambition. It will stimulate an intense drive within you to continuously strive for improvement or progress. However, during this process, you'll realize there are many aspects of yourself that need integration – essentially, flaws within you. Imagine your car; it doesn't quite reach its destination because it needs repairs. Therefore, it requires a lot of adjustments. For instance, enhancing your wisdom, increasing your focus and influence can help achieve these goals.

所以你这⼀⽣就是不断地需要去精进、需要去整合、需要不断地去建⽴各种的,然后才能真正的⾛到你⾃⼰…… 就像前⾯说的其实你⼼中有⼀个很⼤的理想和抱负.

So throughout your life, you are constantly required to improve, integrate, and continuously build various things in order to truly reach where you are... just like the idea or aspiration that you have deeply within your heart, as previously mentioned.

问: 是的.那我增加智慧的⽅法是不停的学习,对吗?

Yes, so the way I increase my wisdom is by constantly learning, right?

JO: 不停的去探索你⽣命的本⾝,⽣命的真相,就关于你⾃⼰.因为你所谓的学习都是学的是⼀些你们物质世界的⼀些技术.但是这些它都是有限的,都是⾮常有限的.当你真正的能成为你⾃⼰,那就是⽆限了.

JO: Keep exploring the essence of your own life, the truth about yourself, because what you call learning is just acquiring some techniques in your physical world. But these are limited; they're very limited. When you truly become yourself, that's when it becomes infinite.

问: 我此⽣不是来疗愈⾃⼰的嘛.我这半年来又在疗伤吗?

Question: Isn't my purpose in this life to heal myself? Have I been healing wounds for the past half year?

JO: 那当你在不断地不断地接收我们的信息,听我们的信息,然后连接这个能量,你就在.这么说吧,就好像你⾃⼰是,就是物质世界可能有很多的污⽔.然后我们源头的⽔是清⽔.那你在不断地接收这个清⽔的时候,那你就在不断地被洗礼的感觉,被洗刷的那种感觉.

JO: When you're constantly receiving our messages and listening to them, connecting with this energy, you are essentially experiencing a constant baptismal feeling, being cleansed as if you were the polluted water in the physical world while we provide clear water from our source.

问: 所以这个跟我刚刚第⼀个问题其实也是同⼀个⽅向? 就是都是让我去提升⾃⼰对不对?

Q: So, does this actually align with my first question, meaning both are aimed at helping me improve myself, right?

JO: 是的,你只有不断地在做这样⼦的事情,你才能⾛到你⾃⼰想要⾛到的⽬的地.就好像你给⾃⼰⼀个⽬的地,我要⾛到长城.那我是不是这⼀路什么装备都是要备好?

JO: Yes, you have to keep doing such things in order to reach your destination. Imagine setting a goal for yourself like walking to the Great Wall. Do I need to prepare all my equipment along the way?

问: 我在现实⽣活中从事哪⼀类的⾏业会更接近我的⽬的地呢?

Question: What kind of industry should I be involved in in real life to get closer to my goal?

JO: 你会随着你的意识状态的变化⽽便变化的.就好像你现在可能需要⼀个⼩舞台.这个⼩舞台可能只是⼀个⼗平⽅⽶.那随着我不断地升级,技能的提升.那我可能需要五⼗平⽅⽶、⼀百平⽅⽶、两百平⽶、⼀千平⽶.你的这个舞台它会随着…… 是慢慢慢慢扩⼤的⼀个状态.

JO: Your stage adapts according to your state of consciousness, much like you might need a small stage right now which could be just 10 square meters. As I continuously upgrade and improve my skills, my requirements might grow from needing a stage of 50 square meters, then 100 square meters, followed by 200 square meters, even expanding to a thousand square meters. Your stage is gradually expanding into a larger configuration.

问: 我不知道我现在这种状态有没有在扎根? 有没有让⾃⼰的苹果树强⼤起来?

Question: I wonder if my current state is taking root, and whether it's strengthening my apple tree.

JO: 你有.

JO: You have.

问: 我的JO有没有什么话想对我说的?

Question: Does JO have anything she wants to tell me?

JO: 当你选择了这条道这条路,然后我们就会⼀直⽀持你去⾛在这条道上.因为你⼼中的远⼤的理想吧.

JO: When you choose this path, then we will always support you to walk on this path because of your far-reaching ideals in your heart.

#### 2023/11/20 — 线上集体通灵问答之⽼群友部分 Online Group Spirit Mediumship Q&A - Part for Senior Community Members

第⼀个⼈:JO: 你们可以开始提问了?

First person: JO: You can start asking questions now?

问: 为什么我最近⼀到晚上肚⼦就会胀的⾮常⾮常难受,感觉要爆了⼀样.然后早上又好了.

Q: Why do I feel extremely uncomfortable in my stomach at night recently, as if it's about to explode, and then it gets better in the morning?

JO: 你是吃完饭过后还是?问: 跟吃饭没关系.

JO: After eating or not? Q: It has nothing to do with eating.

JO: 就不吃饭也这样的状态,对吧?问: 🗎JO: 我们想要让你知道就是说你⾃⼰的的⾝体它在⼀个⾃动的调节.就是你们在不同的意识程度,然后你们的⾁体都会做出⼀个符合你的频率的⼀些,就是它会来配合你吧.所以你不需要去处理这个问题,你也不需要紧张,也不需要担⼼.因为⾝体它⾃动会settle down,它⾃⼰会settle down.我们想让你知道这是个好的现象.因为你的意识程度在提升,对吧? 那你的⾝体是不是也要让你的,就是它更加符合你的.⽐如说你现在升到四维去,对吧?第四密度.那你的⾝体它也会.所以你会发现⽐如说以前你特别迷恋或者上瘾的东西会突然不喜欢,就是喜欢的⼀些东西它会产⽣变化的.

JO: This state persists even when you abstain from meals, right? Q: 🗎JO: We want to let you know that your body is naturally adjusting itself. Your physical being responds in harmony with your frequency across different states of consciousness; it adapts to suit you. There's no need for concern or tension as your body will automatically settle down. It adjusts on its own, ensuring a smooth transition. This phenomenon indicates an improvement in your awareness levels because both your mental state and physical self are aligning more closely than before. For instance, if you've ascended to the fourth dimension, which is the 4th density, then your body will naturally adapt accordingly. You might find that things you used to be very fond of or addicted to suddenly lose their appeal; preferences shift in alignment with your enhanced consciousness.

就你可能以前特别喜欢吃重油的⼜味,现在可能变成清淡的.可能以前喜欢吃⾁,可能会变成喜欢吃素.就是它都会去跟随着你的频率,然后⾃⾏调节.所以just be happy and get ready.Congratulation!问: 请问我的JO和指导灵还有什么别的信息带给我吗? JO: NO,因为你⼀直在线的,明⽩吗?

You might have preferred rich oily flavors in the past, but now they might turn into light and清淡 ones. Perhaps you liked meat before, which might now lead to a preference for vegetables or 素food. These changes would adapt according to your rhythm and self-regulate. Just be happy and get ready. Congratulations!

Asking: Could you please share any other messages from my JO (Journey Oracle) and my guiding spirit?

JO: No, because you have been online all along, understand?

第⼆个⼈:问: 我想知道我的灵魂主题是什么? 我叫XXX.27岁.

Second person: Q: I want to know what my soul theme is? My name is XXX, 27 years old.

JO: 我们可以说你的⼀个灵魂主题就好像有⼀种定海神针.⽐如说这个能量⾮常的震荡振动,就是乱动.然后你就好像是稳住这个能量的.所以就好像是净化磁场吧.所以就是让你⾃⼰多接触这些智慧和光的信息.因为你的灵魂主题就是来,就⽐如说这个地⽅它可能有很多⿊暗的能量.那你正好是像光⼀样的存在.然后就可以中和这个⿊暗的能量,让它达到⼀个平衡的状态,明⽩吗? 就好像这⾥都是污⽔,那你是⼲净的⽔.那你的加⼊就会让污⽔污染的浓度变低吧,明⽩吗? 所以你越多的去清理⾃⼰内在的恐惧,还有就是让你的物质头脑多安静吧,就是多冥想进⼊冥想的状态.然后多去接触我们这些来⾃于光和智慧的信息,它

We can say that your soul theme is like having a keystone in the universe. For instance, if this energy is very volatile and chaotic, you would be stabilizing it. Thus, you are essentially purifying the magnetic field. You are encouraging yourself to engage more with wisdom and light information because your soul theme comes into play when there might be a lot of dark energy in an area, where you are like a beacon of light that can counteract the darkness, bringing balance to the environment.

Imagine this place is filled with polluted water; you're introducing clean water. Your presence would reduce the pollution level in the contaminated water, right? So by cleansing your inner fears and encouraging your physical mind to be more serene through meditation, you are deepening into a meditative state. You are also exposing yourself more to our information from light and wisdom.

This passage encourages readers to delve deeper into their spiritual growth by clearing out fear within themselves and embracing peaceful thoughts and knowledge derived from sources of light and wisdom.

会让你完完全全的成为你本来的样⼦.你本来的样⼦就好像是在净化这个地球的磁场这样⼦.

You will become completely as you are inherently, like purifying the Earth's magnetic field.

问: 我和我前男友的灵魂协议是什么? 分⼿后我⽼是觉得⾮常的遗憾.他的名字叫XXX.我们在⼀起3年.

Question: What was the soul contract between me and my ex-boyfriend? I always feel very regretful after breaking up with him. His name is XXX, and we were together for 3 years.

JO: 这么说吧,你内在的遗憾的感觉是来⾃于你本⾝是⼀个特别善良,特别有爱,特别会反省⾃⼰可能在有些地⽅你做的不够好.然后你会有⼀种想要去弥补⾃⼰的⼀些过失或者是不想给对⽅造成⼀些不好的印象或者是记忆.所以你更多的是⼀种在你⾃⼰的能量当中.那个能量就是说你对⾃⼰的⼀种很严格的要求吧.你就好像把⾃⼰当成圣⼈⼀样的标椎,就是你觉得你要这样你要那样.就更多的这样⼦的⼀种,就是你还在这样⼦的能量当中.然后我们想要让你知道就是说你并不会给任何⼈造成伤害.然后如果你真的是想要去给别⼈带来正⾯的影响,那就是听前⾯信息说的,不断地接触我们的信息.

JO: Let me put it this way, your sense of regret comes from you being particularly kind, loving, and self-reflective, acknowledging that there might be areas where you fall short. This leads to a desire to rectify your mistakes or avoid giving others negative impressions or memories. Essentially, this stems more from within your own energy field, which involves stringent self-requirements. You seem to hold yourself to the standard of a saint, believing you should do and be everything right. This energy is about trying to correct past wrongs or improve one's image. You are deeply rooted in this self-critical state. We want you to understand that you do not harm anyone. If your intention is truly to positively impact others, as suggested by previous messages, it involves continuously engaging with our information.

因为它会让你更加的有智慧,眼睛能看的更加的明⽩,就不会沉浸在幻像当中.然后就是不断地清理你内在的⼀些就是不是你的念头,不是你的能量.因为你们来到这个物质世界你们都会…… 就好像是⼀块⾖腐掉到泥⾥⾯去了,对吧? 那你的⾖腐上⾯怎么样都会沾很多不属于你的泥巴呀或者是渣滓这些东西,对吧? 所以就是不断地清理⾃⼰,然后让⾃⼰呈现出本来的样⼦.然后你就不只是在帮助…… 所有的任何的⼀切你都以你⾃⼰存在的⽅式在服务着这个整体.

Because it will make you wiser and see more clearly with your eyes, thus not getting lost in illusions. Then continuously cleanse the non-your thoughts, energies within you. As you come to this material world, everything resembles a piece of tofu falling into mud, right? So how can there be much muck or impurities stuck on top of the tofu that doesn't belong to it, right? Hence constantly clean yourself and present your original self. Then, not only are you helping... Everything in all its forms serves this whole being through your existence.

问: 今天我看了⼀篇⽂章说中国⼉童精神科现在都是⼈满为患.我们能做⼀些什么?

Question: Today, I read an article saying that children's psychiatry in China is overcrowded. What can we do about it?

JO: ⾸先就是你们通过这个镜像,你要知道你们看到的社会上所有的东西都是你们的集体意识和你们这个社会它的⼀个能量状态.那孩⼦是⼀个⾮常易染的(族群).⽐如说你有⼀个传染病,孩⼦马上就传染上了,对吧? 他们是属于那种易感⼈群.所以说孩⼦们会透过他们来让你们这些⼈来意识到来看到你们⽬前真实的⼀个能量状态,⽽不是说装出来的样⼦.因为你们会展现出就好像带着⾯具⼀样虚假的⼀⾯.然后孩⼦通过他们的,就是这个反射让你们看清楚.那既然你现在看到了,然后你也知道你的灵魂主题,对吧? 那你就知道just be yourself,就是做你⾃⼰.然后就像我们刚刚说的.因为这个地球它有很多就⽐如说⿊暗的能量吧.

Firstly, through this mirror, you should understand that everything you see in society is a reflection of your collective consciousness and the energy state of your society. Children are very susceptible (vulnerable) groups. For example, if there's an infectious disease, children will get infected immediately, right? They belong to those highly susceptible populations. Therefore, children allow you as individuals to become aware of and see your current true energy state rather than a pretense or facade that you might display because you often present a false front in society. You exhibit a mask-like aspect that is not genuine. The children, through their reflections, enable you to see this clearly. Since you have now seen it, and you are aware of your soul theme, then you know to just be yourself, meaning to live as you truly are. Just like we mentioned before, given the many dark energies present on Earth.

那你是光的化⾝的话,你就可以中和这个能量.让它可以,就⽐如说我们⼀直说你想象⼀下地球是⼀个房间.这个房间⾥的毒⽓很浓.那你就好像是⼀扇窗可以让这个毒⽓排出去,那它的浓度就可以降低了,对不对? 它对⼈的伤害就不会有如此⼤的⼀个影响.那当那个毒⽓越排越多的话,你们的头脑就会越来越清楚,越来越清晰,越来越不会产⽣幻觉,就沉浸在痛苦当中.

If you are the embodiment of light, then you can neutralize this energy, making it like imagine Earth is a room with very toxic gas inside. You are akin to a window allowing this poison gas to vent out; its concentration would thus decrease, right? It wouldn't have such a large impact on humans. As more poisonous gas gets ventilated away, your minds will become clearer and more lucid, producing fewer hallucinations amidst suffering.

第三个⼈问: 我的灵魂主题是什么? 我的天赋是有哪些? 我叫XXX.我27岁.

The third person asks: What is my soul's theme? What are my gifts? I am XXX. I am 27 years old.

JO: 你稍等.我们连接到就是你内在是⾮常有抱负有理想有⽬标这样⼦的⼀个存有.然后你这⼀⽣的灵魂主题,你会吸收很多…… 这么说吧,在你眼⾥⿊和⽩两个对⽴⾯,你会看的⾮常清楚.然后它会让你内在产⽣⼀种⾮常强烈的感觉.它会给你内在带来⾮常强烈的感觉,也会引发出你很多情绪.你们有⼀句话叫爱恨分明吧.就像是那种你会把爱看的很明显,也会给你留下很深的印⼦.我们把爱当成是光.光,你会很清楚,它会在你⾝上落下⼀个印记.那同样你会对⿊暗很明显很清楚,也会落下⼀个印记.那这两股能量会导致你内在产⽣⼀种就是你想要去转变.就是你会有强烈的想要去转变,⽤你⾃⼰的⼒量和对⽣命的⼀个理解,然后想要去转化,想要去转变.

JO: Wait a moment. We're connecting to this being who is ambitious, has aspirations and goals within them. Then, the soul theme of your life will have you absorb many... To put it simply, in your eyes, the two opposing sides of black and white will be very clear to you. This clarity will generate a very strong inner feeling for you, which will bring about intense emotions internally. You might say that you are very 'for' or 'against', meaning that you perceive love very clearly and it leaves a deep impression on you. We view love as light. Light is very clear; it will leave an imprint on your body. Similarly, you will be very aware of darkness, which will also leave an imprint. These two energies will lead to an inner desire for transformation within you. You will have a strong desire to transform using your own strength and understanding of life, aiming to change.

所以说你这⼀⽣的主题就好像是你需要去整合它.

So your life's theme seems to be that you need to integrate it.

问: 那我整合完之后会达到⼀个什么样的境界?

Question: What level of mastery would I achieve after integrating it?

JO: ⽐如说你落下的所谓的印⼦,因为这些落下的所谓的印⼦其实它都是幻像嘛,⽆意识的嘛.就⽐如说它会落下⼀些,它会让你产⽣⼀些⼼中的愤怒或者不公的这些东西.它需要你的⼀些智慧的进⼊.这些智慧就会像是橡⽪擦⼀样把你⼼中的印⼦擦掉.擦掉过后,你内在就好像呈现的是⼀个⽆的状态,就好像是⼀个圆满的状态.那圆满的状态你才能去投射出来这个世界是⼀个圆满的状态.所以它就好像你⾃⼰在整合的同时,你就在整合这个世界,明⽩吗? 所以就是整合你⾃⼰.你⾃⼰的⼀个成长,你⾃⼰把内在的东西,落下的印⼦慢慢慢慢看到了过后,然后再它慢慢慢地好像消失掉了.

Jo: For example, the so-called marks you might leave behind, because these so-called marks are actually illusions, unconscious phenomena. They can lead to feelings of anger or injustice within you, and they require your wisdom to intervene. Your wisdom acts like a rubber eraser, removing those marks from your mind. After erasing them, your inner self appears in a state of nothingness, akin to completeness. Only then can you project this sense of wholeness onto the world around you. Essentially, while you are integrating yourself, you are also integrating the world around you. You're essentially growing and bringing out what's inside you, slowly realizing those marks that were left behind, and eventually they fade away over time.

问: 我可以理解为像佛陀那样开悟了吗?

Can I understand that as becoming enlightened like Buddha?

JO: 是的.因为你必须要不断地有智慧的进⼊,你才能有解脱之路.如果没有智慧的进⼊的话,那你其实还会去体验很多对⽴⾯.它对你就会有很多强烈的拉扯感.就你会感受到⼼中很深的愤怒或者是不公平,或者是想要去发泄或者是想要去整改.但是它是⼀种好像是以极端的⽅式,就是从外去消耗的⽅式.因为你不断地想要去在果上做功夫.所以直到你⾛⼊,就是不断地让智慧进⼊你,然后慢慢慢慢地你就发现你⼼中强烈的情绪它在慢慢慢慢地消退消退,达到你⼼中不会再产⽣这种对⽴的感觉.

JO: Yes, because you need to continually enter with wisdom for the path of liberation. Without this wise entry, you would actually experience many opposing forces. It would have a strong pull on your heart. You might feel deep anger or injustice, or want to vent or change things. But it's in an extreme way, as if from outside, consuming you by seeking results constantly. Until you enter, letting wisdom continuously come into you and gradually, over time, you find that the intense emotions within are diminishing, reaching a point where they no longer generate opposing feelings.

问: 那我现在当下需要去做些什么?

Q: What do I need to do right now?

JO:当下,你27岁对吧?你稍等.当下我们想让你知道你在体验的同时你记得只有智慧是出路.所以把任何情绪,就是⽐如说强烈的情绪,让它引领你到⼀个你去寻找智慧的解决⽅案.就⽐如说,你说发⽣了⼀件不公平事,我真的很想站出来怎么样怎么样.但是你在想这么多⼈站出来,这么多⼈⽤这种暴⼒的⽅式,就是以恶制恶的⽅式.它们有效果吗?你就反问你⾃⼰.就是当你⾃⼰…… 就是你头脑⾥⾯可以先过⼀遍: 有效果吗? 你看看我们世界上已经有很多⼈给我们做出案例,做出例⼦.他们已经给我们展现了.这个是出路吗?我还需要体验吗?那如果我能把别⼈的体验变成我⾃⼰的体验,我是不是就不需要创造这样的体验给我⾃⼰了?那怎样才是出路呢?

JO: Currently, you're 27 years old, right? Just hold on. Right now we want you to know that while you are experiencing it, what matters is only the wisdom as a way out. So let any emotion, for instance, very intense emotions guide you towards seeking a solution based on wisdom. Like when you say an unfair thing happened and I really want to stand up and do this and that. But then you ask yourself: Would all these people standing up using such violent means be effective? Does it help in the long run by retaliating with evil against evil? You question yourself when faced with your own... Imagine going over what's happening in your mind first: Is there any effectiveness to it? We have already seen numerous examples of this in our world. They've shown us that this can be a way out. Do I need to continue experiencing it myself? If I could adopt others' experiences as my own, would I not need to create such experiences for myself anymore? How else can one find a way out?

那是不是就会让你想要去⽤你⾃⼰的⽅式去找到出路.那就会把你带上我们的这条道路.你去看我们的信息.有很多信息都会给你明确的指⼀条路来让你去认清楚你们这个物质世界的这些相它是如何产⽣? 它如何服务于你们?

That might lead you to seek your own path out, which would bring you down our road. Look at our information; there are many pieces that clearly guide you on how these aspects of the material world arise and how they serve you?

问: 那我的天赋呢?

Question: But what about my talent?

JO: 你是⼀个决⼼特别强,然后也有很强的意志⼒和忍耐⼒.如果你能允许智慧去加⼊的话,你会是⼀个,就按照你⾃⼰的意愿在这个物质世界,就会成为⼀个⾮常成功的⼈⼠.因为你其实是⼀个很有执⾏⼒,也是很有魄⼒和⾏动⼒都很强的,明⽩吗? 也是很有决⼼的.

JO: You are someone with a very strong determination, and you also have strong willpower and endurance. If wisdom were allowed to join in, you would become, according to your own will in this material world, an extremely successful person. Because you are actually someone who has strong执行力,魄力, and action power, right? You are also very determined.

问: 那我这个成功是在哪⽅⾯呢?

Question: But where exactly is my success?

JO: 成功就是说你可以⽤你⾃⼰的⽅式去展现你⾃⼰在这个物质世界你想要展现的.它成功就是说它正⾯服务了你,它正⾯服务了你⾝边的所有关系,它正⾯服务这个社会,它正⾯服务集体意识,明⽩吗? 这就是所谓的成功.

JO: Success is about saying you can manifest what you want to show in the physical world in your own way. It's success because it positively serves you, and it positively serves all the relationships around you, it positively serves society, and it positively serves collective consciousness, do you understand? This is所谓的success.

问: 只要我喜欢,我就去做就可以了?

Question: Can I do it as long as I like?

JO: 是的.因为你会,就是刚前⾯说的是正⾯服务于所有,involve所有.问: 我如何可以在这个物质世界获得⾦钱的富⾜?

Yes. Because you can, just as what was mentioned earlier about serving all positively, involving everyone. Question: How can I obtain financial abundance in this physical world?

JO: 就前⾯的那个,就前⾯的那些信息.你想象⼀下成功的相它包括任何你所需要的,不只是⾦钱.

JO: Imagine the successful scenario including everything you need, beyond just money, based on the previous information provided.

问: 能不能帮我连接⼀下秦始皇的能量……JO: ok, ok,我们连接到你的能量,因为刚刚说你的执⾏⼒特别强,对吧? 这些能量它都来⾃于你做过像是⼀个战⼠,⼀个fighter,⼀个就好像是将军样⼦的,就是你有过这样⼦的经验,明⽩吗? 所以你现在的体验你还会感受到那种…… 你想象⼀下你是⼀个将军的能量.那你⼼中产⽣的……问: 我感觉我以后是皇帝或者是更⾼.因为我觉得我内⼼⽆所谓正邪……

Q: Can you help me connect to the energy of Qin Shi Huang... JO: Alright, alright, we're connecting to your energy because it was mentioned that your execution is particularly strong, right? These energies come from when you were like a warrior or fighter, someone who behaves like a general - you have had such experiences, understand? So, with this current experience, you still feel those... Imagine yourself as the energy of a general. What would be produced in your heart? Q: I feel that I will become an emperor or even higher in the future. Because I don't feel any inherent righteousness or wrongness within myself...

JO: 是不是跟你的灵魂主题说的⼀样? 因为你会有强烈的⿊⾯⽩⾯.所以说你的这个能量,所有的这⼀切都需要有我们光的进⼊,智慧的进⼊.所以说越多的连接我们的信息,越多的进⼊光,越多的让它充斥于你.你就可以任意的去展现.为什么? 因为⽆论你变成什么样⼦,你都是爱的化⾝.它就在正⾯服务于你,以及集体意识和所有的⼀切存有.

JO: Does it align with your soul's theme? Because you will have strong black and white aspects. Therefore, all of this energy, everything requires the entry of our light, the entry of wisdom. So, more connections to our information, more entering into the light, more filling you with it - you can then manifest at will. Why? Because no matter what form you take, you are an embodiment of love serving you and collective consciousness and all existences.

问: 我跟我爱⼈的关系.我们在⼀起有3年了.她叫XXX.

Q: About my relationship with my loved one. We've been together for 3 years. She is named XXX.

JO:我们感受到这段关系如果在你还没有整合之前的话,你会感受到蛮多的冲突,就是会觉得有很多你需要去处理的问题.就是它会带出来你很多强烈的情绪.但是如果你整合完过后,你们的关系才会进⼊到⼀种就好像是互相滋养,互相⽀持这样⼦.所以它会随着你的能量的变化⽽变化的.

JO: We would feel a lot of conflicts in this relationship if it hadn't been integrated by you, which would make us feel like there are many issues to handle. This would bring out a lot of strong emotions from both sides. However, once the integration is complete, your relationship will enter into a nurturing and supportive phase where it adapts according to changes in energy levels.

问: 我们现在没有争吵,但是感觉我们能互相投射对⽅的⼀些问题. JO: 是.所以就⽤关系的这⼀⾯镜⼦,然后来彼此去帮助对⽅成长.问: 成长过后我们还需要去达到⼀个什么样的状态?

Q: We're not arguing now, but we feel that we can project some of each other's issues onto one another.

A: Yes. So use this aspect of the relationship as a mirror to help each other grow.

Q: After growing, what kind of state do we still need to achieve?

JO: 你整合,就像我们刚刚说当你真的是完全是爱的化⾝,⽆论怎么样你投射出来的都是爱.所以你们彼此就可以服务众⽣了,因为你们⾃⾝的功课做完了.

JO: You embody unity, like we just said when you are truly a being of love, no matter how you project it is love. So you can serve众生 together because your own tasks are done.

问: 我和我妈妈XXX的灵魂关系?

Question: I want to know about my spiritual relationship with my mother's soul?

JO: 我们感受到你妈妈的能量可能对你的能量,就从能量层⾯它会有⼀点像压制的感觉⼀样.可能就是她会对你有⼀些期望或者是要求.⽐如说她⼼⽬中有个你应该是怎么样,然后会让你⼀直有抵触或者是…… ok,她的能量是会让你不论受到什么,你都会做你⾃⼰,坚持⾛上你⾃⼰的道路.就像是这样⼦的⼀个存在.她对你就好像是让你更加坚定去选择你的路.为什么呢?因为当你越是,⽐如说想要去听从,但是你⼼中会有不爽,你不愿意,会积压更多的愤怒.所以她的存在会以她⾃⼰存在的⽅式让你更加的坚定⾃⼰,就是我才不管你.我要⾛我⾃⼰的路.就会有⼀种这样⼦,让你可以更坚定的⾛在你⾃⼰的路上.不管她以什么⽅式表现.

In terms of energy, we feel that your mother's presence might exert some sort of suppressive influence on yours. This could be due to her having certain expectations or demands for you - perhaps she envisions how she believes you should behave and insists that you adhere to these ideals, potentially causing you to resist or struggle against them.

However, her energy empowers you in a way such that no matter what challenges you face, you are encouraged to stay true to yourself, to persist on your chosen path. Her influence is akin to strengthening your resolve to walk your own road. Why might this be so? It's because when you try to comply with her expectations despite feeling displeased and unwilling, it accumulates more resentment within you. Hence, her presence acts as a force that reinforces your autonomy – she doesn't care about what others think; she is determined to follow her own path. This dynamic enables you to be more steadfast in pursuing your chosen path, regardless of any external influences or manifestations from her side.

也有可能就是说:孩⼦,你要怎样怎样,就是以正⾯的⽅式或者是打压的⽅式或者是各种⽅式.但是她就想要你通过这⼀段刺激,因为关系对⽴的⼀种让你更加坚定地去理解和⾛上你⾃⼰想要展现的就是你本来的样⼦,明⽩吗? 也就是说有⼀种你是⼀只⼩鸟,她想要把你关在笼⼦⾥⾯管关不住.因为你知道你的⽅向在哪⾥,你知道天空才是你的归属.所以你拥有强⼤的抱负和能量,但是你需要精进,就是要有智慧,明⽩吗? 不然的话,它会以破坏式的⽅式.所以说就是跟随我们的信息,任何时候你需要指引,你可以来到我们这⾥.

There might be the suggestion that you should do this or that way with your child, either positively or by exerting pressure or through various methods. However, she wants you to gain more from this experience because of the opposing relationship, aiming for a deeper understanding and alignment with who you truly are. Essentially, it's like being a bird that she tries to cage, but you can't be contained because you know your true direction lies in the sky. This indicates a strong ambition and energy within you, but you need refinement, which means wisdom is required. Otherwise, it might lead to destructive outcomes. Thus, follow our guidance, and whenever you need direction, feel free to seek us out.

第四个⼈问: 别⼈问我要的时候,我会不舒服但又没有⼒量拒绝.就是我可能喜欢主动给与,这样会让我感觉很好.这个是因为我⾃⼰内在匮乏关闭不敞开吗?

The fourth person asks: I feel uncomfortable when others request from me but lack the strength to say no. It's like I prefer to offer actively, which makes me feel good. Is this due to my inner lack of fulfillment and being closed off?

JO: 是因为你的能量,就好像我们这么说你是⽕苗,对吧? 那现在当你燃的不是特别旺的时候,别⼈从这边把⽕种给你拿⾛,你就会觉得我少了.那当你是⼀个熊熊燃烧的⼭⽕,别⼈哪怕开着消防车来灭⽕都把你灭不掉.灭了又燃的更加的旺了,明⽩吗? 所以对⽅来给你沉呈现了⼀个: 我需要持续的、继续的、疯狂的燃烧,ok? 我现在燃烧的程度还不够,所以别⼈把我的柴拿了⼏个⾛,我就会觉得我的⽕苗⼩了.就你还在受外界的影响.

JO: It's because of your energy, like we might say you're a flame, right? Now, when you're not burning particularly brightly, if someone takes the flame from here and removes it from you, you would feel that you are missing something. But when you are a raging mountain fire, even if someone comes with a fire truck to put out your fire, they can't extinguish you. After being extinguished, you burn even more fiercely. Understand? So the other party comes to present themselves as needing constant, continuous,疯狂 burning, okay? My level of burning is not enough right now, so when someone takes away some of my wood, I feel that my flame has diminished. You're still affected by external factors.

问: 其实还是我认为⾃⼰内在的是匮乏的?

Question: Actually, I still feel that there's a lack within myself?

JO: 你想象⼀下如果你突然醒来发现你中了⼀个彩票,中了⼏千个亿.然后别⼈来说XX,你今天能给我个⼏千块钱不? 你发现你⾃⼰中了⼏千个亿,哪怕你给他拿⼏万⼏⼗万⼏千万对你都没有丝毫的影响.为什么呢? 当你这⼏千个亿投出去过后,你每天都要收⼏百个亿.你还会对他给你说给我拿个⼏⼗万⼏百万有影响吗? 明⽩吗? 你爱咋地咋地,你想怎样怎样.但是它不会影响到你内在,就是不会影响到丝毫的你那种狂嗨的⼀个状态,明⽩吗? 所以说去不断地去拆惊喜,不断地去发现造物主给你的惊喜,focus on it.去把关注⼒转移到这边.因为你们永远都会发现他们内在还是⾮常匮乏,还需要从外在去找⼒量的⼈.

JO: Imagine you suddenly wake up and find out you've won a lottery, billions of dollars. Then someone comes to you and says, "Can you spare a few thousand dollars today?" You realize you've won billions of dollars, but even if you give them millions, tens of millions, or billions, it wouldn't make any difference to you. Why? After spending your billions, you'd be receiving hundreds of billions daily. Would giving someone a few million, tens of millions, or billions affect you in the slightest? Do you get it? You can do whatever you want, and feel however you want; but it won't impact that wild excitement within you, understand?

So, keep continuously uncovering surprises, finding joy in what the Creator has bestowed upon you. Shift your focus here. Because you will always find that they are perpetually lacking internally, needing to seek strength externally.

然后当你能呈现出⼀个版本,就是对⽣命的⼀个喜悦和狂嗨的⼀个状态.然后他们也会被你们带动起来,然后他们也会发现原来什么都有,不需要去问谁拿.然后他们也会变成⼀个想要不断地送礼的⼈.所以这就是他们去成长和认识的⼀个阶段.

Then when you are able to present a version where life is full of joy and exuberance, they will be inspired by you. They will realize that everything is available without needing to ask anyone. Consequently, they'll become individuals who constantly want to give gifts. This is the stage through which they grow and gain understanding.

问: 那我能不能理解……JO: 我的意思就是说你只需要去进⼊狂嗨的⼀个频率.那个频率世界⾥⾯不会有这样的问题.就算有这样的问题,你也会把它们转变.让他们跟你⼀起狂嗨.明⽩吗?

Q: So can I understand... JO: What I mean is that you just need to enter into the frequency of going wild and crazy. In that world, there won't be such problems. Even if such issues do exist, you will transform them and have them join in on your wild ride. Get it?

问: 我为什么会吸引这些事情,是我的频率?

Question: Why do I attract these things? Is it because of my frequency?

JO: 你现在还不稳定啊,就像我们刚刚说你这个⽕还燃烧到这个程度的话,别⼈把柴给你拿⾛了,你就会觉得我的⽕少了.当你⽣命中不断不断地熊熊的像⼭⽕⼀样扑灭不了,你会不受丝毫的影响.就是专注在你⾃⼰激情喜悦的路上,ok? 把这些⼤化,把这个狂嗨的时间再拉长.再不断地扎根,ok? 你以前可能是我通灵的时候狂嗨⼀下.通灵完再狂嗨⼀个⼩时.那你把这个⼀⼩时变成两⼩时、三⼩时、四⼩时、五⼩时、六⼩时…… 明⽩吗? 持续的,不断地去拉长.

JO: You're not yet stable; like when we just said that your fire is burning to this extent, if someone takes away the wood from you, you would feel like my fire has diminished. When your life continuously burns fiercely like a mountain fire, you won't be affected in the slightest. Just focus on your own path of passion and joy, okay? Expand these massive experiences, extend this wild high time again. Keep deepening, okay? Previously, you might have gone hyper when I was channeling energy, then went hyper for an hour after that. But now, let's change this to two hours, three hours, four hours, five hours, six hours… Understand that it needs to be sustained continuously and kept going on increasing in length.

问: 我当下的能量还有在什么⽅⾯处在关闭⽅⾯我⾃⼰不知道的?

Q: What aspects of my energy am I currently unaware that are possibly shut down?

JO: 那就是你越嗨越去enjoy your life,越是进⼊我们的信息越是跟我们紧密的连接,所有的东西都会像蛇蜕⽪⼀样,它⽪就⾃然⽽然的掉了,明⽩吗? 你的转变的速度就会越来越快.那你不断不断地……问: 我经常做梦在梦中飞的很⾼,关于这个有没有什么信息?

JO: That's because the more you immerse yourself in enjoying life and connecting with our information, the tighter your link becomes, everything will shed like a snake shedding its skin naturally. Do you understand? Your rate of transformation increases. You just keep doing this...

Question: I often dream about flying very high in my dreams, is there any information on this?

JO: 飞的很⾼? ok,那就是你,你会飞的很⾼.带领很多⼈跟你⼀起飞的很⾼很⾼,因为能量轻盈嘛.所以带领地球这些沉重的能量,让它们变得越来越轻盈.所以当你觉得很沉重的时候记住你的能量是飞的很⾼的状态,那才是你.

JO: Flying very high? Alright, that's you; you fly very high. Leading many people to fly very high with you because of the lightness of energy. So leading Earth's heavy energies and making them become increasingly lighter. Therefore, when you feel weighed down, remember that your state is one of flying very high; that is who you are.

问: JO说的是看我当下的能量趋势呢? 还是更⾼版本的我呢?

Question: Does JO refer to my current energy trend or a higher version of myself?

JO: 本来的你.当你觉得你沉重了那是因为你加⼊了其他⼈的能量,就是你加⼊了幻像,你受这个幻像的影响.去嗨吧.

JO: Your original self. When you feel weighed down, it's because you've incorporated other people's energy; that is, you've joined the illusion and are being influenced by it. Go have fun.

第五个⼈问: 我想让您帮我指点⼀下我前天梦⾥有⽣⽓,然后右肋⾻疼……我破不了我树⽴的条条框框……JO: 你去玩的开⼼⼀点.你只需要去,哪⾥好玩我去玩,你的痛就会没有了.问: 可是那个劲就过不去……JO: 也就是说让你去关注让你激情、开⼼的点.进⼊它,然后你⾝体会⾃动的调节来⽀持你,你不需要停留在现在的状态⾥⾯,⽽且你也不会,明⽩吗? 所以让其它那些让你有兴趣的东西把你给引⾛.

The fifth person asks: I'd like you to guide me; I had a dream two days ago where I felt anger, then my right rib was in pain... I can't break the boundaries I've set up. JO: Just have fun more. You just need to go somewhere enjoyable and play around, your pain will disappear. Person asking: But that feeling is too strong... JO: In other words, focus on what brings you excitement and happiness; dive into it. Your body will automatically adjust to support you, so you don't need to stay in this state, and neither will you understand. So just let the things that interest you take your mind off of these issues.

问: 但是……JO:没有但是,那你也可以随时在⾛.我跟你讲现在这个地⽅就好像是个房间.这个房间我们写着X(指提问者的⽹名)受伤的房间,X⽣⽓的房间,在这个房间⾥⾯.我们还有⼀个X兴奋、激情的地房间.去激情的房间啊,看看⾥⾯有什么东西给你,ok?那如果你不想⼼回到 X受伤的房间,你还是有钥匙去到激情的房间,明⽩吗?它都在那⾥.你不需要处理任何,你不需要去处理任何.你要知道you always have the choice.那个门永远都是给你打开的,你随时只要进去就好了.你对这种跳跃的、穿越的、瞬间的这种是特别在⾏的.

Q: But... JO: There are no buts; you can just walk away at any time. I'm telling you that this place is like a room. This room we write as "X's hurt room," "X's angry room," in this room. We also have an X's excited and passionate room. Go to the passionate room, see what it gives you; okay? If you don't want your heart to return to the X's hurt room, you still have a key to go to the passionate room; do you understand? They are all there. You don't need to deal with anything; you don't need to deal with anything. Just know that you always have a choice. That door is always open for you; you can just walk in whenever you want. You're very good at this kind of jumping, crossing over, instantaneous action.

问: 我总控制不了⽣⽓,然后我都不跟别⼈说话.

Question: I always can't control my anger, then I don't talk to anyone else.

JO: 没有关系,去看看另外⼀个房间有什么好玩的.

JO: It doesn't matter, go and see what's interesting in another room.

问: 以前说我下⼀世会当精神⽅⾯的专家.我想提前,不想再这样.想60岁以后……JO: 这么说吧,就像我们刚刚说它有这个房间在那⾥.你⾃⼰要选择进⼊,但是你随时都可以选择进⼊到另外⼀个房间,明⽩吗? 那⾥⾯有激情有快乐有轻松,并没有哪个房间拽着你不⾛.只有你⾃⼰选择我想要停留在⾥⾯.

Q: They said previously that in my next life I would become an expert in mental aspects. I want to do it sooner rather than later and not have to go through this again. I'd like it after the age of 60...

JO: Let me put it this way, as we just discussed that there's a room available for you. You choose whether to enter or not, but you can always decide to step into another room at any given time. In that space, there is passion, happiness, and ease, with no room holding you back from moving on. Only you yourself decides where you want to stay.

问: 那会⼉说的这是我⼀⽣的课题.那我就想加速……JO: 那加速说的是当你⾃⼰越在⼀个你⾃⼰很嗨的⼀个状态,就是很快乐很轻松的⼀个状态,你就会感受到所有的⼀切都在加速,明⽩吗?

Q: Back then, they said it was my lifetime's subject. So I thought about speeding it up... JO: By "speeding it up," they mean when you're in a state where you're really enjoying yourself, feeling very happy and relaxed, everything accelerates for you, do you understand?

问: 那我就可以把时间点加速……JO: 这么说吧,我们刚刚说X有很多个房间.在这个痛苦的房间,在那个快乐的房间,激情的房间,兴奋的房间,这些房间都在这⾥.那⽐如说你余下还有个⼏⼗年时间,还有五⼗年时间,对吧? 那五⼗年时间你到底要放多少时间在你激情兴奋和快乐上⾯? 在那个房间⾥⾯? 你要在那个房间⾥呆?

Q: Then I could speed up the timeline...

JO: Let me put it this way, we just said that X has many rooms. In this painful room, in that joyful room, the room of passion, and the room of excitement, these rooms are all here. For instance, you have another few decades left, or fifty years, right? How much time should you allocate to your passions, excitement, and joy in those rooms over those fifty years? How long do you want to spend in that particular room?

问: 我全放在那.

Question: I put everything there.

JO: 那就算不⼩⼼掉⼊到那种痛苦的房间,那痛苦的房间等你拿到礼物了,你就可以⾛了.问: 那我现在基本都快拿到了吗?

JO: So even if you accidentally fall into that painful room, once you get your gift from the painful room, you can leave. Q: Is it almost time for me to get everything now?

JO: 看你⾃⼰呀.因为你问你⾃⼰why,是什么让我到这⾥?问: 我当下肋⾻疼……JO: 就是听前⾯的信息,但是你⾃⼰可以选择进⼊到哪道门.然后你的⾝体它会产⽣那样⼦的⼀个频率给你.

JO: Look at yourself. You asked yourself 'why', what made me here? You said: I'm experiencing pain in my ribs right now... JO: It's about listening to the information up front, but you can choose which door to enter. Then your body will generate that kind of frequency for you.

问: 你以前说我……JO: 你不要说以前,现在只有当下的信息.

Question: You used to say... JO: Don't talk about the past, there's only current information now.

问: 我最近加速学习之后,我会选择我⼈⽣版本⾥⾯财富丰盛⼀些吗?

Question: After speeding up my learning recently, would I choose a version of my life with more prosperity?

JO: ⾸先没有信息给你说你这⼀⽣物质什么什么的…… ok? 没有任何这样的信息,因为你们不受任何信息的限制.⾸先让你知道这⼀点.然后我们永远也不会有任何信息告诉你…… 为什么呢? 因为你才是那个创造者,才是去创造你⾃⼰的体验.关于财富对你来说你想要体验的,你都可以体验到.是你头脑⾥⾯对财富的⼀个定义限制了你.就⽐如说我必须要通过⼯资赚钱我才有钱.我必须要通过这个⽅式赚钱…… 是你们这些想法限制了你,明⽩吗? 因为有钱是什么? 有钱就是我有更丰富更多姿多彩的⼀个体验.我可以选择更多的美⾷,更多漂亮奢华的酒店,它创在更多的体验,对吧?

JO: First, there is no information given to you about what your physical body will be like... okay? There is no such thing because you are not bound by any information. First, know this point. Then we will never have any information for you… why? Because you are the creator, the one who creates your own experience. About wealth, whatever experience you want to have, you can have it. It's your mind's definition of what wealth is that limits you. Like I must earn money through my salary; I must make money this way... these ideas limit you, right? Because what does being rich mean? Being rich means having a more diverse and vibrant experience. I can choose more delicious food, fancier hotels with more extravagant experiences, right?

但是你们并不⼀定只能通过钱的⽅式你才能创造这样的体验,明⽩吗? 你们有各种⽅式去创造这样的体验给⾃⼰.那是不是跟你们有钱了没啥区别呢? 明⽩吗? 所以说不要⽤头脑⾥⾯的⼀些限制来限制你.但是你⾃⼰⽆论在物质世界想要体验什么,你都是受到⽀持的,明⽩吗? 所以就是说跟随我们的信息你就能找到在这个物质世界你是如何去体验你想体验的,如何去显化你想要体验的,如何吸引你想要体验的那个版本.

But you don't necessarily have to do it only through monetary means to create such experiences, right? You have various ways to create these experiences for yourself. Isn't that the same as having money? Right? So don't limit yourself with some restrictions in your mind. But whatever you want to experience in the material world, you are supported, right? So just follow our information and you can find out how you go about experiencing what you wish to experience, manifesting what you desire, attracting that version of it in this material world.

问: 我以前觉得不是我⾃⼰挣来的就不是钱…… JO: 这是你的限制.

Q: I used to think that money I didn't earn myself wasn't really money... JO: This was your limitation.

#### 2023/11/23 — 家族⼄肝病毒之家族业⼒ The Familial Influence of Hepatitis B Infection

JO: 你说什么问题?

JO: What question did you say?

问: 我们家族成员⼀直携带着⼄肝病毒,这是为什么? 我叫XXX.

Q: Why do members of our family carry the hepatitis B virus? My name is XXX.

JO: 我们连接到这⾥⾯会牵扯到⼀些家族业⼒.然后本⾝就是说你们选择了不只是⾝体的疾病,然后还有其它的共同点.你们这条线好像是连接⼀起的,就你有这个症状,他也有这个症状.还有⼀些其它的特性也是在你们这些⼈之间.你想象⼀下还有什么特性?

JO: Connecting to this involves some karmic connections within families. In essence, it's about choosing not only physical illnesses but also shared traits or similarities among you all. It seems like your lines are connected; if you have a certain symptom, so does the other person. There are also other characteristics that are common among you. Can you imagine any other specific traits?

问: 关系不亲密…… 这个病毒有8千万⼈携带……JO: 先不说其它的,连接到你们这⼏个⼈的能量.你们都会有⼀种对他⼈的⼀种排斥.就是好像有⼀个⾃我攻击,⾃我排斥.但是也会体现到对他⼈的⼀种排斥.所以就会体现到你们可能没有⾜够的耐⼼,没有⾜够的包容.宽容和爱.就会导致脾⽓⽐较不太好,就是容易发脾⽓吧.这也是你们共同的点,就是对⾃我内在的⾃我攻击⾃我排斥.但是这个也会延伸到外在.

Q: If you're not very close... This virus carries about 80 million people... JO: Without going into specifics elsewhere, the energy connected to these few individuals would result in a form of rejection towards others. It's as if there's self-attack and self-rejection, but it also manifests in rejection towards others. Therefore, you may lack patience, tolerance, forgiveness, and love. This might lead to having bad tempers, making it easy for you to get angry. This is one common trait among you, where the self-attacking and self-rejection happens internally. But this extends outward as well.

问: 母婴传染的.为什么婴⼉会获得这种体验呢?

Why do infants experience mother-to-child transmission?

JO: 因为你们来到⼀个家庭,来到他⼀起,⼀定是有⼀个好像是共同的课题是需要给你们去突破的.那你们共同都会有这个课题.我们捕捉到的信息就是说这个病是会传染的是吧? 然后你们的能量也会是传染的,就是你们也是绑在⼀起的.就⽐如说他可能会对⽐⽐较冷漠⽐较冷淡.那你可能会对他更加冷漠更加冷淡.当开始对你变得宽容包容对你有耐⼼,就不断地对你付出爱的时候.你也会变成那样⼦.所以你们就好像彼此是彼此的反射镜.就是他怎么对你,你就怎么对他.如果他往好的⽅向对你,你也会好的不得了的对他.所以如果你想要打破这个的话,你先不去寻求任何回报或者是期待.你先去展现你内在对他们其他成员的爱.然后你会看到它会加倍的还给你.

JO: Because when you join a family together with him, there must be a common issue that needs to be overcome - one that both of you share. The information we've captured is that the disease can spread, correct? Similarly, your energy spreads as well, meaning you are interconnected. For instance, if he becomes more distant and indifferent towards you, you might also become more distant and indifferent in return. When he starts being kinder, more patient, and consistently showing love to you, you will mirror this behavior. Therefore, it's like each of you is the other's reflection - how he treats you, you treat him accordingly. If his treatment towards you becomes positive, your response would also be exceptionally positive. Thus, if you wish to break this cycle, don't seek any form of return or expectation first. Begin by expressing love for the rest of the family members within you. You will then notice that it returns to you in a multiplied manner.

就好像你打他⼀下,他打你两下.你给他⼀颗糖,他给你两颗糖.就好像是捆绑在⼀起的⼀样.所以说任何你想要被对待的,想要去体验的.你先去创造出来给对⽅,给他⼈.

It's like you hit him once, and he hits you twice. You give him a piece of candy, and he gives you two pieces. It's as if you're bound together. So with anything you want to be treated in the same way or experience from others, first create it for them, for someone else.

问: 这个病最后都恶化成肝癌.我⽗亲是肝癌去世的.这个从能量上或者从家族业⼒上是什么原因?

Question: This disease ultimately progresses to liver cancer. My father passed away from liver cancer. What is the reason behind this in terms of energy or family karma?

JO: 就像我们刚才带出来的信息,你们也就好像是在体验这个镜像反射,就好像这个因果关系.也就是说当你⾃⼰,就是你没有爱嘛.你没有给出去你的爱,你也不会接受爱.你就好像是完全在⼀种⼜渴或者缺⽔的⼀个状态.那当你的内在的⽔流给别⼈的时候,你的⽔也会远远不断的.就像是⼀种循环⼀样.所以你们就好像传染了⼀个负⾯的疾病,就⼀个消极的疾病.那需要去打破的.就是你这个好像⼀个负⾯循环,那你现在需要把它转变成⼀个正⾯循环.正⾯的循环也会加倍的效果.

Just like the message we've been discussing, you're experiencing this mirror reflection much like a cause and effect situation. Essentially, when you don't love yourself - which means you neither give nor receive love - you find yourself in a state akin to being thirsty or suffering from dehydration. When your inner flow is directed towards others, it's as if your resources replenish continuously, creating a loop similar to a cycle. You're essentially spreading a negative illness, an unforgiving condition that needs to be broken. It seems like you're caught in a negative cycle that requires transformation into a positive one; once achieved, the effects will amplify significantly.

问: 如何转化?

Q: How to transform?

JO:那既然是你来找我们,然后得到我们的信息.那肯定就是从你这⾥开始.所以你就不要去指望别⼈,因为别⼈没有连接到我们的信息.然后从你这⾥开始你就知道,你要记住爱是你们⽣命的源泉,不是⾦钱,是爱.你们只有爱才能存活.没有爱的话,你的⾝体就好像是在⼀个没有⽔的状态下.就好像⼀棵植物没有⽔不会⽣长的,它会⼲枯的,它会失去⽣命的.所以说你就知道当你真的能够成为爱的⼀个源头⼀样,⽽不是说去期望或者奢求从外界,就是别⼈给你什么,⽽是你⾃⼰把你的源头给打开.你在给出爱的时候,你⾃⼰就在被爱滋养着.就好像你⾃⼰的井⽔就在源源不断,你给出去,你就会有更多.你就在这种圆满的⼀个状态.

JO: Since you are the one coming to us and receiving our information, it must start from here. Therefore, do not rely on others because they are not connected to our information. Start with understanding that love is the source of your life, not money, but love. You can only survive with love. Without love, your body would be like being in a state without water - just like a plant cannot grow without water and will dry up, losing its vitality. Thus, you should realize that when you truly become the source of love instead of expecting or longing for it from outside, which is not about waiting for others to give you something but opening your own source within yourself. When you give love, you are being nourished by love - like a constant flow of water from your well sustaining you as you give, resulting in more abundance. You would be in a state of completeness.

那这样的话,我们刚才说如果对⽅没有爱他其实也会⼲枯死掉吧?那你就在让对⽅的⽣命得以延续.那你⾃⼰也在滋养你⾃⼰的⽣命.但是从这个课题,你们就转变了⽣命,然后也转变好像是你们的业⼒关系⼀样.然后当你们越来越多⼈,就是社会上其他⼈去发现这⼀层关系过后,他们也会发⽣转变.

So if what we just said is true that someone can wither away even without love from the other party, then you are sustaining their life while allowing your own to flourish. But through this subject, you're not only transforming your lives but also potentially reshaping karma relationships. And when more people in society begin to understand these dynamics, they too will undergo transformation.

问: 我母亲的两个姐姐都先后得了肺癌……JO: 我们连接到他们那边没有化解的是内⼼的⼀个恨.就是说他们有好像有很多怨恨,怀恨在⼼吧,那种感觉.就是他们这个家族,亲⼈之间都彼此⼼中会有放不下的⼀些东西,有⼀些怀恨在⼼的⼀些东西.这么说有⼀些东西他把它当成⽯头⼀样卡在肺⾥⾯,你想象⼀下.就吞了很多这种怨这种恨.所以去化解他们⼼中的怨恨,让⾃⼰更加的原谅所有⼀切.就是把⾃⼰卡在肺⾥的⽯头给拿出来.因为你想象⼀下那些所谓的恨都像⽯⼦⼀样,你把⽯⼦卡在⾃⼰的⾝体⾥⾯,你能影响到谁啊? 外⾯没有任何⼈受到影响,除了你⾃⼰.所以他们的⼼态⼀定要去化解,⼼中的所有怨恨都要化解掉.

Question: My mother's two older sisters both developed lung cancer...

JO: The unresolved issue connecting to them is an inner sense of hatred within us. That means they have many grudges, harboring resentment deeply in their hearts. This sensation implies that there are lingering feelings and resentments among family members, especially between relatives, as if some stones were stuck inside their lungs. Imagine consuming a large amount of such negative emotions like hatred.

So we need to address the issue of resolving their inner grudges, allowing ourselves to forgive everything more easily. Essentially, it's about removing the stones that are lodged in their lungs internally. Consider this scenario: If you imagine all these so-called hatreds as pebbles being stuck within your body, who would be affected by them? No one outside of yourself would be impacted; only you are affected. Therefore, it is crucial to change their mindset and eliminate all the grudges residing in their hearts.

问: 也是⽤爱去化解?

Question: Is it about resolving things with love?

JO: 看到事情的真相吧.就看到事情是如何服务于他的.那当他知道曾经发⽣在他⽣命中的⼀切其实都是来服务于他,都是来让他成长,都是来让他觉得⽣命变得更加的,就是宽度吧.就⽐如说如果真的在你的⽣命中发⽣了⼀些你不能容忍或者是包容的事情,那是不是就给你扩展你⾃⼰的的机会?所以所有的事件都是来正⾯的服务于你.当他们能接收到这个⽣命的礼物过后,那⾃然⽽然就没有所谓的怨恨在了.

JO: See the truth of things; see how they serve him. When he realizes that everything that has ever happened in his life was meant to serve him, to help him grow, and to make his life feel richer in some way, perhaps as a breadth or width. So if truly something happens in your life that you cannot tolerate or accept, doesn't this give you the opportunity to expand yourself? Therefore, all events are meant to positively serve you. After they can receive this gift of life, there naturally arises no resentment.

问: 我在家族当中扮演了⼀个什么样的⾓⾊呢?

Question: What role did I play in my family?

JO: 你⾸先要知道是你来连接到我们,然后你现在就好像有⼀个⽅向了,就好像有⼀束光照进来你能看清楚了.就不再是⽆意识和⽆明的⼀个状态.但是你需要下定决定.就是你有没有下定决⼼你要去成为那个推动者和转变者,明⽩吗? 这个很重要的.因为你有了决⼼过后,你才会有能量.你没有决⼼,你是没有能量的.没有能量,那你就不能去转变任何.所以你⾃⼰需要下定⼀个决⼼就是我要去⽤爱转变我们的⽣命的状态,转变他⼈的⽣命状态,转变我爱的所有的⼈的⽣命状态.为什么呢? 因为通过这个点,你会转变你的⽣命.其次你会转变你的家⼈.你想你通过转变你家⼈⽣命状态,那你是不是就有了技术和能量了? 因为你会做这件事情了,对吧?

Jo: You first need to understand that you are the one connecting to us, and now you have a direction as if a beam of light has come in, allowing you to see clearly. This is no longer an unconscious and blinded state. However, you must make a decision. Do you have the determination to become the catalyst for change? Do you decide that you want to transform your life's state, others' lives' states, or even all those you love? Why? Because by making this decision, you will gain energy. Without determination, you lack energy. Without energy, you cannot initiate any transformation. Therefore, you must make a commitment: I will use love to transform my life's state, transforming the states of others and everyone I love. Why would this be necessary? By doing this at this point, you are transforming your own life. Moreover, you also transform that of your family members. If through changing their lives' states, you have acquired techniques and energy by doing so, then wouldn't you possess both technical skills and the capacity to make such a change?

你就是⼀个熟练地⼈了.那你是不是就可以去带领更多的⼈去转变他们的命运,对吧? 那你是不是在转变每⼀个⼈的时候,同时就转变了你⾃⼰,转变了你⾃⾝? 因为你的能量在不断不断地变得强⼤,影响⼒变得强⼤.然后你会不断不断地成为⼀个⽆条件的爱的⼀个状态.所以这需要你⾃⼰做出选择.就好像是说下定决⼼,明⽩吗?

You are a skilled person. So, can you go and lead more people to change their destinies, right? When transforming each individual, do you also transform yourself and your being because your energy grows stronger and your influence increases? This continuous state of unconditional love becomes yours as you progress. Thus, this choice falls upon you. It's like making a firm decision, understand?

问: 我觉得我已经下定决⼼了,但我……JO:ok,如果你下定决⼼了,其它就交给你的指导灵.因为它会引导你⼀步⼀步,就是什么时候做什么,什么时候该获得哪些信息,该受到什么指引.然后你都会,明⽩吗?因为就好像你已经发射出⼀个信号,我要怎么要做.我要把光带⼊我的⽣命,我要把智慧带⼊我的⽣命,然后来协助转变,明⽩吗?然后任何时候你需要来到我们这⾥找到信息,你都会得到像今天⼀样的指引.你会有这样的想法.所以只是把你的注意⼒,把你的关注点放到内在的转变上⾯.然后你知道外在的⼀切其实都是⼀个能量,你的⼀个投射.所以你就会把你的⼀些注意⼒还有关注点放到内在.你就不断地不断地去从这⾥⾯,就是能量层⾯发⽣转变.

Question: I feel that I have made up my mind, but...

JO: Alright, if you have made up your mind, then let your guide handle the rest because it will lead you step by step, indicating when to do what and providing information on what you should know or be guided towards. You will understand this process because you have already sent out a signal of, "How do I proceed? How can I bring light into my life and wisdom into my life to facilitate the transformation?"

Do you see that your actions are like instructions coming from within you, guiding you through every step of change? And whenever you need guidance or information, we will provide it as we have done today. This realization will dawn upon you. So focus your attention on the inner transformation and understand that everything external is an energy projection of yourself. Hence, shifting your focus towards internal aspects becomes crucial. Continuously seek these energies to undergo change from within.

你就不会把你的时间和精⼒消耗在,⽐如说不断地去看病啊,就是这种.然后就是继续的埋怨啊,继续的这种分裂啊,就是把⾃⼰跟亲⼈跟其他⼈分裂开嘛.你只要相信⾛⼊你⽣命中的⼈都是有礼物给你的.对⽅可能是以⼀个痛苦或者是⼀个⽆助的⽅式出现来激发出你内在的⼒量和能量.因为你不通过这些东西,你没有办法去得到锻炼.你没有办法去展现出你真正的能量或者⼒量和你本⾝是的东西.所以需要⼀个点去呈现出who you are,就是你是谁.所以你⾝边的⼈就来帮你,就给了你这个机会,然后让你来展现出你是谁.

You wouldn't waste your time and energy on things like constantly seeking medical attention, or continuing to blame and remain divided from yourself, from others, by separating yourself from them. Just believe that the people who enter your life are here with gifts for you. The other party might appear in a painful or helpless manner to stimulate the inner strength and energy within you, because without such experiences, you wouldn't be able to gain any exercise or showcase your true power or essence of being. You need something to manifest who you truly are - your identity. Therefore, the people around you help by providing this opportunity for you to express who you are.

问: 我想看⼀下我和我表哥之间的灵魂约定? 他在前段时间也确证肺癌了.他38岁.他叫XXX.

Question: I want to see the soul contract between me and my cousin? He was recently diagnosed with lung cancer. He is 38 years old. His name is XXX.

JO: 我们这边连接到的信息就是说你表格正好是⼀个点,就是这个点可以让你着⼿.你知道他⼼中有很多⼼结.他倒不是恨,他更多是⼼结.就很多东西他可能想不明⽩弄不明⽩,就产⽣了淤堵.就是觉得⽣命是不顺畅的,就是悲观吧.就觉得看不到出路,就堵住了.就像⼀⽚⿊暗⼀样.所以他的能量就不是恨,⽽是⼀种我没有出路,没办法,⽆⼒.

JO: The information we have here is that your form corresponds to a specific point, this point allows you to begin. You understand that he has many unresolved issues in his heart. It's not so much about hatred; it's more about these unresolved concerns. He may find it difficult to understand and clarify certain things, leading to a feeling of stagnation. He feels as though life is not flowing smoothly, possibly seeing it through a pessimistic lens. He perceives no clear path forward, becoming obstructed, like being in darkness. Therefore, his energy isn't about hatred but rather the sense of having nowhere to go, helplessness.

问: 但是他的物质⽣活很好的.

Question: But his material life is very good.

JO:这个跟物质⽣活没有关系.有很多东西他想不明⽩,想不通.所以你可以让你的表哥让他知道我们这⾥可以让他去弄明⽩⼀些东西.然后你们之间就会有连接感.所以你可以去这么做.就把我们的信息推送给他或者打印成书籍给他.因为这个时候他很需要.就好像他现在在⿊暗中完全看不到.那你给他送出去这本书会像是灯⼀样照亮他.⾥⾯会有给他的指引.

JO: This has nothing to do with material life. There are many things he can't figure out or understand. So, you could allow your cousin to become aware that we can help him clarify some of these things here. Then, there would be a sense of connection between you both. You could indeed take this step by sharing our information with him, either by pushing it to him or printing the material as books for him. Given his current need, it's like he is completely in darkness and cannot see anything. The book you send him will act like a light, illuminating his path, containing guidance specifically for him.

问: 我去世的爷爷有没有什么话对我说?

Question: Did my late grandfather have anything to say to me?

JO:你爷爷想要让你知道你做出了⼀个⾮常好和棒的选择.然后让你更加坚定的⾛在这条路上.因为他也会像指导灵⼀样陪伴在你⾝边,然后⽀持你,给你⼀些指引.然后他让你相信所有的悲惨,就是物质头脑觉得不好的⼀些事件,它都是来帮助你蜕变和成长和学习更多的.就是它不是你眼睛看上去的只是⼀个悲惨不好的事件.

JO: Your grandfather wants you to know that you have made an excellent and great choice. He then encourages you to remain steadfast on this path because he, like a guide spirit, will be by your side, supporting you and providing guidance. He reassures you that all of the tragic events perceived as undesirable by the physical mind are actually designed to help you transform, grow, and learn more. These aren't merely unfortunate incidents seen with your eyes but opportunities for significant development.

问: 我爷爷当年是得喉癌是为什么?

Question: Why did my grandfather get larynx cancer back then?

JO: 我们感受到还是⼀种能量的堵塞.也就是说他这个⽣命没有完完全全的呈现出他本来的样⼦或者是他想要的样⼦.就好像⼀朵没有盛开的花或者⼀个没有结果⼦的树⼀样.就是⽣命得不到⼀个完全的绽放和释放.就是压抑和闭塞的.就是关闭的⼀个状态.有⼀句话叫压抑死了,抑郁死了.真的就是像这种憋死了的感觉.所以他是不爽的.就是没有淋漓极致完完全全的活出他本来是的样⼦.

We feel a blockage of energy. In other words, this life hasn't fully manifested its true form or the way it wanted to. It's like an unblooming flower or an fruitless tree - unable to achieve full bloom and release. This is a state of being restrained and constricted, a closed-off condition. There's a phrase that goes "repression kills," meaning it's akin to suffocating until death. He's not satisfied; he hasn't lived out his essence in its entirety or at its fullest expression.

问: 我现在的能量状况……JO: ⾸先你没必要去关注你的现在.为什么呢? 因为你现在⼀只在变.它会随着你的⼀个愿⼒,就⽐如说刚刚你下了⼀个决⼼你要转变你⾃⼰,转变你⾝边的⼈.你要推动这个转变.那其实你的能量就在不断不断地变得更加强⼤更加正向更加积极了.它都是朝好的⼀个⽅向,明⽩吗?⽽且你所需要的⽀持,所需的指引,所需的⼀切都会在你需要的时候到位、到来.所以你不需要去担⼼我怎么做.你只需要去……ok,我就好像⽅向盘往这边打.那车⾃然⽽然就往那边开了.⼒量就会朝你想要去的⽅向,它会⾃动的展开,明⽩吗?所以你只需要去坚定你是朝着光,⽽不是朝着⿊暗继续分裂.你是合⼀.

Q: What about my current energy condition... JO: First, you don't need to focus on your present situation. Why not? Because it is constantly changing. It changes with your intention, for example, if you made a decision to transform yourself and those around you, to drive this change. Actually, your energy is continuously growing stronger, becoming more positive and proactive. It moves in the right direction, do you understand? And all the support, guidance, and everything else you need will be provided when you require it. So there's no need to worry about what I'm doing. You just have to... okay, think of me steering a car with the wheel here. The car naturally moves in that direction. The power flows towards where you want it to go, automatically. Do you get it? Therefore, you only need to stay focused on moving towards light, not further into darkness. You are united.

合⼀你是把你⾝边所有的,你眼⾥看到的这些⼈这些事件,所有东西都整合在你内在.⽽不是跟他们分开,你是你,我是我.

Integrated self is about integrating all around you, all that you see in people and events, into your inner being. Not keeping them separate, you are you, I am me.

问: 我奶奶⼗年前瘫痪,现在去世了.她为什么选择瘫痪?

Q: My grandmother became paralysed ten years ago and has now passed away. Why would she choose to become paralysed?

JO: 你奶奶给你们⼀次机会让你们去⽆条件的爱和奉献.然后这个礼物你们有没有收到? 但是你现在收到了,明⽩吗? 只要你收到了,其他⼈也会陆陆续续通过你收到.那她就没有⽩费.

JO: You have been given an opportunity to love and serve unconditionally for you. Have you received this gift? But now you have, understand? As long as you have received it, others will also receive it through you one by one. Then she hasn't wasted her effort.

#### 2023/11/23 — 线上集体通灵问答 Online Group Spirit Channeling Session

第⼀部分JO: 你们可以提问了.问: ⼈⽣为什么要积极?

Part I JO: You can ask questions now. Q: Why should life be positive?

JO: 没有说必须要积极呀.你也可以体验⼀个不积极的⼈⽣啊.因为你也可以给别⼈做⼀个很好的案例或者版本让⼈们知道不积极的后果.所以你也在正向的服务他们呀,明⽩吗?

JO: I didn't say you had to be proactive. You can also live an inactive life and serve as a good case or version for others to know the consequences of inactivity. So you're positively serving them too, got it?

问: ⼈死后会经历什么? 怎么样才能不做滞留灵?

Q: What happens after a person dies? How can one avoid becoming a lingering spirit?

JO: 滞留灵也是你们⾃⼰⽤你们头脑去理解.就好像你们看到⼀个⼈他好像⼀直在那⽆所事事.那只是你对他的⽆所事事的⼀个定义.你并不知道他在体验什么或者是他在如何的去服务其他⼈或者其他存有或者这个big picture,他不知道的.所以也是你们对滞留灵的⼀个所谓的见解和定义.因为你们不知道,你们只能从你们⾃⼰的认知去理解.⼈死后会经历什么跟你个⼈有关.你可能会经历很多就只是美好的,那你也可能会经历像是地狱⼀般的.它根据你个⼈的⼀个…… 跟你个⼈有关,独⼀⽆⼆的⼀个体验.

JO: Staying spirits are your own understanding with your mind. It's like seeing a person who seems to be idle all the time. That is just your definition of his idleness; you don't know what he experiences or how he serves others, other entities, or the big picture that he might not even be aware of. So it's also your interpretation and definition of staying spirits because you don't know; you can only understand based on your own cognition. What happens to a person after death is relevant to their individuality. You might experience many beautiful things, but you could also undergo something like hell—it depends on the unique personal experience that is connected to you.

问: 梦⾥的感悟和现实中佛家讲的证,就是⾝体去证实,两者之间有什么区别?

Question: What is the difference between spiritual insights in dreams and the Buddhist concept of attainment, which involves bodily confirmation, in reality?

JO: 这些都是来⾃于你内在.你可以感受它们没有区别,那你也可以说它们有区别.它来⾃于你个⼈对⼀些事情的见解和理解.因为如果有些东西你需要⼀个过程,需要去加深对事物的⼀个理解和感受.那么它对你来说就是有意义的.如果你从不梦⾥⾯的⼀些体验已经给你带来了那种…… 它是⼀样的.因为最终就是你的这个个体,你的这个意识,你有没有把它变成是属于你的.就把这个感悟和理解变成是你的.因为如果变成是你的,那它对你来说就是⼀样的结果.为什么呢? 它会让你这个⼈格,让你这个意识更加的接近爱的状态.

JO: These are all from within you. You can feel that they have no difference; conversely, you could also say that they do have differences. They come from your personal insights and understanding of certain matters. If there's something that requires a process for you to deepen your comprehension and appreciation of the situation, then it is meaningful to you. If experiences from your dreams already provided you with that sense... it was essentially the same because ultimately, it's your individual self and consciousness determining whether this experience belongs to you. You transform this realization and understanding into something personal for yourself. Because if it becomes yours, then it would be the same result for you. Why is that so? It makes your personality and consciousness closer to a state of love.

问: 让⾃⼰不舒服的⼈和事是否直接离开就可以了?

Question: Can people and things that make oneself uncomfortable just leave directly?

JO: 你离开过后你还会再遇到.为什么呢? 因为那是你投射出去的呀,不舒服的⼈和事是源⾃于你.你会对不舒服的⼈有⼀些定义,有⼀些看法,有⼀些memory,有⼀些记忆,有⼀些关于你⾃⼰认定的⼀些东西.它就是属于你的.你会再投射出去.你不投射于这个⼈,你也会投射于其他⼈.然后你通过这些事件和这些⼈这些⾓⾊去体验你⾃⼰.所以他们就把你⾃⼰内在的东西拿出来让你看到,是来让你认识你⾃⼰的.所以你感谢对⽅给你提供了这样⼦的⼀个功课.就好像是他来帮助你认识你.那个你是什么? 是你持有什么恐惧? 持有什么观念?持有什么定义? 持有什么程序?

JO: When you move on, you'll encounter these people again and again. Why is that so? Because they are reflections of you. Uncomfortable situations come from within yourself. You have certain definitions, opinions, memories, perceptions about them, and about what you believe to be true about yourself. They are aspects of who you are, and you project them outwards. If you don't project onto this person, you'll project onto someone else. Through these events and interactions with people, you get a chance to experience yourself and understand your own nature better. It's like they are providing you with a lesson to help you recognize yourself. This is to acknowledge what fears, beliefs, definitions, or processes you hold internally.

问: 感觉未来赚不到钱,没有意义该怎么办?

Question: If you feel that there's no prospect of earning money in the future and it lacks meaning, what should you do?

JO: 这是你⾃⼰创造的⼀个频率和你⾃⼰相信的世界.那只是你⾃⼰选择,明⽩吗? 那你如果对你⾃⼰创造的不喜欢,你可以去换另外⼀个,明⽩吗? 你并不是说被卡在这⾥.唯⼀卡在这⾥就是说你相信它是真实的.你相信它就是这样⼦,不可更改的.那这就是你体验的你相信的世界啊.所以这不是你⾃⼰创造的吗? 因为你会觉得过上轻松富⾜的⽣活是不容易的,过上穷困潦倒的⽣活是应该的,不可更改的,命中注定的.那你那样的频率当然就会给你创造相应的体验给你⾃⼰.

JO: This is a frequency you have created and the world you believe in. It's just your own choice, understand? If you don't like what you've created for yourself, you can choose another one, understand? You're not stuck here; the only thing that keeps you stuck is believing it's real. You believe it's exactly how it is, unchangeable. This is the world you experience through your belief. So isn't this what you create for yourself? Because you think it's hard to live a life of ease and plenty, and being destitute and miserable is destined, unchangeable. Therefore, that frequency will naturally give you experiences that align with your own creation.

问: 不同的⼈对着太阳光拍照会呈现出不同的状态和样⼦.据说由此可以判断⼀个⼈的能量⽔平.请问这种说法是真的吗?

Question: Different people will exhibit varying states and appearances when taking pictures with sunlight, it's said that one can judge a person's energy level based on this. Could you clarify if this statement is true?

JO: 你们⾃⼰创造的游戏,你们⾃⼰觉得真就真,你们觉得不真就不真.因为就算是其它观念,就好像你说这个世界都是恶⼈,你说这个是真的吗? 我们怎么来跟你说呢? 就像前⾯的信息跟你说的⼀样,你⾃⼰坚信不疑的东西,你就会体验到.

JO: Your own game you create. You believe what's true is truly true, and what's not true isn't. Even if it's other concepts, like saying this world is full of evil people - is that really true? How do we explain this to you? Just as the information from before explained, the experiences you have are based on your unshakable beliefs.

问: 对于⽆妄之灾该如何处理?

Question: How should one handle unforeseen misfortunes?

JO: 那是因为你还有⼀个你,就是还有⼀个我.你投射出⼀个你,就好像你投射出⼀个靶.那如果你有靶的话,别⼈肯定就会打到你.那如果你不建⽴,不树⽴任何靶呢? 所以说去重新认识你⾃⼰,然后定义你⾃⼰.

Japanese Orientalist: That's because you have another one of you, that is also me. You project yourself as one way, like throwing a dart. If there is a dartboard (target), then others will inevitably hit you. But if you don't build or set up any target? So it's about re-identifying yourself and defining who you are.

问: 据说每⼀个都有附体、植⼊物和负⾯存有.该如何清理它们?

Question: It is said that each one has attachments, implants, and negative entities. How should they be cleared?

JO: 那就是你⾃⼰的频率.当你⾃⼰去处于不同的频率,你就会体验不同的世界.就好像这么说,你的频率会带你到⼀个世界.那个世界有那个世界的存有.那你的频率到另外⼀个世界,就有另外的存有陪你玩.所以说当你⾃⼰的频率不断不断地去提升,那陪你玩的当然就是各种美好了.

Japanese Otaku: That's your own frequency. When you yourself exist at different frequencies, you will experience different worlds. It's like this, your frequency takes you to a world where there are beings in that world. So when your frequency moves to another world, there are other beings to play with you. Therefore, as your own frequency constantly improves, the companionship of course is filled with all sorts of beauty.

问: 有⼈想问他没有感受到⾃由意志……JO: ⾃由意志不是来⾃于你要外界的事件要如何如何,⽽是说你如何让…… ⽐如说外界发⽣了⼀个杀⼈的事件,对吧? 那你有⾃由意志是把这个杀⼈的事件当成是⼀个恐怖的事件让你充满了恐惧呢? 还是说你通过这个事件让你去认识到,ok,我们⽬前社会上的集体意识⽬前…… 就是通过这个事件你去更加的连接神性.然后当你达到那样⼦的状态你就能看清楚为什么会有这样⼦的事件发⽣,⽽不只是被这个事件本⾝…… 这个事件是⼀个幻像,是⼀个相,对不对? 那你被事件本⾝影响? 还是说从这个相当中你不断不断地去扩展你⾃⼰? 这个是你的⾃由意志.就是说事件的发⽣你要如何转变它?

Q: Some people want to ask him about not feeling free will...

JO: Free will doesn't come from wanting the outside events to be in a certain way, but it is how you allow...

For example, if an event of murder occurs, right? Then, do you have free will in considering this murder as something terrifying that fills you with fear? Or do you use this incident to realize, okay, currently our collective consciousness in society is...

Through this event, you connect more with the divine. And when you reach such a state, you can see clearly why such an event happens and not just be affected by the event itself... This event is an illusion, a manifestation, isn't it? Are you being influenced by the event itself? Or are you continuously expanding yourself through this manifestation? That's your free will. Meaning, when an event occurs, how do you transform it?

你如何把⼀件悲惨的事情转变成⼀个开⼼的事情.如何把⼀个死的变成活的.如何把useless就是废物⼀样的东西变成有⽤有价值的.它就来⾃于你⾃⼰的⼀个,就是你要如何去体验它.就这么说吧,⼀把⼑你是⽤它来切菜,来砍树,来让你⾃⼰过的更好呢?还是让这把⼑不停的来割你⾃⼰,割⾁啊?捅你⾃⼰,捅你⽼婆,捅你孩⼦? 那这个是不是你的⾃由意志? 那这个⼑就是你命中注定要跟这把

How do you turn a tragic situation into something joyful? How do you transform the dead into the living? How do you take an utterly useless, waste of a thing and make it valuable and useful? It all comes down to how you choose to experience it. To put it this way, is it your free will to use a knife for chopping vegetables, hacking trees, making your life better, or constantly slicing yourself, cutting into flesh, stabbing yourself, your wife, your children? Is that your freedom of choice? And that knife, destined to be with you throughout this entire process.

⼑为舞.你怎么运⽤它呢?就好像⽐如说你⼈⽣中会发⽣⼀些悲惨的事件.就⽐如说你⽣下来你⽗母就把你抛弃了,然后在福利院长⼤.那你的这个经验和体验,你要如何去利⽤它呢?你通过被⽗母抛弃⽽体验到其他来⾃于社会或者是陌⽣⼈的⽆条件的爱?然后你再⽤爱去表达,再去回报?那如果没有给到你⽆条件的爱,可能你在福利院得到的就是欺骗、欺诈或者是伤害.那是不是也可以让你选择因为我承受过这个伤害,我不想其他⼈也受到伤害?你再创办⼀个都是爱的福利院,明⽩吗?那是不是⽆论你体验到什么,你到底是被好的对待还是被不好的对待,你都可以把它转化成你⾃⼰.因为你是神.你是创造者.你决定你要如何把别⼈扔向你的⽯头⽤来做什么?

Knife for dance. How do you apply it? Say, in your life, there occur some tragic events, such as being born and then abandoned by your parents, growing up in an orphanage. How do you utilize this experience and sensation? Through experiencing abandonment from your parents, can you seek unconditional love from society or strangers? Then express and repay with love? If not given unconditional love, perhaps what you received in the orphanage was deceit, fraud, or injury. Can this also allow you to choose that because I have endured this harm, I do not want others to suffer similarly? You then establish an orphanage filled with love, right? Whether you experience kindness or mistreatment, can you turn it into your own since you are the creator? You decide how to use those stones thrown at you by others?

是继续拿着⽯头砸你⾃⼰? 还是拿着⽯头当成你的垫脚⽯,可以去摘树上的果⼦,明⽩吗? 那个是来⾃于你们⼀个⼈.你们每⼀个⼈在每⼀个当下

Is it to continue hitting yourself with stones? Or to use the stones as stepping stones to reach for fruits on trees, do you understand? That comes from one person in front of all of you; every single one of you at each moment.

⾯对任何事情,你们都有去转变它的能⼒和能量.给它赋予正⾯的意义.那个正⾯的意义是什么? ⼀定是服务于你,服务于你周围所有的⼈,还有服务于集体意识.当它如果没有服务于你,没有让你变得更加接近爱的状态.那你是分裂还是合⼀ ? 你是爱,还是与爱背道⽽驰,脱离爱的状态?

Facing anything, you have the ability and energy to transform it. Give it a positive meaning. What is that positive meaning? It must serve you, as well as everyone around you, and the collective consciousness. If it doesn't serve you and doesn't make you closer to an "in-love" state, are you divided or unified? Are you love, or are you going against love, being far from a loving state?

问: 怎么样才能做到内⼼对⼀切都不评判?

How can one practice not judging everything internally?

JO: 你⾸先从你每⼀次评判当中去觉察.你觉察到,ok,你这是在评判.因为当你评判的时候你会觉察到,就是你在评判他⼈的时候你⼼⾥不爽的,觉察到我这个不是合⼀的,我这个是离开爱的⼀个状态.那你经常体验离开爱的状态,然后你再体验到什么是爱的状态.那你⾃然⽽然就感受到什么是你本来的状态.因为你本来就是合⼀,是爱的状态.还有就是说外在看上去的所有东西,那些评判,都先来⾃于你.它都来⾃于你.就你头脑⾥有⼀些定义,它会说这个事情是好的、是坏的,这个事情是应该,那个事情是不应该的.它是来⾃于你头脑⾥⾯的东西.⽆论头脑⾥⾯收集多少的信息都是⾮常有局限的.

Firstly, JO: You observe in each of your judgments. You realize, okay, you're judging. Because when you judge, you become aware that the state of not being unified is uncomfortable within you and that you are moving away from love. Once you frequently experience these states separated from love, then you experience what it means to be in a loving state. In this way, naturally, you will feel your original state because fundamentally, you were already unified and in a state of love. Furthermore, all external perceptions such as judgments originate from you. They come from within you. Your mind has definitions that categorize things as good or bad, what should be done and what shouldn't. These come from the constructs inside your mind. Regardless of how much information your mind gathers, it's always limited.

如果你知道你们的⽣命,你们这⼀⽣⼀世就这⼏⼗年它只不过是⼀个灵魂的⼀个梦.还别说⼀个晚上,⼀个晚上的其中的⼀个梦,明⽩吗?你不知道别⼈需要从这个梦当中获取什么,体验什么.你不知道,你不知情.就好像是⼀个电视剧的剧情.它这个电视剧有⼏千集⼏万集,它还没有结局.它还在持续的.那其中的⼀段的剧情,你就开始评判这个⼈真的是⼗恶不赦.就是你开始去评判他.那如果你把剧情看完了呢?你能看完吗?因为它还不断地在变化.那如果⼀个剧情你都没有看完,你也看不完.你如何去评判它那⼀段戏存在的价值或者是它会如何转变?你不知道的呀.因为就像我们刚刚说,你们每⼀个⽣命都可以在当下⾯对每⼀个事件给它重新定义.

If you knew your life, this one lifetime of just a few decades is merely the dream of a soul. Don't even talk about a night, let alone just one dream within it, can you understand? You don't know what others need to gain from this dream, or what they need to experience. You don't know, you're unaware. It's like the plotline of a TV drama. This series has thousands or millions of episodes without an ending yet; it continues indefinitely. If you start judging that person as thoroughly evil based on just one segment of the story? You begin to judge them right away. But what if you finished watching the whole drama? Could you finish it, given its constant changes? And if you haven't watched even a single episode through, how could you possibly evaluate the value or the potential transformation of that particular scene? You wouldn't know. Because just like we've mentioned before, every life has the capacity to redefine each event in the present moment.

Remember to review your answers and provide feedback for improvement. I'll be glad to assist with any further questions or areas needing clarification!

把死的变成活的,把分裂的变成合⼀的,把坏的变成好的.那每⼀个灵魂都有这个能⼒和权⼒.那你怎么知道他不是通过这个事件来去呈现他像魔术师⼀样,像造物主⼀样的奇迹呢? 你头脑永远是不知情的.你头脑永远是看不到这个big picture的.因为它没有这个功能,⽆论你告诉它多少information.它没有办法.所以说当你越来越能认识到头脑是不知情的,你就能允许你的头脑处在⼀种不知情的状态下.它便不会时不时的跳出来,这个怎么样,那个怎么样.因为你的头脑不再⼲涉你了,就它不再是⼀个我是知晓⼀切的.它便不是了.你们没有任何⼀个头脑有这个功能.

Transform the dead into the living, unify the divided, and convert the bad into the good. Every soul possesses this ability and power. How do you know that he isn't displaying his feats as a magician or a creator through this event? Your mind is always uninformed; it cannot see the big picture because it lacks the function to comprehend it, no matter how much information you provide. Therefore, when you increasingly recognize that your mind is uninformed, you can allow your mind to be in an unaware state. It will not intermittently interrupt with judgments about things being one way or another. Since your mind no longer interferes with you, it is no longer the omniscient "I"; it simply isn't. None of your minds have this capability.

你们头脑能做到最好的就是不去⼲涉,就是处在⼀种静默的状态,就是安静的⼀个状态.就好像⼀只警⽝它⼀会⼉跳出来…… 警察在办案的时候,它就汪汪汪汪,你怎么往这边⾛啊,敌⼈在这,它跳出来.警察怎么办事啊? 警察还要花时间和精⼒来shut you up,就是还要花时间和精⼒来deal with you,对不对? 所以你只是在旁边听指令.

What your mind is best at is not interfering, being in a state of silence, and simply being calm. Imagine a police dog; it will suddenly jump out... when the police are solving a case, it barks, "How can you walk over here? Enemies are around, it jumps out. How would the police handle their business? The police have to spend time and energy trying to shut you up, meaning they need to manage dealing with you as well, right? So you're just listening to instructions from the side.

问: 觉得⼈类⾃⾝的⾁体太渺⼩脆弱,⾝体的⾏动能改变现实的能⼒很有限,⽽且过程很难.持续做⼩事,⽽且做不到活在当下.该怎么办?

Question: Feels that human physical bodies are too insignificant and fragile, with limited ability to change reality through bodily actions, and the process is difficult. Continuously doing small things and failing to live in the present moment. What should one do?

JO: 那⾸先你这句话就只是属于你⾃⼰.只是你现在在这⼀个believe system,就是你⽬前在当下你装了这个程序,你把这个当成是真的.仅此⽽已.那这个世界上有很多证据证明你是错误的.有很多⼈类给你们展现了他们有多强⼤,明⽩吗? 所以说你可以去从你⾃⼰的⼀些认知和观念、观点,然后⽤你⾃⼰在物质世界上看到的⼀些东西来推翻它.那让你知道你认为事情是真的,其实事情它并不是真的.然后你说总是静不下⼼来,总是活不在当下怎么办?

JO: Then this statement of yours is merely your own. But you are currently in this belief system, where you have installed the program that makes you perceive it as true. That's all. There is ample evidence in this world that disproves you wrong, and there are humans who have shown you how powerful they can be. Understand? Therefore, you can use both your own cognitive frameworks and personal viewpoints along with what you've observed in the material world to refute them. This will show you that just because you think something is true doesn't mean it actually is. And then, how do you deal with always being restless and unable to live in the present?

那前⾯不是说你觉得它很渺⼩吗? 那你现在就已经handle不了它了? 已经control不了了.那你还觉得它⼩吗? 那这些是需要你们愿意花时间和花精⼒和这条狗…… 就好像⼀条狗,你从来不花时间和它连接,你也不花时间和它相处,你也不知道它的习性.你也不去了解,你也不去学习狗的任何的⼀些information.然后你就想它乖乖的听你的话? 你成为了它的主⼈了吗?你没有.你们之间都没有任何交集,任何磨合.你⼀来你跟⼀条陌⽣的狗说: 我让你shut up,我让你stop.它不听使唤呀.你不是它的主⼈呀.就这么简单.

The previous text was discussing the idea that you felt something was small before, but now you can't handle it or control it anymore. Does this mean you still consider it to be small? This concept is about spending time and effort with this "dog," much like you would with a dog where if you never spend time connecting or interacting with it, you wouldn't know its habits or learn anything about it. You can't expect it to behave according to your commands without investing in understanding and building a relationship with it. Being the owner of something isn't just about issuing commands; it's about recognizing their needs and managing those interactions effectively.

问: 总是不被世⼈理解、误会.如何才能不在乎他⼈的看法?

Ask: Always misunderstood and misjudged by others. How can one not care about what others think?

JO: 那你需要去跟你⾃⼰,就好像探索你⾃⼰为什么你内在会有这个需求呢? 那你有这个需求你需要别⼈的理解,就说明你⾃⼰没有.那你没有的话,你没有理解什么什么的话,那物质世界不是就投射出这个给你吗? 就你内在匮乏的,肯定会需要⼀个⼈给你反射出来对不对?所以说你们⾸先要明⽩其实外在你们会有⼀个共同的协议,就是我这个⾓⾊是来呈现出我⾃⼰需要去⾯对的功课.然后你们都在彼此⽀持对⽅,去呈现出对⽅想要被投射出来的体验,想要被体验到的⼀些东西.那就说明这个是你的⼀堂课.⼀堂关于你觉得你需要外界对你的⼀个理解.所以在外界看到这个相过后,然后拿回来在你⾃⼰⾝上下⼿,从你⾃⼰内在着⼿.从那⾥开始.

JO: So you need to go and explore within yourself why there's this demand inside of you? And if you have this demand for others' understanding, it means that you don't understand yourself. If you lack understanding, the material world will project this onto you - because your inner insufficiency must be reflected by someone else, right? This implies that both of you share a mutual agreement externally: I am here to embody my own lessons that I need to face. You support each other in projecting experiences and sensations that you want to experience. It indicates that this is a lesson for you about needing external understanding for yourself. After observing the projection outward, you then turn inward, starting from your inner self.

⽽且你能理解你⾃⼰吗?你们每⼀个⼈可以去想⼀下你能理解你⾃⼰吗?为什么我这么想要的⼀个东西……为什么那么想跟⼀个⼈结婚,结婚过后又离婚呢?为什么我这么想⼀个⼯作,得到这个⼯作后又这么恶⼼这么讨厌呢?为什么我这么想要钱,我得到钱后又这么不快乐呢?所以你们⾃⼰能理解⾃⼰吗?如果你⾃⼰都不能理解你⾃⼰,你又如何去指望有他⼈的⼀个理解呢? 所以通过这系列再回到你⾃⼰,到底什么是理解? 真正的理解就是让你们知道你们每⼀个⼈都是独⼀⽆⼆的种⼦.你们每⼀个⼈都有独⼀⽆⼆的路线,你们每⼀个⼈都有独⼀⽆⼆的灵魂主题.它就像这个世界上有各种不同的植物、动物、⽣物.像海底世界,每⼀个都是独⼀⽆⼆的,独特的.

And can you understand yourself? Can each of you ask yourselves if they understand themselves? Why do I want something so much... why do I have such a desire to marry someone, only to divorce them afterwards? Why do I long for a job and feel sickened by it after getting it? Why do I crave money but become unhappy once I receive it? So can you understand yourselves? If you cannot understand yourself, how can you expect others to understand you? Therefore, through this series, come back to yourself: What is understanding? True understanding means realizing that each one of you is a unique seed. Each one of you has a unique path and soul theme. It's like there are various different plants, animals, and beings in the world. Like in an underwater world, everything is unique and distinct.

所以像海⻳不能理解海草,海草不能理解海⻳.这不是正常的吗? 虽然我们都是有⽣命的.那不然海⻳对着海草说: 你就不能明⽩我下蛋这回事吗?所以说真正的理解就是说允许你们每⼀个⽣命有它⾃⼰存在的⽅式.然后去

So, like crabs not being able to understand seaweed, and seaweed not being able to understand crabs - isn't that normal? Even though we're all living beings. Then, shouldn't a crab tell the seaweed: Can't you comprehend anything about me laying eggs? Therefore, true understanding means allowing every life form to exist in its own way, and then embracing that.

⽀持它这个独⼀⽆⼆的形态在这个物质世界去体验它想要体验的.这就是你们给出去的理解.因为你并不知道对⽅的灵魂主题,他想要探索的,他想要体验的.但是当你们在允许,都在⼀种允许和理解的状态下.它们最终会呈现出它们本来来到这个世界上来送给你们的礼物.当你们没有给出你们的允许和理解的话,you will stop them.因为每⼀个灵魂它携带着对整体这个⼈类的礼物.那如果你的⼀个不允许或者你的⼀个不理解,你就在收这个能量.就是它带出来的礼物就不能给释放出来,呈现出来.因为你⼀直打压它,打压这个能量.

Support its unique form to experience what it desires in this material world. This is the understanding you give. For you do not know the other soul's theme, what they wish to explore and experience. But when both are in an allowance and understanding state, eventually they will present the gift that was sent to this world for you. If you do not give your allowance and understanding, it will stop them. Because every soul carries a gift for humanity as a whole. So if one of your disallowances or lack of understanding, you receive that energy. The gifts it brings cannot be released or manifested because you are suppressing it, suppressing this energy.

问: 如何恒定能量?

Question: How to maintain energy?

JO: 那什么导致变的呢? 就是你的起⼼动念,你的念头啊.你的头脑在活动,你的⼩我在动啊.就来⾃于这个.你就开始动了.如何呢? 那就是离开你的头脑了,让你的头脑保持在安静的状态下.因为你头脑做它⾃⼰的⼯作,就是我是不知情的⼈,所以我不参与.我的⼯作只是让我的主⼈能够aware这个物质世界,就是能够觉察到这个物质世界发⽣的⼀切.就没有跟物质世界断联的那种感觉.断联就像⼈死了⼀样.

JO: What causes this change? It's your thoughts, your mind's activity, the movement of your little self. This comes from that; you start moving. How do you manage this? That means getting away from your mind and keeping it in a state of calmness. Because your mind does its own work as an unaware person, I don't get involved. My job is to help my master become aware of the material world, enabling them to perceive all that happens within it. There's no sense of disconnection with the material world; it feels like being dead.

问: 为什么现在社会上越来越多的⼈选择单⾝,选择不⽣孩⼦?

Q: Why are more people in society now choosing to be single and not have children?

JO: 那也是你们集体的⼀个观念啊,集体的⼀个对你们⽣命的⼀个认知⼀个看法.那这⾥⾯就会有那些你们的集体观念是什么: 就都觉得关系是痛苦的,关系反正都会⾛向灭亡的,关系反正都会破裂的,明⽩吗? 那是你们共同的功课,你们对关系的⼀个定义.就⽐如说关系应该是快乐的美满的,就这样的.但是你们需要认识是关系其实只是来带出来你内在有的东西.那如果你内在全然是爱呢? 你看看这个关系会带出来什么? 只有爱和理解和尊重每⼀个⽣命呢? 创造⼒呢? 想象⼒呢? 浪漫呢? 激情呢? 就是疯狂的enjoy你的⼈⽣呢? 那这个关系是不是也会把你内在有的东西全部给带出来呀.那你内在有什么?

JO: That is also a collective perception you have about life, your collective understanding of relationships. In this lies the notion of what your collective beliefs are: that all relationships inevitably bring pain, they always lead to demise, and they inevitably break down. Do you understand? This is part of your shared homework - your definition of relationships. For example, relationships should be happy and fulfilling, right? But it's important for you to realize that relationships actually reflect what exists within you. If you are entirely filled with love, let's see how this affects your relationships. When there is only love, understanding, and respect for every life, creativity, imagination, romance, passion, excitement, or even a wild enjoyment of life - does this not also reveal everything that exists inside? And what exactly do you have within you?

如果你内在又是屎又是粪的,那你带出来的肯定是恶臭啊.当你全是鲜花、甜美、美好,你带出来也是.那不通过这个关系,你都不知道你内在有什么.你就失去了体验你⾃⼰的⼀个途径.

If you are filth inside, then the stench that comes out is bound to be foul. When you emanate only with beauty, sweetness, and goodness, what you bring forth is also akin to that. Without this relationship, you wouldn't know what's within you; thus, you lose a way of experiencing yourself.

问: 如何更好的做⾃⼰,不受到外界的⼲扰?

Question: How can one better be oneself不受 external interference?

How can one better be oneself不受 external interference?

JO: 当你在体验了不能做你⾃⼰,不断地受到⼲扰也是⼀个⾛向这条路的.因为你知道这个不符合你内在的频率.它让你不爽嘛.它让你产⽣不适感.那你才知道什么是舒适的.那就好像我体验了冰⽔和很烫的⽔,我知道了温度的区别了.然后我再体验⽔温合适的⽔,明⽩吗? 所以这也是让你⾛上不被外界影响,然后做⾃⼰.这些体验也是来帮助你的.但是外在的⼀切都是像镜像⼀样来让你不断地去认识你⾃⼰,到底什么是你舒适的⼀个温度? 因为你⾃⼰才清楚.所以你最终总会⾛上这条路的.

JO: When you experience being unable to be yourself and constantly being disturbed, it's a path towards this route because you know that it doesn't align with your inner frequency. It makes you uncomfortable; it creates an unease in you. That's when you realize what comfort is like. It's akin to me experiencing cold water and extremely hot water, understanding the difference in temperature. Then I experience water at a comfortable temperature, do you get it? Hence, this also helps you move towards not being influenced by external factors and being true to yourself. These experiences are meant to assist you. But everything external acts like a mirror, continually challenging you to understand your own comfort level because only you know what that is. Therefore, you will eventually end up on this path.

问: 有⼈想问她每天按照她最⾼的指引⽅式去呈现.她还需不需要做营销⼿段这些东西?

Q: Some people want to ask her how she presents herself every day according to her highest guidance. Does she still need to do marketing strategies and such things?

JO: 你们⾸先忘记了最重要的⼀个东西.最最最最最最最⼤的营销就是你们的能量,你们的⼀个存在状态.为什么呢?因为那个能量级别没有办法能够阻挡的了你.所以你⾃⼰就像⼀个⼩宇宙⼩太阳⼀样.如果你内在有很多沉重的能量的话,你再去怎么推推推,你推不动呀.因为你就在那个沉重的能量的那个level,你在那个版本.那当你⾃⼰完完全全的活出你整个⽣命的状态,就完完全全的绽放的话.其实你会把这些东西都吸引到你的⽣命当中来.那什么东西都吸过来了,你还需要营销吗?明⽩吗?你做什么都是展现你⽣命的状态.就是不断不断地碰击到外在.

JO: You first forget the most important thing - the biggest marketing is your own energy, your state of existence. Why is that? Because no level of energy can stop you. So you are like a mini universe, a little sun. If there's heavy energy within you, no matter how much you try to push it away, you just can't move it because you're stuck at that level of heaviness in your own version. But when you fully live out your entire life and completely bloom, all these energies will naturally attract themselves into your life. You don't need marketing then, do you understand? Whatever you do is a reflection of your state of life. It's like constantly hitting the external world with your energy.

所以如果你们想要去做营销,先是不断地清理你们的消极观念、负⾯信念啊、然后⼀些恐惧能量啊,就是让你沉重的⼀些东西,包括相.不要把任何相塞到你的体内,它都会让你变得沉重.就好像我这⼀刻我就是⼀个新的我,完全没有任何memory.就我的头脑⾥⾯不会有定义,不会有记忆,不会有关于⽐如这个社会现在就是疫情阶段,什么都不好做.这是⼀个相,对不对? 你看他们刚刚开了⼀家餐厅,然后倒闭了.这是个相,对不对? 现在的客⼈最挑剔了,什么都想讨便宜的.这是个相,对不对? 现在的员⼯⾮常不好⽤啊.这是个相,对不对? 现在做⽣意很难啊.这是个相,明⽩吗? 物质世界的这些东西全是相.get rid of it.

So if you want to do marketing, start by constantly clearing your negative thoughts, negative beliefs, and the energy that weighs you down, including impressions, don't fill any impressions into your body as they will make you feel burdened. This moment, I am a new self with absolutely no memory. There's no definition or memory in my mind, no understanding of things like the current state of society being in an epidemic phase where nothing seems to be going well. That's a perception, isn't it? You see, they just opened a restaurant and then it closed down. That's another perception, right? The guests are now extremely demanding, always trying to get something for free. This is also a perception, correct? The employees are hard to work with these days. That's yet another perception, isn't it? Running a business is tough now. That's also a perception, understand? All the material things in this world are perceptions. Get rid of them.

把它们全部get rid of it.那个时候你就能去显化出你想要的相了.就好像⼀个⿊板上⾯全是密密⿇⿇,你⼀会⼉投射这个相上去,⼀会⼉投射那个相上去.那你上⾯怎么去显化你⾃⼰想要的相呢? 你显化出来的不是⼀团乱⿇吗? 你的⼈⽣不就是⼀团乱⿇吗? 是不是? 那就是把所有的这些东西全部都清理掉.就好像你⾃⼰刚刚出⽣,没有任何定义.

Get rid of all of them. Then you can manifest what you want. It's like a blackboard full of clutter; you project this image here and then that one later. How do you manifest the image you want on it? Don't you end up manifesting a mess? Isn't your life just一团chaos? Is that not right? That means getting rid of all these things. It's like being born anew, with no preconceived notions.

问: 知道我⾃⼰是谁的时候是不是就成为灵魂了? 那如果我成为灵魂后,我们是不是还需要继续往上修合⼀? 不知道这是个什么顺序.

Question: When do I become a soul upon knowing who I am? And if after becoming a soul, do we still need to continue the process of reunification? I'm unsure about the sequence of these actions.

JO:知道⾃⼰是谁过后,那你就是接近造物主的⼀个状态了.你就没有⼩我的⼀些……就像我刚刚说你没有记忆,没有任何评判,没有任何⼩我的⼀些东西在⾥⾯.那你体现的是什么?那就是⽆条件的爱了.⽆条件的爱、⽆限、智慧、爱、合⼀.那就是你知道你真实的⾝份了.你知道你的⾝份,别⼈怎么样辱骂你或者是打压你,怎么样对待你,你都不会怎么样.然后你也不会有任何恐惧,也不会有任何匮乏.就是你的⾏动和⾏为就呈现出你是⼀个⽆限.源源不断地就是⼀个爱的状态.

JO: Once you know who you are, then you're close to being in the presence of the Creator. You have none of the ego's stuff... like I just said that you don't have any memory, no judgments, and no ego aspects within. What do you embody? That is unconditional love. Unconditional love, infinity, wisdom, love, unity. That means you know your true identity. Knowing your identity, how others might abuse or oppress you, or how they treat you, doesn't affect you. And you won't have any fear or lack either. Your actions and behaviors will reveal that you are an infinite being. It's a constant state of love flowing without end.

问: 追随告我的指引,跟随兴奋就是最⼤的⾃由了吗? 有没有更⼤的⾃由?

Q: Is following my guidance and going with enthusiasm the greatest freedom? Is there a greater freedom?

JO: 最⼤的⾃由就是进⼊到⽆的状态.就是⼀切有都来⾃于⽆.那你这个⽆就可以变幻成任何有.那个有就是在你们物质世界的⼀个相.那还不是最⼤的⾃由吗?

JO: The greatest freedom is entering into the realm of nothingness, where everything arises from nothing. You can then transform that nothingness into anything you want. That 'something' exists as a manifestation in your material world, isn't that the ultimate freedom?

问: 从JO的视⾓是不是我们每⼀个⼈处于不同的状态时,能量球会呈现出不同的颜⾊? 如果是的话,能否举例不同的能量状态对应的颜⾊是怎样的?

Question: In JO's perspective, does the energy ball change color depending on each person's different states? If so, could you provide examples of what colors correspond to different energy states?

JO: 应该是说你们⾃⼰,在你⾃⼰处于⼀个不同的能量频率的时候,你会显化出⼀个不同的世界给你⾃⼰体验.就是好像你在⼀个不同的频率,不同的⼀个能量级别.你就会有⼀个不同的世界给你.虽然你们还在同⼀个世界,但是你体验的就完全不⼀样了.就你不会觉得前⾯有什么阻碍或者有什么困难,有什么不好的事情.就没有不好的事情.为什么呢? 因为所有坏的事情你都能把它变成好的呀.然后你知道它如何正⾯服务于你呀.就好像所有垃圾你⼀碰,它就变成了⾦⼦,变成了黄⾦.不只是黄⾦,任何你需要的东西.就⽐如说前⾯有⼀个杀⼈犯吧.他⼀碰到你,他马上就变成像爱⼈般⼀样的温柔,然后去尊重你去保护你.就那样⼦.

JO: You should say yourselves, when you manifest a different world for yourself by being in a different energy frequency. It's as if you're operating on a different frequency, at a different level of energy. You would be experiencing a different world. Even though you are still within the same world, your experience is completely different. You wouldn't feel any barriers or difficulties, or anything bad happening to you. Nothing bad happens because you can transform all the bad into good and understand how it positively serves you. It's like touching all trash that instantly turns into gold; not just gold but whatever else you need. For instance, suppose there is a murderer in front of you. Upon touching him, he immediately becomes as gentle as a lover, respecting and protecting you. That's how it would be.

就好像⼀头猛兽本来是要吃你的,但是你已出现,它就变成像⼩猫猫⼀样陪伴你.你能显化任何你想要的.任何互动的都是跟你内在是符合你的.

It's as if a fierce beast was about to devour you, but upon your appearance, it transforms into a little feline companion by your side. You can manifest anything you desire. Every interaction resonates with what is within you and aligns with you.

问: 能否举例说明⼀切都存在于此时此刻? 不是我们在创造实相,⽽是在显化实相?

Question: Can you give an example of everything existing right now, rather than us creating reality and instead manifesting reality?

JO: 你能体验到明天吗? 那你体验到的明天也还是在此时此刻体验到的呀.有些东西它都是存在于当下的,那你能不能看到呢? 你能不能去运⽤到呢? 就好像现在这个⼥孩⼦通灵,这些 information都是在当下的.这些信息都是在这⾥的.那你能有办法去体验到、去连接到、去运⽤到、去拿出来、去呈现在这个物质世界吗? 明⽩吗? 它不是说这个⼥孩⼦要等到明天去拿这个信息.她只能在当下去取.

JO: Can you experience the future? Well, that means you're still experiencing it in this moment. Some things exist in the present, can you see them? Can you apply them? It's like this girl channeling information; all of these details are present and here. Can you somehow bring those experiences to bear, connect with them, use them, extract them, and display them in our physical world? Understand? She doesn't wait until tomorrow to retrieve that information; she accesses it right now.

问: 三维空间的时间是我们的意识不断地穿越在平⾏实相⽽产⽣的吗?

Question: Is time in three-dimensional space the result of our consciousness continuously traveling through parallel realities?

JO: ⾸先其实时间对你们每⼀个⼈来说又是不⼀样的.那也是根据你⾃⼰产⽣的⼀个,就是你需要⼀个东西,它才能产⽣⼀个体验.它才会有这个过程.那你们这个意识是需要在你们这个物质世界去体验过程的.这个才是你们来到这个物质世界,就是来进⼊这个物质世界最有意义的⼀部分.就是它能去产⽣⼀个过程给你们去体验.那个才是最精髓的东西.

JO: First of all, the time is different for each and every one of you. That's based on your own creation; you need something to generate an experience. It creates a process that way. Your consciousness needs to experience this process in your physical world. This is why you come into this physical world—the most meaningful part is that it can create processes for you to experience, which is the essence of it.

问: 看过巴夏的⼗⼆个申明的冥想觉得很好.这位⽹友想问能不能让这个通灵的⼥孩通过巴夏带领我们做这个冥想?

Question: After watching Bahya's twelve declarations during meditation, I found it very beneficial. This online user wants to know if they can have this medium girl guide us in doing this meditation through Bahya?

JO: ⾸先这个⼥孩⼦她有她⾃⼰独特的,好像她有她教学的风格.我们每⼀个⼈是不同的⽼师,对吧? 那她有她的⼀个教学风格.那她有她来转变你们这些⼈的意识的⼀个⽅式⽅法.她不是去学别⼈,她只是成为她⾃⼰.如果你觉得另外⼀个⽼师更符合你的风格,那你就可以去跟随另外⼀个⽼师.那这个⽼师有她⾃⼰的风格.如果吸引你,那你就⽤她的这个⽅式⽅法.她不是像⼀个杂技演员,你来给我表演⼀个这个,表演⼀个那个,明⽩吗? 她只是把她的⼀些独特的,⽤她的⼀些⽅式呈现出来.那你觉得你被吸引到,你就⽤这个⽅式.你被其他⽼师吸引到,你就⽤其他⽅式.但是我们⼀直在申明.你有听到吗?

Jo: Firstly, this girl has her own unique style; she teaches in her own way, like each one of us is a different teacher, right? She has her teaching style that allows her to transform your consciousness. She doesn't copy others; she just becomes herself. If you feel another teacher better suits your style, then you can follow them. This teacher has her own style too, and if it appeals to you, you can use her methods. She's not like a circus performer asking you to show off tricks; she simply presents what is uniquely hers using her own approach. When you are attracted by this method, use it. If other teachers attract you, then use their methods. But we always emphasize: choose the style that resonates with you.

如果你有听到的话,你不会再: 你再给我申明⼀下.我们今天的每⼀句话都是在申明.你有听到吗?

If you heard it, you won't say again: please clarify for me once more. Every word we spoke today was a clarification. Did you hear that?

问: 怎么可以知道平⾏宇宙的存在? 怎么可以知道阿卡西数据库的存在?

Q: How can we know about the existence of parallel universes? How can we know about the existence of the Akashic database?

JO: 那这个⼥孩⼦在帮你们去提取信息的时候她都是进你们所谓的阿卡西数据.平⾏宇宙? 那当你转变了你的⼀个频率或者你的思想你的观念,那你就体验到⼀个不同的版本的你.就⽐如说⼀个你之前全是消极负⾯的想法.然后通过我们的信息,你只给你的事情积极地定义.你就会进⼊到另外⼀个世界,你发现⾥⾯的⼈都变了.你的运⽓、你的事业、你的⼯作、你的关系,就是⼈都变了.那你就进⼊到另外⼀个版本的你了,明⽩吗? 这个需要你⾃⼰去体验,你⾃⼰去创造.你会发现我对象没变啊,但是他怎么对待我的⽅式⽅法变了?

JO: Then when this girl was helping you to extract information, she was accessing your so-called Akashic records, parallel universes? When you change your frequency or thoughts, your perception, you experience a different version of yourself. For example, if you had all negative ideas before and through our information, you redefine your situation positively. You enter another world where people are changed - your luck, career, work, relationships; everyone is different. You enter into another version of yourself, do you understand? This requires your own experience and creation. You'll find that the person hasn't changed, but how they treat me has changed?

问: 如何成为⼥明星⼀样闪耀的⾃⼰?

Question: How can I shine as brightly as a female celebrity?

JO: 那也是你的能量.你的能量如果越沉重的话,那你越是吃⼒越是有⼀种排斥.那如果你的能量是越来越轻的⼀个状态,那你⾃然⽽然就变得有吸引⼒有影响⼒.

That's also your energy. The more burdensome your energy becomes, the harder it is for you, and there's a sense of repulsion. But if your energy state is becoming lighter over time, then naturally you become attractive and influential.

问: 七⼋⼗岁的⽗母,⼀直活在⾃我抱怨的模式⾥.看到他们很痛苦却不会⾃我反省,他该怎么办?

Q: How should one deal with parents in their seventies or eighties who are stuck in a pattern of self-complaint and don't seem to be able to reflect on themselves when they appear to suffer?

JO: 那就像我们前⾯说的,你发现了或者看到了或者体验到了⼀件杀⼈事件.你要如何去运⽤这个杀⼈的事件呢? 你是把它当成⼀个悲痛的事件? 产⽣在我的⽣命当中,⼈⽣好痛苦好⽆⼒.还是说它可以激发出你对你们⼈类⼈性的⼀个探索? 然后去激发出你想要去转变⼈类集体意识的⼀个想法或者愿⼒,对吧? 那既然看到你的亲⼈他们是在这样⼦的状态下,你要怎么样去领悟这样⼦的事件来服务于你? 你不是去改变.你如果想要去把他们改变的不是那么的负⾯的话,你其实有⼀种执念,就是有⼀种我要改变外在的事件.但是外在的事件不是⽤你来改变的,是⽤你来利⽤外在的相来改变你⾃⼰,你要创造⼀个什么样⼦的体验.

JO: That's like the scenario we discussed earlier, where you've stumbled upon or witnessed a murder. How do you utilize this event? Do you use it as a source of sorrow, realizing life is so painful and powerless? Or does it inspire you to explore human nature further, sparking thoughts about transforming collective human consciousness? Essentially, how do you make sense of such an incident for your own benefit without trying to change others? Instead of wanting to alter the external event, there's this notion that you're influenced by past events rather than using them to change yourself. How do you create a new experience for yourself based on these incidents?

所以说通过看到你的,就是他们的状态.那你是不是可以提醒你⾃⼰不要沉浸在这种悲惨的相⾥

So by observing your state, which is theirs, you can remind yourself not to get lost in this tragic illusion.

⾯?! 那他们也可能是沉浸在悲惨的相⾥⾯,对吧? 那你跟对⽅有什么区别呢? 你也在啊.你的相没有⽐他的真.你觉得你眼⾥的相才是真的,他们眼⾥的都是假的? 他们眼⾥的痛苦、消极、悲观,他们的相都是假的? 你的是真的? 明⽩吗? 你们都在不断不断地拿起来这个相,然后把它当成是没办法更改.ok,你不是去更改它,你是如何去运⽤它.就好像这把⼑.你拿着这把⼑,这么锋利.我把它改改改改成像⽊棍⼀样或者是改成像⾯条⼀样.你不是神经病吗? 这把⼑你是如何运⽤它来服务于你,服务于更多的⼈.这个才是最重要的.

And? Could it be that they are also lost in the suffering of their projections, right? What's the difference between you and them then? You're there too. Your projection isn't as true as theirs. Do you think your version of reality is real while theirs is false? The pain, negativity, and pessimism they see - are those all false to you? But yours seems true? Understand this? You keep picking up these projections over and over again, then treating them like unchangeable realities. Okay, you're not trying to change it; how do you utilize it? It's like a sharp knife. You have it so sharp. I'd change it into something dull or maybe into spaghetti. Are you crazy? How do you use this knife to serve yourself and others more? That's what truly matters.

问: 如果快活到这⼀⽣⽣命的终点,依然是很痛苦的⽣活模式.那么他的这些负⾯体验是不是都有意义? 可以为下⼀世所⽤吗?

If happiness until the end of this life is still a painful way of living, then are all these negative experiences meaningful? Can they be used for the next life?

JO: 别说下⼀世,你们⾃⼰这⼀世,你们其他存有就可以⽤啊.那就⽐如说这个⼥孩⼦这么⼤的⼀个愿⼒想要去帮助众⽣脱离苦海,对吧? 那是不是因为这些相来激发她不断不断地来转变⾃⼰.那也在转变其他⼈,明⽩吗? 所以这些相有没有效果? 有没有⽤? 你们不知道这个相如何去把另外的其他灵魂变成⽆条件的状态.就是你不知道那个灵魂的历练或者升级吧.

JO: Forget about the next life; you can use this power in your current life. Imagine a girl with such strong will wanting to help all beings escape from suffering, right? Is it because of these interactions that she keeps transforming herself continuously? She is also transforming others, do you understand? So, do these interactions have any effect? Are they useful? You don't know how these signs can turn other souls into being without conditions. That's because you don't know their trials or upgrades.

问: 请问灵界还有什么信息带给我们?

Question: Could you share any information from the spirit world with us?

JO: 今天所有的信息都可以让你⽤你⾃⼰的⽅式去运⽤它服务于你.

JO: Today, all the information is available for you to utilize in your own way to serve you.

第⼆个部分问: 我想连接⼀下巴夏的能量.

The second part says: I want to connect with a source of Baha'i energy.

JO: 好的,你稍等. 巴夏: 你可以提问了.

JO: Alright, hold on. Baha: You can ask your question now.

问: 你能介绍⼀下第⼀⽀降临地球的外星⼈吗?巴夏: 没有第⼀.因为就没有间断过.

Q: Can you introduce the first extraterrestrial beings to descend upon Earth? Basha: There was no first, because there has been no interruption.

问: 就是马上有公开接触.

Q: There will be immediate public interaction.

巴夏: ⾸先你们每⼀个不同的意识程度需要不同的体验.就好像有⼀些部分的意识它们已经 ready了,那它们会有它们的体验.就好像你们⼀个学校不同的年级,那⼈家都已经毕业了,那他们会有这样⼦的体验.那还有的是在幼⼉园,那他们也有这样⼦.所以幼⼉园阶段是不会去接触到毕业的课程的.如果你对这个特别感兴趣的话,那就不断地清理⾃⼰,让⾃⼰越来越好的有你的头脑或者是记忆对你的⼀个⼲预.那你这样的频率就会跟⾼意识的存有产⽣连接.那些⾼意识的它不只是所谓的外星存有,⽽且你们要放下任何你们对外星存有连接的模式、⽅式⽅法,任何固有的⼀些.

Barha: First of all, different levels of consciousness require different experiences. Just as some parts of the consciousness are already ready, they will have their own experiences. Like students in different grades at school, once they graduate, they will have these kinds of experiences. Those still in kindergarten also experience this phase; hence, they don't get to learn about the graduation courses during kindergarten. If you're particularly interested in this, continuously cleanse yourself, allowing your mind or memory to better influence you. By doing so, you'll connect with entities of higher consciousness. These high-consciousness beings are not just supposed extraterrestrial beings, but also require you to let go of any patterns, methods, or established ways you associate with connecting with extraterrestrial entities.

问: 那你能介绍⼀下可能会⽐较近降临地球的外星⼈的⽂化、爱好什么的吗?

Question: Could you introduce what the culture and hobbies of extraterrestrial beings might be that could potentially visit Earth soon?

巴夏: 你说的这个是有⼀个就好像是…… 因为这些所有的事情它已经在发⽣,明⽩吗? 并不是说……它只是在你的这个意识程度⾥它是什么即将或者将要什么什么的.所以你对这个所谓的时间的理解都是有误的,因为它⼀直在发⽣着.它并不是说像你们所说的.那如果他们带出来到信息是即将或者是什么,它只是对那⼀批⼈.就是对那⼀批ready,就好像那⼀批果⼦快成熟了.那他们要被收割做成果汁了,就像那样⼦的⼀个状态.那其它还是在开花的状态,它跟你,就是收割果⼦没有任何关系的,明⽩吗?然后关于你想要去介绍哪个外星⼈的⼀些什么背景.因为你们每⼀个个体将会产⽣的体验都不⼀样.

Baxia: The thing you mentioned is sort of… because all these things have already happened, understand? It's not that it will happen in the future; it's simply that they are already happening within your level of consciousness. So your understanding of time is mistaken because it has always been happening. It's not like what you've described as having yet to happen or being about to happen. If the information from them comes out, it's relevant only for those who are ready, similar to how a batch of fruit is about to ripen and needs to be harvested into juice, just in that state. The rest are still in the flowering stage; they have nothing to do with you harvesting fruits, understand? And regarding your desire to introduce the background information of an alien being. Since each individual's experience will be different.

问: 为什么接触的外星⼈不⼀样呢?

Why do encounters with aliens vary?

巴夏: 你们每⼀个个体接触的都不⼀样.不是说你的⼀个体验或者你的接触到的外星⼈和 JOJO⽼师接触到的外星⼈是⼀样的,不⼀样的.为什么呢? 因为你有跟你连接的,她有跟她连接的.这是跟你们⾃⾝也有关系的.那对⽅也有它需要带给你的信息,那对⽅也有带给 JOJO⽼师的信息.这是不⼀样的.

Barak: Each of you is experiencing something different. It's not that your experience or the extraterrestrial beings you are interacting with are the same as those that Mr. JOJO encounters; they are different. Why? Because there is a connection for you, and there is one for her. This also has to do with each individual’s own circumstances. The other side has information it needs to share with you, just as it shares information with Mr. JOJO. These experiences are not identical.

问: 你这样便有雅尼奥⽂明的信息吗?

Question: Do you have information on the Yanio civilization?

巴夏: 你可以提问.如果有关于你的问题的信息进来,信息就会进来.因为关于所有这些⽂明的名称是来⾃于你们⾃⼰的⼀个定义.你们就好像你们⾃⼰⽐如说讲中⽂,然后你们⾃⼰会有对这个字的⼀个理解.会有你们共同创造的⼀个能量场.你说.

Baha: You can ask questions. Information will come in if there are questions about your information. Because all these names of civilizations are from your own definition. You're like yourself, for example speaking Chinese, then you have your own understanding of this word. There is a collective energy field that you create together.

问: 雅尼奥⽂明它们的平均寿命是多少? 它们还吃饭睡觉吗?

Question: What is their average lifespan in the Yanio civilization? Do they eat and sleep?

巴夏: ⾸先你问的任何的这些东西都是来⾃于你⾃⼰对你⾃⼰头脑的⼀个,就好像你头脑是⼀条狗.那你就好像是在满⾜这条狗的⼀些……它想这个,它想那个.你们头脑不需要再充斥更多的⼀些信息.因为你们⼈已经被传播的各种信息,已经被你们的头脑充斥的不⾏,明⽩吗? 那我们在这⾥是想要帮助你们脱离你们的头脑,让头脑不再成为你们的⼀个限制.所以如果你想要更多的去增加你头脑的所谓的知识⾯的⼀些东西.那么你们可以通过⽹络去搜索各种各样的信息来填充你这个头脑.还有就是说关于你们头脑喜欢去统计,喜欢数字.然后数字并没有办法给你⼀个明确的…… 你就好像问有多少个星球? 它永远永远的不断地在产⽣,不断地在变化,不断地在增多.

Baha: First of all, whatever you ask about these things come from your own self for your mind, as if your mind is a dog. So it's like satisfying this dog with some… it wants this, it wants that. Your mind doesn't need to be filled with more information anymore because you humans have been saturated by various pieces of information being fed into your minds already, right? We're here to help you break free from your mind and not let it limit you any longer. So if you want to add more to what you call knowledge in your mind, you can go online to search for all sorts of information to fill up this head of yours. Also, about how much you like statistics and numbers… Numbers cannot give you a definitive answer… Like asking 'How many planets are there?', it's constantly being produced, always changing, always increasing.

这个不是⼀个你们能去有⼀个确切的数字.⽽且那个数字对你们来说也是没有任何意义的.因为就算告诉你那个数字,你头脑⾥也没有办法去理解.如果我们告诉你这⾥是⽆限,⼀直在变化着,是⽆限的.你们对⽆限没有办法去理解什么是真正的⽆限,也没有办法理解到什么是真正的变化,不断地产⽣,不断地变化,不断地产⽣.它这是在⼀个⽆限的状态当中.

This is not something that you can have a precise number for. And the number would also be meaningless to you because even if we told you that number, your mind wouldn't be able to comprehend it in any meaningful way. If we were to tell you that it's infinite, constantly changing, and infinite, you wouldn't be able to understand what true infinity is or what true change means - continuous generation, constant change, perpetual creation. It exists within an infinite state.

问: 墨西哥公布了两具外星⼈的⼫体.他们是哪⾥来的? 他们来地球的意义是什么?

Q: Mexico has unveiled two extraterrestrial bodies. Where are they from? What is their significance in coming to Earth?

巴夏: 这么说吧,你们研究的这些东西都是你们⾃⼰,就好像⼩朋友跟这些玩具玩游戏⼀样.因为就算你们真正的拿到了⼀个你们所谓的模板,那也是在你们这个版本创造的.就好像我们的意识在通过这个通灵的⼥孩⼦讲话,你们去研究她.你们说外星⼈在她这⾥,你们去研究她.就像是这样⼦.那只是这个能量,你们没有办法去研究这个能量.因为这个能量是在不断地来又去,来又去.在这样⼦的⼀个状态下.你们有你们⾃⼰的游戏规则,好像⾃⼰玩游戏⼀样.你们有你们⾃⼰的说法,⾃⼰的体验,⾃⼰想要去创造的.但是我们想让你们知道的就是说意识把所有的⼀切都连在⼀起的.它不是说需要像你们那种,就是物质⾁体.因为我们现在就跟你们是连在⼀起的.

Baha: Let me put it this way; the things you study are all yourself, like children playing with toys. Even if you were to acquire what you call a template, that would be in your version of creation. Like our consciousness speaking through the medium girl, studying her and assuming aliens are within her - it's like that. You can't really study this energy because it constantly comes and goes, constantly fluctuating. You have your own rules for playing games, just as if you're playing them yourself. You have your theories, experiences, and what you want to create. But what we want you to understand is that consciousness links everything together; it's not tied to the material body like you perceive it to be, because we are connected to you in this way.

然后通过我们的⼀些信息的输⼊,然后会扩展你们的意识.⽽你们的意识的转变也会让我们的存在更有意义.

Then, through the input of some of our information, your consciousness will expand. And the transformation of your consciousness will also give meaning to our existence.

问: 你能描述⼀下银河系当中最先进的可以⽂明是什么样的吗?

Question: Could you describe what the most advanced civilization might look like within our galaxy?

巴夏: ⾸先我们说这是又是属于你们头脑⾥⾯的⼀个对⽐,⼀个好和坏,或者是⼀个更好,就是⼀种⽐较⼀种对⽐.然后所有东西它都在它⾃⼰需要的⽣长速度⾥⾯.就好像⼀颗种⼦开始发芽,还有⼀棵参天⼤树,它们只是在⼀个不同的⽣命状态.然后体验不同的⼀个⽣命状态.如果你要说⼀个最先进的科技的话,如果你真的是要这样⽐较的话.那就像我们前⾯的信息说的⼀样,它是在⼀种⽆的状态,它是⼀个爱的状态,它可以产⽣⼀切显化⼀切.就是它可以把⼀切死的变成活的,把猛兽变成⼩宠物.就像是这样⼦的⼀个状态.就是没有限制.你可以去体验任何你想要体验的.你想要体验物质你可以体验物质,你想要体验任何,你都可以体验任何.

Baxia: First, we say that this is a comparison in your mind, good and bad, or better, which is a form of comparison or contrast. Everything exists at its own required growth rate. Like a seed beginning to sprout, or a towering tree, they are simply in different states of life, experiencing different states of existence. If you were to compare the most advanced technology, if that's how you want to measure it, then it would be akin to the information we've shared before being in a state of nothingness, an affectionate state where everything can manifest and be created. It has the ability to turn the dead into living beings, to transform fierce beasts into small pets. It's like being in such a limitless state where you could experience anything you desire; you can experience matter if that's what you want, or any other thing you wish for.

问: 那这个科技太好了.

Question: That technology is just too good.

巴夏: 那是意识,那不是科技.那是频率.

Baxia: That's consciousness, not technology. That's frequency.

问: 如果说外星⼈降临地球会给⼈类带来什么礼物吗?

Q: If extraterrestrial beings were to descend upon Earth, what kind of gifts would they bring to humanity?

巴夏: 我们现在就在给你们带来礼物,⽽且我们现在就在跟你们接触.我们前⾯就说你们需要放下你们头脑⾥⾯任何接触到观念.这样⼦你就会没有接受到你现在眼下的礼物.

Baha: We are now bringing you the gift, and we are now contacting you. As we mentioned earlier, you need to let go of any notions that have reached your mind. Only then will you not receive this gift you are witnessing now.

问: 现在有多少个外星⼈正在与⼈类互动?

Question: How many aliens are currently interacting with humans?

巴夏: 我们⽤⽆数也⽤⽆限,因为你不知道他们互动的⽅式.他们有可能是在梦⾥,他们有可能是在你们所谓的精神病院⾥⾯,他们有可能是在对⽅是⼀种抓狂的状态,是在对⽅跳舞表演、唱歌、艺术创作、作画,任何.每个⼈互动的⽅式不⼀样.所以你如何去产⽣这个数量.因为它⼀直在变化当中.

Baxia: We use both finite and infinite because you don't know how they interact. They could be in dreams, or in what you call mental institutions, or one of them could be in a frenzy state with the other person dancing, performing songs, creating art, painting anything, every way people interact is different. So how do you produce this quantity as it's always changing.

问: 你说每个⼈互动不⼀样.是不是就像我们⼈类⼀样和每个⼈的交流的⽅式也是不⼀样的?

Q: You said that interactions are different for each person. Does this mean that, like humans, our way of communicating with each person is also different?

巴夏: 你们⼈类现在互动的⽅式基本上都是在⼀种有阻碍的状态,但是我们说的互动更多是意识层⾯,没有阻碍的⼀个状态.

Baraka: The way you humans interact is mostly hindered, but we refer to interaction at a more conscious level, without any hindrances.

问: 猎户座的灵魂投胎来到地球对⼈类的⽂明有什么影响?

Question: What impact does the soul of Orion's asterism taking rebirth on Earth have on human civilization?

巴夏: 你们社会上看到你们整个就好像是⼀副各种颜⾊、各种⾊调不同的画.然后这幅画⾥⾯什么都有.它既有艺术⽅⾯、设计、⾳乐、表演,各⽅⾯都会有.这些都是各种能量和意识的⼀种交流,就是⼀种影响,然后产⽣的⼀些相呈现在你们的世界⾥⾯.然后还有很多你们没有发现的,有待你们去发现的.所以它也是⽆穷尽的⼀个状态.因为你们头脑能探索到的信息实在是⾮常的有限.

Bahá'u'lláh: In your society, you see yourselves as a canvas of various colors and hues. Within this painting, everything exists; it encompasses art, design, music, performance, among others. These are manifestations of various energies and consciousness interacting and influencing each other to create patterns that appear in your world. There are also many more discoveries waiting for you to uncover, making the possibilities endless. Your mind's ability to explore is indeed limited.

问: 那么根据你解读到的能量,2024年地球会发⽣什么重⼤事件呢?

Question: Based on your interpretation of energy, what significant events would occur in Earth in 2024?

巴夏: 我们连接到就是你们内在的状态会显化的特别快.就是你内在的愤怒会很快的以⼀种疾病的⽅式呈现在你的⾝体⾥.它可能很快的以你的另⼀半,就是你们发⽣激烈的争吵或者是冲突.就是能量就在加速的显化出来.就⽐如说你积极地能量也在很快的去影响着他⼈,转变着他⼈.所以你们内在真实的⼀个频率,就⽐如说以前显化⼀个果可能需要⼀年的时间这个果才结出来.那现在的能量状态可能需要⼏天时间就显化⼀个果给你体验到.所以你们会需要越来越去认识到外在的⼀些果和你们内在的信念和你们的频率相关联.因为你们很多⼈没有意识到这是相关的.所以他们会进⼊到⼀种不知所措或者就是没有办法或者不知道如何去处理或者失控的⼀种状态.

Ba Xia: We are connecting to how your inner state manifests particularly quickly. The anger within you will be presented very rapidly in a way that appears as sickness in your body. It may manifest quickly through the other half of you, such as intense arguments or conflicts happening between you both. Energy is accelerating its manifestation. For example, positive energy also influences others and transforms them rapidly. Therefore, your true inner frequency, like how it took a year for a certain fruit to ripen in the past, now may only take days for that fruit to manifest for you to experience. So you will need to increasingly recognize the connection between external fruits and your inner beliefs and frequencies, as many of you are not aware of this relationship. Consequently, they might enter into a state of confusion or being unable to handle situations, feeling out of control.

问: 那变化这么快的话,应该怎么⾯度这些变化呢?

Q: Given how rapidly things are changing, what should one do to cope with these changes?

巴夏: 就是去认识到外在的所有相只是你们⾃⼰内在的状态、意识、频率发出来的相,⽽避免对这些相产⽣⼀些恐惧导致更多的⼀些恐惧的画⾯显现.

Baha: It's to realize that all the external appearances are merely reflections of your own inner states, consciousness, and frequency, and to avoid generating fear in response to these appearances, thus preventing more fearful scenarios from manifesting.

问: ⼈类如何才能避免⾛上⼩灰⼈⾃我毁灭的道路呢?

Q: How can humanity avoid following the self-destructive path of the little grey men?

巴夏: 就是提升你们的意识.因为当你们意识在不断地提升过后,你们就会越来越接近爱的⼀个状态.那你们越是接近爱的⼀个状态,你们便不会去投射如此多的所谓的毁灭给你们去体验,经验到.就是你们不需要去付出这样⼦的⼀个代价.

Baha: It's to elevate your awareness because when you're constantly elevating your awareness, you get closer and closer to the state of love. And the more that you approach this state of love, you don't project so many of these so-called destructions for yourselves to experience and have experienced; meaning that you don't need to pay such a price.

问: 如果我们地球上发⽣核⼤战,外星⼈会阻⽌吗?

If there were a nuclear war on Earth, would aliens intervene?

巴夏: ⾸先你们地球并不会发⽣核⼤战.但是你们地球最重要的功课就是去学习到外在的⼀切事件都是来⾃于你们内在能量的⼀个显现.这个对你们来说⾮常的重要.这个就好像是找到⼀个出⼜.

Baha: Firstly, Earth will not experience nuclear warfare. But your most important lesson is to learn that all external events are manifestations of your inner energy. This is crucial for you. It's like finding an outlet.

⼀对⼀提问环节 第⼀个⼈:问: 请帮我连接我的JO的能量.我叫XXX.35岁.我的⼈⽣可以是什么?

Q&A Session - Person 1: Ask: Please help me connect to my JO energy. My name is XXX, aged 35. What could my life be?

JO: 你这⼀⽣的灵魂主题就好像是不要让⾃⼰如此的钻⽜⾓尖.从好像没有办法变得有⽆限的办法.就是意识的⼀种扩展.因为在你的灵魂⾥⾯有很多限制性观念,然后有很多被限制的东西.然后你这⼀世主要是拿开这些限制.所以你会对那种没有限制的状态还有信息,你会特别受它们吸引.就这么说吧,就⽐如说⼀个特别有办法的⼈,他能把什么东西都能像魔术师⼀样变出来的⼈,把问题变得没有.你就会觉得,哇,好有兴趣.像个⼩朋友⼀样对他充满了兴趣.你觉得这么⽜逼.因为这就是你想要去达到的⼀种状态.

JO: Your soul's theme for this lifetime seems to be not to get so caught up in your own thoughts. To go from seemingly no solution to having limitless possibilities, which is an expansion of consciousness. There are many limiting beliefs and constraints within you, along with many things that are restricted. In this life, the main focus is on removing these limitations. Therefore, you are attracted by the state of freedom without restrictions and the information associated with it. Put simply, like a person who can make anything disappear as if they were a magician, someone who makes problems vanish. You would find this fascinating, full of interest for someone like that, like a child to them. You admire their power because that is what you strive to achieve in your own way.

问: 我的课题就是要突破头脑⾥⾯的这些限制吗?

Q: Is my project about overcoming these limitations in our minds?

JO: 是的,就是把前⾯的没办法变得超多办法.就是变得很有办法,很有⽅法.就是把有限变成⽆限的状态.所以当你听到很多,就好像炼⾦术,因为炼⾦术可以把死的变成活的,把坏的变成好的,把⼀条路变成⽆数条路.你就会特别感兴趣,你就会特别被这种能量吸引.

JO: Yes, it's about transforming the impossible into an abundance of possibilities. It's about becoming very resourceful and finding numerous ways. It's about turning limitations into limitless conditions. So when you hear this, like alchemy, because alchemy can turn the dead into life, bad into good, one path into countless paths, you will be particularly interested and drawn to this energy.

问: 我的天赋是什么?

Question: What is my talent?

JO: 你的天赋就是当你发现了这样⼀条路,你真的会痴狂.你就会好激情好痴迷,你就会沉浸在⾥⾯,想要不断地去锻炼好像炼⾦术的⼀个技术或者能⼒或者级别.⽐如说别⼈可能没什么兴趣或者⼀点点兴趣,你可能会万分激情,就万分有激情这样.这个应该是你的天赋.

JO: Your gift is when you find a path, you really get obsessed and passionate about it. You become immersed in it, wanting to constantly train like mastering an alchemy technique or skill or level. For others who might not be interested or only somewhat interested, you could have this intense passion, this extreme enthusiasm. This seems to be your gift.

你的天赋会让你⾛上脱困的这条路.你的内在的那种激情、渴望让你从有限制的状态进⼊到⼀个没有限制的状态.

Your innate talent will lead you down the path of liberation. The passion and longing within you will take you from a state of limitation into one without boundaries.

问: 我的前⼏世都是做什么的?

Question: What did I do in my previous lives?

JO: 我们连接到对这⼀世有影响的⼀个能量它就是受限的.那⼀世你受到了很⼤的限制,你不能完完全全的去展现你⾃⼰和成为你⾃⼰的状态.然后这个受限的能量还在你的体内,所以你还会体验到那个能量,会受限吧.就觉得没办法.这怎么办这种状态.然后就因为你有这股能量在就导致你就特别,打个⽐喻就是就好像你做了⼀辈⼦的牢,你就好想出去,好想⾃由.所以你就会对那种没有限制的状态特别渴求特别渴望.所以前世的呢股能量还是对你这⼀世⼈⽣主题的⼀个体验还是有很⼤的影响,直接的关联.

JO: We are connected to an energy that affects this life, and it is limited. In your previous life, you were greatly restricted, unable to fully express yourself and become who you truly are. This limiting energy still resides within your body, causing you to experience the limitations of that energy. It feels like there's no way out. How can you deal with this state? Because of this energy, you're always trying to escape, seeking freedom. Therefore, you have a strong desire for a life without restrictions. Thus, the energy from your past life significantly influences your current life experiences and theme.

问: 我感觉我还是会去钻⽜⾓尖怎么办?

Question: I feel like I'll still end up in a dead-end situation; how can I handle this?

JO: 那你⾸先要体验到这个,你才能体验到没有限制呀,明⽩吗? 所以它也是⼀个好的体验啊.为什么呢? 我体验到我现在还有限制.就是这个限制让我感受到了两天受限.明天可能因为意识的转变,可能就感受到只有⼀天,就是在这个受限的状态.那我过⼀段时间可能只有⼏个⼩时,可能只有⼏分钟,只有⼏秒钟.也是⼀个很好地让你去好像是在⼀个知道你现在是在哪⾥的状态.还是⼀个就好像是体温计⼀样能测出来你现在在哪⾥? 你现在有没有进步? 像是⼀个尺⼦⼀样可以丈量出来你的⼀个状态.但是你被困的感觉会随着你意识的增长时间会变得越来越短.或者是你会感受到它会松动,它不会像以前那样死死的框住你.你会感受到活动更加⾃如了.

JO: So you need to experience this first before you can experience the lack of limitation, understand? Therefore, it is indeed a good experience. Why is that? I'm still experiencing limitations now. This restriction made me feel limited for two days. Tomorrow, due to changes in awareness, I might only feel one day's worth of limitation, being in that state of restriction. In some time, perhaps just several hours, maybe a few minutes, or even seconds. It is essentially a great way for you to be aware of where you currently stand. Like a thermometer measuring your exact position, indicating whether you have progressed or not, similar to a ruler gauging your current state. However, the sensation of being trapped becomes shorter as your consciousness grows over time, and you might feel it loosening, unlike before when it was rigidly constraining you. You will sense more freedom in movement.

很简单,你以前只有这⼀个洞,钻⽜⾓尖,所以你觉得你⾃⼰没有出路.那最后你知道这边还有⼀个出路.所以它对你是⼀个…… 除⾮你的意识没有变.但是你不会的.为什么呢? 因为你会⼀直被这样⼦的能量吸引.就好像你会⼀直被这个光吸引,所以你不会不变的.该怎么办? 那就是跟随你内在的激情和指引了.因为你被这些光吸引啊.被这些⽆限的能量给吸进去.

It's quite straightforward. You only had one way out before, trying to pierce through the tip of a bull horn, which made you feel like you had no escape. Eventually, you realized there was another way out here. So it is a... Unless your mind hasn't changed. But you wouldn't want that. Why? Because you'd always be drawn to such energy. Just as you're constantly attracted to this light, so you wouldn't stay the same. What should one do then? It's about following your inner passion and guidance because you're being pulled by these lights, drawn into this boundless energy.

问: 怎么拥有坚定不移的信念?

Question: How do you possess unwavering belief?

JO: 不需要.你内在就有了.就这么说吧,你是⼀只猫.然后鱼的腥味会⼀直牵引着你朝那个⽅向去.你没办法不去的.因为你是猫.那个腥味就很吸引你,就你内在的程序.所以你不需要去担⼼.

JO: You don't need to worry because it's already within you. Let me put it this way, you're a cat. Then the smell of fish would always pull you in that direction. You can't help but go there because you are a cat. That smell is very appealing to you, it's just your inner program. So there's no need for concern.

问: 真有世界⼤同这回事吗? 有紫微圣⼈这回事吗? JO: 你头脑⾥的紫薇圣⼈是什么?

Question: Is there really such a thing as world unity? Are there truly Great Purple Vessel Sages?

JO: What is your Purple Vessel Sage in your mind?

问: 就是让世界和平,世界⼤同的⼀个⼈.

Answering a question about someone who aims for world peace and global unity.

JO: 不只是⼀个⼈.这是能量.这是你们必然,就好像天会亮,这是你们必然的⼀条路.因为所有的分裂都是为了往回⾛.

JO: It's not just about one person. This is about energy. This is your inevitable path, like the sun rising, this is the path that you must take because all division is for reconnection.

问: 那怎么去实现这个世界⼤同?

Q: How can we achieve global harmony in this world?

JO: 你往回⾛.往回⾛就是⾛向光的地⽅.你们现在在做的事情就是在往回⾛.所以你们会被这些信息吸引过来.就好像我们前⾯信息说的,你内在有这个程序,你不得不朝这个⽅向⾛.因为只有往这边⾛,你才是舒服的.你往反⽅向⾛你会感受到窒息.空⽓会越来越少,你越来越难以存活.

JO: Move backwards. Moving backwards is moving towards the light. What you are doing now is moving backwards, so these messages will be attracted to you. Like what we said in our previous information, there's a program inside of you that forces you to move this way because only by going this direction do you feel comfortable. If you go in the opposite direction, you'll experience suffocation. The air will become increasingly scarce and it will be harder for you to survive.

第⼆个⼈:问: 我的天赋是什么?

Second person: Q: What is my talent?

JO: 你可以问⼀下你的灵魂主题.问: 好的.我叫XXX,46岁.

JO: You can ask your soul theme. Ask: Alright. I'm XXX, 46 years old.

JO: 我们连接到你的能量⽅⾯,这么说吧,就好像你会在活⼒上⾯很⽋缺.所以你这⼀⽣的灵魂主题就好像你要把⼀个死⽓沉沉的东西变得充满了活蹦乱跳的⼀个状态.就好像是这样⼦的⼀个转变的⼀个过程.所以在你的前半⽣你就好像是⼀个听话的孩⼦,就⽐较守规矩.可能就是班上最听⽼师话,最乖乖的坐在那的⼀个.就是听话的孩⼦,就是乖孩⼦.因为导致你⼀直有⼀点把你的能量,就⽐如说你本⾝能量就是⼀个活蹦乱跳的.因为压制导致你变得有⼀点…… 本⾝是⼀只猎狗,你应该是去猎猎物的,但是你会有⼀点怕,就是这个能量被收住了.就好像让你冲,你说,啊,我听谁的? 这个让我冲,那个让我不冲.我不敢冲.

JO: We are connected to your energy aspect, in a way, as if you were somewhat lacking in vitality. So the theme of your soul for this life seems to be about transforming something dull into one that is full of liveliness and jumping around. It's like going through a process of transformation. In your first half of life, you were like a obedient child, relatively well-behaved. Perhaps you were the most compliant student in class, sitting there quietly, being the good boy who followed instructions. Because it has led to you having a bit of your energy suppressed; your inherent energy was lively and full of spirit. Due to suppression, you have become somewhat... You should be like a hunting dog going out to hunt prey, but you are afraid that this energy will be contained. It's like they tell you "Go", and you say, "Who do I listen to? That makes me go forward, while the other tells me not to. I dare not charge."

就有⼀种不知所措,完全没有把你内在的⽣命⼒活⼒…… 就是你没有成为⼀只猎狗的样⼦.就好像⼀匹马没有在草原上奔跑过,它没有去完完全全的成为⼀匹马的状态,那种活⼒,那种 energy.

There's a sense of being overwhelmed, as if you're not fully expressing your inner vitality... it's like you're not acting as a hunting dog should. It's akin to a horse that hasn't galloped across the prairie; it has not achieved the full state of being a horse, that energy, that essence.

问: 就是⾮常欣赏那种可以把⽣命⼒展现出来…… JO: 是的,这就是你转变后的⼀个状态.

Q: It's very impressive to be able to show life force...

JO: Yes, that's your state after transformation.

问: 我敢于做⾃⼰是不是活⼒就出来了?

Question: If I dare to be myself, does that mean my vitality comes out?

JO: 是的,像我们前⾯信息说的,不要对任何事情或者对⼈或者对你⾃⼰抱有任何相.因为那些相会让你放不开.

Yes, as we've discussed before, don't hold any views on anything or about people or yourself because those views will restrict you.

问: 我和我⽼公上⼀世的关系是怎样的? 我们在⼀起⼗多年了.他叫XXX.

Question: What was the relationship between me and my husband in our previous life? We've been together for over ten years. His name is XXX.

JO: 我们感受到他的能量就是属于那种就好像有点权威.就好像他有点像当官的那种,你不能反驳我.所以他是不容反驳的.但是当你真的能够打破这⼀切过后,他也会变得像个⼩孩⼦⼀样.所以你⾃⼰的突破会让他也突破.也就是说你越能像个孩⼦⼀样展现的淋漓极致的,⽆拘⽆束的活出来的时候,他的那层壳也会被打破.他会受你的能量的影响也会变得像个⼩孩⼦,就不会有这么多的限制.也会像个天真的⼩孩⼀样.因为你的能量会带动他嘛.所以你变他就会变.多听我们的信息.你现在还是有多相在你的内在.所以我们的信息我们的能量就会像是源头的⽔不断地洗刷你.不断的洗刷,把头脑⾥⾯的那些相都洗刷掉.然后你就越是活灵活现.

JO: We feel his energy as something authoritative - almost like he has authority or is in a position of power where you can't argue against him; thus, he's unchallengeable. Yet, once you're able to penetrate this barrier, he'll revert back to being a child, making him more accessible for breakthroughs. Your growth impacts and inspires him similarly to how it does for you – the more childlike and unrestricted your display becomes, the more his facade is broken down by your energy influencing him as well. Consequently, without so many limitations or constraints, he'll become more like an innocent child, allowing your energy to continuously cleanse and refresh his mind, stripping away old thoughts until he's revitalized.

然后你也会遇到你⽼公的那⼀⾯.

And you will also meet your husband's side of things.

问: 我⼆姐这⼏年总是在⽣病.她为什么⽼是⽣病? 她叫XXX.有眩晕症,还有颈椎,这⼏个⽉拉肚⼦.

Q: My older sister has been ill for the past few years. Why is she always getting sick? She's named XXX and has symptoms of vertigo as well as cervical issues. She's also had diarrhea for the past couple months.

JO: 你可以让她来连接.连接她的能量会更加的准确.

JO: You can have her connect. Connecting with her energy will be more accurate.

第三个⼈:问: 特斯拉的研究中有⼀个⽆限供电……JO: 你可以问关于你⾃⼰.然后你想要了解关于⽆限供电这⽅⾯的信息是吗?问: 对,因为我在热电⼚上班……JO: ⾸先我们问你这是你的激情吗?问: 对呀,这是我的⼯作.

Third Person: Q: Tesla's research has unlimited power... JO: You can ask about yourself. Are you seeking information about unlimited power generation? Q: Yes, because I work at a power plant... JO: First, we'll ask if this is your passion. Q: Yes, it's my job.

JO: NO NO,⾸先这是你的激情.你愿意去朝这个⽅向去研究去探索.如果你愿意⾛上这条路,你就会连接到这个能量来专门的帮助你探索这个课题.是你⾃⼰.明⽩吗? 但是我们可以建⽴这个通道给你.就好像让特斯拉的能量来继续做你的创作,做你的研发.但是这必须要来⾃于你强烈的⼀个意愿,明⽩吗? 所以你可以成为那个发明家.你不需要知道任何,你只需要发出你的意愿.这是让你废寝忘⾷去做的事情吗? 因为当你发出这个意愿,当你朝着这个⽅向去做,然后后⾯的能量就会来⽀持你.就会不断地有灵感从你的体内进⼊去探索你想要探索的主题.所以你愿意扎进去吗? 就是⼀头把⾃⼰扎进去,把⾃⼰全⾝⼼地投⼊进去.你愿意吗?

JO: NO NO, first of all, this is your passion. You're willing to go in the direction of exploring and researching it. If you are willing to embark on this path, you will connect with that energy specifically to help you explore this topic. It's up to you, understand? But we can establish a channel for you. Like letting Tesla's energy continue to fuel your creation and research. But this must come from a strong desire within you, understand? So you can be the inventor. You don't need to know anything; you just need to express your will. Is it something that you're willing to do at all costs? Because when you express your will, when you head in this direction and the energy comes into support you continuously, inspiration from within you enters constantly to explore what you want to explore. So are you ready to dive deep into it? You are completely submerged, fully devoted, are you up for that?

因为当你愿意过后,当你充满了激情可以孜孜不倦的把⾃⼰关在⼀个地⽅我就要研究出来.我可以不吃不喝,我可以断开社交,我可以不去刷⼿机看电影就是其它这些事情.我就是把⾃⼰关在这,把这个研究出来.当你发出这个愿⼒的时候,特斯拉的能量会来到你的体内跟你⼀起做研究.

Because once you're ready and filled with passion to work tirelessly in one place until I figure it out - I can go without eating or drinking, I can disconnect from social interactions, I won't spend time on my phone watching movies or doing other activities. I'll lock myself up here and find the solution through research. When you make this commitment, Tesla's energy will enter your body to assist in your research alongside it.

问: 之前的提问很少有这种关于技术性的提问……JO:你们⾸先要知道你们⾃⼰就是⼀个管道.从你这边就可以打开.但是你愿意多少时间在线啊?因为你们会经常被物质世界拉⾛.这个朋友找你喝点⼩酒,那个找你看个电影,那个找你吃个饭.你就被拉⾛了.你便不能持续的在线,你不能focuson.你看那些真正的发明家,他们是不是把⾃⼰关在⼀个地⽅封锁起来,不断地去好像⽤他们的意念,他们就在创造.所以你就⼀定会创造出来.你所需的⼀切⽀持都会给到你,明⽩吗?

Q: We seldom received questions like this one that are so technical... JO: The first thing you need to know is that you're a channel. You can open from here. But how long are you willing to be online? Because you will often be pulled away by the material world. A friend might want you to have a drink, someone else wants to watch a movie with you, and another asks you for dinner. And then you get pulled away. You cannot sustain being online, and you can't focus. Look at true inventors; do they lock themselves in one place and constantly use their mind as if they're creating? So it is certain that you will create what you need, understand?

问: 您给我⼀些技术⽅⾯的指引吗?

Question: Could you give me some technical guidance?

JO: 刚才不是说了吗,你⾃⼰就是⼀个管道.因为你所需要的任何⽀持,任何技术,任何引导都会通过你来到你这⾥.通过你呈现在这个物质世界,明⽩吗?

JO: Haven't we just discussed that you are the conduit? Because whatever support, technology, or guidance you need will come to you through you. It will be presented in this material world, understand?

问: 我可以结合我的⼯作提⼀些问题吗?

Q: Can I ask some questions about my work?

JO: 你可以提任何问题.但是前⾯的问题我们要让你知道你才是那个去下载这些信息的⼀个管道.不是通过这个⼥孩⼦,是通过你⾃⼰.不要把⾃⼰荒废.就是好像你到这⾥来取⽔.我们告诉你你⾃⼰就是有⼀⼜井,你不断地往⾥⾯挖挖挖.你那边就有⽔.

Jo: You can ask any question you want. But before we let you access this information, we need to inform you that you are the channel through which it is transferred to you, not through a girl, but through yourself. Don't waste yourself. It's like coming here to draw water. We tell you that you have your own well from where you keep digging endlessly. There is water on your side too.

问: 有没有什么好的⽅法或者指引告诉我有没有更好的系统可以取代煤这种燃料?

Question: Are there any good methods or guidelines that can tell me if there is a better system to replace coal as a fuel?

JO: 那你们不是有各种太阳能吗? 但是你通过这样⼦你就能去看到它是有的.但是⽤什么⽅式呈现在你们物质世界,那就需要那个挖井的⼈了.谁会往这⽅⾯去挖呢?谁会持续不断地充满激情的去挖呢? 谁会⽤他的信念去把这个给创造出来呢? 明⽩吗? 我们信息告诉你你就可以成为那个⼈.因为当你去把你的所有专注⼒焦距在这个领域的时候,你就会从那边得到灵感,你就好像有神助⼀样.你看你们那些发明家,他们是不是睡个觉灵感就来了,对吧?那如果他没有去把⾃⼰的专注⼒focus在那些⽅⾯,他睡觉会有灵感吗?那是因为他们孜孜不倦的把他们的专注⼒放在这⾥,我要钻研⼀个什么东西出来.所以他的灵感会从梦中给他呈现出来.

JO: So you do have all sorts of solar energy, right? But with this method, you can see that it's possible. However, how it is presented in your physical world depends on the one who digs for it. Who would dig in this direction? Who would persistently and passionately dig away? Who would create it using their belief? Do you understand? We are telling you our information so that you can be that person. Because when you focus all of your attention on this area, inspiration will come from that side; it's like having divine assistance. Just like inventors, do they get ideas even while sleeping? It's because they tirelessly concentrate their attention here, trying to figure out something. Therefore, their inspiration manifests in their dreams.

那你的专注是放在哪⾥的呢? 是你的bill,你的⼯作压⼒,你的上司,还有你的家庭琐事,明⽩吗?那当你全部放在你⾃⼰想要去研发的这个项⽬上,那你的灵感就会通过你这个独⼀⽆⼆的管道呈现出来.所以记住,你才是那个创造者.

Where is your focus? Is it on your bills, work pressure, your boss, or your household chores? Understand this clearly. When you place all of that aside and concentrate solely on the project you wish to develop, your inspiration will manifest through your unique channel. Remember, you are the creator.

第四个⼈:问: ⽣活在物质世界的⼈类提升对灵性的认知是不是提升内在意识的密度?

Fourth person: Q: Does humanity's elevation of spiritual awareness in the material world equal an increase in inner consciousness density?

JO: 当你不断地提⾼你的认知,扩展你的意识的时候,你就会发现你外在的物质世界它是随着你的变化在产⽣变化的.所以你们的问题都在⼀些⾮常的⼀些,就是头脑的⼀个分类吧.但是你们的⽣命最重要的是你们的体验.你们的体验有没有从有限变成⽆限? 有没有从没有办法变成⾮常有办法? 就像创造⼒,我们可以把死的变成活的,把这些分类的变成合⼀的,把坏的变成好的.这个才是最重要的.⽽不是头脑层⾯的⼀些这样分类,那样分类.因为你们最终你们才是那个体验者.这些体验如何服务到你,你⽤你⾃⼰独⼀⽆⼆的⽣命⽅式去展现出来.

JO: As you elevate your cognition and expand your awareness, you will discover that your external material world is changing in response to your transformations. So, the issues you are facing are largely categorized by your mind. However, what matters most for your life is your experiences. Have they evolved from limited to infinite? From impossible to very possible? Like creativity - turning the dead into the alive, unifying divisions, and transforming the bad into good. This is what truly counts. Not categorizing or reclassifying at the mental level because ultimately, you are the experiencer of these transformations. How do your experiences serve you and how do you showcase them through your unique life expression?

问: 脱离物质世界的唯⼀⽅法是不是不断的提升外在的意识密度?

Question: Is the only way to脱离the material world lifting the outer consciousness density continuously?

JO: 你们提的问题太不容易理解了.简单⼀点说你们是不是想问脱离物质世界的幻像是不是在提升你们⾃⼰的意识? ⾸先体验物质世界这个幻像也是你们的⼀部分.因为你们很多体验是需要去透过这个物质世界去忘记你们是谁,它才会产⽣的.那不然如果你⼀直知晓你的⾝份的话,可能这个体验产⽣不了.⽐如说我⾃⼰是个皇帝,我去体验民情.我⼀直记得我这个皇帝的⾝份.那可能你根本就体验不到.那这个体验对你来说就产⽣不了.就不能从另外⼀个⾓度去产⽣⼀个新的体验,就好像没有⼀个新的⽣命会发⽣.因为它还建⽴在你⾃⼰知道你⾃⼰的⾝份.所以说通过忘记⾃⼰的⾝份去进⼊到这个物质世界体验,它会让你去体验众⽣吧.

JO: Your questions are too difficult to understand. Simply put, are you asking if experiencing illusory detachment from the material world is enhancing your consciousness? First experiencing this illusion of the material world is part of you. Because many of your experiences require you to forget who you are through this material world for them to occur. Otherwise, if you always knew your identity, such an experience might not have been possible. For example, if I am a king and go to experience the people's feelings. If I constantly remember my king status, you might not be able to experience it at all. So this experience wouldn't happen for you and couldn't generate a new perspective from another angle, as if there was no occurrence of a new life. Because it still relies on your awareness of your own identity. Therefore, by forgetting your identity and entering the material world for experience, it allows you to experience众生.

不然你没有办法去体验到众⽣.那你也没有办法跟众⽣产⽣⼀种好像是⽆条件的爱的状态.所以这些体验都有意义.

Otherwise, you would have no way of experiencing sentient beings. You would also be unable to develop a state of unconditional love with them. Thus, all these experiences are meaningful.

问: 地球⼈与星际的公开接触是否已经达到零界点?

Q: Has the critical point of public contact between Earth beings and interstellar entities been reached?

JO: 什么是零界点呢? 我们刚才前⾯不是说了⼀只在接触吗? 只是你们头脑觉得接触是怎么样⼀个形象? 你们就会觉得像你们电影⾥⾯真的⼀个外星⼈跳出来跟你们握个⼿才叫接触? 这个接触从来就没有间断过.也从来没有缺失过.因为意识本⾝就是⼀体的.不只是与外星⼈.那看你能不能感知到? 就是你能不能把它带到你⾃⼰的意识层⾯,这是⼀个问题.

JO: What is the threshold? We just mentioned in front that there's contact, right? But what image does your mind associate with the concept of contact? Do you imagine it as a real alien popping out from somewhere and shaking hands with you like in the movies? Contact has never been interrupted or missing. This is because consciousness itself is unified. It's not just about interaction with extraterrestrials; it depends on whether you can perceive it. Whether you can bring this awareness to your own level of consciousness is the question.

问: 为此我们应该做些什么呢?

Q: What should we do about that?

JO: 不断地清理⾃⼰内在的相.因为像我们刚才说你会有⼀些观念,会有⼀些相,会有⼀些固定的什么,觉得怎么样怎么样,然后还有你的恐惧.然后就是不断不断地…… 所有的这些相就好像是⽯头⼀样.那你装⼀个⽯头让你变得更沉重,装⼀个⽯头让你变得更沉重.那当你内在没有任何⽯头,你就像⽓球⼀样飘起来.那你跟⾼维的连接就越是紧密了,就是更容易发⽣了.因为就不在同⼀个频率了.

JO: Continuously clean your inner aspect. Because like what we just talked about, you have some concepts, some images, fixed notions of how things should be, and feelings of certain ways it should be, then there are your fears. Then comes the continuous... all these images are like stones. You add a stone to make yourself heavier, adding another stone to make yourself even heavier. When there's no stone in you internally, you float up like a balloon. Your connection with the higher dimensions becomes tighter, thus easier occurrences happen because you're not on the same frequency anymore.

#### 2023/11/24 — 线上集体通灵问答 Online Group Spirit Communication Q&A

第⼀部分:JO:⾸先我们想感谢你们每⼀位愿意去敞开你们⾃⼰并接受我们的信息的每⼀个存有.因为就像你现在允许我们在播种⼀样.种⼦播下,时间到了,⽓候到了,就是各种时机到的时候,它就⾃然会开花结果.你那些果⼦不得不去给你们⼈类带来⾹甜,带来美好.你们可以开始提问了.

Part One: JO: Firstly, we wish to thank each and every one of you who are willing to open yourselves up and receive our messages. Just as you now allow us to sow here, the seeds are sown, time comes around, conditions are right, it's when all kinds of opportunities come that they naturally bloom and bear fruit. Your fruits need to bring sweetness and beauty to humanity. You may begin asking questions.

问: 头脑⾥不受控制的念头如何处理它? 遇到事情就想死的念头要如何处理它?

Q: How to deal with uncontrollable thoughts in one's mind? What about the thought of wanting to die when faced with problems?

JO: ⾸先头脑⾥的念头你们想要处理它,这是个问题.就是你们想要处理头脑⾥⾯的念头,就是你想要去处理它,这是个问题,明⽩吗? 你只需要去认识它.我问你你想要去处理你在⾛路的时候太阳照着你⽽产⽣的你⾝下的影⼦吗? 你会说我要把你处理掉? 我要把你踩死? 你⼀直跟我形影不离,然后你⼀直烦我,明⽩吗? 那你只需要去认识到它的功能是什么.它不是就太阳照着你的⾝体,然后有⼀个⾝影伴随着你,仅此⽽已.为什么呢? 它对你不会有任何伤害.只有你觉得这个⾝影这个影⼦会给你带来恐惧带来伤害,那个才是问题.这个是需要你去认清楚.就好像你是⼩朋友,你说妈妈这个影⼦吓死我了.我该怎么办怎么办?

JO: The first thing is that you want to handle your thoughts in the mind, which is a problem. You want to handle the thoughts in your mind, and this is problematic. Do you understand? All you need to do is recognize them. I ask you if you would like to handle the shadow underneath you when the sun shines upon you while walking? Would you say you want me to get rid of it? To stomp on it until it's dead? You've always been with me, constantly bothering me, right? So all you need is to recognize what its function is. It's simply that the sun shines upon your body and there is a shadow accompanying you; nothing more than that. Why would this be problematic for you? It doesn't cause any harm to you. Only when you perceive this shadow as something that can bring fear or harm do you encounter an issue. This is what needs clarity from you, like being a child who says, "Mommy, the shadow is going to scare me to death. What should I do?"

妈妈,我们把这个影⼦打掉好不好? 你说你做妈妈你怎么告诉你的孩⼦? 所以说你只需要让你的孩⼦知道它不过是太阳照着你的⾝体产⽣的影⼦.你不需要去害怕它,明⽩吗? 你也不需要去做任何,因为它不会给你带来伤害.越来越是跟它就好像是…… 它是⾃然⽽然…… 那你说你⾛在太阳底下,你需要去处理你的影⼦吗? 那如果这些影⼦,⽐如说这些念头让你产⽣了恐惧,你才需要去认识到你给了它能量.就是说我害怕它,你的⾁体才会产⽣这种想要去 get rid of it,就是你才会产⽣这种害怕或者是想要去处理它.所以当你知道它是⽆害的,你不给能量给它,它对你没有任何影响,明⽩吗?

Mom, let's get rid of this shadow okay? You say how do you tell your child as a mom? So basically, you just need to let your child know that it is merely the shadow cast by sunlight on your body. There's no need to be afraid of it, understand? And there's no need for anything because it won't harm you. It's like... it's naturally... Now, if you're walking under the sun, do you need to handle your shadow? If these shadows, say these thoughts, give rise to fear within you, then you need to recognize that you've given it energy. I'm afraid of it, so your physical body will have this desire to get rid of it, which is why you'll feel scared or want to deal with it. So when you know it's harmless and you don't give any energy to it, it won't affect you in any way, understand?

所以说你们只是去认识到,因为它就对你越来越没有影响了.为什么? 就好像有⼀只狼,最开始看到那只狼的时候你特别怕它.因为你觉得它会吃掉你.但是慢慢慢慢你才发现它很友善,它是来保护你的,明⽩吗? 那是不是你还可以跟它成为好朋友? 然后它可以保护你让你更加的充满了勇⽓.它并不会伤害你,只有你开始攻击它的时候,它才有可能会反击你.

So you go to realize that it's having less and less effect on you because why? It's like there is a wolf, when you first see the wolf you're very afraid of it because you think it will eat you. But gradually you discover it's friendly; it's actually coming to protect you, get it? Can you also become friends with it then? And then it can protect you making you more courageous. It won't hurt you unless you start attacking it when it might retaliate against you.

问: 觉得离开某⼈就活不了了要怎么办?

Question: What should I do if I feel like I can't live without someone?

JO: ⾸先它来⾃于你⾃⼰对⽣命的⼀种误解.因为就好像你还不认识你⾃⼰,你也不认识你的⽣命.这么说,就好像你还是⼀个⼩baby.然后你的所有的来源都是来⾃于你的母亲,所以你就会觉得离开母亲你就会活不了.但是你要通过这个知道你已经不是baby了.然后需要去依靠某⼀个对象你才能存活下去,这是⼀个假象.然后它只是通过这⼀段关系来投射出你内在的⽆⼒感,就是你会把⾃⼰当成baby,⽐较weak.就是你是weak的.你需要他给你提供⼀些,⽐如说陪伴⽽让你不恐惧,或者是物质让你匮乏.但是你要知道你期望或者是你希望从对⽅那⾥拿到的任何,你都是可以⾃⼰给与⾃⼰,就是你不需要让外界来给你,你都可以给与你⾃⼰.

JO: Firstly, it comes from your misunderstanding of life. Just like you don't know yourself, you also don't understand your life. This is akin to saying you're still a baby. Then, all of your sources stem from your mother, so you would feel that without her, you couldn't survive. But you need to realize that you are no longer a baby and should be able to exist on your own. You rely on something or someone for survival in this false scenario. This projection is just highlighting your inner helplessness; you perceive yourself as weak like a baby. You are indeed weak and might require him to provide things such as companionship to alleviate fear, or material resources to avoid feeling deprived. However, it's important to understand that any expectations or desires for what someone else might give you can also be self-generated; you don't necessarily need the outside world to provide these things for you; you can give them to yourself instead.

当然如果是说到某⼀种,就⽐如说如果我是瘫痪的,那我需要对⽅照顾我,我才能存活下去,对吧? 那怎么办? 那我是不是不能⾃⼰给⾃⼰? 那如果是关于这样⼦的课题的话,你应该知道在你们的灵魂层⾯你们彼此都做出了选择.就是说我选择成为⼀个完全失去⾃理能⼒的⼈,然后他选择⼀个⽆条件去照顾对⽅的⼀个⼈.就是你是为了成就对⽅达到⼀

Of course, if we're talking about a specific case - for instance, if I were paralyzed and needed someone to take care of me in order to survive, wouldn't it be a problem? How could I give that to myself? If this is the subject under discussion, you should know that at your soul level, each of you has made choices. I have chosen to become completely incapacitated, while he chose to take on someone who can unconditionally care for others. It's all about elevating and supporting one another.

种⽆条件的爱的状态.所以你们彼此从灵魂层⾯都是有礼物给对⽅,都是为了达到对⽅想要达到的⼀个境界.所以这个层⾯,那你就需要去…… 因为每⼀个个体不⼀样.因为我们没有连接到提问的这个⼈他处在⼀种什么样⼦的状态,明⽩吗? 因为说不定他这⼀⽣的主题就是来拿回⾃⼰内在的⼒量的,明⽩吗? 那另外的那层关系就是为了让对⽅达到⼀种⽆条件的爱的,所以我把⾃⼰变的⽆能.因为对⽅知道⽆论他怎么付出,我都不可能有任何回报给他.所以还会根据每⼀个灵魂它选择的灵魂主题,就是这⼀⽣我们的共同功课、灵魂主题、我要突破的、我帮助你突破的是什么.但是⼀般的情况都会是⼀个幻像和假象.

A state of unconditional love. So at this level, you both give gifts to each other from a soul perspective, aiming for the same realm that one wishes to achieve. Therefore, in this aspect, you need to... because every individual is different. We do not have access to understand the state of the person asking the question, right? Because perhaps their life theme throughout this lifetime has been about reclaiming their inner power, right? As for another layer of relationship, it's to help each other reach a state of unconditional love, so I make myself incapable. Because they know no matter what they give, there is no possible return from me. This will depend on the chosen soul theme by each individual spirit, which includes our joint lessons, soul themes, what we aim to overcome, and how I assist you in overcoming it. However, generally speaking, it would be a mirage and illusion.

⼀般的情况就是说在你还没有拿到⾃⼰的⼒量之前的⼀个假象.所以说去拿回⾃⼰的⼒量,去慢慢的,⼀步⼀步的去发现⾃⼰的⼒量.然后越来越有⼒量的时候,你就会发现你对外界的需求,需要某⼀个⼈或者某⼀段关系来满⾜你,你的这种需求就会越来越少.就好像你之前⼀直腿⾛不了路,你要别⼈给你拿⽔喝.那现在你的腿⼀步⼀步的恢复了⼒量,你想去哪⾥拿⽔拿吃的都可以.你是不是便不需要让别⼈帮你忙了,对不对? 你还反过来可以帮对⽅.所以说⼀步⼀的让⾃⼰的腿先变得有⼒量.

The general scenario is that of an illusion before one has obtained their own power. So the process involves reclaiming your power, gradually and step by step, discovering it within yourself. As you gain more strength, you'll notice a reduction in your reliance on external needs - needing someone or a certain relationship to meet those needs. It's akin to when you were unable to walk due to being unable to drink water without help. Now that your legs are regaining their strength, you can go wherever you need water and food yourself. Wouldn't you no longer require others' assistance? You might even be able to help the other person instead. Therefore, it's about incrementally empowering oneself first before addressing needs or dependencies on others.

问: 现在有很多充满激情的群友想要去宣传我们的信息.请问JO有什么样的指引或者是信息带给这些⼈吗?

Q: There are many enthusiastic group members who want to promote our information. Could you provide any guidance or information for these people?

JO:⾸先我们想要让你知道就是说如果你真的被我们的信息吸引,那就说明你就是.就是如果你被我们的信息充满了激情,那就说明你跟我们的频率,就是我们就是⼀体的.就好像你找到了家,找到了知⾳,找到了知⼰.就不如说你来⾃于我们这个家⾥⾯.这是我们家⾥⾯的家教或者是信条.你就突然觉得,哇,它就跟你的内在是和谐的.这就是你,明⽩吗?所以你就好像找到了⾃⼰的⾝份.那如果你找到了你⾃⼰的⾝份,你知道你⾃⼰是谁的话.那你需要什么? 成为它! 当你在成为它的时候,你就在⽤你⾃⼰独⼀⽆⼆的⽅式在展现.你就好像,⽐如说他们是来⾃于⼀个国家,英国.

JO: First of all, we want you to know that if you're really attracted by our information, it means you are in resonance with us. If our message fills you with passion, it indicates that you are one with us - like finding your home, a kindred spirit, and a true confidant. Essentially, you come from this family we belong to. This is the ethos or principle that governs within our household. Suddenly, everything feels harmonious with you, understanding? So, you've found your identity. If you find your identity and know who you are, what do you need then? To be it! When you become it, you're expressing yourself uniquely. Like they might originate from a country like Britain.

那个国家的⼈他们都很绅⼠,他们都是互相帮助,他们都是为彼此成就,他们都是活在爱的状态,就是不怎么⽤头脑的状态,明⽩吗?那是不是这⼀批⼈他们都是这样的状态,对吧?那如果你⾃⼰都没有达到那种状态,成为那种状态的话,那你就不是这个家⾥的⼀份⼦啊.因为你并没有是这样⼦的⼀个状态.所以说当你⾃⼰完完全全的是,就是你的思想、你的频率、你的想法、你的观念、你对待⼈对待事,就知⾏合⼀嘛,就都是按照这样⼦的⼀个,就是按照这个国家的⼀些条律、奉律吧,就是像这种⼀样.你⾃⼰达到那样的状态.你就在⽤你⾃⼰独⼀⽆⼆的⽅式,就是你只是需要存在,你就在传达这些了.就⽐如说可能会有⼈对你很恶,但是你并不会以⽛还⽛,对吧?

The people from that country are very gentlemanly; they help each other and strive for each other's success. They live in a state of love, not relying much on their minds. Do you understand? Are all members of this group in such a state? If you haven't reached that state yourself, you're not part of the family. You aren't in that kind of state. So when you are completely like that - your thoughts, frequency, ideas, concepts, how you perceive people and situations - living in harmony with actions (practicing what you preach), following this country's laws and principles, behaving accordingly. You're existing through your unique way, just being present and communicating these values. For example, there might be someone who behaves badly towards you, but you won't retaliate; you understand?

因为那不是符合你⾃⼰的⼀个,就是它是跟你相反的.你能知道他们的恶来⾃于他们没有爱,你会给他爱.那是不是在跟你接触的时候:哦,原来他们家族的⼈都是这样⼦的品质,明⽩吗? 因为你要知道你们家族的⼈散落在everywhere,他们可能是忘记他们⾃⼰的⾝份,他们是需要被你们唤醒的⼈.所以说当你的⼀些⾏为⼀些举⽌⼀些频率,他连接到了.他才知道:哇,这个才是我真正的家⼈,这个才是我真正的⾝份.然后我不需要去接受各种不是我本⾝存在的⼀些事情.当你真正的发起你的⼼愿想要去做这件事情的时候,你会进⼊到⼀个宇宙的同步性.因为就好像你⾃⼰有⼀个频率有⼀个意念发射了.就好像我告诉宇宙我要去做这件事情,对吧?

Because that's not something that fits you, it's just the opposite of what you are. You can know that their wickedness comes from a lack of love, and you would give them love. Is this like understanding when they first interact with you: oh, apparently everyone in their family is like this; do you see? Because you have to realize that your family members are spread everywhere; they might have forgotten about themselves, needing to be awakened by you. So when some of your actions, gestures, or frequencies connect, he realizes: wow, this is my true family member, this is who I really am. Then I don't need to accept various things not existing in me. When you genuinely initiate your heart's desire to do this, you enter into a cosmic synchronicity. It's as if you're emitting a frequency or having an idea, like telling the universe that you want to do something, right?

那你就会得到⽀持,就你这个想法就会得到⽀持.你就会发现⽣命中很多事情在推动着你.但是你要记住你⾃⼰才是⼀张名⽚.

If that's the case, your idea will gain support, and you'll discover that many things in life are driving you forward. But remember, you yourself are the business card.

问: 有很多群友想要宣传我们的信息,但是他们宣传的时候会被别⼈说这只邪教.请问JO有什么信息是带给他们的?

Q: Many group members want to promote our information, but when they do so, they are often criticized as spreading cult material. Could you please provide JO with specific information that would be suitable for them to share?

JO: 所以说我们刚才说是你⾃⼰需要达到这样⼦的状态.因为当你⾃⼰达到这样⼦的状态,你的头脑⾥⾯不会产⽣⼀个我该怎么做.你不会有这样⼦,因为你知道其实你在乎的不是对⽅有什么反应,明⽩吗?因为对⽅有对⽅的⼀个……不是所有⼈他们都需要在此刻醒来的.因为他还会有很多体验是需要他去体验的,就是他还需要去忘掉他⾃⼰的⾝份,然后去继续体验、suffering.继续体验⾮常限制,继续体验⾮常的痛苦或者是⿊暗.那这是他们的功课.所以并不是所有的⼈他们都会在此刻醒来,这需要他们内在觉得他想要醒来,就是他内在想要⼀个转变想要改变的时候.所以就好像我们刚才前⾯的信息说你们现在敞开了,我们把种⼦播下了.

So what we said earlier is that you need to reach this state by yourself because when you are in this state, your mind doesn't produce the question of "What should I do?" You wouldn't have it because you understand that actually what matters to you isn't the reaction of the other person, right? Because there's something about the other person... Not everyone needs to wake up at this moment. He still has many experiences he needs to go through, meaning he still needs to forget his identity and continue experiencing suffering, which is very limiting or extremely painful or dark. That's their assignment. So not all people will wake up at this moment; it depends on whether they want to change and seek a transformation from within. It's like the information we shared earlier, saying that you are now open and seeds have been sown.

那种⼦播下过后,它还需要什么?你这个⼟壤适不适合?然后你这⾥有没有⽔分? 有没有阳光? 就是它还需要其它的机缘,明⽩吗? 那你们也⼀样.你们在给对⽅播下了种⼦,那你就允许对⽅在适合的季节,就是各⽅⾯姻缘具备的情况下,它们⾃然⽽然就会⽣根发芽.

After planting the seeds, what else does it need? Is this soil suitable for you? And do you have water here? Is there sunlight? It means that it still needs other opportunities. Do you understand? You are the same. When you plant seeds in someone else's heart, allow them to blossom naturally in their appropriate season, when all conditions for a relationship are met.

问: 有⼀位群友想问她最近⼼会⾮常慌,很不舒服.每天都有好多次很频繁.每次都是硬挺过来的.她想问这是怎么回事,然后她该如何⾯对调整这个问题?

Q: A group friend wants to know why she's been experiencing very anxious feelings lately that are quite uncomfortable. She has these sensations multiple times a day and often has to endure them. She wonders what is causing this and how she should address and adjust to it.

JO: ⾸先我们想要让你们知道你们在地球上你们所有的⼈类都好像是通的⼀样.那你们的集体意识的能量…… 就很明显,如果你家⾥成员有⼀个⼈他⾮常的悲伤或者⾮常的愤怒或者是⾮常的痛苦,你们也会连接到这股能量,你们也会受其能量的影响.那在你们的集体意识当中你们都会跟这个社会的能量场好像是在⼀种敞开和连接的状态.所以你产⽣的那种恐慌或者是这种感受,它有可能是来⾃于这个能量场,来⾃于你所处在的那个能量场.但是你可以去连接,就⽐如说在连接我们的信息的时候,你会进⼊到另外⼀个能量场.那这样⼦你就会断开跟其它的⼀个连接,因为你连接的是我们.

JO: Firstly, we want you to understand that all humans on Earth are interconnected as if one body. The energy of your collective consciousness is very apparent. If a family member is experiencing extreme sadness, anger, or pain, it affects everyone else in the home; they can connect to and be influenced by this energy field. Within your collective consciousness, you share an open connection with the energy of society. So any panic or feelings that you experience could originate from this energy field, which is where you are located. However, when connecting to our information, you enter into another energy field, thus severing connections with other energies since you're connected to us.

所以让⾃⼰去选择性的断开⼀些不知道的,就是莫名其妙的,就是这个集体意识的能量场.然后主动的去跟⾼维连接.你可以通过你⾃⼰的⽅式⽅法.就你⾃⼰喜欢什么.就⽐如说你特别喜欢⼤⾃然,你也可以⼀个⼈去⼤⾃然,或者就是⼩动物.它们都会有⼀个很纯净的能量场给你.就可以让你暂时的断开跟其它的⼀些,就是⽐较低的能量的连接.因为你们会产⽣莫名的情绪或者⼀些感受,那就是受到⼀些整个这个集体意识的能量场的影响.但是我们想要让你们知道,你们⽬前就在转变这个能量场.因为你们在散发的能量场是⽆限、是爱、是光、是你们⽣命的本⾝的⼀个状态,所以你们也在散发这个能量场,⽽且它的影响会越来越⼤.

So choose to disconnect selectively from the unknown, from the mysterious, which is this collective consciousness energy field. Then actively connect with higher dimensions through your own methods and preferences. You can do this by yourself in ways that resonate with you - for example, if you're deeply connected to nature or animals, you might spend time alone in nature or among small creatures. Their energy fields will be pure and beneficial, allowing you to temporarily break away from lower-energy connections with other beings. Because these interactions often bring about inexplicable emotions or sensations due to the influence of this collective consciousness energy field. But we want to emphasize that you're currently in the process of transforming this energy field. Your emitted energy field is infinite, filled with love and light, reflecting your natural state of being; thus, it's also influencing more people, becoming increasingly powerful.

因为所有⼈能感受到这个能量场让他们产⽣了⼀个强⼤的⽣命⼒、活⼒.然后好像是知道⽣命的本来的⼀个状态的那种感觉,就好像活过来了⼀样.以前是死的状态,那就好像活过来了⼀样.

Because all of them can feel this energy field generating a powerful vitality within them. Then, it's like they are aware of the original state of life, feeling as if they have come back to life. Previously, they were in a state of death, and now it feels like they have come back to life.

问: 这位群友还想问她侄⼦的妈妈觉得她的孩⼦跟他的爸爸有很多的冲突,对孩⼦的成长很不利.然后他妈妈就像带着孩⼦离开这个家,不要受他爸爸的影响.她就想问妈妈带着孩⼦离开家,这样的做法对不对?

Question: This online community member also wants to ask if the mother of her niece feels that her child has a lot of conflicts with his father, which is very detrimental to his growth. Then she considers leaving home with her child so that he won't be influenced by him. She's wondering if it would be right for her mother to take her child away from the home like this?

JO: ⾸先你们可以在你们⾃⼰想要去做的事情当中去做任何.为什么呢? 因为外界还有就是⼈和事和关系,它永远都会反弹给你,就是你这个事情是怎么样的.为什么呢? 因为如果你这个事情它没有服务到你们每⼀个⼈,你们每⼀个⼈都感受到拉扯、痛苦,就是你还会被它拉过来.因为这⾥还有你没有去处理的问题或者是你没有去,就是它会有⼀股,我们说简单⼀点,叫业⼒吧.那你觉得你⾛了过后,那个⼈他就不再跟你纠缠了? 不再⽤其它⽅式⽅法了? 或者你内在你就不会有那种不安感了? 我们先不说来⾃于外在,即使你内在你可能⼼都不安,明⽩吗?

JO: Firstly, you can do anything that you want to in the things that you wish to engage in. Why is this so? Because the external environment and people, events, and relationships will always reflect back on you in terms of how your actions are perceived or experienced by others. Why is it so? Because if your actions do not serve each individual person effectively, causing everyone to feel pulled or suffer, then they will still be affected by them. This happens because there might be unresolved issues that you have yet to address or deal with; essentially, it's like accumulated karma or energy that you haven't managed to dissipate or resolve. Would you believe that once you've moved on, the person wouldn't bother you anymore? Wouldn't they resort to other means or methods after you're gone? Or would your inner peace no longer be disturbed by any lingering concerns within yourself? Let's put aside considerations stemming from external influences; even if your internal state of mind was not at ease, understand that?

那所以就是说当你去做出⼀些选择,外界永远都会给你反弹⼀些information,就是信息、信号,让你知道我不是在⼀个…… ⾸先什么是正确的选择? 它⾸先是服务于你,服务于对⽅,服务于整个⼈类.它是服务于所有的.那当然你要做出这样⼦的⼀个状态,⾸先你⾃⼰要有很⾼的⼀个意识状态,明⽩吗? 就是你能去跳出来.就⽐如说你们所有⼈都在苦海⾥⾯吧.你如果不能从苦海⾥⾯跳出来,那你从左边游到右边,从右边游到左边,从前⾯游到后⾯,你还是在苦海⾥⾯.所以说当你不断地去转变⾃⼰,提升⾃⼰的意识,转变⾃

So when you make choices, the outside world will always反馈 information to you, in the form of signals, letting you know that it is not merely about oneself first. Firstly, what constitutes a correct choice? It serves you, the other person, and humanity as a whole; it serves everyone. This choice should primarily serve the greater good. Of course, to make such a state, you must have a very high level of awareness, understand? You can step out of your own frame of mind. For example, imagine that all of you are in the ocean of suffering. If you cannot escape from this ocean, if you just swim from one side to the other or circle around within it, you remain trapped in the sea of suffering. Therefore, when you constantly transform yourself and elevate your consciousness, you are transforming not only yourself but also transitioning...

⼰的能量场.有可能这些问题就没了.因为你的能量变了,它外在都会变的.那其实对⽅也在受你的能量影响.所以说你要知道不⼀定从外在去解决问题,它能够真的解决问题.所以你还是需要去⾃⼰…… 但是你可以去尝试任何.为什么呢? 你只要充满觉知就会觉察到这个是不⾏的.我⼼⾥不安.这些体验和课程也是你成长的⼀部分.那如果你只是去跟随我们的⼀些信息,我们告诉你这个⾏,那个不⾏.你会失去这个领悟的过程.但是你在这个世界上最重要的就是你⾃⼰的领悟.我们不想也不会去拿掉你宝贵的领悟,明⽩吗? 因为你们来到这⾥并不是去,就好像打了⿇药⼀样或者是吃了毒品⼀样就在那嗨,明⽩吗? 并不是的.

The field of Yin. Perhaps these issues will vanish because your energy has changed, and everything external will change accordingly. Actually, the other party is also being influenced by your energy. Therefore, you should understand that it's not necessarily about solving problems externally; you can indeed solve them. So, you still need to address yourself... But you can try anything. Why? You'll only notice that it won't work if you're fully aware of it. I feel uneasy. These experiences and courses are also part of your growth. If you just follow our information blindly—telling you this is okay, but that isn't—you would lose the process of discovery. But what's most important in this world for you is discovering things on your own. We don't want to, nor will we take away your valuable insights. Do you understand? You didn't come here just to do drugs or get high; it's not like that.

⽽是说通过所有的这些感悟、领悟和体验所谓的苦,来让你们转变成智慧,转变成你如何去对待它,如何去转变它,如何去把苦的变成甜的.因为通过这个过程你展现了你⾃⼰,你展现了造物主的独⼀⽆⼆,你展现了⽣命的价值、意义和宝贵,明⽩吗? 你要记得现在是你们在这个物质世界玩耍,ok? You are the boss.You are the one.你才是那个现在在戏⾥⾯的⼈,就是在剧情⾥⾯的⼈.那你现在决定了你要如何的去创造它.你要如何去通过这些事件去体现出造物主,就是体现出神,体现出爱,体现出⽆限的创造⼒.

And through all these experiences of understanding, insight, and experiencing the concept of suffering, you transform into wisdom, transforming how you handle it, how you deal with it, how you turn the bitter into sweet. Because in this process, you show yourself, you show the uniqueness of the Creator, you show the value, significance, and preciousness of life, understand? Remember that right now, you are playing in this physical world, okay? You are the boss. You are the one. It's you who is the player in this play, the actor in the drama. And it's up to you now to decide how you create it. How do you express the Creator through these events, that is, expressing the Divine, expressing love, expressing limitless creativity?

问: 为什么我在⽹上⼀听到别⼈说中国以前是多么的苦难,我就会控制不住的想哭? 为什么我对中国这个国家有这么重的情节?

Q: Why do I feel overwhelmed with emotion, almost to the point of crying, when I hear about China's past hardships online? And why does this country provoke such intense feelings in me?

JO:你产⽣的所有情绪它其实都是来⾃于你的内在,你⾸先要知道.它都是来⾃于你内在.那在你内在你还会对苦难有⼀个picture,有⼀个印象,有⼀个相在那⾥,明⽩吗?但是通过你的智慧不断不断地增长,你就会知道其实所有的苦难都是礼物.然后它都是幻像,都是假象,都只是你们在当时的⼀个能量状态投射出来的⼀个相⽽已.那你们当时的能量就是受限的嘛,就找不到办法嘛,就是有限的嘛,对吧?ok,那你们就投射出来⼀些有限的,就⽐如说,哎呀,我没吃的了,我要把孩⼦吃掉,是吧?那因为你们那会⼉思想很有限嘛.你们不知道⼀颗种⼦就可以怎么样怎么样.就⽐如说你们最后不断不断地进化、提升过后.

JO: All the emotions you generate actually come from within you, and you must first understand that they originate from your inner self. You will have a picture, an impression, and a form in your inner world of suffering, don't you see? But as your wisdom grows continuously through understanding, you would realize that all difficulties are gifts. They are illusions, mere projections of your energy state at that moment. Your energy back then was limited; there was no solution found; it was finite, right? Alright, so you project some limitations onto yourself. For example, maybe you thought, "Oh no, I have nothing to eat," and considered eating your child, didn't you? Because your thoughts were very limited at that time. You didn't know how a seed could grow into something. Like after you evolved and elevated over time...

你们就可以⽤很少的,就⽐如说⼀颗种⼦我就能让⼀个稻⽥全部就结满了,明⽩吗?所以说随着你们认知的提升,你们也能把少的,把有限的变成⽆限的.那你看你们的世界发展成今天这个样⼦,是不是因为你们的⼀个提升?是的.那当时的情况就是因为你们当时的⼀个⼈认知投射出来你们所谓的⼀个悲惨或者是苦难的⼀个画⾯,明⽩吗?但是就是通过这些东西,你们在⼀步⼀步的进步,⼀步⼀步的进化.所以说它推动了你们,它也是有存在的价值和意义的.

You can use very little – for example, just one seed - and I could have an entire rice field filled with harvest. So as your awareness rises, you can also turn the limited into the infinite from what is scarce. Now, look at how far your world has come to where it stands today; isn't that because of your advancement? Yes, indeed. At that time, your individual cognitive projection created a picture of misery or suffering that you referred to as such. But through these means, you are progressing and evolving step by step. Thus, these actions push you forward, they have value and significance in existence.

问: 我的JO和指导灵还有别的信息带给我吗?

Question: Does my JO and guiding spirit have other messages for me?

JO: 你稍等.允许我们的信息,它会不断不断地把你头脑⾥⾯还会固有的⼀些相洗刷掉.就好像我们的⼀些信息,这些能量就好像洗⾐粉它会把你头脑⾥⾯的污垢逐渐的洗掉,因为你们并不需要它.

JO: Wait a moment. Let our information wash away the residue that already exists in your mind, similar to how washing powder cleans dirt from clothes, gradually removing what you don't need.

第⼆部分:第⼀个⼈:问: 我是谁?

Part II: The First Person - Q: Who am I?

JO: 那你来通过你周围的⼀切,这个舞台,你来呈现出你是谁.You can tell the world.我们刚刚说了你才是那个boss.那你是造物主,你是boss,那你决定了我现在把这⽀笔放在你⼿上你来画你是谁.为什么呢? ⽆论你是谁,你就会得到⽀持,明⽩吗? 如果你觉得你很悲惨,你想画⼀个孤苦伶仃的形象.ok,你会得到⽀持.如果你想像⼀个⼥王⼀样活着,ok,你会得到⽀持.为什么呢? 外在的⼀切⼈啊、事啊、还有⾼维的能量啊,这些都是来⽀持你产⽣这个体验的,明⽩吗? 最重要的是你来告诉我你是谁.

JO: So you come through everything around you, this stage, and present who you are. You can tell the world. We just said that you are the boss. Therefore, you are the creator, you are the boss, and it's up to you to decide right now if I should put this pen in your hand to draw who you are. Why? No matter who you are, you will receive support. Do you understand? If you feel miserable and want to depict a lonely figure, okay, you will receive support. If you wish to live as if you were a queen, okay, you will receive support. Why? Everything external—people, events, and high-dimensional energies—are here to support your experience creation, do you see? The most important thing is that you tell me who you are.

问: 在这场春秋⼤梦中如何让⾃⼰更多的醒来成为真正的⾃⼰呢?

How can one awaken more in this dream of Spring and Autumn to become a genuine self?

JO:⾸先就是你要知道像我们刚刚说的信息,你现在在剧情⾥⾯,你现在在这个物质世界,你来告诉世界你是谁.然后通过每⼀个事件、每⼀个⼈、每⼀个事件发⽣在你⽣命当中,你都有⼀次机会来呈现你是谁.就⽐如说你今天被⼀个流浪汉⽆缘⽆故的骂了⼀顿.ok,你要怎么样通过这个事件来呈现出你是谁呢? 你是骂回他呢? 还是做⼀些其它的⾏为? 明⽩吗? 那通过这个事件,今天⼀个⼩贩缺⽄少两,你买的东西他没给够.你是骂回他呢?就是跟他不断地发⽣争执争吵呢? 骂骂咧咧的呢? 还是你要⽤另外⼀个⽅式去展现你是谁,明⽩吗? 那所有的⼈和事它都给了你⼀次机会来让你去宣誓,让你对宇宙对这个物质世界去展现你是谁的机会.

JO: Firstly, you need to understand that with the information we just discussed, you are now in this storyline. You have come into this material world and are telling the world who you are. Through every event, every person, and every occurrence happening in your life, there is an opportunity for you to express who you are. For example, if you were randomly cursed by a homeless person today, how would you choose to respond through that event? Would you retaliate with anger or take some other action instead of engaging in constant argumentation or yelling back at them? Do you understand that every situation and encounter offers you the chance to assert yourself, allowing you to demonstrate who you are to the universe and this material world?

ok,你展现出来你是谁,你就是谁.如果你跟那些流浪汉或者是满肚⼦怨⽓的⼈⼀样,不断地也是骂骂咧咧的.那你也是在跟宇宙说我就是⼀个充满怨⽓的流浪汉的⼀个状态,那你就是那样⼦的.那如果你对那个给你缺⽄少两的⼩贩也骂骂咧咧的,说你怎么样,你们这些⼈都是⼀些坏⼈都是⼀些狗屁.ok,那你也在展现你是谁,明⽩吗?你就会得到这些反射回来给你.你⼼中是充满了什么?所以不断不断地你们物质世界的所有的每⼀个⽚刻,你都能跟这个宇宙宣誓,展现出你是谁.每⼀个moment,每⼀个当下,每⼀个⼈,每⼀个事件,你都在展现你是谁.还有记住就是,你说你是谁你就是谁,明⽩吗?因为外在的那些⾓⾊,那些⼈,他们都会来⽀持你.

Okay, you show who you are and that's who you are. If you're like the homeless or those filled with resentment, constantly cursing and grumbling, then you're communicating to the universe that you are in a state of being a resentful vagabond, and thus, you'll be seen as such. If you scold the street vendor for having a few grams short, saying 'Oh you guys are all bad people, nothing but garbage.' Then, you're showing who you are, right? Your reflections will come back to you. What's in your heart? So with every single moment, every instant of this material world, you can declare and showcase who you truly are. Every moment, every instance, every person, every event, they're all a reflection of who you are. And remember that what you say about yourself is indeed who you are, understand? Because the external roles, those people, will support you as well.

他们会⽀持你.

They will support you.

问: 什么是敞开? 什么是关闭?

Question: What is openness? What is closure?

JO: 就好像你是⼀个电风扇.什么是插电? 什么是不插电? 当你感受到源源不断地能量从你的内在涌出来,那你就是敞开.当你感受到有⽓⽆⼒的,就没有活⼒,别⼈碰⼀下你动⼀下那种感觉,那你就是关闭的.明⽩吗? 所以当你在敞开的时候,你不断地想要给出去.为什么呢? 因为⽔太多了,不断地往外溢,溢出来了.那当你是关闭的,慢慢的变成了死⽔.然后开始滋⽣各种细菌,脏的东西在⾥⾯,就慢慢变成死⽔了,恶臭了.

JO: It's like you're a fan. What does plugging in mean? What does not plugging in mean? When you feel the endless energy gushing out from within you, that means you are open. When you feel drained and lack vitality, with the sensation of being easily affected by others' touches, it indicates that you are closed. Do you understand? So when you're open, you constantly want to give. Why is that? Because there's too much water overflowing continuously. It overflows. And when you're closed, it slowly turns into stagnant water. Then various bacteria and dirt start accumulating inside, turning the stagnant water into a foul stench.

问: 那如何敞开? 如何活出⽆限丰盛呢?

Question: How does one open up? How can one live out unlimited abundance?

JO: ⾸先你要知道是什么导致你不能敞开,是什么堵住在那的呀? 你这⼜井的⽔不流出来是你什么堵住在那了? 是你的观念呀.你的头脑⾥⾯装的东西呀.你⾃以为是的,你看我们中国⼏百年⼏千年活下来都是这样⼦,哪有不劳⽽获呀? 哪有天上掉馅饼的事呀? 这就是你的⼀个塞⼦塞住了,明⽩吗? 然后你的各种念头、想法、观念、这些记忆这些相它都在成为像⽯头像沙⼦,就是这些东西它在堵塞着.因为你没有办法去体验到你不相信的东西,它不在你的频率⾥⾯.所以说越来越多的去拿掉⾃⼰信以为真的事情,就是把那些观念啊、理念啊、想法或者恐惧啊,内在那些东西把它清理掉.那就好像你这⼜井不断地把堵塞的⽯头啊、沙⼦啊给拿掉.

JO: First, you need to know what is preventing you from being open, what is obstructing that? The water in your well doesn't flow because of something blocking it. It's your beliefs. The things you have inside your mind. You think we've been living like this for hundreds or thousands of years in China, how can there be free lunch? How can something just fall from the sky into your lap? That's what is clogging up your pipe, do you understand? Then all your thoughts, ideas, beliefs, memories and attachments have become like stones or sand. These are the things that are blocking it because you cannot experience things you don't believe in as they aren't within your frequency range. So more often than not, remove what you believe to be true. Remove those beliefs, ideas, fears or any other internal blocks by clearing them out. It's like continuously removing the stones and sand from your well that were blocking its flow.

它⽔⾃然⽽然源源不断地就来了.你们每⼀个⼈都是⼀⼜井,每⼀个⼈都有⽔源.只是是什么堵塞了呢? 堵住了呢?

It naturally flows like water from a spring to you. Each one of you is a wellspring; each one has an abundance of water. But what could be clogging it up, that's blocking it?

问: JO你曾经讲过⽆论我们要什么都是受到⽀持的,我对这个不太清晰.能否讲⼀下如何⼼想事成?

Q: JO, you've said that whatever we need is supported, and I'm not quite clear on this. Could you explain how to make our wishes come true?

JO: ⾸先你要知道你还有没有受你的物质头脑的影响呀? 因为你有可能的想要可能还是来⾃于物质层⾯,就是你的物质头脑觉得我要有很多很多钱,然后有很多很多豪车,这样我才有地位.那其实你内在是什么状态呀? 你是需要从外在的物质来凸显你,你是在否定你的价值.那如果你是在否定你的价值,那你体验的肯定是这个物质世界反射给你你在否定你⾃⼰,明⽩吗? 所以说你的想要是什么想要啊? 是你头脑的想要? 那你头脑为什么想要啊? 那是因为我觉得我需要⼀个名⽓、影响⼒、⾝份、钱,然后才能让我有安全感.那你的能量就是没有安全感的.那这个物质世界必然会反射给你,通过你的婚姻,通过你的⾦钱反射给你你没安全感呀.

JO: First, do you know if your mind is still influenced by your material thinking? Because it's possible that your desire might still come from the material level - your material mind believes that you need a lot of money and many luxury cars to have status. But what's actually happening inside you? Are you trying to showcase yourself through external material possessions, which essentially means you're denying your value? If you are denying your value, then it's likely that this reality reflects back to you that you're denying yourself, right? So what is the desire you're expressing - a desire driven by your mind? Why does your mind want these things? It's because it feels like it needs fame, influence, identity, money for security. Your energy is insecure. Therefore, this material world inevitably reflects back to you through your relationships and finances that you lack security.

所以说真正的这样⼦的状态,其实你没有想法.因为你的头脑它是静默的,是关闭的.就是⽆论⽣命中发⽣什么,你不会去在乎这个事情是个好的还是个坏的.为什么呢?因为你知道来到你⽣命中所谓的坏的,它其实也是隐藏着好的来服务于你.它就会变成好的来服务于你.就好像别⼈给你丢了⼀坨粪.你知道这坨粪⾥有⼀颗种⼦,它就给你带来⼀棵果树,源源不断地给你果⼦,明⽩吗?你的头脑不会再去说怎么这么侮辱我,丢了⼀坨粪给我.所以说你需要去脱离你⾃⼰的头脑.为什么呢?因为你的头脑它会去进⼊到欲望⾥⾯,进⼊到对⽐或者是限制.你都进⼊到限制⾥⾯了,你还怎么去体验⽆限呢?

So the real state of being you are referring to is actually one where you have no thoughts because your mind is silent and closed off. Regardless of what happens in life, you do not concern yourself with whether something is good or bad. Why? Because you understand that what you perceive as 'bad' in your life harbors hidden goodness that serves you. It transforms into something beneficial for you. Imagine someone throwing a pile of dung at you. You realize there's a seed within it that will give you an apple tree, continually providing you with fruit, do you get it? Your mind wouldn't say how utterly disrespectful this is or question why they threw dung at you. Hence, you need to detach from your own mind. Why is that necessary? Because your mind tends to dive into desires, comparisons, or limitations, and once you're in those confines, how can you experience the boundless?

问: 那⽐如说拿我举例⼦,我想我的余⽣都进⼊到没有丝毫的⾦钱的限制.那我怎么从内在做功夫呢?

Q: For instance, if I were to live my entire life without any financial constraints, how would I cultivate from within?

JO: 从⾦钱的这个系统中解脱,就是不想再有⼀个担忧,对吧? 我们刚才说你越是在抵触,越是在反抗,越是在打压或者是想要消灭的东西,其实你就在产⽣它啊.你就在产⽣它,你就继续困在⾥⾯啊.你继续投射出这个给你玩啊.因为你还在把你的能量关注在这⽅⾯,那你肯定会体验到这⽅⾯啊.这么说吧,我们⼀直说你就像⼀个⼿电筒⼀样.你的⼿电筒照在:我不想要去担⼼⾦钱.ok,那你就把你的⼿电筒照在了不想担忧⾦钱的这个画⾯上⾯,然后给你体验了,明⽩吗?那这个画⾯就变活了来给你反射啊.不断地反射出来.因为这个是你 focus on的⼀些东西呀.那你把你的⼿电筒放在其它⽅⾯呢? 啊,我今天化什么妆?

JO: Liberation from the system of money is essentially about not having a worry anymore, right? Just now we said that when you resist, when you fight against, or when you try to eliminate something, you're actually producing it. You're producing it and thus continuing to be trapped within it. You're continuously projecting this onto yourself. Because your energy is still focused on this area, you will surely experience it. To put it simply, we've been saying that you are like a flashlight. Your flashlight shines at: I don't want to worry about money. OK, so you shine your flashlight at the image of not worrying about money, and then you experience it. Get it? This image becomes active, reflecting back to you continuously because this is what you're focusing on. And if you place your flashlight elsewhere today? Like, what makeup should I wear today?

我今天要穿什么漂亮的裙⼦?我今天要跟谁谁谁约会见⾯.我今天要分享我的喜悦,明⽩吗?那你的⼿电筒就不会在照在那个⽅⾯,然后来让你在物质世界体验到了.所以你并不是说要消灭掉什么,⽽是说把你的焦距放在更加让你喜悦和想要去体验的地⽅.

What beautiful dress should I wear today? Who am I going to meet with whom today? Do you understand that I want to share my happiness today? This way, your flashlight won't shine in that direction anymore, allowing you to experience things within the material world. So it's not about eliminating something; it's about focusing on places that bring me joy and desire for experience instead.

问: 请JO针对我当前的能量,我接下来的⼀年要如何⾛呢?

Question: Please guide me on how to proceed with my current energy for the next year, JO?

JO: 就是把你的专注⼒放在你激情的地⽅,就是让你爽的地⽅.你们⼲嘛要去关注让⾃⼰不爽的地⽅.为什么呢? 因为你越关注它,你就越给它能量,让它越不爽,明⽩吗? 就这么说,就给你⾝体⼀个很简单的,你开始植⼊⼀个想法,我的屁股好痒.你开始有这个想法过后,慢慢慢慢的我屁股好痒.你⾝体就开始产⽣痒的感觉了.你就会忍不住去挠了,越挠越痒,越挠越痒,明⽩吗? 就这么简单.

JO: Just focus your attention on the things that make you happy, the places where you feel good. Why would you want to pay attention to what makes you unhappy? Because the more you pay attention to it, the more energy you give it, and the unhappier it becomes. It's like this: you plant a simple idea in your body - my butt is itchy. After having this thought, gradually, slowly, your butt feels itchy. Your body begins to produce the sensation of itchiness, making you unable to resist scratching it. The more you scratch, the itchier it becomes. That's how it works.

第⼆个⼈:问: 我⼀边⼯作⼀边又想去⼤⾃然.不⼯作没有收⼊来源,也没有办法让⾃⼰放松下来.

Second person: Q: I want to be in nature while working. Without work, there's no income and no way to relax myself.

JO: ⾸先我们还是回到⼀个能量调整的⽅⾯.为什么呢? 因为当你的⽣命之⽕⾮常的弱的时候,就⽐如说你像⼀根⼩⽕柴⼀样,你会觉得什么都很吃⼒.你会觉得⼯作很吃⼒,你会觉得洗⾐做饭就很吃⼒.那当你的⽣命之⽕像是熊熊燃烧的状态,就别⼈怎么熄你都熄灭不了的时候,你会发现什么事情都不是个事.就你的能量状态不⼀样了.就不会有所谓的困难或者是问题出现在你的⽣命当中了.这么说吧,你说⼀个从来没有锻炼过肌⾁的⼩朋友.你让他拿起来⼀百公⽄,他抓不起来,对吧? 那⼀个成年⼈每天都去锻炼你的肌⾁,然后是个专业的运动员.那他抓两百公⽄都轻松的事,对吧? 当你的能量转变的时候,你会发现⽆论把你放在哪⾥,你都会如鱼得⽔.

Jo: Let's return to the aspect of energy adjustment. Why is this important? Because when your life force is very weak, like a tiny matchstick, you might feel everything is an effort. You might find work exhausting and even tasks like washing dishes draining.

When your life force burns brightly, being impossible to extinguish by others, you'll notice that nothing seems to be a problem anymore. Your energy state has changed; there's no longer any difficulty or issues appearing in your life. To illustrate, imagine an unexercised child who struggles even with lifting 100 kilograms—he can't manage it, right? But for a physically fit adult who exercises daily and is a professional athlete, lifting 200 kilograms would be effortless.

When your energy shifts, you'll find that no matter where you are placed, you'll feel comfortable and adaptable.

问: 就是我给⼈感觉跟紧张,风风⽕⽕的感觉.是我的能量没有放松吗?

Q: I feel that you are tense and hurried. Is it that my energy isn't relaxed?

JO: 我们之前就说你要知道你们处在的这个环境,你们的环境是受集体意识的影响的.那就算你⾃⼰没有什么,那你为什么想要到⼤⾃然去? 为什么呢? 因为那边的能量可以让你感受到⼀个平静、平和或者是⼀个舒适的状态,对吧? 你不会感受到那种压迫或者压⼒或者是窒息感.那当你进⼊到你⼯作的环境的时候,你们每⼀个⼈就好像辐射⼀样吧.它都在发射他们的⼀个能量,都在发送给你.我焦虑,我着急,我烦躁…… 都在那种状态的话,那你进⼊到他们的话,你会感受到他们那股能量.让你不知不觉就恐慌啊、紧张啊或者是焦虑啊、着急啊,这种状态,明⽩吗? 那是因为你现在的影响⼒⾮常的弱,所以你会受外界的影响.

JO: We've talked before about the environment you're in and how it's influenced by collective consciousness. Even if there's nothing wrong with your own, why would you want to go back to nature? Why is that? Because of the energy there, you can experience a sense of calmness, peace, or comfort, right? You wouldn't feel oppressed, pressured, or suffocated. When you enter into your work environment, each one of you behaves like radiation. They're all emitting their energies and sending them to you. If I'm anxious, I'm hurried, I'm agitated… All in this state, then when you enter into that space, you will feel their energy. It will make you panic, be tense, or feel anxiety and urgency, understand? That's because your influence is very weak now, so you're susceptible to external influences.

就这么说吧,你就像是⼀棵⼩树苗,你现在还没有扎根.你还很⼩,所以风吹草动,就外界对你的影响可能就能把你连根拔起.那如果是⼏百年的树,你的根遍布的⾮常⾮常的深,就是很⼤的⾯积,明⽩吗? 那狂风暴⾬对你没有任何影响.所以说你可以通过⼯作这个平台,它就像⼀⾯镜⼦⼀样,它照射出你⾃⼰的⼀个状态.那你也可以通过这个点来修你⾃⼰.就⽐如说你每天在上班之前你会听我们信息听个半个⼩时.然后你的能量状态再去⾯对⼯作会不⼀样的.因为它会让你更加拥有能量,就好像你内在充满了⽓.⼀个充满了⽓的轮胎和⼀个没⽓的轮胎,它是不⼀样的,对吧? 那你为什么那么吃⼒呀? 那我轮胎没⽓了呀.那我为什么现在我这个车跑的这么快呀?

So, let me put it this way; you're like a small sapling, and you haven't yet taken root. You're still young, so even the slightest breeze or change in the environment could uproot you. But imagine if you were an ancient tree with roots that extend very deeply, covering vast areas, making it virtually impossible for storms to have any impact on you. That's why you can use your job as a platform; think of it like a mirror reflecting your current state. You can then work on improving yourself from this perspective. For instance, if you spend half an hour listening to our information before starting work each day, your energy level will be different when facing tasks. It boosts your energy, much like having air in a tire. A fully inflated tire versus one with no air makes all the difference, right? Why are you struggling so hard? Isn't it because my tire is flat? And why am I able to drive this car at such high speed now?

那我轮胎⽓是满的呀.我们的能量就好像在给你打⽓充⽓⼀样,让你有⾜够的⼒⽓往前进.那你说轮胎⽤久了,你需不需要打⽓? 那你离开我们的信息离开太久了,你需不需要再来打⽓? 所以你先去处理你能量层⾯的问题.如果你需要去换⼯作或者是更好的…… 因为能量到的时候,同步性就会⾃动的把⼀切给你展开.它会⾃动的给你指引或者是呈现出⼀个更好的选择给你.为什么? 因为你能量不⼀样.你能量不⼀样,你进⼊的世界就不⼀样.所以它会⾃动的让你进⼊到另外⼀个平⾏宇宙,然后那个版本的你是充满了战⽃⼒,充满了激情,然后愉悦的去享受⽣命的,就是⾃由的.因为我们感受到你内

My tires are full, right? Our energy is like inflating your tires for you to have enough power to move forward. So, do you need to inflate your tires after using them for a long time? Similarly, if you've been away from our information for too long, do you need another boost of energy? Hence, address the issues on your energetic level first. If you need to change jobs or seek better opportunities... When your energy is aligned, synchronicity will naturally unfold everything for you. It will guide you automatically or present a better choice. Why? Because your energy isn't the same. Depending on your energy, the world you enter will be different. Thus, it automatically allows you to access an alternative parallel universe where the version of yourself is full of combativeness, passion, and joyful experiences. This freedom comes because we perceive this within

在有很⼤的抱负,你并不是想⽆所事事的⼈.就是你是有理想,有抱负的⼈.如果你真的是不⼯作或者是去不做事情,你反⽽还会更加的那个什么.

You are someone with great ambitions; you're not the type who wants to be idle. You are an ambitious person with ideals. If you were truly not working or going about things, you'd actually end up being more... something.

问: ⼀直都说我是有抱负的⼈,但是我很迷茫.

Question: I've always been told that I'm ambitious, but I'm very confused.

JO: 那是能量层⾯的问题.就好像我们刚刚给你讲的,因为你还在受外界的影响嘛.那就导致你没有办法去⾛向你的⽬的地.

That's an issue at the energy level. Just like what we just explained to you, because you're still being influenced by external factors. That leads to you not being able to reach your destination.

问: 现在孩⼦压⼒很⼤.我也不想让孩⼦有这么⼤的压⼒,但是我也没办法.我怕逼着孩⼦压⼒太⼤,但是我又很焦虑.

Q: Children are under a lot of stress now. I don't want my child to have so much pressure either, but there's nothing I can do about it. I'm afraid pushing the child will cause too much stress, but at the same time, I feel anxious.

JO: ⾸先你要知道你⽬前会有所有的这些想法和问题和担忧和看到这些证据,是因为你⽬前的⽣命之⽕,我们说⽣命之⽕有个level,那你现在还是⼩⽕苗,你像⼀根⼩⽕柴⼀样,⼀根⽕柴的能量有多⼤,对吧? 那当你成为像熊熊燃烧的⼭⽕.这个⼭⽕不断被多少消防员灭都灭不了的⼀个状态,这些还是问题吗? 明⽩吗? 所以说当你⾃⼰拥有⼀个强⼤的社会影响⼒,强⼤的各种资源,你不会有这些问题的,明⽩吗? 这些问题不会产⽣在你的⽣命当中.所以还是不断地让你的⽣命之⽕越来越旺.你之所以会产⽣这些问题这些东西,那是因为你现在还在这个level.这么说吧,你说⽉⼯资⼀两千的和⽉收⼊⼀两个亿的,他们的问题能⼀样吗?

JO: Firstly, you need to understand that all these thoughts, questions, anxieties, and concerns, as well as the evidence you see, are due to your current spark of life. We say that there's a level to this spark - you're currently just a small flame, like a tiny matchstick. How much power does one matchstick possess? Now, imagine if you were a raging mountain fire, a fire so strong that no amount of firefighters could extinguish it. Would these issues still exist in such a scenario? Can you see?

So, when you have a powerful social influence and abundant resources at your disposal, you won't face these issues anymore. You understand this, right? These problems wouldn't manifest within your life span. Therefore, continuously strive to make your life's spark grow stronger. The reason why you're encountering these challenges lies in the current stage of your development. To put it simply, would an individual earning a thousand to two thousand yuan per month have the same issues as someone making hundreds of millions?

所以你现在操的就是⼀两千的⼼,因为你还在这个地⽅.那你不断不断地让⾃⼰升级,我每个⽉的收⼊变得⽆限⽆限多的时候,你看事情的⽅式是不是就完全变了? 所以不是单独去处理外⾯这个事情、这个想法或者这个念头,但是你只知道让你的⽣命之⽕不断地燃烧过后,⽆论别⼈给你泼多少冷⽔,你还是燃烧的越来越旺,明⽩吗? 浇不灭你啊.别⼈⼀⼜⼜⽔就把你给熄灭了,那就是你⾃⼰还在这样⼦的⼀个状态.所以focus在你⾃⼰激情的事情上,像我们刚刚给你说的,⽤这种⽅式⽅法,然后不断地给你打⽓.然后让你的⽣命之⽕越来越旺.⾃然⽽然这些问题它都不再会是问题.如果你只是专注于处理问题的话,你这个问题处理完了还会有另外⼀个.

So you're worrying about a thousand or so now because you're still at this place. If you constantly upgrade yourself over time, when my income becomes infinite, will your perspective on things change completely? It's not just about dealing with external thoughts and ideas out there; it's more about keeping the fire of your life burning, no matter how many buckets of cold water others pour on you, you continue to burn even hotter. Can you understand that you can't extinguish me this way? If someone else keeps pouring water, they might eventually put it out, but that means you're still in this state. So focus on the things that ignite your passion, like what we've discussed earlier, using these methods and continuously boosting your spirit. Then let your life's fire burn ever stronger. Naturally, these issues will no longer be problems for you if you're just concentrating on solving them; there will always be another one waiting once this one is done.

就好像刚刚那个陷阱,我这也不是,那也不是.

It's neither this nor that like just that trap.

问: 就是我们不是要处理问题,⽽是要处理问题背后的能量问题?

Q: Isn't it that we are dealing with issues rather than the energetic issue behind them?

JO: 是的问: 那如何调节能量?

Yes, how does one regulate energy?

JO: 不断地意识升级,你的频率,你的意识状态.因为当你们的意识状态越低的时候,事情它没有办法.因为你只能看到要么是⿊,要么是⽩,就这俩选择.要么⽣,要么死.就这俩选择,明⽩吗? 你没有办法看到其它的可能性.当你意识不断地扩展,我有ABCDEFG,我有⽆数个选择在那⾥.那我还能把A变成什么? 就好像我还能把黄⾖变成⾖浆、⾖腐⽪.⾖⼲、各种,明⽩吗?

JO: Continuous level elevation of your frequency and consciousness state. Because when you're in a lower state of awareness, things can't happen as such. You can only see either black or white, those two options. Either live or die. Those are the two options, do you understand? You cannot see other possibilities. When your awareness continuously expands, I have A, B, C, D, E, F, G, and countless other choices there. What else can I do with A? It's like I can turn soybeans into soy milk, bean curd skin, dried tofu, all sorts of things. Do you understand?

问: 我的天赋才华是什么?

Question: What are my talents and abilities?

JO: 当你真的充满了⽓过后,就是把能量层⾯的问题和负⾯消极的影响处理过后,你就像是⼀个战⼠⼀样,你会拥有强⼤的能量或者精⼒,就好像是⼀个事业⼥强⼈⼀样.有⽤不完的精⼒,想不断地去奋⽃创造、奋⽃创造.这是你的.所以说跟随我们的信息,然后你可以成

After you've really had enough and addressed the energy level issues along with their negative impacts, you become like a warrior, possessing powerful energy or vitality, much akin to a successful businesswoman with inexhaustible energy, constantly striving for growth and creation. This is your reality. So by following our information, you can achieve...

为你⼼中的战⼠.你只需要去选择跟随我们的信息,你就会成为战⼠.因为这就是你本来的样⼦.

For the warrior within you, all you need to do is choose to follow our message, and you will become a warrior. Because that's who you inherently are.

问: 提升我的意识状态?

Question: How do I elevate my state of consciousness?

JO: 跟随我们的信息就可以.因为你在每⼀个阶段会有相应的信息来到给你,它会不断地去清理你,直到你内在没有障碍.你只需要去做出选择,就是focus on it.就是跟随我们的信息,其它的交给我们.

Follow our guidance. Because at each stage, you will receive corresponding information that is meant for you, which continuously clears away any obstacles until there are none left inside you. All you need to do is make a choice – focus on it. Simply follow our guidance; the rest we'll handle.

第三个⼈:问: 刚才上⼀个⼈是我妈妈.第⼀个问题就是她说的我⽐较迷茫.⼤家好像都像⼀个考试机器.我在这个过程中好像丢失⾃⼰,我很疲惫也很内耗.但是我找不到出⼜……JO:这个说吧,你们现在每⼀个⼈就好像是都粘在蜘蛛⽹上⼀样.你、你妈妈、你爸爸都粘在这个蜘蛛⽹上⾯动弹不了.为什么呢?因为你们每⼀个⼈内在都还有恐惧.那当对⽅处于在恐惧的状态下,然后你也处在恐惧的状态下.你们就会去觉得只有这样才会是出路.所以说你没有办法去指望别⼈没有恐惧.只有从你这⾥去清理你⾃⼰内在的恐惧,你才会有⼒量.那你没有办法去让社会的其他⼈或者⽼师或者家长或者是爷爷奶奶,去让他们内在不要有恐惧,不要这么逼你.为什么呢?

Third Person: Q: The first person was my mom. The first question was that she said I felt quite confused. It seems like everyone is acting like a test machine. In this process, I feel lost and very drained both physically and mentally. However, I can't find an outlet... JO: This situation you describe is like being stuck in a spider web, not just for yourself but also for your mom and dad. Why is that? Because each of you has underlying fears within yourselves. When both parties are in a state of fear, then you are also in the same state. You might think there's no other way out but to continue on like this. Thus, it becomes impossible to rely on others who may have their own fears. The only solution is to address your inner fear and gain strength from within. Yet, how can you ask others, such as society members, teachers, parents, grandparents, not to be afraid or force you in the same way?

因为你在创造你的世界.如果你还有恐惧的话,那你没办法⾛出来呀.因为你的恐惧始终会投射在你的世界⾥⾯,它会通过你爸妈去呈现出来.没有办法.所以只有你们在听到这个信息的⼈,只有你们⾃⼰不断地清理你⾃⼰内在的恐惧,然后找回你⾃⼰内的⼒量,你才能去投射出⼀个你能在你的这个世界⾥⾯做主的⼈.如果你只是去期待社会改变啊,爸爸妈妈改变啊.你的恐惧还是会以其它的形式投射出来的,你还是没有⼒量的.你还是感受不到你是主⼈,你是拥有⽣命⼒量的⼈.所以说从你⾃⼰内在开始,你知道所有的事件来到你的⽣命当中它就是来让你变得更加清楚你是谁,然后更加呈现出你⾃⼰是谁.它是来帮助你的.

Because you are creating your world. If you still have fears, then you can't get out of it because your fears will always be projected into your world, and they will manifest through your parents. There's no way around it. So only the people who hear this information and clean themselves continuously from their inner fears, reclaiming their own power, can project a person that is in charge in their own world. If you just wait for society to change or your parents to change, your fears will still be projected in other forms, and you won't have any power. You won't feel like you are the owner of life force. So starting from within yourself, you know that every event coming into your life is meant to make you more aware of who you are, and to show you more clearly who you are. It's there to help you.

然后你只要记住,只要是你有这样的感受,那么就有很多⼈跟你都是同样的感受.当你在转变你⾃⼰,成为你⾃⼰,然后活出你⾃⼰的状态.你也在为其他⼈开⼀道门,⾛出来⼀条路.所以当你踏上这⼀步路过后,会越来越有⼒量.因为加

Then just remember that if you have these feelings, many others do as well. When you transform yourself into who you truly are and live in your own state, you're opening a door for others, paving the way out. So once you take this step, you'll gain more strength because of it.

⼊你的⼈会越来越多.

The more you advance, the more people will join you.

问: 我想不明⽩为什么我的妈妈在我从⼩到⼤⼀直都很不松弛? 她总是逼着我弟弟学习…… 我⼀直想对抗我妈妈……JO: 你⾸先要知道你想象⼀下你们⼈类是有⼀个集体的旋涡,他们每⼀个⼈都⾝不由⼰的在这个旋涡⾥⾯.就是她在做着⾝不由⼰的事情.然后你现在在表述的这些,其实你也是⾝不由⼰的⼀个状态.所以你更加能理解为什么她⾝不由⼰? 为什么? 因为你也在⾝不由⼰的⼀个状态,明⽩吗? 因为他们有恐惧,你也有恐惧.他们没有办法去打破这个circle,你也没有办法去打破这个circle.但是因为你们迟早总会有⼀个有⼒的⼈站出来⾛不⼀样的路,这是迟早的.只是早晚的问题.那你什么时候去做出这个选择呢?

Q: I don't understand why my mother has always been so tense towards me since I was young? She always pushes my younger brother to study... I have always wanted to rebel against my mother...

JO: First, you need to know that humans collectively exist in a vortex where each individual is helpless within it. She is doing things beyond her control. And what you're expressing now, you are also in an helpless state. This makes you understand why she can't help herself? Why? Because you're also in an helpless state. Do you see?

Because they have fears, and so do you. They can't break the circle, nor can you. But sooner or later, someone with power will step forward to take a different path - this is inevitable.

When will you make that choice?

就好像是有⼀群受压迫的⼈.他们都在那忍受着这种压迫,但是突然有⼀个⼈站出来说: 我不要再受到任何压迫了.最开始可能是他⼀个⼈站出来,慢慢慢慢的会有第⼆个⼈、第三个⼈、第四个⼈,最后所有的⼈都站起来了,明⽩吗? 这就是影响⼒.

It's like a group of oppressed people who are all suffering under this oppression. But suddenly, one person steps forward and says, "I won't tolerate any more oppression." At the beginning, maybe it's just one person standing up, gradually, slowly, there will be a second person, then a third, a fourth, until eventually everyone stands up, understand? This is called influence.

问: 这是我妈妈⾃⼰的问题.我很想去对抗她……JO: 你稍等,我可以连接⼀下你们的灵魂主题.你说⼀下你的名字.问: XXJO: 我们感受到你好像的确就是来推翻你妈妈的⼀样.然后你在这个推翻的过程当中你会去成为你⾃⼰.这么说吧,你妈妈像是⼀个weights,⼀个健⾝的器材.它不断不断地要过来要过来,你不断地要把她推开推开.然后在这个过程当中你的⼒量就不断不断地变得更加的强⼤.所以说你们之间的灵魂主题就好像…… 因为在你的⾻⼦⾥⾯你有⼀种就好像我想要成为

Q: This is my mother's problem, you see. I really want to fight against her... JO: Wait a minute, let me connect your soul theme. Could you please say your name? Q: XX JO: We sense that it seems like you're indeed trying to overthrow your mother in the same way. And during this process of overthrowing, you'll become yourself. To put it another way, your mother is like a weight, a fitness equipment. It keeps coming and trying to come at you, while you keep pushing her away. In this process, your strength becomes stronger and stronger. Therefore, the soul theme between you both seems to be... because deep down in you, there's an urge that I want to become

⼀个改⾰者,就是去推翻这个社会的⼀些制度.就是你就想成为⼀个创新改⾰者吧.那你想成为⼀个创新的改⾰者,那你是不是需要先去练练⼿啊? 就⽐如说你想成为武功⾼强的⼈,那你⾝边是不是需要有⼀个跟你过招的⼈?

A reformer is someone who challenges the existing systems in society. So why not aspire to be a reformer and an innovator? If you wish to become an innovative reformer, wouldn't you need some initial practice under your belt? Just like if you want to become a skilled fighter, don't you need someone to spar with?

问: 但是她⼀直都是这样⼦,我不知道她能不能改过来?

Question: But she has always been like this; I wonder if she can change.

JO: 你不是改她.你说对⽅她是⼀个来让你武功变得⾼强的⼈.你要改的她不再对你出招了吗? 明⽩吗? 你需要感激她来跟你过招,来通过和她不断过招的过程让⾃⼰的技术变得越来越⾼超,武功越来越⾼强,明⽩吗? 因为你想要成为⼀个创新、改⾰的⼈.

JO: You're not changing her. You said she's the one who makes your martial arts stronger. Does this mean she won't be attacking you anymore? Understand? You should be grateful for her to spar with you, so that through continuous sparring, your skills become more and more proficient, and your martial arts get better and better. Understand because you want to be an innovative, reforming person.

问: 对,其实我也很想从考试⾥挣扎出来,但是我又觉得⾃⼰太渺⼩.

Question: Yes, I really want to escape from the exam, but I also feel too insignificant.

JO: 你不会渺⼩.如果你从现在开始接触我们的信息,然后允许这个⼒量跟随着你去选择这条路的话,你会源源不断源源不断地得到⽀持,明⽩吗? 因为你要知道你们物质世界的每⼀个个体,你们就好像⼀颗棋⼦⼀样,是灵界来指使着你们往哪边⾛的,⽽不是你们.你们会觉得你们有操控它的能⼒,但是你们没有,明⽩吗? 所以说真正的能量是来⾃于哪⾥? 来⾃于灵界.那当你跟我们发⽣连接的时候,你就可以运⽤我们的能量.因为你前⾯的所有阻⼒会帮你拿开,明⽩吗? 但是你得告诉我们你想要呈现什么.就是你得清楚的知道你想要在这个物质世界呈现什么.这是⾮常重要的.不然就好像有⼀群⼠兵跟着你,我们来帮你.但你说哪边是敌⼈啊? 打哪边啊?

JO: You will not be insignificant. If you start interacting with our information and allow this power to follow you on choosing this path from now on, you will receive continuous support without bounds, understand? Because you must know that every individual in your material world is like a chess piece being directed by the spiritual realm where they go, not yourselves. You might think you have control over it, but you don't, understand? So, where does true power come from? It comes from the spiritual realm. When you connect with us, you can utilize our energy. All your previous obstacles will be removed for you, understand? But you must tell us what you want to present. You need to clearly know what you want to manifest in this material world. This is crucial. Otherwise, it's like having a group of soldiers following you and we're here to help. But who are the enemies? Which side do we attack?

你都不清楚哪边是敌⼈,你想打哪边你都不知道.你让这群⼠兵怎么出⼒啊? 对不对? 所以就好像有⼗万军马⼗万战⼠在那等候着听你的吩咐,你到底想要呈现什么,明⽩吗? 不需要你出⼒的.你只需要有这个愿⼒,有这个想法,很清楚的知道你到底想要呈现什么在你的这个物质世界.

You don't even know which side is the enemy; you don't know which side you want to fight. How are you going to motivate these soldiers? Don't you see that? So, imagine there are ten thousand armies and soldiers waiting for your command, do you understand what you want to achieve in this physical world with this spiritual endeavor? You don't need to exert effort; all you need is the willpower, the intention, and a clear understanding of what you truly desire in your material realm.

问: 我的⼈⽣剧本是怎样的? 还有我的天赋才华是什么?

Q: What is my life script? And what are my talents and abilities?

JO: 你的⼈⽣剧本就在当下这⼀刻你就可以去决定是什么,明⽩吗? 那在我们没有⼲预之前,我们没有加⼊之前,那你是⼀个⽆能为⼒,你再继续往这样⼦的⼀个能量游戏,好像⼀个旋涡⾥⾯.但是现在我们把⽅向盘放在你的⼿上了带领着我们向哪⾥去? 你现在不是⽆⼒的,不是⽆明的,不是⽆知的.你现在是知晓的状态,你现在是受到⽀持的状态,ok?! 所以不⼀样了.所以你需要更加的清楚你到底想要什么? 你到底想要呈现什么? 所有的⼀切都会⾃动的在你的⽣命中展开.

JO: Your life script is in this very moment where you can decide what it is, understand? Before we interfere or join in, you were powerless, continuing to play in a vortex of energy. But now the steering wheel is in your hands, guiding us towards where we are going? You are no longer powerless, unintelligent, or uninformed. You are aware and supported. So different things apply. Therefore, you need to be more clear about what you truly want, what you want to present. Everything will automatically unfold in your life.

问: 那我的天赋才华是什么?

Q: What are my talents and abilities?

JO: 刚说你的灵魂主题就是好像叫破旧⽴新吧.破除旧有的⼀些制度、思想,创⽴⼀个新的门派或者是新的⼀个思想.所以说你的天赋才华的话就是你能去打破很多陈旧的东西,因为你内在有那股我就想推翻你的感觉.然后你会有⼀种越是别⼈来压迫你,来限制你.越是让你有⼀种强⼤的我就是要推翻她的感觉.所以外在对你的打压都会变成能量,然后让你拥有强⼤的爆发⼒.

Just now you said that your soul theme is like the concept of dismantling and innovating. It involves breaking down old systems and ideas, establishing a new school or a new thought. Your innate talent is that you can dismantle many outdated things because there's an energy within you that wants to overthrow them. You have this feeling that when others try to oppress or limit you, it only fuels your desire to push against them even stronger. Therefore, external pressure on you turns into energy, empowering you with a powerful burst of force.

问(提问者妈妈): 我感觉孩⼦在写作⽅⾯有才华……JO: 当她在成为她⾃⼰的时候,她⾃然⽽然就会展现出来.所以我们只是去⽀持她成为她⾃⼰,让她知道她有⼒量去成为她⾃⼰.她也会得到⽀持,她也是被允许的.

Questioner's mom: I feel that my child has talent in writing... JO: When she becomes herself, it naturally manifests itself. So we just support her in becoming herself and let her know that she has the power to be herself. She will also receive support, and she is allowed to do so.

第四个⼈:问: 看到别⼈痛苦我就会很难受,我怎么去改变我这种敏感的体质呢?

Fourth person: Asking: When I see others suffering, I feel very distressed. How can I change this sensitive disposition of mine?

JO: 你⾸先通过这个你知道实际上你们都是⼀体的,就是你们都是联通的.然后当你们真正的放下你的头脑的⼲预的时候,你会发现对⽅的喜悦和幸福你能连接到、你能感受到、你能连接到.对⽅的痛苦你也能感受到,明⽩吗? 因为这是你们本来的状态.

JO: First, you realize that you are actually one and connected, that you are all interconnected. Then, when you truly let go of your mind's interference, you will find that you can connect to the other person's joy and happiness, feel it, and connect with it. You can also feel their pain, understand? Because this is your natural state.

问: 我这种看到别⼈痛苦是不是认识的⼈.⽐如⼀些短视频⾥⼀些⼈事物……JO: 这种是⼀样的.你只需要去通过这样的事件去认识到你们本⾝就是⼀体的.所以你可以连接到任何.那也就是这个⼥孩⼦她在做的.她可以连接到你们的能量,明⽩吗? 那就是知道你们实际上是⼀体的.那如果是⼀体的话,你就知道你的所有的对他⼈的⼀些⾏为或者影响,还有你⾃⼰的,那其实你在对他⼈做的时候也在对⾃⼰做,你在对⾃⼰做其实也在对他⼈做.通过这个点去发现⽣命的真相,去看到你们每个⼈都连接在⼀起的状态.你就会知道爱⾃⼰也在爱他⼈,爱他⼈也在爱你⾃⼰,帮助他⼈也在帮助你⾃⼰,帮助你⾃⼰你也在帮助他⼈.

Q: When I see others' suffering, particularly in some short videos or scenarios... JO: This is the same. You just need to understand that you are one with them through these events. So you can connect to anything. That's what this girl does; she connects to your energy, do you understand? That means knowing that you are actually one with each other. If they're one, then you realize that all your actions or impacts towards others and yourselves are actually happening simultaneously towards both. Through this understanding, you uncover the truth of life, realizing the interconnected state among everyone. You will come to know that loving yourself is also loving others, loving others is also loving yourself, helping others is also helping yourself, and helping yourself helps others too.

你来让你⾃⼰越来越有爱呢,那也是在爱着每⼀个⼈.让你⾃⼰越来越充满激情,你也在把这个激情注⼊到其它⽣命当中,明⽩吗? 所以说从你开始你就可以去转变整个世界的⼈类.因为你们是连接在⼀起的.当你⼦为⽣命欢呼的时候,其它灵魂也会感受到⽣命的⼀种喜悦和欢呼.

You come to love yourself more and in doing so, you're loving everyone else. You come to be more passionate and channel that passion into other lives, do you understand? So from the beginning, you can transform humanity worldwide because you are connected. When you celebrate life, other souls feel a joy and celebration of life.

问: 我觉得我⽗亲的内⼼很孤独,我是否能帮到他呢?

Question: I feel that my father is very lonely inside; can I help him?

JO: 那就像我们前⾯说的,那你的内在呢? 你能让你⾃⼰先对⽣命充满了激情、热情、美好、精彩、丰盛的状态、喜悦的状态吗? 因为当你通过你⾃⼰展现出你对⽣命的⼀种激情、热情、喜悦,那你的⽗亲也会连接到这个能量的.从你⾃⼰做起.

Japanese Original:

JO: So that's like what we talked about before, how you feel inside? Can you create a state within yourself where your life is filled with passion, enthusiasm, beauty, excitement, richness, joy? Because when you show through yourself the energy of passion, enthusiasm, and joy in your life, your father will connect to this energy as well. Start from here.

English Japanese Original:

JO: So that's like what we talked about before, how you feel inside? Can you create a state within yourself where your life is filled with passion, enthusiasm, beauty, excitement, richness, joy? Because when you show through yourself the energy of passion, enthusiasm, and joy in your life, your father will connect to this energy as well. Start from here.

English JO: That's akin to what we discussed earlier about your inner self. Can you generate an internal state where your life is animated by passion, fervor, beauty, excitement, abundance, and happiness? Because when you manifest through yourself the vibrancy of passion, zeal, and delight in your existence, your father too will resonate with this energy. Begin from here.

问: 我睡眠的时候我就会做梦和梦中梦,还会梦到我是别⼈.这个世界上是否存在着平⾏空间呢?

Q: When I sleep, I dream and even have dreams within dreams, and sometimes I dream that I am someone else. Is there a possibility of parallel universes in this world?

JO: 你们⾃⼰就在体验着.那包括你的梦,包括这⼀切其实都来让你去看到⽣命的真正的真相.然后来让你们⾃⼰知道其实你就是别⼈,别⼈就是你,没有区别的.

JO: You are experiencing this for yourselves. This includes your dreams and everything else that is meant to reveal the true nature of life, so you can come to understand that you are others and others are you, without any difference.

问: 我在梦⾥的时候我是⼀个战⼠,我还被枪击中还会疼痛.很真实.我有时候有点分不清梦境和现实.

Q: When I am dreaming, I am a warrior, and I get hit by a gun and it hurts very realistically. Sometimes I have trouble distinguishing between dreams and reality.

JO: 那你是不是就可以去整合这⼀切的体验? 因为你们在这个物质世界,你们最宝贵的就是体验.为什么呢? 因为体验它会让你越来越理解众⽣,越来越跟众⽣发⽣⼀种深深的连接感.所以你也在通过这⼀层体验来让你跟众⽣产⽣连接感.然后来达到⼀种你跟⼀切万有都是⼀体的状态.

JO: So can you integrate all of these experiences? Because in this material world, what you value most are the experiences. Why is that so? Because through experiencing, it allows you to better understand sentient beings and fosters a profound sense of connection with them. Therefore, you're also integrating these experiences to establish a connection with sentient beings, leading to the state where everything is unified in oneness with you.

第五个⼈:问: 我的⼈⽣主题是什么? 我叫XXX.

The fifth person asks: "What is my life theme?" I am XXX.

JO: 我们感受到你选择这⼀⽣来到这⾥,你就很想去通过成为⾃⼰和把⾃⼰对⽣命的⼀个理解还有整合,就好像想要完完全全的去展现或者是传播或者是呈现…… 这么说吧,你想象你就是⼀朵花,你就想把这朵花尽可能的绽放,想要让更多⼈的看到这朵花有多鲜艳,来从你⾃⼰的的⽣命当中来让⼈们看到⽣命的美和⼒量.所以你就想象⼀下你就是往这个世界上展现⽣命的美和⼒量的这种状态.所以你会就很希望可以去影响或者是展现更多你的美好的⼀⾯吧.所以你会有⼀种尽可能的给⼈们展现出阳光啊、美好啊、就是正能量的⼀⾯啊.就是很害怕把⾃⼰不美好的⼀⾯给展现出来.

JO: We sense that you have chosen to embark on this life journey with the intention of becoming your true self and integrating your understanding of life, as if you're keen on fully expressing or disseminating or presenting it. Let's say you imagine yourself as a flower, wanting to bloom as much as possible so others can see how vibrant it is. You desire to showcase that beauty from your own existence, allowing people to witness the magnificence and power of life. Therefore, visualize yourself as the state of showcasing the beauty and strength of life into this world. Hence, you would very much want to influence or reveal more of your beautiful side. Thus, you tend to try to show lightness, positivity, or the good side, being fearful of exposing any less desirable aspects of yourself.

问: 我总是觉得这不舒服,那不舒服.通过体检也有⼏项指标不太正常.但是通过调理也不太有效果,也不想去做体检.

Q: I always feel uncomfortable in this way or that. My physical examination also shows several indicators that are not quite normal. However, adjusting them hasn't been very effective, and I don't want to go for a check-up either.

JO: 我们感受到你⾝体的不适感还是来⾃于你对⽣命的⼀种沉重感,就是压⼒还有⼀种就是觉得有事情需要处理吧.就是⽣命的沉重感和⽆⼒感,然后导致你⾝体也是很沉重,有⼀种不轻松不舒适的状态.你就想象⼀下你被⽯头压住了,就有⼀种不能放松也不能relax,就是不能去享受⽣命的状态.所以它是来⾃于你现在还没有更好的进⼊到对⽣命的喜悦和享受和激情和允许的⼀个状态.

JO: The sense of discomfort you feel is stemming from a heaviness in life, which includes stress and the feeling that there's something needing to be dealt with. It's the heaviness of life coupled with a sense of helplessness, leading your body to feel similarly weighed down, resulting in an overall state of unease and discomfort. Imagine being under the weight of stones; you can't relax or enjoy life, as if it were impossible for you to fully embrace its pleasures. This originates from your current inability to better immerse yourself in the joy, enjoyment, passion, and acceptance of life.

问: 我就是想问有没有实际性的问题?

Q: I just want to know if there are any substantive issues?

JO: 你要知道你们的⾝体它是跟随着你在不同的时间段,就是你是什么能量状态,它会呈现出…… 就好像我们刚刚说,你⼀直说我的⾝体很痒很痒,那你就会呈现出⾝体真的是开始痒的⼀个状态.然后就算它是有实际性的问题,就是你们能看到那个果.但是那个果也是随着你⾃⼰的⼀个投射,就是你的能量的变化⽽变化的.那你看到当那种有很多⼈格的⼈,他这种⼈格有⼀种病.但是当他转变成另外⼀种⼈格的时候,他那个病马上就消失了.所以你就知道你的⾝体只是能量层⾯投射的⼀个果⽽已.所以你如果真的是想要解决这⽅⾯的问题的话,那就是尽可能的去享受⽣命的美.

JO: You need to understand that your body follows you through different time periods based on your energy state; it will manifest as... much like what we just discussed - when you keep saying my body is itchy all the time, then it starts to show that your body really begins to feel itchy. Even if there are actual physical issues visible as a result, these results change with your own projection based on how your energy fluctuates. When someone with multiple personalities has an ailment that disappears when they transform into another personality, you can see that your body is simply the outcome of energy projection. Thus, to address these issues, you need to learn to appreciate the beauty of life as much as possible.

然后去把你⽣命中⼩的⼀些美好把它不断地放⼤放⼤,然后关于沉重和问题这些问题你忽略不去管它,不去关注,也不去操⼼,也不想要去试图解决问题.然后越来越多的把你⽣命中的美好放⼤放⼤,然后找乐⼦.就⽐如说你曾经或

Then go and magnify the small beauties in your life continuously, continuously, not paying attention to the heaviness or issues, ignoring them, not worrying about them, and not wanting to attempt to solve problems. Then magnifying more of the joys in your life continuously, finding amusement. For instance, you once

者现在,我可能每天花七⼋个⼩时去担⼼某⼀些事情去解决某⼀些事情.我现在花七⼋个⼩时去享受⽣命,去快乐,去跳舞,去听⾳,去享受⽣命,去感恩,去歌颂⽣命有多美好你有多美好,明⽩吗? 那通过不断地去进⼊到这种状态,你就会发现你的⾝体它会奇迹的好转.问: 我的⼥⼉从⼩就不听我的.她现在啥事都不跟我商量,我想知道她现在的⽣活状况是不是她想要的? 还有将来我们的关系是什么样⼦的?

Now, I might spend seven or eight hours a day worrying about something and trying to solve it. Now, I spend seven or eight hours enjoying life, being happy, dancing, listening to music, enjoying life, expressing gratitude for how beautiful life is, understand? Through constantly entering into this state, you will find that your body miraculously improves.

Question: My daughter didn't listen to me from a young age. She no longer discusses anything with me now. I wonder if her current lifestyle is what she wants and what the future of our relationship might look like?

JO: ⾸先我们⽆论是在⾯对你们⽣命中的⼀些事情还有你们关系中的⼀些问题,⾸先就是你⾃⼰的能量的问题.为什么呢? 因为外在的⼀切它其实就是呈现出你⽬前的⼀个能量状态.像我们刚刚说当你⾝体的果它已经显现了,就是你感受到⽣命的沉重和压抑.那刚才我们说的那个⽅法,当你转变到另外⼀种就是你可能每天七⼋个⼩时你都是在喜悦欢乐当中的话,你跟你⼥⼉的关系也会变的,明⽩吗? 你那个时候再来问问题,你就会发现没有什么问题.为什么呢? 当你在允许你⾃⼰快乐、轻松、享受⽣命的时候,她也会.你也会允许她,去⽀持她去享受她⽣命中美好的事情.所以就不再存在⼀个她要听你的.她为什么要听你的? 你快乐吗?

Jo: Firstly, we are facing some issues in your life and problems in your relationships, all of which stem from the issue of your own energy. Why is that so? Because everything external actually reflects your current energetic state. When you've experienced the heaviness and pressure on your body's fruit, it means you're feeling the weight of life. Just like we discussed earlier about when the manifestation of your body's result appears - when you feel the burden and suffocation of life. Then there was a method mentioned previously, where if you spend seven to eight hours every day in joy and happiness, your relationship with your daughter will change too. Do you understand? If you ask questions at that point, you'll find there are no issues anymore. Why is that so? When you allow yourself to be happy, relaxed, and enjoy life, she will do the same. You will also allow her to support and enjoy the beautiful things in her own life, which means it won't exist where she has to listen to you because why should she listen to you if you're not happy?

你是世界上最快乐的⼈吗? 你是吗? 你是世界上最没有限制的⼈吗? 如果你是的话,那你不会要求别⼈听你的,明⽩吗? 那你不是的话,你根本没权⼒要求别⼈去听你的?

Are you the happiest person in the world? If so, then you wouldn't ask others to listen to you, would you? If not, then you have no right to ask others to listen to you.

问: 她现在这个样⼦她幸福吗?

Q: Is she happy like this?

JO: 你⾸先要知道你们⼈类在这样⼦的⼀个状态下你们都不会幸福.幸福只是⼀个短暂的假象,ok? 如果你们要追求真正的幸福,那就是⽣命的觉醒,当你达到⼀种智慧的状态.那⾥就拥有幸福.Before that,no.你们都只是体验体验.但是在这个体验的路上就是为了去达到⼀个幸福的状态,明⽩吗? 但是当你⾃⼰都不幸福,你也不知道幸福是什么.你也没办法去告诉她 幸福是什么,什么是幸福.

JO: First of all, you need to understand that no matter what state you are in as humans, happiness will elude you. Happiness is a temporary illusion, okay? If you want true happiness, it's the awakening of life when you reach a state of wisdom. Only then does happiness exist. Before that, no. You're just experiencing various aspects of existence. But along this journey of experience, you are aiming to achieve a state of happiness. Do you understand? However, if you are not happy with yourself, you have no idea what happiness is. You can't explain or define it for others either.

问: 那我和她的灵魂协议是什么? 我⼥⼉叫XX,34岁.

Q: What is my soul contract with her? My daughter's name is XX, she is 34 years old.

JO: 你⼥⼉带给你的功课就是来让你放⼿,就好像她就是来教会你在⽣命中学会放⼿.因为你⽣命中现在体验到⼀些沉重感或者是压迫压⼒的感觉,也是来⾃于对某些事情不能做到放⼿的⼀个状态,允许和放⼿的⼀个状态.所以这是你⾃⼰需要去突破的⼀个点,⼀个功课,明⽩吗? 刚才我们说你要花多少个⼩时沉浸在⽣命的喜悦当中,然后把美好的时间不断地放⼤放⼤.这些就需要你⾃⼰要做到放⼿,哪怕家⾥破产了,哪怕家⾥发⽣很⼤的事情你都要进⼊这种状态.那就必须要进⼊⼀种放⼿的状态.你要不放⼿的话,你就没有办法进⼊到那样的状态.你的⾝体也会产⽣很多的不适感.

JO: Your daughter's lessons for you are to let go, as if she is here to teach you how to learn to let go in life. Because now, you are experiencing a sense of heaviness or pressure, which also stems from being unable to let go of certain things, the state of allowing and letting go. So this is a point that you need to break through, an assignment, do you understand? Just now, we talked about how many hours you should spend immersed in the joy of life, then amplify the good moments continually. These require you to be able to let go, even if your family goes bankrupt or something major happens, you must enter this state. This means that you must get into a state of letting go. If you don't let go, you won't be able to enter that state. Your body will also produce many discomforts.

#### 2023/11/26 — 关于爱的提问 Questions on Love

问: 如何爱⾃⼰?

Q: How can one love oneself?

JO: ⾸先你要知道爱的这个课题就是你们本⾝来到这个物质世界要体验的.⾸先你要知道你们就是爱的本⾝,对吧? 那通过你遗忘掉你⾃⼰就是爱的本⾝,就是通过忘掉你⾃⼰是爱,然后来去认识你⾃⼰是爱.那如何爱⾃⼰? 在你没有发现你⾃⼰⾝份之前,你肯定就会体验到⼀个不是爱,就是脱离爱,离开了爱的⼀个状态.就好像如果我⼜渴,就是我不知道⼜渴是什么.那我先离开⽔,因为⽔让我不⼜渴,对吧? 那我先离开⽔⼀段时间,然后越离开越⼜渴,达到那种⾮常⼜渴的状态,然后那种⾮常⼜渴的感觉就没有了.那你是不是就能体会到什么是⼜渴了,对吧? 那如果你从来没有离开过⽔的状态呢? 那你是不是就体验不到什么是⼜渴的状态,对吧?

JO: First, you need to understand that the topic of love is what you are experiencing as yourself in this material world. You should know that you are love itself, right? Then, by forgetting that you are love and recognizing that you are not, you begin to understand that you are love. How do you love yourself? Before you discover your identity, you will certainly experience a state that is not love or has moved away from love. Imagine if I am thirsty but don't know what thirst feels like. First, I remove water because it stops me being thirsty, right? Then, I temporarily distance myself from water and as time goes on, my thirst only increases until it becomes extremely intense. Once this extremely intense thirst subsides, you understand what it is to be thirsty. But if you have never been without water before, then you wouldn't know what it's like to be thirsty, would you?

那如果别⼈说我⼜渴了,你知道什么意思吗? 那你是不是就失去了⼜渴的机会,你就不明⽩⼜渴是什么,对吧? 所以说通过离开它,然后再去接触它,然后你就能认识到.所以说当你们在离开爱的状态,那你是不是又能去产⽣这个体验,知道你是谁,对吧? 又恢复到那个.所以你们就知道即使你们体验了⼀个不爱⾃⼰的状态,它也是来让你们⾛向⼀个爱⾃⼰的状态.因为你会体验到这些是不爱⾃⼰,这些是痛苦的,这些是跟我内在不和谐的,这些是让我导致很奔溃痛苦的这种现象,和这种⾏为,和这种感受.然后你才会知道到底什么是爱⾃⼰的⼀个状态,明⽩吗?原来你就会知道爱原来是允许,原来是放⼿,原来是⾂服,原来只是存在什么都不要做.

If someone else tells me I'm thirsty, do you know what that means? That you've missed the opportunity to be thirsty, you don't understand what it's like to be thirsty, right? So by stepping away from it and then coming back into contact with it, you can recognize. Therefore, when you're in a state of not loving yourself, are you able to generate this experience again, knowing who you are, right? You return to that state. So you realize even if you experienced a state where you didn't love yourself, it's designed to lead you towards a state of self-love. Because you'll experience what it feels like not to love oneself, what it feels like being in pain, what it feels like being out of harmony with your inner self, what it feels like leading to great turmoil and suffering from these phenomena, behaviors, and feelings. And then you understand what true self-love actually is, get it? You would realize that love originally allows, originally lets go, originally submits, originally just exists without doing anything.

就你以前可能各种抓狂,觉得我要去做什么, 我要去拥有什么, 我要去怎么样怎么样,就是通过各种反射才知道原来是doing nothing,就是什么都不做,明⽩吗?这么说,你们就好像在湖边去看这个湖⾯.你说下⾯有个东西,你不断地去搅动它想要去看的清楚⼀点.那你越搅动越发现湖⾯越变形.最后什么都不搅了,然后静静的坐在那,湖⾯的镜像就越来越清楚了,对吧?但是你需要去通过这个搅的动作去发现原来不搅才是看的最清楚的.所以你通过你⾃⼰去体验如何爱⾃⼰.那你可以把你的这个过程分享给其他⼈.那其他⼈也需要去体验他们如何爱⾃⼰.然后你会爱⾃⼰,爱不是⼀个需要去做什么的.它只是⼀个存在的状态.

You might have previously been frustrated by thoughts such as "What am I supposed to do?", "What should I acquire?", or "How should I proceed?". You've realized that all you were doing was nothing, or perhaps the absence of action itself. Imagine standing at a lake's edge observing its surface. You suspect there's something beneath it and continuously stir it up in an attempt to see more clearly. But as you do this, the lake's image becomes distorted. Eventually, you cease stirring and simply sit quietly; the reflection on the water becomes clearer. Isn't that so? To find clarity, you must understand that sometimes doing nothing is the most revealing action of all. This process of self-love, which requires no specific actions beyond existing as yourself, can be experienced by others through your own journey of self-acceptance and love. And then, they too will learn to love themselves in this natural state; love doesn't require any particular action but is simply a state of being.

所以没有⼀个我需要去做这个我才是爱⾃⼰,我需要去做那个才是爱⾃⼰.你唯⼀的需要只是存在.

So there's no need for me to do this in order for me to love myself; I need to do that in order for me to love myself. The only thing you need is to just be.

问: 那很多⼈现在接触到我们的信息,他头脑知道.但是他放不下,这个我们怎么协助他呢?

Q: Many people are now exposed to our information; their minds know it. But they cannot let go of it. How can we assist them in this situation?

JO: 你⾸先要知道就算他们做不到,他们也在体验,对吧? 那你不能把他的这个体验给拿⾛呀.他本⾝就要体验⼀个飘起来,他才知道落下来是什么感觉啊.那你不让他飘,⼈家⼀飘你就把⼈家拉下来.他永远都不知道落下来的感觉.为什么呢? 因为你不让他飘起来呀,明⽩吗?所以说你知道对⽅⽬前经历的是他的⼀个成长的过程.你只需要保持你在爱的⼀个状态.为什么?他们永远都能看到希望,明⽩吗?不然他希望都看不到呀.就没有⼀个落地的,全是空中飘的.落地是不可能的.如果他能看到那些深深的扎根在地上的,⼈家不需要被风吹的乱飘的.那是不是让他看到我也可以有这个选择,我也可以活成这个样⼦,是吧?

JO: You first need to understand that even if they can't do it, they are experiencing it, right? You can't take away his experience. He has to experience the sensation of flying in order to know what it feels like when he falls. If you don't let him fly and pull him down every time he tries, he will never truly understand what falling feels like. Why is that? It's because you prevent him from experiencing flight, do you see? Therefore, you need to realize that the other person is going through a process of growth at this moment. You just have to maintain your loving state towards them. Why is that? They are always able to see hope, right? Otherwise, they would have no grounds for hope; everything would remain in mid-air without touching down. Falling is not possible under those conditions. If you show them the deep roots anchored into the ground of others, they wouldn't need their hopes to be swayed by gusts of wind. Isn't it better for them to see that I too have this choice, and I can live like this as well?

那你是不是就在给他们看到⼀个希望,看到⼀个可能,看到⼀个出路.你看吧,这条路我已经⾛出来了.你也可以选择.但是如果你还需要这样的体验,你可以体验.但是你要知道我们在这⾥等你.你可以随时选择跟我们⼀起.

That way, you're showing them hope, a possibility, and a way out. Look, I've already taken this path. You can choose too. But if you need more of an experience like this, feel free to have it. Just remember, we are here waiting for you, and you can always decide to join us at any time.

问: 为什么这么多⼈都不爱⾃⼰? 为什么从⼩到⼤都没有⼈教我们爱的功课?

Question: Why do so many people not love themselves? Why hasn't anyone taught us the lesson of love throughout our lives?

JO:因为你们在地球呀.你们来到这个物质世界就是来学习……这么说吧,物质世界、地球,它的能量是沉重的.那越是沉重的,它就越低.越是到⼀个爱的状态,它就没有分量了,它就越⾼.那重的是不是就在地下,那轻的就是在空中,对吧?那你们现在都是在地下呀.那就是你们需要去,就好像这个课堂它本⾝就是来教那些想要体验什么是爱或者不知道什么是爱的地⽅.那他们肯定是有这个需求才会来到这个班上学习,对不对?那这⾥就给他提供了⼀个学习的平台和机会.

JO: Because you are on Earth. You come to this material world to learn... let me put it like this, the energy of the material world, Earth, is heavy. The heavier it is, the lower it becomes. The more you get into a state of love, the less weighty it is, and the higher it gets. What's heavy isn't below ground, what's light is in the air, right? And you are all underground now. That means you need to go, as if this classroom itself was designed to teach those who want to experience love or don't know what love is. They must have this need to come to the class and learn, right? Here they are provided with a platform and opportunity for learning.

问: 那可不可以理解为成为爱就是我们在地球教答卷的⼀个状态?

Q: Could it be understood that being in love is a state of answering our exam paper on Earth?

JO: 是的.那你就可以继续去辅导那些还没有成为爱的灵魂.它们在学习和体验和进化.问: 如何活出⽣命的喜悦?

Yes, you can continue to guide those who have not yet become loving souls as they learn, experience, and evolve. Question: How do you live the joy of life?

JO: ⾸先⽣命本来的状态就是充满了喜悦的,就好像我们说你本来就是爱,对吧? 那如果你体验到不喜悦其实也是在让你⾛向⼀个喜悦之路.所以不喜悦的过程它其实也⾮常的重要.但是你到底是能把它当成是你⾛上喜悦的路呢? 还是你把它当成是⽣命本来就是这样,因为我厌倦了,⽣命本⾝就是不喜悦的,痛苦的.然后我就认定它了.这是不⼀样的⼀个结果.那帮助你们去认识到你体验的那些不喜悦都是帮助你⾛向喜悦的这条道路的话,那就是我们这些信息,我们这些信息对你们的⼀个引导让你们知道你们不喜悦它只是⼀个台阶让你⾛上喜悦的路的.但是并不是你⽣命的真相.因为很多⼈他们通过这些体验会把它当成是⽣命的真相.为什么呢?

Jo: Life in its original state is filled with joy, just like we say you are inherently love, right? So if experiencing unhappiness actually leads you towards a path of joy. Thus, the process of not being happy is very important. But do you view it as leading to happiness or do you see it as life's inherent condition - because I'm bored and life itself is unhappy and painful, so it's just that way? This is a different outcome. If this helps you recognize that experiencing unhappiness aids your path towards joy, then these are the messages we're guiding you with – informing you that unhappiness is merely a step on your journey to joy, but not the essence of life. Because many people perceive their experiences as the truth of life. Why is that so?

这是我⾃⼰去体验的,亲⾃去经历的,那肯定就是真相了.你们就会有这样⼦的⼀个观念.就是你把这个物质世界的所有相当成是⼀个真相.外在物质世界的所有相都是来让你去产⽣体验,然后你通过这些体验你认识到你的真实⾝份是什么.你是⽆限,你可以去创造任何.所以这也是你的成长的阶段.所以当你⾃⼰去领悟到学习到了.那你是不是就可以去帮助那些⼈,那些把痛苦当成⽣命的真相的⼈,然后帮他们去看清楚他经历的那些痛,他经历的那些不喜悦的事件都是来帮助他⾛上喜悦的这条路.那当他看清楚了过后,所有的不喜悦是不是就成就了他?就好像是这朵花要绽放,那你是⽔⼀样让它这朵花得以绽放.

This is what I experienced firsthand, through my own personal experience, which undoubtedly reveals the truth. This will lead you to hold such a belief that all aspects of this physical world are truths in themselves. The manifestations of your external physical world serve to generate experiences for you, and through these experiences, you come to realize who you truly are: limitless, capable of creating anything. Therefore, this is also part of your growth stages. So when you personally understand and learn, can't you then assist those individuals who perceive pain as the truth of life? Can't you help them see clearly through their suffering and unhappy events, showing them that these experiences actually aid in their path to joy? Once they understand, do not all unhappinesses culminate into a positive outcome for them? Like water enabling a flower's bloom, aren't you like this source providing the essence for its blossoming?

然后还有就是说最重要的就是看清楚你们物质世界的相实际上都只是⼀个幻像和假象.你把它当成真实的了,那他肯定是不能喜悦.因为你⼊相了呀,对吧?那如果你知道物质世界所有的相都像电影⼀样放过来就没了,就过了.那你这个⼏⼗秒,哪怕是⼏⼗个⼩时,它放了,它就没了.那如果放了就没了的相你还停留在你⼼中,那到底是什么产⽣的?是因为那个你,那个物质头脑,明⽩吗?你的物质头脑还抓着这个相不放,还在继续去创造,还在继续去投射,还在继续去制造.所以你们看清楚物质世界就像是放电影⼀样,它放了就没了.它就像⼀个屁⼀样,你可以闻到它很臭,太臭了太臭了.但是那个臭味已经散了呀,它已经不臭了,它不可能⼀直臭的.

And perhaps most importantly, one must understand that the forms of your physical world are merely illusions and deceptions. If you perceive them as real, there is no way to find joy in them because you have identified with them. You see, when you're caught up in these illusions? Now if you realize that all phenomena in the material world are like a movie—played out and then gone—that's it for those few seconds or even several hours once they've played. If after they're gone, you still hold onto those forms in your mind, what could be causing this persistent hold on reality? It must be because of 'you', that material mind. Your material mind is clinging to these forms and persistently creating them, projecting them, and manufacturing them. So, see the physical world like a movie playing out—once it's over, it's gone. Like a fart you smell, it stinks terribly. But that smell disperses; it's no longer there; it can't stay put forever.

那你⼲嘛还在那恶⼼,还在那骂骂咧咧,还沉浸在那个臭味⾥⾯? 为什么呢? 所以你就知道导致你的不喜悦是来⾃于什么? 来⾃于你⾃⼰的头脑它抓住那个屁不放.你不断地去想着它有多恶⼼,把你恶⼼的都吐出来了.你不断地沉浸在这样⼦的⾥⾯.你说⼀下你们这个世界狂风暴⾬再厉害再⼤,它是不是都会停,对吧?⼀个屁再臭,它味道也会消失,对吧?那你们物质世界的相也⼀样呀.那个⼈他发再⼤的脾⽓,他脾⽓也会有熄灭的时候.你觉得他会⼀直保持那种能量? 那你为什么还抓住那个相呢? 所以让你不喜悦的是你⾃⼰,你在抓什么呢?

Why are you still feeling sick, why are you still cursing, and why are you still drowned in that stench? Why is it so? Therefore, you know what causes your discontentment? It comes from your own mind clinging onto the fart. You keep thinking about how disgusting it is, making yourself feel nauseous to the point of vomiting. You constantly immerse yourself in such thoughts. You say, isn't this world's turbulence, whether fierce or great, eventually going to cease? Isn't the smell of a fart going to fade away, right? The same goes for appearances in your material world. No matter how big someone blows their temper, it will eventually cool down. Do you really believe they can maintain that energy forever? Why are you still clinging onto those appearances? So, what makes you unhappy is yourself, and what are you holding onto?

问: 如何爱他⼈? 什么样的爱是对他⼈最好的爱?

Question: How can we love others? What kind of love is the best for others?

JO:没有什么叫最好的爱.如何爱.只要是爱,你就没有办法不爱,明⽩吗?就好像⼀个太阳,你说如何照亮他⼈,如何什么什么的.你本⾝你存在,你就在照亮⼀切万有,明⽩吗?所以当你真的是爱的时候,你不需要去学习如何爱.只有你变成不爱的状态,你才会觉得好像这个不是爱的⾏为.你只要是爱的话,你没有办法不爱.所以你⾃⼰是爱的状态,你就没有办法不爱.就好像你灯亮了,那你说我如何照亮这个?你的灯是亮的状态,那它不得不照亮在⿊暗中的⼀切.

JO: There is no such thing as the best love; how to love. Once you are loving, there's nothing you can do but love, right? Just like a sun; when you say how to light others, how this and that… You exist yourself, shining upon everything else, understand? So when you truly love, you don't need to learn how to love. Only when you become unloving will you feel as though this isn't an act of love. If you are loving, there's nothing you can do but love. Hence, if you're in a state of love, there's nothing you can do but love. Just like your light is on, and you say how to illuminate this… When your light is on, it inevitably illuminates everything in the darkness.

问: 那这个⼥孩⼦头脑⾥⾯关于这个还有没有什么问题要问?

Question: Then, does this girl have any more questions in her mind about this?

JO: 当他们⾝边的⼈感受到他们没有⾃爱的状态下,如何去帮助这些没有在爱中的⼈? 她想问的和我们前⾯的信息是⼀样的,就是说你⾃⼰给他做⼀个模板.让他知道我飘在空中,那个⼈的根⼀直是深深的扎在地上的.那就说明他也有可能呀.那如果你也跟他⼀起飘起来了,就离开的状态,也恐惧了,也害怕了.那你跟他⼀起飘起来,他看不到希望呀.所以说把你⾃⼰就处在爱的状态,就是把你⾃⼰深深的扎根在地上的状态.那你让他们看到他们也可以有这样⼦的选择.所以说不断地清理⾃⼰的念头,就是觉得你需要做什么或者是需要害怕、防范⼀些什么的话,那其实你就是在离开爱的状态呀.

In response to JO's question about how to assist people who feel they are not loved when their surroundings reflect that sentiment, the person is suggesting a parallel approach to our previous discussion. Essentially, the advice given involves creating an example for them by embodying love yourself.

You can illustrate that just as you have lifted your feet off the ground and found stability in a deep connection with someone else (meaning finding self-love and being grounded), there is a possibility for others to do the same. If you also share this experience with them, experiencing the same state of fear and hesitation when you both ascend together, it becomes clear that without hope, they cannot achieve something similar.

The person emphasizes the importance of maintaining your own presence in a loving state—being deeply rooted on the ground—and demonstrates that alternative choices are available to others. This involves continually cleansing your mind of thoughts that suggest you need to do certain things or be wary of particular circumstances. These kinds of ideas, they argue, actually distance one from the state of love.

In essence, by consistently practicing self-love and maintaining a grounded mindset in love, you serve as a beacon for others, showing them that such experiences are not only possible but can also be cultivated through their own actions and choices.

那你离开爱的状态,你就没办法给别⼈做⼀个落地扎根的模板,让别⼈看到希望了.

If you are no longer in love, you cannot provide a model for others to ground and settle, giving them hope.

问: 那进去爱的状态,是不是头脑⾥⾯完全没有念头的呀?

Question: When one experiences love, is it true that there are no thoughts in their mind?

JO: 我跟你讲,当你完完全全的成为爱的⼀个状态就好像你这个太阳在发出温暖.当别⼈接收到你的温暖的时候,他⾃⼰内在就会产⽣变化的,明⽩吗? 那如果当你离开爱的状态,就好像你这个太阳熄灭了,你没有阳光了.你没有阳光了,对⽅感受不到温暖.他内在就会产⽣更多的恐惧,明⽩吗? 那他内在就更加恐惧,更加⿊暗,更加迷茫,更加没有办法.所以你的这个⼩太阳在成为⼀个太阳的状态吗? 还是⼀个冰库啊? 你进⼊冰库的话,你没办法拯救任何⼈的.因为他们内在只会更加的冷,更加的⽆⼒,更加的迷茫.所以说爱⼀定是伴随着允许,伴随着信任.因为你不允许他去体验他需要体验的,那你这还是爱吗? 那你还是信任吗?

JO: I'll explain it to you like this: when you completely embody love, it's as if you are a sun emitting warmth. When others receive your warmth, they experience an internal transformation, do you understand? If you leave the state of love, it's like your sun has gone out; there is no sunlight anymore. Without sunlight, the other person can't feel warmth. Their inner world will generate more fear, right? This means their inner turmoil increases, and so does their darkness, confusion, and helplessness. So are you a small sun that has become big enough to shine as a sun or just an icebox? If you enter an icebox, you cannot save anyone because they would only feel colder, more powerless, and more lost inside themselves. Thus, love must come with permission and trust. Because if you don't allow them to experience what they need to, then is that still love? And do you still trust them?

爱就是什么都不做,你只是爱.当你在做些什么的时候,你就在离开爱.当你离开爱了,你也没办法把这些迷失的⼈带到爱的家⾥,带到爱的归属⾥.

Love is doing nothing; you just love. When you do something, you are stepping away from love. If you step away from love, you cannot bring lost people back to their home of love, to their place where they belong.

#### 2023/11/27 — 你⾛上这条道路,⼀切只能会越来越好If you embark on this path, everything will only get better.

JO: 你说什么问题?

JO: What's your question?

问: 我⼩时候经常会梦到⾃⼰从很⾼的滑梯上滑下来,然后就惊醒了.现在做梦是做扶梯⼀直往上升.请问有什么信息要给到我?

Question: When I was young, I often dreamed of sliding down very high slides and would wake up in fear. Now, my dreams involve taking escalators that keep going upwards. Could you provide me with any information regarding this?

JO: 这个跟你的灵魂主题,这么说,你的灵魂会携带⼀些能量需要你这⼀世来继续整合.我感受到你⼩时候的梦是来⾃于你灵魂层⾯的不安全感.所以这种不安全感会导致你在这个世界上什么东西你都⾃⼰操控,⾃⼰操守,就⾃⼰操办,⾃⼰去做.因为你不想你没有办法去掌控,没有办法掌握,就是你不喜欢没有掌控的那种感觉.所以它来⾃于在你的灵魂层⾯你还有⼀点这样⼦的印记和影响.这可能就会导致你这⼀世很累,什么事情都想亲⼒亲为.你就觉得别⼈办不放⼼,就这种感觉.总是会有这样⼦的感觉.然后你刚才说你现在做梦梦见做电梯往上升,对吧? 那这个梦给你带来的感觉是什么?

This relates to your soul theme; in other words, your soul carries some energy that needs you to integrate during this lifetime. I feel that the dreams you experienced as a child stem from an insecurity on a deeper level within your soul. This sense of insecurity leads you to control everything around you, manage things yourself, and handle matters personally because you don't want to be in a position where you can't control or master something; it's simply not comfortable for you when you feel out of control. Thus, this insecurity originates from the imprint and impact on your soul at this deeper level. It might cause you to have this intense feeling throughout this lifetime that everything needs to be handled personally. You're always unsure if others will do a good job, which is how it feels to you. This sensation has been consistent. And as you mentioned earlier, you're now dreaming of riding an elevator going up; right? What does this dream convey to you?

问: 就是感觉挺好,梦⾥没有别⼈.

Q: It's just that I feel quite well, there are no others in my dreams.

JO: 那你就知道这个梦实际上是关于你⾃⼰.往上升实际上就是说当你的意识程度不断不断地在升的时候,你的那种不安全感或者需要去掌控掌握的那种感觉,你会慢慢慢慢放⼿,慢慢慢慢你会允许,慢慢慢慢就不会进⼊到⼀种凡事都需要⾃⼰去掌控的状态,明⽩吗? 所以这也就是说这是你⼀直在转变的⼀个过程.因为不只是物质世界会呈现出你们的意识状态,通过梦境也会把你们的状态给呈现出来.

JO: Then you understand that this dream is actually about yourself. Rising upwards means that as your consciousness level keeps rising constantly, you will gradually let go of your feelings of insecurity and the need to control or dominate things. You will slowly allow more and become less inclined to be in a state where everything needs to be controlled by you, getting it? This signifies that this is a process you've been undergoing in terms of transformation. Not only does the physical world reflect your state of consciousness, but dreams also portray your state.

问: 我从⼩到现在都喜欢和谐的感觉,我很害怕有冲突.有冲突就会恐惧委屈…… 这种情况……JO: 没有任何⼈类是喜欢冲突的,明⽩吗? 没有任何⼈是喜欢冲突的这个状态的.他们只是没有其它办法.但是这些冲突都来⾃于他内在的冲突,就是这不是他们想要体验的.因为这不符合你们的能量,就是你本来的状态.就是你脱离了本来的状态.就好像这么说,你是在这个轨道上的,你出轨了.你出轨了,你肯定不舒服.那就是⼀个出轨的状态,就是越轨了,不在轨道上.那你肯定感受的是膈应.因为你的频率本⾝就不是这样⼦的.就⽐如说你是爱,那你冲突就是脱离了爱,你就是脱离爱的.所以就会让你们感受到⼀些不适感的,这是必然的.

Q: I have always liked the feeling of harmony since I was young, and I'm very afraid of conflict. Conflicts bring fear and resentment... This situation...

JO: No human enjoys conflicts; do you understand? Nobody enjoys being in a state of conflict. They just don't have any other options. However, these conflicts come from their internal conflicts, meaning that this is not what they want to experience. Because it doesn't align with your energy, which is your original state. You're deviating from your natural state. It's like you're on a track but you've gone off course. Being off the track definitely makes you uncomfortable—it's being in an off-track situation, or going against the rules. Therefore, you'll experience unease because your frequency itself isn't like that. For instance, if you are love, then conflict is deviating from love; you're deviating from love. Hence, it naturally leads to some discomfort for you, which is inevitable.

那不只是你,其他⼈也会.但是为什么会发⽣这些冲突呢?⾸次你们需要⼀个反射的东西像镜⼦⼀样,你们内在的能量状态需要有⼀个东西去呈现出来给你们去产⽣体验.不然就没办法去产⽣体验,对不对?所以冲⼊就来⾃于你⾃⼰内在.那又来⾃于什么?来⾃于你们的认知,就它在你的认知⾥⾯,就在你的头脑⾥⾯产⽣了冲突.所以我需要去通过物质世界的关系,就是这些相来把我的冲突给展现出来,来让我去体验到我⾃⼰⽬前的⼀个状态.但是冲突你们也可以去正⾯的运⽤它.为什么呢?它给你体验出来你这⾥有问题.就好像你们去做⼿术,你们有⼀个内窥镜你才能知道动哪⾥,对不对?那不借助那个的话,你怎么动⼿术啊?

It's not just you; others will also experience it too. But why do these conflicts occur in the first place? You need a reflective object like a mirror for your inner energy states to manifest and produce experiences for you. Without that, there would be no way to generate those experiences, wouldn't there? So, the conflict arises from within yourself. And where does that come from? It comes from your cognition; it creates conflicts in your mind, in your brain. That's why I need to manifest my conflicts through the relationships of the physical world and these interactions to experience my current state. But you can also use conflict positively. Why is that? Because it reveals that there is a problem here. Like when you're doing surgery; you have an endoscope to know where to operate, right? Without that aid, how would you perform surgery?

那是不是它就像是这样⼦的⼀个⼯具来让你们去解开你内在的⼀个冲突,对不对? 那它也是可以去正⾯服务于你们,明⽩吗? 为什么你们的世界上有很多冲突呢? 因为每个灵魂都有⾃⼰的课题,也会有共同的课题.那这些课题它都需要去突破的.那去突破的话,都会产⽣⼀些冲突.因为它需要有⼀个地⽅给你们显现出来嘛.不然的话就好像你没镜⼦.你没镜⼦,你就不知道从何下⼿,因为你看不到,没有反射的东西给你.所以说去好好地利

Is it not like a tool for you to resolve the conflict within yourselves? And can it also serve you positively, right? Why are there so many conflicts in your world? Because every soul has its own tasks and shared ones that need to be overcome. When overcoming these, conflicts arise because they need to be manifested somewhere. Otherwise, it's like not having a mirror; without one, you don't know where to start since you can't see anything reflecting back at you. Hence, use this tool wisely.

⽤这个冲突.因为如果你只是让冲突是⼀个冲突的事件⽽没有从中成长的你⾃⼰,成长你的智慧或者是把你变得包容有爱的话,那它就是⼀个冲突的事件,它就是⼀个悲惨的事件,它就是⼀个伤⾃⼰伤对⽅的事件.那如果你通过这个冲突,你去通过这个反射的镜像去清理⾃⼰内在的⼀些⽭盾,提升你的认知,然后来让你把⾃⼰内在的冲突清理掉.那你不会再投射出冲突啊.那也会给你⼀次机会给你让你去展现在冲突发⽣过后我要如何去展现爱.那就后⾯来了⼀个弥补.那你可以告诉你⾃⼰告诉对⽅,其实我们都是在帮助对⽅去,⽐如说我通过你来体现我内在的冲突,你通过我来体现你内在的冲突,那我是不是需要跟你握⼿感谢你?

Use this conflict. If you merely allow the conflict to be an event without growing from it, enhancing your wisdom, or becoming more inclusive and loving, then it remains just an event of conflict, a tragic event, an event that harms oneself and others. But if through this conflict, you use it as a mirror for self-reflection to clear internal contradictions, improve your understanding, and resolve the inner conflict within yourself, you will no longer project conflicts outwardly. This also gives you an opportunity to show how you can express love after a conflict occurs. The aftermath brings about reconciliation. You can tell yourself and the other person that we are all helping each other; for example, I reveal my internal conflicts through you, and you reveal your own through me. Am I then supposed to shake hands with you in gratitude?

谢谢你把我内在的冲突带出来让我看到原来我那么多冲突.你是不是要感谢那个把你冲突带出来的⼈让你可以清理,⽽不是把他当成⼀个敌⼈.因为你们容易把产⽣冲突的⾓⾊带成敌对的,是你在制造冲突.这⾥没有任何⼈会制造你没有的东西,它⼀定是你先有了,对⽅只是给你呈现出来⽽已,明⽩吗? 所以没有任何⼈有能⼒有权⼒制造冲突.为什么呢? 就算他真的是创造了⼀个冲突,你也可以转化它呀.你也有⼀次在这个充满了冲突的⼈⾯前去展现爱,展现神,展现⽆条件的爱,⽆条件的允许.那那个充满冲突的⼈是不是又被你感化了? 你给他做了⼀个他可以做出的选择.因为那些发⽣冲突的⼈是他觉得他没有选择,那他只能⽤强硬的⼿段.

Thank you for bringing out my inner conflicts so I can see how many conflicts there are. Shouldn't you be thanking the person who exposed your own conflicts, allowing you to resolve them instead of seeing them as an enemy? You tend to perceive roles that generate conflicts as adversaries because you are creating the conflict yourself. Nobody has the capability or authority to create what isn't already present; it's always something you've already got. You're only showing up to provide that manifestation. Do you understand that no one has the power to instigate conflicts you don't already have? Why is that? Even if he did create a conflict, you can still transform it. You also get to display love, God, unconditional love, and unconditional acceptance in front of someone filled with conflict. Isn't that person then influenced by your actions? You've given them an option they might not have had before because those who conflict feel like they have no choice but to use force.

那你给他展现了⽆条件的爱,他看到我原来还可以有这⼀⾯,这⼀⾯才是我爽的,之前冲突的感觉不爽.所以你也给对⽅展现了⼀个他可以选择的⽅式.所以说任何事件你都可以转化它,任何事件你都可以从中让它不只是服务于你,也服务于其他⼈,服务于整个社会,你都可以去正⾯的创造,不管发⽣什么事情你都可以从这个事件当中让众⽣让你⾃⼰去看到神、体验到神、体验你们本来的⾯度,明⽩吗? 它都给了⼀次机会给你.

You showed him unconditional love, and he realized that I could have this aspect as well - the one that feels good to me. Previously, the conflicts didn't feel good. Therefore, you also presented an option for your counterpart. This means that any event can be transformed; any situation can serve not only yourself but others and society as a whole, allowing for positive creation regardless of what happens. Understand that every occurrence gives you an opportunity to see God, experience God, and recognize your true nature, right?

问: 那也就是说⾃⼰先要让⾃⼰爱满,才能让对⽅,就是他⽆论怎么样对我的……JO:你⾸先要知道没有对⽅,对⽅只是⼀个镜像,把你的内在引出来给你.如果你说,哎呀,你这个是嫌弃我的表情.那是因为你⼼⾥先有了嫌弃两个字啊.⼩朋友没有嫌弃两个字,他会看得出你嫌弃的表情,他会觉得你嫌弃他?还是你⼼⾥⾯有这个相.你没有这个相的话,这个显⽰器它不现实呀.这么说吧,你们电脑的输⼊法.你没有下载拼⾳的输⼊法,你就打不出来呀.那你说你的这个意识你不下载任何相的话,有(东西投射出来)吗?你为什么要下载这个相呢?因为我们⼀直被教导这个表情是嫌弃,他嫌弃我,他竟敢嫌弃我!我是谁? 他敢嫌弃我?! 你们冲突就产⽣了.

Q: That means one must first love oneself fully before they can let the other person, no matter how they treat me... JO: You need to understand that without the other person, the other is merely a reflection that draws out your inner self. If you say the other's expression indicates disdain for you, it means there are two words already in your heart that indicate disdain. A child doesn't have those two words; he can see your expression of disdain and feel that you dislike him or that there is some image in you that corresponds to this feeling. Without this image, the display isn't realistic. Let's consider this like the input methods on your computer. If you haven't downloaded the pinyin input method, you can't type. So, if you say your consciousness doesn't download any images, does anything get projected? Why do you need to download these images? It's because we've been taught that such expressions indicate disdain; they are disrespectful! Who am I? They dare to be disrespectful to me?! That's how conflicts arise.

问: 那既然⼀切都是我内在投射,那我跟对⽅在⼀起的时候,我觉得我⾃⼰内⼼还是⽐较和平的,但是对⽅已经开始指责了.我就想离开,但是他就更⽣⽓……JO: 你在哪⾥呢? 你说的我.⾸先先建⽴了我,我这个⾝份,我的名字.你先把我的名字,我的观念,我的定义,我的见解,我的感受,你是先有了我,你就树⽴了⼀个可以被攻击的对象,那你就会受到攻击.如果你没有我呢? 如果你知道我是⽆限呢? 你知道你真实的⾝份呢?你有可能是对⽅啊,你有可能就是对⽅那个在攻击你的⼈呀.你如果跟他是在⼀起的呢? 你跟他在⼀起你是不是就能体验到他的愤怒? 体验到他的⽆助? 体验到他的奔溃? 那你跟他在⼀起吗?

Q: If everything is my projection, then when I'm with the other person, I feel relatively peaceful inside myself, but they start criticizing. I want to leave, but they get even angrier...

A: Where are you? You're talking about me. First, you've built up this identity for me, my name, my concept, my definition, my perspective, and my feelings. By having these already as 'me,' you've created a target that can be attacked. If there's no 'me' involved, if you understand that I am infinite or know who the true self is? It's possible that it could be the other person attacking me; it might actually be the same person who was attacking me. When you're together with them, do you experience their anger? Their helplessness? Their breakdown? And when you are together, are you experiencing these things?

还是你在你的⾝份,在你的⾓⾊,你在我的这个⾓⾊.所以你跟他分开了,你有⼀个我.所以当你真正的能进⼊到对⽅,没有你的时候,这种事情就不会发⽣了.为什么呢? 因为他没有感受到⾃⼰被孤⽴.

It's about you in your identity, in your role, playing the part of me. That's why you were separated from him, having me instead. So when you truly can enter into understanding them without being yourself, such things won't happen anymore. Why? Because they didn't feel isolated by themselves.

问: 为什么有些⼈遇到冲突会理直⽓壮的去吵⽽我只会去委屈?

Question: Why do some people argue confidently when faced with conflicts, while I only feel justified in being upset?

JO: 你⾸先要知道你们处在⼀个什么地⽅.你们处在这个地球,那这⾥⾯就是充满了这种未进化的,就是那种在进化当中,在学习当中.在各种冲突当中这样⼦的⼀个地⽅.所以他没有办法.你只要看到有⼈的地⽅就有冲突.哪怕没⼈,个⼈他也有⾃我内在的冲突,就⾃⼰内在的冲突,对吧? 那所以说本⾝就是这样⼦状态,只是每个⼈展现内在冲突的⽅式不⼀样.你可能就是暗⾃伤神,那有些⼈可能就需要呈现出来,发泄出来.每⼀个⼈不⼀样的.就每⼀个⼈展现出来的⽅式⽅法不⼀样.但是你只要知道他们在那样⼦的⼀个状态就是脱离了爱,所以让他们在进⼊到爱的状态当中就可以了.让他们感受到连接感,感受到爱.那⾸先你是爱吗?

You need to know where you are first of all. You're in this place on Earth, and it's filled with unevolved beings who are learning and experiencing various conflicts as they evolve. There is no way out of conflict. No matter how isolated a person may seem, they still have internal conflicts within themselves. This state is just the nature of existence; each individual manifests their inner conflicts in different ways. Some may keep it to themselves silently, while others need to express and release these conflicts outwardly. Each person's manifestation differs. But you should understand that when people are experiencing such a state, they are disconnected from love. Therefore, helping them enter into a loving state is essential. They need to feel connectedness and love. The initial question then is: Are you the one who loves?

你是不是⾃⼰也离开爱了呢? 如果你离开爱了的话,你怎么让对⽅去感受到爱呢? 他不是更⽆助更感受不到了? 就好像这⾥没有空⽓,那他不是这⾥没有空⽓更呼吸不了了吗? 因为如果你是爱的状态,他⾄少还能呼吸⼀点.

Are you leaving love too? If you have left love, how do you make the other person feel loved then? Wouldn't he be even more helpless and unable to sense it? It's like there is no air here; wouldn't that mean he can't breathe at all in this lack of air because if you are in a loving state, he might still be able to catch a little bit?

问: JO核查⼀下我当下的能量状态?

Question: Ask: JO, check my current energy status?

JO: 就是不要把⼀切相看的太重了太真了.因为你容易把每⼀个相都觉得好真啊.就让你很带⼊,就受到很强烈的⼀个刺激感.然后你有时候其实只需要给它⼀点时间,它就变了.因为你有时候没有给那个相时间让它产⽣变化,就拿着它抓狂.那其实如果你给它⼀点时间,让它再缓缓.本来要抓狂的相,突然变成另外⼀个相了.不需要抓狂了.就这种.你记住我不需要在当下做出反应,我再等等.如果过个⼗分钟过个⼗天它还这样,我再反应我再杀掉它也可以.我把这⼜⽓先咽,我等它到明天到后天或者过个⼗天后如果这个事情还这样,那我就有理由去发泄了.你看看变不变? 它⼀定会变,所以有时候不需要你们去做什么.因为你们⼀直在变化当中.

JO: Just don't take everything too seriously or too literally; you tend to view each relationship as being very genuine and emotionally immersive, which can be overwhelming. Sometimes, all it takes is a little patience for things to change. You might get carried away with your emotions without giving the relationship enough time to evolve on its own. If you provide that time, even what you once found unbearable could transform into something more acceptable. Instead of getting upset over every detail, try waiting it out. If after ten minutes or ten days the situation remains unchanged, then perhaps it's appropriate for you to react or address it. Allow yourself to cool down and see if conditions change naturally by tomorrow or the next day. If the issue persists even two weeks later, then that might be a valid reason for you to express your feelings. See how things evolve on their own; they will inevitably change, so sometimes there's no need for immediate action or intervention from others because everything is in a constant state of flux.

问: 我有⼀次做梦梦见我闭着眼睛也能看到周围.这个梦有什么要告诉我的?

Question: I once dreamed that I could see my surroundings with my eyes closed. What message does this dream have for me?

JO: 你是不是通过这个梦来体验到你们并不是你们的⾁体? 那你是不是就可以更加的不需要去专注于这个⾁体捕捉到的形象,捕捉到的相或者它的反应,就是不需要受这个⾁体的影响和它给你输⼊的⼀些东西?! 你就是可以脱离这个⾁体了吧.因为它会创造很多幻像给你,那你是不是可以脱离这个幻像?

JO: Are you experiencing that you are not your body through this dream? Then can you be less focused on the images captured by the body, the forms or its reactions, and not be influenced by the body's input or things it feeds into you?! Can you detach from the body because it creates many illusions for you, right?

问: 如何打开我的智慧之眼?

Question: How do I open my wisdom eye?

JO:⾸先你的智慧之眼是⼀个逐渐慢慢慢慢就是看的越来越清楚.就好像最开始我眼睛很模糊,⼀⽚⽩.然后慢慢慢慢看到⼀点点,再慢慢慢慢看到⼤概形状,再慢慢慢慢越来越清楚.就这样的⼀个状态.那你现在就已经在这个过程当中.所以随着我们每⼀次的连接,你就会看的越来越清楚.

JO: Your Eye of Wisdom is a gradual process where you see more and more clearly. It's like when I first started, my vision was very blurry, almost white. Then gradually, I saw a little bit, then I could discern the approximate shape, and it kept getting clearer with each passing moment until now, where everything seems clear to me. You are currently in the midst of this process. With each connection we make, your clarity will only increase.

第⼆个⼈:问: 我要感谢你,特别谢谢你.

Second person: Q: I want to thank you, especially thank you very much.

JO: 我们也需要谢谢你,我们也想让你知道后⾯越来越多惊喜,越来越多精彩.

We also want to thank you and let you know that there will be more surprises and excitement in the future.

问: 以后我的⼈⽣路好是坏啊?

Question: Will my future life be good or bad?

JO: 是好.因为你已经选择了好这条道上.这⾥只有越来越好,越来越多精彩,越来越多奇迹,越来越多有⼒,就是你会感受到⽣命越来越有⼒量,越来越⾃由,越来越多美好.所以说它是⼀个逐渐展开让你进⼊到⼀条美好的道路上.只有不断地应接不暇的美好朝你涌来,因为你选择了这个⽅向.所以⽣命它⾃⼰有它⾃⼰展开的⽅式给你.

JO: It's good because you've already chosen the path of goodness. Here there is only a continuous improvement, more wonders, more power, which means that you will experience life becoming increasingly powerful, more free, and filled with more beauty. This translates to an unfolding process that gradually leads you onto a beautiful path. The constant influx of endless beauty comes your way because you have chosen this direction. Thus, life has its own way of unfolding for you.

问: 问题感觉不多……JO: 那你就可以去沉浸在这个美好的频率当中,去享受这个美好.你可以先进⼊到惊喜狂喜的状态.因为你这⼀辈⼦所有的⽆⼒感、所有的愤怒、所有的愤怒全部已经结束了.然后在你的另外⼀段⼈⽣,它是崭新的,它是全新的,充满了惊喜,充满了美好,充满了奇迹,充满了你就只是去呈现美好.你就好像是⼀个模板在呈现奇迹,呈现美好,呈现⽣命的精彩,明⽩吗? 因为你已经接上这条通道了.就好像你以前⼀直是⼈⼒单车,然后变成了电动车,完全毫不费⼒.因为它的内核已经变了.所以你只需要去⽤你的⾁体,⽤你的⾝体去呈现出⽣命的美好.它不需要你去做什么.你就好像只是个显⽰器只是来显⽰、显现.

Q: It feels like there aren't many questions... JO: Then you can immerse yourself in this beautiful frequency and enjoy the beauty. You can start to enter into a state of surprise and ecstasy, because all your powerlessness, all your anger, all that anger for an entire lifetime has ended. And then in another part of your life, it's new, it's completely new, filled with surprises, filled with beauty, filled with wonders, where you are just presenting beauty. You're like a template showcasing wonders and beauty, the splendor of life, understanding? Because you've connected to this channel already. It's like you were a manual bike in the past, then it became an electric bike, no more effort at all because its core has changed. So you only need to use your body, your physical form, to present the beauty of life. There is nothing else required from you. You're just like a display device coming into existence to show and manifest.

问: 我和我⽼婆以后关系会怎么样?

Question: How will my relationship with my wife be in the future?

JO: 你们的关系现在已经是在朝很好的⽅向发展.所以说会有越来越多的美好、惊喜.因为她会越来越轻松,你也会越来越⾃在.你们就是轻松、美好,像两个⼩朋友⼀样.你就好像只是⼀个显现版,就好像只是⼀个镜⼦.让天上的太阳可以通过你这⾯镜⼦显现出来.

JO: Your relationship is now heading in a very positive direction, which means there will be more beauty and surprises. As she becomes more at ease, you too will feel more comfortable. You both will experience lightness and joy, akin to two children playing. You are like a manifestation or just a mirror, allowing the radiant sun of heaven to shine through you.

第三个⼈:问: 我现在的能量是怎样的? 我感觉最近⽐较烦闷.

Third Person: Q: What is my current energy like? I feel quite depressed lately.

JO: 这么说吧,我们刚才说前⾯那个⼈像是⼀⾯镜⼦,就反射太阳,对吧? 然后你也是这样的状态,你也就好像是⼀个很纯粹的⽔晶.它能把你周围的能量给反射出来.所以如果你在我们⾯前的话,它是⾮常好的.我们之感受到⼀个完全敞开、纯粹、纯净、像⼀个⽔晶⼀样,是没有杂质的.就是你来到我们这⾥,你是封闭的,是抵触我们信息的,你没有.你是完完全全通透的⼀个状态.那为什么再回到⽣活当中你会有很多……? 那你还是⼀个能量的反射体,它是根据你⾃⼰⾝处的环境.和你周围的环境有关,和你周围的⼈有关.因为他们的能量会通过你这个像⽔晶像镜⼦⼀样⽽反射出来.

JO: Let me put it this way, we were just talking about the person who was like a mirror earlier, reflecting the sun, right? And then you're in that state as well, so you're like a very pure crystal. It reflects the energy around you. So if you were standing in front of us, it would be very good because we sense an openness, purity, and cleanliness, like a crystal, without any impurities. When you come here, you are closed off, resistant to our information, lacking that openness. You're completely transparent. That's why when you go back into your life, you have so many…? You're still an energy reflector; it depends on the environment you're in and the people around you because their energies will be reflected through you like a crystal or mirror.

所以你就会感受到对⽅的能量,你会感受到对⽅的混乱或者冲突,你就会产⽣不适感.然后当你跟我们连接,你就会感受到美好、和谐的感觉,明⽩吗? 所以你就想象⼀下你就是⼀个通透的⽔晶⼀样,你能映射出周围的⼀个状态.

So you will sense the energy of the other person; you will feel their chaos or conflict and become uncomfortable. When you connect with us, however, you will experience a sense of beauty and harmony. Understand? Imagine yourself as a transparent crystal, reflecting the surrounding state.

问: 那我应该怎么样摆脱这种状态?

Q: How should I get out of this state?

JO: 你稍等.你现在还没有⼒量.你现在就好像⼀个,⽐如有⼒量就是说他健⾝了很多年,每天都在健⾝.但是你却没有,你还没有开始健⾝,明⽩吗? 没有哪⼀个⼈他天⽣就是肌⾁强⼤的,他是需要通过不断刺激不断锻炼,不断地⼀次⼀次的去锻炼,他的肌⾁才会长⼤,对吧? 那你现在的⼒量也像孩⼦⼀样还没有经过有效的刺激和锻炼,明⽩吗? 所以需要你去学习,需要你去连接,然后也需要你去,⽐如说我现在要去拿回我⽣命的⼒量成为我⽣命的主⼈,你需要有这个决⼼,然后再⾛上⾃我修炼的这条路上.慢慢慢慢的就是不会受外界对你的影响.因为⽬前你连接的就是别⼈的能量啊,你就在受别⼈的影响.

JO: Wait a moment. You haven't gained strength yet. You're like someone who hasn't worked out at all, unlike someone who has been exercising for many years and does it every day. But you have none of that; you haven't started working out, understand? No one is born with strong muscles; they need constant stimulation through continuous exercise and repeated workouts for their muscles to grow, right? Similarly, your current strength hasn't been effectively stimulated or exercised yet, do you see? So, you need to learn, connect, and start. For instance, if I'm reclaiming my life's power to become the master of my own life, you need determination, and then embark on the path of self-cultivation. Gradually, you won't be influenced by external factors anymore because currently, you're connected with others' energy, which means you're being influenced by them.

但是你要知道当你通过有效的训练和刺激,你迟早会和别⼈⼀样成为⼀个⼤⼒⼠的,明⽩吗? 但是需要你⾃⼰朝这个⽅向去发展.

But you must know that with proper training and stimulation, sooner or later you will become as strong as anyone else, understand? But it requires you to develop in this direction.

问: 那我现在是在这条路上吗?

Question: Am I on this path now?

JO: 你现在还没有完全在这条路上,你还在感受这种拉扯感.你没有锁定.问: 那这种状态要持续多久?

JO: You are not fully on this path yet; you are still experiencing that pull. You haven't solidified your stance. Q: How long does this state last?

JO: 持续到你下定决⼼.

JO: Continue until you make up your mind.

问: 那我需要怎么去做才能更好的朝这条路上去靠近呢?

Question: So, how can I better approach this path?

JO: 跟随这个⼥孩⼦.就跟你通灵的这个⼥孩⼦,跟随她的信息.

Follow this girl, like the one you're channeling, follow her messages.

#### 2023/11/27 — 线上集体通灵问答 Online Group Spirit Channeling Session

第⼀个⼈:JO: ⾸先⾮常感谢你们又建⽴这次连接,因为在这次连接当中有很多很多⼒量会被唤醒.你们可以提问了.

First person: JO: Thank you very much for establishing this connection again because there will be a lot of power awakened during this session. You may ask questions now.

问: 如何可以头脑不在旧有的相和想要体验的相之间来回横跳?

Q: How can one avoid jumping back and forth between old perspectives and desired experiences?

JO: ⾸先能明⽩头脑的功能吗? 就好像我们之前拿了⼀个例⼦,你⾛在太阳下⾯的那个影⼦.你只有对那个影⼦产⽣了恐惧,我如何才能让这个影⼦不打扰我呢? 影⼦有打扰你吗? 影⼦只是影⼦⽽已,它只是⼀个影⼦⽽已,它打扰你了吗? 没有.是你的⼼动了,是你的⼼乱了,明⽩吗? 那如果你能清楚影⼦的功能就只是单纯的映射出你的⾝体,是⼀个物理现象,它不具有任何…… 就像你⾃⼰,你对着⼀个影⼦说我怎么样可以get rid of it? 怎么样可以让它不伤害我? 那你说是这个⼈的问题还是影⼦的问题呢? 所以说让这个⼈去发现这个影⼦不具有伤害你的功能,就帮他去认识到这个去看清楚.

JO: Can you understand the function of the mind? Just like we took an example earlier, the shadow cast by walking under the sun. If you are afraid of that shadow, how do I prevent it from bothering me? Does the shadow bother you? It's just a shadow; it's nothing more than a shadow. Does it bother you? No. It's your mind that is agitated, and your mind that is in disarray, understand? So if you could clearly see what the function of the shadow is—it simply mirrors your body, a physical phenomenon—and does not possess any… Like when you ask yourself how to get rid of this person or how to prevent them from harming you. Is it the problem with this person or the shadow's problem? Therefore, help this person discover that the shadow doesn't have the function to harm them, assist them in realizing and understanding by looking closely at it.

你就像⼀个⼩朋友第⼀次看到下⾯有个影⼦跟着他,他吓得哇哇⼤叫.那你以后尝试性的发现它对我⽆害的,对我没有任何影响.那它是不是就不会给你带来任何的⼲扰?! 所以你要去明⽩相它只是⼀个相⽽已,它流过就流过了,它划过就划过了.为什么呢? 因为你越来越去明⽩你头脑的功能过后,你就越开越让它去做它本分的是了.它就能安分守⼰,它就能去做它本职的⼯作.

You're like a child who for the first time sees a shadow following him and shrieks in fear. But then you gradually realize that it's harmless to you, it doesn't affect you at all. So why wouldn't it bother you anymore? Therefore, you have to understand that it's just an illusion, it passes by and that's it. Why is this so? Because as you increasingly understand the functions of your mind, you start letting it do its rightful job more. Then it can be content with itself, and it can fulfill its role properly.

问: 就是有时候我会在当下产⽣⼀个担⼼就是我没有更好的专注在我想要创造的相上.我很难解释出来这种感受,不知道JO有没有什么信息带给我?

Q: Sometimes I worry that I might not be fully focused on the image I want to create in the present moment. It's hard for me to articulate this feeling; does JO have any information for me?

JO: 你们是不是担⼼你们恐惧的念头会被显化出来,对吧? 然后你又⽌不住的恐惧,又担⼼你的恐惧会被显化出来.这就是你们为什么会有物质世界? 因为物质世界它都会有⼀个过程,明⽩吗? 这么说吧,你担⼼这个⼑⼦太快了会伤到你.那正好这个⼑是玩具⼑,它不会有这么快,明⽩吗? 就这么说吧,你去播⼀个种⼦.你播下去过后,它要发芽要长成果树还需要⼏天时间呢,对吧? 那当你意识到,ok,我播了⼀个种⼦.那你是不是可以把它remove掉? 哪怕它长了⼀些⼩芽给你看到了过后,诶,这个不是我想要的.我明明种的是黄⾖,它长的是麦⼦.那你是不是又可以把它remove掉?

JO: Do you worry that your fears might materialize and then the fear itself becomes uncontrollable? This is why you have a physical world where there are processes taking place. If you're afraid the knife will be too fast and hurt you, it's like using a toy knife which won't cut as sharply. You plant a seed, and it takes days for it to sprout and grow into a fruit tree. If you realize you've planted a seed, can you remove it? Even if some small shoots appear and they're not what you wanted – you planted beans but they grew wheat. Can you then remove them?

那当你看到⼀点苗头的时候,就是来给你显现出这是你种的时候.那你是不是就可以把它remove掉了,对吧? 那你是不是要感谢物质世界这个相给你呈现出它到底是你意愿中的还是外的,对吧? 所以说你们总会有那个(东西)来让你看到,来让你可以去重新做选择,明⽩吗? 那就算是⼀个魔⿁已经张⽛舞⽖的在你⾯前,然后来把你吓的半死.你还是⼀样的可以去正⾯的使⽤这个魔⿁,正⾯的去利⽤它,正⾯的去跟它玩耍.所以⽆论什么事情你们都有改变它的能⼒.那你可以把魔⿁降服了过后让它成为你的守护神在你⾝边.哇塞,你想象⼀下,那些魔⿁全部被你降服掉,全部变成你的守护神.你是千军万马呀,后⾯跟着你.

When you start to see some signs, that means the universe is showing you it's time for you to take action. Can you remove this obstacle now? And should you be thankful to the material world for revealing whether it's aligned with your desires or not? So there will always be something that prompts you to re-evaluate and make a new decision. Do you understand? Even if a devil is standing in front of you, scaring you half to death, you can still use its presence positively. You can leverage it for good, play with it constructively. Whatever situation you're in, remember that you have the power to change it. After taming the devil, you can make it your guardian angel by your side. Wow, just imagine if all these devils were under your control, turned into your protectors. You'd be a leader of thousands, with them following you everywhere.

你降服掉的魔⿁越多,你的千军万马就越多,你的能量就越强⼤.所以你们永远都会有去转变或者是把它清理,就是各种.你们都有这样的选择,你们都有这样⼦的能⼒.你们只是需要去更多的明⽩,就好像⼩朋友⼀样他需要去学习,他需要去知道,他需要去明⽩,然后直到它变成理所当然的.

The more devils you subdue, the greater your army will be, and the stronger your energy will become. Therefore, you will always have options to transform or clear them out, encompassing various aspects. You all have this choice, and you all possess this capability. All you need is to understand more, just like a child who needs to learn, needs to know, and needs to comprehend until it becomes second nature.

问: 在有关清理旧有的相上,JO有没有什么信息是带给当下的我的?

Question: In relation to purifying past karmas, does JO have any information that is relevant for me in the present?

JO: 你有那些相是因为你没有智慧呀,你还再产⽣那个相呀.那你有智慧了,有光了,你不在⿊暗当中了,那⾥没有相呀.所以说那些相来⾃于你的⼀个⽆明.为什么呢? 因为⾸先你给了这些相⼒量,让它可以从你⼼中⽣根发芽.⾸先这是你赋予它的,明⽩吗? 那你要知道外在的物质世界的相它不过就是镜⼦⾥⾯的…… ok,你从这⾥⾛过去,镜⼦⾥⾯有个⾝影也⾛过去.你对着⼤⼭喊了⼀句hello,然后你也听到⼀句hello.你说你在呢恐惧那个回⾳⼲啥呢? 明⽩吗? 你说你盯着那个镜⼦⾥⾯的…… 镜⼦⾥⾯的相已经过了,你还在那抓住这个相不放.为什么? 你拿着相机拍了⼀张照⽚,然后就拿着那个照⽚⼀直盯着那个相,你看你看你看.

JO: You create these images because of your lack of wisdom; you keep creating them. Once you have wisdom and light, you are no longer in the darkness where there are no images. So, those images come from your ignorance. Why? Because they gain strength from you, allowing them to take root in your mind. It is what you give to them, do you understand? You need to realize that the appearances of the external material world are merely reflections... Okay, as you pass by, there's a reflection of your body in the mirror, and it also moves when you walk past. If you shout "hello" at a mountain, then you hear "hello" too. Why do you fear hearing echoes? Do you understand? You're staring into that mirror... The image in the mirror has already passed, but you're still clinging to it. Why? You took a picture with your camera and keep staring at that reflection of yourself over and over again.

是你继续再创造它,你继续在你的当下创造那样⼦的⼀个相给你继续去体验.所以你应该放掉的是我执,明⽩吗? 你有⼀个执念.所以它只不过是⼀个就像你照镜⼦,然后镜⼦⾥⾯的那个相,flash.then vanish.

It's you who continues to create it, creating that kind of image for yourself to continue experiencing in your present moment. So what you should let go of is grasping at self, understand? You have a fixation. It's just like looking into the mirror and seeing that reflection, then that image flickers and vanishes.

问: 对于接下来的12⽉以及2024年,JO能不能给我透漏⼀点关于我的⼈⽣⾛向呢?

Question: Can JO reveal to me a bit about where my life is heading for the next 12 months and in 2024?

JO:你稍等.你会玩转这些恐惧的情绪或者是不安的情绪,你会玩转的它越来越溜了,就是接下来,越来越不把它当回事.为什么就是说你会持续的体验?就反反复复的去体验?因为你会是⼀个技术特别⾼超的⼀个,就好像你是⼀个杂技演员吧.那你说我他妈的踩⼀个⾼跷踩⼗年,就这种感觉.因为你是⼀个资深的呀.如果⼈家踩了⼏个⽉的,他能说他资深吗?所以说它这跟你的灵魂主题有关的.这就是为什么你觉得我学了这么多有⽤的信息,我还在这个circle⾥⾯不能突破.你会有⼀种fuckfuck的那种感觉,就觉得好像有⼀种whyIamstill here 这种感觉.但是我们想让你知道这跟你的灵魂主题有关.

JO: Wait a moment. You'll be able to master these feelings of fear or unease and get better at it as time goes on, treating them less seriously. The reason you experience this repeatedly is because you're so skilled in the techniques, like a circus performer doing high跷 for ten years straight. This relates to your soul's theme since someone who only practices for a few months can't claim to be an expert yet. Understanding that these experiences are tied to your soul's journey helps explain why you feel stuck despite having absorbed much useful information and not being able to break out of it. You'll feel frustrated, questioning the reason you're still here on this path.

因为你将会是⼀个技术特别⾼超的⼀个杂技演员.所以你会反反复复的在⼀个动作上⽆数次⽆数次的⼀个历练,ok?

Because you will be an exceptionally skilled acrobat, so you would practice the same move over and over again, countless times, okay?

问: 那我还要很久吗?

Question: So, how much longer do I have to wait?

JO: 当你在教导别⼈的时候,你也在历练,所以就是说会很久.但是你对那个很久的那个概念,before 你有⼀点排斥的感觉,但是after你会enjoy.就是你会它.就是好像⼀个狮⼦,你最开始是恐惧它,因为你跟它还不熟悉,还不熟练.慢慢慢慢的你跟它就像成为朋友⼀样,然后哇,这么好玩,I enjoy it very much,你就会⾮常exciting去做这个事情.它对你来说不会再是⼀个你想get rid of it 的事情,⽽是⼀个就像把⼀个你讨厌的⼈变成你的爱⼈.你恨不得天天跟它粘在⼀起.所以yes,you will.

In the process of teaching others, you are also refining yourself, hence the duration is extended. However, before you have some resistance towards this concept of duration, but after it, you enjoy it. Essentially, you get it. It's like encountering a lion initially; you're afraid because you're unfamiliar and unskilled with it. Gradually, as you become more acquainted, it feels akin to making friends. Then suddenly, you find it so amusing that you greatly enjoy it, which fills you with excitement each time you engage in such activities. Instead of wanting to distance yourself from this activity, it turns into something you're keen on—like turning someone you dislike into your beloved, wishing to be inseparable with them every day. Therefore, yes, you will.

第⼆个⼈:问: 我想连接⼀下我的⾼我,然后问你⼀下我前⼏天晚上看到的是不是外星飞船?

Second person: Q: I want to connect with my higher self and ask if what I saw the other night was an extraterrestrial spaceship?

JO: 你稍等.我们想要让你们知道的是⾸先它不管是不是外星飞船,当你去发现了⼀些觉得让你就好像戏被提起来的感觉,就好像把你的注意拉住的感觉,然后就想让你知道你不是孤独的,你不是孤单的,you are not alone,你不是就你⾃⼰.就是我们的这种互动永远都在的,就是这种信息的互动,这种意识的互动,这种交流永远都在的.

JO: Wait a moment. What we want you to know is that regardless of whether it's an alien spacecraft or not, when you discover something that feels like it lifts the curtain on your experience, like it captures your attention and makes you feel like it's just you, we want you to know that you are not alone, you are not isolated. You are not just here by yourself because our interaction with you is constant. Our exchange of information, our exchange of consciousness, our communication with each other is always ongoing.

问: 所以它是外星飞船吗?

Question: So it's an alien spacecraft?

JO: 它只是在你的意识中就好像你可以去感受到这种连接感和感受到⽣命的惊喜的感觉.它是不是外星飞船对你来说不重要.因为它只是在你的意识中产⽣的⼀个,就好像⼀个闹钟突然响了,然后让你知道我们是永远连接在⼀起的那种感觉.就是来让你可以在这个物质世界⾥不是完完全全的沉浸在你这个相⾥.就好像你的⼼可能会⿇⽊了,我们又让它动⼀下,就不会处于那种完全⿇⽊的状态.因为你越是动的话,你就越是和⼀切万有产⽣连接,明⽩吗?因为就好像你们在物质世界⼀个长久的姿势.长久⼀个姿势就会导致你的腿⿇⽊、僵.那你可能就会有⼀些提醒让你的腿动⼀下.因为你的⼼动了,那就好像你的连接打开了⼀样,明⽩吗?

JO: It's like you can feel this connection and the excitement of life in your awareness, whether or not it's an extraterrestrial spaceship for you doesn't matter. Because it's just a sensation that arises within your consciousness, akin to when an alarm clock suddenly goes off, awakening you to the feeling of being forever connected. It's there to remind you that you're not completely immersed in this physical world; like if your heart might have become numb, we're allowing it to come alive again, preventing you from reaching a state of complete numbness. Because the more you move, the more you connect with everything around you, understand? Just as prolonged positions can lead to legs going numb and stiff in the material world, there are reminders that make you move your legs. Your heart moving is like the connection being opened, do you understand?

所以你们⽣命中每⼀个⼈都会收到各种各样的提醒提⽰,来让你知道 youare never alone,你不是孤独的,你不是孤单的,ok? 然后你是被我们引路的,你是被watch.就好像这么说,你们现在都在⼀个笼⼦⾥⾯,⾥⾯都是⼀些⼩动物.然后你们每⼀个⼈都是被看护的,那都会被指引的.我们会允许你们产⽣你们⾃⼰的体验,但是我们也会时不时的给你们⼀些信号,明⽩吗? 因为你们就是我们,我们通过你们来呈现我们.

So each and every one of you receives all sorts of reminders throughout your lifetimes, letting you know that you are never alone, that you are not lonely, okay? Then you are being guided by us, you are being watched. It's as if you're all inside a cage with little animals. And each and every one of you is being tended to, guided accordingly. We permit you to have your own experiences, but we also periodically give you signals, do you understand? Because you are us, we present ourselves through you.

问: 我时不时会经历⿁压床的原因是什么?

Q: What could be causing my occasional experiences of a ghostly bed?

JO: 这个原因会跟你⾃⾝还有你的灵魂主题有关.所以说每⼀个⼈在不同的时期它都会不⼀样的,不能说每⼀个⼈的⿁压床的这种感受和体验都是⼀样的,ok? 因为有的⼈他可能就是太专注于物质世界,他会体验⼀些就好像这种感觉,来让他知道物质世界这些相实际上只是⼀部分,不是全部.因为这个体验它不是头脑能够去理解的⼀些东西,头脑能够去解释的⼀些东西.因为就好像你会感受到⼀种跟灵界的连接吧,就你会感受到⼀些看不见的东西吧.就好像是你在你的物质世界同时又感受到灵界的那种感觉.那你的那种情况我们连接⼀下.你的情况是需要通过这些信号来告诉你其实你还是需要更多的、持续的清理你头脑⾥⾯的⼀些认知和观念.

JO: This reason is related to you personally and your soul's theme. So, each person experiences it differently during different periods; you can't say that everyone's experience with the spirit bed or energy field is the same. Okay? Because some people might be too focused on the material world, experiencing feelings like this to realize that the sensations of the physical world are just a part of reality and not all of it. This experience is not something the mind can fully comprehend or explain; it's beyond what your brain can process.

Due to the connection you might feel between the spiritual realm and the material world simultaneously, where you perceive things unseen, experiencing both realities at once. Let's connect for a moment on this situation, as your case requires being informed about these signals that indicate you still need more consistent cleansing of your mind's beliefs and perceptions.

因为就好像你这边还会有堵塞,堵塞就会发⽣僵硬.发⽣僵硬就会发⽣抵触.然后这样⼦的⼀个能量它会……这么说吧,如果你⾝体都是没有堵塞的地⽅,都是通的状态,那个电流会⼀下⼦从你的⾝体⾥⾯流过.你不会产⽣疼痛,因为没有堵塞嘛.那如果有⼀些地⽅它block,就是堵塞,那就会产⽣疼痛.所以你的⾝体的这些疼痛都来⾃于你⽬前在这个阶段,从能量层⾯它还会还会有很多相停留在你的体内吧,明⽩吗?

Because it's like when there's still congestion on your side, congestion leads to stiffness. Stiffness results in resistance. Then this energy... let me explain it this way: if your body is completely unobstructed and in a state of flow, the current would instantly pass through your body without causing pain since there are no obstructions. If some areas block or are clogged (block), then pain occurs because of these obstructions. Thus, the pains in your body stem from this stage you're currently at; there are still many forms of energy residing within you on an energetic level. Do you understand?

问: 你可以告诉我还有哪些堵塞的地⽅吗?

Q: Can you tell me about other places that are congested?

JO: 那你⾃⼰⾝体就会很好地来告诉你这些地⽅,就⽐如说你⾝体产⽣的各种情绪,就是不能接受的、抵触的、反抗的或者是痛苦的,任何那种强烈的⼀些情绪它都会让你看到我到底是持有什么样⼦的相.因为你必须要持有相,你才能产⽣强烈的情绪,就是⾝体的反应,明⽩吗? 所以根据你⾝体的⼀个天性,然后回到你的believe system.你到底在拿着曾经的⼀些什么相,就是我的⼀些定义.你有了那个定义,你才会产⽣恐惧感、厌恶感、排斥感,就是各种感觉.所以说去通过觉察你⾃⼰的⼀些情绪反应、起⼼动念,这些东西都会让你更加的明⽩你⽬前到底是在⽤什么system在运⾏.

JO: Then your own body will tell you these places very well, such as the various emotions that your body generates - ones that are not acceptable, resistant, rebellious, or painful. Any intense emotion will show you what kind of conception you hold. You must hold a conception in order to generate such strong emotions and bodily reactions. Understand? So based on the nature of your body, then return to your belief system. What conception are you holding onto from the past - my definitions that you've established. With these definitions, you will generate feelings of fear, aversion, rejection, various kinds of emotions. Therefore, by observing your own emotional responses and thoughts, these things will help you understand more clearly what system you're currently running with.

你的⾁体在⽤什么样⼦的believe system,就是你持有什么样⼦的程序.因为这些东西它都会投射在这个物质世界给你体验到的.你不会错过任何,任何都会被你体验到.

Your physical body is utilizing what kind of belief system, the program that you hold. Because these things will project into your experience in this material world. You won't miss anything; everything will be experienced by you.

问: 那⾼我还有什么信息想要带给我? JO: 你稍等.相信你相信的.

Q: What other information does he want to convey to me?

JO: Wait a moment. Believe in what you believe.

第三个⼈:问: 什么是灵性的觉醒?

Third Person: Q: What is spiritual awakening?

JO: 你们要知道你们现在是在物质世界,对吧? 你们有个物质世界,你们有个物质⾁体,你们在这⾥体验.那你们在这⾥体验的话,你们运⽤的⼀切都是物质世界的⼀些认知和观念.灵性觉醒就像…… 前⾯的信息带出来说你们永远都会…… 因为我们通过你们来体现我们,明⽩吗? 那如果你连接上了,就好像你是⼀个电风扇,你没有插电之前你没有觉醒,对吧? 那等你插上电源过后,那你就觉醒了,能量源源不断地从源头来.那也就是说你在允许灵界的能量通过你的⾝体、⾁体来,像你们传统的⽪影⼈后⾯是不是有操控它的能量? 它才能活灵活现的,对吧?

JO: You need to understand that you are currently in the material world, right? You have a physical body experiencing things within this world. The tools and concepts you use here are based on your material world's understanding. Spiritual awakening is like... The previous messages conveyed that you would always be connected because we manifest through you, do you see? If you connect, it's like being an electric fan; you're not awakened before the connection, right? Once you plug in, you awaken and energy flows continuously from its source. This means allowing spiritual energy to pass through your body and physically operate as if there were energies controlling a traditional puppet behind them, making it come alive, wouldn't it?

Ok,那就是让我们的能量进⼊你们的⾁体,让你们的⾁体达到⼀个你们不抗拒,不抵触,就是来共同的去创造,共同的去展现造物主.因为当那些灵性没有觉醒的⼈,他们都⾝体会产⽣很多,⾸先他们⾃⼰的⼼灵、精神,就是各种,他们都会是处在不断地各种痛苦⾥的.因为你的⾁体的能量很有限,它会很快的消耗完,它会觉得⽆⼒.然后它会随波逐流吧.就好像是⼀个没有根的浮萍,你会被带来带去,带来带去.你会被集体的意识带来带去.那当你的灵性觉醒过后,你才真正的是去影响,就是成为那股能量,⽽不是那个被外界的能量影响的,明⽩吗? 你就能去影响外在,⽽不是受外界的影响.

Alright, that's about allowing our energy to enter your bodies, enabling your physical forms to reach a state where you neither resist nor oppose it. It involves collaborating in the creation and manifestation of the Creator together with them. Because when individuals who have not awakened spiritually experience their bodies, they often suffer from various kinds of pain due to their unawakened minds and spirits. Your body's energy is limited; it depletes quickly and leaves you feeling powerless, causing your mind to follow the current without resistance. It's like being a floating leaf without roots, swept along by forces beyond control, influenced by collective consciousness. Only after awakening spiritually do you truly influence the situation instead of being affected by external energies. You can then impact the outer world rather than being influenced by it.

当你觉得你⽆⼒,你没有办法,你违⼼的在这个物质世界的活着的话,你还没有觉醒.如果你觉得你是主⼈,你是创造者.你去影响⼀切,你去转变⼀切,你去转化⼀切.你能把死的变成活的,你能把残缺的变完整,你能把那些⽆⼒的变成有⼒,你能把那些坏的、没⽤的变成好的、有⼒的.那你就灵性觉醒了.

When you feel powerless, that there is no way out for you, and you are living in contradiction to your true self in this material world, then you have not awakened spiritually yet. If you believe yourself to be the master, the creator, you can influence everything, change everything, transform everything. You can make the dead alive, turn incomplete into completeness, empower the powerless, convert the bad or useless into something good and powerful. Only when you do these things are you considered spiritually enlightened.

问: 你能描述⼀下灵魂的世界是什么样⼦的吗?

Question: Can you describe what the world of souls is like?

JO: 你们这个世界体现的就是灵魂的世界呀,明⽩吗? 灵魂的世界就在通过你们这个物质世界体现出来呀.

JO: Your world represents the realm of souls, do you understand? The realm of souls is being manifested through your material world.

问: 灵界是什么样⼦的?

Question: What does the Spirit Realm look like?

JO: ok,那你的意识还在体验,就像你做梦的样⼦.你做梦你还能去产⽣体验,但是它只是没有物质⾁体的局限和影响.从你能理解的⾓度就是像做梦⼀样.

JO: Alright, your consciousness is still experiencing it, just like you are dreaming. You can still generate experiences while you're dreaming, but they are not bound by the limitations and effects of physical existence. From your perspective, it's like dreaming.

问: 没有时间和空间吗?

Question: No time and no space?

JO: 没有时间和空间.

Jo: There's no time and space.

问: 就是想到什么马上就实现了吗?

Question: Is it that whatever you think of gets accomplished immediately?

JO: 就只是体验.

JO: Just experiencing it.

问: 那是什么体验都可以有吗?

Question: Can every kind of experience be had?

JO: 什么体验都可以有.它是不断地,它不是说你只能去体验这个,不能体验那个.就⽐如说在物质世界你有你的⼩我的时候,我只能在中国只能在我这个房间来体验这个.就没有这个限制.

JO: Any experience is possible. It's ongoing; you don't have to limit yourself to experiencing only this and not that. For example, when you have your little self in the physical world, I can only experience this within my room in China, without any restrictions.

问: 就是想去美国就创造出美国这个相来?

Question: Is it about creating the image of America just to want to go there?

JO: 那⾥也没有美国这些分别.问: 那没有的话我怎么体验呢?

JO: There's no differentiation like that in China. Q: How can I experience that then?

JO: 你在梦⾥⾯是怎么体验的呢? 因为你体验不是你头脑要去搞明⽩你才能产⽣的,明⽩吗?那如果你要等你的头脑搞明⽩你才能体验的话,你得多迟钝呀.可能半天你的⼿都动不了⼀下,脚迈不出去,明⽩吗?

JO: How do you experience during your dreams? You see, it's not about your mind trying to figure things out in order for them to happen; understand? If you have to wait until your mind figures things out before you can experience, how insensitive would you be? Perhaps you might remain motionless for half a day with your hands and feet unable to move, do you see?

问: 灵魂是永恒的吗?

Question: Is the soul eternal?

JO: 存在的就是永恒的.那灵魂它是存在的,它就是永恒的.但是这个永恒它是⼀直在变化变化,所以灵魂它也是在变变变.

JO: What exists is eternal. The soul does exist, and it is eternal. But this eternity is constantly changing, so the soul is also undergoing change.

问: 那灵魂会变成什么样⼦呢?

Question: What would the soul become like?

JO: ⽤你们的头脑⾥⾯的信息,ok,那就很简单的⼀句,道⽣⼀,⼀⽣⼆,⼆⽣三,三⽣万物.那就是这种演变.你们在你们的物质世界看得到的⼀起和看不到的⼀切全都是在各种演变当中产⽣的.你说它能变成什么样⼦? 它是⽆限的,没有办法给你捕捉⼀个具体的.你只需要去理解它是⽆限的.

JO: Use the information in your minds, okay? That's a simple sentence: Dao generates one, one generates two, two generates three, and three generates all things. That's how it evolves. Everything you can see in your material world and everything you cannot see is produced through various evolutions. How can you describe its potentiality? It's infinite, beyond anything you can capture with a specific definition. You just need to understand that it's infinite.

问: 那就是像物质世界的猫啊、狗啊、⼈啊都是灵界投下来的?

Q: That means that like the animals in the physical world, cats, dogs, humans, are projections from the spirit realm?

JO: ⼀切有⽣命的都是意识的投射,都是能量的投射.

JO: Everything that lives is a projection of consciousness, an expression of energy.

第四个⼈:问: 我怎么才能不被外界影响⾃⼰的⼼情?

Fourth person: Asking: How can I prevent external factors from affecting my mood?

JO: 那你就去好好的运⽤你⽬前还在被外界影响⼼情的这个体验,ok? 你从这个会被外界影响⼼情的这个体验当中看到你们都是连在⼀起的.就是你们其实不需要嘴巴上⾯说什么,但是你们能量层⾯就在发⽣影响.就⽐如说对⽅喜欢你还是讨厌你,他不需要说,但是你就能感受的到,对吧? 那你就知道实际上你的能量跟所有⼈都是连在⼀起的,对不对? 那既然连在⼀起的,那他能影响你,你是不是也能影响他了? 那为什么要被动的受他的影响,⽽不是主动的去影响他呢? 那你就成为了⼀个创造者,⽽不是受害者.你就成为⼀个有影响⼒的,⽽不是随波逐流的.所以说你有意识的、主动的去选择去创造,因为你的能量你说了算.

JO: Then utilize this experience where you are still influenced by external emotions. Okay? You should observe that all of you are connected in this experience. It's not just about what you say with your mouth; it's about the energy levels affecting each other. For example, whether someone likes you or hates you doesn't need to be spoken aloud; you can feel it. Right? This means you realize that your energy is actually connected to everyone else's. Isn't that correct? Since you are all connected, if one affects the other, couldn't it also mean you have the ability to influence them too? Why should you be passive and let others influence you when you could be proactive about influencing them instead? You become a creator, not a victim. A leader who shapes situations rather than simply following along. Therefore, by consciously making active choices to create, because your energy is under your control.

我们的所有的信息都在告诉你如何去转变你⾝体的频率、能量; 如何让你的能量变得强⼤.所以这些所有的信息都在.那当你就是越来越强⼤,像我们说的你的⽣命之⽕很弱的时候,可能

All of our information is telling you how to transform the frequency and energy of your body, how to make your energy powerful. So all this information is there. And when you are getting stronger, like we say when your life fire is weak, possibly...

别⼈的⼀⼜⼜⽔你就熄灭了.那当你像熊熊燃烧的⼭⽕,多少消防员都把你熄灭不了,明⽩吗? 所以说不断地让⾃⼰的⽣命之⽕越来越旺.

Others' continuous effort extinguishes you. But when you're like a raging mountain fire, how many firefighters can't put it out. Understand that? So continuously fuel your life's flame to burn brighter and stronger.

问: 我的天赋是什么?

Question: What is my talent?

JO: 我们连接到你的天赋就是你有⼀个特别强烈的学习的⼼态,就是你把⾃⼰很敞开,很真诚很诚恳的去学习.所以你对新的⼀些事物接受度⾮常⾼.⽽且你可以很快的运⽤在⾃⼰⾝上,然后再通过你去展现出来.所以说你越多的去敞开⾃⼰越多的去学习,你就越多的可以去引⽤各种⽅式⽅法去展现你⾃⼰.这就是你的⼀个天赋.因为你会整合嘛.⽐如说我又学了灵性知识,我又学了⽣意.那我把灵性和⽣意结合在⼀起那是不是成了⼀个有灵性的⽣意了,对吧? 那我就在通过⽣意在展现造物主,展现这个道,展现爱,对不对? 因为你不太抗拒,不太排斥,不太封闭,不太闭塞.你是完完全全的敞开的,⽽且愿意跟不同的去学习的那种状态.

JO: Connecting to your gift means that you have a very strong mindset for learning; you are open and sincere in your quest for knowledge. This allows you to accept new ideas at an exceptionally high rate. You can apply these concepts quickly to yourself, then manifest them through your actions. Thus, the more open you are and the more you learn, the more versatile you become in showcasing various methods of expression that align with who you are. This is your gift because you naturally integrate different aspects of life.

For example, if you've learned spiritual knowledge and business skills, combining these two areas could lead to a spiritually informed business venture. Through this business, you're essentially embodying the divine, expressing the path ( Dao ), and sharing love, right? Your openness doesn't involve resistance, rejection, or isolation; instead, it's characterized by a willingness to learn from diverse sources without hesitation.

所以它最终会整合成你⾃⼰独⼀⽆⼆的展现⽅式.

So it ultimately gets integrated into your unique way of expression.

问: 我的灵魂使命是什么?

Question: What is my soul's mission?

JO: 你稍等.我们看到你有强⼤的抱负⼼吧,就是你想⼲出⼀番事业或者是想…… 所以你会想在这个物质世界⽤你⾃⼰尽可能整合的⼀些资源去创造成功的相吧.

JO: Wait a moment. We can see that you have ambitious intentions - whether you aim to build an empire or simply want to... So, you would like to use the resources you've gathered and your own capabilities in this material world to create a successful outcome.

问: 我的⽬标是开悟觉醒.我当前最⼤的限制是什么? 不知道该如何去突破?

Question: My goal is enlightenment and awakening. What is my biggest limitation at this moment, and I don't know how to break through it?

JO: 当前的限制? 我们告诉你们每⼀个⼈,如果你们能明⽩你⾃⼰的真实⾝份,那你就可以去转变⼀切转化⼀切.限制是因为你⾃⼰还看不到,没有⼀个慧眼吧.就是你眼睛还看不到.你看不到,所以把它变成了限制在你⽣命中体验.那如果你能看到所有的限制都好像是健⾝器材⼀样来让你变得强⼤,来让你越来越拥有强⼤的⼒量,来让你变得更加的strong,那它就不会是你的限制,对吧?所以说你们的所有限制都来⾃于你们的认知,就是你们的认知是有限的.它⾮常的有局限性.那当你能去拿来你这个,成了⼀个没有任何束缚的认知的状态.那你是不是所有东西都能为你所⽤,你都有转变它的⼒量,明⽩吗?

JO: The current limitations? We tell everyone that if you can understand your true self, then you can transform everything and transcend all limitations. Limitations exist because you still cannot see them; there is no insight, no enlightenment in seeing them. It's as if you cannot see with your eyes. You cannot see them, so they become limitations experienced in your life. But if you can view all these limitations like gym equipment that helps you grow stronger, gaining more power and becoming increasingly strong, then they are not your limitations anymore, right? Therefore, all of your limitations come from your perception; your understanding is limited, and it's very confined. When you achieve a state of cognition without any constraints, everything becomes available to you. You have the power to transform anything, do you understand this?

所以说唯⼀的……你们所有⼈唯⼀的⼀个限制就来⾃于你们的,你愿不愿意放下旧有的你?你愿不愿意敞开?你愿不愿意去openyourself来允许灵界的能量通过你来呈现,⽽不是说去抗拒它,去闭塞,去阻碍,去阻⽌,就是不信任或者恐惧.你如果越来越让⾃⼰敞开,没有恐惧,然后允许这个连接感,你是没有任何限制的.所有东西你都会把它转变成有助于你发展的.

So the only...the one and only limitation that you all have is whether or not you are willing to let go of your old self? Are you willing to be open? Are you willing to open yourself up to allow spiritual energy to manifest through you, rather than resisting it, blocking it, hindering it, mistrusting or being afraid. If you increasingly allow yourself to be open without fear and embrace this connection, there are no limitations for you. Everything will then become a facilitator for your development.

问: 我这段时间以来⼀直在看JOJO⽼师的对话,我觉得我成长的蛮多的.但是要知道⾃⼰是谁才没有限制.就是这⼀点,我可能卡在这了.

Q: I've been reading JOJO teacher's dialogues recently and feel like I've grown a lot. But the real challenge is knowing who you are without any boundaries. It's this aspect that might be holding me back.

JO: 我们的信息会像种⼦⼀样.那个种⼦在什么时候需要去发芽,需要去长成⼀个在物质世界你能看得到的那个,它也需要时机.但是你要知道种⼦你收获了,它都在那⾥.什么时候⽔到了,什么时候机缘巧合合适了,它都会长成都会开花结果,明⽩吗? 所以说允许这个过程.就好像你现在播了种,你播了种过后,你是不是要等到秋天才收获对吧? 所以说⼟地下⾯你看不见的地⽅在产⽣变化,明⽩吗? 但是你头脑却要放下它要⽴杆见影.就好像我播了⼀个种⼦,应该马上我就不恐惧了,就不受别⼈影响了.那你说你播下⼀个种⼦,你能让它马上就开花结果,让你吃到果⼦吗? ⽽且你们在这个物质世界最重要的就是体验这个过程.

JO: Our messages will be like seeds. Those seeds need the right time to sprout and grow into something visible in the material world; they also need the appropriate timing. But you must understand that even after you've harvested the seed, it remains there ready for the conditions when water arrives or when circumstances align perfectly, allowing growth, blossoming, and fruiting. Do you see? Therefore, allow this process to unfold. Imagine you have planted a seed; do you wait until autumn to reap your harvest? Understand that changes are happening underground where you cannot see them. But your mind must let go of the desire for instant results. Imagine planting a seed and expecting it to flower and bear fruit immediately without any fear or external influence. Can you believe that by planting a seed, I can guarantee that you will eat its fruits right away? And in this material world, experiencing this process is the essence of your journey.

不要把最重要的拿掉,马上就要⼀步登天达到⼀个境界或者⼀个状态.不然的话,你便不需

Don't remove the most essential part; otherwise, you wouldn't need to ascend directly to a level or state.

要在这⾥了.因为你不需要体验这个过程呀,明⽩吗? 所以它都会有⼀个过程.但是每⼀个过程都是你宝贵的收获,它是独⼀⽆⼆的.

It's about to happen here. You don't need to experience this process, right? So there will be a process. But every process is a valuable gain for you, and it's unique.

第五个⼈:问: 我跟我爱⼈之间的关系是什么样⼦的? 我们在⼀起20多年来.我叫XX.我爱⼈叫XX.

The fifth person asks: What is the nature of my relationship with my beloved? We have been together for over 20 years. My name is XX, and my beloved's name is XX.

JO: 我们感受到你们之间共同的课程就好像是从你物质层⾯的体验来说你就觉得他好像是来折磨你的这种感觉.所以你们之间就好像他就必须要让你去突破、改变、转变.因为你要不转变你就会⼀直感受到那种被折磨的感觉,就是感受到那种不爽、不舒适、闹⼼.所以你要是想好好地跟他在⼀起,你就必须要去转变你⾃⼰.没有办法转变他或者怎样,就是让他变从⽽让你好受点,不会的.

JO: We sense the shared course you both have as if he is causing discomfort to you from a material experience standpoint. So it seems like he needs to push you to breakthrough, change, and transform. You must evolve yourself because otherwise, you will continue to feel that discomfort perpetually, experiencing unease, discomfort, frustration. To genuinely be with him, you need to transform yourself; there is no way for you to change him or anything in such a way that he becomes more tolerable to you.

问: 那为什么会选择这样的⼈呢? 是业⼒吗?

Q: But why choose such people? Is it due to karmic forces?

JO: 那⾸先你要知道你们来到这个物质世界上你们⼀定是有个⼈挑战和突破去⾯对的.你没有挑战,没有突破你来⼲啥,明⽩吗? 你没有挑战没有突破的话,你来⼲啥,明⽩吗? 所以说你们⼀定是有挑战和突破的.它必定发⽣转变.不是来像猪⼀样给你养⾁的,长肥了然后就杀掉,不是的.明⽩吗? 这个灵魂它⼀定是历练,要提升要转变要突破的.所以你们常常就会遇到为什么最亲的⼈伤的却是最深.就你没办法,你就必须要去成长.你不成长,那你就⼀直在那就好像慢性病⼀样.

JO: Firstly, you must understand that when you come to this physical world, you are definitely facing a personal challenge and breakthrough. Why would you come here without any challenges or breakthroughs? Do you get it? Without challenges or breakthroughs, why would you come here? So you must have challenges and breakthroughs. There will be transformation. You're not coming just to be fattened up like pigs for your meat; no, that's not the case. Do you understand? This soul must undergo training, improvement, and transformation. Therefore, you often encounter why the closest people hurt you the most. It's something you can't avoid, so you have to grow. If you don't grow, it's like a chronic disease, always lingering with you.

问: 这个都是约定好的吗?

Question: Is all of this predetermined?

JO: 你俩从灵魂层⾯.你们⽣命中所有遇到的重要的关系,亲近的关系都是约定好的.你们彼此从最根本的地⽅你们都明⽩你们彼此要为对⽅带来的是什么磨练.就是我需要你突破什么,然后你需要我突破什么.就是你们彼此都很清楚.我就是来膈应你的,我就是来让你不能安稳的,我就是等你⼀安稳就踢你⼀脚: 起来,修⾏.

JO: Both of you, at the soul level, all the significant relationships and close connections in your lives are predetermined. You both understand from the deepest core that you are meant to challenge each other with what you bring forth for one another - what I need you to overcome, and what you need me to overcome. It's clear to both of you; I'm here to irritate you, to destabilize your peace, waiting to give you a kick when you're stable: get up, practice.

问: 他很⼩的⼀个事就能让我炸,我觉得我怎么还这样呢?

Question: Even a small thing can make me explode; I wonder why I'm still like this?

JO: 是的,我们连接到你们的能量了.

Yes, we are connected to your energy.

问: 我已经感觉我都有爱了,他就让我产⽣愤怒.我就感觉受不了.

Q: I feel like I have love, yet it causes me anger. I can't bear it.

JO: 对,就是让你不爽的.所以必须是从你这边转变,你没有办法,只有去突破,只有去迎接挑战,只有转变.最后等你真正的成功过后,你就回来感谢这个所谓的折磨你的⼈.要不是他你体验不到⽣命真正的美好,体验不到⽣命真正的圆满,体验不到⽣命真正的精彩,体验不到⽣命真正存在的意义和价值.所以有朝⼀⽇你会感谢他,虽然现在很烦他.

JO: Yes, it's about what bothers you. So the change has to come from your side; you don't have a choice, but you need to break through, take on challenges, and undergo transformation. By the time you've truly achieved success, you'll return to thank those who tormented you. Without them, you wouldn't be able to experience the true beauty of life, the true completeness, or the true excitement. You wouldn't understand the meaning and value of life itself. Therefore, someday in the future, you will thank them despite your current annoyance.

问: 我跟我⼉⼦的灵魂主题呢? 我⼉⼦28岁.他叫XX.

Q: What is my son's soul topic? My son is 28 years old. His name is XX.

JO: 你⼉⼦他又是⼀个像这样⼦的⽼师,又是来扩展你的包容度、允许度、还有就是欣赏不同的类型.就⽐如说可能以前你最不喜欢,最不能接受的类型,他会让你来接受或者喜欢.所以他也是来扩展你的.

JO: Your son is another type of teacher who comes to expand your tolerance, acceptance level, and appreciation for different kinds. This means that he might make you accept or like types of people that you previously found unlikable or unacceptable. So, he also expands your perspective.

问: 我感觉他好像是从正⾯的⾓度……JO: 是的,但是你⽣命中的⼈都是来扩展你的.你⼉⼦结婚了吗?问: 没有JO: ok,那他将来娶的媳妇你可能很不能容忍.那通过这个⽅式它会扩展你的包容度、允许度去欣赏不同的⼈,明⽩吗? 但是你要知道所有⼈来都是来带给你礼物的.我们不是去转变他⼈,因为他们⽤他们存在的⽅式在服务于我们.我们转变的是我们⾃⼰.

Q: I feel like he's coming at me from the positive perspective... JO: Yes, but the people in your life are here to expand you. Has your son gotten married? Q: No, JO: Okay, well, the woman that he might marry could be very intolerant for you. This way, it will expand your capacity to appreciate different people. Do you understand? But you need to know that everyone is coming to give you gifts. We're not trying to change others because they serve us with their existence. What we transform is ourselves.

问: 那对我⽽⾔是这样⼦的,那我的存在对他们⽽⾔是不是也是这样⼦的?

Question: If that's true for me, is my existence like that for them as well?

JO: 那他需要去连接他的⼀个灵魂主题,因为每⼀个⼈灵魂主题不⼀样.所以其实每⼀个灵魂都⾮常的伟⼤.就⽐如说有的⼈他会选择⼀辈⼦瘫痪在床让另外⼀个⼈来照顾让对⽅成为⼀个⽆条件的爱.他也在成就另外⼀个灵魂.所以你们看到的每⼀个…… 当⼀个灵魂完完全全的圆满了过后,它就好像是你们所谓的圣⼈吧.每⼀个⼈圣⼈背后其实都有很多很多灵魂的⽀持.他们愿意去扮演不同的⾓⾊来去⽀持这个⼈达到⼀个圣⼈的级别.所以如果你们能看到灵魂的话,每⼀个灵魂都是⾮常值得让你们发⾃内⼼去感恩他们愿意去给你们创造这个⾓⾊来在这个物质世界给你们产⽣这个如此逼真的体验.因为要是演员不给⼒不逼真的话,你体验产⽣不了呀.

JO: Then he needs to connect with one of his soul themes, because every person's soul theme is different. So actually, every soul is extremely great. For example, someone might choose a life where they're paralyzed and in bed for their whole life, relying on another person to care for them as the source of unconditional love. They are also fulfilling this other soul. So, when you see each one... When a soul has completely achieved its full potential, it's like what you call saints. Behind every saint, there are many souls supporting them. They're willing to play different roles to support that person in reaching a saintly level. Therefore, if you can see the soul, every soul is worth your heartfelt gratitude for their willingness to create this role and generate such a realistic experience in the material world. Because without an actor who gives it all on stage, you wouldn't have been able to experience it.

⽐如说你们在台上演戏,那个⼈总是笑场.他总是笑场,你是不是就投⼊不了了,对不对? 那本⾝⼈家在那哭的不⾏了,你在那哈哈哈哈笑场.这个演员太不给⼒了吧.⼈家本⾝沉浸在⾃⼰的哭戏⾥要去体验这个哭,哭的撕⼼裂肺.你却在那笑场.明⽩吗? 所以说当他们很凶神恶煞或者是很冷酷很冷漠或者是很残忍的对待你的时候,感激他们.因为他们真的演的很卖⼒.他们很尽情的在创造这个⾓⾊给你去体验,让你可以深刻的体验到⼀种不被理解或者是被愿望被错怪或者是什么什么的.因为这些体验对你来说都很宝贵,它可以让你成为⽆条件的爱,充满了慈悲⼼.

For instance, if you're acting on stage and someone always breaks up laughing. They keep breaking up, do you get thrown off your game? Isn't that right? That person is already crying uncontrollably, but you're laughing in the midst of it all, "haha." This actor isn't pulling their weight at all, is he? The person was immersed in their own emotional scene trying to fully experience the heartache, tearing up intensely. But instead, you just burst out laughing. Do you get what I'm saying? So when they're being particularly menacing or cold-hearted or cruel towards you, be grateful for them. They are actually giving it their all. They're passionately crafting this character for you to explore, allowing you to deeply understand feelings of misunderstanding, being wronged, or whatever else. These experiences are invaluable to you, as they help foster unconditional love and compassion.

问: 我之前梦见我和我爱⼈是不同世转世的关系.有撕⼼裂肺的还有……这是属于轮回当中的纠缠吗?

Question: I previously dreamed that my loved one and I are rebirthed in different lifetimes, with intense emotional connections... Is this considered entanglement within the cycle of rebirth?

JO: 这是属于你们意识它会去连接不同的能量.但是任何你的这种体验,你都能去正⾯的运⽤它.因为这也是产⽣体验的,你产⽣你的情感嘛.你说你产⽣撕⼼裂肺也好或者什么什么也好.但是这些都⽆所谓.为什么呢? 因为你在这⼀世,你现在有能⼒和权⼒和有⼒主动去整合⼀切的⼀个机会,明⽩吗? 所以你们每⼀个⼈都需要⾮常的感谢你们此刻如果拥有⼀个鲜活的⽣命.然后这个机会就在当下你就可以重新去创造,整合⼀切,包括前世的.就是你都可以正⾯的去运⽤它整合这⼀切,然后去展现出你⾃⼰⽣命的⼀个意义,你⽣命的价值.就是你通过你⾃⼰的⽅式你去展现它.就好像你们以前没有机会,但是现在你的机会就在眼前.你的机会就在眼前,你记住.

JO: This is about your awareness connecting to different energies. However, any of your experiences can be positively utilized because it's also where you create your own emotions. You say things like experiencing heart-wrenching pain or whatever else, but that doesn't matter. Why? Because in this life, you now have the ability and power to actively integrate everything, understanding? Therefore, everyone must greatly appreciate having a vibrant life right now. Then, with this opportunity right here, you can recreate and integrate everything, including past lives. You can positively use it all to show your own meaning of life, its value, through your own way. It's like you didn't have such opportunities before, but now, the opportunity is right in front of you. Remember this: your chance is right here, seize it.

现在机会就在眼前,你是不是要好好地利⽤这次机会? ⽽不是把它⽩⽩荒废了.为什么呢? 你们的⾁体是有限的啊.你们这个⾁体这个⼯具,它是有期限的,它是有寿命的.⼀台车开个⼏⼗年都会报废,你的⾁体⼀样的啊.那趁你现在,就

The opportunity is right in front of you; are you going to seize this chance or let it go to waste? Why not? Your physical body has its limitations – it's a tool with an expiration date, like a car that eventually needs to be replaced after decades of use. So, while you have the chance now,

是你越早的去拿起来你⾃⼰的权⼒,你就越能去好好地利⽤你眼前的这个机会去整合⼀切,去创造⼀切,来让⾃⼰发光发亮照亮更多的灵魂,明⽩吗?

The sooner you take up your own power, the better you can utilize this opportunity in front of you to integrate everything, create everything, to shine and illuminate more souls, do you understand?

问: 脉轮打开这个有什么建议吗?

Question: Any suggestions on how to open energy wheels?

JO: 这个是你们⾃⼰在物质世界⾥创造的这些相,就是你们来给这些定义,这样那样.你们⾃⼰的⼀些技术,你们物质世界玩的游戏.这个你们⾃⼰去找那个游戏开发者,跟他们玩去.

JO: These are the constructs that you create in your physical realm, and it is up to you to give them meaning - this way or that. Your own little technologies; the games you play within your material world. This is for you to seek out the game developers, and play with them.

问: JO有什么信息带给我吗?

Question: Does JO have any information for me?

JO: 就是去感恩你⽣命中每⼀个⾓⾊.他们都是来扩展你的,来⽀持你的.然后就像刚刚前⾯说的那句话,只有你⾃⼰转变,不要去指望他们转变,不要去指望: 哎呀,我要把⼉⼦的这个⽼婆给弄⾛,弄⼀个我顺眼的.不可能的.

Just be thankful for every role in your life; they are all here to expand you and support you. And as mentioned earlier, only transform yourself; don't expect them to change. Don't think: I want to take my son's wife away and replace her with someone more to my liking. That's impossible.

第六个⼈:问: 我想知道⼈类这个名字是谁赐予的?

The Sixth Person:

Question: I wonder who bestowed the name "human" upon us?

JO: 是你们⾃⼰呀.你们⾃⼰.

JO: It's you guys. You yourselves.

问: 那为什么要取⼀个这样的名字呢?

Q: Why would you choose such a name?

JO: 因为你们头脑需要分别.

JO: Because your minds need distinction.

问: 有了头脑,⾝体的其它部分就不需要运营了.是不是给头脑营养给⾜了,就不需要其它的器官了?

Q: If you have a brain, do the rest of your body parts not need to function? Is it that if enough nutrition is given to the brain, no other organs are needed?

JO: 如果你对这些物理感兴趣的话,你⾃⼰可以去研究或者去查这⽅⾯的⼀些信息.你⾃⼰可以找到答案的.你不需要更多的解释.

If you're interested in this physics, you can go and study or look up information on this topic yourself. You can find the answers on your own. You don't need more explanations.

问: 为什么你们都要问JO? ⾼维世界指的是哪个⽅⾯呢?

Question: Why are you all asking about JO? What does the high-dimensional world refer to?

JO: 就是它不在你们这个物质世界存在,就是不受你们这个物质世界限制的.就是脱离你们这个物质世界的.就是虽然JO会通过这个⼥孩⼦的嘴巴来跟你们交流说话,但是它又在这⾥,它又没在这⾥.那你们的物质世界的这个头脑它就是专注于物质世界的,它才能产⽣体验,明⽩吗?

JO: It's just that it doesn't exist in your material world,不受 the constraints of your material world. It's detached from your material world. Although JO communicates with you through this girl's mouth, it is present here and not here at the same time. Your material world's mind can only produce experiences when focused on the material world, understand?

问: ⾼我是⼈还是⼀个活的东西或者它就是⼀个物体?

Q: Am I a person or a living thing, or is it just an object?

JO: 能量问: 能量也会说话?

Energy Question: Can energy also speak?

JO: 所以说会通过这个管道通过这个⼯具来跟你们产⽣连接.

So it will establish a connection with you through this channel and this tool.

问: 那每个⼈都有吗?

Question: Does everyone have that?

JO: 每个⼈都有.就像我们前⾯的信息说我们通过你们来呈现.问: 宇宙中的时间是⼲嘛使的?

JO: Everyone has it. Just like the information we mentioned earlier, conveying through you. Question: What is the purpose of time in the universe?

JO: 是你们这个物质世界需要.

JO: It's your material world that needs it.

问: 既然会产⽣物质世界,为什么我们的科技没有发现别的⽂明? JO: 你怎么知道没有呢?

Q: Given that technology can create a material world, why haven't our technological advancements discovered other civilizations?

JO: How do you know they aren't there?

问: 就因为它有,但是它没有被发现就很奇怪……我们存在的意义是什么?

Q: It's odd that it exists but hasn't been discovered... What is the meaning of our existence?

JO: 通过你来展现⽣命的意义,通过你这个个体,你这个⽣命体,你来展现⽣命存在的意义是什么.如果你觉得它没意义,它就没意义.如果你觉得它拥有巨⼤的意义,它就拥有巨⼤的意义.因为这是你有创造它的权⼒.就好像你来写剧本,随便你想怎么创造它展现它,你来写剧本.

通过你来展现生命的意义，通过作为个体的你自己，你展现出生命的存在的意义是什么。如果你觉得没有意义，那么就没有意义；如果你认为它拥有巨大的意义，那么它就有了巨大的意义。因为这是你有权力去创造和展示它的。就像你写剧本一样，你可以随意创作并展示它，你有权去书写这个剧本。

问: 那写出的剧本能成为⽂明吗?

Question: Can a written script be considered civilization?

JO: 看你⾃⼰咯.

JO: See for yourself.

问: 我说的是⼈类这个⽂明.

Q: I'm talking about human civilization.

JO: 那不都是你们⾃⼰写的剧本创造出来的吗.问: 宇宙想象⼒太低了,才⼏个物质世界呀. JO: 那是来⾃于你的头脑.

JO: That's all part of the scripts you created in your mind. Q: The imagination of the universe is too low, just a few material worlds. JO: That comes from your mind.

第七个⼈:问: 我这⼀世为什么要受这么多的病痛呢? 我43岁.

The Seventh Person: Asked: Why must I suffer so much illness in this lifetime? I am 43 years old.

JO: 什么病?

JO: What illness?

问: 反正就好多病,就没有好过.

Question: Anyway, there are just so many illnesses, and they never really get better.

JO: ⾸先我们在没有连接你们的灵魂主题前,前⾯的信息就有说过,当你们没有灵性世界觉醒的时候,你就会受到很多很多的痛苦,⾁体上、精神上、⼼灵层⾯,各种痛苦.所以就算有些⼈⾝体上没有痛苦,那他的⼼理、精神也是在受折磨的.你们有⼀句话叫做什么? 苦海⽆边,回头是岸.苦海⽆边就是怎么样你都在这个苦海⾥⾯.我们的信息就在帮助你们去成为⽣命的主⼈.去主动的创造,⽽不是被动的体验.

Jo: Firstly, the information we provided before touching on your soul themes mentioned that without spiritual awakening, you would suffer greatly, both physically and mentally, as well as spiritually at various levels. So even if some people do not experience physical pain, their minds and spirits are still being tortured. You have a saying which goes something like: "The ocean of suffering is boundless; returning to shore means leaving it." Boundless in this context implies that you're constantly within this ocean of suffering. Our messages aim to assist you in becoming the master of your life, taking proactive creation rather than passively experiencing events.

问: 怎么样才能做到这样呢?

"How can one do that?"

JO: 学习呀.通过学习我们这些信息.如果你连你⾃⼰⾝份是谁你都搞不清楚,你就好像这个电风扇明明是通上电才能转动的,你不插电.你⼀直在那⽤⼿掰⼀下动⼀下,明⽩吗?

JO: Study. Through study we get this information. If you don't even know who you are, it's like the fan motor needs to be plugged in to work; if you don't plug it in, you just keep trying to move it manually and see a little movement here and there, do you understand?

问: 我的灵魂是使命是什么? 我叫XXX.

Question: What is my soul's mission? I am XXX.

JO: 我们感受到你这⼀⽣的灵魂主题最主要的就是拿到你的⼒量、能量、坚定.因为我们感受到你⽣命中很缺少⼒量,就很多事情可能让你就没有办法、⽆能为⼒.就是完全没有办法去展现你⽣命中的⼒量.所以从⾁体上也体现出你的⾁体没有办法展现出充满了⼒量或者活⼒、饱满的⼀个状态.这么说吧,就好像你是⼀个⾜球或者是篮球.别⼈的⽓都是100%,就是⼀打就弹起来了,对吧?那你这个⽓就很软很软,就弹不起来的那种感觉.所以它也没有⼒量.就你脚⼀踢,它也跑不远的那种感觉.所以说你的⼒量是需要被唤醒的,就是你需要去转变,去真正的拿回你的⼒量,找回你的⼒量.所以你会经历⽆论是⾁体还是在⽣活中,你都会有很多⽆⼒感.

JO: The predominant theme of your soul's journey seems to be claiming your power, energy, and resilience because we feel that you lack power in your life, making many situations seem insurmountable or overwhelming. It appears as though you're unable to fully express the strength inherent within you, both physically and emotionally. This translates to a lack of vitality, energy, or fullness, reflecting on your physical state and how you perceive yourself within it.

Imagine being like a football or basketball; when someone else plays with them, their bounce is strong and powerful, right? But in your case, the 'bounce' feels weak and soft, as if unable to spring up with force. Consequently, there's no power behind it - much like kicking a ball that doesn't travel far.

So, it’s about awakening this latent strength within you; it means transforming yourself, truly reclaiming and accessing the power that is rightfully yours. You'll likely experience this sense of powerlessness in various aspects of your life, both physically and emotionally, which is what you've been dealing with throughout your journey.

就是⽆能为⼒的感觉.

It's a feeling of helplessness.

问: 但是我感觉我的思想上是⾮常强⼤的.

But I feel that my mind is very powerful.

JO: 对,对,这就是我想说的.为什么呢? 这是你的挑战呀.你就必须成为那样⼦的你才能爽了.就⽐如说你知道你其实是⼀个战⼠,你是⼀个特别厉害的将军或者是战⼠.但是你现在就很弱,⾝体也很弱.所以你需要⼀步⼀步的去找回你的⼒量,然后拿回你的⼒量,成为⼀个真正的战⼠,你才会爽了,你才会有⼀种⼼满意⾜,就是有⼀种我成功了,就我活出来了.

JO: Yeah, yeah, that's what I want to say. Why? It's your challenge. You have to become that version of yourself in order to enjoy it. For example, you know deep down that you're actually a warrior, a really great general or warrior. But now you are very weak and physically frail. So you need to step by step regain your strength and take back your power to become a true warrior and feel the satisfaction of success, of surviving.

问: 但是我不想活出来.我现在认为⼈的思想境界就是虚⽆.我觉得所有修⾏就是放空……但是我不知道这到底是对还是错?

Q: But I don't want to live through this. Currently, I believe human mental attainment is emptiness. I feel that all cultivation practices are about emptying oneself... but I'm unsure if this is right or wrong.

JO: 没有对和错.因为你境界不到那⾥,你怎么放空,你也放不空啊.不是你想放空就能放空的,明⽩吗? 所以不管你有多少概念理念.就好像这么说,你现在是⼀棵⼩树苗,你才刚刚长出来⼀⽚叶⼦.你就说,你看旁边那棵树是三百年的⼤树.你说我也是⼤树,风吹⾬打我都不怕.但是风⼀刮,就把你连根拔除了.你做不到的呀.风⼀刮过来你就摇摇欲坠的,你就马上倒下了.

JO: There is no right or wrong. Because you haven't reached that level, how can you possibly achieve mental emptiness? You cannot simply wish for it; understanding this concept requires attaining a certain state of mind. Thus, regardless of your theories and beliefs, imagine yourself as a young sapling with only one leaf just beginning to grow. You claim to be as strong as an old tree capable of withstanding wind and rain. Yet, a gust of wind easily uproots you, revealing that you're unable to withstand such forces. Your instability becomes evident when faced with even minor challenges, causing you to fall immediately.

问: 这⼀世修⾏有没有捷径啊?

Q: Is there a shortcut in this life's cultivation?

JO: 捷径就是扎根,不断地扎根.⼀步⼀个脚印.因为你们需要这个过程,明⽩吗?问: 我不明⽩.

JO: The shortcut is to dig in deep and keep digging in deep, step by step. You need this process, right? Q: I don't understand.

JO: 那你现在就去锻炼吧.我所谓的锻炼不只是⾁体的……问: 从世间的世态炎凉这⽅⾯去做吗?

Now, go exercise. The kind of exercise I'm referring to isn't just physical... Question: Are you suggesting we do this based on the ups and downs in society?

JO: 你⾸先你看到了就算是⼀个特别厉害的健⾝的健美⼈⼠,他的肌⾁不是通过⼀天两天锻炼成的.他是通过持续不断地,⼀次又⼀次的拿起这个重量,然后不断地去流汗⽔,他才能真正的去让他的肌⾁壮⼤起来.你知道⼀些概念,那你不去⾏动,不去体验,你不去产⽣这个Y…… 你肌⾁也长不出来的呀.

Firstly, JO, you've observed that even the most impressive bodybuilders achieve their muscle mass through consistent efforts over time, not just overnight. They progressively lift weights and sweat repeatedly to truly grow their muscles. You understand some principles, but unless you take action, experience them, and produce 'Y', your muscles won't grow either.

问: 他的⾝体不⼀定健康……JO: 我们是拿这个例⼦来告诉你⽣命需要跟当下发⽣连接,⼀步⼀步.并不是你拿了⼀个概念就可以成为这个样⼦.就像我拿了⼀个概念,我明天就可以成为了⼀个肌⾁⼈⼠了? 或者我拿了⼀个概念,⼈家三百年才长出来的⼀棵树,我马上就可以长成它那样⼦了? 可以不被风刮倒了? 并不是的.你们需要这个过程.所以你们才会来到这个物质世界,这个过程对你来说就是最宝贵的.所以不要想着⼀晚上就开花结果.

Q: His body doesn't necessarily have to be healthy...

JO: We're giving you this example to tell you that life needs to connect with the present moment step by step, not just by grasping a concept and becoming it instantly. Is it like if I took a concept today and tomorrow became a muscular person? Or if I took a concept and suddenly grew into a tree that takes three centuries to grow in front of me? Or could I withstand winds without being knocked down immediately? No, you need this process. That's why you come to the material world, where this process is most valuable for you. So don't expect it to happen overnight.

问: 那以后的路就是要去体验⼈⽣么JO: 你本⾝就是在体验⼈⽣,不是你要不要.问: 那所有现在的⼀切是不是业⼒所造成的呢?

Q: Then the path ahead is to experience life, right? JO: You are already experiencing life; it's not a matter of whether you want to or not. Q: So is everything happening now due to karma?

JO: 你本⾝就在体验⼈⽣,但是你有没有从这个体验当中增长你的智慧? 扩展你的慈悲⼼呢?有没有让你变得越来越有爱呢? 还是让你变得越来越有恨呢? 因为⼀个能量是不断不断地⼤,⼀个能量是不断不断地⼩.那你是变得越来越⼤,还是越来越⼩呢? 你变得越来越⼩,就越来越⽆⼒.别⼈吹你⼀⼜⽓,你就消失了.那你别的越来越强⼤的话,外界没有任何能影响的了你.你在影响外界,明⽩吗? 所以同样的体验,你能通过这些是让你越来越脆弱呢? 还是让你越来越强⼤? 这个不⼀样.因为最后你到底是变成⼀个影响他⼈,还是被影响的⼀个结果,明⽩吗?

JO: You are experiencing life itself, but have you grown your wisdom from this experience? Have you expanded your heart of compassion? Are you becoming more loving or more hateful? Because energy can either grow continuously or shrink. Are you growing bigger or smaller? If you're shrinking, you become increasingly powerless; one slight breeze might wipe you out. But if you're getting stronger, nothing from the outside can affect you anymore. You are influencing others, right? So, with the same experience, does it make you more vulnerable or more powerful? This is different because ultimately, do you end up being someone who influences others or gets influenced by them?

第⼋个⼈:问: 可以帮我连接⼀下巴夏吗?

Question: Can you help me connect with a Basha?

JO: 你稍等巴夏能量: 你说有什么问题?问: 我太爱你了,巴夏.

You: Wait a minute Basha Energy: What's the problem? Ask: I love you too much, Basha.

巴夏能量: ⾸先我们想让你们明⽩的⼀件事情,此巴夏⾮你们所谓的巴夏,明⽩吗? 所以说当你产⽣这个连接,你必须要放下你头脑⾥⾯的所有的关于你想要连接的记忆.然后从这⾥去接收你能和会接收到的信息,⽽不是⽤你已知的信息来产⽣.为什么呢? 因为这样你就没有敞开,没有敞开的话,我们进不来.进不来的话,你就不会发⽣转变.所以说发⽣转变才是最重要的.

The Bakhti Energy: What we want you to understand is that this Bakhti is not the one you think of as Bakhti, do you see? Therefore, when you create a connection, you must let go of all your memories about what you're trying to connect with. Then receive the information that you will and can receive from here, rather than generate based on what you already know. Why is this important? Because if you are not open, we cannot come in. If we cannot come in, there won't be a transformation. Hence, experiencing the transformation is the most crucial part.

问: 其实我没有问题,我只是想分享⼀下…… ⼏年前我当兵的时候就看你的视频……巴夏能量: ⾸先你不要说你,因为没有你.你现在有⼀个对象,你在跟那⼀个对象…… 只有你们物质世界有这个.就这么说你们通灵的这位JOJO⽼师,你在对着她这个对象,你在跟她讲话.那她通灵的状态和她不通灵的状态,你都是在跟不同的对象讲话.所以这⾥还有⼀个你吗? 你到底在跟哪个你说话? 因为这⾥不断不断地有各种灵,所以不要有这个你的分别.

Q: Actually, I don't have any issues; I just want to share... A few years ago when I was in the military, I used to watch your videos... Basha Energy: First of all, do not say "you" because there is no such thing. You currently have a partner, and you are interacting with that particular person... Only in your physical world does this happen. When it comes to spiritual communication, Mr. JOJO, the teacher who communicates with spirits, you are addressing her as an object. Your speaking to her while she's in a state of spirit contact versus when she is not. So here's another question: Are you talking to yourself? Which "you" are you actually communicating with, given that there are various spirits continuously interacting within this context and it would be inappropriate to distinguish between them.

⽽且这⾥没有记忆,这⾥没有⼀个死的东西.只有你们⼈类才会有这个死的记忆在那⾥,然后变成⼀个你,有对象.所以能让你们头脑放下那个对象,对你来说是⼀件⾮常好的事情.不要觉得你每次在对另外⼀个你说话的时候都是在对同⼀个你,都是不⼀样的,ok? 因为永远都在变化当中,你不知道说不定那⼀刻那个⼈的灵魂说不定已经死了.他又是⼀个新⽣的他了.你不知道⾼维想通过他来给你传递⼀些信息.其实那个你所谓的对⽅的那个你其实说的根本不是他说的话,他都不知道⾃⼰说的啥.因为他的脑⼦⼀⽚空⽩,只是去传达⾼维想带给你的信息,明⽩吗? 那当你还有⼀个印象,对你来说还有⼀个你,你可能不会听他的话.

And there's no memory here, there's no dead thing. Only humans have this kind of dead memory turning into a you with an object. So it's very good for your mind to let go of that object. Don't think each time you're speaking to another 'you', it's the same you, they are different, okay? Because everything is constantly changing; you might not know that person's soul could have died at that moment and he is now a new him. You don't know that higher dimensions want to convey information through him to you. Actually, what your supposed 'other' 'you' says isn't even his words; he doesn't know what he's saying. Because his mind is empty, just transmitting the information that higher dimensions want to give you. Understand? If you still have an impression of a 'you', you might not listen to him.

因为你觉得他是个傻⼦或者他就是⼀个笨蛋,你不会把他的话当真.但是你不知道你的⾼我在通过他把你需要的智慧,把你需要点亮的点,那⼀句话可能就点亮了你的⼈⽣就被你错过了.为什么呢? 因为你头脑⾥⾯还有⼀个你.

Because you think he's an idiot or he's just stupid, you don't take his words seriously. But you don't know that your higher self is using him to give you the wisdom you need and the points you need to light up; that one sentence might have enlightened your life but was missed by you. Why? Because there's still a 'you' in your mind.

问: 我没有问题想问.我只是想感谢⼀下……JO: 你需要感谢你⾃⼰.感谢你⾃⼰如此的敞开.你越是敞开,你越是感谢你⾃⼰,感谢你这个物质头脑、物质⼩我,它是如此的允许⽣命的⼒量,允许造物主的⼒量,允许源源不断地爱通过你来呈现在这个世界上.所以你需要感谢它,明⽩吗? 你越是敞开,你越是允许造物主在通过你来展现在这个世界上的奇迹.所以你越感受到那种爱,或者感受到丰盛感受到⼒量,感受到⼀切,那你就越要这个物质⾁体的你,这个有⾝份的你.因为它是如此的敞开,愿意让造物主通过你来呈现在这个世界上,让更多的⼈看到希望,看到爱,看到真正的⽣命是什么.

Q: I have no questions to ask. I just want to thank you... JO: You need to thank yourself. Thank yourself for being so open. The more open you are, the more you thank yourself, thanking your material mind and your material little self, allowing the power of life, the power of the Creator, and continuous love to be presented in this world through you. So you need to thank it, understand? The more you are open, the more you allow the miracle of the Creator to be shown in this world through you. Therefore, the more you feel that love or abundance, strength, everything, the more you need your material body, your identified self because it is so open and willing for the Creator to be presented in this world through you, bringing hope, love, and the true essence of life to many more people.

问: 能帮忙连接⼀下我的⾼我吗?

Question: Can you help me connect with my higher self?

JO: 好的.你说.

JO: Alright. You said.

问: 我的灵魂主题是什么? 我叫XXX.我今年23岁.

Q: What is my soul theme? I am XXX. I am 23 years old this year.

JO: ⾸先我们先说你的灵魂是⼀个⾮常纯净,⾮常有爱,⾮常善良的energy.然后你这⼀世来到这个⼈世间,就好像你的意愿是要去传播爱的感觉⼀样.你就好像是⼀个迫不及待的⼩天使⼀样投⽣在这个⿊暗的世界⾥⾯,然后要去展现、传播、成为,就这样的感觉.但是在这个过程当中它有很多挑战,因为其实你是⼀个很易碎的⼈.你虽然很exciting,就是很兴奋.但是别⼈可能打你⼀拳,你就碎了,就那种感觉.就是好像把你所有的兴致勃勃或者是兴奋激情⼀下⼦给你坠⼊到深渊的那种感觉.所以你会体验到你的⽣命好像是坐过⼭车⼀样.⼀会⼉超激情,⼀会⼉情绪很low,就是起伏很⼤,就很低落.这种像⼩孩⼦刚瓢上来,⼀拳就被打下去了.

JO: Firstly, your soul is a very pure, very loving, and very kind energy. In this lifetime, you have come to the human world as if your intention was to spread feelings of love. You are like an eager little angel born into this dark world, eager to demonstrate, spread, and become love. However, there are many challenges in this process because you are actually quite fragile. Although you might be exciting and enthusiastic, others might hit you hard enough that it shatters you; a feeling akin to plummeting from the excitement or passion of life straight into despair. Thus, your life feels like riding a roller coaster – one moment incredibly passionate, the next feeling very low, experiencing extreme highs and lows, and deep depression. It's as if a child has just come out on top when they're immediately knocked back down by a punch.

然后我们想让你知道加⼊这个⼥孩的团队,然后她会带领着你,因为这⾥⼒量很强⼤.因为他们不会⽼是⽤拳头打你,明⽩吗?

Then we want you to know that by joining this girl's team, she will lead you, because the power here is very strong. They won't always hit you with their fists, understand?

第九个⼈:问: 我现在⼀直深受焦虑症的折磨,我想听听JO对我的建议.我29岁.叫XXX.

Ninth Person:

Question: I am currently suffering greatly from anxiety disorder and would like to hear JO's advice for me. I'm 29 years old. My name is XXX.

JO: 我们可以先看⼀下你的灵魂主题.你稍等.我们感受到你是⼀个特别认真、特别严肃、特别想把事情做好,就是对⾃⼰很⾼标准的⼀个存有.然后你这⼀⽣的灵魂主题就好就是,就好像你是⼀个特别严肃的⽼教授,有很多观念,不怎么⾔笑,就很认真.然后那你⼀⽣就要变得像⼀个⼩朋友⼀样对什么事情都充满了兴趣,什么事情都没事,就是⼀下就过了.就是不是那种什么事情都放不下的,所以你这⼀⽣就是⼀个能量的转变.就是把⼀个很严肃的⽼⼈变成⼀个活奔乱跳、不受任何限制、充满了活⼒和兴趣的孩⼦⼀样.就是像这样⼦⼀个能量转变的过程.所以其实…… 你结婚了没有?

JO: Let's start by looking at your soul theme. Wait a moment. We perceive that you are someone who is very serious, very serious, and very determined to do things well, which means you have high standards for yourself. Throughout your life, your soul theme will be like being a very serious professor with many ideas; you're not one for jokes and prefer seriousness. So throughout your life, you'll become interested in everything, taking each thing as it comes without dwelling on any issue. You're not the type who can't let things go, so this is an energy transformation for you – turning from a very serious person into a lively child with no boundaries, full of energy and interest. It's like going through such an energy change process. So actually... have you gotten married?

问: 还没有JO: 你会被⼀些⽐较幽默或者是风趣,就是他们有特别特别强的幽默感或者是他们可以⼀下⼦把你带到另外⼀个世界.就是打破这个严肃吧,风趣幽默吧.然后你会被这样⼦能量的另⼀半所吸引.因为她会把你的内在破冰吧.你就好像是结冰了,然后需要对⽅的能量来⼀下给你打破.就这种感觉⼀样.所以越是像这种轻松愉悦,就是活的…… 这么说,你是静的,不动的.那对⽅如果越是活的能量,你就会对他有⼀种吸引感.你就好像是抗拒不了,就是让他钻进你⼼⾥的那种感觉.然后我们看看你⽬前说的焦虑症,对吧? 你的焦虑的情绪来⾃于只是你对很多事情放不下、看不开、忘不掉.就⽐如说今天的⼯作你可能会带着它睡觉.

Q: Have you been with someone who is more humorous or witty, where they have a particularly strong sense of humor that can instantly transport you to another world and break the seriousness? You are attracted to this kind of energy in your partner because it thaws your inner ice. It's like being frozen, needing their energy to melt you. So when something as light-hearted and enjoyable occurs, if you're someone who is quiet and still, then a more lively or energetic person would be appealing to you. You can't resist the feeling of letting them enter your heart. Now, considering your current state with anxiety disorder, where your feelings stem from not being able to let go, understand, or forget many things - like taking today's work to bed with you -

⽐如说⼯作已经下班了,但是你还会想着⼯作的事怎么处理.就是有you don’t know how to stop,就是你不知道如何停⽌.所以说当你虽然已经下班回到家,但是有可能你的脑⼦、⾝体它还在运作还在⼯作.就有⼀种在这样⼦强迫的能量状态下.⽐如说⼈家的机器,⼈家关了就是关了,我下班就是下班.那你这台机器开关没⽤,就是关不了.所以你会很⽆⼒,就没办法吧,也很奔溃.因为你没办法去关掉这个开关.所以说为什么你们会需要很多不同的⾓⾊来和你们互动关系?然后你要知道为什么很多⾓⾊拥有那样的本质,其实他们都是来服务于你们的.

For example, even if you've already finished work for the day and should be done with it, your mind still wanders over how to handle things at work. You don't know how to stop or when to fully disengage from work-related matters. This implies that when you are technically home from work, both mentally and physically, you might still feel like you're operating in an ongoing mode of productivity. It's akin to being under the force of a compulsive energy state.

Imagine other devices; once they're switched off, they remain off. If I've finished my day's work, that should be it. But with certain systems (like your brain), there might not be a clear way to turn them 'off'. This leaves you feeling helpless and overwhelmed, as if you can't control this internal process. You feel powerless because you can't simply switch off these functions.

This explains why people need various roles interacting with them, each serving different purposes in their lives. The essence behind having multiple roles is often that they are designed to cater to our needs, providing support and structure within relationships and activities.

那我们感受到你⾃⼰的能量很紧张很严肃,那正好你就需要⼀些很活的⼀些能量来去打破你.这么说吧,你都已经结冰了,那就需要⼀个棍⼦来搅你.因为你的能量很容易结冰.所以这样就让你看到其实你们⼈与⼈之间的那种关系,灵魂与灵魂之间的那种关系,那种互动是对你们的发展是⾮常有⽤和有效果的,就是很重要的.对你来说是很重要的.所以说我们看到⽬前你的这个局,如果你能去跟⼀下他们⽐较轻松,你们物质世界有⼀句话叫玩世不恭.那你跟玩世不恭的⼈正好是两个⽅向,对吧?你有可能特别反感或者不喜欢玩世不恭的⼈.你可以去跟那些玩世不恭的⼈多跟他们玩.因为他们会带你进⼊到那种,就是把这个物质世界的相给打破.

So when you feel your own energy as tense and serious, that's the time when you need some lively energy to break through yourself. Let me put it this way; you're already frozen solid, so you need a stick to stir you up because your energy is very prone to freezing. This shows how interactions between humans and between souls are extremely useful and effective for your development, which is important for you. Therefore, by observing the current situation in your life where if you can approach them more casually, there's a phrase in your material world called "world-weary." You're on opposite ends of the spectrum when compared to someone who is world-weary; right? You might have a strong aversion or dislike for such people. Engaging with those who are world-weary will introduce you to breaking down their perceptions of this material world's reality.

因为对你来说,你的物质世界的相太沉重了,就好像是⼀个冰块结冰的状态.所以说去借助这个能量对你的影响.然后你就会很快的⾛出来.然后你们记住你们来到这个世界上你们玩的越开⼼,你们就越是活灵活现.然后死板死⽓沉沉,它越是体验不了造物主.造物主没有办法通过你来活灵活现的展现它,明⽩吗?所以你的任何死板、僵硬都导致这个能量进不来.那在你⾝上就看不到⽣命,看不到神.

Because for you, the appearance of your material world is too heavy, like an ice block freezing state. So to take advantage of its influence on you. Then you will quickly get out. And remember that when you have more fun in this world, you are experiencing more of the Creator. The Creator cannot show itself vividly through you, understand? Therefore, any stiffness or rigidity prevents this energy from entering you. You won't see life, nor the divine on your body.

问: 我因为焦虑症吃药吃了七年⼀直不好是为什么?

Question: I have been taking medication for seven years due to anxiety disorder, but it hasn't improved. Why is that?

JO: 那你接下来跟这个⼥孩⼦约⼀个⼀对⼀.可以更深⼊的连接提问,就找到你的原因.你可以先⽤刚才我们说的⽅法去找⼀些玩世不恭的⼈,跟他们的能量,它会不断地…… 因为你很容易就结冰了.那我们不停的⽤棍⼦在搅动你.你越是感受到⽣命的活⼒鲜活,你就越是不容易结冰了.结冰就是变得僵硬了.

JO: So you should arrange a one-on-one meeting with this girl next. Try to delve deeper into the connection and ask questions that help uncover your reasons. You can start by using the method we just discussed to find people who are cynical or disengaged, whose energy will constantly... it's easy for you to get stuck in such situations. We continuously stir you up like a stick in water. The more you feel alive and vibrant, the less likely you are to freeze over. Freezing means becoming rigid.

问: 还有什么放松的办法?

Question: What else can I do to relax?

JO: 你去问你⾃⼰的⾝体,你的⾝体需要什么放松? 但是通过听我们的信息,这些可以让你进⼊到放松.这些信息都有⾼维的能量,就是把你的频率带出来吧.就是你就没有在你⾃⼰本⾝的频率⾥⾯.所以不断地就好像⽤这些源头的能量来洗刷你.

JO: Ask your own body what it needs to relax? But through listening to our messages, these can guide you into relaxation. These messages carry high-dimensional energy that lifts your frequency out of alignment with your own essence. You're not resonating at the level where you are supposed to be within yourself. So continuously cleanse yourself using this source energy.

第⼗个⼈:问: 我想问⼀下明年中国是否会发⽣特别⼤的变化? JO: 在你的定义⾥⾯特别⼤的变化是什么呢?

Question: I want to know if there will be particularly big changes in China next year? JO: What do you mean by particularly big changes in your definition?

问: 整个国家会发⽣⼀个翻天覆地的变化.

Question: The entire country will undergo a tremendous transformation.

JO: 只是⼀个过程.它不是⼀夜之间的事情.然后是否会发⽣来⾃于你们每⼀个⼈的定义,你们每⼀个⼈的关注点,还有你们每⼀个⼈⾃⼰内在的灵敏度,就是你的感知.⽐如说我们说这个世界没有什么变化,但是你却要到那种恐惧,那种压⼒,那种崩溃,明⽩吗? 所以你们每⼀个⼈都是独⼀⽆⼆的感知体在感知着这个变化.如果我们告诉你会发⽣什么变化,会怎么样怎么样.你可能就会把你的注意⼒专注于我们说的这些信息当中,然后真的发现了.他们说的真准.我们只不过是把你的专注于引向了⼀个点,让你去锁定它,创造它,去体验它⽽已,明⽩吗? 那如果我们告诉你你们会发⽣什么变化呢? 你们接下来会有很多很多从痛苦当中⾛出来的⼈.

JO: It's just a process. It doesn't happen overnight. Then whether or not there will be occurrences based on each person's definition, each person's focus, and each person's own sensitivity within themselves - your perception. For example, when we say that the world isn't changing much, but you feel fear, pressure, collapse, right? So everyone perceives this change uniquely as their own. If we tell you what will happen, how it will play out, then you might focus your attention on those pieces of information and truly find them accurate. We're merely guiding your attention towards a specific point to let you lock onto it, create it, and experience it, right? And if we were to tell you about the changes that are happening to you next, there would be many more people coming out from pain.

然后他们会活灵活现的把造物主的能量呈现在他们⾝上,然后展现在你们这个世界上让你们看到神.那就是接下来会让你们看到的.你们现在就在做这件事情.

Then they will manifest the energy of the Creator upon themselves, then show it to you in this world so that you can see the gods. That is what you are about to witness. You are currently doing this thing.

#### 2023/11/29 — 给旧有的相消退的时间 For the fading of what once was

JO: 你说什么问题?

JO: What problem are you talking about?

问: 我的灵魂主题是什么? 我叫XXX.我44岁.

Question: What is my soul theme? I am XXX. I am 44 years old.

JO: 你稍等.你这⼀⽣就好像就是来提升你的智慧去体验⽣命的⼀个真相.所以你会经历很多说不出来的那种不明⽩的⼀些,就好像有苦说不出.但是你又不愿意⾂服于这种苦,因为你觉得⽣命不应该是这样⼦.就像是这样的状态.然后你就会⼀直去寻找和探索⽣命的⼀个真相,然后你⼼⾥会觉得⽣命不应该这样.它应该是更轻松、喜悦、圆满,那才是⽣命的样⼦.就是在你⼼⽬中就好像你知道你的状态或者是你⾝边⼈的状态都没有活出⽣命的样⼦.所以说这样就会有⼀种推动⼒⼀直把你往这条路上推、牵引,然后迫使你去找到⽣命的真相.那你是不是就会更加有智慧了,对吧?所以⽆论怎么样你都会⾛上灵性这条路.

JO: Wait a moment. Your entire life is like an endeavor to enhance your wisdom and experience the truth of life. As such, you will go through many inexplicable uncertainties - akin to experiencing pain without being able to articulate it. Yet, you resist succumbing to this suffering because you believe life should not be that way. It feels like being in such a state continuously. This drives you to seek and explore the truth of life, all while you feel that life shouldn't be this way; it should be more轻松、joyful、complete - that's how life is meant to be. In your mind, it seems as if neither your own situation nor those around you are truly living up to what life could be like. This sense of discontent pushes you further on the path towards spiritual awakening, compelling you to find the truth about life. Would you not then become more enlightened? Hence, no matter the circumstances, you're inevitably drawn down this spiritual path.

因为这⾥才会让你觉得好像这⾥才是对的,就物质世界所有东西你都觉得不对不对,这个不对.你虽然说不上来,但是你⼼⾥知道,你⼼⾥明⽩.就好像你在尝⼀个味道,我记得⼩时候的味道是什么样⼦.但是我要尝,这个味道不对,那个味道不对,这个味道对了.就这种感觉.所以你在物质世界就算有其他⽼师来给你讲述⽣命什么什么的,你其实很多时候当它不符合你内在的感受的时候,你都会觉得这个不对.不能说服我,这个不能让我⼼安理得.你就会有这种.就像在不停的尝,这个就是.然后不断地⾛上这条路,就像是这样.所以那你就知道你的真实⾝份,就是你是有智慧的.你只是不断地去通过这⼀切去把你⼼中的智慧去给它唤醒.

Because here is where you will feel that this is right, while everything in the material world feels wrong or incorrect - this kind of dissonance. Though you may not articulate it clearly, you instinctively know and understand. It's like tasting flavors, recalling what childhood tastes were like. But some taste wrong, others wrong again, until one finally feels right – that sensation. So even if other teachers come to explain life or any such concepts in the material world, you often find these ideas incompatible with your inner feelings; you then perceive them as incorrect and fail to convince you or bring peace of mind. This experience makes you realize that you possess wisdom within yourself, which needs only to be awakened through all experiences.

然后去带领更多的⼈去看到⽣命的真相.这个就是你的⼈⽣主题.

Then go to lead more people to see the truth of life. This is your life's theme.

问: 我的天赋是什么?

Question: What is my talent?

JO: 那就像我们刚刚说,你肯定是需要有⼀双慧眼能辨别是⾮,对吧? 因为你想很多⼈来到这个世界上分不出来是⾮⿊⽩,他不能辨别是⾮,他不能分辨出哪个是好的,哪个是坏的,哪个是正道,哪个是离开正道,哪个是源头,哪个是离开源头.那在你⼼⽬中你有⼀个很明显的就好像感应器,你能感应到这个是正道,那个是离开道.所以你就能引领更多的⼈去⾛上正道.因为你⼼中有⼀个很明显的信号⼀样,不对不对你的⽅向错了,是这个⽅向,⾛,这⾥.是这样⼦的.就像是这样⼦guiding,就是指导灵指导别⼈.就带领更多⼈⾛上正确的路吧.因为他们很多⼈就好像是闭着眼睛看不见,你牵着他们,你的眼睛能看到.或者你这边有信号,你能受到信号.

JO: That's like the discrimination you just mentioned - having a keen eye to distinguish right from wrong, isn't it? Because many people in this world can't tell the difference between black and white; they can't discern what is good or bad, what is on the correct path, and what has deviated from that path. You have a very clear sense of intuition, allowing you to perceive which paths are right and which are wrong. This enables you to guide more people towards the right path. Your heart guides with a clear signal - no, no, your direction is incorrect; this is the correct way, go here. That's how it works: like guiding spirits leading others by guiding them. It's about leading more people onto the right path because many are as if they're blind and can't see clearly; you lead them with your vision or signal, indicating the way for them to follow.

问: 我和我孩⼦的灵魂关系是什么? 他是男孩,19岁了.他叫XX.

Q: What is the soul relationship between me and my child? He's a boy, aged 19. His name is XX.

JO: 我们感受到就是你的孩⼦也是来⽀持你去⾛上这条路,所以他会,就是当你越是成为你⾃⼰越是⾛上这条路的时候,他会越乖越听话越会顺着你.因为你的能量变了,就是你好像知道我的真实⾝份,那你就不会再产⽣⼀些去抓的⾏为.然后他反⽽就会变得很乖很听话,就很⽀持你,就是顺着你,像你的⼀个⽀持者来⽀持你成为你⾃⼰.在这样的同时,你也会成为像光⼀样去照亮他,让他知道往哪个⽅向⾛.他就不会迷路嘛.所以也像是他⽣命中⼀个光⼀样的存在.这个孩⼦他很善良,他也又好像很⼤的意愿度去服务社会.所以当你在⾛向这条路的时候,你也在好像是转变他的命运.让他能够完完全全的成为⾃⼰.

JO: We feel that your child also comes to support you on this path, so he will become more obedient and听话, and follow you more willingly as you become truer to yourself and walk this path. Because your energy has changed; it seems like you now know my true identity, and thus不会再engage in behaviors of attempting to seize or control me. Consequently, he becomes very obedient and supportive, aligning with your guidance like a supporter aiding in your transformation into your authentic self. Simultaneously, you become a beacon of light for him, guiding him on the right path, ensuring he doesn't get lost. Thus, you're essentially becoming his life's guiding light. This child is kind-hearted and has a great desire to serve society. So as you are pursuing this path, you are also seemingly transforming his destiny, enabling him to fully become himself.

如果你沉浸在世俗的⽣活当中,这些观念,⼈⽣的这些苦的东西⾥⾯的话,他也会很难⾛出来.因为他的承受能⼒还挺差的.所以你能对他最⼤的帮助就是你⾃⼰能⾛到⽣命的正道上⾯,然后他

If you are deeply immersed in the mundane aspects of life and its hardships, it will be difficult for them to escape. Given that their endurance is relatively weak, your greatest help to them would be if you could reach the path of a fulfilling life, thereby setting an example for them.

就会跟随,然后他也会变得很乖.⽽且如果这个孩⼦他表现痛苦的⽅式,他会是就好像压抑抑郁,就是内伤吧.就是如果你没有⾛上这条正道的话,如果你对他压迫或者是因为你的恐惧,他会是那样⼦的.所以说当你在活出你⾃⼰,你就在转变你孩⼦的命运.他也会推你⾛的更远,就像是你的⼀个动⼒⼀样.他以后也会⼀样,是⼀个很有公益⼼的孩⼦,就是利他.所以是个很好的孩⼦.你只是利⽤你⾃⼰的能量,不要被物质世界这个幻像拉扯的太严重.这样他也会感受到这种沉重的压⼒感,然后导致内伤.因为如果你没有在这条道上你就是被物质世界的能量拉扯.你要知道你们物质世界就像是有⼀股暗流,有⼀股能量它⼀直在拉扯你们每⼀个⼈,明⽩吗?

He would follow and then become very well-behaved. Moreover, if this child shows pain, he might exhibit signs of being suppressed or depressed, internal injuries, right? If you do not walk the path correctly, if your fears cause you to oppress him, that's what it would look like for him. Thus, when you live out your own self, you are transforming your child's destiny. He will push you even further, acting as a driving force for you. In the future, he will also be a child with strong altruistic tendencies, benefiting others. So he's simply a good kid. You're just utilizing your own energy; don't let the illusions of the material world pull you too far inward. This way, he would feel heavy pressure and possibly suffer from internal injuries. If you're not on this path, you're being pulled by the energy of the material world. Remember that your physical world has a current, a force always pulling at each individual.

如果你没有⾛上光的这条道路的话,你就会被拉⼊他们的旋涡.你就会有⾥⾯的恐惧,⾥⾯的惊慌失措,⾥⾯的担忧,就不得不去好像是不停的跑⼀样,你也要不停的奔跑.就进⼊这股流.

If you had not chosen the path of light, you would have been dragged into their whirlpool. You would experience the fear inside, the panic, and the worry, forced to run ceaselessly like it was a never-ending sprint, always having to keep up with the flow.

问: 我怎样才能绽放我⾃⼰?

Question: How can I blossom myself?

JO:那你现在已经找到道了,就是到了我们这⾥.我们会⼀直引领你.我们的引领不但是现在这种⾯对⾯的引领.它还会在你⽣命中、⽣活中.它会以各种⽅式呈现在你的⽣命当中,你就会感受到这种连接感就越来越强烈.你只需要信任就好了.因为你越信任我们,就是信任这条道的话,你就越不会被物质世界的这个幻像给拉进去.你如果对我们的信任度低的话,你还会相信物质世界这个幻像.就这么简单.因为你们沉浸在物质世界这个相嘛.你能看到、能摸到、能尝到,它肯定更真,对吧?那我们的东西它就只有你内在的感受,就你内在强烈的感受.那你相不相信你内在强烈的感受呢?还是相信你看得到、摸得到的,明⽩吗?

JO: So you have already found the path, which is right here with us. We will always guide you. Our guidance isn't just this face-to-face interaction; it extends throughout your life and in every aspect of your existence. You'll feel a stronger connection as time goes on. All you need to do is trust. The more you trust us, the less likely you are to be drawn into the illusions of the material world. If you have low trust in us, you might still believe in those illusions. That's it; you're immersed in the material world's illusions which are tangible and can be seen, touched, or tasted – they appear more real compared to our guidance since they resonate with your inner self only through intense feelings. Do you believe in these strong internal feelings, or do you prefer to stick with what you can see, touch, and taste? Understand?

如果你相信你内在强烈的指引和感受,就follow它,就跟随.因为你们物质世界这个幻像,⼈们需要去通过它去扩展、去学习、去产⽣体验.但是仅此⽽已.它并不是真实的,它并不是⼀层不变的,它并不是要拽住你,明⽩吗?它并不是说你就困在那⾥不能出来,不是的.它只是投射出你⾃⼰的⼀个状态,然后供你来认识你⾃⼰,知道你现在在哪⾥,你需要怎么样.就好像⼀个镜⼦⼀样.那你说你照镜⼦⾥⾯的相,你觉得它不会变了.可能吗?你说你照着镜⼦把脸上的泥巴擦⼲净了,你还会觉得镜⼦⾥⾯的泥还在?如果你觉得你把脸上你的泥擦⼲净,镜⼦⾥⾯的泥还在.那就是你把那个幻像当真了.就这么简单. 把镜⼦⾥的幻像当成真的了.

If you trust in the strong guidance and feelings within you, follow it, for this is your path. For the illusion of your material world, people need to navigate through it to expand, learn, and produce experiences; but no more than that. It is not real, it is not permanent, it does not intend to trap you, understand? It does not mean you are stuck there unable to leave; no. Rather, it is a projection of your own state, then presented for you to recognize yourself, knowing where you are and what you need. Like a mirror, when you see the reflection in it, do you think it will change? Possible? When you wipe off the mud on your face as seen in the mirror, would you still feel there's mud inside the mirror as well? If you consider that even after wiping the mud from your real face, there is mud remaining inside the mirror, then you are taking the illusion at face value. Simply put; treating the illusory reflection in the mirror as if it were real.

问: 我的内在⽼是有⼀个声⾳就是我不想依赖外在的任何⽼师或者任何⼒量,我想把这个⼒量全部收回到我⾃⼰⾝上.这个要怎么去收?

Question: There's always a voice inside me that doesn't want to rely on any external teachers or forces; I want to bring all this power back into myself. How do I go about doing this?

JO: 我们的信息⼀直在告诉你们是来⾃于你们⾃⼰.哪怕你们感受到的束缚和恐惧,它都来⾃于你们⾃⼰,你们只是需要去认识到和看到你才是那个在物质世界去展现你是谁,展现⽣命,明⽩吗? 你才是那个现在在这个物质世界去展现你是谁,去显现神迹的那个⼈.所以不在你⾝上,在谁⾝上呀? 所以在你那⾥.

JO: The message has always been coming from yourselves. Even the feelings of constraint and fear that you experience, they are coming from within yourself. You just need to realize and see that it's you who is manifesting who you are in this physical world, living your life, get it? It's you who is now manifesting who you are in this physical world, performing miracles. So not on you, but on whom else? So it's within you.

问: 有时候会被头脑拉偏,觉得那⽐我这好.

Question: Sometimes, my mind gets pulled off course and thinks that is better than what I have here.

JO: 就⽐如说你有时候来jojo⽼师这⾥找这些信息,你并没有依赖她,明⽩吗? 你并不是依赖这个⽼师.这个⽼师只是来让你看的更清楚⼀点,也像镜⼦⼀样来让你看的更清楚⼀点你的真实⾝份,你的真实频率,你的真实想法.并没有说我就要依赖这个⽼师,并不是的.就算你们这个⽼师她也要依靠我们的信息.那这是依赖吗? 它只是⼀种交流.但是所有的意识要扩展,它都需要通过交流.所以这不是依赖.依赖是说你⾃⼰不出⼒,就等着.我天天躺床上,⽼天要我死我就死,⽼天要我活我就活.这是依赖.但是你清楚你的⾝份,然后知道你的所有的⼀切都来⾃于你,那你就是⼀个创造者.你怎么会依赖他⼈呢?

JO: Imagine you sometimes come to Master Jojo for this information without relying on her; do you understand? You're not relying on the teacher. The teacher is simply there to help you see more clearly and like a mirror to reflect your true identity, frequency, and thoughts more clearly. It's not that I need to rely on this teacher. That's not it. Even if your teacher has to depend on our information. Is this considered dependency? No, it's just a form of exchange. But for all consciousness to expand, they require such exchanges. So this is not about dependency. Dependency means you're doing nothing and just waiting. I lie in bed every day, ready to die when heaven wants me dead, and willing to live when heaven allows me to live. That's dependency. However, if you know your identity clearly and understand that everything comes from you, then you are a creator. How could you possibly rely on others?

但是知道你⾃⼰是创造者,不代表你要切开和⼀切万有和所有的⼈或者是关系的连接.你没有办法的.你切开它,就好像你⾃⼰是颗种⼦.你说我不要⼟壤,我不要阳光,我不要⽔,我什么都不要,我不要依赖你们.这是本⾝你们就是⼀个整体.就好像你这个⾝体,你说我要把眼珠⼦挖出来,我眼珠⼦不要跟你们在⼀起.你眼珠⼦挖出来它还有功能吗? 明⽩吗?

But knowing you are the creator doesn't mean you have to sever your connection with everything and everyone or all relationships. You can't do that. It's like cutting yourself open, as if you were a seed saying I don't want soil, I don't need sunlight, I don't require water; I don't want anything from you. You are inherently one entity. Just like your body, you say I want to remove my eyes, I don't want them connected with you anymore. Would they still have any function if you removed them? Do you understand this?

问: ⽐⽅说我的右肩膀或者腰不舒服,我知道这个⼀个是因为坐姿……JO: 这个我们想要你不要去关注于它.为什么呢? 它只是你曾经能量⼀个沉积的状态,就是⽐如说你以前有很多什么信念啊、恐惧啊、担忧啊、压⼒感啊各种.它只是以前的⼀个果,⼀个相在那⾥.但是你现在又是⼀个新的⾝份,新的观念.为什么呢?你现在是跟神连接了,明⽩吗?那你是新的⾝份了,你还会去在乎你以前的⾝份怎么样吗?它跟你已经没有关系了.所以在此刻当下你已经是有⼀个新的⾝份.只是逐渐逐渐的这个新的能量它需要投射在这个⾝体上,它需要⼀个过程.就好像你播了⼀个种⼦,对吧?刚才说你还再纠结于上⼀棵树⽊怎么样,那我们现在已经是新的种⼦了.

Question: Pi Fang says my right shoulder or waist is uncomfortable. I know that one of the reasons is due to posture... JO: This we want you not to focus on it. Why? Because it's just a state where energy has been deposited, like previous beliefs, fears, concerns, stress and various other emotions. It's the result of your past self, an aspect present there. But now, you're a new identity, with new perspectives. Why? You're connected to God, understand? Now you are a new identity. Would you still care about how your old self was like? It has no relevance to you anymore. Hence, at this moment, you already have a new identity. This new energy is gradually being projected onto your body, it needs time. Like when you plant a seed, right? You were still preoccupied with the previous tree just now, but we're now planting a new one.

那你是不是要给点时间让它开花结果,对吧?所以就不要再把以前的果树拿出来再研究了.因为我们现在是重新播的种⼦,是⼀个新的⽣命.有⼀句话叫⽴地成佛,对不对? 那就是在当下.

Then you're going to give it some time for it to bloom and bear fruit, right? So there's no need to revisit the old orchards again. Because now we're starting anew, with fresh seeds and a new life. There's a saying that 'one can achieve enlightenment in this very moment', isn't that true? That means being present.

问: 那我是不是可以这么理解,⽐⽅说它不舒服,那我不关注它……JO: 它是你以前的相.你以前的相要慢慢消失掉,你要给它⼀点时间,对吧? 那就像⼀个冰块.它要融化,你是不是在慢慢慢慢升温的时候,它慢慢慢慢就融化了,对吧? 需要⼀个过程.那现在你的激情就像是在升温⼀样.那当你激情越来越多,越来越做你激情的事情.那慢慢慢慢冰块就融化了呀,它就不存在了.所以说去把你的,⽐如说我们今天带出来的信息让你知道,哇,我终于找到我的灵魂主题了.原来我是⼀个指引者,我要不断地去学这些信息,不断地去进⼊这种探索⽣命的真相.那你的所有注意⼒都在哪⾥? 都在这上⾯呀.其它的慢慢慢慢就会…… 因为你的关注会产⽣频率嘛.

Q: Does this mean that if it's uncomfortable for me, I should just not pay attention to it... JO: It is your past self. Your old self needs time to fade away; you should give it some time, right? Like an ice cube melting; when the temperature slowly increases over time, does the ice cube gradually melt as well? There's a process involved. Now, your passion feels like it's increasing. As you engage in more activities aligned with that passion, slowly but surely, the ice block melts, and it disappears. This means focusing on bringing awareness to your experiences today, such as discovering your soul theme - realizing that I'm a guide who constantly seeks knowledge about life's mysteries through exploration. Your full attention is on this aspect; other things will naturally take their course because of your focus creating its own frequency.

那你的频率振动变化了,你⾝体的相它不得不变化.它没有办法不变化.这就是为什么很多⼈查出来有癌症过后,他们就放开的去让⾃⼰欢乐,癌症全部消失了.

That means your frequency vibrational changes, and the phase of your body has to change. It cannot help but change. That's why many people who are diagnosed with cancer let themselves be joyful after that, and their cancer disappears completely.

问: 我怎样更好的去帮助他⼈或者是传播这个智慧?

Q: How can I better assist others or spread this wisdom?

JO: ⾸先没有⼀个更好的.然后这是你⾃⼰开花结果它需要⼀个过程,对不对? 所以说在⽣命的每⼀步,当你越来越爱⾃⼰,越来越允许、原谅⾃⼰、越来越在你⾃⼰内在把你⾃⼰所有的冲突给它化解了,你就在做更好的帮助.因为你想象⼀下,如果你越在是有⼀个冲突的相,就是你内在有冲突,你内在有分裂,就⿊⽩分明就这种对⽴⾯的话.你从⾏动上是帮不了别⼈的.因为你在去做的时候,你就会把你的对⽴、冲突投射在那个⼈⾝上,明⽩吗?就⽐如说你会觉得⼈不能没有⽤,我要做的更好.当你看到⼀个不是那么好的⼈,你⼼⾥就觉得你要做的更好.那你说你要怎么帮他? 他的灵魂主题如果本⾝就是这⼀辈⼦来体验⼀个废⼈呢? 你怎么让他做的更好?

JO: Firstly, there is no better option. Then, this is your own flowering and fruit-bearing process, it requires a process, right? So in every step of life, when you love yourself more and allow, forgive yourself, and resolve all your conflicts within yourself, you are doing better assistance. Because imagine if you have a conflicted state inside, with conflict and division, like black and white opposing sides. You can't help others from action. When you act, you project your conflict onto that person, understand? For example, you might think one cannot be useless, I need to do better. When you see someone not so good, you feel you need to do better. How are you supposed to help them? If their soul's theme is to experience being an idle person in this lifetime, how can you make them do better?

他为什么要来体验⼀个废⼈呢? 因为他要让你们其他觉得很有⽤的⼈来有⽤啊.就不说你嫁给了⼀个废物男⼈,你没有办法依靠他.所以你不断不断地就把

"Why would he want to experience being a useless person?" It's because he wants the useful people like you and others to be useful. Not mentioning that you married a good-for-nothing man, leaving you unable to rely on him. So, you keep...

⼒量拿到⾃⼰⼿上,你就变得越来越强⼤了.但是在灵魂层⾯你怎么知道他不是专门来显化成⼀个废⼈来⽀持你的强⼤的呀? 那他是废⼈吗? 所以说当你在头脑⾥⾯什么是更好的时候,其实你就在制造⼀个对⽴⾯.有⼀个更好的,那就会有⼀个更不好的.那既然有⼀个不好的,那你内在是有对⽴的有冲突的.那你内在有冲突的,你去帮⼈家你怎么帮? 所以说等你⾃⼰不断不断地去把⾃⼰内在的所有冲突都化解掉,真的就是⼀个爱的状态.那⽆论你做与不做,你存在你就已经在进化这个世界,在帮助这个世界了.所以说⾏动上的⼀个帮助是⾮常⼩的.为什么呢? 有时候⼈们只需要你的⼀个微笑和对他没有评判的⼀个眼神.然后他⾃⼰内在就会发⽣变化.为什么呢?

Power in your own hands makes you stronger, but how do you know on a soul level that he isn't manifesting as a cripple to support your strength? Is he a cripple then? So when deciding what is better in the mind, you're actually creating opposites. There's a better one, so there must be a worse one. If there is a bad one, then there is inner conflict within you. With conflicting inner self, how can you help others? Therefore, only by continuously resolving all conflicts within yourself and truly reaching a state of love does it become possible. Whether you act or not, simply existing serves to evolve and assist the world. Thus, physical assistance is minimal. Why is that so? Sometimes all one needs is your smile without judgment and a glance that acknowledges them for who they are, allowing their inner self to change.

因为他通过你见到了神,见到了他⾃⼰真实的模样.因为你是⼀个没有任何灰尘,没有任何污染的镜⼦.你可以让他完完全全的在你⾯前看到他真实的⾝份.然后他看到了过后,他就记住了那个才是我.然后他以后知道了⾃⼰的真实⾝份,所有的那些恶习,所有的那些不属于他的能量全部都消失了.那你说你做什么了吗?你没有去苦⼜婆⼼的去劝⼈家呀.所以是不是你⾃⼰内在的功课?你们不需要任何知识分⼦,但是你们地球上却很需要只是爱的状态的存有.

Because he saw God through you, and saw his true self. Because you are a completely spotless mirror without any dirt or pollution. You allowed him to see his true identity in its entirety right before your eyes. Then, after seeing it, he remembered that was the real me. And when he knew his own true identity later on, all of his bad habits and energy that did not belong to him disappeared. So what have you done? You didn't try to tirelessly convince others. Perhaps this is part of your inner work? On Earth, people need a state of pure love more than knowledge.

问: 我怎样⼀直处在⼀个存在的状态或者是爱的频率⾥⾯?

Question: How do I stay in a state of existence or at an emotional frequency?

JO: 那你要记住就算你⽬前脱离那个状态,你其实你也在这个状态.因为你会感受的到.但是你脱离状态的那个体验对你来说却是有意义的.来帮助你更加能体验众⽣.那你是不是就变得更加有慈悲⼼了? 你觉得原来众⽣这么苦啊? 众⽣原来是这种状态呀? 那你是不是就变得更有慈悲⼼、包容⼼,对吧? 那如果你连他们在哪⾥你都不能体验到他们的苦的话,就好像⼀个饿肚⼦的⼈,但是你从来没饿过,你不知道他们饿的那种⼼慌的感觉呀.你不知道他们那种饥不择⾷的感觉呀.那你就没有慈悲⼼.所以说这些体验都是来让你达到,让你拥有更多的慈悲⼼.因为如果你看着⼀个⼈偷了⼀个包⼦,你可能会评判他,你这个⼩偷.

JO: You have to remember that even though you may currently be out of that state, you are still in it because you can feel it internally. However, the experience of getting out of that state is meaningful for you as it helps you to better understand and relate to all beings. Does this not make you more compassionate? Don't you realize how miserable life is for others? How they exist in such a state? This makes you more compassionate and accepting, right? But if you can't even feel their suffering when you're trying to connect with them, it's like a hungry person who has never experienced hunger; they don't know the feeling of being anxious from hunger or how desperate one feels when they have no choice but to eat whatever is available. Without this understanding, there would be no compassion. Therefore, these experiences are designed to cultivate more compassion within you because if you see someone stealing a bun and judge them as a thief, you might do so too.

那如果你⾃⼰体验过饿到眼⾥只有⾷物,什么都不顾了,你就是想吃.你就会去原谅他偷的这个⾏为.你也不会觉得他是个⼩偷,明⽩吗?因为你知道我曾经也有过偷的念头.那也是我,那个偷的⼈也是我.所以你们在物质世界的各种体验都是来扩展你,让你更加是⼀个爱的状态,更加拥有慈悲⼼对众⽣,对⼀切.

If you yourself have experienced being so hungry that food is all you can see and care about, you would understand the urge to eat. You would then forgive his act of theft. You wouldn't view him as a thief because you know I too had thoughts of stealing in the past. It was me, that person who stole was also me. Therefore, your various experiences in the material world are intended to broaden you, making you more loving and nurturing towards all beings and everything.

问: 我的⾼我还有什么想对我说?

Q: What does my Higher Self want to tell me?

JO: 它说你现在已经在道上了,所以你只需要去跟随你内在的指引,然后跟随我们的信息,然后你将会成为那个你.就是你真实⾝份想做的事情,你想成为的那个你.就是那个像指引者⼀样.你就好像找到⾃⼰真实存在的价值、意义和使命感.

JO: It says you are already on the path, so all you need to do is follow your inner guidance and our message, then you will become who you truly are - what your true self wants to do, who you want to be. Someone like a guide where you find your own intrinsic value, meaning, and purpose of existence.

#### 2023/11/30 — 线上集体通灵问答与连接特斯拉 Online Collective Spirit Channeling and Connection with Tesla

JO: 你们可以提问了.

QM: You can ask questions now.

问: 有没有可以改变⼈类意识的⼯具和⽅法?

Question: Are there tools and methods that can alter human consciousness?

JO: 你们现在在做的就是让我们和你们的交流,然后就在转变你们的意识.那你⾃⼰就知道在通过我们和你们建⽴的这个交流,你的意识发⽣了转变.你⾃⼰就是⼀个体验者,你⾃⼰就是⼀个经验者,你⾃⼰就是那个果.那这个⼥孩⼦她也是那个果.你们⾃⼰都亲⾃的去体验到那个变化.

JO: What you're doing now is allowing us to communicate with you and transforming your consciousness through that. You yourself will know that your consciousness has changed as a result of this communication established between us. You are the experiencer, you are the experimenter, you are the fruit. That girl is also the fruit. You all personally experience the change.

问: 为什么有的⼈要不断地重复悲伤的经历?

Q: Why do some people keep reliving sad experiences?

JO: 那就是他的意识在没有被转变之前了.没有转变之前,他的⼀个旧有的模式,旧有的⼀个状态.因为⾸先他⾃⼰,就⽐如说他是⼀台机器,他对这台机器不了解.那他这个机器他存活在这个物质世界,他对这个世界也不了解.所以他就会在⽆意识的⼀个状态去做着⼀些他不能去控制的⼀些事情,就是失去控制.就好像这台车你不知道刹车在哪⾥.那你没有办法让他停下来呀.那如果通过你去学习,通过你不断地去踩刹车,尝试.那你是不是就知道怎么样去stop,对吧? 那你们⼈这台机器也是⼀样的呀.你知道念头跟你之间的关系吗? 你不知道,你觉得你头脑⾥⾯的那些东西或者你看到的那些东西它是真实的.所以它对你造成了影响.

That was his awareness before it underwent transformation. Before the transformation, he was operating under an old pattern, an outdated state. You see, he is like a machine that he doesn't understand. He exists in this material world as part of this machine but he lacks understanding of the world around him. Consequently, his actions are often out of control due to subconscious impulses. It's like driving a car without knowing where the brake pedal is; you can't stop it. If you learn how to drive and practice applying the brakes, then you'll eventually know how to stop it. Right? Similarly, humans operate as machines whose inner workings they don't fully comprehend. Do you understand the relationship between your thoughts and this machine? You might not realize that what you think or see can be influenced by these internal processes.

你在害怕它,你在恐惧它.所以通过你不断地去扩展提升你的意识,那你就会越来越明⽩你的这个系统是如何运作的.那你是不是就好像开挂⼀样,我知道这台机器哪⾥是开,哪⾥是关.我是不是就可以很好地去操控它了?! 所以通过学习,再通过你们说的好像是实习,再通过你们⾃⼰的⼀些体验,你们就能……问: 虽然我们以前说过不要提我们以前带出来的信息.上次我关于相做提问的时候,我在整理⽂字的时候踩发现JO告诉我我有⼀个执念.我能知道这个执念是什么吗?

You're afraid of it and you're scared of it. So by constantly expanding and elevating your consciousness, you will gain a deeper understanding of how your system operates. Wouldn't you then feel like you have an advantage, knowing exactly where the machine is on or off? Could I effectively control it that way? Therefore, through learning, and what you've mentioned as internships, along with your own experiences, we can...

Question: Even though we previously advised against discussing our past imparted information. When I asked about manifestation last time, while整理ing the text I realized JO told me there's a fixation within me. Can I identify what this fixation is?

JO: 你那是什么时候的你呢? 那个你早已经死掉了呀.你还要把它找回来.问: 请问我的JO和指导灵还有什么信息带给我吗?

JO: Which you are you talking about? That one is long gone, and you're trying to retrieve it. Question: Could you please tell me if JO and my guiding spirit have any messages for me?

JO: 你稍等.⼀切都在正确的速度和正确的⽅向.你越是能够不去让你的头脑去计划或者是担忧明天、后天、将来.你越是能把你的根深深的扎根.你越是深深的扎根,你越能感受到那种稳定,就是那种连接感.然后你就越受到滋养.那你越受到滋养,你就越不会被外界,被物质世界这个相所影响.

JO: Wait a moment. Everything is proceeding at the right pace and in the right direction. The more you are able to avoid planning or worrying about tomorrow, the day after, or the future, the deeper you will plant your roots. The deeper you plant your roots, the stronger you can feel that stability, that sense of connection. And then you receive nourishment. The more you are nourished, the less you are affected by the external world, by the material world and its phenomena.

连接特斯拉问: 能不能请你帮我们连接⼀下特斯拉? JO: 好的

"Linking Tesla: Can you help us connect with Tesla?" - "Sure."

特斯拉: ⾸先我很⾼兴这个⼥孩⼦跟我建⽴这个连接.然后让我有机会可以跟你们⼀起分享.这是我最乐意的事情,就是和你们分享.通过分享,想要帮助你们去发现你们⾃⼰真实存在的价值和意义,还有你们真实的⾝份.然后我们可以开始这次的交流.

Tesla: I am delighted that this girl has connected with me, allowing me the opportunity to share with you all. This is what I most enjoy - sharing with you. Through sharing, I aim to assist you in discovering your true value and purpose, as well as your authentic selves. And then we can begin this exchange.

问: 你觉得⾃⼰是个天才吗?

Question: Do you think of yourself as a genius?

特斯拉: 我觉得我只是把我的这台机器,就是我的这台机器运作的很好.然后当你可以把你的⾝体,你的这台机器可以运作的很好,那你就跟我⼀样.所以我只是好像是⼀个⽐较熟练的机械师⼀样.因为我明⽩我去探索,我去学习每⼀个键它可以控制的⼀些东西.那你们只是没有花时间去学习.如果你们花相应的时间去学习你这台机器是如何运作的,那你也会成为像我⼀样你们所谓的天才.

Tesla: I just feel that what I'm doing with my machine, the thing running my machine quite well. And if you can run your body, your own machine very well, then you're as good as me. So I'm like some kind of expert mechanic because I know how to explore and learn what each key controls, something about it. You just haven't spent time learning. If you put in the time to understand how your machine works, then you would also be able to do what I do, considered a genius by many.

问: 您当年作为特斯拉这个⼈格的时候,您的灵魂主题是什么呢?

Question: When you were embodying the Tesla personality, what was the theme of your soul?

特斯拉: 作为那⼀⽣我的灵魂主题更多的是通过物质世界的相来呈现出能量在这个物质世界可以如何变幻、如何变化.这么说吧,就好像我有很多颜料.通过这个颜料我可以去创作⽆数⽆数的作品.然后那些作品就是我想要去呈现出来的.因为通过这些作品,你们⼈类还有当时的我,可以去遇见造物主,可以遇见神,可以遇见宇宙.

Tesla: As the main theme of my soul's life, it is more about manifesting energy in how it can transform and change within this material world through physical forms. To put it simply, it's like I have a vast array of pigments at my disposal. Through these pigments, I can create an infinite number of works of art. And those works are what I wish to present to you. Because through these creations, humans and the me of that time can encounter the Creator, meet God, and understand the universe.

问: 为什么当年您没有结婚呢?

Question: Why didn't you get married back then?

特斯拉: 我有结婚,我只是和我⾃⼰结婚.因为我把我的激情和我的所有时间、精⼒、专注⼒、关注在我这台机器的本⾝.所以为什么我说我只是⼀个很资深的机械师,因为我花很多时间来研究、专注于这台机器上.所以很多你们忽略的机器的功能,会被我发现.你们谈恋爱、结婚、产⽣关系,那你们就把时间花费在对⽅那台机器上,明⽩吗? 那我只是把时间专注于⾃⼰的这台机器上.

Tesla: I am married, but I have just married myself. Because I put my passion, all my time, energy, focus, and attention into this machine itself. That's why when I say I'm just an old mechanic, because I spend a lot of time studying and focusing on this machine. So many features of the machines that you ignore would be discovered by me. You are dating, getting married, forming relationships, putting your time into each other's machines, right? But I just put my time solely into my own machine.

问: 您是如何看待⼈类的爱情的?

Question: How do you perceive human love?

特斯拉: ⾸先⼈类的爱情它会像是⼀种头脑⾥⾯产⽣的⼀些化学反应.它会让你受到⼀种猛烈的刺激,就会让你产⽣⼀些强烈的情绪和感受.这是属于你们⾃⼰…… 那那些强烈的感受它又跟你个⼈有关.所以对我来说,这只是你们⾃⼰在跟你们⾃⼰玩的⼀个游戏.然后我按⼀下这个键,我就⼼花怒放.我按⼀下那个键,我就悲伤.因为你们在不断地去touch不断地去触碰到你的键的时候,你的⾝体就会有各种的反应.它会消耗你很多能量.你想象⼀下,当你很猛烈的情绪的时候.就像你开⼀台车,当你油门踩下去的时候,你消耗的油就会变多,对不对?那它就会把你⾃⾝的能量消耗很多.那同样的,它也会给你增加能量,你就像是⼤⾜了了⽓⼀样.

Tesla: First is human love; it's like a chemical reaction in your mind. It gives you a strong stimulation, causing intense emotions and sensations that are yours alone… Those strong feelings are personal to you. So for me, this is just a game you're playing with yourselves. When I press this button, I'm elated. When I press that one, I'm sad. Because as you constantly touch and interact with your buttons, your body reacts accordingly. It consumes a lot of energy from you. Imagine it like driving a car; when you step on the accelerator, you use more fuel, right? Similarly, it drains your energy significantly. Yet, it also boosts your energy, making you feel energized as if you had taken a breath of fresh air.

那在这种失衡的状态,就是⼤量的消耗和⼤量的给与的⼀个状态,它就会让你处于在⼀个像是失衡的状态⼀样.就是不是⼀个平常平稳的运⾏.它就像是⼀台机器在⼀个猛烈的撞击的状态当中.但是它既有可以正⾯服务于你们,但是也可以对你们带来很⼤的影响.全看每⼀个⼈他⾃⼰如何去利⽤这个能量带来的影响.但是我把我的能量专注于研究我⾃⾝的这台机器上,因为我对它充满了兴趣.我对它的每⼀个button每⼀个键连接着什么?连接着宇宙.我对这⼀切充满了兴趣.因为对我来说,⼀⽣的时间根本不⾜够.不⾜够,就是你再给我很多很多时间,它都不⾜够让我对这台机器,就好像这台机器连接着宇宙,然后⾥⾯的探索是⽆限的.

In this state of imbalance, where there is excessive consumption and giving, it places you in a condition akin to being off-balance. It disrupts your regular smooth operation, like a machine undergoing intense impacts. This energy can serve you positively or negatively depending on how each individual chooses to utilize its influence. Yet, I concentrate my energy on researching my own machine because of my fascination with it. Every button and connection on this device is linked to the universe; everything about it piques my interest. The time I have in life is insufficient; no matter how much more time was given to me, it would still not be enough for me to explore the infinite possibilities that lie within this machine, which seems to connect directly to the vastness of the universe.

所以它都不⾜够可以满⾜我让我⾃⼰去探索带来的那种兴奋,带来的那种乐趣.所以我不会花时间去把这些宝贵的时间去浪费在其他⼈的⾝上.

So they're not enough to satisfy the thrill and joy I get from exploring on my own, so I won't spend time wasting those precious moments on others.

问: 您是如何看待当年您⾃⼰的那⼀⽣的?

Question: How did you perceive your entire life back then?

特斯拉: 就像我刚才说的,你再给我⼏⽣,我都觉得时间不够,就没有玩够.所以我还是没有玩够.

Tesla: Just like I said before, even if you gave me a few more lives, I would still feel that time is not enough and I haven't had enough fun. So, in short, I haven't had enough fun yet.

问: 您当年是如何通灵的?

Q: How did you connect with your spirit guides back then?

特斯拉: 应该说我这台机器,刚才说它连接着宇宙.所以它基本上都是在⼀个在线的状态,基本上都是⼀个连接的状态.所以说如何通灵? 基本上都在通灵的状态.

Tesla: I should say about this machine that I'm talking about, it was just mentioned that it is connected to the universe. So basically, it's always online, and basically always in a connected state. Thus, how does one channel? Basically, they are always in a channeling state.

问: 您当年是如何运⽤这些能量的呢?

Question: How did you utilize these energies back then?

特斯拉: 当你发现这台机器它连接着⽆限,就好像你通过这个⼊⼜你可以去体验,去看到,去感受,去听到,去摸到,去触碰到,就是难以剂量,⽆限的⼀个energy的时候,你就不断地想要去分享出来.就⽐如说这个⼥孩⼦她能连接到这些能量,她就不断地想要去跟你们分享.她⾃⼰也充满了,就像我的激情,就是玩不够,不断地想要去把这些东西带出来.然后⽤她⾃⼰存在的⽅式让更多⼈的连接到神,连接到造物主.然后让你们知道你们⽣命的⽆限.我如何去运⽤这些能量?应该说我⽆时⽆刻不在去运⽤这些能量.为什么呢?

Tesla: When you discover this machine it's connected to infinity, as if through this portal you can experience, see, feel, hear, touch, reach into, that infinite energy, you constantly want to share it out. Like the girl who can connect to these energies and wants to keep sharing with you. She is full of passion, like my own, wanting never to be satisfied and constantly bring these things out. Then using her existence as a way for more people to connect to God, to the Creator, letting you know your life's infinity. How do I use this energy? Should say I'm constantly utilizing this energy. Why though?

有的时候它只是对我⾃⼰内在产⽣的⼀种冲击,产⽣的⼀种兴奋,产⽣的⼀种,就是你想象⼀下,你不断在拆开礼物,⾥⾯都是不断地惊喜.你不知道你会遇到什么,但是全是惊喜,全是你感兴趣的,全是你想要的.那种感觉.所以⼀直在这样⼦的⼀个状态,在拆礼物的⼀个状态.我让它,让我有了⼀个很饱满的⼀个体验,就是⼈⽣的体验.因为我不断地感受到宇宙源源不断地喜悦、⼀个能量.就好像潮⽔般的,就好像海浪不断地撞击你的脚,不断地撞击,不断地撞击你,给你带来的那种兴奋感.有⼀点像你们⼈类在做爱的时候,你不断地去撞击的那种感觉.

Sometimes it's just an impact that comes from within me, a stimulation of excitement, the creation of excitement as you imagine unwrapping gifts over and over again, each time with new surprises. You never know what you'll encounter, but there are only positives, things that align with your interests, things you desire deeply. That sensation. So I've been in this constant state, the state of unwrapping gifts. It provided me with a rich experience of life, a full experience because I'm constantly feeling the continuous joy and energy from the universe. Like waves crashing against your feet, continuously pounding away at you, bringing that sense of excitement. A bit like when humans engage in sex, that constant collision sensation.

问: 在您看到宇宙的秘密是什么?

Question: What do you think is the secret of the universe?

特斯拉: 宇宙的秘密就是,所有⼀切有⽣命的,所有的⼀切都是源⾃于能量.⼀切都是能量在不同的频率下产⽣的⼀个果.你们⼈与⼈之间的差别,也是来⾃于你们能量的不同,导致这个⼈在这个物质世界是受限还是⽆限的去表达⾃⼰,也来⾃于能量级别的不同.所以所有的东西都是源⾃于能量.那转变你的能量,就好像你在调控它.这个能量⼤、⼩、⼤、⼩.就是当你们在不断地…… 就是有时候你们会觉得很吃⼒,很痛苦或者是很疲倦,就没有⼒⽓没有精神,⽣病的⼀个状态.那就是你的能量很低了,它很⼩.就是你的能量调到很⼩,你就会有⼀种⼒不从⼼的感觉.那当你的能量不断不断地增长,不断不断地增⼤.

Tesla: The secret of the universe is that everything alive, everything, comes from energy. Everything is a product of energy at different frequencies. The differences among humans are also due to their varying energies, which determine whether someone can express themselves freely or is limited in this physical world, as well as because of differences in energy levels. So, everything originates from energy. Transforming your energy is like controlling it; the energy grows big, small, then big again. That means when you constantly... sometimes you feel tired, painful, or drained without energy, lacking vitality and in a sick state. Your energy is low, it's small. When your energy level is consistently increased, getting bigger continuously.

你就会变得好像活过来了,充满了⼒⽓,充满了精⼒.你就会想要去释放这个能量.这就是你们可以从观察你们⾃⼰⼈类的年龄,像⼩孩⼦或者像年轻⼈,他的能量不断,内在的能量像是要爆棚的感觉.他们的情绪波动就特别⼤.有的就体现在,他们想要打⽃,对吧? 那有的会变成性能量,就不断地想要去跟⼥孩⼦交往,因为他需要去释放,他需要去发泄.那当你们年龄越来越⼤,就是能量越来越低,就是⽼年⼈的时候,那你活动就变少了.然后你就会越来越疲倦,能量就变得低,你的⾝体就会出现很多活动不便或者是疾病.所以它都是能量在你的体内体现的⽅式⽅法,但是你们却可以很好的去操控这个能量.这是你们不知道的.

You would come alive as though you were reborn, filled with strength and vitality. You would yearn to release this energy. This is what you can derive from observing the age of your human selves, like children or young people, whose energy never wanes; their inner energy feels as if it's about to overflow. Their emotional fluctuations are particularly intense. Some manifest in a desire for combat, right? Others might turn into sexual energy, constantly seeking relationships with girls because they need to release and vent this energy. As you grow older, your energy decreases, turning you into seniors who engage in fewer activities. Consequently, you become increasingly tired, with low energy levels leading to many physical limitations or health issues. This is how energy manifests within you, but you can effectively control it. That's something you don't know.

你们是允许这个能量它⾃⼰,ok,强的时候强,弱的时候弱.没有办法去调它.就好像能量有⼀个开关,但是你们却没有⼈可以去调控它,让它可以保持在⼀个频率.让你既不会太过,也不会太少的这种状态.

You are allowed to let this energy operate on itself, okay? When it's strong, it's strong, and when it's weak, it's weak. There is no way to adjust it. Imagine the energy has a switch, but you have no one to control it and keep it at a certain frequency - neither too much nor too little.

问: 那在您看来调控能量或者是调频最好的⽅法或者是技术是什么呢?

Question: In your opinion, what is the best method or technology for regulating energy or tuning frequencies?

特斯拉: 这个⼥孩⼦⼀直在跟你们分享的就是关于这些.所以通过她会给你们创造的、带来的,你们就可以获得这些你们想要了解的.这是她在做的.

Tesla: This girl has been sharing with you about these. So through what she creates and brings for you, you will be able to understand the things you want to know. This is what she does.

问: 您如何看待当年您对⼈类做出的贡献呢?

Q: What do you think of your contributions to humanity at that time?

特斯拉: 对我来说我没有给⼈类做出贡献,我是感谢⼈类给了我这个平台让我来展现.因为我只是想要不断地不断地去创造,不断地玩耍,不断地去体验.

Tesla: I didn't contribute to humanity for me; I'm thanking humanity for giving me this stage to show off. Because I just want to keep creating, playing, and experiencing nonstop.

问: 那作为回归到灵界的您,您如何看待⽬前⼈类社会科技的发展?

Q: As someone returning to the spiritual realm, what do you think about the current development of technology in human society?

特斯拉:从我⾃⼰连接到的,你们很少从这些当中,就是物质的⼀个发展去获得真正的精神、⼼灵能量的提升.所以⽬前我们连接到你们就好像是有⼀种在精神领域、⼼灵领域……就是好像物质达到了⼀个⾼点,⼈们的注意⼒都转向了物质.在这样⼦的⼀个状态.但是我却连接到你们现在在做的,这个⼥孩⼦的激情她在探索的东西会把你引领到另外⼀边.因为会有越来越多的⼈,他们会体验到像我刚才所说的那种感觉.他们会领悟到灵界、精神层⾯、⼼灵层⾯那种不断不断被撞击的感觉,就是连接到造物主的那种……所以说⽬前的⼀个状态是所有⼈被吸引到死的东西.但是逐渐逐渐它会转向⼀个活的,就是这样⼦,就是精神、⼼灵层⾯.

Tesla: From the connection I'm able to access, you don't often gain real spiritual elevation from these aspects of material development. So currently, connecting with you is like being in a realm where attention is focused on material things instead of gaining spiritual or mental energy boosts. We're in a state where focus shifts to matter reaching a peak and people's attention turns there. But I connect to what you're doing now, the girl's passion exploring something that will guide you to another side. Because more individuals will experience feelings similar to what I just described; they'll realize the constant impact of spirit, mental dimensions, being connected to the Creator, moving from all being attracted to deathly aspects towards a living state. This shift is happening gradually on spiritual and mental levels.

因为那些被吸引到死的那边的⼈,他们会发现:这个东西这么臭,就好恶⼼.就会觉得这个不是出路或者这个不是我真正想要的,它跟我⼼⾥不相符合.因为你们是有⽣命的.死的东西没有办法去展现(⽣命),就是它就好像是断开的⼀样.所以它会在转向这个⽅向.

Because those who are attracted towards death would find that it is so unpleasant, causing nausea. This would lead them to conclude that this is not a viable path or that it does not align with what they truly desire, as it does not resonate with their inner self. You see, you possess life. Dead things cannot manifest life; they are like disconnected entities. Thus, they would naturally gravitate towards the opposite direction.

问: 您说的那句⼀切都是光,这句话是什么意思?

The phrase "all is light" means what?

特斯拉: ⼀切都是光.光就是能量.然后所有的这⼀切都是源⾃于能量,都是源⾃于光.所以你们体验到的⼀切都是光.就算你们体验到的不是光,它还是光,明⽩吗? 因为光它需要,就好像光是⽩⾊,那它需要⿊⾊来呈现出⽩⾊的特质.这么说吧,⼀个有爱的⼈,需要⼀个离开爱的⼈去呈现出原来这个是有爱.所以⼀切也包括⿊暗,那也包括…… ⽐如说⼀切都是爱,那那些没有爱的⼈也是爱,为了彰显爱.因为离开那个彰显,你没有办法看到.就好像天上的星星,⿊暗才可以让⼤家看到星星,看到光.所以说当你们看到很多恶的事件,那你们就知道神,你们就知道爱,你们就知道合⼀.它也是为了把你们带向光.你离开光也是为了回到光.所以它像是⼀个画板.

Tesla: It's all light. Light is energy. And then everything of this comes from energy, which originates in light. So everything you experience is light. Even if what you're experiencing isn't light, it still is light, understand? Because light needs contrast, just as white requires black to express its whiteness. Let me explain, a loving person needs someone who doesn't love to show that there was love originally. So darkness also includes... For instance, if everything is love, then those without love are also love, for the display of love. Because without this display, you cannot see it. Just like the stars in the sky; darkness allows everyone to see the stars, to see light. Therefore, when you see many wicked events, you understand God, you understand love, you understand unity. It's all to guide you towards light. Leaving the light is also for returning to it. So it's like a canvas.

就⽐如说你需要⼀个画布去呈现这些,不然你没有办法去呈现.

Just like you need a canvas to display these, otherwise you have no way of presenting them.

问: ⼈类⽣命中的邪恶和痛苦来⾃于什么?

Question: Where do the evil and suffering in human life come from?

特斯拉: 你们⽣命中的邪恶和痛苦也是能量,但是它却好像是曲解或者是…… 那你们有分正能量和负能量,对吧? 那就是所谓的负能量.然后这些也是来⾃于能量的影响.那你们也会有很多负能量,也会受负能量的影响,对吧? 那正能量也能影响你们.就是如果有⼀个⼈很有正能量,很有爱.那他也会让其他⼈,就是点亮别⼈,让他们也是很有爱的⼀个状态.所以⼈类⽣命中的邪恶和痛苦来⾃于就好像是能量对能量的影响,就好像是传染.就⽐如说⼀个⼈产⽣了痛苦,可能就会传染给另外⼀个⼈痛苦.⽐如说你⾝边有⼀个⾮常痛苦的⼈,你也会感受到这种痛苦,对吧? 如果这个痛苦来到你这⾥,你没有去做什么,你可能又会把这个痛苦带给另外的⼈了.

Tesla: The evil and suffering in your lives are also energy, but it seems to be misinterpretation or... you have positive and negative energies, right? That's what is referred to as negative energy. And these are also affected by the impact of energy. You will have a lot of negative energy too, and you will be influenced by negativity, won't you? Positive energy can also affect you. If someone has a lot of positivity, love, he will light up others, making them feel loved too. So the evil and suffering in human life come from like an impact of energy on energy, like a contagion. For example, if one person experiences pain, they might pass that pain onto another person. If you have someone very painful around you, you would also experience this pain, right? If the pain comes to you and you do nothing about it, you might then pass that pain onto others too.

那另外的⼈如果又没做什么,他又带给另外的⼈了.所以说当你们看到别⼈痛苦的时候,⼀定不要让他传染给你.因为你痛苦,你只会传染给更多的⼈,让更多的⼈痛苦.它并不能帮助那个痛苦的⼈.所以在你这⾥,你见到对⽅的痛苦,让你⾃⼰在爱的状态.就好像你知道痛苦是个传染病,对吧? 但是你可以去杜绝,我不要传染上它.那如果你允许这个痛苦传染给你,你进⼊痛苦的状态,那你会传染给你的孩⼦,给你的⽼公,给你的同事,给你的下属,给你的任何跟你产⽣连接的⼈,明⽩吗? 所以在你这⾥去断开它.

The situation here is that if one person goes through something and doesn't do anything about it, they can bring it to others. Thus, when you see someone else suffering, don't let them infect you with their pain because if you suffer, you will only pass it on to more people, causing them unnecessary pain as well. This won't help the person who is already suffering. So, when faced with another's suffering, maintain your state of love in this situation. It's like recognizing that pain can be contagious; you can choose not to catch it. But if you allow pain to affect you and enter into a state of suffering yourself, you will then pass on that pain to others such as your children, spouse, colleagues, subordinates, or anyone else who interacts with you. Understandably, you should take steps here to break the cycle of transmission by not being influenced by their suffering.

问: 您有什么信息是带给这个通灵的⼥孩⼦的吗?

Question: Do you have any messages for the spirit child?

特斯拉: 你稍等.⾸先我想说她跟我⾮常的类似,都是对宇宙充满了激情和兴奋和好奇和不断地去探索.⽽且她也体验到和感受到宇宙的这种源源不断、取之不尽⽤之不🗎的能量.这就是为什么她也想让更多的⼈去看到和接触到,因为她内在也是感受到这种源源不断地能量给她带来的冲击⼒.所以她也像是在这种很喜悦很嗨的能量状态.这就是为什么她会不断不断地想要去连接去分享,想要让更多的⼈去体验到这种.所以她在教你们⽤精神⼒量,她⽤她⾃⼰存在的⽅式来去教会你们⼈类去运⽤,然后去体验这种精神⼒量.因为物质世界所有⼀切的来源就是这⾥.所以通过她,你们能感受到你们⾃⼰的强⼤.任何真正的敞开和她发⽣连接的⼈,都会感受到⾃⼰⽣命的强⼤.

Tesla: Please hold on for a moment. First of all, I want to say that she is very much like me, filled with passion, excitement, and curiosity about the universe and constantly seeking to explore it. And she has also experienced and felt the endless, inexhaustible energy of the universe. This is why she wants more people to see and access it, because she herself feels the impact of this endless energy inside her. So she's in a state of great joy and excitement. That's why she constantly wants to connect and share, wanting more people to experience it. She teaches you to use your spiritual power, using her own existence as a way to teach humans how to utilize and experience this spiritual power. Because everything that comes from the physical world stems from here. Through her, you can feel your own strength. Anybody who truly opens up and connects with her will feel the strength of their life.

然后我们灵界很期待和欣赏和共同的去参与她的这次创造、创作.

Then we, in the spirit realm, look forward to and appreciate participating with her in this creation.

问: 如果您能感知到我的能量的话,有没有什么信息是我当下需要知道的呢?特斯拉: 你跟随你⾃⼰的激情,然后去共同的谱乐去共同的创造.

Question: If you can perceive my energy, is there any information I need to know right now?

Tesla: Follow your own passion and then contribute to the collective melody of creation.

问: 您还有没有什么信息是带给⼈类的?

Q: Do you have any other information for humanity?

特斯拉: 你稍等.⾸先宇宙的能量和宇宙的任何⼀切它并没有消失,从来没有消失.只是缺少去连接和发现他的⼈.然后你们每⼀个⼈都可以成为那样的⼈.

Tesla: Wait a moment. First of all, the energy and everything in the universe has never disappeared; it's never been gone. It's just that there have been missing people to connect with and discover him. Then each one of you can become such a person.

集体问答第⼀个⼈:问: 我⼀个最好的朋友把我和我亲戚朋友的钱都骗光了,我背负了很沉重的债务.⽬前在⼀个⾮常拉扯的状态.我想问⼀下我跟她的灵魂主题是什么?

Group Q&A First Person: Q: My best friend has scammed all the money from my friends and relatives, leaving me burdened with heavy debt. I'm currently in a very tense situation. I want to know what is the soul theme of our relationship?

JO: 你可以先问⼀下你的灵魂主题.

JO: You can start by asking about your soul theme.

问: 好,那我的灵魂主题是什么? 我叫XXX.我48岁.

Question: Alright, what is my soul theme? I'm named XXX. I am 48 years old.

JO:我们连接到就好像你是⼀个⾮常⾮常厉害的⽣意⼈,你天⽣就是⼀个很厉害的⽣意⼈.因为你曾经经常就把物质世界做⽣意这件事玩转的很厉害,就是天⽣是这样⼦⼀个⼈.所以你的头脑⾥的运算、逻辑、分析,就是这些⽅⾯你都特别的厉害,明⽩吗?就好像你对物质世界有⼀种执念,就是有⼀种我要赚好多好多的钱或者是我要打下很多很多的江⼭.就是我来到物质世界我就要体验做地主的感觉.这个灵魂这⼀世选择通过⼀系列的去体验那种快感,然后再来脱离它.就好像你对⼀个东西上瘾了,上瘾了过后……⽐如说我对毒品上瘾了,那我现在就是要对毒品脱瘾.所以你这⼀⽣的⼈⽣主题就是来脱离这个物质欲望的.因为你很有很强烈的,它在你的灵魂印记⾥⾯.

JO: It's as if you are a tremendously skilled businessperson, born to be one, because you've always been adept at playing the game of the material world, which is just how you naturally are. Your mind is particularly sharp in computation, logic, and analysis, right? As if you have an obsession with the material world, like wanting to amass a huge amount of wealth or conquer vast territories. I mean, you're here in this world to experience what it's like to be a landlord. This soul chose to incarnate for the purpose of experiencing that sensation before moving on from it. It's like being addicted to something; once you're done with that addiction... say I'm addicted to drugs and now I need to detoxify. So your life theme for this lifetime is all about escaping material desires, as there is a very strong imprint in your soul that reflects this intense desire.

就是你很爽,就好像有的⼈他可能⼀直对性有⼀种强烈的欲望.那他可能最开始他的前半⾝就不断不断地沉浸在⾥⾯,就enjoy,疯狂的在⾥⾯.但是他的灵魂主题却是来突破它,让他脱这个瘾的.就好像这个东西你再⼀次对它上瘾,但是却需要在⼀世去把它脱瘾.

You enjoy it, as if some people might have a strong desire for sex from the beginning of their existence. They might indulge in this obsession constantly at first, enjoying it intensely. However, their soul's purpose is to overcome this addiction and free themselves from its grasp. It's like becoming addicted again but needing to detoxify over multiple lifetimes.

问: 那这个事件出现了以后我是不关注它吗? 怎么才能脱瘾呢?

Q: If such an incident happens, should I not pay attention to it? How can one get off drugs?

JO: 那就是你接下来⼀系列的考验了.因为你还会继续的沉浸在这种瘾当中: 啊,我不能接受或者还是想要去抓,还是想要去转变成就是你还是地主的状态.但是你却会发现你很吃⼒,它就会带来很多你内在的冲突和拉扯感和崩溃,直到你完完全全的放下.这就是你的课程和体验.所以这就是你的体验.

That is your series of trials ahead, as you will continue to be immersed in this addiction: "I can't accept it or I still want to grab at it, wanting to transform into the state of you being a landlord. But you will find that it's very strenuous for you; it will bring about many internal conflicts and tugs, and eventual collapse until you completely let go. This is your lesson and experience. So this is what your experience entails.

问: 那我现在可以问我和她的灵魂协议了吗? 她叫XX.

Q: Can I now inquire about our soul contract? Her name is XX.

JO: 她就好像是你的时机到了,就是你给⾃⼰设了我的时间到了,我需要被敲醒⼀样.然后她只是正好你们频率合适了.然后她想要这个体验,你想要那个体验,然后你们就共同的创造了这个体验给⾃⼰.所以这是你⾃⼰给⾃⼰设定的闹钟或者是你⾃⼰给你⾃⼰设置的挑战来让你突破的.我们想要你记住的是你们的⼈⽣其实就像⼀场梦.你说你在梦⾥⾯⽆论你积累了多少资⾦,你梦醒的时候能带⾛吗? 你梦想的时候你会发现,他妈的我赚了那么多的钱,钱呢? 我中了头等奖,我的钱呢? 明⽩吗?

JO: She's like your time has come, it's your turn to be awakened as if someone tapped you on the shoulder, and everything just clicked into place. Then she comes along at a perfect moment when your frequencies align. You both want these experiences, so together you create this experience for yourselves. This is something you've set up for yourself - like an alarm clock or a challenge that pushes you beyond your limits. What we want you to remember is that life is akin to a dream. No matter how much money you accumulate in it, can you take it with you when you wake up? When you pursue your dreams, you might realize, "I made so much money! Where's the money now? I won the jackpot, where is my money?" Do you understand?

问: 我现在拉回拉扯就是这个,有的时候在灵界层⾯想,有的时候在现实层⾯想.那我想拿回来这笔钱的话,关键点在哪呢?

Q: I'm pulling and struggling like this; sometimes in the spiritual realm, sometimes in the real world. Where is the key point if I want to get my money back?

JO: 关键点是你没有在想钱的事了.就是你真的就是完完全全的变了⼀个⼈格,我不再去想钱的事.我是专注于⽣命的本⽣,当你真正的能进⼊⽣命的本⽣,不再想钱的事,钱会⾃然⽽然的来到.但是你却不能为了钱来到⽽去做这件事情.为什么? 那你又是背道⽽为了.所以这就是你的⼀个挑战.但是你设⽴了这样的挑战,它⼀定是对你有最⼤的意义.就是⼀定是你最需要的礼物,它是你⽣命中最宝贵的礼物.

JO: The key point is that you are not thinking about money anymore. You have truly transformed into a completely different personality where I no longer think about money. I am focusing on the essence of life itself. When you can truly enter into the essence of life and stop thinking about money, money will naturally come to you. However, you cannot do this just for the sake of getting money; why? Because that would be going against your purpose. This is a challenge for you, but by setting up this challenge, it must have the greatest significance to you. It is definitely the most valuable gift you need in your life, which is the most precious gift of your existence.

问: 这个礼物是……JO:这个礼物会随着你意识的提升,你就会越来越拿到它了.这么说吧,现在它可能只是⼀个模糊的概念.那你的意识不断不断地提升,那个概念就会变成物质⼀样来跟你互动了,来真正的让你能喝到,能品尝到,能通过去喝进肚⼦⾥给你带来滋养来转变你⽣命的⼀个状态.但是它是随着你的意识提升才能把这个虚幻的变成⼀个真正能喝到肚⼦⾥⾯的东西.它

Q: This gift is... JO: This gift will be obtained by you as your consciousness rises, and you will receive it more and more. To put it simply, it might now just be a vague concept. As your awareness continually grows, that concept will become something tangible interacting with you, allowing you to truly experience it, taste it, and internally nourish yourself, transforming your life's state through drinking it in. However, this transformation can only occur as you enhance your consciousness, turning the illusory into a drinkable substance for your body.

来⾃于你.如果你的意识不提升,那你就没有办法把它变成⼀个可以滋养你的东西,明⽩吗?

It comes from you. If your consciousness doesn't elevate, then there's no way to turn it into something nourishing for you, understand?

问: 我是应不应该报警?

Question: Should I call the police?

JO: 这个随便你怎么做.因为这是你们…… 你要记住⼀句话当你的认知和意识频率不变,你报不报警,你其实都在⼀个…… 我们以前说的A房间和B房间.你A的频率在A房间,你⽆论怎么折腾,你还在A.你⽆论怎么折腾你还在中国,明⽩吗? 那还有英国呢.英国的所有法律这些它又不⼀样了呀.就是⽆论你怎么折腾,你还在这⾥.所以就看你⾃⼰想怎么样做.

JO: You can do whatever you want with this. Because it's up to you... Remember one thing: when your cognitive and conscious frequency remains unchanged, whether or not you report the incident doesn't actually change anything; you're still in... the same room that we've talked about before - Room A and Room B. Your frequency is still in Room A, no matter how much you try to escape. Whether you make all sorts of efforts, you are still at Room A. You can also think about it as being in China; understand? And what about England? Their laws are different! So even if you try your best, you're still here. It's up to you on how you choose to act.

问: 就是还是要提⾼⾃⼰的意识频率?

Q: Aren't you still supposed to raise your consciousness frequency?

JO: 对,因为当你的频率变了的话,你便不再体验A房间⾥的东西.问: 我思想上明⽩,但是很难做.

JO: Yes, because when your frequency changes, you no longer experience what's in room A. Q: I understand conceptually, but it's hard to do.

JO: 这就是你们物质世界过程的重要性.因为⽆论你有多明⽩⼀件事情,它对你来说只是⼀个概念.就是你没有办法把它变成⼀个可以,就是可以把它显化成⼀个实实在在的东西吃到肚⼦⾥⾯去,因为这样⼦才能真真正正的去滋养你.

JO: This is the significance of processes in your material world, because no matter how clear you are about something, it's just a concept to you. You can't turn it into something tangible, something that you can consume and truly nourish yourself with.

问: 我想连接⼀下我⽗亲的⾼我.他现在是⼀个⽼年痴呆的状态…… 他叫XX.

Q: I want to connect with my father's Higher Self. He is currently in a state of dementia... His name is XX.

JO:你稍等.他想要告诉你,你们眼⾥见到的痴呆只是你们专注于这个物质世界,然后对它的⼀种理解.然后它的意识没有停⽌体验.⽽且通过不被物质⼲扰,这个体验还更加的⽣动.它就可以完全的只是⼀个观察者的⾝份,就是好像只是⼀个摄像机的功能去录⾳.但是它却少了头脑对它的各种声⾳⼲扰.

JO: Wait a moment. He wants to tell you that the dementia you see is merely your focus on this material world and an understanding of it. Then, its consciousness does not stop experiencing; rather, through being undisturbed by the material, the experience becomes more vivid. It can be solely that of an observer, as if just a camera's function recording sound without the interference of the mind's various noises.

问: 我们应该怎么做可以让他体验更好呢?

To improve his experience:

JO: 你稍等.这个疾病是我⽣命中的礼物,如果你能跟我⼀起去感恩它的发⽣,这就是最好的.因为你从中能更加的去认识真正的⽣命,⽽不是局部的,所谓的⽣命.就是因为你们把⽣命⾮常的局部,导致你们没有办法去体验⽣命真正的状态.它信息结束了,想要你知道你们眼⾥的这个疾病实际上是他⽣命⾥的礼物.因为他可以完完全全的像⼀个旁观者的⾝份去体验⽣命,但是却没有头脑的⼀些⼲扰.就像是⼀个摄像机的功能,它只是完完全全的记录.它没有叽叽喳喳在旁边说,引起他内在的⼀些强⼤的情绪或者是⽣理反应吧,就像是⼀个观察者的⾝份.

JO: Wait a moment. This illness is a gift in my life, and if you can be grateful for its occurrence together with me, that would be the best outcome. Because from this perspective, you will gain a deeper understanding of true life, not just parts or fragments as you usually perceive it. The reason why you don't experience life's true state is because you have confined your concept of life to very specific and limited aspects. This illness concludes with the message for you to know that what appears in your eyes as a disease is actually a gift in his life. He can fully immerse himself in experiencing life from an external observer's perspective, without being influenced by one's own thoughts or emotions, akin to a camera function that simply records without interfering or triggering strong internal emotional responses or physical reactions due to its role as an observer.

然后他也想你们可以通过这个事件来让你们去认识到,因为你们只关注了⾮常局限的⼀部分从⽽导致了让你们的⽣命很禁锢或者很累,就活的很吃⼒.但是如果你能去发现整个⽣命真正的存在的状态的话,就不会有这样⼦的感觉.因为你们只是在⽤你们的物质头脑去看待⽣命,但是⽣命远远⼤过于这些.

Then he also hopes that through this incident, you can realize how your limited focus has constrained or exhausted your lives to the point where living feels burdensome. But if you could discover the true essence of life, you wouldn't feel this way because you are merely perceiving life through your physical minds, whereas life is so much more than what you perceive.

第⼆个⼈问: 我的灵魂主题是什么? 我叫XXX,今年34岁.

Second person asks: What is my soul theme? I am XXX, 34 years old.

JO: 你这⼀⽣的灵魂主题好像就是来成长的.因为你现在就好像是⼀个很幼的⼀个状态,所以它还需要经历很多⼈⽣百态和风吹⾬打,然后来让你变得越来越坚韧不拔或者是更加的坚定或者是强壮.所以你会发现在你的⽣命中你会有很多的⽆⼒感或者是很难去展现,或者是很难感受到⼒量感或者是很难感受到我的⽣命我⾃⼰做主,我能把它运⾏的很好,我不怕任何挫折,我不怕任何.所以在现在你的阶段,⾄少是前半⽣的阶段你会感受到怕怕的那种感觉.所以你会特别羡慕那种有能⼒的⼈或者是特别想要去靠近他们,会被他们吸引.你结婚了没有?

JO: Your life's theme seems to be about growing and developing because you're currently in a very immature state, so it needs to experience various aspects of life and endure different challenges like wind and rain to become stronger, more persistent, or more determined. You might notice feelings of powerlessness in your life, difficulty in showing strength, or even not being able to feel the sense of being in control of your own life, capable of managing it well without fearing any setbacks or difficulties. In your current stage, especially during the earlier part of your life, you might feel scared or fearful. You might particularly admire people with abilities and be very keen on getting closer to them, being attracted to them. Have you gotten married?

问: 没有JO: 对,所以你会想找很有能⼒的另⼀半,就是有能⼒.你可能不太会注重外在,就是他长的怎么样.如果他的能⼒很强⼤,你就会被这样⼦的⼀个能量所吸引.

Q: Assume there's no JO: Yes, so you would look for a partner with capability, someone capable. You might not pay much attention to their appearance, how they look. If their capability is very strong, you'd be attracted to this kind of energy.

问: 我感觉我被⼀个⼒量推着往前⾛.我感觉我很⾁,⾛不动.我好奇但是又害怕、迷茫.我不知道该怎么样去做?

Question: I feel like a force is pushing me forward. I feel so heavy and can't move. I'm curious but also scared and confused. I don't know how to proceed.

JO: 你不需要去做,你只需要去活.去活,就是更多的是允许⽣命的本⽣.⼀个灵魂很幼的阶段,它会感受到吃⼒,它会感受到⽆⼒,它会被⽐较有能⼒的⼀些,吸引.因为就好像是找到了避风港⼀样,找到了⼒量的那种感觉.所以你就允许你在此阶段的⽣命状态是这样⼦的.因为每⼀个⽣命状态都会有⼀种从⽆⼒到有⼒,从弱到强,或者从⼩到⼤,从没有经验到有经验的这个过程.然后⽣命本⾝它就会对你千锤百炼,不断不断地撞击你,不断不断地撞击你,让你变得越来越强⼤.所以你唯⼀能做的就是对⽣命抱着⼀个美好的向往.⽐如说你现在是个⼩树苗,我看着旁边那棵树已经三百年了.它就是特别有⼒,再⼤的狂风它都是如如不动的.

JO: You don't need to do it; you only need to live. To live means to allow the essence of life itself, particularly in a stage where the soul is very young and may feel overwhelmed or powerless. This soul tends to be drawn towards those who seem more capable because they offer a sense of shelter and strength, like finding a safe harbor. So, you let your state during this phase of existence be as it is. Each state of life goes through the process of transitioning from weakness to strength, from smallness to largeness, or from inexperience to experience. Life itself continuously challenges and hammers at you, pushing you further until you become stronger. Your only task is to have a positive outlook towards life. For example, imagine yourself as a young sapling next to an ancient tree that has been standing for three hundred years; it stands strong against even the strongest winds, remaining steadfast.

但是你要知道它也有你这个阶段呀.

But you must know that it also goes through a stage like yours.

问: 我现在只需要去感受和体验?

Q: All I need to do now is feel and experience?

JO: 对,但是你⼼⾥要明⽩⼀件事情就是说⽆论你旁边的树有多强⼤,但是它曾经也跟你⼀样是个⼩幼苗.没有哪⼀棵树⼀⽣下来就是如此的强⼤的,明⽩吗? 那你知道我现在是个⼩幼苗,那我不就是有⽆限的⽣命,就是我有时间,对吧? 你看它已经三百年了.它可能活到四百年就死掉了.那我现在还有四百年可以活呢,对不对? 所以就允许你在的位置,然后去知道每⼀步的⽣命和经历和过程都有其意义.

JO: Yes, but you need to understand that no matter how powerful the tree next to you is, it used to be a small seedling just like you. Not a single tree was born so powerful; do you get that? See, I'm now a young seedling, which means I have limitless life and time, right? It has already been three hundred years for this tree. It might die after four hundred years. Meanwhile, I still have four hundred more years of life ahead of me, don't I? So, acknowledge your position and recognize that every step, experience, and process in life holds meaning.

问: 我有时候觉得我内在想要去表达,但是就表达不出来,⾏动不出来.

Question: Sometimes I feel that there's something inside me wanting to be expressed, but I just can't put it into action.

JO: 你可以找能量更加弱的,明⽩吗? ⽐如说你可以先在没有任何攻击⼒,对你没有任何评判的⼩朋友⾯前,你对着他表达呀.因为你知道他们不会……因为如果你受到了打压的话,它会增加你的恐惧感.就⽐如说你试图去表达,如果你受到了更加权威,就是他们有⼒量去表达的话,它会增加你内在的恐惧感.所以那你可以试着跟⼀个⼀岁的⼩朋友,你说什么他也不会去反驳你.因为你的表达就像是在锻炼⼀样.它只是来⾃于你⾃⼰跟你⾃⼰的⼀种交流.

JO: You can find someone with less energy, understand? For example, you could try expressing yourself in front of a child who doesn't have any aggressive tendencies and won't judge you. Because you know they won't... if you feel suppressed, it will increase your fear. Similarly, if you tried to express something when the other person has more authority and can effectively communicate, it would amplify your inner fear. So, you could try talking to a one-year-old child; what they say wouldn't contradict you much because your expression is like an exercise in self-communication with yourself.

问: 那如果我害怕,我是不是应该去突破我的恐惧?

Question: But if I am afraid, should I go and break through my fear?

JO: 你的害怕是你会担⼼对⽅会怎样.那我们刚刚说如果对⽅是⼀个⼀岁的孩⼦,他能对你怎样呢? 所以你便慢慢慢的就不会害怕了.所以当你慢慢的不会害怕了后,你会表达的越来越熟练,有⼒.然后你就越来越⾃信.你现在就好像是在⾃⼰训练⾃⼰的那个过程⼀样,让⾃⼰越来越⾃信.

JO: Your fear is about what the other person might do to you. We just discussed that if the other person were a one-year-old child, in what way could they affect you? So gradually, you wouldn't be afraid anymore. As you stop being fearful, your expression becomes more proficient and powerful. You also gain confidence. Now, you are essentially training yourself in this process, building up your self-confidence.

问: 我的JO指导灵还有什么想告诉我的吗?

Question: Does my JO guide spirit have anything else to tell me?

JO: 就像我们前⾯的信息说的,你看着旁边三百年的那棵树,你觉得它们如如不动的,狂风暴⾬都不会怎样.但是你要知道它们最开始也是你这样的状态,它们也是从幼苗开始的.那你看着你的幼苗,你也可以告诉⾃⼰说那个就是将来的你.你也会⾯临所有的⼀切可以如如不动.

JO: As we mentioned before in our information, you look at the tree next to us that has been there for three centuries and think it's completely stable, unaffected by storms or rainstorms. But you need to understand that when it started out, it was just like you - it grew from a seedling. So when you see your own seedling, you can tell yourself that is the future you. You will also face all of these situations and remain stable.

第三个⼈问: 我的灵魂主题什么? 我的名字叫XXX,31岁.

The third person asks: What is the theme of my soul? My name is XXX, 31 years old.

JO: 我们感受到你的灵魂它就特别梦幻,应该是⽤梦幻来形容你这个灵魂的特质.所以你这⼀⽣的灵魂主题就好像想要带给这个世界……因为好像这个世界的⼈都太认真太严肃,就不太做梦吧或者是要现实了吧.所以有⼀种你想把这种梦幻的能量注⼊到这个世界当中来.所以你可能就会体验到,你可能有很多东西很多想法,但是却很难落地.所以你来到这个世界上就好像有⼀种要把天上的星星摘下来和⼈类互动,就像有⼀种这样的感觉⼀样.但是这其中又少了,就好像你虽然有想法,但是却很难落地.那很难落地就需要⼀个……如果你真正的想要去展现你的⽣命的话,展现你来送给这个世界的礼物的话,那你需要很好的⼀些搭档.

JO: We sense that your soul is particularly dreamy, so it should be described as dreamy to characterize the nature of your soul. Therefore, your life's theme seems to want to bring something into this world… because people in this world seem too serious and not very dreamy or perhaps just practical. So you have a desire to infuse this dreamy energy into the world. As a result, you may experience difficulty in making many of your ideas and thoughts come to fruition. You're like someone who has come to this world with the intention of reaching for the stars and interacting with humans, as if there's something akin to that feeling. However, you might also feel that despite having ideas, they are hard to materialize. It's difficult to make things happen, requiring a… If you truly want to showcase your life and the gift you bring to this world, then you need some good partners.

就是第⼀他们能看到你的特质,他们能看到你带来的礼物.然后他们能保护你的这种……就⽐如说我就是⼀个做梦的孩⼦.那可能家⼈不断地打击你,让你现实点,让你现实点.就把你的梦想全部打碎了,就把你变得跟他们⼀样,⾯⽬全⾮了.所以为了献出你这份礼物,就是体验你想体验的.那它需要很多外在的因素对你的⼀种⽀撑,才能就是你不被破坏掉.然后我们连接⼀下如何可以⽀持你.就是去接触⼀些和你共同有梦幻的⼈,然后他们可以让你觉得你⾃⼰不是异类,就不是那种天天空想或者怎么样.他们会觉得,哇,你的想法很有创意.就是越是开明的⼈,你在他们⾝边就越是能更好的⽣存或者是更好的去接触到你⾃⼰特质特质的⼀⾯.为什么呢?

The moment they recognize your essence, they can see the gifts you bring. Then, they will shield and support you from getting lost or overshadowed. For example, if I'm a dreamer, my family might constantly criticize me, urging me to be more practical, which could crush my dreams and make me conform to their expectations, losing my uniqueness. To give out your gift – the experience you wish for – requires the external environment's support so that it doesn't get destroyed. Then, how can we provide this support? It involves connecting with others who share similar dreams; they'll validate your identity, making you feel less of an outlier compared to daydreaming or unrealistic thoughts. Their appreciation of your ideas might sound like, "Wow, those are innovative!" People who are more open-minded allow you better survival and facilitate accessing parts of yourself that align with these qualities. Why is this so?

因为你这朵花没有绽放的时候,有的时候你都不知道你⾃⼰是谁,就是不知道你⾃⼰的品种.所以你需要在这样⼦的⼀个状态下绽放过后,你才能知道原来我是⼀朵玫瑰花,就会认识到你真正的⾃⼰.然后去杜绝那些任何打击你的声⾳,因为他们不知情.所以不要去相信任何打击你的声⾳,因为他们对你的灵魂主题,对你此⽣来体验什么完全不知情.所以不要去受他们能量的影响.你要知道他们说的都是屁话,都是废话.因为真正能知道你是谁的,他不会有任何打击你抨击你的声⾳,他只会欣赏你.

Because when you're not blooming as a flower, sometimes you don't even know who you are, or what kind of flower you are. So it's only after you've bloomed in this way that you realize things like "I'm a rose," and thus come to recognize the true self within you. Then, you should disregard any destructive voices; they're uninformed about your essence and experience in this lifetime. Hence, don't let their energy affect you; know that what they say is nonsense, meaningless chatter. The ones who truly understand you wouldn't have a negative word against you—they would only admire you.

问: JO和指导灵对于我当下的境遇和情况还有什么其它的指导意见吗?

Question: Are there any other guidance or advice that JO and guiding spirits have for my current situation?

JO: 就像我们前⾯信息说的⼀样,不去相信或者不去听任何⼈对你的⼀种抨击或者是评判.任何让你⼼⾥不爽的声⾳,你都不要听他们的.因为他们是梦游的⼈,他们是不知情的.那些知情的⼈,他们只会欣赏你.就是这些信息.

JO: As we've mentioned before, don't believe or listen to anyone's criticism or judgment of you. Any voice that makes you uncomfortable, do not heed them. Because they are dreamers, they are unaware. Those who are aware will only appreciate you. These are the messages.

问: 我和我孩⼦的前世是什么关系吗? 他叫XXX,4岁,是个⼩男孩.

Question: Does my child and I have a relationship in our past lives? His name is XXX, he is 4 years old, and he is a little boy.

JO: 我们感受到这个男孩⼦就好像是来保护你的⼀样,因为你其实还是⽐较容易碎的.就好像是易碎吧.然后我们深深的感受到他有⼀种强悍的保护妈咪的能量在.好像他来保护你.所以他会对你有⾮常强的保护欲.他会随着他年龄的增长变⼤,在他⼼⽬中他就会觉得妈妈像⼀个⼩天使⼀样,我不要让这个⼩天使被恶魔给影响.因为你没有什么攻击⼒,就是你没有什么⼒量.就好像别⼈打你,你也没有⼒量打出去的那种感觉.所以他就像是你⾝边的⼀个战⼠来保护你.因为他知道你是⼀个什么样⼦的,就知道你是⼀个易碎,没有反击⼒的.我们也很感动,他专门来保护你.你要知道你们灵魂中出现的⽣命,就是跟你们有很强烈的连接感的,他们来会有⽬的的.

JO: We feel like this boy is here to protect you as if you were fragile because you are actually quite vulnerable. He has a strong protective energy for mom as if he's protecting you. Therefore, he has a very strong urge to protect you. As he grows older, in his mind, he sees Mom as a little angel and doesn't want her to be influenced by the devil. You have no offensive strength; you lack power. It's like when someone hits you, you can't retaliate either. So he acts like a warrior standing by your side protecting you because he knows how delicate and powerless you are. We're deeply moved that he特意 comes to protect you. You should understand that the life forms appearing in your soul are those with strong connections to you, coming for a specific purpose.

所以你要记住很多都是为你⽽来,但是你也为他们⽽来.

So you must remember that much comes for you, but also that you come for them.

第四个⼈问: 我的灵魂主题是什么? 我叫XXX.我41岁.

The fourth person asks: What is my soul theme? I am XXX. I am 41 years old.

JO: 你稍等.你再多少⼏句话,我们可以连接你的能量.除了你想知道你的灵魂主题,你还想知道什么?

JO: Wait a moment. How many more sentences do you have, and we can connect your energy? Besides wanting to know about your soul's theme, what else are you curious about?

问: 我想知道关于我的家庭的灵魂主题.我还想了解⼀下我现在做⼀个课题,关于⼀个新的探测矿产的⼀些课题……JO: 我们连接到你的能量了.⾸先就是当你说话越多,我们就越能跟你保持⼀种连接.然后你带进来的信息信号就越好.我们能捕捉到你的信息就越多.然后我们连接到你应该是⼀个⾮常,就是⼀个乖孩⼦吧,就是很懂事很听话,然后也很上进努⼒.就是好像是很兢兢业业⽣活过⽇⼦的那种.我们看⼀下你的灵魂主题.你的灵魂主题来⾃于就是你认真劲.你的认真劲会导致你缺少灵活,缺少⽅式⽅法,缺少了圆滑,就很难变通吧.你就是很难变通的⼀个⼈,那它也会体现在各个⽅⾯.

Q: I would like to know about the spiritual theme of my family. I also want to learn about a subject I'm working on now, regarding some topics related to new mineral exploration... J: We are connected to your energy. First, when you speak more, we can maintain a better connection with you. The quality of the information signal that comes through improves as well. The more of your information we can capture. We understand that you should be someone who is very obedient and respectful, also making great efforts. It seems like you live a serious life with dedication. Let's examine your spiritual theme. Your spiritual theme comes from your seriousness. This tendency to take things seriously might cause you to lack flexibility, efficiency, and smoothness, which makes it hard for you to adapt or change easily. You tend to find it challenging to adapt in various situations.

这么说吧,如果是从爱情,就是谈恋爱这个当⾯,那你可能就是缺少情调情趣的那种.就可能⼥孩⼦如果拒绝了你,你好像就也觉得没办法了.那你这⼀⽣的灵魂主题就是来把这种⼀板⼀眼的能量,这种⽐较僵化的能量来变得让它⽐较活灵活现.所以你这种特质特别容易被那种千⾯⼥郎,就是这个⼥⼈有很多⾯,她有这⼀⾯有那

To put it this way, if we're talking about love, specifically dating, you might be missing that certain flair or charm. If a girl rejects you, you might feel like there's nothing more to do. Your life theme would then become finding ways to transform this rigid, straightforward energy into something livelier and more vibrant. This trait is especially prone to being attracted to multifaceted women, those who have many different sides to them.

⼀⾯,就是应该有⼀种像是风情万种的能量.她有各个⾯,她的⾯太多了,就是你不断地发现她有另外⼀⾯另外⼀⾯.就让你有⼀点像是在看魔术表演⼀样,你容易被这样的⼈给吸引,然后这也是你能量转变的⼀个⽅向.转变成那种活灵活现,千变万化的⼀个状态.能量就不再是那么死板.所以你要去扩展⾃⼰,就是不断地去跟不同的⼈交流,就是各个层⾯的⼈,不同性格的⼈.然后跟他们交流交往,因为他们能扩展你.然后去不同的地⽅旅游,见他们不同的⼈、⽂化,就是这种.总会对你有⼀种,就好像来让你变得更加的活.就好像你的这个泥有点⼲,然后我们加点⽔来让它变得软.软了后,它是不是就更加的灵活多变,就可以去创造成任何形状.

On one hand, there should be a kind of captivating energy that evokes various facets and dimensions within her personality. Her complexity is such that with each encounter, you uncover yet another layer or aspect to her character, reminiscent of watching an enchanting magic show. Such qualities are often what initially draws people in, making them susceptible to her charm. This dynamic interaction also represents a transformative process where one's energy shifts towards becoming more versatile and lively. It signifies a movement away from rigidity towards fluidity, enabling you to adapt to any situation with ease. To achieve this, it is essential to expand your horizons by engaging with diverse individuals across different social strata and character types. The exposure to these various personalities enriches you, broadening your experiences and perspectives.

Venturing into new environments, be it through travel or interacting with people from varied cultures, introduces you to a world of endless possibilities that always seem to amplify your vitality and flexibility, much like moistening dry clay to make it soft and malleable. Once the clay is softened and more flexible, its potential for transformation becomes limitless, allowing it to assume any form imaginable.

你就会觉得有点受限的感觉.那当这个能量注⼊进来过后,因为你本⾝的品质⾮常的好,就是你本⾝就是⼀个认认真真兢兢业业的,就是很认真的孩⼦吧.那当这个能量进⼊过后,你就可以创造出⼀番事业吧,就可以创造事业上的成功吧.因为它活过来了,再加上你的活的能量,再加上你兢兢业业可以静下⼼来去做事,结合在⼀起就可以创造出你在这个物质世界想要创造的.

You would feel somewhat restricted. Once this energy is injected, given that your inherent quality is very good - you are diligent and serious, essentially like a meticulous child - when this energy enters, you will be able to create a career for yourself, achieve success in your endeavors. As the living force revives, coupled with your own vitality, combined with your dedication to being attentive and focused on tasks, you can together create what you wish to manifest in this physical world.

问: 我和我妻⼦的灵魂主题是什么? 我们在⼀起有12年了.她叫XXX.

Question: What is the soul theme between me and my wife? We have been together for 12 years. She is named XXX.

JO: 我们连接到好像她的能量也会有⼀点跟你⽐较类似,可能也是属于那种⼀板⼀眼,就是也是⽐较乖吧,也是⽐较符合你们常规的那种,就是不越雷池半步的那种感觉.然后导致就好像你这个泥还是搅不开的那种感觉.她就好像是来加深你的这种凝固的状态.就⽐如说你结冰了,对吧? 她就让你这个冰结的更硬.更硬的话,你就能更加的体验到它不能像⽔⼀样活的那种感觉,就是你更加渴望那种活的感觉.所以在你们的关系当中,你就有⼀种深深的觉得好像缺点什么或者是…… 就会有⼀种好像是还是持续的体验你⾃⾝的能量,就是僵化的那种感觉.所以她其实会引领你去探索,就是好像⼀切都看上去那么好,为什么我还感觉缺点什么?

JO: Our connection feels like there's a bit of similarity with her energy, possibly belonging to someone who is quite formal and obedient, fitting into conventional norms, not straying beyond the boundaries. This results in a feeling that you're just stirring the mud; she deepens your sense of stagnation. Imagine being frozen; she makes your ice harder, enhancing your experience of its inability to flow like water, intensifying your desire for liveliness. In her relationship with you, it seems there's an underlying sense that something is missing or... you continuously feel the rigidity of your own energy. She actually guides you in exploring why, despite everything looking good, you still feel incomplete.

⽣命好像没有激情或者是没有活⼒.就是觉得⽣命好像不应该这样.你觉得应该要⼀⽯激起千层浪的那种感觉,就是觉得好像需要⼀个炸弹爆炸的那种感觉.因为这和你的⼈格,这些都是你内在的声⾳啊,然后活过来.就是你那个⾯团变硬了,然后多去滋养加点⽔,让它揉的软⼀点.为什么呢? 因为当你真的能活过来,就是活灵活现,你⽼婆她的能量也会变的.如果这样⼦的⼀个能量的话,对导致孩⼦的发展也会受限的.这么说吧,⽐如说你是正⽅形,你⽼婆也是正⽅形.那这个孩⼦只能在⼀个正⽅形⾥⾯成长.那他只能长个⽅形吧? 那如果你的形状是⽆限呢? 你孩⼦肆意发展.就是这种感觉.

Life seems to lack passion or vitality; it feels as if life should not be this way. You feel like there should be a ripple effect, akin to the sensation of needing an explosion, like you're expecting something that would shake things up. This aligns with your personality, these are inner voices that bring you back to life. It's like the dough has hardened; you need to add water and knead it softer. Why? Because when you truly come alive, when everything moves fluidly, your wife's energy will change too. If this energy were to limit child development, imagine if both you and your wife are perfect squares; a square-shaped child would grow within the confines of a square, constrained to have square-like qualities. But what if one of you is infinitely shaped? Your child would thrive unrestrictedly. That's how it feels.

问: 最近我在做⼀个新的⽅法去探测矿产的⼀个课题.我想问⼀下有没有什么提⽰?

Q: Recently I've been working on a new approach to prospecting for minerals. I was wondering if there are any hints or tips you could give me?

JO: 这就是为什么说你的灵魂主题它…… 你缺少灵感.你很认真,你也很刻苦钻研.但是在灵感这⽅⾯没有,就是这个⽔源没有被打开的⾮常⽆限⾮常⼤,就是你会有⼀种跟灵感断开的感觉.有可能你寻找的⼀些东西它有可能是已有的.就是你不断地去寻找⽂勘,找那种你们已经研制出来的结果,就是在这些上⾯做功夫,明⽩吗? 你更多的就是去找已有的信息,找别⼈已经创造出来,已经发表的⼀些东西,就是权威的⼀些吧,然后找更先进的⼀些去⽀持吧.但是当突破你的⼈⽣主题,你的灵感就会源源不断.它也会成为你事业上的就好像突破.

JO: This is because your soul theme... you lack inspiration. You are serious and diligent, but there's a vast, almost infinite void in terms of inspiration, causing you to feel disconnected from it. It's possible that what you're seeking might already exist. Instead of constantly looking for evidence or results that have been developed by yourselves, put more effort into finding existing information, things that others have created and published, particularly those with authority and advanced support. However, when you break through your life theme, inspiration will flow continuously and become a catalyst for your career breakthrough.

问: 我最近觉得我玩的也是⽐较开的,是不是较之前也是有很⼤的变化的?

Question: Recently, I feel that my behavior is quite open, has there been a significant change compared to before?

JO: 你⾃⼰去感受.因为你会感受到你灵感源源不断地感觉.因为这是你⾃⼰跟你⾃⼰的 energy打交道,明⽩吗? 你⾃⼰去感受.你⾃⼰去感受你最近和之前的状态.但是你会是⼀个完全不⼀样的⼈格,当你转变过后.

JO: Go and experience it yourself because you will feel the flow of your inspiration continuously. This is because you are dealing with your own energy with yourself, understand? Go and experience. Experience your recent and previous state. But you'll be a completely different personality after transformation.

问: 还有其它信息要提⽰吗?

Question: Is there any other information you would like to be notified about?

JO: 玩的开⼼点.

JO: Have fun.

第五个⼈问: ……我的灵魂主题.我叫XXX.我28岁.

The fifth person asks: ...My soul theme. I am XXX. I am 28 years old.

JO: 你这⼀⽣的灵魂主题就好像是来修⼀个定⼒,就好像是来把散的东西聚集在⼀起.就好像是能量的⼀个…… 因为你的能量完完全全的是散的,它就是在everywhere,它就是到处都在.到处都在的话,它就很难去聚焦.很难聚焦的话,它就很难扎根.很难扎根的话,就会导致你像这种⼀会⼉这,⼀会⼉那,⼀会⼉做这个,就是你有⼀点坐⽴不安的感觉,就很难静下⼼安静的或者是安⼼的跟当下发⽣连接,有⼀种好像你⼀直需要动.就⽐如说你如果是孩⼦的话,那你就可能是⼀个好动的孩⼦,就是需要找点事,就是不断地停不下来像个⼩狗狗⼀样,⼀会⼉这,⼀会⼉那.

JO: Your soul's journey in this lifetime is like cultivating concentration. It's about gathering dispersed energy together because your energy is completely scattered; it's everywhere and it's spread out. Scattered means it's hard to focus. If you can't focus, it's hard to ground yourself. The lack of grounding leads to a sense of restlessness, making it difficult to settle down, to quiet the mind, or to connect calmly with the present moment. It feels as if you're always needing movement. For instance, if you were a child, you might have been hyperactive - constantly seeking something to do and unable to stop moving around like a little puppy, jumping from one thing to another.

所以你这⼀⽣的灵魂主题就会从这样⼦的⼀个灵魂状态,然后通过修,然后把⾃⼰,因为你会接触能量层⾯,你就会知道这是能量层⾯的⼀些影响.然后你就会从这样⼦的坐⽴不安的状态修到⼀个如如不动,就是跟当下扎根,跟当下发⽣连接的⼀个状态.所以你刚才说的你产⽣的这些幻觉和所有这些东西,都是因为你不能安静下来,也不能跟当下扎根的⼀些体现.

So the theme of your soul for this lifetime would progress from such a state of soul, then through cultivation, and by doing so, you yourself will come into contact with energy levels. You'll understand that these are influences from the energy planes. This is followed by your development to an unmovable state, which involves being rooted in the present moment and establishing a connection with it. The illusions and other phenomena you described are manifestations of your inability to calm down or connect with the present.

问: 那我要修静下来,对吧?

Question: So I need to cultivate calmness, right?

JO: 就是像我们前⾯说的从⼀个坐⽴不安的状态修到⼀个可以跟当下扎根的⼀个状态. 问: 我梦到弥勒佛要把我接引过去了.我和弥勒佛是什么关系呢? 弥勒佛能否指引我⼀下?

JO: It's like progressing from a state of restlessness to one where you can be grounded in the present moment, as we discussed before.

Question: I dreamt that Maitreya Buddha was going to take me away. What is my relationship with Maitreya Buddha? Can Maitreya Buddha guide me?

JO: 我们是谁你需要修,对不对? 那弥勒佛就好像是给你⼀个信号⼀样,让你对佛或者是禅修这些东西带到显意识层⾯上来,让你会aware,让你会注意到这些东西.就⽐如说有⼀些东西它在看不见的,就把它浮到⽔⾯上来来让你看见,明⽩吗? 就好让你往这个⽅向⾛.

JO: It's like you need to fix us, right? The Maitreya Buddha is sort of giving you a signal, bringing Buddhist concepts or meditation to the conscious level, making you aware and helping you notice these things. Imagine something invisible being brought up to the surface so you can see it, understand?

So as to guide you in this direction.

问: 我总觉得我⽗母的⾼我元神在影响我.

Q: I always feel that my parents' higher spirit is affecting me.

JO: 这些念头都来⾃于,我们之前说你坐⽴不安,不能跟当下扎根,所以它会有乱七⼋糟各⽅⾯的⼀些影响.但是你要知道唯⼀影响你的是你们⾃⼰的能量状态.它会投射出各种各样的来让你感受到你在被影响.

JO: These thoughts come from the restlessness we previously mentioned, your inability to anchor into the present, so it has various chaotic effects on you. But you must understand that the only thing affecting you is your own energy state. It projects all sorts of things for you to feel as if you are being influenced.

问: 那我的能量状态就是很乱,对不对?

Question: So my state of energy is very chaotic, right?

JO: 就是从⼀个乱到⼀个静的过程.因为你们每⼀个⼈来到这⾥都会有⼀些给⾃⼰挑战的东西.

JO: It's a transition from chaos to calmness, because each one of you will have something that challenges you here.

第六个⼈问: 我的灵魂主题是什么以及我和我对象的灵魂主题? 我叫XXX.28岁.我对象叫XXX,30岁.

Sixth person asks: What is my soul theme and what are our souls themes? I am XXX, 28 years old. My partner's name is XXX, 30 years old.

JO: 我们感受到你的灵魂主题跟前⾯那个⼈有点类似,就是需要从⼀个⽐较浮躁⽐较难以安定下来的能量状态修到⼀个可以跟当下深深扎根的能量状态.所以你是⼀个很容易,⾄少⽬前,在这之前你是⼀个很容易受外界影响的.就是容易去看外界的反应或者是眼光,或者是有⼀种想要去做的更好的感觉,就好像我要表现得好⼀点,就是怕别⼈会说你不好,就是有⼀种会受外界的影响.也很容易因为受到外界的影响⽽变得不安.就可能因为外界的⼀些声⾳,就是对你的⼀些评判都会导致你很难以释怀的那种感觉.就是完完全全的受外界的影响的⼀个状态.这样⼦的话你也很难静下⼼来去做⾃⼰的事情,因为你想,你⼀直在受⼲扰.

In this state, you are quite sensitive to external influences and easily swayed by others' reactions, opinions, or a desire to improve your performance for fear of being judged negatively. This susceptibility to external feedback often causes inner turmoil and insecurity.

You also find it challenging to concentrate on your own tasks because you're constantly being distracted by外界的声音 that may criticize or evaluate you. Essentially, you live in a world where everything revolves around the opinions of others.

This dynamic prevents you from fully grounding yourself spiritually and maintaining inner peace, as you are always anticipating how others perceive you and adjusting accordingly. You struggle to settle down internally, seeking validation externally rather than cultivating self-assurance.

就导致你会有很多⼒不从⼼的感觉,因为会有莫名的烦躁,因为你太受⼲扰了.就好像你对所有⼈都是敞开的.可能地球的另外⼀头死了⼀个⼈,你可能都会被⼲扰.可能他们发⽣了⼀次争吵,你可能都会感受到.就你的能量完完全全的受到很强烈的⼲扰,所以导致你很难静下⼼来,就是⼼平⽓和,感受到很安⼼,然后很缓慢的那种状态.

You would feel overwhelmed and powerless due to an inexplicable sense of irritation, as you are too susceptible to disruptions. It's as if your doors are wide open to everyone. You might be affected by the death of a person on the other side of the Earth. Perhaps they had an argument; you could potentially sense it. Your energy is completely and strongly interfered with, making it hard for you to calm down and feel at peace, leading to a difficult state characterized by slow progress.

问: 那我应该怎么做呢?

Q: What should I do then?

JO: ⾸先你需要知道你这⼀⽣就是来修你的能量的.就是把你之前受外界影响的⼀个能量,然后不断地去与当下扎根,然后让你的根越来越深,就是修定⼒嘛.你就越来越定.越来越定的话,你就不会受到外界的影响,从⽽有⼒量去影响他⼈.因为⽬前你的状态是,你其实受外界的影响⽐较多.那你受外界的影响⽐较多的话,你的那种⽆意识的能量,就⽐如说你受外界的影响很烦躁,那你烦躁的⼒量就会给别⼈,就像是这种感觉⼀样.所以通过去修,通过去增长你的智慧还有去修你的定⼒,你就会把这个能量给转变了.然后你就越来越能成为真正的你的状态了.因为现在的你还是不是真正的你.真正的你,我们连接⼀下.

JO: First, you need to know that your entire life is devoted to cultivating your energy, which means transforming the energies you've absorbed from external influences and grounding them in the present moment continuously. This process deepens your roots, akin to strengthening concentration or mindfulness. As you become more focused, you're less susceptible to external influences, thus gaining the power to influence others. Currently, you are heavily influenced by the outside world. When you're often affected externally, particularly if you feel agitated by those influences, that agitation then affects others in a similar manner. By practicing and enhancing your wisdom and concentration, you can alter these energies. Gradually, you'll start embodying your true self more fully. The current version of you isn't quite who you truly are. If we could connect on a deeper level...

真正的你,你是⼀个特别热⼼、热情、乐于助⼈,就是很想付出很想帮助.就是想要去对⼈好吧,去给的⼀个状态,所以当你真正的能够从智慧和定⼒这⽅⾯去完完全全的转变你的能量状态的话,你就会成为⼀个给与者、奉献者.因为你拥有⼀个强烈的奉献精神.

The true you are exceptionally enthusiastic, passionate, and helpful, eager to give and assist. You want to do good for others and be generous in your actions, which is the state you naturally thrive in. When you can fully transform your energy through wisdom and focus, you become a giver and contributor because you possess a strong spirit of devotion.

问: 那我能从佛学⽅⾯去修吗?

Question: Can I practice Buddhism in terms of my studies?

JO: 任何吸引你的,就是你对它产⽣连接感,然后你想要去做,就是吸引你的,这种.问: 我和我当前对象的灵魂主题是什么? 我们在⼀起2年.

Question: What is the soul theme between me and my current partner? We have been together for 2 years.

JO: ⾸先就是说因为就好像你们还没有真正的做出深层次的⼀些,就是没有坚定地锁定⼀个⽅向吧.所以不想我们的信息给你带来任何影响,明⽩吗? 因为我们的信息会给你带来能量层⾯的⼀些影响.那等你们锁定了,就⽐如说你们成为夫妻或者怎么样.那你们就会有共同的功课凸显出来,就是显现出来你们如何的去服务彼此.但是⽬前你们从更⾼的层⾯都没有做出⼀个完完全全的,就是我锁定这个⽅向.

JO: First of all, it's because you haven't really made deep-seated decisions and firmly set a direction yet. We don't want our information to influence you in any way, do you understand? Because our information will have an impact on the energy level for you. Once you've locked down your direction, say by becoming partners or something like that, then common tasks will emerge showing how you serve each other. But currently, from a higher perspective, you haven't completely set this direction with full commitment.

问: 那结婚对象难道不是定的吗? 我都不知道到底能不能和他结婚?

Q: But doesn't a spouse have a set match? I don't even know if I can marry him.

JO: 那就对了.已经回答你了.你都不知道你要不要和他结婚,那你让我们说什么? 你现在你⾃⼰都没有…… 你需要很强烈的意愿知道我是要朝这个⽅向⾛,我们才能告诉你这个⽅向怎么样怎么样.因为你才是那个拿着⽅向盘的⼈,你到底要往哪⽅⾯打啊? 你不知道要往左转还是要往右转,明⽩吗? 所以去探索你⾃⼰,等过⼏年你再来提问.

JO: That's exactly right. You've answered your own question. If you're unsure whether to marry him or not, what are we supposed to say to that? At this point, you yourself are…You need a very strong intention for us to tell you how things will unfold in this direction, because it's all about you steering the ship and figuring out which way to turn. You don't know if you should turn left or right, understand? So, figure out what you want, and come back to ask in a few years.

问: ⼈真的是受报还报的吗?

Question: Does a person truly receive what they deserve?

JO: 更多是交换⾓⾊体验.

JO: More of role-exchange experiences.

问: 佛教⾥⾯的这些因果报应…… 怎么融合,我感觉很卡?

Question: How do these concepts of cause and effect in Buddhism fit together? I feel stuck.

JO: 关于这些⽅⾯,你要知道你们这个世界产⽣的⼀些体验它都是根据你坚信不疑的⼀些东西⽽产⽣的.如果在你的⾻⼦⾥⾯你信这种的话,你的确就是会在⾥⾯.就⽐如说你觉得堕胎会给你带来什么什么的话,你的确会.为什么呢? 因为你内在会有这样⼀个担⼼和恐惧在.那你就已经显化了它.那它同样会让你尝到这个果的,那是你显化来的.但是所谓的业⼒实际⾏都是来帮助你这个灵魂成长的.所以业⼒也是来帮助你们成长的.就⽐如说你曾经伤害过⼀个⼈,那你也会体验到被伤害.然后通过你被伤害的过程,你就会知道原来我当初伤害的⼈他这么受伤啊.这就是所谓的业⼒.这个所谓的业⼒是不是就帮助你扩展了?

JO: Regarding these aspects, you should understand that the experiences generated in your world are based on what you firmly believe. If this belief is deeply rooted within you, it will indeed manifest within you. For example, if you feel that abortion brings certain consequences, you will indeed experience them. Why? Because there's a concern and fear inside you about it. You've already manifested it. And it will bring the same fruit to you, which you have brought forth. However, actions of karma are actually intended to assist your soul's growth. So, karma also aids in your development. For instance, if you once harmed someone, you would also experience being hurt. Through the process of experiencing harm, you realize that the person you previously harmed was deeply affected by it. This is所谓的karma. Does this supposed karma help you expand in any way?

让你更加的拥有慈悲⼼,就是去注意你⾃⼰的⼀些⾏为会对他⼈带来的⼀些伤害,明⽩吗? 所以它是在扩展你.业⼒并不是来惩罚你或者是来为难你的⼀些东西.它就是来让你知道你的⾏为会产⽣出这样的⼀个果,就是它会导致这样的⼀个感受.就⽐如说你踢了别⼈⼀脚,那你体验⼀下别⼈踢你⼀脚.你就能知道我踢别⼈,别⼈原来是这个感受.因为如果你不体验那种被踢,你体验不到别⼈被踢是什么感受呀.那它是不是也是来扩展你的? 你是不是就能体验到所有的⼀切?

Let it make you more compassionate, by paying attention to how your actions may harm others, do you understand? So it's expanding you. Karmic forces aren't meant to punish or make things difficult for you; they're there to show you the effects of your actions and how they create certain sensations. For instance, if you kick someone, try experiencing what it feels like when someone kicks you instead. You'll then realize that kicking others results in such feelings. If you haven't experienced being kicked, you wouldn't understand what it feels like for others to be kicked. Isn't this also expanding your experience? Aren't you able to empathize with all things?

问: 那这个被堕胎的胎⼉是灵魂层⾯的安排吗? 还是意外被杀了?

Q: Does this imply a spiritual arrangement for the aborted fetus, or was it an accidental killing?

JO: 你们没有所谓的…… 那个胎⼉,那他的意识还没有进去.所以你只是在你的这个世界⾥⾯,在你的这个版本层⾯你创造了⼀个跟他的关系.就好像你需要这样⼦的道具,那出现这样⼦的⼀个道具跟你产⽣这个体验.那实际上你是在跟道具…… 那那个道具能带出来你什么层⾯的⼀些东西,它能给你带出来什么服务,能够给你什么成长呢? 那你只是让那个道具⽩⽩牺牲了? 还是通过这个道具去学习去探索去转变⾃⼰,明⽩吗? 那当你能够真正的通过外⾯的 ‘道具’ 能够去提升灵魂,提升你的意识,就是让你变得更加接近造物主接近爱的话.那这些道具就值得了.

JO: You don't have what we call... the fetus, so its consciousness hasn't entered yet. Therefore, you only create a relationship with it in your world and version level, just like needing such props to generate this experience. Essentially, you're interacting with the props and assessing whether they can reveal certain aspects of you or provide services that contribute to your growth. Are you merely allowing these props to be sacrificed for no reason? Or are you using them as tools to learn, explore, and transform yourself? Do you see?

When you truly utilize external 'props' to elevate your soul and consciousness, making you closer to the Creator and love, then those props justify their purpose.

那如果只是给你带来了更多的伤痛或者是悲惨或者是沉重⿊暗的能量的话,那你就知道这个⼯具没有正⾯的服务于你.所以你们如何去运⽤这个⼯具才是最重要的.还有就是说在更⾼的层⾯,你们伤害不了任何.想象⼀下你们在梦⾥⾯,你说你在梦⾥

If it only brings you more pain or tragedy or heavy dark energy, then you know that this tool is not serving you positively. So how you use this tool is the most important thing. Also, at a higher level, you can't harm anything. Imagine you're in a dream, and you say you're dreaming

⾯杀了⼀个⼈,你梦醒了过后呢? 那个只是⼀个梦⽽已,但是这个体验才是最重要的.

If you kill someone, what happens after you wake up from that dream? That was just a dream, but the experience is what truly matters.

问: 那⼈是主动来的还是被业⼒带来的呢?

Question: Is that person coming voluntarily or being brought by karma?

JO: 看你⾃⼰要怎么样去定义你所谓的业⼒,我们刚刚都说了.但是所有的⼀切都是为了更好的成长,为了扩展,为了体验,明⽩吗? 这⾥没有惩罚,这⾥是善意的,它不是恶意的.就算你体验了所谓的灾难、疼痛这些东西,它都是善意的.它是来让你更加明⽩你⾃⼰的⼀些意识⾏为会造成什么样⼦的⼀个果.来让你更加的去注意⾃⼰.

JO: It depends on how you define karma - as we just discussed. But everything is for better growth, expansion, and experience. There's no punishment here; it's benevolent, not malevolent. Even if you experience what you call disasters or pain, it's still benevolent. It's designed to help you understand more deeply how your consciousness and actions can create specific outcomes. To make you more aware of yourself.

第七个⼈:问: 我的灵魂主题什么? 我叫XX,29岁.

The seventh person asks: What is my soul's theme? I am XX, 29 years old.

JO: 这么说吧,我们连接到你这⼀⽣的灵魂主题就是怎么把你的⼀些想法或者⼀些梦想落地.因为你可能会有很多想法、梦想.但是去呈现这些梦想的话会需要很多层⾯的⽀持.那这些层⾯的⽀持就需要你这个灵魂全⾯的发展了.它需要你⼈与⼈之间的连接感,你的各⽅⾯的能⼒,你与⼈连接感的能⼒,你在识别⼈的能⼒,或者你在处理事情的⼀个能⼒.不然的话你的梦想没有办法去实现.为什么呢? 因为它需要各个层⾯的⼀些⽀持.在这个过程当中,你的⼈格就得以发展.因为你会发现我需要这个,我需要那个.它就是好像有⼀种全⾯⼈格发展的⼀个过程.因为你没有办法去熄灭你的梦想.

JO: So, when we connect to your life's theme, it's about translating your ideas or dreams into reality. You might have many thoughts and dreams, but bringing them to fruition requires support on multiple levels. This comprehensive support necessitates the full development of your soul, which involves connecting with others, your various abilities, your capacity for connection, your skill in recognizing people, or your capability in handling situations. Without this, your dreams cannot be realized. Why is that? Because it requires support across several layers. As you go through this process, your personality grows and develops. You realize that you need certain things, and there's a sense of holistic personal growth as you can't extinguish your dreams.

问: 那我不就是⽐较空想的⼈.那落地也是有很⼤的⼀个困难和挑战在?

Q: But doesn't that mean I'm more idealistic? There are also great difficulties and challenges in putting it into practice.

JO: 对.你就说了有很⼤的挑战.

JO: Yes. There's a huge challenge.

问: 我今⽣这么难吗?

Question: Is my life so hard now?

JO: 它就需要你全⾯的⼀个发展,需要你变得特别有吸引⼒.因为如果你没有吸引⼒的话,你没有办法去吸引这些能量聚集在你⾝边来⽀持你.然后你会发现如果只是表⾯的吸引,就是外表的吸引是没有⽤的.

JO: It requires a comprehensive development of you, becoming exceptionally attractive. Because if you don't have吸引力, there's no way to attract energy to gather around you to support you. Then you'll find that superficial attraction, just based on appearances, is useless.

问: 那我要怎么连接我的⾼我?

Q: How do I connect with my higher self?

JO: ⾸先就是说你们跟⾼我是没有断开连接的.但是当你们⼀头扎进这个物质世界的时候或者是沉浸在你⾃⼰的思绪⾥⾯的时候,那你就会体验到好像是断开连接的感受.所以当你能把⾃⼰从这个物质世界拽出来,然后进⼊到⼀个跟你⾃⼰内在保持连接的状态.那你们就是连接在⼀起的.

JO: First of all, you might feel like we are not connected to the higher self. But when you're fully immersed in this material world or lost in your own thoughts, it's like experiencing a disconnection. The moment you can pull yourself out of that material reality and enter into a state where you maintain connection with your inner self, you'll be reconnecting with it.

问: 反正就是⽆欲⽆求的那种精神状态……JO: 这个是需要你⾃⼰去建⽴连接的.就是你怎么样从这个物质世界出来,怎么样关闭你的头脑.因为只有你⾃⼰才知道你的⾝体,你的习性,还有你的喜好.是根据这些,来建⽴你⾃⼰独⼀⽆⼆的通道.

Q: Anyway, it's about attaining a state of having no desires or ambitions...

JO: This is something you need to build your own connection with. It's about how you can exit this material world and how you can shut down your mind. Because only you know your body, your habits, and your preferences. Based on these understandings, you can establish a unique channel for yourself.

问:那就是现在不到时候,我⼯作不太稳定,年龄到了也还没有找到另⼀半,就是社会压⼒,不可能⼀头扎进灵性世界跟⾼我这么合⼀.我现在也是⾯临很多问题.所以我现在还是只能等时机了是吧?

Q: That's because the time isn't right yet; my work is not very stable, and I'm still unmarried despite being at an age where it's expected, so there's social pressure. It's hard to fully immerse myself in spirituality and align with my higher self under these circumstances. I'm also facing many issues now. So, I can only wait for the right time, right?

JO: 所以你就在体验你⾃⼰阐述的这个版本的世界.问: 我有双⽣⽕焰吗?

So you are experiencing the world as you have described it. Question: Do I have twin flames?

JO:这个要看你进⼊哪⼀个版本.有的版本有,有的版本没有.那要看你进⼊哪⼀个版本.它是跟着你⾃⼰的进度,就⽐如说你就⼀头扎进物质世界.那你就进⼊到物质世界的版本了.所以说它根据你⾃⼰如何来分配你的注意⼒还有你的意识状态,你的能量锁定⽽会去进⼊到哪⼀个.

JO:This depends on which version you enter. Some versions have it, and some don't. That's based on which version you enter. It's tied to your own progress; for example, if you dive into the material world, then you'll enter that particular version. Therefore, it's determined by how you allocate your attention and state of consciousness, as well as where your energy is focused, influencing which one you will access.

问: 那⽐如说我可以把我的梦想落地……JO: 如果你今天听我们的信息,你回头去听你⾃⼰的陈述,你就能知道你的出路在哪⾥呢.你就能知道你体验的这个世界实际上它就是你的⼀个believe system,就是你⾃⼰相信的、坚信的.你就在创造它.这⾥有线索.

Q: Say I can make my dream a reality... Answer: If you listen to our message today and then go back to listen to your own statement, you will be able to understand where your path lies. You will realize that the world you experience is actually a system of your beliefs, the things you believe in deeply, and are steadfast about. You are creating it. This provides clues.

问: 我的JO有想对我说的话吗?

Question: Does JO have anything he/she wants to tell me?

JO: 我们想让你知道你⽬前体验的这种就是好像没有办法,就是被卷⼊的这种失控感也是你的⼀步台阶.然后你也可以去正⾯的运⽤它,然后让它来服务于你,⽀持于你.因为你当下在创造这些体验嘛.我们其实前⾯有给你暗⽰就是你说这个世界是这样⼦的.那是因为你有这个believe system,你的信念创造了这样⼦的版本给你.那你既然已经创造了的话,那我们告诉你,你创造的这个东西也可以正⾯的服务于你.

Jo: We want you to know that this sense of being out of control and feeling like you're being sucked into something is also a step for you. And you can actually use it positively and have it serve you, support you because you are creating these experiences right now. Actually, we've given you hints before that this is how the world works. That's because of your belief system; your beliefs create this version for you. Since you've created it already, we tell you that what you've created can also be used positively to serve you.

第⼋个⼈问: 当家长把他们认为正确的观念灌输给孩⼦,孩⼦认为是错的.这个时候孩⼦该怎么办? 是去反驳还是装作没听到?

Eight asks: When parents impose what they believe to be correct ideas on their children, and the children think it's wrong, what should the child do in this situation - argue against or pretend not to have heard?

JO: ⾸先就是说如果是孩⼦的话,那他们会有⼀个我这个⾓⾊来⽀持你这个版本,就是你⽗母想要体验的.就是你还需要有⼀个作为孩⼦的⾓⾊去⽀持对⽅创造的体验.就好像你们已经有了⼀个协议,就是说你需要有⼀个什么什么,那我就这样⼦,明⽩吗? 就是你需要有⼀个⾓⾊给对⽅创造⼀个他需要体验的.因为这关系到每⼀个灵魂它的⼀个觉醒程度和它的灵魂主题.那如果当你真的觉醒了的话,你要知道外在是没有任何⼒量和没有任何东西可以影响到他的.所以它不在于孩⼦是反驳还是不反驳,⽽在乎这个灵魂到底是觉醒还是未觉醒状态,明⽩吗? 因为当你未觉醒,你反驳不反驳,你都在那⾥⾯呀.

JO: First of all, if it's a child, then there would be this role for me to support your version, which is what your parents want to experience. You also need to have a role as a child supporting the other person's created experience. It's like you already have an agreement that I should do something in return, right? You need to have a role to allow someone else to create what they need to experience. This relates to each soul's level of awakening and its spiritual theme. If you really have awakened, you need to know that nothing from the external world can affect him anymore. So it doesn't matter whether the child agrees or disagrees; it depends on whether the soul is awakened or not, right? Because when your soul isn't awakened, if you agree or disagree, you're still there anyway.

那当你觉醒了的话,⽆论外在发⽣什么其实对那个灵魂没有影响的,对那个孩⼦来说没有影响的.所以这不是单纯的⽤⼀个是与否的⾏为可以去怎么样的,明⽩吗? 那你们物质世界都在演这些戏呀.演这些戏就是说,我爸最开始说我⼏句,我反驳了,出现这个结果.我没反驳,出现那个结果.你们都在这个苦海⾥⾯.所以说那就关系着到底那个孩⼦…… 但是⽆论什么,你体验的是什么版本,你体验的对⽅是怎样.当你在觉醒的时候或者是回忆起来你⾃⼰的真实⾝份的时候,所有的这些体验都可以正⾯的服务于你.你们没有办法,也没有⼀定要去避开坏的,去选择好的.为什么呢? 因为好的坏的好像是两个颜料,就⼀个黄的⼀个绿的.

When you awaken, whatever happens externally has no impact on that soul, nor does it affect the child. Therefore, this isn't simply about performing actions with a yes or no outcome; do you understand? Your material world is staging these dramas. These dramas involve my father initially scolding me, and I either retaliate or not, leading to different results. You are all drowning in this ocean of experience. Thus, it depends on which child... But regardless, the experience you undergo defines how you perceive the other party. When you awaken or recall your true self, all these experiences can serve you positively. There's no choice to avoid bad situations and seek good ones; why? Because what is considered 'good' and 'bad' are like two colors, yellow and green, respectively.

那⽆论是黄的还是绿的颜料,你都可以⽤它开创造出你想要创造的.它都可以让你很好的利⽤、使⽤它.它只不过是⼀个⼯具.那是⼀个⼯具的话,你便能⽤你的创造⼒去很好的使⽤这个⼯具,对吧? 所以当你真正的能回忆起来你真实的⾝份…… 这么说吧,我们说它是⼀个能量.那能量你怎么运⽤它? 就好像我们之前说的你门⼜有⼀堆粪.你可以把它做成化肥,你也可以让它恶⼼你.你怎么⽤呢? 当你知道你是个⽆限的存在的话,好坏没有分别的.当你是个有限的时候,那你就会这个事情是好的,那我就受益了.那个事情是坏的,那我就坏.你没有办法.你没有转变它的能⼒.所以说你们现在在物质世界,我也跟你们所有的⼈说,你们体验了什么不重要.

That whether the pigment is yellow or green, you can use it to create whatever you wish to create. It allows you to effectively utilize and operate it. It's merely a tool. If that's a tool, then you can use your creativity to effectively use this tool, right? Therefore, when you truly recall who you are… To put it simply, we refer to it as energy. How do you apply that energy? Like what we previously discussed with you having a pile of dung. You can turn it into fertilizer or make yourself sick from it. How do you choose? When you recognize that you exist without limit, there is no difference between good and bad. But when you're limited, then this thing is good and I benefit from it; the thing is bad and I'm in trouble. There's no choice, you can't transform its nature. Thus, as you are experiencing this material world, I also tell all of you that what you experience doesn't matter.

重要的是你们能不能记起来你们的真实⾝份呢? 你能不能记起来你有转变它的能量能⼒呢? 你有重新去创造它的能⼒呢? 在每⼀个当下你都可以,当你知道你的真实⾝份,你都可以重新让它去正⾯的服务于我,服务于整个社会.因为这⾥没有⼀个绝对的好和坏.没有.只有有限的认知.

What matters is whether you can remember your true selves? Can you recall the power to transform yourself? The ability to recreate yourself? You can do this at every moment when you know who you truly are, allowing it to serve me and society in a positive way because there's no absolute good or bad here; only limited understanding.

问: ⽬前中国做⽣意需要很多应酬需要讨好领导,这⼀世的年轻⼈是否可以选择不去经历这些?

Question: Currently, doing business in China requires a lot of entertaining and pleasing leaders. Can the young people of this generation choose not to go through these experiences?

JO: ⾸先做⽣意需要去讨好领导是那个⼈创造的他的⼀个版本.那有可能你们社会都有这个现象,但是这个现象也是你们的⼀个集体意识,就你们共同去创造,共同去加⼊这个游戏规则.就好像有些⼈创造了⼀个游戏规则,然后你们加⼊了这个,去继续⽀持这个游戏.那也只是你们共同的⼈去创造了这个游戏,然后去进⼊到这个游戏,然后产⽣这个体验.但是你们永远都有权⼒和有能⼒去创造你们想要去体验的⼀个游戏.你不是只有⼀个游戏,不是只能加⼊到他们的游戏规则,没有的.你创造你⾃⼰的游戏版本.那你也创造你⾃⼰的游戏规则.但是你⾸先你要知道你有创造它的能⼒呀.那这就是你们⽣命的意义和价值所在.

JO: The idea that you need to please the boss in order to do business was created by someone, a version of reality. This phenomenon could exist within your society as well, but it's also something that you collectively create and participate in, adhering to the rules of the game together. It's like one person sets the rules for a game, and then everyone else joins in to continue playing according to those rules. You're all part of creating this game, then joining into it and experiencing what comes from it. However, you always have the power and ability to create your own experiences through games that you want to play. There's not just one game; you don't have to join their game's set of rules or be limited to them. You can create your own version of the game. And you also create your own set of rules for playing it. But first, you need to understand that you have the capability to create these experiences yourself. That's where the purpose and value of your life lies.

然后像你说的做⽣意需要很多应酬,那是来⾃于你们社会上的⼀些,⽐如说你们只是在⽤这个⼿段,然后他牟利了或者是获得了⼀些什么能⽣存下去.然后你们就继续在使⽤这个⼿段.就好像你们去捕猎⼀样.你可能之前只是⽤的这个⽅式⽅法捕猎.就是设⽴⼀个⽹.那在你的认知⾥⾯你就觉得就是⽤这个⽅法呀,你看这个⽅法能捕到猎呀.那你可以去创造⼀个新的捕猎的⽅法呀.你们为什么会有新的⽣命存在呢? 你们新的⽣命存在就是去打破那些旧有的,去创造新的.因为他们⾃⼰的观念和思想,他们很难⾃⼰打破的.那就需要你们新的⽣命,新的思想,新的观念,新的意识的进⼊.不断不断⼀层⼀层的打破.那不然的话,你们⼈类如何发展呢?

Then, as you said, doing business involves a lot of networking, which comes from the society where you are operating. It's about using this means to gain profits or sustenance, and once it works, people continue using these methods—like hunting for resources. Perhaps they started with one method of hunting, such as setting traps. In their minds, they see that this method works because it catches prey. They could create a new method of hunting. Why do you have new life? Your new life exists to disrupt the old, creating something anew. Their own ideas and beliefs make it difficult for them to change. This necessitates the entry of new life, new thoughts, new perspectives, and new consciousnesses to continuously break down barriers. Otherwise, how could humanity develop?

如果还在你们原始社会的观念⾥⾯,你们社会能有今天吗?后⾯的⼀个问题你问孩⼦需不需要加⼊或者是创造⾃⼰想要的体验?⾸先这个不是我们来告诉你你要加⼊还是去创造想要的体验.为什么呢?因为当你没有成为⽆限的⼀个存在状态的时候,你加不加⼊你都在受限制.为什么呢?你加⼊,你会感受到那种限制.你不加⼊,你也会感受到那种限制.你始终是受限的.为什么呢?因为你在⼀个有限制的⼀个认知状态.你只有去成为你⽣命的本⾝,那就是⽆限的状态.你才能去,我加⼊我能转变它.我不加⼊,我能创造它.明⽩吗?加不加⼊,你都能把死的变成活的.所有东西都是按照你⾃⼰的意愿去创造,

If you were still in your primitive society's mindset, could your society have reached the state it is today? The second question you ask a child about whether they should join or create their desired experiences isn't something we're telling you to join or create. Why not? Because even if you're not an infinite being, your choice to join or not does not free you from limitations. Why is that? If you join, you still feel constrained by the rules of the society. If you don't join, you're still constrained by societal expectations. You are always limited. Why? Because your mind operates within a limited framework. Only when you fully embody your life as an infinite being can you truly say, "I'll join and change it." or "I won't join but will create what I want." Do you understand? Whether you join or not, you can transform the dead into the living. Everything is created according to your own wishes.

⽽不是被动的.

And not passive.

问: ⽬前的能量状态,⾼维有什么信息带给我吗?

Question: What information does the high-dimensional state bring me about current energy?

JO: 你⼼中已经有很明确答案,所以你不需要去把你的注意⼒关注或者受外在的物质影响.因为你知道.就是你已经明⽩⿊⽩是⾮了,你不需要来问我们要怎么办.为什么? 就算我们告诉你⼀个相反的答案,其实你⼼中也知道.

JO: You already have a clear answer in your mind, so you don't need to direct your attention or be influenced by external material factors. Because you know - you've already understood the difference between right and wrong - you don't need to ask us what to do. Why? Even if we give you an opposite answer, you would actually know it in your heart anyway.

#### 2023/12/08 — 连接特斯拉Linking Tesla

问: 我想连接⼀下特斯拉JO: 好的,你稍等特斯拉: 你说什么问题?问: 数字369的含义?

Question: I want to connect with Tesla.

Answer: Alright, please wait a moment.

Tesla: What do you mean by "digital number 369"?

Question: What does the number 369 mean in terms of digital significance?

特斯拉: ⾸先数字369对你们每⼀个个体,对你们每⼀个⼈都有不同的含义.因为它根据你们不同的认知、不同的信念、不同的观念…… ⽐如说369对⼩朋友可以是什么? 三个糖果,六个糖果,九个糖果,对吧?所以你们会根据你们⾃⼰,就这个个体的不同的阶段、不同的认知、不同的观念、信仰,然后这些东西来诠释这个数字.也就是说你们让这个数字有了意义,也就是说这个数字是你们的.那我们,就⽐如说对这些数字或者数学,就是对这些专业或者专业语⾔,有⾃⼰去诠释这个数字的含义.你⾸先要知道你们物质世界的⼈,你们只能⽤你们头脑⾥⾯的⼀丁点去诠释它,就你感知到的.⽐如说造物主,然后和那个数字.

Tesla: First of all, the number 369 has different meanings for each and every one of you individuals, for each and every person, because it depends on your varying cognitions, beliefs, ideas... For example, what could 369 be for a child? Three candies, six candies, nine candies, right? So you interpret this number based on yourself, the different stages of this individual, differing cognitions, ideas, beliefs, and so forth. In other words, it is you who give meaning to this number; this number belongs to you. We, for instance, in regards to these numbers or mathematics, in relation to these professions or specialized language, we ourselves interpret the meaning behind this number. You first have to know that when dealing with the material world's people, you can only interpret it based on what your mind holds, based on perception. For example, a creator being and then connecting it back to the number.

你好像是通过这个数字,然后发现了跟造物主的⼀种连接.但是它这个诠释只是属于你个⼈,⽽且只是属于你个⼈在那⼀个阶段的时候,就在那⼀个能量状态,因为你的能量会不断地变,对不对? 它只是在你那⼀个能量状态的时候对它产⽣的⼀个诠释.那是不是随着你认知的扩展,然后你对它的诠释又会变,明⽩吗? 所以你在这⾥有没有看到⼀个特定的,明⽩吗?

You seem to have connected through this number and found a link with the creator. However, its interpretation is just yours, personal, and only at that stage when you were in that energy state, because your energy keeps changing, right? It's an interpretation based on where you were with your energy then. Does it make sense that as your understanding expands and your interpretation of it might change too? So, have you seen a specific clarity here?

问: 那对于你来说369是什么含义呢?

Q: What does the number 369 mean to you?

特斯拉:它的含义是⽆限的,它没有⼀个特定的,就是专门的⼀个含义.我可以⽤这个数字来诠释任何,我可以把它跟任何东西扯上连接.因为你们后⼈他只是在记住曾经的⼀个点.就是那⼀个点只在那个意识的当下,在那⼀个⽚段⾥⾯的诠释.然后你们就把它当成是⼀个好像真理⼀样.就好像是,啊,这就是宇宙的秘密或者是这就是数字跟宇宙的关系.但是这个⼀直是在变化的,⼀直是在扩展的,明⽩吗?所以不要去拿着我们曾经的任何的所谓的⼀个知识或者所谓的⼀个观念、⼀个见解,然后去把它当成是绝对.但是你可以,就好像我们创造⼀个东西,你可以去通过这个东西加⼊你⾃⼰的⼀些探索的欲望或者是对它的⼀个探索.就是你⾃⼰去创造你⾃⼰的版本.

Tesla: The meaning of it is boundless; there's no specific or dedicated connotation to it. I can use this number to interpret anything, linking it with anything else because you're only remembering a single point in time which was interpreted just then within the context of that consciousness fragment. You then perceive it as if it were an absolute truth or like the secret of the universe or how numbers relate to the universe itself. But these concepts are always changing and expanding; do you understand? Therefore, don't hold onto any past knowledge or perceived notions and consider them absolutely true. Instead, you can create your own version by exploring this through yourself, adding your desires for discovery or exploration to it. You create your own interpretation of reality.

为什么呢? 因为你不是来这⾥拿结果的.你不是来拿: 369代表什么什么,然后拿着结果就⾛.不是的.你来.明⽩吗?因为我们并不是你们的⽼师⼀样给你们传授已有的知识.你是创造者,你是创新者,你是更新者,你是在我们之上.就好像我们说的,那些果就好像我们拉出去的屎.你没必要去研究那堆屎怎么样,因为它已经是排泄物了.如果你真的对这些有兴趣,你来⽤你独⼀⽆⼆的⽅式去展现出它的意义.你赋予它意义.后⾯的如果有⼈问你这个是什么什么的,你也可以告诉他们:这个只是代表我在那⼀个阶段对这⼀切万有的⼀个理解,你去发现新的来把你的理解共享给我们.我们通过这个分享和共享来扩展我们.

Why is that? Because you're not here to get the results. You're not here to receive: what does 369 stand for, and then leave with your result. No. You come because we are not like teachers imparting existing knowledge to you. You are the creator, the innovator, the renovator, above us. Like when we say that fruits resemble our poops. There's no need for you to study how those piles of poop look like, as they are already waste. If you're really interested in this, come and show its meaning using your unique way. You give it significance. For those who ask later about what this means, you can also tell them: this just represents my understanding at that stage towards everything existent, go find the new to share your understanding with us. We expand through this sharing and exchange.

你们不是来被告知,你们是来以你们⾃⼰的⽅式来展现,因为你是独⼀⽆⼆的.如果缺少了你的这份发现,那么宇宙当中就永远少了⼀种独⼀⽆⼆的视⾓.

You come not to be told what you are, but to reveal yourselves in your own way, because you are unique. Without this discovery of yourself, the universe would always be missing a singular perspective.

问: 宇宙的奥秘是什么?

Question: What are the mysteries of the universe?

特斯拉: 宇宙的奥秘可以⽤两个字: 变化,⽆限.它⼀切都在变换中,变化中.它没有⼀个固定的.所以它的奥秘就是它的每⼀个时刻,就是你能体验到的,每⼀个⽚刻都在不断地产⽣变化变化,⽆穷的变化.然后这个变化是不会停⽌的,它永远在这种变化当中.那如果你知道宇宙的⼀切都在不停留的变化当中,你这个⼈也是,明⽩吗?所以不要让你旧有的⼀切来限制你,因为你在每⼀个⽚刻每⼀个当下都可以拥有完全的新的⼀个你,新的⽣命、新的⼈格去体验去创造.这样⼦你才能发现……想象⼀下你们在⼀些电影当中他在往前⾛的时候,他的⾝⼦不断发⽣变化,不断发⽣变化,变成完全另外⼀个样⼦,另外⼀个形状.

Tesla: The mysteries of the universe can be summed up in two words: change, infinity. Everything is in a state of flux, constant flux. There is no permanence to it; thus, its mystery lies in every moment that you experience as it is continuously and infinitely changing. This unending cycle of transformation is happening all the time, and it never ceases. You are always within this process of change. If you understand that everything in the universe is perpetually in a state of flux, including yourself, can you see? Therefore, do not let your old self constrain you; for at every moment, in each now, there is an opportunity to embrace a completely new version of yourself - a new life, a new personality to experience and create with. Only then will you be able to truly understand... Imagine yourselves walking forward in some movie scenes where their bodies are constantly changing, morphing into entirely different forms, revealing anew every aspect of human existence.

就⽐如⼀会⼉变成动物,⼀会⼉变成这样,⼀会⼉变成那样.ok,那就是让你们物质⾁眼能够体验、看到的⼀个状态.我可能是⼀个怪物,马上变成⼀个美⼥,马上又从⼀个美⼥变成⼀个怪兽,变成⼀个天使,变成⼀个恶魔,变成各种各样.这就是宇宙的奥秘,就是它的⼀切都在不断地变化当中.这⾥没有不变的任何.

It's like suddenly turning into an animal, then transforming into something else, and changing again. Okay, that's the state in which you can experience and see through your physical eyes. I might be a monster and instantly turn into a beautiful woman, then quickly morph back into a beast, an angel, or a demon, taking on all sorts of forms. This is the mystery of the universe; everything is constantly evolving and changing without any permanence.

问: 能量如何被我们使⽤和操控?

Question: How is energy used and manipulated by us?

特斯拉: 就好像前⾯的信息,它不断不断地在⼀个变化当中,是吧? 那你通过这个变化产⽣什么?产⽣体验.所以只有那个能量产⽣的体验才会是你的,明⽩吗?就是那个体验,那个 experience,只有那个才是真正的…… 然后你可以如何去使⽤这个能量? 它根据你个⼈想要去展现什么,就是你个⼈的意愿,你想要如何的去呈现这个能量?为什么呢?因为你就是呈现这个能量的⼀个容器呀.你的所思所想,你的⼀⾔⼀⾏,你的哪怕这个物质⾁体,你的⼀切,哪怕你这个动态的,它完完全全的去通过你这个容器来呈现出能量,明⽩吗?那你可能是收集了所有的负能量,就这个⼈类和这个社会创造的负能量,你把负能量全部收集在你的体内.

Tesla: Just like the information you mentioned earlier, it is constantly evolving. So, what do you produce through this change? You produce experiences. Therefore, only the experiences generated by that energy are yours, right? That experience; just the experience itself is truly... Then, how can you use this energy? It depends on what you want to express, which is your personal intention, how you wish to manifest this energy? Why is it so? Because you are the vessel presenting this energy. Your thoughts and actions, even your physical body, every aspect of you is completely manifested through this container, right? So, you might have collected all the negative energy, including the负能量 created by humanity and society, accumulating it within yourself.

然后你把它释放出来的状态是什么?又是残害他⼈,又是⾃残,然后又是各种分裂,又是各种精神问题、情绪问题,又是各种毁灭,毁灭你的关系,毁灭你爱的⼈.那你是不是你在通过你⾃⼰把所有这些低频率的负⾯的能量在展现出来,被你使⽤了,是吧?那你是不是也可以时好时坏,对吧?我有时候是个天使,有时候是个恶魔.我有时候是展现正⾯的,有时候展现负⾯的.那我也可以展现正⾯的或者我前半⽣都是负⾯的,后⾯全是正⾯的.那是不是就变成了你们独⼀⽆⼆的⼈⽣体验了?只是你们基本上的⼈都是在⼀种⽆意识的状态,就是他是被动的.他是被动的就是说让这个能量影响他,他没有主动的,就是像你说的操控,对吧?

What state does it manifest in when you release it? Is it harming others, self-harm, or various forms of fragmentation and mental issues, destruction of relationships, and destruction of loved ones? Are you displaying all these low-frequency negative energies through yourself, utilizing them, right? Can you also have ups and downs, yes? Sometimes I am an angel, sometimes a demon. I can show positivity at times and negativity at others. Could it be that in the latter scenario, it becomes your unique life experience? However, most people are basically living in an unconscious state, passively allowing this energy to influence them rather than actively controlling or directing it, wouldn't you say?

就⽐如说你⼼⾥本⾝想展现出正⾯的、合⼀的能量,对吧?但是你却没有办法.它与你的意愿相违背了.那你就会产⽣什么?产⽣,就是觉得这个⼈⽣不是你想要的.你会产⽣痛苦,你就会想要放弃这个⾁体.因为你没有办法通过这个⾁体去表达你想要去表达的.因为你表达的那些东西都不是你,明⽩吗?那你是不是就需要去学习?就这么说,你这台机器它不能去运⾏,就是你这台车它开不动.你要加速的时候,它开不动.你要减速的时候,就是它是失控的状态.那⼀台机器失控,它就不能正常的运作.所以你们⼈体也是.因为你对它没有认知,没有认识.你们⼈类也不教这些.你们都是随着,就是哪个潮流向着哪……你们都是被动的,主动的⼈很少.

For instance, you might want to radiate positive and unified energy within yourself, right? But you can't. It contradicts your will. So what would you feel? You'd feel that life isn't as you wish it to be. You'd experience pain and the desire to give up this physical body. Because you can't express through this body what you want to convey. The things you're conveying aren't actually you, understand? So wouldn't you need to learn? Like, your machine won't operate properly, just like a car that won't start. You try to speed up but it won't move; when you try to slow down, the control is lost—it's out of control. An uncontrolled machine can't function normally. Thus, the human body operates similarly because there's no awareness or understanding about it. Humanity doesn't teach this either. People generally follow whatever is trending…you're all passive with few taking initiative.

那我们这些信息就在帮助你成为主动地创造者,⽽不是被动的体验者.但是就算你们是被动的体验者,也会让某⼀部分的⼈去成为主动的创造者.为什么?他看到你们的痛苦,他觉得这不是你们的⼈⽣.可能会引领他去⾛向⽣命的创造.所以⽆论你是有意识还是⽆意识,你其实都在服务.但是你体验不到⽣命的⼀种⾃由和⽆限,你体验不到真正的⽣命.你体验的是被动的.你体验不到⽣命的那种你是主⼈的感觉,你是造物主,你是神的那种感觉,明⽩吗? 你体验不到,那就少了⼀个在这个⼈间展现出你是光的⼀个渠道.所以通过你们⾃⼰内在的意愿,通过我们对你们的引导,你们可以.

So the information we provide is assisting you in becoming active creators rather than passive experiencers. But even if you are experiencing passively, it can inspire a part of others to become active creators. Why? They see your pain and feel that this is not meant for your life; they might be led towards creating their own lives. Regardless of whether you are conscious or unconscious, you're serving in some way. However, you don't experience the freedom and boundlessness of life; you don't experience true life. You experience passivity; you can't feel being the master of life, the creator, the god-like feeling within yourself. Do you understand? You can't feel it, which means you're missing out on becoming a channel for your light in this world. Therefore, by aligning with your own inner will and through our guidance to you, you can.

问: 如何拥有强⼤的能量?

Question: How does one possess powerful energy?

特斯拉: 就⽐如说你是⼀⾯镜⼦,对吧? 那你这个镜⼦上⾯厚厚的灰尘、泥⼟、各种东西,就是让你已经映射不出来太阳.就⽐如说能量是太阳,这个太阳通过你这⾯镜⼦反射不出来任何光了.那你就没有拥有任何光嘛,对吧? 那如果你让⾃⼰是在⼀种通透的状态,那这个太阳光可以通过你这⾯镜⼦完完全全的反射出光的能量和状态,明⽩吗? 那就像是这样⼦,你只是⼀个反射体.你只是允许能量通过你来,没有 曲,没有污染,没有阻碍的去呈现出来,明⽩吗? 所以你就可以去⾃我探索,看看是什么阻碍了你,是什么东西把你蒙蔽了.就是是什么东西让你有厚厚的灰尘,让你不能在⼀个通透的状态下,明⽩吗?

Tesla: It's like you're a mirror, right? Then the thick layer of dust, mud, and various things on your mirror prevents it from reflecting sunlight. Imagine energy as the sun, unable to reflect any light through your mirror. So, you wouldn't be able to possess any light, right? But if you maintain a transparent state, allowing sunlight to completely reflect light's energy and presence through your mirror, would that make sense? You are just a reflection surface, allowing energy to pass through unaltered, uncontaminated, and without obstruction. Understanding? Therefore, you can engage in self-exploration to identify what hinders you, what obscures you. What causes thick dust on you, preventing you from being in a transparent state, making sense?

那是你⾃⼰堆积起来的⼀个你,你会给⾃⼰命名,你的名字,你的⾝份,你的地位,你的关系,你的所有的⼀切,你头脑⾥所有的记忆,你的各种伤害伤痛或者是欲望,所有的⼀切,memory.那你如果理解,像我们前⾯说的宇宙的奥秘是什么? 它每⼀刻都在变化,每⼀刻都是新的.那你会把你⾃⼰当成每⼀刻都是新的⾝份吗? 如果你把你⾃⼰当成每⼀刻都是新的⾝份的话,你就可以去完完全全的去呈现这个能量了,就拥有强⼤的能量了.为什么呢? 因为你就是通透的,你没有任何灰尘残留在你那⾥.你就直接是映射出造物主的状态,明⽩吗? 那⾥包含了⼀切.那⾥就是有任何.那就是⼀切的奥秘,⼀切的来源.⽐如说你想要智慧,那智慧就来⾃于那⾥.

That is the self you have built for yourself, one that you name, your identity, status, relationships, everything about you, all of the memories in your mind, your various wounds and pains or desires, all of it, memory. Then if you understand, like we mentioned before regarding the mysteries of the universe, it changes every moment, always new. Would you see yourself as a new identity every moment? If you see yourself as a new identity every moment, you can fully present this energy, possess powerful energy. Why is that? Because you are transparent, without any dust lingering within. You directly reflect the state of the Creator, understand? It encompasses everything. There is anything contained there. That is the essence, the origin of everything. For example, if you want wisdom, wisdom comes from there.

你要疗愈,疗愈就来⾃于那⾥.你想要爱,爱就在那⾥.你想要丰盛,丰盛就在那⾥.你想要什么都有.

You need healing, and healing comes from there. You want love, and love is there. You want abundance, and abundance is there. You want everything, and it all exists there.

问: 特斯拉你体验的那⼀⽣最⼤的收获是什么?

Question: What was the greatest lesson you learned in your lifetime, Tesla?

特斯拉:最⼤的收获就是我⼈⽣的本⾝.不是说我⼈⽣做的某⼀些事情是我最⼤的收获. NO.是那个⼈⽣的所有的⼀切,就从出⽣到最后,所有的都是最⼤的收获.⽽不是说只有我在展现这个的时候或者是在表达那个的时候.五⼗岁的时候,三⼗岁的时候才是……不是的.明⽩吗? 因为它是⼀个整体.

Tesla: The greatest achievement is my own life. It's not that some specific things in my life are the greatest achievements. No, it's everything about life - from birth to death - that is the greatest achievement. And it's not just when I'm presenting this or expressing that. Not at fifty years old, or thirty years old... No, because it's a whole.

问: 那你体验的那⼀⽣最美好的事情呢?

Question: What was the most wonderful experience of your lifetime?

特斯拉: 如果我说痛苦都是最美好的,你们能理解吗? 你们往往就会把病痛啊、痛苦啊这些,就觉得这个不是最美好的.我最美好的应该是什么? 应该是我跟爱⼈在⼀起的时候.并不是的,没有这个.因为这些所有的体验,只要是产⽣的体验,就是美好的.⽽不是说体验⽣病就不是美好的,体验痛苦就不是美好的.为什么呢? 因为所有的体验都没有分别.你只要有体验,你就有收获,对不对? 那有收获,就是美好的.⽽不是说去分这个体验是美好的,是坏的,是丑陋的.没有.只有你头脑⾥⾯给它定义⼀个它是痛苦的,丑陋的,你才有这种这个是美好,那个不美好.没有任何.因为我不会去把它们贴上任何标签.为什么?

Tesla: If I say that suffering is the most beautiful, can you understand? Often, when faced with illnesses or suffering, people tend to believe that this isn't the most beautiful thing. What should be considered as the most beautiful for me? It should be being with my loved one. But it's not true, there is no such thing. Because all experiences, any experience that arises, are美好的. Not saying experiencing illness isn't美好 or experiencing suffering isn't美好. Why is this so? Because all experiences are without discrimination. Whenever you have an experience, you gain something, right? So having a gain makes it美好的. But not dividing this experience as being美好, bad, or ugly. There's no such division. Only when your mind assigns these labels like pain and ugliness does it create the perception that one is美好 and the other is not. There are none of such divisions because I don't assign any labels to them. Why?

因为它们都是我收获的宝贝,它们都是我独⼀⽆⼆的…… 所以也没有分成什么是美好,什么是不好.没有.

Because they are all my precious treasures, unique to me... So there's no division of what is good or not; it just doesn't exist.

问: 你现在的能量还在影响这个物质世界吗?

Question: Is your current energy still affecting this material world?

特斯拉: ⽐如说我现在的能量就在通过这个⼥孩⼦在影响你们物质世界.问: 那除了这个呢?

Tesla: For example, my energy is currently influencing your material world through this girl. Question: And besides that?

特斯拉: 想要连接的.就⽐如说这是我的能量在这⾥,这个信号在这⾥.那想要跟这个能量产⽣连接的,如果他通过跟我的连接把这个能量带到你们世界上了,那它就在产⽣影响了,明⽩吗?

Tesla: If you want to connect with this energy here, like this signal here, and someone brings this energy from my world to your world through their connection to me, it means that the influence has been generated, do you understand?

问: 如果你活在我们的世界⾥,你最想给⼈类的礼物是什么?

If you were living in our world, what gift would you most want to give to humanity?

特斯拉: 我现在就在给你们礼物.这就是我最想要给你们的.我带出来的每⼀段信息,就所有的⼀切都是我想要给你们的,让你们知道的.但是你们会以你们⾃⼰的速度去感悟,去领悟,去消化.

Tesla: I am giving you gifts right now. This is exactly what I want to give you. Every piece of information I bring out, all of it, is what I want to give you, so that you will know. But you will understand and comprehend at your own pace.

#### 2023/12/08 — 不要寻求任何外在的刺激让⾃⼰放松Do Not Seek External Stimulation to Relieve Yourself

问: 我最近⼀直做噩梦,有什么可以帮助我?

Question: I've been having nightmares lately, is there anything that can help me?

JO:你稍等.我们感受到你的能量很沉重.当你的能量很沉重,它不只是⽩天的时候对你会有⼀种影响,在你晚上的时候也会对你有影响.所以你需要去有意的,就是刻意的去做放松的动作.⽐如说去放松⾝体啊,听舒缓的⾳乐啊,就是任何让你感受到放松的事情,明⽩吗?因为你没有去……就⽐如说你很累或者你很紧张,但是你却从来没有去尝试过让你的情绪或者是精神或者是⾁体,就是各⽅⾯的放松你都没有去做这个动作.你就⼀直让它是在紧张或者是紧绷的状态下,明⽩吗?就好像⼀个弦,它很紧很紧.但是你却没有去松它,明⽩吗?

JO: Wait a moment. We feel that your energy is quite heavy. When your energy is heavy, it doesn't just affect you during the day; it also affects you at night. Therefore, you need to consciously and deliberately do relaxing actions. For example, relax your body, listen to soothing music, or any activity that makes you feel relaxed. Understand? Because you haven't tried... say, you are very tired or stressed, but you never try to relieve the tension in your emotions, spirit, or body. You just keep it tight and tense at all times. Do you understand? It's like a string that is very tight, but you don't untie it.

所以你需要⾃⼰去调动这个,去松它,让它的压⼒是在⼀个适中的⼀个……问: 这种放松我有时候需要另⼀半帮助我,⾃⼰去做放松好像很难.

So you have to activate it yourself, loosen it up, and make sure the pressure is in a moderate area... Q: Sometimes I need my partner's help with relaxation. It seems hard to relax on my own.

JO: 你们也可以去通过,就⽐如说受其它能量层⾯的影响,我们是说受能量层⾯的影响从⽽达到⼀种Y…… 但是任何这些都是被动的.就好像你还是被动的.为什么呢? 因为你会制造另外⼀种压⼒.就⽐如说你⼜渴了,那你⼀直是跟别⼈要⽔喝.那会产⽣另外⼀种压⼒是什么呢? 那她要是不给我⽔了呢? 我要是不听她的话,她要是不给我⽔了,那我不是渴死了? 是不是? 那就会导致你创造⼀个新的压⼒.这个也会成为你的压⼒,明⽩吗? 所以你在解决这个问题的时候,就创造了另外的问题.它就好像是这样⼦的⼀个状态.就好像你们因为⼀些痛苦,然后去喝酒或者是吸毒.吸毒可以让我暂时的放松或者是喜悦或者是快乐,对吧?

JO: You can also go through by being influenced at other energy levels, we are saying being influenced from different energy levels to reach a Y... but all these are passive actions. It's as if you're still being passive. Why is that? Because you create additional pressure. For instance, if you're thirsty again, then you keep asking others for water. What kind of additional pressure would that be? If she doesn't give me water, what happens to me if I don't listen to her and she doesn't give me water? Wouldn't I just die from thirst? Isn't that so? This creates a new type of pressure. That becomes your own pressure, understand? So when you try to solve this issue, you create another problem. It's like being in this state due to some pain; one resorts to drinking or taking drugs for temporary relief, happiness, or joy, right?

那你们是不是又在创造更多的问题? 所以说你要知道你⾃⼰才是真正的解药.

Are you creating more problems by doing that? So, you need to know that you are the real solution yourself.

问: 冥想能帮助放松吗?

Question: Can meditation help with relaxation?

JO: 任何让你觉得放松的事情,你都可以去做.但是这个前提是你不建⽴在外在.就⽐如说通过药物的刺激或者通过他⼈对你的⼀种刺激.这个是需要来⾃于你内在.不然的话,你就在给⾃⼰挖另外⼀个坑.从这个⽕坑跳到另外⼀个⽕坑.它不是真正的解决问题.⽐如说你喜欢跟⼩动物相处,那你就跟⼩动物相处.你通过和⼩动物相处,它可以让你解压.或者你喜欢去听歌你就听歌,你喜欢⼀个⼈去跑步去旅游、徒步,就是跟⼤⾃然或者游泳.这些东西都可以成为你⾃⼰独⼀⽆⼆的⼀个解压⽅式,就调节⾃⼰嘛,你调那个弦.但是你需要⾃⼰跟⾃⼰发⽣连接.因为你才是跟你的⾁体,就是你才是它的拥有者,所以你需要去跟它发⽣连接.

JO: Any activity that helps you feel relaxed can be pursued by you, but the condition is that it should stem from within rather than externally. For instance, using medication to stimulate yourself or being influenced by others' actions are not recommended. Instead, what's needed comes from your inner self; otherwise, you're just digging another hole for yourself, jumping from one fiery pit to another without genuinely solving a problem.

If you enjoy spending time with little animals, then spend time with them. Engaging with little animals can help alleviate stress. Or if you like listening to music, do that too. If you prefer running, traveling, hiking, or swimming in nature, all these activities can become your unique way of releasing tension and balancing yourself out. You adjust the strings of your being by connecting with yourself because only you own your body, so it's essential to form a connection with it.

你们俩去找到⼀个它不反感的,它enjoy的,明⽩吗? 但是它的前提是不是通过外在的刺激.这个很重要.不然就好像刚才说的,你就在从⼀个⽕坑跳到另外⼀个⽕坑.就是⼀种转移.

Translate this Chinese text into

You two go find one that it finds non-offensive and enjoys, okay? But the condition is not through external stimulation; this is very important. Otherwise, it's like what we just discussed - you're essentially moving from one fire pit to another, which is a form of shifting or evasion.

English

Go find something that it likes and doesn't mind, understand? However, it mustn't be through external prompts; this is crucial. Or else, it's akin to what we talked about before — just hopping from one problematic situation into another, essentially avoiding the root issue.

问: 我现在经历很多猜疑、不信任.然后想要⾁体的连接去保护我的感情.JO有没有什么建议要跟我说?

Q: I'm going through a lot of suspicion and mistrust now. Then wanting physical connection to protect my emotions. Does JO have any advice for me?

JO: 你现在处在⼀种不信任的状态是吧? ⾸先你不要试图把不信任的这种状态马上要get rid of it.为什么呢? 因为这又会增加你另外⼀个…… 就好像你本⾝有⼀个问题了,对吧? 你想把这个问题解决掉,处理掉,那你就产⽣两个问题了,明⽩吗?所以说你应该想要去看清楚⼀些事情.看清楚⼀些事情就是所有事情,我不管它狂风暴⾬有多⼤.你说有⼀直刮狂风的吗?你们这个物质世界,有吗?那你曾经被⽯头砸到脚,你会疼⼀辈⼦吗?那你砸了,你当时疼,可能过⼏天你还在疼,过⼀⽉还在疼.你过三个⽉呢? 它不会再疼了.你就是通过这些⽆论什么事情它都…… 因为它是能量的显现,对吧?

JO: You are in a state of distrust, right? First, don't try to immediately get rid of this state of distrust. Why not? Because doing so will create another problem for you. It's like you already have an issue; do you understand? Trying to solve or handle this issue creates two problems. So, you should want to look at things clearly. Looking clearly means seeing everything, no matter how stormy or tumultuous it might be. Do storms always blow fiercely continuously? Does your physical world experience such consistent storms? If a stone hits your foot once, will the pain last for life? When hit, you feel pain immediately; maybe it continues for days, weeks, and then perhaps months. By then, you wouldn't still be experiencing any discomfort after about three months. You see how regardless of whatever situation arises, it's because it manifests from energy, isn't it?

它只要是你能量的现象,它就⼀直在变化当中,明⽩吗? 所以说你通过允许它,让它⾃⽣⾃灭,就是它⾃⼰会出现会消失.你看⼀朵花,它能永远的开在那? 那你的这个烦恼就像那朵花,它会凋谢的.只有你试图去处理这个问题,你才会困在⾥⾯.就你才会⼀直去体验它.就你觉得我怎么这个样⼦,我很烦恼,我要去处理…… 那你就⼀直在创造问题,但是它不是问题的本⾝,是你在创造它.是你头脑对它的⼀种,就好像我不让你⾛,不让你⾛.就好像伤⼜你不给它愈合.它⼀结痂,我马上把它撕掉那种感觉.所以说不去处理它,你就只是观察它.就是看着它.就是你知道这朵花开的再鲜艳也会凋谢的.那我有什么好要去⼀定要把你灭了呢? 明⽩吗?

It's only when it is a manifestation of your energy that it remains in constant flux, understand? So through allowing and letting it flourish and wither on its own, is where it appears and disappears. Can you see a flower ever staying open forever? Your affliction is like that flower; it will wither away. Only by trying to address this issue do you become trapped within it, constantly experiencing it. You're wondering why I am in this state, feeling troubled, attempting to deal with it... you keep creating problems for yourself, but they are not the inherent problem; you create them through your thoughts. Your mind's interpretation of it is akin to me denying you the freedom to move or heal a wound, constantly picking off the scab right after it forms. Thus, by not addressing it, you merely observe it, watching as it unfolds and dissipates. You know how beautifully a flower blooms but inevitably fades? Why would I need to eliminate you for that? Understand?

只有你⼀直想要去灭它的念头才是你需要去release,把它放掉的,明⽩吗? 你不需要产⽣这个念头.

The only thought you need to release and let go of is the one that constantly desires its destruction - understand? You don't need to generate this thought.

#### 2023/12/11 — 你的频率决定你的世界 Your frequency determines your world

JO: 你说什么问题?

JO: What question did you say?

问: 我跟我⽼公的灵魂约定? 我们结婚9年.我叫XXX.我⽼公叫XXX.

Question: I have a soul pact with my husband? We've been married for 9 years. My name is XXX, and my husband's name is XXX.

JO: 你是想要问你跟他之间有关联的对吧? 如果是有关联的话,其实你们之间的这种,就好像你跟他你们俩都是有⼀种下不了决定,就是在⽣命当中你们都不够果断,都会有⼀种瞻前顾后.这是你们俩共同需要去⾯对的课题.就⽐如说你⾝上有⼀个你需要看到的东西,就是你⾝上有⼀个臭味,对吧?你⾃⼰闻不到,因为你习惯了.然后他⾝上也有⼀个臭味,他⾃⼰也闻不到,因为也习惯了.但是你们彼此可以通过对⽅,就⽐如说你⾛到他⾝边你⼀下就闻出来了.然后你才发现这个闻到跟你的是⼀样的.所以说你们俩的⽔平,就是对待事情啊这种都是不相上下的.所以你们⽬前就好像有⼀种彼此通过⾃⼰然后来映射出对⽅的⼀个状态.

JO: Are you asking about the connection between you and him? If there is a connection, then in fact, this kind of situation between you two involves indecision. Both of you lack decisiveness in your lives; both of you are prone to second-guessing yourselves. This is something that needs to be addressed by both of you. For example, you have an issue on yourself where there's a smell, right? You can't smell it because you're used to it. He also has a smell that he can't smell because he's used to it. But when you approach him and notice the smell instantly, you realize that this is the same as yours. Thus, your levels in dealing with things are on par. Therefore, you two are currently reflecting each other's state by looking through yourselves.

然后当你觉得有些东西你没有办法从对⽅那边得到的时候,你会发现你这边也是⼀样的.就⽐如说你想让他给你爱,但是你也没有爱,就像是这种感觉.你可能想要他男⼦⽓概⼀点,但是实际上你也缺少那种底⽓.然后就好像在⽣命当中你们都通过⾃⼰去呈现出对⽅的能量状态.然后就有⼀种好像有⼀根⽆形的线拉扯着你们,就没有办法摆脱.但是这根线也让你们没有办法得到滋养.就是有⼀种这也不是,那也不是的感觉.然后如果是你现在通过你⾃⼰来找寻我们来得到这个信息,就像让你把你对他的期望,就⽐如说你期望他能成为什么样或者是做出⽼公的责任,就是他的⼀个状态,你⾃⼰先活出来,明⽩吗?就是⾃⼰来完成对他的期望.

Then when you feel that there's something you can't get from the other person, you'll find it's also true on your side. For instance, if you want him to give you love but don't have love yourself, like this sensation. You might want him to be more masculine, but actually, you're lacking in confidence as well. It's as if in life, both of you are projecting each other's energy states through yourselves. There seems to be an invisible thread pulling at you both, making it impossible to escape. But this thread also prevents nourishment, creating a sense of neither here nor there. If now you're seeking information about yourself to find what you need from him, it's like looking within for your expectations - whether it's for him to become someone or fulfill the role of being a husband, his state – you should live that out first, understand? You should be able to meet those expectations through yourself.

⽐如说你期望他对家庭更加能承担起责任,就是⽀持家庭,从情感、经济.那你先做到,我来提供情感和⾦钱,就是物质层⾯的⽀持给我的家庭.明⽩吗?

For example, if you expect him to take on more responsibility for the family, meaning supporting it emotionally and financially, then do that yourself; I will provide emotional support and money, or material support for my family. Get it?

问: 我要做到⼀种(听不清)……JO: 因为就是你为什么会投射出这样⼦的关系在你的⽣命当中? 因为那正好是你的频率.就是正好是你⾃⼰的……就⽐如说我们说你考试的成绩是五六⼗分,那你就只能在五六⼗分的这个班⾥.⼀百分的班级你够不着呀.你们在不同的班级.那如果你不断地提升你的学习成绩.然后当你达到⼀百多分的话,那你就可以进⼊那个班级.那个班级⾥有你那个班级的同学,明⽩吗?

Q: I have to do a kind of... JO: Because why are you projecting this kind of relationship into your life? Because that's exactly what resonates with your frequency. It's just like you being in the class where the test scores are around 50, so you're stuck there. You can't reach for the class with scores at 100; you're in different classes. If you continuously improve your academic performance and when you reach above 90 points, then you can enter that class. That class has its own set of students from your class, understand?

问: 那就是说我不断提升的话,我⽼公他也会改变的,对吗?

Question: Does that mean my husband will also change if I keep improving myself?

JO: 他会不会改变? 就算他不变的话,你也会投射出⼀个⼀百分的对象.要么他也会因为你的频率改变也变成那个,要么就是你会有⼀个⼀百分的⼩伙伴.

JO: Will he change? Even if he doesn't change, you will project a perfect one. Either way, he will also adjust to your frequency and become that, or you will have a perfect companion.

问: 那我⽼公去外地⼯作就相当于他离开我的⾝边.这个在能量上是什么原因? 有更多的空间去做⾃⼰吗?

Q: Then when my husband works away, it's like he leaves me alone. What is the energy reason for this, and does it give him more space to be himself?

JO: 这个跟你的灵魂主题是有关的.你可以去探索⼀下.你稍等.你今年多⼤?问: 36岁JO: 我们感受到你的能量,你实际上⾮常善良,但是你却缺少那种独断、坚定、魄⼒,就好像缺少⼒量.就是你内在的那股坚定的⼒量…… 就这么说,你太⼥性,缺少阳刚之⼒.然后你这⼀⽣就是来锻炼⾃⼰,让⾃⼰变得更加阳刚.就好像你现在就是没有主⼼⾻⼀样.虽然你有很多美好的品质,但是没办法把它给展现出来.就是你其实很善良,也很怕伤害别⼈,就是你总是想要保护吧.

JO: This is related to your soul theme. You can explore this further. Wait a moment. How old are you? Answer: 36 years old. JO: We sense your energy; you're actually very kind, but you lack the decisiveness, firmness, and strength - it's like lacking power. It's that inner, strong force... So we say you're too feminine, missing the masculine strength. Then this lifetime is about strengthening yourself to become more masculine. You're like lacking a backbone now. Although you have many good qualities, they can't be shown or expressed properly. You're kind and afraid of hurting others; you always want to protect them.

问: 对,我以前就觉得男⼈的事情就是他该做的……JO:那你就知道我们前⾯的信息是怎么说的.就是你期望⽐如说你⽼公变得更男⼈,那你拿出你的男⼈味.我们说的男⼈味是什么?就是你内在的那种⼒量.所以先给⾃⼰.然后这是你的⼀个⼈⽣主题.他的确给了你⼀个很⼤的空间让你没办法.如果你⾝边有⼀个很阳刚的男⼈,你可能会喜欢他欣赏他,你会觉得我完整了.但是那种完整并不是你⾃⼰内在的那种阳刚之⽓.就是说你不是通过他来填满你让你觉得完整,⽽是你⾃⼰变成⼀个圆,变得完整.就把你对其他男⼈欣赏的那⼀⾯融⼊到你⾃⼰.当你真正的拥有这种内在的⼒量,你就好像是达到了⼀种平衡的能量.你这种平衡的能量就能辐射出去了.

Question: Yes, I used to think that men should do what they are supposed to... JO: That's exactly why you already know how we have described the information before. You expected your husband to become more manly, and so you were trying to bring out his masculinity. What do we mean by "masculinity"? It means the strength inside him. So first, give that to yourself. Then it becomes a theme in your life. Indeed, he gave you a large space where you couldn't move. If you have someone around who embodies strong masculinity, you might like and admire him, feeling as if you've completed. But this sense of completeness is not from the strength inside you. It's not about filling yourself through him to feel whole. Instead, you become complete on your own, turning into a whole circle. Incorporate the part of admiration for other men into yourself. When you truly possess that inner strength, you reach a balanced energy. Your balanced energy can then radiate outwards.

因为⽬前你是有⼼⽆⼒的感觉.

Because at present you have the desire but lack the power.

问: 那我怎么获得这个⼒量? 或者说这个⼒量的来源在哪⾥?

Question: How do I acquire this power? Or, where does this power come from?

JO: 我们连接到你有⼀世是⼀个纯阳刚的男性.然后他很难体验到…… 你这⼀世,你的灵魂层⾯不是没有⼒量的.你的⼒量就好像是被封印了,被封住了.为什么呢? 因为你有⼀世是⼀个特别阳刚的男⼈,然后你不能理解为什么有些⼥⼈或者有些男⼈那么阴柔.你就觉得男⼈就是要阳刚,男⼈就是要怎么样,然后不能理解他们阴柔的⼀⾯,你就是觉得不应该存在这样的状态.所以你今⽣体验的就好像是把⾃⼰的⼒量封印了,然后体验这个状态.然后你会找⼀个另⼀半也是这样⼦.就好像⼀种⽐如说你以前有⼀世特别特别有钱,从来不知道穷⼈是什么滋味.然后你就把这⼀世,就是我这⼀世就是要体验穷.它这种就好像是能量的⼀个平衡.

JO: We connect you to a lifetime as a virile male, and it was difficult for him... In this life, your soul level is not lacking in power. Your power seems to be restrained or blocked. Why? Because you were a particularly virile man in a previous life, and you couldn't understand why some women or some men could be so feminine. You felt that men should be virile, men should be like this, and you couldn't comprehend their feminine side; you believed it shouldn't exist such states. Thus, you are experiencing in this life as if you have sealed off your own power and experienced this state. Then, you find a partner who is similarly so. Like how someone might have been extremely wealthy in a previous lifetime without ever knowing the hardships of being poor. In this life, it was my destiny to experience poverty. It's like an energy balance.

我们看看你这个体验怎么样平衡.我们连接到,就好像你的解药就是你必须不再对你的⽼公嫌弃.你必须不再对你⾃⼰嫌弃.就是不会觉得⾃⼰怎么就不争⽓或者怎么就做不好.你必须要欣赏你⽼公和欣赏你⾃⼰,对他们这样⼦的拥有⽆条件的爱,就是能欣赏他.

Let's see how you handle this experience in terms of balance. We're connecting to the idea that your cure is not being dismissive towards your husband anymore. You mustn't be dismissive of yourself either. It's about not feeling like you're unambitious or incapable, but appreciating both your husband and yourself. Expressing unconditional love for them and having an appreciation for their qualities.

⽐如说说你以前特别不喜欢酸的味道,然后你要爱上酸的味道.你说原来吃饺⼦的时候加点醋这么好吃呀.哇,原来这个味道加点醋这么好吃呀.你以前可能对醋很排斥,然后再变成⼀个你⽤醋⽤的淋漓尽致,各种东西加上醋你都觉得很好.就是你越来越能去发现醋美好的⼀⾯.那也就是说你越来越能发现你⽼公和你⾃⼰⾝上的发光点、优点、美好.然后不再对他们产⽣任何排斥.那你的⼈⽣主题就好像是完整了.完整过后,你的封印就解开了⼀样.就⽐如说你排斥的那⼀部分就已经被你融合到你⾥⾯了.然后你就好像能恢复你⾃⼰的⼒量了.这就是为什么每⼀个灵魂他的主题都不⼀样.⽐如说他怎么样可以拿到⾃⼰的⼒量?

For instance, you used to really dislike the sour taste, then you end up loving it. You say that adding vinegar when eating dumplings is so delicious! Wow, this taste with a bit of vinegar was so good! You might have previously been very against vinegar, and then became someone who uses it to its fullest extent, finding that everything tastes better with a dash of vinegar. Essentially, you are learning to appreciate the positive aspects of vinegar. This translates into your increasingly being able to discover the shining points, advantages, and beauty in your husband as well as yourself. You no longer feel any aversion towards them. Your life theme feels complete, like when a seal is broken after being fully unlocked. It's like that part you were once repulsed by has now been integrated into you. And it feels like you are recovering your own power. This explains why every soul's theme varies; for example, how can one obtain their strength?

有的⼈是需要不断不断地重量体验,但是你的就是这样⼦.你并不是没有,⽽是封住去为了更加接纳还有体验这⼀⾯.

Some people need constant weight experiences, but you are just like that. You don't lack it; you simply close off to allow for greater acceptance and experience of this aspect.

问: 快乐的价值是什么?

Question: What is the value of happiness?

JO: ⾸先快乐是你⽣命本来的⼀个状态,就是喜悦嘛.那如果你离开了⽣命本来的状态,就⽐如说你本来是在⽔⾥的鱼.那鱼本来在⽔⾥,那你离开了⽔的话你会感受到窒息呀,明⽩

JO: First, happiness is a natural state of your life, it's joy itself. So if you're away from the natural state of life, like being a fish in water. Fish live underwater, so when you leave the water, you'll feel suffocated, understand?

吗? 那快乐和愉悦,它就是你本来的⼀个状态.那如果你离开了本来的状态呢? 那你就会体验到不适感.但是你离开那种喜悦的状态也是为了体验你的喜悦状态,明⽩吗? 因为不然你不知道,就好像你⼀直在⽔⾥⾯,你从来没有离开过⽔.那你怎么知道你在哪⾥呀? 你知道你在⽔⾥⾯吗? 你不知道的,对吧? 就这么说吧,你⼀直在温⽔⾥⾯,你从来没有体验过冷⽔.就⽐如说你只是体验温度在35度的⽔,你从来没体验过零下10度的⽔,对吧? 那我问你,你现在是在什么⽔⾥⾯? 你现在是什么感觉? 你是不知道的,对吧? 你只有从35度的⽔⾥⾯离开,然后到了零下10度的⽔,你才能产⽣这个对⽐,你才能有这个体验.

That happiness and pleasure, they are your original state. But if you deviate from that original state? Then you will experience discomfort. Yet leaving the state of joy is also for experiencing your state of joy, do you understand? Because otherwise you would not know, just like being submerged in water; you never left the water before. How could you tell where you are then? Do you realize you're underwater? You don't know that, right? Let me put it this way: if you've always been in warm water and have never experienced cold water, for instance, just experiencing temperature at 35 degrees Celsius without ever having felt water at minus 10 degrees Celsius, do you agree? Now I ask, what kind of water are you currently in? What is your current sensation? You wouldn't know that, would you? Only by leaving the warm water and entering cold water can you generate this contrast, can you have this experience.

不然的话,你是不知道的,因为你⼀直在那⾥⾯.

Otherwise, you wouldn't know it because you were always in there.

问: 我发现我⾝体的右边会经常疼痛,现在的话,膝盖会经常痛.想问⼀下是什么原因?

Question: I've noticed that my right side often hurts, and now my knees are frequently in pain. Could you please explain the reason behind this?

JO: 你稍等.你右边⾝体的疼痛从能量层⾯来看的话,你还是在体验那种失衡的感觉.它跟你的灵魂主题有关.

JO: Wait a moment. In terms of energy levels, you are still experiencing that sense of imbalance with the pain in your right body, and it is related to your soul's theme.

问: 那右边是代表阳性能量还是阴性能量?

Question: Does the right side represent positive energy or negative energy?

JO: 这么说吧,⽐如我们之前说你以前⼀直⽤⽤⼿,从来不⽤左⼿.就好像是以前很阳刚,就觉得你看我右⼿把所有事情都解决了,左⼿就没⽤.那是不是失去平衡了? 你也不知道左⼿的好处,它的⽤处,就是你没开发它,你没去体验它.它就失去平衡.失去平衡的话,你就理解不到,体验不到.然后通过这⼀世你就来加深这个体验.你的这个不适感,通过前⾯我们说的接纳,就是对你⽼公和你,你们的这个状态,你们的这个⼈格,你去欣赏它.你稍等,我先说⼀下你们可以去欣赏的点.⾸先你们是宁愿委屈⾃⼰,也不要去伤害别⼈的⼈.就是吃亏,也不跟别⼈争,也不抢.就是宁愿⾃⼰吃点亏,也不会为⾃⼰⽃争的那种.

JO: Let me put it this way - say we previously discussed that you were always using your right hand and never utilized your left hand before. It was like you had a very masculine past, assuming you solved everything with your right hand without needing to use your left. Could there be an imbalance here? You might not know the advantages or uses of your left hand since you haven't explored it. The imbalance means that you can't understand or experience its benefits.

After experiencing this in your current lifetime, you would deepen this understanding through acceptance. We talked about how you should appreciate your husband and yourself in terms of your state, personality, and the dynamics between you. Please hold on as I list some points for appreciation here. Firstly, you are a person who is willing to sacrifice yourself rather than harm others. You're one who accepts being disadvantaged instead of arguing or competing with others; someone who prefers taking losses themselves rather than fighting for their own interests.

所以说你们就好像是很⽆害,就好像是⼩绵⽺⼀样.然后你们也会害怕⾃⼰太过钢会伤到别⼈,会让别⼈产⽣不适感吧.都来⾃于你们内在的阴性能量的⼀种包容,就是不忍⼼伤害吧.所以就好像你们把所有委屈或者是不适感都⾃⼰吞了.这么说,你⽼公绝对不会先伤害你.他可能会瞒着你,因为他觉得是在保护你.但是他绝对不会伤害你.只是他们还没有找到更加和谐的⽅式.所以你们都是特别善良的.

So you are like harmless creatures, like little lambs. Then you would also be afraid that being too strong might hurt others, causing them discomfort. This stems from the inclusion of your inner feminine energy, which is不忍心 to harm. Therefore, it seems that you swallow all委屈 or discomfort internally. Given this, your husband will never initiate any harm towards you. He might hide things from you because he believes it's for protecting you. However, he would never hurt you; they simply haven't found a more harmonious way to deal with each other yet. So you are particularly kind.

问: 那我⽼公他有的时候脾⽓特别的⼤.

Q: That means my husband's temper can be particularly bad at times.

JO: 那来⾃于他其实没有活出来.他没有活出来,他受了很多委屈.就觉得好像我吞了很多委屈,你们…… 就像那种感觉⼀样.就好像觉得在他⽣命当中,他有点憋屈,然后受了很多委屈吧.或者是⼀直是在委曲求全的那种感觉.所以他会失去耐⼼的.越来越多的去⽀持他成为他⾃⼰,让他知道他可以去成为他⾃⼰,去⽀持他成为他⾃⼰.他做的任何事情不会伤害到别⼈.然后在这样⼦对他的⼀种,就是让他知道我们来这⾥都是来成长的,都是来体验的.并没有对和错,没有好和坏,就是不要对⾃⼰有什么评判,明⽩吗?

JO: That comes from the fact that he didn't actually live up to it. He didn't live up to it, and he suffered a lot of injustice. It's like he feels as if he swallowed a lot of injustice, while you... The feeling is similar; it seems as though in his life, there was a sense of resentment or unfairness that he had endured constantly. So, he loses patience. More support is provided for him to become himself, helping him understand that he can be himself and that we are here to support him. What he does won't harm others. Furthermore, when facing this kind of situation, it's important to realize that we're all here to grow and experience things. There's no right or wrong; no good or bad exists. It's about not judging oneself. Do you understand?

因为他越来越多允许这个能量,就是允许他去认识他⾃⼰,认识⽣命,认识他整个的话…… 其实你们都会有点害怕,害怕你们会如果没有去遵守⼀些什么东西,你们就会变坏.但是你们不会的.因为就像⼀颗种⼦.它在是它是⼀颗种⼦的时候,它其实已经包含了它最后开花结果是个什么样⼦.那你说怎么会变坏呢? 你变坏除⾮是说你变畸形了,被你们这个⼟壤污染了才会变得畸形,对吧? 那如果你们没有去对它影响呢? 有毒的影响,对吧? 那它会畸形吗? 所以是你们的影响和评判是有毒的.你们会觉得我们不要这样不要那样.这种不要这样不要那样的声⾳和

Because he allows more of this energy, which means allowing himself to know who he is, to understand life, and to comprehend the entirety of his being... Actually, you might feel a bit scared that if you don't adhere to something, you'll turn bad. But you won't. It's like a seed; when it's just a seed, it already contains the essence of what it will become when it blooms and bears fruit. How could it go bad? You would have to say it went wrong, got distorted by your soil, for it to turn misshapen, right? If you don't influence it with toxic effects, will it deform? So, it's the influence and judgment that are poisonous. You feel we shouldn't do this or that; these 'shouldn'ts' and 'nothings' sound...

各种评判和所谓的道德观念,所有的这⼀切才会让那个本来是完美的种⼦变得畸形了,明⽩吗?

All these various judgments and so-called moral notions would deform that originally perfect seed, do you understand?

问: 我觉得我的⼤⼥⼉有很多我不好的情绪……JO: 你的不好的情绪跟你⽼公的⼀样,就好像我前⾯说的.

Q: I feel that my elder daughter has many of my negative emotions... JO: Your negative emotions are the same as your husband's, just like what I said earlier.

问: 但是我觉得我⼥⼉也是这样JO: 没有关系.这个当你,就是像我前⾯带给你⽼公的信息,你如果把后⾯那段信息消化的话,你就知道你的出路在哪⾥了,你该如何去⾯对这些了.就是你要记住你们每⼀个⼈就是⼀颗种⼦.那颗种⼦它本⾝就是,如果你允许它的话,它就会呈现它本来的样⼦.当你们这些有毒的思想,有毒的观念,有毒的各种评判,就是怎么样怎么样,你会导致那个种⼦长出来畸形的果⼦,明⽩吗? 因为你给它们太多的毒素了.

Q: But I feel that my daughter is also like this.

JO: It's alright. When you consider this, like the information about your husband that I showed you earlier, if you understand and process the latter part of that information, you will know where your way out lies. You'll know how to deal with these situations moving forward. Remember, each one of you is a seed. That seed inherently shows its true form if it's allowed to do so. Your toxic thoughts, poisonous beliefs, and harmful judgments are like too much poison given to the seed, leading to misshapen fruit. You see? You've been feeding them with too many toxins.

问: 我跟我⼤⼥⼉之间的灵魂主题.我⼤⼥⼉7岁.

Q: About the soul theme between me and my eldest daughter. My eldest daughter is seven years old.

JO:我们看到你⼤⼥⼉是⼀个特别有性格,特别有脾⽓.她⽐较倔.然后她的这种倔的⼒量,实际上她的能量会影响你,会帮助你成为你⾃⼰.因为我们不是说你体验的这个嘛.所以她对你会是……如果你越是去嫌弃她,打压她.就像我们刚才前⾯信息说的,她本⾝就是这样完美的⼀颗种⼦.你只要允许她成为她本来的样⼦.那如果你⼀会⼉说你不应该这样,不应该那样,你这样不礼貌怎样怎样.如果你⼀直说不的话,那她就变得畸形起来,她就会变得越来越怪的.所以你⼥⼉,你越是跟她作对,她越怪.所以你如果不想她变得很怪的话,那你就让她看到她的发光点,就是多夸她吧.

JO: We observe that your elder daughter has a very distinct personality and a strong temper. She is quite stubborn. And her stubbornness, actually, influences you and helps you to become yourself because we are not talking about the experiences you have undergone. So she impacts you... If you disapprove of her or put her down. As we discussed earlier, she herself embodies that perfect seed. You just need to allow her to be who she is naturally. But if for a while you say you shouldn't do this, shouldn't do that, and call out her rudeness in various ways, if you keep saying 'no', then she will become distorted, turning more and more peculiar. Therefore, the more you argue with your daughter, the more peculiar she becomes. So if you don't want her to turn weird, let her see her strengths and praise her often.

#### 2023/12/11 — 停⽌⽆意识的吸收各种相 Stop Unconsciously Absorbing Various Phenomena

JO: 你说什么问题?

JO: What question did you say?

问: 我想请你连接⼀下我的肠胃和腹痛.因为这段时间我的腹痛很影响我……JO: 这么说吧,你就好像是⼀个垃圾桶.你收集了很多很多垃圾在你体内.你想⼀下你如果是⼀个乱七⼋糟什么都吃,吃垃圾,地上的玻璃渣、钉⼦、泥⼟、沙⽯,什么东西你都往嘴⾥吃,你肚⼦痛不痛? 明⽩吗? 我是说的从能量层⾯,你不断地在吸,就是所有的这种负能量.就好像你们世界上会有抑郁症患者,对吧? 为什么他们会是抑郁症患者? 因为他们总是在吸.⽐如说这个能量其实有阴有阳,对吧?我这个池塘⾥⾯有沙⼦也有⽔,那他只吸沙⼦,他不吸⽔.那会不会很沉重啊?

Q: I would like you to connect my stomach and abdominal pain. Because recently, the abdominal pain greatly affects me...

JO: Let me put it this way - you are just like a garbage can. You've gathered so much trash inside of you. Imagine if you were to eat all sorts of junk, including broken glass shards, nails, dirt, stones, and any other things you might find on the ground and consume them. Wouldn't that cause your stomach pain? Understand? I'm talking about an energetic perspective where you are continuously absorbing all these negative energies. Just like there are people in this world who suffer from depression, right? Why do they have depression? Because they keep absorbing negativity. For instance, energy can be both yin and yang, correct? In my pond, there's sand and water, but he only sucks up the sand and doesn't take any of the water. Wouldn't that weigh heavily on him?

问: 那我应该怎么做啊?

Question: So, what should I do then?

JO: 你应该通过你⾝体的⼀些反应来让你⾃⼰看清楚你⼀直在⽆意识的去吸各种相,明⽩吗?吸各种外在的⼀些负能量.但是它负能量产⽣的原因是什么? 是你们⾃⼰头脑会给它⼀个定义,会给它分这个事情好,这个事情坏,这个事情恶,这个事情善.你如果把⼀个事情给它分类成了恶,那你就把恶的⼀⾯吸⼊到你的⾝体⾥⾯了.那它就成了⼀个恶在你的体内了,明⽩吗? 因为你要知道如果你越来越多的去认识到⽣命的善恶是⼀体的,如果你越来越知道恶是怎么产⽣的.你便不会去吸这些恶.为什们呢? 因为你不会创造恶.明⽩吗?

JO: You should recognize through some reactions in your body that you have been unconsciously absorbing various aspects of existence, understand? Various external negative energies. But why does it produce such negative energy? It's because your mind gives it a definition, categorizing things as good, bad, evil, or benevolent. If you classify something as evil, then you are drawing the evil aspect into your body. So, evil manifests within you, understand? Because you need to realize that if you increasingly recognize life as both good and evil, and you learn more about how evil is generated, you will not be attracted to these negative aspects. Why? Because you wouldn't create or manifest evil. Understand?

问: 但是我还是不太明⽩……JO:没事,你不需要⼀下⼦都明⽩.你听我们把信息带出来.就⽐如说你是⼀个做⽣意的摊主.然后你看到⼀个⼈⾛到这⾥跟你聊天.他跟你聊天的时候,他把你摊上的馒头偷⾛了.你最后才发现这个馒头明明刚刚有五个,现在只有三个了,被偷⾛了两个.然后你就很愤怒.你就觉得这些⼈真恶,表⾯上跟你做朋友,实际上偷你东西.然后你就把这个恶的相吸到你的⾝体⾥⾯了.因为你可以跟别每⼀个⼈说这个⼈偷了我两个馒头,他表⾯上还跟我那么友好,跟我说说笑笑的,实际上是个⼩偷.对吧?你不断地去说,又加深了这个幻像,对吧?但是呢,⾸先你不知道他可能是因为家⾥有孩⼦,然后家徒四壁连吃的都没有.

Q: But I still don't understand... JO: It's okay, you don't have to understand everything immediately. Just listen as we convey the information. For example, you're a stall owner doing business. Then you see someone walking up to talk to you. While talking with him, he steals a steamed bun from your stall. You only realize later that there were five buns on display originally but now there are only three, two have been stolen. And then you become very angry. You feel these people are truly wicked, pretending to be friends while stealing your belongings in reality. So you absorb this negative energy into your body because you can tell everyone that person stole my two steamed buns, he was all friendly and chatty on the surface but secretly a thief. Right? You keep saying it over and over again, which reinforces this illusion, right? But first, you don't know maybe his family has children who need food, and they're living in poverty.

他偷了这两个馒头,他实在没有办法.他头脑⾥⾯只想着我怎么样可以给我的孩⼦弄点吃的.因为当你们⼈到⼀种特别紧迫的时候,他眼⾥只有如何解决他的问题.我的孩⼦还在哭,我怎么样才能去……但是我又没有任何钱,明⽩吗?你能把你的摄像头在摄到他们家⾥⾯,看到他⾃⼰肚⼦饿的咕咕叫,但是他把馒头都给了他的两个孩⼦,他⾃⼰⼀⼜没吃.当你看到这个画⾯,你还会觉得他是⼀个恶⼈吗? 所以说你们对事情局部的⼀个判断会让你们去…… 那这只是其中的⼀个解释的⽅法,那有可能是因为你上⼀世偷了他的东西,他这⼀世就是要不断地偷你的东西.为什么呢? 你以前偷他的呀.他这⼀世就是要来不断地偷你的.

He stole these two steamed buns because he had no other choice. All that was going through his mind was how to get food for my children, as when someone is in a dire situation, their only concern becomes solving their problem. My child is crying; what can I do? But I have no money at all, understand? If you could use your camera to look into their home and see him hungry with an empty stomach, yet he feeds his two children while he himself goes without eating. When you witness this scene, would you still consider him a恶 person? This illustrates how partial judgments of situations can lead you down certain paths. This is just one way of interpreting the situation; it might be that he stole from you in a past life and now wants to continually steal from you as retribution for your theft in his previous life.

因为你没有体验过被偷嘛,所以你需要去体验被偷嘛.

Because you haven't experienced theft yourself, so you need to experience being stolen from.

问: 那我应该⽣活中要保持⼀颗平常⼼,就是不去评判,保持愉快?

To live a peaceful life means to avoid judging others and to maintain happiness, according to your question.

JO: 就是你⾸先要知道你的头脑没有知道真相的功能.你觉得你的物质头脑有知道真相的功能.它没有.它只会通过⼀个⼩⼩的画⾯,然后来说这个事情怎么样怎么样.它不知道这个the whole picture,就是这个⼤的画⾯…… 就是它不会把这个镜头拉到别⼈家⾥,它拉的到吗?它也没有能⼒把镜头拉到别⼈的前世和你⾃⼰的前世,你拉的到吗? 你没有办法.那你⽣活中你就知道你不要去依靠你的头脑去做任何事情.你头脑唯⼀的功能就是让你可以在这个物质世界产⽣体验,明⽩吗? 就是你不相信头脑说的东西.就好像是⼀个⼈只能看到⼀点点,然后他来告诉你这些informations.

JO: You first need to understand that your mind does not have the ability to know the truth. You believe your material mind has this ability—it doesn't. It only provides small snippets of information about how things are, not the whole picture—the big picture. Can it zoom into someone else's home? No, it can't. Also, it lacks the capability to zoom into another person's past lives and your own past lives; you cannot do that either. You simply cannot. So in your daily life, don't rely on your mind for anything. Your mind's sole function is to allow experiences within this material world; you understand? Essentially, don't trust what your mind tells you—it's like someone seeing only part of the picture and then telling you about it based on that limited information.

那你知道他说的这些都是,就像我们刚刚告诉你的漏洞百出,他看不清楚.那你为什么还要去依赖它的信息呢? 依赖它的信息呢? 明⽩吗?

You know that everything he said is full of holes, like the flaws we just told you about; he can't see clearly. But why would you still rely on its information? Why would you rely on its information? Can you understand this?

问: 那我怎么能够⾃⼰得到信息,⾃⼰能疗愈⾃⼰呢?

Q: How can I get information and heal myself?

JO: 那就是关闭你的头脑了.你的头脑不再评判了.因为它不知道这个事情如何⾛向.明⽩吗? 为什么呢? 我们在这⾥可以给你说⼀万种事情的⾛向.那有可能他就是为了不要做馒头的⽣意,天天偷你的,天天偷你的,让你不做馒头的⽣意,去做另外⼀个.另外那个才是你的⼈⽣道路呢? 那是不是把你逼上正确的道路了? 你做馒头可能就是⼀辈⼦不愁吃喝.你做其它⽣意,你成为世界⾸富呢? 你怎么知道不是因为他来推了你⼀把,那你拉到世界⾸富的位置呢? 你知道吗?

JO: That's shutting down your mind. Your mind no longer judges because it doesn't know how this will play out. Do you understand? Why? We can tell you about one million ways that things might go. Maybe he did all of this just to prevent you from starting a bakery business, stealing from you every day, so that you wouldn't start the bakery business and instead pursue another path. That alternative is your life's journey, right? Did it lead you down the correct path? Maybe doing bread would ensure you never have to worry about food for a lifetime. If you pursued other businesses, could you become the world's richest person? How do you know that it wasn't just because he pushed you in such a way that you ended up at the top of the world? Do you understand?

问: 但是我觉得我⾃⼰很痛苦,⾛上另⼀条道路.

Question: But I feel that my own suffering is immense, and I am walking down a different path.

JO: 不是.为什么你会产⽣这样⼦? 是因为你的头脑⼀直在给⼀些事件给它定义成负⾯,或者是不好的.你就吃了很多不好的东西进去,明⽩吗? 因为它在给你摄取啊,它在摄影.然后你就这个东西,那个东西,然后就把这些东西全部吃到你的肚⼦⾥⾯,我们是说从能量层⾯啊.

JO: No. Why would you think that way? It's because your mind keeps defining some events as negative or bad ones. You've taken in a lot of negatives, understand? Because it is being fed to you, like taking photos. Then you have this thing and that thing, then you eat all these things into your belly, we are talking about from an energetic level.

问: 那我⽣活中我总要去做⼀些事情啊.我怎么分清楚这个想法是来⾃于头脑的评判?

Question: But I do need to do things in my life, after all. How can I distinguish between an idea that comes from the mind's judgment and one that does not?

JO:我们通过这些是来让你看清楚你头脑的局限性.因为它不知道你的,它看不清楚⼤的⼀个局⾯,它没有办法,它没有这个功能.那你是不是就赋予它这个功能了,你不再依靠它了.不代表你在物质世界没有体验.你只是让它做它分内的事情呀,明⽩吗?

JO: Through these examples, we are showing you the limitations of your mind because it doesn't know yours; it can't see the bigger picture clearly. It lacks this capability, and so you are giving it that function. You're not relying on it anymore. This doesn't mean you don't have experiences in the material world. You just let it do what it's supposed to do, understand?

问: 那我就是不关注我⾝体的⼀些状态吗?

Question: Or am I just ignoring some of my body's conditions?

JO:那如果你从现在开始你知道⽐如说你⽼公吼了你⼏句,骂了你⼏句,你就说你怎么不爱我,你不关⼼我.我今天累成这样⼦,你还这个样⼦.你没有这种声⾳产⽣的话,你就不会吸引⼀个恶的相,关于你⽼公恶的相,在你的体内了,明⽩吗?因为你吸这种吸的太多了.你是把所有的关系,只要进⼊你眼睛⾥⾯的相都吸到你的体内了,就都变成恶了.这么说吧,你们开悟的⼈,他不吸.他就是⼀种状态,他不吸外在的任何.那有些⼈他把所有东西,把恶的变成好的吸到体内,就是把有毒的把它分解进化过后变成goodness,就是变成有益的滋养然后吸到⾃⼰体内,对吧?

JO: If you know, for example, if your husband shouts at you or scolds you, and you respond by saying that you don't love him or that he doesn't care about you. You say something like, "How could you treat me this way when I'm so tired? And you're still acting this way." If you generate these kinds of sounds, then you are attracting a negative image towards your husband within yourself. Understand that because you've absorbed too much negativity. You're taking in every relationship, and everything that enters your eyes as images and turning them into negativity by absorbing them into your body.

In other words, if you awaken spiritually, you don't do this. You maintain a certain state where you aren't absorbing anything from the outside. Some people might take all these things they encounter, transform the negative into positive energy, break down toxicity to create goodness, which becomes beneficial and nourishing for them to absorb internally.

那你正好相反,你就把⼀些,⽐如说我的这个饭明明是营养的,你就⼀定要把它弄的过期,把它放到很⾼的温度,然后再加各种毒进去吃下去.那不毒害⾃⼰吗?明⽩吗?就明明它是个有营养的东西,就这⼀杯⽔明明是有营养的,你却给它加了各种毒物.不断地让⾃⼰吃毒,毒害⾃⼰.⼀会⼉⾝体不舒服、⼀会⼉⼼有余⽽⼒不⾜、⼀会⼉想做这个做不了,没有⼒⽓了好累,就各种.

You're doing the exact opposite; you insist on spoiling something like my nutritious meal by cooking it at extremely high temperatures and adding all sorts of toxins to be consumed. Isn't that self-harm? Understand? Clearly, a thing that's supposed to be nutritious becomes poisonous with added toxins. You continuously poison yourself, harming your own health. Moments later, you're feeling unwell; sometimes you have the capability but not enough strength; other times you want to do something but can't due to lack of energy; everything feels so exhausting and overwhelming.

问: 对,我就是经常会觉得我是不是要做⼀点其它的……JO: 那你为什么要给你的⽔⾥⾯加毒呢? 它就来⾃于你头脑⾥⾯不断地给它加毒进去呀,明⽩吗?

Q: Right, I often feel like maybe I should do something else... JO: Why are you poisoning your own water? It comes from the poison you constantly put into your mind, understand?

问: 但是⾝体难受的时候该怎么办呢?

Question: But what should one do when experiencing physical discomfort?

JO: 从现在开始给你⾝体的每⼀件事情给它正⾯定义咯.就是我们把有毒的给它净化掉、过滤掉.

From now on, I will give every aspect of your body a positive definition. This means we are purifying and filtering out the toxic aspects.

问: 保持开⼼JO: 不是保持开⼼.这⾥并没有什么开不开⼼的事情,只是你看到的是真相还是幻像? 就这么说,⼀杯⽔,那你就喝它的⽔就好了.你⼲嘛要加毒进去呢? 你头脑⼀开始动、念头⼀开始动,就是开始给它加毒了.所以你只需要有⼀个核⼼的相信的东西就是你⽣命中发⽣的⼀切都是来⽀持你的,你都可以把它转化成对你有利有益的.你只是头脑还不清楚.那如果头脑还不清楚这件事情怎么正⾯服务于你,那你先不去评判不去评论,等着瞧.

Question: How to maintain happiness?

JO: Not by maintaining happiness. There's nothing about being happy or not here; it's just a matter of whether you see the truth or an illusion. As for this cup of water, drink its water instead of adding poison to it. Why would you add poison? The moment your mind starts moving and thoughts begin forming, you're adding poison. So all you need is to believe in something core – that whatever happens in your life supports you, and you can turn everything to your advantage. You simply don't understand this clearly enough yet. If your mind doesn't grasp how something positive could serve you, then for now, just observe without judgment or commentary.

问: ⽐如说我肚⼦痛的时候我总要做点什么,不然好难受.

If I have stomach pain, I always do something about it, otherwise it feels really uncomfortable.

JO: 因为当你的观念、频率转变了,你⾝体的症状也会转变呀.你的⾝体之所以会有这种堵塞,是因为你在能量层⾯有这种堵塞呀、沉重啊.当你变得越来越清逸,越来越轻松,越来越愉悦喜悦,你的能量变了,你投射出来的这个⾝体也会随之变化的.它不是⼀成不变的,明⽩吗?

JO: Because when your concepts and frequencies change, the symptoms of your body will also change. The reason your body has this blockage is because there is a blockage or heaviness at an energetic level. As you become more serene, more relaxed, and more joyful, your energy changes, and the body that you project outwards will also change accordingly. It is not static; do you understand?

问: 轻松喜悦不就是开⼼吗?

Question: Isn't ease and joy the same as happiness?

JO: 愉悦的⼀个状态.所以你⾸先要知道你们的⾝体只是那个果.那个果只是根据你的能量振动变化⽽变化的,明⽩吗?

JO: A state of joy. So you need to understand that your body is just the fruit. The fruit changes according to your energy vibration, do you understand?

问: 我做事有点咄咄逼⼈,这个背后的信念系统是什么?

Question: I tend to be quite aggressive in my actions; what is the underlying belief system behind this?

JO: 你稍等.这么说吧,你所谓的⼀些咄咄逼⼈实际上它是跟你⾃⼰,就是你是⼀个做事效率⽐较⾼,所以你不太能,就是觉得你应该更有效率⼀点,明⽩吗? 因为你是这样⼦,你会觉得其他⼈也是这样⼦.然后这其实是你⾝上的⼀个优点,就是你做事有效率,就是你处理事情⼲脆利落,有效率.就⽐如说你是⼀个特别好的屠夫.⽐如说你可以⼀会⼉就把⼀头⽜解刨、分类,就是处理好.那你看别⼈半天连⾻头的切不开,你就会觉得对⽅太怎么怎么…… 就是这种感觉.然后你就会觉得是不是太咄咄逼⼈.其实这个是你只需要去通过你对⽣命的⼀个认知.那你有可能天⽣你在这⽅⾯你的确是⽐较厉害.⼈家天⽣是对其它地⽅厉害的呢? 这么说吧,你是⼀条鱼.

JO: Wait a moment. Let me put it this way; the so-called aggressive manner you exhibit is actually directed at yourself. You see, you're someone who's highly efficient in your work, which means you sometimes find it hard to believe that others should be as efficient as you are. I understand your perspective because when you think like this about yourself, you tend to assume everyone else thinks the same way. This attitude can indeed come across as overly aggressive. However, it is essentially a positive trait of yours; being efficient in your work means you handle things swiftly and effectively. For example, you're an exceptional butcher who can quickly dismember and categorize cattle, managing tasks with great efficiency. When you observe others struggling even to cut bones for what seems like forever, you might feel that they're doing it too clumsily. This leads you to question if you might be being overly aggressive. It's important to remember that this perception of yours can largely depend on your understanding of life and, possibly, a natural inclination towards efficiency in specific areas. You could have an innate ability for this kind of task compared to someone else who excels elsewhere. In essence, you're like a fish, implying that you thrive and excel in your domain with a unique set of skills and perspective.

你在⽔⾥⾯游.游的好是很正常的,因为你天⽣是鱼嘛.那⼈家是鸡,鸡不在⽔⾥⾯.那你有本事跟⼈家⽐谁捉⾍厉害呀.你在陆地上⾛都⾛不了,还别说捉⾍的事.那那个鸡捉⾍可厉害了,它在陆地上⽣活完全没问题.所以说通过你对每⼀个⼈他这⼀⽣他的灵魂主题和你们⾃⼰都不同,去接纳这个不同,让你可以去接纳你⾃⼰.因为你这种咄咄逼⼈你也会逼你⾃⼰的.

You swim in water. It's normal to be good at it because you are naturally a fish. If that person is a chicken, chickens don't swim. So why not try comparing who can catch worms better? You can't even walk on land, let alone talk about catching worms. Chickens, however, are great at catching worms; they have no problem living on land. Thus, through understanding the unique soul themes of each person throughout their life and acknowledging these differences, you can learn to accept yourself. Your aggressive nature might also pressure yourself as well.

#### 2023/12/11 — 集体通灵问答Collective Spirit Channeling Q&A

第⼀个⼈:

First person:

问: 能不能请JO看⼀下我的能量状态,有没有什么信息是需要我知道的呢?

Question: Could you ask JO to check my energy status and see if there's any information I should be aware of?

JO: 就像前⾯这个⼥孩⼦她说的,她觉得好像她没有什么问题.但是她⼀收到信息,啊,原来这就是她需要知道的.所以你也⼀样.当你看到这些信息,如果它触动了你.那么这就是你那个时候所需要的,明⽩吗? 你对它起了反应.我们的信息再多,你对它没反应,有⽤吗?

JO: Just like what this girl said, she felt that she didn't have a problem. But when she received the information, oh, it turned out to be exactly what she needed to know. So it's the same for you. When you see these messages and they touch you, then that means they are what you need at that moment, right? You react to them. Our messages can have as many as we want, but if you don't react to them, is there any use?

问: 明⽩了.那我本来还想再问⼀下JO和指导灵的信息,是不是其实也不需要再问了?

Question: Understood. I was actually planning to ask more about JO and the guidance spirits, but maybe it doesn't need to be asked anymore?

JO: 这么说,你就好像你在跟某个⼈谈恋爱.他有没有触动你,你有没有感受,你有没有反应,你才是那个最清楚的⼈,明⽩吗? 因为你不能伪装.

JO: So you're like in a relationship with someone. Has he touched you, do you feel anything, is there a reaction from you, you are the one who knows best, right? Because you can't fake it.

第⼆个⼈:问: 我⾃⼰的灵魂主题还有天赋? 我叫XXX,30岁.

Second person: Q: About my own soul theme and talent? My name is XXX, 30 years old.

JO: 我们⾸先就好像现在捕捉到关于你的⼀些信息.就感受到你有⼀点像那种⼥中豪杰的感觉,就是你的能量.虽然你是个⼥性,但实际上你内在是⼀个很男性的能量.所以你会⽐男⼈还男⼈,我们只是打个⽐喻,因为你的能量.然后它会特别讲义⽓,就好像⼈家说的⼤姐⼤.如果在江湖的话,你就好像是⼤佬⼀样的那种感觉,就你的能量.因为你特别愿意承担,愿意负责⼈,愿意冲到前⾯去,愿意解决问题.我们看看你的灵魂主题,你稍等.你这⼀世的灵魂主题最主要的就是关于整合和接纳你⾃⼰weak的那⼀部分.因为你其实你⼀直觉得你很强⼤,你不允许你⾃⼰脆弱或者是弱,就是weak,就是你不能接受你弱的那⼀部分或者那⼀⾯吧.

JO: We've caught a bit of information about you now, sensing that you have something of a female warrior vibe going on with your energy. Although you're a woman, internally you embody a very masculine energy. So you might be more manly than men; we're just using this as an analogy because of your energy. You will particularly value loyalty and uphold strong relationships, akin to the notion of a big sister figure. If placed in a 'man's world', you would feel like a leader or the boss type due to your energy. Because you are very willing to take responsibility, step up when needed, and solve problems. Let's examine your soul theme momentarily while you wait. The main theme for this lifetime is about integrating and accepting the weaker parts of yourself. Even though you often perceive yourself as strong, you don't allow yourself to be seen as weak or vulnerable; you can't accept that weaker part of yourself or any manifestation thereof.

所以你对你⾃⼰有特别⾼的要求,就好像有⼀种把⾃⼰逼死的那种感觉.所以你容易焦虑.就是从情绪、能量的层⾯来讲,可能有的时候就容易莫名其妙的发脾⽓发⽕,就难以抑制的那种.你像导弹⼀样,它特别强⼤.那它的能量是不是⼀下⼦就没了.就会让你有⼀种完了过后你觉得好累啊这种感觉.就是你对能量(不是)那种⽐如说持久的那种,余温散热,细⽔长流.你更多的就好像是⽕箭,就是那种爆发⼒.所以你很容易感受到像过⼭车⼀样,有时候精⼒特别旺盛,有时候又特别疲倦,变得很弱.当你很弱,你又不能接受你这⼀⾯.这会导致你内在发⽣很多冲突.所以你这⼀⽣就是⽤来调理你这种两种极端的状态.

So you have very high standards for yourself, as if there's a sense of being pushed to the brink of death by your own expectations. That's why you tend to be anxious. From an emotional and energetic perspective, sometimes you might find it hard to control outbursts without reason - like explosions that are difficult to restrain. You're like a missile with immense power; once fired, its energy isn't immediately expended. This leaves you feeling exhausted after such episodes. Your relationship with energy (not in terms of endurance or lingering heat but) more akin to explosive bursts and intense surges. Like a rocket, your energy is powerful and explosive. As a result, it's easy for you to feel like riding a rollercoaster - with periods of extraordinary vitality followed by extreme fatigue, making you weak. When you're in this weakened state, and you can't accept that part of yourself, it leads to many internal conflicts within you. Your entire life is spent trying to reconcile these two extremes within you.

问: 有什么天赋吗?

Question: Are there any talents?

JO: 喜欢你的⼈会很喜欢你,那有些受不了你的⼈也会很受不了你.就像是这种感觉⼀样.因为就是太刺激了,明⽩吗? 就⽐如说我吃这个东西,它⼜味很温和,那我就能吃很多.那有⼀种⼀吃,哇好辣好来劲好爽,但是又受不了那种感觉.所以就有⼀点像这种能量.然后这需要你慢慢的整合.因为你后⾯你会有⼀种你受不了你⾃⼰.为什么呢? 它要么太强,要么太弱.那弱的时候你又受不了.所以它会是在⼀个随着你对你⾃我的探索,你对能量的⼀个探索,还有你对⼈⽣主题,就各种整合.因为现在你不是连接到我们嘛.你就会从我们的⾓度去看到⽣命,⽽不是任由它去怎么样.所以这会是你整合的⼀个过程.

Jo: People who like you will really enjoy being with you, and those who can't tolerate you will find it unbearable. It's similar to this feeling because it's too intense; do you understand? For example, if I eat something that tastes mild, I can consume a lot of it. But there is a type where eating just feels exhilaratingly spicy and exciting, yet also intolerable. So it's like this kind of energy. And this requires you to integrate over time because later on, you'll find yourself unable to tolerate yourself. Why? Either it's too strong or too weak. When it's weak, you can't handle it either. Therefore, it becomes about understanding your own self, the exploration of energy, and various life themes as you assimilate everything. Since you're now connected with us, you perceive life from our perspective, rather than letting it unfold however it will. This is a process of integration for you.

然后它会扩展你的包容度,就是好像会欣赏各个⾯吧.⽽不是只是吹⽑求疵,觉得这个是好的,那个是怎么样的.就是⼀种能量的平衡.

Then it will expand your tolerance, allowing you to appreciate various aspects instead of being critical and thinking one is good while the other is bad. It's about achieving an energy equilibrium.

第⼆个⼈的⽼公:问: 我的灵魂主题和天赋是什么? 我叫XXX.

Second Person's Husband:

Question: What is my soul theme and gift? I am called XXX.

JO: 你们俩个能量的互相正⾯的影响还挺好的.怎么⼀个影响法呢? 可能你是属于那种⽐较循规蹈矩,就是⽐较遵从⽐如说书⾯、观念啊、就是社会上的⼀些,就是会遵循⼀些这种东西.但是你每次遵循的这种东西,⽐如说中国⼈需要规规矩矩要怎么样怎么样,经常会被你的另⼀半给打破,明⽩吗?就好像你在那乖乖的堆⼀个东西,你说他们都在那乖乖的堆,我们的⼈⽣就必须要把围墙堆的很好.你就很乖的在那堆.然后她就会过来,可能能量⼀爆棚就会⼀脚给你踢掉.所以你们俩就是有⼀种,她在打破你的⼀个限制,然后你其实在收她.因为她的能量需要被拉扯,被收⼀下吧.然后你就好像有⼀点像⽼乌⻳,就是反应会慢半拍.就是不会如此快速的做出反应.

JO: The mutual positive impact between the two of you is quite good. How does it manifest? You are likely someone who follows rules and regulations closely, adhering to written guidelines and societal norms. However, every time you follow these norms, especially something like Chinese people needing to be formal, your partner often breaks them regularly. This means that when you diligently build a structure, expecting everyone to do the same, considering it essential for a fulfilling life like constructing a wall around our existence, you follow this meticulously. Then she comes along and with her energy at its peak, knocks it down with one swift move. So, you both have a dynamic where she breaks your limitations while you are somewhat receptive to that influence. She needs her energies to be contained or reined in, receiving some guidance. You're like an old turtle, reacting slightly slower than needed and not acting as swiftly as necessary.

所以你会对她有⼀种收.然后你低也不会很低.⽐如说我们说她⾼的时候很⾼,低的时候恨低,像坐过⼭车.那你⾼也不会⾼的像她⽕箭⼀样那么⾼,但是你低也不会像她那么低.所以你会跟她,像是⼀个⽔温的调节.她要么是太热,要么是太冷,要么是烫死了,要么是冷死了.那你的⽔温正好是在中间的那个temperature.所以对她会有⼀种调节.所以从能量层⾯,你们俩都好像有⼀种给对⽅调节的那种功能.那正好就对应到你们的灵魂主题了.所以为什么我们常常说你⾝边跟你产⽣连接的⼈其实都是来渡你的,就是来帮助你的.就是这些关系都是来滋养你的.那从你们这段关系你们就能看出来,正好你们彼此都是彼此需要的.

So you would have a sense of possession towards her. Then your level wouldn't be too low either. For example, when we say she is very high, it means very high, like on a roller coaster ride. You wouldn't be that high either, but also not as low as her at the bottom. So you would adjust your level to hers, similar to adjusting water temperature. She's either too hot, too cold, or so hot she gets burned, or so cold she freezes. Your water temperature is just right in the middle, neither too high nor too low for her. Thus, there is a sense of adjustment towards each other at an energetic level. It seems that both of you have a function to adjust the energy for each other, which matches perfectly with your soul themes. That's why we often say people who connect with you are here to help you, to nourish you. This relationship clearly shows how you both need each other.

但是你们需要去认识到,就是从我跟你连接,给你带出来的这些信息去认识到这⽅⾯.⽽不是把对⽅当成⼀个you are annoying me,就好像我在这堆的好好的,你给我踢掉那种感觉.就会产⽣⼀种愤怒,就是觉得我花了半辈⼦堆的东西,你给我推掉了.就这种.但是你不知道她正好推掉的是你的局限性,让你的意识可以扩展,让你可以从另外⼀个⾓度去思考去看问题去欣赏⼈⽣,去看待⼈⽣,明⽩吗? 因为你们会选择固有的⾓度去看.

But you need to realize that it's through the information I bring you via our connection that this realization occurs, rather than seeing them as someone annoying you like a disturbance in your peaceful environment. This can lead to anger because you feel that you've built something over a lifetime only for it to be swept away by others. It's akin to feeling outraged. But you don't understand that she is actually removing your limitations, enabling the expansion of your consciousness, allowing you to consider issues from a different perspective and appreciate life in new ways. You see, because you choose to view things from predefined angles.

问: 那我们可以⼀起创业吗? 还是说我们分着会有⾃⼰的事业?

Q: Could we start a business together, or would it be better for us to have our own separate ventures?

JO: 你们⼀起去创业的话,⽆论怎么说,你们可以把你的relationship去把它最好.因为你有可能是破坏式的,就是觉得我们俩总是不在⼀条线上,就是我们俩总是不同频.但是我们也可以说她总是把我带到另外⼀个⾼度,⼀个更⾼的⾼度.她总是让我可以扎根,就是不乱飘嘛.所以看你是从哪个⽅⾯呢,明⽩吗?所以它又来⾃于你⾃⼰的认知了.因为你的认知决定了你要把这段关系推向共同服务,还是相互毁灭,明⽩吗?那就是需要你在当下,你的智慧.那⽐如说你越是和我们接触,我们像光⼀样,对吧?那就可以让你看的更清楚⼀点,对吧?

JO: If you both go into entrepreneurship together, no matter how you say it, you can maximize your relationship. You could be disruptive, feeling that we're always on different wavelengths and that we're always mismatched. But you could also argue that she always elevates me to a higher level, another height. She keeps me grounded, not letting me wander off. So, depending on which perspective you take, do you understand? This all comes down to your own perception because it dictates whether the relationship is driven towards mutual service or mutual destruction. Understandably, this requires your wisdom in the moment. As you interact with us more and we are like light, you can gain clearer insight, right?

那看的更清楚⼀点,⽐如说你在做⼀些作品,没有灯光你去做作品和有灯……为什么你们⼿术室需要有这么强烈的灯光呢?可以看的⼀清⼆楚,对吧?那你说在⼀个昏暗的屋⼦⾥⾯你来做的作品和⼀个你可以看的⼀清⼆楚的去做你的作品.哪个作品做的更好,你告诉我.那我们的信息就是灯光,你要不要借助这个灯光呢?但是做作品的耐⼼、你的技术、你到底能不能专注,这就是靠你⾃⼰了,对吧?那你的⽔平,你的⽔准,到底你的作品是⼀个很⼩的像鸡蛋⼤的呢?还是⼀个像城堡⼤的呢?因为你鸡蛋⼤的话,看到的⼈可能很少,影

That would make things clearer, for example, when you create works without lights versus with lighting... Why do your operating rooms require such intense lighting that allows everything to be seen clearly? Can't it be done in a dimly lit room instead where you can see every detail of the work being made? Which piece is better if one was created under these two different conditions? Our information is about lighting; are you using this or not? However, your patience in creating works, your skills, and your ability to concentrate ultimately rely on yourself. Is your level of skill low like an egg-sized detail where few can see it, or is it grand like a castle-sized masterpiece that stands out more prominently due to its larger scale and accessibility for observation?

响⼒也很⼩.那你像城堡那么⼤,看到的⼈就很多,就可以影响更多的⼈.那这就是你们的⼀个,就⽐如说命中注定和不注定,就是你们当下能创造的,明⽩吗? 所以说你可以去这样⼦,也可以那样⼦.

The impact is also very small. If you were as large as a castle, you would see many people and could influence more individuals. That's one of your abilities - understanding what is destined to happen versus not, which are the outcomes you can create right now. So you can do this way or that way.

问: 那我们怎么去追寻那个光呢?

Question: Then how do we pursue that light?

JO: 那⾸先我们的信息能让你产⽣感觉吗? 你对它有兴趣吗? 有激情吗? 你相信它吗? 你相信它的话,你愿意去把它成为你的⼀部分吗? 这个就决定了how much you can take from us.就是好像我们的东西你能消化多少,你就能受益多少.你消化的越多,你受益的就越多.来⾃于你个⼈.因为你都是被允许的.为什么? 哪怕你就是个油盐不进的,你就完完全全的屏蔽.你其实也在产⽣体验,明⽩吗? 所以这种体验它到底是让你爽还是让你难受的? 它到底是让对⽅爽,就是让你⽼婆,让你孩⼦,让其他⼈,就是让他们⽣活的更⾃由还是更限制?

JO: Firstly, does our information evoke any feelings in you? Are you interested in it? Does it spark passion within you? Do you believe in it? If you believe in it, are you willing to incorporate it into your life? This determines how much you can take from us. It's like the amount of our content that you can digest will determine the extent of benefit you receive. The more you can assimilate, the more benefits you gain personally because you are allowed to do so. Why is this? Even if you're completely unresponsive and shut off, you're still experiencing something, right? So, does this experience make you feel good or uncomfortable? Does it make others feel good, making their lives freer or more constrained, like your wife, children, or others in your life?

第三个⼈:问: 我不太明⽩灵魂主题是什么意思?

Third person: Q: I'm not quite clear on what the soul theme means?

JO: 就是你们选择这个⾁体这⼀世,就是你现在体验的这个版本,它来它有⾃⼰的挑战,有它的突破,它的体验.就⽐如说你去⼀个商场⾥⾯.你去商场⾥⾯你要买什么? 你去做什么? 你哪怕是去随便逛逛,你也是.那你的主题就是随便逛逛,打发时间,消遣,明⽩吗?那你来到这个地球,你们每⼀个都不⼀样的.

JO: You chose this earthly body for this incarnation, the version you are experiencing now, which has its own challenges, breakthroughs, and experiences. For example, when you go to a mall. What do you buy there? What do you do? Even if you just wander around, it's still your theme - killing time, passing the time, having fun. Understandably, each of you comes to this Earth differently.

问: 那就请⽼师帮我看看吧.我叫XXX.我43岁.

Question: Please allow the teacher to help me. I am XXX. I am 43 years old.

JO: 我们现在连接到你的灵魂主题,我们⽤⼏个字来说你的体验.就好像你会体验各种,有⼀句话叫什么,就是乱七⼋糟、杂乱⽆章、五颜六⾊,就是各式各样.所以你的灵魂主题就有点像是⼀个⼤杂烩⼀样.它会充满了各种很⼩的主题,就是各种不同的,五颜六⾊的.你们有时候常常形容你们的⼈⽣,就好像五味俱全吧.因为其实你对体验是⼀个特别敏感的⼈.就⽐如说你尝辣的,你会觉得狠辣.你尝酸的,你会觉得很酸.你就会别别⼈强烈⼀点.就别⼈骂你⼀句,⼈家听着没问题,但是你可能会伤⼼很久,就是它会在你⾝上膈应很久.就是对各种,你都会加倍.所以有时候有些事情就让你很难释怀.但是开⼼的事情你也会开⼼的像个孩⼦⼀样.

JO: We're now connecting to your soul theme, using a few words to describe your experience. As if you would go through various experiences, there's a phrase that goes like this - chaotic, disordered, colorful, just all kinds of things. So, your soul theme is somewhat akin to a big mixed bag. It's filled with many small themes, diverse and colorful ones. You often describe your life as a smorgasbord because you're particularly sensitive when it comes to experiences. For example, if you try spicy food, you might find it extremely hot. If you taste something sour, it will be very sour to you. You tend to be more affected than others. When someone just says something hurtful and they wouldn't feel bad about it, but for you, it could linger on your heart for a long time - it would bother you deeply. For everything that comes across, you amplify it. So sometimes, certain things are hard to let go of. But when happy things happen, you can be as joyful as a child.

所以你其实这⼀⽣就好像加倍,就把感受加倍,体验加倍.可能别⼈体验⼀两个颜⾊,你要体验五颜六⾊,就是⽐别⼈多.这样⼦看起来的话,其实你的感情也会⽐较多段.就是不太会是单⼀的.不要会是⼀条路线⾛到死.它可能会是很多条路线,你都会去尝试.所以就像是那种五味俱全,⼤杂烩那种感觉.⽐如说像你们吃东西,有的⼈他只点⼀个单⼀的料理,他只吃⼀个烧鸭.你就是⼤杂烩,啥都有,就⿇辣烫⼀样,各种各样都有.⽽且不仅是多样的,⽽且你⾃⼰体验还很深刻.这么说,⽐如说如果你是⼩⼥孩的话,你可能会爱的死去活来,惊天动地,就像琼瑶⼩说⾥⾯的⼥主⾓⼀样.

So in essence, you experience life as if it were doubled or even tripled, amplifying both your feelings and experiences. Others might enjoy one or two colors, whereas you seek out a full spectrum of colors, experiencing more than others do. This could imply that you have richer emotional layers; your emotions are not confined to a single thread but rather span many dimensions. You wouldn't follow a singular path until the end; instead, you'd explore multiple paths. Like a buffet with an array of flavors, you'd taste everything—spicy hot pot, for example, where there's variety in every dish. Not only is your experience diverse, but it also resonates deeply within you. If you were a young girl, you might fall deeply and dramatically in love, akin to the passion depicted by the heroines in Yang You's novels.

问: 没有终极的⽬标吗?

Question: Is there no ultimate goal?

JO: 这么说吧,你要做到万花丛中过,⽚叶不沾⾝,明⽩吗? 因为为什么呢? 因为你所有这些东西都好像留下了很多印⼦在你⾥⾯.那你就需要把留下的所有这些印⼦慢慢慢慢的把它淡化掉,才能达到⼀个幸福、⼼满意⾜、能够enjoy life,就是能够享受你的⽣命的状态.因为⽬前的话,你很难达到那种状态.

JO: So put it this way, you need to navigate through the maze of flowers without leaving a trace on you, understand? Why is that so? Because all these things have left their marks inside you. Therefore, you need to gradually soften and fade away all those marks until you achieve a state of happiness, contentment, able to enjoy life, which means being able to savor your existence. Due to the current circumstances, it's hard for you to reach such a state.

问: 那我可以把这些转变成……JO: 又像我们以前的信息.我们以前的信息带出来的是什么,你们不是留下了很多污垢吗? 因为你们的这些体验留下了很多污垢.那我们的这些信息就好像是洗⾐粉、橡⽪擦⼀样.它可以把这些东西擦的⼲净.擦⼲净了,你整个⼈就是很通透的.很通透的话,那你就是⽣命本来的状态.因为你现在已经有点⾯⽬全⾮的状态了.就是失去了,已经看不到⽣命本来的状态的样⼦了,上⾯有很多体验的痕迹在.

Q: So, can I translate this into... JO: Similar to the information we used to provide. The kind of dirt you left behind was due to your experiences, wasn't it? Our new information acts like detergents and erasers; they clean away that dirt. Once cleaned, you're in a state of transparency, which is the essence of life. You've lost sight of what true life looks like because you have these impressions from past experiences covering it up.

问: 那我可以在灵性成长这⽅⾯去……JO: 必须.因为你在其它地⽅没有出路.你会觉得我体验这个辣的体验够了,我要去体验下⼀个.体验下⼀个,你又会开始觉得这个什么什么的.就好像它们总是让你感受到太刺激了.所以必须是加⼊我们的智慧、光,然后来让你去调和.不⾄于让你的⾝体产⽣太刺激太强烈的⼀些印记.因为这些印记落在⾝上,你们会把它当成是你们⽣命的⼀部分.然后它就会越来越沉重,因为你体验不到⽣命的活⼒和喜悦.我说的这种是来⾃于你内在.因为像你的性格你很容易体验到开⼼、快乐.但是这种快乐是建⽴在外在的刺激,是不⼀样的.

Question: Then can I focus on spiritual growth in this regard... JO: You must because you have no other option elsewhere. You might think that you've had enough of experiencing something spicy and want to move on to the next experience. With each new experience, you will again find yourself craving for more, as though they always overwhelm you with excitement. This leads you to seek our wisdom and light to balance your experiences, preventing them from becoming too intense or stimulating. The impressions left by these experiences remain with you, influencing your perception of life as a part of your existence. As time goes on, the weight of these experiences increases because you fail to experience the vitality and joy that come from within. This kind of happiness comes from inside you since it's easier for you to feel joy based on external stimuli. However, this type of happiness is different in nature compared to what you're used to experiencing externally.

问: 那我现在灵性成长着⼀块,有没有什么⽅向性的信息给我?

Question: I'm currently spiritually growing, is there any directional information for me?

JO: ⾸先你要知道你只是⼀个体验者.但是这些体验会给你落下⼀些印⼦.这些印⼦会让你不够通透,不够轻盈,就是很沉重.那这些印⼦要怎么样能够让它vanish呢? 那就好像刚刚我们说到洗⾐粉,把这些污垢洗掉.那就是需要智慧呀,就是让你看到真相呀.因为就好像我们刚刚说你⿊灯瞎⽕什么都看不到,你肯定就是…… 那如果你看到清清楚楚,你就知道它这个只有这个功能,是我误会了.所以只是⼀个看清的过程.那通过不断接受我们的信息,你能越来越看清了.就有⼀双所谓的慧眼.

Firstly, you need to understand that you are just a participant in these experiences. But the traces of these experiences leave marks on you. These marks make you less transparent and lighter, quite heavy. So how do you get rid of these marks? It's like we were talking about laundry detergent earlier - removing the dirt is akin to wisdom revealing the truth. Because if you could see everything clearly just now, you would realize that this is its only function; I misunderstood it. This is simply a process of gaining clarity. By continuously receiving our information, you will increasingly gain clarity and develop a so-called wise eye.

问: 那就是朝着光是吧?

Question: Isn't that towards light?

JO: 就算你没有朝着光,你也是在朝着光呀.因为就算你没有朝着光,你背着光.你体验的阴影⾯也是迈向光的⼀部分.因为你越是体验久了那个影⾳,那个限制的话,越是想要激发你的内在去⾛向光,明⽩吗? 那是不是就把你推向光?

JO: Even if you're not moving towards the light, you are still moving towards it because even if you're not moving towards the light, you are moving away from it. The shadow side that you experience is part of taking steps toward light, understanding? Because the more you experience those limitations and shadows, the more you want to activate your inner self to move towards the light, right? Isn't that what pushes you towards the light?

问: 我养了⼀只⼗年的⼩狗,我想知道我跟它是什么样的缘分?

Question: I have been taking care of a dog for ten years, and I wonder what kind of connection I share with it?

JO: 你稍等.我们连接到它更多是,刚说你其实也有⼀个很强烈的依恋的那种,就是你很难⼀个⼈,很难进⼊到⼀个⼈独⽴的状态.所以这个⼩狗狗对你是⼀种,让你去体验到你需要强烈的连接感.就是你内在对连接的那种渴望和依赖吧.这么说吧,就是在你还不够强⼤,不够⾃⽴,就是⼀个完整的⾃⼰.就好像你需要⼀个依附⼀样,明⽩吗?

JO: Wait a moment. When we talk more about it, you mentioned that actually, you have a very strong need for attachment, meaning it's hard for you to be alone and hard to enter into a state of independence. Thus, the little puppy is serving as something for you to experience the need for a strong sense of connection - essentially, your inner desire and dependence on connection. Put simply, until you are strong enough and self-reliant, like having a complete sense of yourself, it feels as though you need something to rely on, do you understand?

问: 你说的是⽣活当中?

Question: Are you talking about life?

JO: 就是你的能量状态,在深层次,你的能量层⾯.你⾸先要知道你们这个物质⾁体,所有的⼀切都是能量体.那从能量层⾯,你通过你物质⾁体所有的⼀切,⼀系列各种体验、反应、情绪、感受,你就能认识到你这个能量体是什么样⼦的.如果withoutthat,你没有办法去,就好像是⽆.那是⽆的话,你怎么去体验它呢? 你没办法去体验.你不知道这个energy的状态是什么样⼦.所以你需要有⼀个载体、⾁体,就是需要去体验到它.就是你去体验你⾃⼰,体验⽣命,体验造物主,体验神,体验⼀切源头的那种,明⽩吗? 它就是⼀个就好像让你来体验你⾃⼰.因为通过它,可以带出来你⾃⼰很多内在的⼀些感受、体验.

JO: It's about your energetic state on a deep level, your energetic dimension. First, you need to understand that all of you, as physical beings, are energy-based entities. From an energetic perspective, by experiencing all aspects of your physical body through various experiences, reactions, emotions, and sensations, you can gain insight into what your energetic self is like. Without this understanding, it would be impossible to experience or comprehend it in the absence of tangible interaction. If there were no connection with reality, how could you experience it? You wouldn't be able to experience anything because you wouldn't understand the nature of energy. Therefore, you need a medium, your body, to connect with and experience this reality. It's about experiencing yourself, life, the Creator, God, everything that originates from all these sources; do you see? It serves as a vehicle for self-experience because it allows you to access many inner feelings and experiences within yourself.

那你想象⼀下你跟它在⼀起和没跟它在⼀起,你的各种体验各种感受都给你创造出来了,你都体验到了也是加强你的体验呀.

Imagine experiencing all sorts of sensations and feelings with it or without it, both creating and enhancing your overall experience.

问: 我想有没有⼀些特别的意义?

Question: Could there be some particular significance?

JO: 当然有特别的意义.因为我们不是说你的体验特别的敏感强烈吗? 那就⽐如说你抱着它会感受到特别的幸福,那这不也是吗?

JO: Of course it has special significance because haven't we been saying that your experience is particularly sensitive and intense? For example, if holding it makes you feel exceptionally happy, isn't that the case too?

第四个⼈:问: 我想看⼀下天赋使命? 我叫XXX.我45岁.

The fourth person: Q: I want to see the gift mission? My name is XXX. I am 45 years old.

JO:你可以探索⼀下你的灵魂主题.因为随着这个,你的天赋和使命就会出现.我们连接到你这⼀世就⾮常早熟吧,就是可能很⼩就会有⾮常⼤的志向、梦想和⽬标,就很清楚.然后你那些远⼤的⽬标或者是梦想却很难真正的从物质层⾯给呈现出来.就⽐如说你可能想在某个领域成为⼀个全世界有名的或者想创造什么什么的,或者是想建⽴什么什么的.但是在⾏事的过程中就很难把它整合在⼀起.因为要完成这么⼤的梦想的话,不只是对你个⼈的整合.你的⾝体、⼼灵、灵性、各个层⾯的⼀种结合.就是⽐如说你的⾼我跟你的⼩我的结合,它们结合的怎么样,对吧? 你的这种连接感怎么样? 然后你的物质⾁体它听不听话呀? 就好像是你有很⼤的梦想或者是⽬标.

You can delve into your soul's themes because with this, your gifts and mission will emerge. We connected to you very early in this lifetime; you probably had big aspirations, dreams, and goals from a young age, and were quite clear about them. However, it would be difficult for these vast goals or dreams to truly manifest on a physical level. For example, you might want to become globally renowned in a certain field or create something, build something, or have very clear ambitions. But during the process of acting upon these, it's hard to integrate them together. This is because achieving such large dreams involves more than just personal integration for you. It requires the harmonization of your body, mind, spirituality, and all other aspects. Specifically, how well does your higher self combine with your ego? How strong is your sense of connection? And does your physical body listen to you? You have these big dreams or goals.

但是你的⼑要不停的磨磨磨,就好像是磨⼑的过程.所以当你不得志,就是没有呈现出你的这种,就会给你造成很多挫败感.所以你⼼⾥其实还有蛮多的遗憾或者是挫败,就好像你有⼀⾝⼒⽓没有办法上战场去展现出来那种感觉⼀样.就英雄⽆⽤武之地.就像是这种感觉.所以虽然你说到了四⼗多,就你还是没办法把⾃⼰淋漓极致的展现出来.所以就是有遗憾,有挫败感.然后这就又回到要么你就是遗憾终⽣,你要么,因为我们现在已经很明确的给你伸出⼿来了,看你能不能抓住?看你能不能跟随?看你能不能⾏动?你能的话,你就能创造⼀番天地,如你所愿.明⽩吗?

But your sword needs to be sharpened constantly, just like the process of sharpening a sword. So when you are not succeeding, it means that your abilities aren't being showcased, causing you many frustrations. Therefore, there's a lot of regret or frustration within you, akin to having strength but no opportunity to show it on the battlefield – feeling as if you're a hero with nowhere to truly utilize your skills. This is how it feels. Although you've reached your forties, you still can't fully express yourself. So there are regrets and feelings of failure. It then comes back to whether you regret for life or decide to seize this opportunity? We've already extended our hand towards you; will you take it? Will you follow? Can you act on it? If you can, you'll create a world as you desire. Do you understand?

所以你的物质⾁体,就是你去运⽤能量的技能,那个技术,你要不要去整合,去在物质世界⾥展现出来,就看你⾃⼰的意愿有多强烈了.如果你说我哪怕现在是60岁,我也要重新开始去活出我想要的样⼦.那你有如此强烈的决⼼的话,那你就可以.因为你们⼈类很多会因为⼀些限制就觉得不⾏了,年龄⼤了,这个社会不给⼒怎样怎样.就各种限制,就限制了他们这⼀⽣就是在那种眼红别⼈吧.就是看别⼈成功了,⾃⼰却没有.⾃⼰有⼀种埋怨感.

So your physical body is the skill or technique you use to apply energy, and whether you want to integrate it and manifest it in the material world depends on how strongly you desire it. If you say, "Even at my age of 60, I am determined to start living the way I want," then with such strong resolve, you can do so. Because many humans often feel that they cannot due to limitations like age or societal disapproval. These restrictions can lead them to spend their entire lives envying others, watching others succeed while feeling resentment for themselves not having done the same.

问: 这个没有.

Q: This isn't it.

JO: 我是说如果这⼀⽣没有把它完完全全的活出来,展现出来.那他们很多⼈在离开这个世界的时候就会有⼀种埋怨⾃⼰,就是遗憾.所以你,像我们前⾯带出的信息,因为现在已经给你指明了这条路.你要不要去抓住? 你要不要去跟随? 你要不要去成为你? 就是让这个能量融⼊你? 那就是来⾃于你⾃⼰的意愿度了.为什么呢? 因为你的意愿度越强烈,那你就能.因为如果你的意愿度很少,迟早会被⼀些琐事磨没的,明⽩吗?

JO: I mean, if you don't live this life fully and show it, many people will have regrets when they leave this world, feeling like they've怨ed themselves. So here comes the information we've been discussing, as we've already pointed out a path for you. Are you going to seize it? Are you going to follow it? Are you willing to be yourself and let that energy merge with you? This is all dependent on your willingness. Why is this so? Because the stronger your willingness is, the more you can achieve. If your willingness is weak, eventually some trivial matters will erode it away. Do you understand?

问: 找着⾃⼰的道,往前跑就⾏了.

Question: Once you find your path, just keep running.

JO: 前⾯信息你要是现在不能理解,你可以过段时间再来听⼀遍.到时候你就会越来越明⽩了.因为我们现在给你指引的很清楚,就是告诉你你是⼀个有⼤志的⼈,⼼怀⼤志吧.然后通过这⼀系列的对⽣命的认知,你就能去创造你想要创造的.你能.

JO: If you can't understand the information now, you can come back and listen again later. By then, you will understand more clearly. We are guiding you very clearly, telling you that you are a person with great aspirations, carry this big ambition inside. Then, through this series of understanding life, you can create what you want to create. You can.

第五个⼈:问: 我的灵魂主题是什么? 我叫XXX,今年40岁.

The fifth person asks: "What is my soul's theme?" I am XXX, 40 years old.

JO: 你这⼀⽣的灵魂主题…… 你结婚了没有?问: 结婚了,14年结婚的.

JO: Your lifetime's soul theme... Are you married? Question: Yes, I've been married for 14 years.

JO: 因为我们感受到你的能量就有⼀种不温不⽕.你说⼀下你⽼婆的名字?问: XXXJO:你这⼀⽣的灵魂主题,我们刚才说感受到你的能量就好像有⼀种不温不⽕的感觉,就好像你对你⾃⼰或者是对他⼈,有⼀种好像隔了⼀层膜的感觉.就好像你把⾃⼰关在⼀个玻璃屋⾥⾯,有⼀种隔绝的感觉.你的灵魂主题就是让⾃⼰好像活过来⼀样.就⽐如说我们刚才说前⾯有⼀个⼈的灵魂主题,她的感受可能是双倍的,对吧?那你可能就正好跟她有点相反.就别⼈感受很强烈的,你可能就不会有这么强烈.所以这么说吧,如果别⼈的⽪肤⼀碰到冷的马上就跳起来,你可能就是还好,没有那么冰冷.

JO: Because we feel your energy, there's a lack of intensity. Can you tell me your wife's name? Question: XXX JO: Your soul theme in this lifetime, the sensation we just discussed is like a lukewarm feeling when experiencing your energy, as if there's a barrier between you and others or yourself, like being inside a glass house with a sense of isolation. Your soul theme is about bringing yourself back to life. Like what we talked about earlier, someone else might feel twice as strongly, right? You might be the opposite of that person. When others experience strong emotions, you might not feel it as intensely. So imagine if someone else's skin reacts immediately upon touching something cold, you might just find it okay, without feeling overly cold yourself.

那这⼀⽣你更多是要来到这个世界上要把你的感官,就是把体验好像是打开⼀样,就让它变得灵敏度⾼⼀点.就好像⽐如说有的⼈挠痒痒,你⼀挠他就哈哈⼤笑,他觉得好痒.别⼈怎么挠你,你不会有特别强烈的感受.

That being the case, in this lifetime you should come into the world to enhance your senses and make experiences more sensitive - like when someone tickles you, they can't help but laugh, as it feels so very itchy. No matter how others try to provoke or tickle you, you don't have any particularly intense reactions.

问: 我的天赋呢?

Question: Where is my talent?

JO:你有⼀个天赋就是不太受外界的⼀些……就是别⼈可能着急的要死,你在那不温不⽕,不紧不慢的.或者是别⼈⽓的要死 ,你也不会去……就是对别⼈的能量有⼀种屏蔽的感觉吧.那屏蔽的感觉,其实别⼈的负能量也很少对你有很⼤的影响.其实你这样⼦很容易去专注于⾃⼰的⼀个领域.因为你可以把⾃⼰的⼀些连接感给关掉⼀样.就⽐如说你有⼀个信号,你把你⾃⼰的信号给关掉了.别⼈就影响不了你.所以就有⼀点像那种绝缘体⼀样.那如果别⼈特别悲伤、低落、负能量,对你其实也没有造成很⼤的影响.就⽐如说有的能量就像过⼭车,⼀会⼉特别开⼼,⼀会⼉特别悲伤.那有的⼈能量敏感,他就会随着他们也变得特别开⼼或者特别悲伤.但是你就还好.

JO: You have a gift that you're not too affected by the external environment... others might be dying of anxiety, but you remain calm and unhurried; or when others are infuriated, it doesn't influence you much either. This gives you a feeling like a barrier against other people's energies, which means their negative energy has little impact on you as well. This makes it easier for you to focus on your own field because you can turn off some of your own connections just like disconnecting yourself from the signal. For example, if you have a signal of your own, others can't affect you with theirs. So it's somewhat like being an insulator. When someone is exceptionally sad or down, their negativity doesn't significantly impact you either. Like some energies are like roller coasters, alternating between extreme happiness and sadness. Some people are sensitive to energy shifts and will mirror those feelings of happiness or sadness. But for you, it's different;

所以你如果是想要去专注在你⾃⼰的世界,⾃⼰的领域⾥⾯,你还蛮容易专注的,就不太会受到外界对你的⼲扰.这就是你的⼀个特质吧.

So if you want to focus on your own world and your own field, it's relatively easy for you to concentrate, as you won't be much affected by external interference. This is one of your traits.

第六个⼈:问: 我想问我的灵魂主题是什么? 我叫XX,43岁.

Sixth Person: Question: I would like to know what my soul theme is? My name is XX, 43 years old.

JO: 我们连接到这个能量,⾸先我们想说它是特别有男⼈味吧.什么男⼈味呢? 就⽐如说⼀个男⼈应该有的品质,就⽐如说有责任⼼或者是愿意承担或者是勇于承担,就是那种好像⽆保护弱者吧.然后这是这个能量的⼀些品质和特性.然后它这⼀⽣来体验的灵魂主题跟之前有⼀个灵魂主题有点像,就是整合和接纳和包容、融合你脆弱的⼀⾯.因为像这样⼦的能量,它会在肩上放很多东西.他会觉得我是男⼈,我就应该承担什么或者是做什么.不太容易接受⼀些来⾃于外在的对你的帮助,就是帮你分担或者是承担或者是你会成为⼀个接受的⾓⾊.所以你的⼈⽣主题就是关于能量的融合和整合.就是让你去体验到你也可以去把⾃⼰变弱,从⽽让对⽅变得强⼤.

JO: We connect to this energy first and want to say that it has a distinctly masculine vibe. What does this mean by masculinity? Things like responsibility, being willing to take on challenges or be courageous, essentially protecting the weak. These are some of its qualities and characteristics. Its soul theme for this lifetime somewhat parallels a previous one - integration, acceptance, and embracing your vulnerable side. Given that kind of energy, it tends to carry many burdens on its shoulders. It feels like he should uphold what a man is supposed to do or be. He finds it hard to accept help from outside, whether it's sharing responsibilities, being supportive, or playing a role as the recipient. Therefore, your life theme revolves around merging and integrating energy. It encourages you to experience how you can make yourself weaker, thereby empowering others.

这样⼦也是在服务对⽅.因为从你的状态,就是你这个灵魂携带的⼀些认知或者是⼀些观念⼀些特性,它还会觉得我只有变得很刚很强,我才能去帮助别⼈.那其实当你变得很弱的时候,你其实也在让对⽅变得强⼤,明⽩吗? 所以其实这⾥好像是有⼀个整合、融合和对⽣命的⼀种认知的这样⼀个过程.

This is also serving the other party. Because from your state, which includes certain cognitions or ideas carried by your soul, it still feels that I must become very strong to help others. Actually, when you become weak, you are enabling the other person to grow stronger, understand? So there seems to be a process here involving integration, fusion, and an understanding of life.

问: 今年三⽉份以后,我的健康出现重⼤挑战,也包括精神上、情感上、事业上.痛苦⾮常⼤.原因是什么? 我该怎么样尽快的突破出去?

Question: After March of this year, I faced significant health challenges, including mental and emotional ones, as well as career-wise. The pain was immense. What was the cause? How can I break through as quickly as possible?

JO: 你为什么要突破呢?

JO: Why do you want to break through?

问: 确实是不舒服.失眠、焦虑、喘⽓也不⾏、结膜炎.瘦了很多.最近还好点.每天昏昏沉沉的.想告诉我什么?

Question: Indeed, it's not comfortable. Insomnia, anxiety, can't breathe properly, conjunctivitis. I've lost a lot of weight. Recently, it's better. Feeling drowsy every day. Trying to tell me something?

JO: 想告诉你你为什么觉得⽣命在这样⼦的状态下不完美,你需要去改正呢?问: 那我该怎么样更好的突破出去呢? 还是去接纳这样?

JO: Want to tell you why you feel that life isn't perfect in this state and needs to be corrected? Q: How should I better break through and accept this instead?

JO: 就好像我们刚才说你的⼈⽣主题,当你成为弱的那⼀部分,你其实也在让其他⼈变得强⼤,明⽩吗? 所以你能⽰弱吗? 就⽐如说你可以跟你的另⼀半说你养我,你照顾我.

JO: It's like the life theme we just discussed - when you become the weaker part, in a way, you're empowering others. Do you understand that? So can you be vulnerable? Like, you could tell your partner, "You take care of me; I'm yours."

问: 我没有另⼀半,因为我们俩分⼿了.

Q: I don't have a partner because we broke up.

JO: 如果是从你的⼈⽣主题来看,没⽑病.只有你们⼈类觉得⼈应该是有⼒量、健康、快乐这些.觉得这个才是当成⼀个⽬标去追求.那个不是你们追求到的,⽽是⼀种结果.就好像你这棵树,你时机到了,秋天了,什么⾬⽔啊都有,它结的果⼦结的很好,对吧? 它是⼀个果.但是你这可果树,你说你能只是去追求那个果吗? 就算你这颗种⼦⾥⾯是⼀棵苹果树,那你也需要有很好的⼟壤,很好的⾬⽔,很好的阳光,很好的各⽅⾯,就是没有很多害⾍、传染病,就是各种.那你可以有⼀个那个什么.所以有时候往往你们把结果⼦当成⽬标去追求的时候,你们就已经背道⽽驰了.它是⼀个⾃然⽽然结的果.

JO: If we look at it from the perspective of your life themes, there's nothing wrong with that. It's only you humans who believe that one should be powerful, healthy, and happy - considering these as goals to strive for. The latter is not what you are chasing but rather a consequence. Like this tree of yours, when conditions are right, such as during autumn when ample rain and water are available, it bears good fruit. Right? It's a fruit. But you're saying that you can just pursue that fruit alone? Even if the seed within contains an apple tree, you still need fertile soil, plentiful water, sufficient sunlight, and various optimal conditions - no pests, no epidemics, all sorts of things like that. You could achieve something like that. So often, when you chase after bearing fruit as a goal, you're already moving away from your intended path. It's a natural consequence.

就好像钱财,它是你的各⽅⾯,你的能量级别,你的⼈格的美好品质,你的道德,你的各⽅⾯,还有你的努⼒,你的专注,你的奉献,你的爱⼼,你的这⼀切影响⼒结的果.那如果⼀个⼈他只是去追求钱,那他可能去偷钱去抢银⾏.那他就是奔着钱去的嘛,对吧? 所以说你⽬前⾛的这⼀步,它没问题,它是你⽣命的礼物.然后你需要通过,就⽐如说通过我们这些信息可以有光进来,那你

It's like money; it's your essence, your energy levels, the good qualities of your personality, your morality, every aspect of you, and your efforts, focus, dedication, love, and all that influence. Now, if someone is only chasing after money, they might go as far as stealing or robbing a bank. They're going for the money, right? So what you're doing at this moment isn't wrong; it's a gift to your life. And then, through things like information provided by us, light can come in, then

就能通过这个光的照耀,就是你就把灯打开了,你就能看清楚这个礼物原来是这样⼦,这个礼物原来是长这样的.它的这个功能原来是这么服务于我,这个功能正好是我需要的.你就能拆开这个礼物,你就能知道这个礼物是如何服务于你,你如何去运⽤它.那如果你在⿊灯瞎⽕的情况下呢?你⼿摸⼀摸,你不⼀定能知道这个礼物是什么,对吧?你可能可以⽤嘴巴尝到,你可以摸到,但是你知道的很有限.不断地去进⼊我们的信息,你越来越发现你此刻是你⽣命的⼀个蜕变的时期,它是⼀个转折点,明⽩吗?⽽且你⾝上很多优秀的品质.就像我们刚才说,你很有男⼦⽓概.所以当你去把这⼀部分,就是这个weak的这⼀⾯去真正的认识到它.

Through this light of illumination, by simply turning on the lamp, you can clearly see what the gift truly is - how it actually looks and functions. You understand how its features serve your needs perfectly. You can then open the gift and discover how it serves you and how to use it effectively. But in a dimly lit environment? With just your hands touching the object, you may not be able to identify what the gift is exactly; you might rely on tasting or feeling with your mouth, which gives you limited information. As you continuously immerse yourself in this information, you realize that right now, you're at a pivotal stage of transformation in your life, recognizing it as an important turning point. You also become aware of many positive qualities within yourself - like being very masculine - and start to truly acknowledge that aspect of yourself.

其实这也是⼀种……因为你们每⼀个个体都不是单独的,你们是⼀个整体.就是⼀个整体的其中的⼀部分,那⽆论怎么样,不是说你⼀个⼈变得有多猛.⽽是说当你真正的把你的⼒量抽出来的时候,你也会让……就这么说,你们在健⾝的时候你们有时候会把⼀条腿孤⽴起来,去练另外⼀条腿,对吧?所以⽐如说你是这条腿,你这条腿在孤⽴起来的时候,你也在帮助另外⼀条腿,让它的肌⾁得到锻炼.所以当你越来越能明⽩你们⽣命与⽣命之间,存有与存有之间那种联系.然后你知道你的⽣命并不是说只有⾮常强⼤才在⽀持,那你有时候⾮常弱的时候也在⽀持.你就能去体验到造物主的⼀切,你就不会去排斥.你不会排斥你⽬前经历的⼀切.

Actually, this is also a kind of... because each of you as individuals are not separate; you are one whole. You're just a part of the whole, so regardless of how things go, it's not about you becoming incredibly strong on your own. It's about when you truly draw out your power, you also contribute to... let me put it this way: when you do exercises together and sometimes isolate one leg to work on the other leg, right? So if you're focusing on this leg, you're essentially helping the other leg by strengthening its muscles.

So as you grow more aware of connections between lives, the existence of one with another, then you realize that your life isn't supported only when it's very strong; sometimes even in weakness, you're still contributing. You can experience everything from the creator without rejection or avoidance. You won't reject what you are currently experiencing.

就好像你刚才说我的健康啊、我的婚姻、我的各⽅⾯全部都不好.你并没有觉得不好.为什么呢?因为它全都是来让你变得好的.你会感谢你⽣命给你这些,因为它是你最需要的.它让你去把你的⽣命带到了另⼀个⾼度,把你的认知也带到了另外⼀个⾼度.然后当你在另外⼀个⾼度,你的频率会创造另外⼀个⾝体,它会创造另外⼀个境界.你就能真正的去展现出who you really are.然后这个信息你要是不懂的话,你可以再多听⼏遍,你会明⽩我们在说什么.

It's as if you just said my health, my marriage, and all aspects of me are not good. You don't feel that it's bad. Why is that? Because they're all meant to make you better. You'll thank your life for giving you these because they're what you need most. They elevate your life to a higher level and raise your awareness to another dimension. Then, when you're at this higher level, your frequency creates another body, a different realm. You can truly show who you really are. And if you don't understand this information, you can listen to it again, and you'll see that we're talking about something quite profound.

第七个⼈:问: 我是⼀个特别焦虑的⼈,我得强迫症也有⼗⼏年了.我对别⼈的咳痰声特别敏感.⼼脏不好,有恐惧症.我问⼀下我的灵魂主题,我叫XX,我92年的.

The Seventh Person: Asked: I am a particularly anxious person and have had obsessive-compulsive disorder for over a decade. I'm highly sensitive to the sound of others coughing up phlegm. I also have heart problems and suffer from agoraphobia. May I ask about my soul's theme? My name is XX, born in 1992.

JO: 我们连接到你也是⼀个好像是通灵体质,就好像是个管道⼀样.为什么你会产⽣? 因为你的体质就⽐较敏感嘛.⽐较敏感的话,就特别容易受到能量的影响.然后你之所以产⽣这⼀系列所有的问题是你没有办法很好的去利⽤,就是你没有办法跟这个⾁体有⼀个很好的连接跟磨合…… 这个⼥孩⼦她能通灵,就是因为她的⾁体好像是⼀台机器,她可以很熟练的去运⽤她这台机器,明⽩吗?那你的⾁体也是⼀个很好的通灵管道,也是⼀个机器.但是你完全不知道怎么⽤,你还不知道这个机器的功能,你连说明书都没看过.你啥都不懂.然后你还说这个机器有问题,它⼀会⼉振动的太快,⼀会⼉太慢,太恐怖了.

JO: Connecting to you is like having a mediumistic constitution, acting as a conduit. Why do you produce this? Because your constitution is more sensitive. When sensitive, it's particularly easy for energy to affect you. The reason you generate all these issues is that you can't use them well; you don't have a good connection or adjustment with the physical body... This girl can communicate spiritually because her body seems like a machine she can skillfully operate. Do you understand? Your body is also a great conduit for spirit, acting as another machine. But you have no idea how to use it properly; you don't even know what this machine does, let alone read the manual. You just don't get it. And then you complain about the machine having issues—it vibrates too fast sometimes and too slow at other times, terrifyingly so.

就明明是⼀台很好的机器,你还给了它很多负⾯的定义,就觉得它是个rubbish,明⽩吗?明明是个⾦⼦,你说它是怎么样怎么样的.所以你需要重新去认识你⾃⼰,定义你⾃⼰.我们看⼀下你的⼈⽣主题.这么说吧,你就好像呆在⼀个疯⼈院⾥⾯,⾥⾯基本上的⼈都是神经不正常的.那你受了他们能量的影响,所以你就变得各种问题.那如果你没在疯⼈院⾥⾯,你去到另外⼀个能量场.那个能量场⾥⾯都是天才,你也会变成天才的.为什么呢?因为你跟他们的能量都是连接的呀.所以说你是可以反映出你们集体意识的⼀个状态的.你的所有这种焦虑来⾃于你们集体意识的焦虑.你⾝体⾥⾯反应的所哟强迫都来⾃于你们集体意识⾥⾯的强迫.还有你的⼼脏问题.

It's like you have a great machine, but you've given it many negative definitions, and you think of it as rubbish. You know what I mean? It's like gold to you, yet you describe it in such a way that you see its flaws instead of its value. So you need to redefine yourself, understand who you are, because this applies to your life theme too. Imagine being trapped in an asylum where everyone is mentally unstable. Their energy affects you and causes issues with your well-being. But if you're not there, and you enter a different energy field, filled with geniuses, you might also become one. Why? Because your energies are interconnected. This means that your state reflects the collective consciousness's state. Your anxiety comes from the shared anxiety of the group. The compulsions in your body come from the compulsions within your shared consciousness, and your heart problems might be related too.

问: 我现在⼼脏特别衰弱,有没有什么办法调整⼀下?

Question: I'm experiencing a particularly weak heart now; is there any way to adjust it?

JO: 就这么说,你是你们这个集体意识的果.那你既然知道你现在…… 这么说,这⼀堆⼈流他们都要往东边⾛,你就没⼒⽓.因为你没有⼒量啊,你就跟着他们,就让他们把你带到东边去了.就是你没⼒量.你连你⾃⼰是谁你都不知道.你不知道你这个机器⼀插上电,你就能…… 就好像这台车,你就能开⾛了.你不知道这台车有能开⾛的功能.你就只把它放在那像⼀堆废铁⼀样被⼈挤来挤去,被⼈流带来带去.那你要是⾃⼰能操纵这台车,能开动它,也知道那台车有发动机,要加油,可以往前冲.哪个⼈能阻挡的了你呀? 明⽩吗? 你便不会…… 你有你⾃⼰的⽅向,你还能载着他们.既然你今天连接到我们,然后也接收到这些信息.

In this manner, you are the embodiment of collective consciousness. If you acknowledge that you're currently... being directed to move eastwards along with them because you lack the strength to oppose it. You have no power because you're merely following them, allowing yourself to be led towards the eastern direction by their flow. Essentially, your inability to exert force prevents you from knowing who you are. Even if you were to insert yourself into this system and become operational like a functioning machine that turns on automatically, just as one might drive a car away when it's started, you'd fail to recognize that this vehicle has the capability of being driven forward. You wouldn't understand that controlling such a vehicle requires knowledge about its engine needing fuel to move ahead.

Similarly, if you could manage and operate this 'vehicle' yourself, be aware of how the engine works, realize that you need to refuel it in order for it to proceed forward; no one would be able to stop your progress. Would you comprehend? If so, you wouldn't remain... lost without direction like a piece of scrap metal being pushed around by people's movements and the collective flow. Instead, if you could master this 'vehicle' on your own, driving it effectively, and were aware that its engine powers its movement, needing regular refueling to keep going forward; nobody would be able to hinder your path.

Since you've now connected with us today, and also received these messages,

那你就知道,ok,你曾经不认识这台车,你不知道这台车的功能,你对车没概念.那就像原始社会的⼈来了,看到这台机器.车的发动机⼀响把你吓的要死.那我们现在就在教你去认识这台车,它有什么功能,你可以去怎么样利⽤它,对不对? 那接下来就是看你的选择了.你到底要选择你体验到的,就是这台车失控的状态,还是说你想要跟我们学习如何运⽤,如何去开这台车,然后让你成为这台车本来应该有的状态,明⽩吗?所以你⾝体的所有的症状都是假象,都是来⾃于你⾃⼰连接的集体意识.但是你不能被动的等待集体意识去变.因为你可能没有这么久的⾁体寿命去等那么久.但是你却可以选择我开始把注意⼒放到去研究、学习、探索这台车怎么使⽤,明⽩吗?

If you don't know the car, okay? You didn't recognize this vehicle before; you didn't understand its functions; you were unaware of it. That's like a person from an earlier era seeing this machine for the first time. The sound of its engine frightened you to death. Now we're teaching you about this vehicle: what its capabilities are and how you can utilize it, right? So now it's up to your choice: will you opt for experiencing the chaos when the car is out of control or learn with us how to operate it properly so that you can be in tune with its true function? Understandably, all of your physical symptoms are merely manifestations from your own connection to collective consciousness. However, you cannot passively wait for this consciousness to change; you might not have enough time due to the limitations of your physical body. But you do have a choice: start focusing on researching, learning, and exploring how to use this vehicle effectively.

问: 那我⾃⼰的话就是不把注意⼒……JO: NO,多听⼏遍我们的信息.我们的信息今天给你讲的很清楚,你没有问题.然后你可以去学习好怎么样去⽤你这个⾁体.我们再看看你的灵魂主题.我们看到你⾃⼰的⼒量,你很难…… 因为你现在有⼀种⼼有余⽽⼒不⾜,就是也没有什么坚定地信念.为什么呢? 因为你会常常被你⾝体的感受拉偏.就是你没办法去…… 所以我们愿意你,就好像加⼊我们,明⽩吗? 当你在加⼊我们,跟随我们,然后这个能量⾃然⽽然就会不断地净化你,不断地你受到正⾯能⼒的影响.然后你就会成为⼀个很通透的管道.就好像之前我们不是说你呆在疯⼈院吗?

Q: Then for myself, it's just not paying attention... JO: No, listen to our information multiple times. The information we shared with you today is clear; there are no issues for you. Then, learn how to use your physical body effectively. We will review your soul theme. We observe your strength and find it challenging because currently, your mind desires more than what you can achieve, lacking a solid belief. Why? Because you're often misled by your bodily sensations. It's hard for you to... That's why we want you to join us, as if becoming part of our group, understand? When you join us and follow along, the energy will naturally purify you continuously, influencing you with positive abilities. Gradually, you'll become a clear channel, like before when we mentioned you being in an asylum?

那我们现在把你移到另外⼀个地⽅,移到⼀个天堂去,那⾥都是天使,明⽩吗?

"Now we will move you to another place, a heaven where there are all angels, do you understand?"

第⼋个⼈:问: 克⾥希那穆提说清空所有的记忆、思想、信念.但是为什么现在灵性教学都说思想创造实相,信念创造实相.这是不是冲突了?

The Eighth Person: Question: Krishnamurti speaks of emptying all memories, thoughts, and beliefs. But why now in spiritual teaching do they say that thoughts create reality, beliefs create reality. Isn't this contradictory?

JO: ⾸先你要知道你们在这个物质世界已经有太多说法了.然后这些说法,你⾸先,就是它是你去选择和连接,然后来产⽣体验给你⾃⼰的.所以说你如果拿克⾥希那穆提的话,或者拿你刚才说的相反的话, 你都能体验到他们说的是对的.就这么说吧,就⼀个⼈来告诉你,天下的⼈都是坏⼈.然后又有另外⼀个⼈来告诉你,天下的⼈都是好⼈.你说这不是冲突了吗? ⼀个⼈说天下的⼈都是好⼈,⼀个⼈说天下的⼈都是坏⼈.那你让我们来告诉你到底是好⼈还是坏⼈? 你⾃⼰去体验好⼈,体验坏⼈,都是你⾃⼰的体验.但是这个体验永远都是可以不断地被切换到.因为你不会被困在任何.你也不会在⼀个状态永久,明⽩吗? 所以你两个体验都可以呀.

Firstly, you need to know that there are too many theories about your existence in the physical world. These theories require you to choose and connect with them to create experiences for yourself. So if you take Krishna's teachings or contradict what I just said, you can experience their correctness. To illustrate, imagine one person telling you that everyone in the world is bad, while another tells you that everyone is good. Don't these statements create a conflict? One says everyone is good, and the other says everyone is bad. Who should we trust to determine if people are good or bad? You have to experience both being good and bad yourself, as it's all your own experience. But this experience can always be switched indefinitely, because you won't be confined in any state permanently. Therefore, experiencing both aspects is possible.

那当你⾃⼰把两个体验都产⽣了,都体验了.那你来说.

"When you yourself generate both experiences and have them, then you would say."

问: 思想创造实相,是不是对的? 克⾥希那穆提说清空所有的思想.

Q: Is it true that thoughts create reality? Krishnamurti says to empty your mind of all thoughts.

JO: 思想创造实相,你的思想来⾃于哪⾥呢? 来⾃于你头脑⾥⾯相信的,持有的⼀些东西.但是你这个物质世界就是像⼀个镜⼦⼀样,它就是来呈现出你⾃⼰,通过这个你可以看到.但是那个你是你创造的那个你,它不是真正的你.你想要体验真正的你,你需要拿开那个创造的你.

JO: Thoughts create reality, where do your thoughts come from? They come from the things you believe and hold in your mind. But this physical world is like a mirror, it reflects back to you what you are, through which you can see. But that "you" you created isn't the real you. If you want to experience the true self, you need to remove the one you created.

问: 就是拿开记忆……JO: 你到时候再听,因为你会明⽩这句话的.因为它就是为你⽽说的.当你时间到了,⾃然就会明⽩.

Q: It's about removing memory... JO: You'll understand when the time comes because you will comprehend the significance of this sentence. This is specifically for you. When your time comes, you will naturally understand.

问: 我的⼈⽣主题是什么? 我叫XXX,我16岁.

Question: What is my life theme? I am XXX, and I am sixteen years old.

JO: 你的灵魂主题,你有⼀点就好像是这个世界上的⼀个默默的观察者,就好像是⼀个思想家或者是⼀个哲学家.然后你的⼈⽣主题就是对这个世界上的各种,你都会去钻研⼀番.钻研玩过后,来下⼀个⾃⼰的结论或者体验,就是写⼀份报告⼀样.所以说你⾝上就有哲学家思想家这种…… 可能你在⾏动上就会⽐较,就是有点不是那么喜欢活动,更多的是思考的类型.就算表⾯上话不多,也是思考它的深度和⼴度和联想.就是从⼀个点到另外⼀个点,再到另外⼀个点.它不断地在思想的领域的⼀个探索.所以你以后会写很多书.如果你从现在就接触这个⼥孩⼦带出来的信息的话,你以后会传出来很多正⾯的、有价值的思想.所以不要错过.

Your soul theme is that you seem to be a silent observer in this world, akin to a philosopher or thinker. Your life's theme revolves around exploring the various aspects of the world; after delving into them, you would come up with your own conclusions or experiences, much like writing a report. Hence, there's an inherent philosophical and intellectual aspect to you.

You might lean more towards inaction than action; rather, you prefer to think deeply about things, which is reflected even if you don't speak much on the surface. You're concerned with the depth, breadth, and connections of your thoughts, moving from one point to another and then to yet another. This continuous exploration within the realm of ideas defines your essence.

You'll write many books in the future, potentially starting early by engaging with the information brought by this girl. Your thoughts will likely be positive and valuable contributions that will resonate widely. So don't let this opportunity pass you by.

问: 那现在⾼我想告诉我什么?

Question: And now, tall, what does he want to tell me?

JO: 前⾯信息已经告诉你了.因为我们连接到你将来会有⾃⼰的书吧.如果更加深⼊的去接触这个⼥孩⼦的信息,它会对你有⾮常⼤的⼀个提升和帮助.然后你的东西会更有营养,明⽩吗?

JO: The information given before already tells you this. Because we're connecting that someday you will have your own book. If you delve deeper into the details of this girl's information, it will greatly enhance and assist you. Then, your content will become more nutritious; do you understand?

问: 帮我连接⼀下太傻的创始⼈陶谦好吗? JO: 他活着还是死了?

Q: Can you help me connect with Tao Qian, the founder of Tsai Foolish?

A: Is he alive or dead?

问: 不知道.他写过⼀本书叫太傻天书.

Q: I don't know. He wrote a book called Taishā Tianshū.

JO: 这么说,他⽤他连接到的能量表达出来他⾃⼰,那你也可以,明⽩吗?问: 可以帮我连接吗?

JO: So, he expresses himself through the energy he connects to. You can do the same, right?

Question: Can you help me connect?

JO: NO,因为他是⽤他的⽅式去创造了,他连接到的.就好像你们三个⼈,你们每⼀个⼈都看到天上有⼀个太阳.然后你们每⼀个⼈⽤⾃⼰的⽅式去描述这个太阳.你的体验,你的感受,太阳能做什么,就各种.

JO: No, because he's creating through his own way, connecting to it. Like you three people, each one of you sees a sun in the sky. And then each one of you describes this sun in your own way. Your experience, your feeling, what the sun can do, all sorts of things.

问: 可以帮我连接⼀下他吗? JO: 他去世了吗?

Q: Can you connect me with him?

JO: Is he gone already?

问: 现在不知道.

Q: I don't know now.

JO: 那他没有去世,那他就⼀直是在变化当中,明⽩吗? 如果你要连接他的能量,需要他⾃⼰过来.就好像有⼀组信息,这组信息还没有产⽣出来,它还在编辑当中.那那个信息还没有在那⾥.但是你可以⽐如说你想要问他什么,然后可以来问.看你能得到什么信息.

JO: If he has not passed away, then he is continuously changing, do you understand? If you want to connect with his energy, you need him to come himself. It's like a set of information that hasn't been generated yet; it's still being edited. That information isn't there yet. But if you have questions you want to ask, you can ask them. See what kind of information you can receive.

问: 现在我学习太傻天书,但是还没有⾛上爱的道路.你可以对我这样陷⼊深层次幻像当中的⼈说什么呢?

Question: I am currently studying the Foolish Heaven Scripture, but have not yet embarked on the path of love. What can you say to someone like me who is trapped in deep layers of illusion?

JO:⾸先你们来这个物质世界,你们就是来体验幻像的.所以没有什么陷在什么幻像当中.你们来这⾥本来就是为了这个体验的,明⽩吗?没有就是说你没有成为爱什么什么的.就像前⾯说,你们不是来拿个果的,明⽩吗?那你们不是来这⾥拿个果就⾛的.就像我们前⾯说,就算你体验不爱,它也是把你……就是⽆论你怎么⾛,你都⾛不出,就好像孙悟空逃不出五指⼭的那种感觉.所以你只是创造了⼀个体验觉得你产⽣的不是爱,但是那是.明⽩吗? You are not outside,你没有在外⾯. 你是其中的⼀部分.然后这个体验是独⼀⽆⼆的.

JO: First of all, when you come to this physical world, you're here to experience illusions. So there's nothing about being trapped in an illusion. You're here for that experience, understand? Not necessarily that you are or aren't loving anything. Like previously mentioned, you're not here to receive a fruit; understand? Therefore, you're not here just to take something and leave. Similar to what we've discussed before, even if you experience non-love, it's still trapping you... no matter how you try to escape, it feels like you can't get away from the feeling of being trapped, much like Sun Wukong unable to escape the Five-Finger Hill. So you just create an experience where you think what you're generating isn't love, but that is exactly what it is. Understand? You are not outside; you're part of it. And this experience is unique.

这⾥没有任何东西、任何体验或者任何是你们需要get rid of it,或者是需要排斥,或者是没价值、没意义、没⽤处,没有任何.记住,没有任何.你们⼈类最⼤的问题就是挑选、挑拣、评判、分类、定义.就好像前⾯有个⼈说我现在这个也不好,那个也不好.那我说现在就是最完美的呢? 现在就是你⽣命的⼀个转折点,触底反弹.

There is nothing here, no experience, nor anything that you need to get rid of, reject, or deem valueless, meaningless, or useless. Remember, there is absolutely none. Your human biggest problem is selection, sorting, judgment, categorization, and definition. As someone might say, "This isn't good enough now; that's not good either." Then I ask, is this the pinnacle of perfection right now? This is your life's turning point, a low to high swing.

问: 我们应该追寻真实的世界吗? 就是佛教说的空啊.

Question: Should we pursue a true world, as Buddhism speaks of emptiness?

JO:⾸先你们不要去否定每⼀个⼈他们的体验,因为你不知道他们需要去体验什么.但是那个体验对他来说是宝贵的.就⽐如说他就想体验破坏,我就是想这⼀辈⼦去破坏所有的⼀切.那就像我们刚刚说如果你是个创造者,你能在别⼈破坏的那个点继续创造.所以他是打开了你的限制,他并没有破坏.那他的破坏也在服务于你们整体呀.那你就能看到了这⾥没有⼀个绝对的坏啊,没有绝对的好啊,也没有⼀个绝对的,你们叫什么,离苦得乐或者怎么样怎么样.没有.那个离苦得乐,⾸先他体验了那个苦.他是各个⽅⾯达到了乐的那个状态.就好像⼀棵⼩树苗,我们⼀直说⼀棵树三百年,那它已经活了三百年了呀.

JO: Firstly, do not negate everyone's experience because you don't know what they need to experience. But the experience is valuable for them. For example, he just wants to experience destruction; he wants to destroy everything his whole life. That's like we said earlier - if you're a creator, you can keep creating even when others are destroying. So it opens up your limitations; he isn't actually destroying. His destruction serves the whole of you as well. There is no absolute bad here, no absolute good either, nor any absolute, what you call 'release from suffering and achieving happiness'. There's none of that. The release from suffering comes when one experiences the suffering first and then reaches a state of joy. It's like a young sapling; we've been saying that a tree can live for three hundred years, implying it has already lived for three hundred years.

你这棵⼩树苗才活了三年,然后你就想⼀步蹬天到三百年,然后你就结束了?

You've only been growing this little sapling for three years, and then you want to leap straight to a three-century lifespan? That's it for you!

问: 就是先经历体验,然后就可以达到那种状态,对吧?

Question: Is it true that one first experiences something and then can reach that state?

JO: 所有只要有产⽣体验,那就是收获.为什么呢? 因为你是创造者,创造者可以去运⽤所有的体验.你就是有收获的.

JO: All experience that generates is a gain. Why is that so? Because you are the creator, and as the creator, you can utilize all experiences. That's why there is gain.

#### 2023/12/12 — 集体通灵问答Group Spirit Channeling Q&A

第⼀个⼈:问: 我和我⽗亲的灵魂主题? 我⽗亲叫XXX.

First person: Q: About my father's soul theme? My father is named XXX.

JO:你稍等.你⽗亲就是来让你展现⽆条件的爱的,他就是来让你的爱没有任何边界,没有任何选择、抉择.为什么呢?因为他完完全全不符合任何,就是如果你们进⼊到⼀个⼈间的头脑,你会觉得怎么都对他爱不起来的那种感觉.他就好像会把你拉到⼀个离开爱的状态.其实你本⾝是在爱的状态,但是⼀遇到他,你就好像你不是你了.这么说吧,你如果要成为全世界最厉害的武功⾼强的⼈,那你是不是需要遇到⼀个对⽅是⽬前全世界武功最⾼的⼈?你要把他打过后,你才是第⼀了,对吧?所以他就是那个来让你……这么说吧,你们要增长肌⾁,它有不同重量的weights,就是举重.它有⼗公⽄、⼀百公⽄、两百公⽄、三百公⽄,对吧?

JO: Wait a moment. Your father is here to show you unconditional love, to allow your love without any boundaries or choices. Why? Because he doesn't fit into any pattern that would make sense when you are in the realm of human intellect. He seems to pull you out of the state of love. Yet, inherently, you are already in a state of love, but upon encountering him, you feel as if you lose your identity. To put it another way, if you want to become the most powerful person with unmatched skills worldwide, wouldn't you need to face someone who is currently the most powerful globally? Only after defeating them would you be considered number one, right? So he's there to push you... much like when you're trying to build muscle, weights of different weights exist for lifting, ranging from 10 kilograms, 100 kilograms, 200 kilograms, up to even 300 kilograms.

那他正好是那个三百公⽄呀.因为突破三百公⽄,你就是⼒量最⼤的,明⽩吗?所以他就是来突破你的界限的.所以你只要有那个你在,你就没有办法接受.你就必须要回到⽆我,因为没有什么东西需要你去接受,明⽩吗?所以他的存在就完完全全的为了你这⼀⽣的主题,就是你想要成为⽆条件的爱.就是你最不能包容的,你最难咽下的.因为你会发现他⾝上没有半点你可以去爱的起来的东西,如果你的头脑参与的话,明⽩吗?

That's exactly why he is that three hundred kilograms. Because surpassing three hundred kilograms means you are the strongest in terms of strength, understand? So he came to break your limits. Hence, as long as you have yourself, you cannot accept anything. You must return to selflessness because there's nothing for you to accept, understand? Therefore, his existence is entirely meant for this theme of your life – that you want to become unconditional love. It's the thing you find hardest to tolerate and swallow. For you will realize that he doesn't possess any redeemable qualities at all if you let your mind get involved, understand?

问: 但是⽆条件的爱太难了.

Question: But unconditional love is too difficult.

JO: ⽆条件的爱太难了? 为什么呢? 因为你现在还在开花,你还没有到结果的时候.你现在是春天,还没到秋天,ok? Just wait.你开花的状态,你不能马上逼⾃⼰去结个果.你就好像你在春天你的花刚开始要开的时候,你就会结果太困难了.时机未到.

JO: Unconditional love is too hard? Why is that so? Because you are still blooming now; you have not yet reached the stage of bearing fruit. You are in spring, not autumn, okay? Just wait. You cannot force yourself to bear fruit when your bloom is happening. It would be too difficult for you to bear fruit at a time like this, as it's just the beginning of spring with flowers about to open. The right moment has not arrived yet.

问: 但这个过程太痛苦了.

Question: But the process was too painful.

JO: ⽆论再痛苦,就好像⽆论天多⿊,它总会亮的.那⽆论春天有多长,它总会到夏天,到秋天的,明⽩吗? 你们总会觉得夏天太热了,太痛苦了.不久就秋天了.就再热都会过去的.为什么呢? 因为所有的⼀切都在变化当中.

In Chinese: No matter how painful it is, just like no matter how dark the sky is, it will eventually lighten up. And no matter how long spring lasts, summer and autumn are bound to come after that, correct? You'll all feel that summer is too hot, causing unbearable pain. Autumn won't be far off. Even if it's scorching hot now, things will cool down in due time. Why is this so? Because everything is constantly changing.

问: 从我有记忆以来,我和我⽗亲之间就太……JO: 我们想让你们知道的就是你们的对⼿都是你们⾃⼰选的.⽽且他在以他存在的⽅式⽀持你,他不会以你想要的存在⽅式⽀持你.你们每⼀个⼈所体验到的痛苦就是你想要别⼈以你想要的⽅式⽀持你,但是你想要的⽅式是你头脑⾥⾯觉得好的⽅式来⽀持你.但是在你来到这⾥之前,那个你才是真正的明⽩你需要什么.因为⾸先你还会有执念,还会有对相的⼀个执念.就是这个事情要这样我才舒服,要那样我就不舒服.那如果你还执着于外界要这样你才舒服,那样你就不舒服的话,那你就是被相困住的.那你本⾝就不⾃由,所以你就给⾃⼰创造了不⾃由的体验,明⽩吗?

Question: Ever since I can remember, there's been too...JO: What we want you to understand is that your opponents are ones you've chosen for yourself. And he supports you in the way he exists, not necessarily in the way you would like him to exist.

Each of you experiences pain because you want others to support you in the way you want, but the way you want it is what you believe to be good inside your mind to support you. But before you came here, that's when you truly understood what you needed. Because initially, there are attachments and a執念 for duality. This thing has to be this way for me to feel comfortable, or that way makes me uncomfortable. If you're still clinging to the idea that the outside world needs to make you feel comfortable in certain ways and uncomfortable in others, then you're trapped by perception. You're not free; hence, you create an experience of lack of freedom for yourself, do you understand?

外界之所以会产⽣这个让你不舒服,是因为你对它有个定义.就这么说,那你要知道他本⾝就是来让你武功变得⾼强的⼀个对⼿,对吧? 实际上他是你最好的伙伴,他愿意冒着⽣命的危险,就是你可能会刺伤他,对吧? 但是他为了让你的武功变得⾼强,这是你想要的嘛,对吧? 所以他要配合你.他不配合你,你的武功的不懂锻炼,得不到提升,你的技术得不到增长,对吧? 那他是不是在冒着⽣命的危险来陪你成长?

The reason why the external environment causes you discomfort is because of your definition of it. This way of thinking implies that he is actually an opponent designed to enhance your martial arts skills, correct? In reality, he serves as your best companion; he's willing to take risks even though there's a chance you might harm him. However, his purpose is to assist in enhancing your martial arts abilities, which is what you desire, right? Therefore, he needs to cooperate with you for the improvement of your skills. If he doesn't cooperate, your martial arts won't be properly practiced or improved. Your techniques will not grow either. Is it not accurate to say that he's risking his life to accompany you in your growth?

那如果你把他定义成敌⼈的话,你会感受到各种恐惧,他置你于死地.那你就想着他就是我的陪练,那你是不是就能relax? 就是不会过于的…… 但是有时候你们就算认不出他们的陪练的⾝份,把他当成是你们的敌⼈,对你们也有好处呀.这样它还对你更有提升呀.就更逼真了嘛.那你知道对⽅只是演戏的,那你…… 因为你们在这个物质世界最重要的就是来拿体验的.通过这些体验,你们才能产⽣体验、扩展.就是我就不断地扩展,就像你的肌⾁不断地得到锻炼.然后还有就是你们的功课.你们并不是来这⾥玩玩⽽已.你们是有⾃⼰的灵魂主题,是给你们⾃⼰挑战的.

If you define him as an enemy, then you'll feel various fears, because he's putting you to death. So imagine he's just my sparring partner; does that allow you to relax? Does it mean you won't take things too personally? But sometimes, even if you can't recognize their sparring partner's identity and treat them as your enemies, seeing them as such can be beneficial for you. It pushes your limits more, making the experience feel more authentic. Knowing they're just acting allows you to separate reality from fiction better. Because in this material world, it's about experiencing everything - through these experiences, you expand and grow. I'm constantly expanding, like a muscle being exercised repeatedly. And then there are your lessons here; you're not just here for leisure. You have personal soul themes that challenge you on a deeper level.

问: 我就感觉我很多事情只要不和我⽗亲发⽣接触,很多事情我都做的很顺利.⼀旦遇到他,我整个就垮了……JO: 你要知道你们来到这个物质世界并不是为了让你们创造⼀个我很良好的感受,并不是的.那他就是找到你的弱点让你发现呢? 找不到弱点,你怎么把它…… ? ⽐如说你觉得你很强⼤,你肌⾁的每⼀个部位都很强⼤.但是你不知道你肌⾁有⼀个部位很weak,它很弱.那这个⼈帮你发现了你肌⾁有⼀个很弱的部位,那你是不是就可以去加强锻炼了? 你只想活在那种假装⾃⼰很强的状态吗? 就是不要发现,那你很掩⽿盗铃或者是鸵鸟把头埋在傻⼦⾥⾯……你就失去了去得到历练的⼀个机会呀.

Q: I just feel that many things go well for me as long as they don't involve my father. Once anything does come up with him, everything collapses... JO: You have to understand that you're coming into this physical world not to create a very pleasant experience for yourself; it's not like that at all. So is he finding your weaknesses and making you aware of them? If he can't find the weakness, how do you improve? For example, if you feel strong, every part of your muscles feels strong. But you don't know that there's a weak spot in your muscles— it's very weak. If this person helps you identify the weak spot in your muscles, doesn't that mean you can then strengthen those parts through exercise? You only want to live in the illusion that you're strong, right? By avoiding self-awareness, are you just pretending and hiding like a ostrich burying its head in the sand, thereby missing an opportunity for growth and learning?

问: 那相当于哑铃我拿不动怎么办?

Q: What if it's like a dumbbell that I can't lift?

JO: 没有拿不动,明⽩吗? 因为⽐如说对个⼈,你头脑还有对他的记忆、定义,就是还有对他的很多相.那我们把所有的这些相给它重新定义呢?那我们现在就是在这来让你认清楚……我跟你讲,你⽗亲的存在和你⾝边这个⼥孩⼦的存在没啥区别.这个⼥孩帮你成长,帮你扩展,帮你提升,对吧?你⽗亲也是.只是他们俩的⾓⾊不⼀样⽽已.⼀个你把她当成是像恩师⼀样,你带领我获得了智慧、获得了真理、获得了什么什么的.所以没有区别.为什么呢?因为当你拿到那个result,那个结果,你就开始会理解为什么,他们是怎么服务于你的.这么说吧,很多⼈当他死了过后他就能明⽩为什么我⾝边会安排这样⼀个⼈.但那会⼉已经晚了呀.

JO: There's nothing to carry it up against; do you understand? Because for example, when talking about an individual, your mind and his memory, definition, are still attached to many of his aspects. If we redefine all these aspects, then here we are trying to make you see clearly... I will tell you that the existence of your father and this girl by your side has no difference. This girl helps your growth, expands your horizons, elevates you; right? Your father does too. It's just that their roles differ. One sees him as a mentor who led me to gain wisdom, truth, whatever. So there's no difference. Why is that so? Because when you receive the result, the outcome, you start understanding why they serve you. To put it simply, many people realize why this person was arranged by my side after their death, but it would be too late then.

但是通过我们的信息,你现在就能明⽩.你不需要通过物质⾁体的死亡你就能够看清楚这些相是如何服务你.那你就能很好的利⽤它.明⽩吗?你⾸先要明⽩他在以他存在的⽅式去⽀持你,ok? 就⽐如说就像你⾯前有⼀个哑铃,它很重.你不可能把它把它变轻.你说这个三百公⽄太重了,我的腿已经被压弯了.你把它变变变变成三公⽄.变成三公⽄,你的肌⾁还能得到锻炼吗? 你能达到你想要的那种状态吗? 能吗? 你举三公⽄的哑铃和你举三百公⽄的哑铃会⼀样吗? 就是这个result,这个结果会⼀样吗? 所以外在没有任何需要去改变,明⽩吗? 它们以它们⾃⼰存在的⽅式来⽀持你.

But through our information, you can now understand. You don't need to go through the physical death of matter to see how these aspects serve you. Then you can make good use of it. Understand? First, you have to understand that he supports you in his way, okay? For example, imagine there is a dumbbell in front of you, it's heavy. You cannot change its weight. You say three hundred kilograms is too heavy, my legs are already bent. You make it into three kilograms. Can your muscles get exercise from that? Will you reach the state you want? Can you? Will lifting a three-kilogram dumbbell be the same as lifting a three-hundred-kilogram dumbbell? Is this result going to be the same? So there is no need for external changes, understand? They support you in their own way.

问题是你到底是去接受挑战,去突破你⾃⼰给你⾃⼰设下的功课,还是说你⼀直抗拒? 为什么呢? 抗拒只会产⽣更多的不适感.你的这种不适感会持续会加深,它会让你觉得⽣命很沉重很痛苦.它会就好像你说的,你现在⼀点能量都没有了,就这种感觉.那是因为你的功课你还没有开始去做呀.

The question is whether you are embracing the challenge, overcoming the obstacles that you have set for yourself, or if you're just resisting? Why is it so? Resisting only creates more discomfort. This discomfort will persist and intensify; it will make your life feel heavy and painful. It's like what you said: you have no energy now, that's exactly how it feels. That's because you haven't started to work on your task yet.

问: 我感觉我的胃部总是有⼀种很堵的感觉.

Q: I feel there's always a clogging sensation in my stomach.

JO: 你胃部很堵的感觉它是来⾃于你就好像咽下了很多怨⽓⼀样,就像这种感觉.我这么说吧,你跟你爸爸就好像⼀个是⿊⼀个是⽩.是两种截然不同的东西.你跟他就是相反的,你要么是最正义,他就是最邪恶的⼈.你是最善的,他就是最恶的,明⽩吗? 那你在排斥这个恶的时候,你就在产⽣这个恶了.那个恶是来⾃于啥? 是善⽣的呀.所以当你就算没有做出任何,你⼼⾥,就是从能量层⾯,你⼼⾥对他的⼀种觉得你不应该这样,做⼈怎么这样,就是任何这些东西,它都是.就是这些东西都会在你的能量层⾯堵塞在那⾥,明⽩吗? 你们需要⼀个就好像背景板⼀样.就⽐如说你要在画布上创作⼀幅画,对吧? 那你需要⼀个背景呀.

JO: The feeling of your stomach being full comes from the way you feel like you've swallowed a lot of resentment, like this sensation. Let me put it this way, you and your father are like black and white; two completely different entities. You're either the most just person, he's the most evil person, or you're the most virtuous, he's the most wicked. Do you understand? When you reject that evilness, you're actually creating that evil. The source of that evil is from the good. So even if you don't physically do anything, on an energetic level, your feelings of disapproval toward him - how people should behave this way in your mind - these things accumulate and block you energetically, right? You need something like a backdrop. For example, when you're creating a painting on a canvas, yes, you need a background for that.

不然你这幅画要在哪⾥呈现出来? 所以每⼀个个体存在它都以它们⾃⼰存在的⽅式在⽀持着整体.有可能你是因为见到你的⽗亲,就是你最不能容忍的⼀⾯,所以你会时时刻刻对⾃⼰有⾼标准的要求,⽐如说他很懦弱,你就⼀定要强⼤.那你这股⼀定要强⼤的⼒量是不是来⾃于他?⽐如说你看到⼀个⼈很不争⽓,你就说我⼀定不要像他那样,我要活的很争

Otherwise, where would your painting be displayed? Therefore, every individual presence supports the whole in its own way. Perhaps it is because you see your father, who represents the most intolerable aspect of yourself, that you constantly set high standards for yourself. For example, if he was weak, you must always strive to be strong. Does this drive to be strong come from him? Perhaps when you see someone who is not successful, you say to yourself, "I will never be like him," and I want to live with great ambition.

⽓.那你的这股⼒量是不是来⾃于他? 他就像汽车的油⼀样存在,没有他你也前进不了.所以说你⾝上的,就是你这个⼈格拥有的美好品质.那些美好品质会给你创造⽐如说很好的⼯作事业环境,或者是你拿到什么职位,取得什么成,赚了很多钱,那你要感谢谁呀? 因为没有他,你不会把你这个⼈格让它去做到这么多的品质呀.那你因为他的存在,你拥有了这么多的品质,吸引了这么多的财富,你是不是要分给他⼀半? 因为这也是他结的果呀.那他的结的果,分给他⼀半不是很正常吗? 明⽩吗?

That force within you comes from him, doesn't it? He exists like the fuel in a car; without him, you wouldn't be able to move forward. So, the good qualities that are on display with your personality - those are gifts he gave you. These qualities create environments for you, like excellent work or career situations, positions you attain, achievements you make, and wealth you accumulate. Who do you thank for these? Without him, how would your personality manifest such virtues? Because of his presence, you have acquired numerous qualities that attract ample wealth. Shouldn't you share half with him since this is the fruit he bore? Isn't it reasonable to split it evenly? Can you understand this concept?

问: 在做⾃⼰这个主题⽅⾯,JO还有什么建议带给我?

Q: In terms of my own topic, what advice does JO have for me?

JO: 什么叫⾃⼰呢? 你把你⾃⼰当成是这个物质⾁体的你吗? 你的名字,你的⾝份,你的关系,你的⼀切,明⽩吗? 你只是在创造这个相啊.那你说我在创造这个相,你看我创造的这个相,她叫什么名字,她有什么关系,她赚多少钱,她什么什么的…… JO你还有没有什么指点让这个相变得更完美⼀点?

JO: What is "I"? Are you considering yourself as the physical self? Do you understand that your name, identity, relationships, and everything else are just creations of this form? You're only creating this appearance. So when you say you're creating this appearance, what's her name? What are her relationships? How much does she earn? And so on... JO, is there anything else you can guide to make this appearance more perfect?

问: 如何活出轻盈⾃由⾃在的感觉?

Question: How can one live a light-hearted, free, and自在 feeling?

JO: 那就是你只是⼀个体验者.这个体验你不加任何评判,就是你头脑不参与.你只是来体验,体验所有的⼀切,只是⼀个观察者⼀样.你不会去评判这个杀⼈事件是不是恶? 国家与国家之间哪个是什么什么.这个⼈刚才骂了我,他什么什么的.所有的⼀切.记住这句话,这⾥没有什么需要你们去动⼿的,明⽩吗? 没有什么需要你们去动⼿,但是你可以⽤你的⽅式去表达.那个表达不是来⾃于你头脑的想法,就是我觉得我这样⼦会漂亮⼀点.不是这⽅⾯的表达.你只是存在的那种表达.存在就是爱,就是⽆限,就是⼀直在变化.然后⽆论我们说的再多,就好像我们刚刚说现在秋天还没到,你还没有结果.所以你现在还是春天,还是这个状态.

JO: That's just that you're an experiencer. You experience without any judgment; your mind doesn't participate. You come to experience everything, simply as a witness. There's no need for you to judge if this killing is evil or which country is what it is. You don't think about how someone just cursed me or whatever they said. All of these things. Remember this phrase: there's nothing here that needs your hands; understand? There's nothing that needs you to act, but you can express in your own way. That expression isn't coming from the thoughts of your mind, like I think I should do it this way for it to look better. It's not about that kind of expression. You just exist as an expression. Existence is love, infinity, and constant change. Then no matter how much we say, it's like we said it's still autumn; you haven't gotten the result yet. So you're still in spring, still in this state.

去enjoy这个过程,然后我们信息⼀直告诉你们的是为什么这么着急去完成所有的⼀切呢? 当你真的完成了你就可以离开这个物质世界了,因为你体验结束了呀.所以就算你现在体验suffering,就是体验痛苦、体验难过、体验挫折、体验任何,你只要还在体验,你就是幸运的.为什么? 你就在收获.你这个收获就像不断不断有钱进来⼀样.你不断不断地有钱进来,ok,那个钱有可能是以美元、英镑、黄⾦、钻⽯或者房⼦车⼦,就这种.它有不同的形式,但是这些都是财产呀.那你⼲嘛说我不要黄⾦,我不要钻⽯,我只要⼈民币.英镑也不要,美元也不要.它变了⼀个样⼦,你就不要了?

Go and enjoy this process, then the information we have been telling you is why are you in such a hurry to complete everything? When you truly finish it, you can leave this material world because your experience has ended. So even if you are currently experiencing suffering – experiencing pain, sadness, setbacks, or any other experiences – as long as you continue to experience, you are fortunate. Why? You are reaping the benefits. This benefit is like receiving continuous wealth. Continuous wealth enters, okay, that money can be in different forms, such as US dollars, pounds, gold, diamonds, houses, cars, etc., these are all assets. Then why say I don't want gold, I only want yuan? Pounds and US dollars also aren't desired. It just changes its form, and you no longer desire it?

所以你们记住⽆论你现在在⼈⽣的哪⼀个阶段,你感受到你被抛弃被背叛或者是被任何,这个都是幻像啊.我们先不说这些东西,但是你们所有的体验痛苦,所有东西都是幻像.但是它们的本质都是⾦钱,你记住这句话.就好像它变成英镑、变成美元、变成其它的币种了,但是它还是钱.那你钱,你拿去兑换⼀下就变成你想要的币种了,对吧? 你体验的疾病,它有可能就是英镑.你看着英镑你说我不要.那英镑可以去换成⼈民币呀.那你是不是就有⼈民币了?所以你们只要还在这

So remember that no matter where you are in your life's stage, any feeling of being abandoned, betrayed, or anything else is just an illusion. We won't delve into these specifics, but all of your experiences of pain and everything else are illusions. However, their essence is money. Remember this phrase. It could transform into British pounds, US dollars, or other currencies, but it's still money. You take that money and exchange it for the currency you desire, right? The diseases you experience could be equivalent to pounds. If you see pounds and don't want them, those pounds can be exchanged for Chinese yuan. Wouldn't that mean you have yuan then? So, as long as you're here

⾥,还在体验,你们就在收获.记住这句话.那你只是看不到它是如何服务于你.但是你现在看不到,不代表你明天后天⼤后天后年⼗年后你看不到.当你⼗年后知道我之前收获的那⼀堆⽯头原来是钻⽯,原来价值那么多.你就会开始感激你的⼈⽣了.所以这⾥没有⼀个废品,没有⼀个废物,只有你们的意识看不到⽽已.只有你还没有像炼⾦术⼀样去把它炼成…… 还没有去把它兑换成你需要的币种⽽已,仅此⽽已.不要排斥任何.你在排斥,你就在排斥⽣命.

In here, while you are experiencing it, you are already reaping the rewards. Remember this phrase. You just can't see how it serves you right now. But if you can't see it today, tomorrow, or even the day after that, doesn't mean you won't see it years later. When you look back ten years from now and realize that the pile of rocks I've collected were actually diamonds with immense value, your appreciation for life will start to bloom. So there's no junk here; there are no cast-offs; they're just things your mind can't perceive yet. It's not because they can't be transformed like alchemy into what you need or exchanged for the currency of your desires. You simply haven't done it yet. Don't reject anything, and don't reject life as well.

问: 我和我爱⼈的灵魂协议? 他叫XXX.

Q: I ask about a soul contract with my beloved? He is named XXX.

JO: 你跟你爱⼈就好像他也是来助你修⾏的⼀样,你这⼀⽣的功课就是来修你⾃⼰的.因为实际上他也是⼀个很难被改变被影响,就好像是⼀个永远不会融化的冰块⼀样.那这样⼦的⼀个存在必须要让你⾃⼰不再去定义这个冰块或者是排斥或者是任何⼀切.你们才能达到⼀个,你才会在爱的状态.不然你又脱离了爱的状态.所以他其实也是来帮助你修⾏的.

JO: You and your loved one are like a partner who assists you in your spiritual practice; the task for this lifetime is to cultivate yourself. Because fundamentally, he's also hard to alter or influence, much like an ice cube that never melts. Such a being requires you not to define, accept, or reject him as an ice cube or anything else. Only then can you reach a state of love together. Otherwise, you remain out of the love state. So, in essence, he's here to help you with your spiritual practice.

问: 请问JO还有没有什么要带给我的?

Q: Could JO bring me anything else?

JO: 前⾯的信息,就是在你的⼼灵深处你是都理解都明⽩都知道的.只是说你现在会有⼀种很快的达到那种状态.就像我们刚刚说⽆论天多⿊,它总会亮.⽆论春天有多长,它总会到夏天.⽆论夏天有多长,它总会到秋天,明⽩吗? 所以说时机很重要.就是你们这个过程也很重要.你不着急⼀步到位.为什么? 像我们刚刚说,⼀步到位了就离开这⾥了,就拜拜了,好吗? 所以只要现在有体验,不管它是让你感受到能量被耗尽或者是感受到各种压抑、痛苦、挫折、任何.只要是你们还在体验,就还在收获.它只是不同的币种.

JO: The information from before is that deep within you understand and know everything. It's just that now you are reaching a state very quickly. Like what we said earlier - no matter how dark the sky, it will eventually light up. No matter how long the spring lasts, summer will come. And no matter how long summer lasts, autumn will follow. Do you understand? So timing is crucial. Your process is also important. You don't rush for a complete transformation and then leave here saying goodbye, right? Therefore, as long as you have experiences now, whether they involve feeling energy being drained or experiencing various forms of suppression, pain, frustration, or any other emotions - as long as you are still experiencing, you are still gaining from it. It's just like different currencies in essence.

第⼆个⼈:问: 我昨天晚上做梦我已经可以通灵,就是⽤眼睛看见东西,然后再给别⼈再…… 因为我前⼏天做过⼀个同样的梦是第三只眼睁开了.然后今天像续集⼀样.我想问有没有什么信息是要带给我的?

Second person: Q: I had a dream last night that I could communicate with spirits, meaning I saw things with my eyes and then shared them with others... Because a few days ago, I had a similar dream where the third eye was open. Then today it's like a sequel. I want to know if there is any message for me?

JO: 就是你的意识不断不断地在变化,然后你们的⼈⽣也不断不断地充满了惊喜.just wait and see,就是就好像抱着⼀个像⼩孩的⼼情⼀样,好像每天拆礼物.明天又有礼物又有礼物,你们⽣命中不断地在收礼物.你也⼀样.你不断地在拆各种礼物,⽆论是灵性层⾯还是物质层⾯,你都会有礼物存在的.它不断不断会涌⼊你的⽣命当中.抱着这样⼦的⼀个,怀揣着这样⼦的期待的⼼情去拆开你的礼物.就像前⾯的信息说它可能是不同的币种,你可能会觉得现在这是⼀堆⽯头.但是你不知道它⾥⾯全是钻⽯,明⽩吗?

JO: Your awareness keeps changing constantly, and your life is filled with endless surprises. Just wait and see; it's like having a childlike curiosity, opening gifts every day, as if you are receiving gifts each day in your life. You too experience this, unwrapping various gifts continuously, both on the spiritual level and material level, with gifts existing all around you. These gifts will constantly flow into your life. Approach opening your gifts with such a sense of anticipation, like looking forward to what might be inside, whether it's different currencies or something that seems like worthless stones at first glance but turns out to be filled with diamonds.

第三个⼈:问: 我想请问⼀下我的灵魂主题是什么? 我叫XXX,25岁.

Third person: Q: May I ask what my soul theme is? My name is XXX, 25 years old.

JO: 你稍等.你的⼈⽣主题就好像是有⼀种不断去转变转变,就是把有限转变成⽆限,把死的变成活的.所以你的⼈⽣你⾃⼰也会经历很多限制,然后最后慢慢慢慢通过你的…… 因为你只有去转变,你才能活.通过你不断去转变的过程,然后让⾃⼰变得好像是⽆限⼀样,就没有限制.所以更多的是像魔术师⼀样,就变变变.

JO: Wait a moment. Your life theme seems to be continuously transforming, turning the finite into the infinite, and the dead into the alive. Therefore, you will experience many limitations in your life, then gradually through your... because only by transforming can you live. Through your constant transformation process, allowing yourself to become as boundless as magic, without any restrictions. So it's more like being a magician, constantly transforming things.

问: 整个贯串⼀⽣的主题都是这个吗? 有没有⼀种状态是已经转换到没有限制的状态,然后去享受的这么⼀个阶段呢?

Q: Is this theme that runs through one's entire life? Are there stages where one has transitioned to a state without limitations and simply enjoys it?

JO: 你是说变成⽆限吗?

JO: You mean becoming infinite?

问: 就是说没有那么多的限制,是在享受⽣命,⽽不是去突破.

Q: That means there are not many restrictions; it's about enjoying life rather than pushing boundaries.

JO: 这个也要根据你这⼀世的,就是你⽬前的,就是你还需要更多的转变吗? ok,你有可能变五个,我就已经悟到了转变它的技能技术,就是我已经学好了.那如果你还需要20个呢? 但是这20个并不代表它不好呀,明⽩吗? 就像我们刚刚说并不是说…… 就是你只要存在只要有收获,那么它对你来说就是宝贝.所以就⽐如说让你28岁就变成⽆限了,你真的觉得这样的⼈⽣有意义吗? 就好像⼈家讲故事可以讲个⼗天⼗夜,特别吸引⼈.你来讲你的⼈⽣故事,⼀会⼉就没了.

JO: This depends on your current situation in this lifetime; do you still need more transformations? Okay, if there's a possibility that you might change five times and I've already mastered the skills to transform them, meaning I've learned it well. But what if you need twenty instead? These twenty don't mean they are bad, understand? Just like when we were talking earlier about... you just exist and get benefits from something; for you, it's a treasure. So, for example, if someone told you that you would become infinite at the age of 28, would you really find such a life meaningful? It's like storytelling can be captivating over ten days or nights, but telling your own life story abruptly ends.

问: 那我会不会给别⼈带来什么呢?

Question: Would I be bringing anything to others?

JO: 你在成为你⾃⼰的过程当中,你就在服务.为什么呢? 就好像你是⼀朵花,你盛开.那⾃然⽽然别⼈从你⾝边过,他就能闻到⾹味呀.你就在点缀、美丽着这个世界呀.

In the process of becoming yourself, you are serving. Why is that? Just like a flower blooming, naturally when people pass by, they can smell the fragrance. You are beautifying and enhancing this world.

问: 所以我的⽗母还有我⾝边的很多很多都是来给我带来限制,然后我再去把他们转化吗?

Question: So my parents and many others around me are bringing restrictions to me, and then I'm transforming them?

JO: 所有的⼀切你都会摸⼀下,变⼀下.反正你就想是⼀个魔术师⼀样在玩.问: 就是把接触到的所有的都想把它变得⽆限⼀点?

JO: You touch everything and change it somehow. You just want to play like a magician with everything you come across. Question: Do you mean wanting to make every contact infinite in some way?

JO: NO NO NO NO,就是转变.那你也能变来变去的呀.问: 那我有没有婚姻呢? 就是有没有在灵魂⾥⾯选定呢?

JO: No no no no, it's transformation. You can transform as well. Question: Do I have a marriage in soul level selection?

JO: ⾸先你们物质层⾯的婚姻有点像你要不要贴个标签呢? 你贴不贴标签好像是你⾃⼰的事情.那如果是说有没有灵魂伴侣的话,那跟你们有连接的⼈都是你们的灵魂伴侣呀.

JO: First, your material marriage is somewhat like whether you want to put a label on it? Whether or not you put the label seems to be your own business. But if we're talking about soulmates, then anyone connected with you is your soulmate.

问: 就是没有⼀个选定好的那种? 就是我必然要跟他⾛完这⼀⽣的那种⼈存在?

Question: Is there no one who is chosen, someone I am destined to spend my entire life with?

JO: 他都会来到你的⽣命当中,你不会错过,明⽩吗? 你不会错过.但是这个关系是变得好,还是变得坏,是更加⽆限还是有限,那就是你们当下去创造了.就像⼀只⼩鸟,你也可以把别⼈玩死啊.它在你⼿上,你玩来玩去把它弄死了.你也可以教这个⼩鸟很多技能,让它变得…… 很多⼈很欣赏这只⼩鸟呀.你看它又会学⼩猪叫,又会学⼩狗叫,太可爱了,明⽩吗? 那到底你想要创造什么呢?

JO: He will come into your life, you won't miss it, understand? You won't miss it. But whether this relationship gets better or worse, whether it becomes more infinite or limited, that is what you create together in the present moment. Just like a little bird, you could also kill someone else with it. It's in your hands, and you play around until you accidentally kill it. You can also teach this bird many skills, making it... Many people admire this bird, you see? It can even learn to squeak like a piglet or bark like a dog, how cute! Now, what do you really want to create?

第四个⼈:问: 我适合做什么⼯作,然后在什么城市发展? 我叫XXXXXX,我23.

Fourth person: Asking: What kind of job am I suitable for, and which city should I develop in? My name is XXXXXX, I'm 23 years old.

JO: 如果就⽬前的能量来说我们先不说⼯作,你需要找到⼀个特别像光和像爱存在的引导者.因为你⾃⼰实际上是⼀个很loyal,就是很忠⼼,就是⼀下⼦就完完全全的打开⾃⼰,就不会有任何⼼机⼼思这种东西.不会有任何hiding,就是不会藏着掖着这种.你就是完全敞开的⼀个状态,就是在关系当中.所以说对⽅是光和爱⼀样的存在的话,那你敞开了的话,你接受的是不是都是爱和光,都是滋养呀? 都是goodness.那如果你跟随的那个对象⼼⾥有很多像是恶,那你也会受到他的污染.那这个污染会变得越来越沉重,因为⾄少⽬前的你没有如此⼤的⼒量可以get rid of it,就是承受这个沉重感吧.

JO: If we're not talking about work and based on the current energy, you need to find a guide that is exceptionally like light and love. You see, you yourself are very loyal, very devoted, instantly fully opening up without any ulterior motives or thoughts. There's no hiding involved; you are completely open in your state when it comes to relationships. Therefore, if the other person is an existence of light and love, then by being open, what you're accepting isn't just love and light but also nourishment - pure goodness. If the entity you follow has a lot of darkness within them, you'll be affected by their pollution too. This pollution grows heavier over time because currently, your strength to get rid of it is not substantial enough; you can't bear this heaviness effectively.

就像那种年龄⽐较幼⼩,如果充满这种沉重的话,它会把你给压弯了.因为你现在还是⼩树苗的⼀个阶段,明⽩吗?

Like that sort of young age, if it's full of this heaviness, it will bend you. You see, because now you're still in the stage of a little sapling, understand?

问: 那请问有什么建议可以给到我呢?

Question: Could you give me some advice?

JO: 建议我们就是说你不是选⼯作,最重要的是那个⼈,就是那个成为你的leader的⼈.就这么说吧,你是个助理吧.那你给谁当助理呢? 那个⼈⽐较重要.

JO: Let's say you're not choosing a job, but the person, especially who becomes your leader. Basically, you are an assistant, right? So, to whom are you assisting? That person is more important.

问: 这个⼈是我应该主动寻找的还是他会被动的进⼊我的⽣命⾥?

Question: Should I actively seek this person out, or will they passively enter my life?

JO: 这个⼈是需要你去通过⼼去观察⽽不是通过物质.就⽐如说这个⼈给我⼯资开两万,这个给我开⼋千,我选择两万的.我给你讲,如果你真的遇到那个⼈是光和爱的化⾝的话,不开钱你都要去加⼊.你就在收获.明⽩吗? 但是你们就…… 这个不是⽤钱来衡量的.

JO: This person requires you to observe with your heart rather than through material means. For instance, if this person offers me a salary of twenty thousand and another gives me eight thousand, I choose the former. I'll tell you, if that person is actually embodiment of light and love, you'd still join even without receiving any money; you would be reaping the benefits. Understand? But it's not measured by money.

问: 我这⼀世的灵魂使命是什么?

Question: What is my soul's mission in this lifetime?

JO: 我们感受到你这⼀世就是来成长,就是来体验,就是来让⾃⼰去体验地球,就是体验长⼤的⼀个过程吧.所以外界的环境,就是你周围跟你共处的⼈、环境,对你来说还挺重要的.因为如果你现在已经是成⼈,三四⼗岁,那你可以有独⽴的⼈格,不被外界影响.那如果你还是三四岁⼗岁的状态的话,那你是不是很容易受到外界的影响?所以环境对你来说就变得很重要了.

Your entire life in this incarnation is for growth and experience, to immerse yourself in Earth's reality and experience the process of growing up. So your external environment, including those around you, plays a significant role. If you're already an adult at your current age, 30 or so, with an independent personality not easily swayed by others, then when you were at that young age of three to four years old and perhaps older, would you have been very influenced by external factors? Thus, the environment becomes important for you.

问: 就是现在刚毕业要找⼯作和⽗母住在⼀起,什么都很迷茫.

Question: Just graduated and starting to look for work while living with parents, everything is confusing.

JO: 我们看⼀下有没有什么信息可以带给像你们这种类型的来到这个地球…… 我们想要你们记住的是⽆论怎么样,天都会亮.就是⽆论你们经历多么⿊暗或者是多么痛苦,或者是多么不堪忍受的⼈⽣或者是体验,它都会过去的.因为像你们这个年龄,你们很多来到这个地⽅来到这个世界上,看到这⾥乌烟瘴⽓、乱七⼋糟、所有⼈都这么恶,我⾛了,然后就⾃杀.因为你们就会觉得这个相不会变,它好像是永久存在的状态.但是所有的相都⼀直持续在变化,⽽且你们还有⼒量去推动这个变化.

JO: Let's see if there is any information that can be conveyed to someone like you... What we want you to remember is that no matter what happens, the sun will rise. No matter how dark or painful your experiences are, or how unbearable life may seem, it will pass because you many of you have come to this planet at such an age where you see chaos, corruption everywhere, everyone being so evil. I leave and then commit suicide because you feel that things won't change; they're in a permanent state. But all appearances are constantly changing, and you have the power to drive that change.

问: ⼀命⼆运三风⽔……JO: 这么说吧,命运这个东西它就好像你本⾝是⼀条鱼,那你就是⼀条鱼.那你在⽔⾥,对不对? 你在⽔⾥,你才能如鱼得⽔嘛.那你本⾝是天上的鸟,⼀只雄鹰的话,那你在天上飞,那就是你的命运了.你能飞呀,对吧? 就是成为你们⾃⼰,你的命运就是成为你⾃⼰.

Question: One life, two destiny, three feng shui... JO: Let me put it this way, the concept of fate is like being a fish. If you are indeed a fish, then you belong in water. Right? You can only thrive when you're in water, just as how flying birds like eagles do in the sky. Your destiny becomes your own flight if you're meant to soar high up there. You have wings and you fly, don't you? Essentially, becoming yourself is the essence of your fate being yours.

那成为你⾃⼰,你是雄鹰是没办法转变的事呀.你就是个雄鹰,你只有飞你才爽.你只有在天空中才能感受到你⾃⼰的存在.那就是所谓的命运了.还有什么运是吧? 那运就像我们刚刚说的,⽆论天多⿊,它总会亮的.那我们说你现在还是春天,你秋天还没到呢.那就是说的运嘛.所有⼀切都是在变化当中嘛.它会有这个逐渐的展现出来的⼀个过程.就⽐如说⼀棵树要长成⼤树,那你是不是要加上运啊? 时间嘛,对吧? 风⽔那就是能量层⾯了.

That's who you are; becoming something else is impossible like turning into an eagle. You're just an eagle and the only way to feel good about yourself is by flying. Only when you soar through the sky can you truly sense your existence. That, my friend, is destiny. Do you see any other运 (luck)? Luck behaves similarly to what we've discussed before – no matter how dark the night, it will eventually lighten up. We're saying that you're still in spring now; autumn hasn't even arrived yet. This is what we mean by luck: everything is constantly changing and evolving over time. There's a gradual process of manifestation. For example, for a tree to grow into a large one, don't you need some运 (luck) and time? Yes, time plays a crucial role. Feng shui involves energy levels.

问: 我想问我和⼀个男⽣之间的关系,不知道会不会有未来?

Question: I want to know about my relationship with a boy, wondering if there is a future possibility?

JO: 我们先回到你的问题吧.有没有名字都⽆所谓.跟⼀个⼈有没有未来? 如果你连当下都不能体验到,都不能拿到当下的礼物,还有什么未来呢? 就⽐如说他当下给你的礼物是什么?你拿到了吗? 你知道吗? 你收到了吗? 你把这个礼物成为你的,就是你⽤到了吗? 就是他给你递⼀杯⽔,你喝了吗?

JO: Let's get back to your question. The name doesn't matter. What truly matters is whether there is a future with someone. If you can't experience the present, if you can't receive the gift of the moment, what future is there? For instance, what is the gift he gives you in this moment? Did you receive it? Do you know about it? Have you received it? Did you make it yours by using it? Like when he offers you a glass of water, did you drink it?

问: 因为我感觉他是⼀种回避形的,我不知道……JO: 那他回避的状态也是礼物呀.你不要觉得只有拥抱着你,亲吻,然后你们俩谈情说爱才叫礼物.给你⼀拳也是礼物.

Q: Because I feel like he's evading you somehow, I don't know... JO: But his avoidance is also a gift. Don't think that the only true gift comes from holding each other tightly, kissing, or having a romantic relationship. A punch could also be a gift.

问: 因为现在是异地,不知道有没有未来.

Q: Since we are in different places now, I wonder if there is a future for us.

JO: 你们都没有未来.你们所有⼈都觉得有未来,你们都没有未来.因为是在当下去,你们只有当下.未来,说不定⼀年过后你就会变成另外⼀个⼈了.那这个你已经死掉了.你有未来吗? 那个⼈格已经死掉了,它不在乎任何男⼈.也就是说你们需要去明⽩的事情是这⾥没有未来.为什么呢? 因为你不断地在死去,不断地在新的⼈格的产⽣.不断地在新的新的.那你说你现在是⼗年前你的未来吗? ⼗年前的你早死掉了.你觉得你是她的未来吗? 所以说你们头脑需要去放下有未来我才去做.不是的.你们在每⼀个当下都有礼物,你们在每⼀个当下都是结晶,你们在每⼀个当下都是⼀个story.

Jo: You all have no future. You think you have a future, but you don't. Because it's now that you exist, and the future? Maybe next year, you'll be someone else. That means you're already dead. Do you have a future? That personality is dead; it doesn't care about any man. In other words, what you need to understand is that there's no future here. Why not? Because you're constantly dying and being born into new personalities repeatedly. And you ask if now is ten years ago's future? Ten years ago you were already dead. Do you think you are her future? So your mind needs to let go of the idea that I have a future before doing something. No, you receive gifts in every moment right now. You're crystals in each moment and stories unfolding at every instant.

问: 我是应该在找⼯作当中注重有技能的⼈,还是注重他⾝上有光和爱这些呢?

Question: Should I focus on finding a skilled person or someone with light and love?

JO: ⾝上有光和爱.这么说吧,光和爱可以让你这个⼩树苗不断地变得越来越壮,对吧? 因为离开它,你的⼩树苗就越来越枯萎,⼒量就越来越⼩,对吧? 那当这个⼩树苗在茁壮成长,长的很强壮的时候,你就会开花结果呀.你这颗种⼦是什么果⼦,它就会结果呀.

JO: On you is light and love. Let me put it this way: Light and love can constantly make your little sapling grow stronger and healthier, right? Because without them, your little sapling will wither more and lose strength, right? So when this little sapling grows strong, reaching its full health, it will bloom and bear fruit. What kind of fruit is your seed, that will determine the type of fruit it bears.

问: 那这种种⼦……JO: 就是天赋,你的天赋.为什么呢? 因为你现在还需要跟这个地球发⽣连接,还需要不断地扎根,还需要不断不断地扎根,你才能得到成长.那你现在根还没有开始扎,然后别⼈就把你拔掉了.你还说什么结果的事呀?技能不技能呀?你有技能,你的技能再厉害,你连在地球上都存活不了,你有什么⽤呢?那你看着你们很多⼈⾃杀,他可能学了⼀辈⼦的技术,有很精湛的技术,有很⾼的学历.那他体验太多这个世界的恶了,他⾃杀了.那你说他的技能,就是学的这些东西有⽤吗?明⽩吗?那我告诉你,你跟着⼀个⼈学了很多技能.但是那个⼈经常性骚扰你,你看了很多恶,你就觉得这个世界好恶,你活不下去了.然后你⾃杀

Q: But what about these seeds... JO: It's your innate talent. Why is that? Because you still need to establish a connection with the Earth and keep deepening your roots before you can grow. Now, you haven't even started rooting yet when someone pulls you out. How can you talk about results or skills then? If you have any skills at all, how useful are they if you can't even survive on this planet? And consider that many of you commit suicide; they might have spent their entire lives learning technical skills, mastering them to a high degree and having impressive academic qualifications. They've experienced too much evil in the world before taking their own life. Now, is it meaningful to discuss their skills or what they learned when someone is constantly harassing you, exposing you to so much evil that you feel your world is inherently wicked, making it impossible for you to survive? And then you take your own life.

了.那你说这些技能对你来说有⽤吗? 所以说让你感受到美好,让你跟这个地球发⽣连接,让你不断地扎根,这个对你来说才是最重要的.

Done. So do you find these skills useful for you? Therefore, what matters most to you is allowing yourself to experience beauty and connect with this planet, constantly grounding yourself.

问: ⼋字上说我这⼗年投资什么都会失败,我之前有合伙过的,我准备撤资了.他觉得我有点幼稚,很⽣⽓.我不知道该怎么处理.

Question: On number eight it says that I will fail with any investment for the next ten years. I had previously invested in a partnership but now I plan to withdraw. He thinks I'm childish and gets very angry. I don't know how to handle this situation.

JO: 你不需要去处理他⼈怎么样⼦的⼀个情绪,⽣⽓还是不⽣⽓.因为you are not here for that.就是你不是来为他们提供,就是让他们⽣⽓还是不⽣⽓,就是你不是为了去满⾜他们的.他们有他们⾃⼰体验的⼈⽣主题和个⼈的历练.就算你给了他⼀⼑,那说不定也是他在成长,明⽩吗? 所以说你不需要去考虑他⼈,最重要的是你能不能成为你⾃⼰.这个才是最重要的.因为你在允许你⾃⼰活下去,跟这个世界发⽣连接,你在允许你在这个地球上不断地扎根,那你就在帮助他.你想象⼀下当你以后成为世界⾸富了.他会说,啊,你知不知道这个世界⾸富是我朋友.他会利⽤你的这个名⽓你的头衔,就拿到⽣意赚了好多好多钱.

JO: You don't need to worry about what others are feeling, whether they're angry or not. It's because you're not here for that purpose. You're not coming here to cater to them and make them feel angry or not. They have their own experiences of life and personal journeys. Even if you gave them a knife, it might just be part of their growth. So there is no need to concern yourself with others; the most important thing is whether you can become who you are. This is what truly matters because by allowing yourself to live and connect with this world, by continuously rooting yourself on this Earth, you're helping them. Imagine when you become the richest person in the world someday. They'd say, "Did you know that the richest person in the world was my friend? He would use your fame and title to do business and make a lot of money."

他⾃⼰也成为第⼆个⾸富.所以当你在成为你⾃⼰的时候,你就在服务于他.不要因为任何⼈的不适感⽽不去做你⾃⼰.那个不适感是他的事,他需要处理的.你也不知道⼈家要如何利⽤那个不适感.你只要给他创造了体验,他就有收获.

He himself became the second richest person. So when you become yourself, you are serving him. Don't refrain from being yourself due to anyone's discomfort. That discomfort is his issue; he needs to handle it. You don't know how others might exploit that discomfort. All you need to do is provide him with an experience, and he will gain something.

第五个⼈:问: 我的灵魂主题是什么? 我叫XXX.36岁.

The Fifth Person: Q: What is my soul's theme? I am XXX, 36 years old.

JO:我们感受到你的⼈⽣就好像你特别喜欢尝试新的,就是新鲜的,就是各种都想要尝试或者是像个⼩孩⼦⼀样,对什么都跃跃欲试的那种感觉.你的灵魂主题就是如何与当下扎根,因为你就好像这⼀屋⼦的玩具你都想玩,⼀会⼉摸⼀下这个,⼀会⼉摸⼀下那个.就很难去进⼊⼀个玩具跟它产⽣连接感.⾸先这好像是你与⽣俱来的⼀个特性,就是对什么都会有兴趣.然后这种是来⾃于你的⽣命⼒实际上很旺,就是你有很旺的⽣命⼒,就是⽐别⼈精⼒更充沛吧.更多的想去释放掉.所以说你这⼀⽣就是扎根,因为你什么东西都是摸⼀下摸⼀下.你就不能安安静静的下来去摸透⼀个东西,然后去感受、领悟这个东西.就是这样⼦的感觉.有⼀种⾛马观花,就是很快速的.

JO: We sense that your life is like someone who really enjoys trying new things, anything fresh or exciting, wanting to experience everything just like a child eager to explore everything around them. Your soul's theme revolves around grounding yourself in the present because it feels like you're drawn to play with every toy in the room, touching this one for a moment and then another. It's hard to develop a connection with any single toy. This seems to be an inherent trait of yours, being interested in everything. This stems from your vibrant vitality; you have more energy than most people and you crave to express it. So throughout your life, the challenge is grounding yourself as you're always moving from one thing to another without fully engaging or understanding a single thing. There's a sense of superficiality, moving quickly through experiences without delving deeper.

⽐如说⼈家到⼀个地⽅,⼈家是静下⼼来慢慢的去品茶.你不能静下⼼来安静的喝茶、听⾳乐.你这也想看看,那也想看看,就是把你的注意⼒吸引⾛的那种感觉.

For example, when someone goes to a place and takes the time to savor tea, you can't just sit quietly drinking tea or listening to music. You're always wanting to see this, then that; it's like your attention is being drawn away by everything else.

问: 我的天赋是什么?

Question: What is my talent?

JO: 你稍等.你的天赋实际上就是你其实没有很⼤的限制,就是你不钻⽜⾓尖,就是不会这条路不⾏,我要⾃杀,就是这种,就是觉得没希望了.就是像野草⼀样.就是⽆论你遇到多⼤的挫折或者是打击,你其实⼀会⼉就好了.就你的⽣命⼒挺强⼤的,你⾝上其实蛮多品质是值得让⼈学习的.就⽐如说你对这个世界的探索欲,就是对很多事情都感兴趣嘛.那有些⼈对什么东西都不感兴趣,对⽣命都不敢兴趣.但是你对很多东西都感兴趣.就⽐如说你可能有很强烈的赚钱的欲望,我要做⽣意,我要开店,就是梦想不断.所以说就跟你在⼀起还是挺好玩的,也是挺放松的,就是让⼈们不会太死板太刻意太呆板,就是没有希望的那种.在你这看到很多希望.

JO: Wait a moment. Your gift is essentially that you don't have many limits; you don't get stuck in one direction and think if this road doesn't work out, I'm going to commit suicide, or feel hopeless. You're like wild grass—no matter how much trouble or setback you face, you bounce back very quickly. You've got a strong vitality, and there are many qualities about you that are worth learning from. For example, your curiosity about the world is something most people lack; they might not be interested in anything or even life itself. But you have interest in so many things. Like, maybe you're very driven by money and want to run businesses, open shops—that's a constant dream for you. So being around you is quite fun and relaxing; it keeps one from being too rigid, too deliberate, or too stagnant—it's inspiring because there always seems to be hope when I see you.

但是你的那个希望也很容易灭,就是泡泡⼀样.就很快就破了.

But your hope is fragile like a bubble and can easily be popped.

问: 我喜欢这个看⼀点,那个看⼀点,然后什么都记不住.

Q: I like watching a little of this and a little of that, but then I can't remember anything.

JO: 对,就像是泡泡的那种感觉.啊,这个泡泡好看,嘣,这个破了.啊,这个漂亮,嘣,这个也破了.这种感觉.

JO: Yes, like that feeling of bubbles. Ah, this bubble looks nice, pfft, this one burst. Ah, this is beautiful, pfft, and this also burst. That kind of sensation.

问: 所以说我的弱点就是需要专注⼀⽅⾯?

Question: So, my weakness lies in having to focus on one thing?

JO: 我们之前也说所有体验都是收获,所以你这些体验也是收获.但是你会慢慢的发现你会 tired of this,就是你会厌倦你这种总是东⼀下西⼀下这种感觉.你也想settle down,就是稳定下来,扎根吧.所以你会被那种特别,⽐如说专⼀、传统,就是会被这种能量的⼥性吸引.她们可能⾝上有这种很安静,就是这种扎根的能量吧,就是能静静的或者是很传统思想的这种.会被这样⼦的⼀个……问: 我和我⽗亲的协议是什么? 我⽗亲叫XXX.

JO: We've previously said that all experiences are gains, so your experiences are also gains. However, you'll gradually realize you're tired of this constant feeling of going from one thing to another. You want to settle down and stabilize, find a foundation, essentially. This makes you attracted to women with very specific energies, such as being focused or traditional. They might radiate a quiet energy that is grounding, possibly having a very calm demeanor or holding onto old-fashioned ideas. It's like they have this...

Q: What's the agreement between me and my father named XXX?

English JO: We've previously mentioned that every experience holds value, thus your experiences are also valuable gains. However, you might start to feel weary of constantly transitioning from one situation to another over time. You yearn for stability, wanting to settle down and find a sense of grounding or foundation instead. This inclination often draws you towards women who possess very focused or traditional energies. They may exhibit a serene presence or adhere to traditional beliefs that exude calmness.

Q: What's the agreement between me and my father named XXX?

Regarding your question about the agreement with your father, called XXX:

English:

The nature of this agreement between you and your father named XXX will depend on its specific details which cannot be determined without more information. Typically, such agreements might involve financial support, responsibilities, life plans, or terms for living together, among others. To understand the full context and specifics of this agreement, further details about what was agreed upon would be necessary.

JO:你稍等.我们感受到你这种像热锅上的蚂蚁的这种能量,就是有点这样那样,是受你爸的影响.是什么影响呢?就是你会觉得你好像要做⼀点什么⼀样.其实你的这种不断地想要去抓去探索,就是这⼀个梦想那⼀个梦想,这种就来⾃于他对你能量层⾯的影响.为什么?因为在你⼼⽬中你觉得他没有成为⽗亲应该有的样⼦,就是那种承担啊、责任啊、强⼤啊、有⼒啊、有所作为啊、能⼲出来⼀番事业的这种⽗亲的形象.就是这种⽗亲的形象,你觉得他没有.然后你就想要去,就好像这个作品没做好,你就想要重新把它做好.就有⼀种这种感觉.就是你会觉得不应该这样,我要把这个作品变得怎么样怎么样.所以你会有⼀点着急,有⼀点摸不着边,像这种感觉.

JO: Wait a moment. We feel your energy as if you're ants on a hot pan, meaning there's this kind of chaotic and intense energy that somewhat comes from your father. What specifically influences you? You seem to feel like you should be doing something or making changes in some way. This constant desire to explore, chase dreams, is due to his influence on your energetic levels. Why might this be so? In your mind, you believe he didn't live up to what a father should be - that of taking responsibility, having strength, being capable and successful in building a career. The image of such a father was not present for you. Therefore, you feel compelled to redo things or improve them as if the work hasn't been done properly. There's this feeling of urgency and confusion about how to proceed or what is expected of you. You believe it should be different, and you want to transform this work in some way. Hence, your sense of being rushed and lacking direction arises from these feelings.

就⼼有余⽽⼒不⾜吧.所以就导致你很难扎根吧.

It's because your desire exceeds your capability, hence making it hard for you to establish a firm foundation.

问: 他晚上打鼾很严重.我不是特别放⼼.

Q: He snuffles very badly at night. I'm not particularly reassured.

JO:你们就好像是相互影响的.就好像你的⽕会让他的⽕更加旺.所以如果从你这边如果你能去好像是冥想打坐,让⾃⼰进⼊到⼀个像⼀只⼩猴⼦⼀样窜来窜去的那种感觉,然后能 settle down,然后你也能影响到你的⽗亲.就是你通过转变你⾃⼰的能量,然后也会…… 这么说,你现在是⽕,对吧?那如果你能让你这个⽕灭掉,成为像是⽔或者是冰的状态.就是你的temperature降下来过后,那他也会随着你降下来.因为你们都是通的呀.你们的能量都是通的.所以当你发⽣转变,你没有办法不影响周围的.⽐如说你们都是在⼀个屋⼦⾥的⼈.你有你的温度.你的温度最开始很⾼很hot.那你把你的温度变得很低很低,变得像冰块⼀样.

JO: You are like affecting each other. Your fire would make his flame more intense. So if you meditate and enter a state akin to a monkey jumping around, then settling down, you can influence your father by transforming your energy. This means that when you change yourself, it also changes those around you. Imagine you're both in the same room with different temperatures; yours starts very high and hot. If you manage to lower your temperature significantly, making it as cold as ice, his would follow suit because your energies are interconnected.

那你是不是就把这个房间的temperature降下来了?所以你们⼀直是在影响着彼此.但是你的灵魂主题就是扎根,所以当你越来越能扎根的话,外在的⼀切就不会感觉很飘.

So you must have lowered the temperature in this room, right? That's why you've been affecting each other. But your soul theme is to anchor down, so when you're able to ground more deeply, everything external won't feel as ephemeral.

问: 我觉得我就是静不下来做事情,⼤脑会否定做⼩事情.

Q: I feel restless and can't focus on anything; my mind keeps rejecting small tasks.

JO: 你多⼤?问: 我36了.

You are 36 years old, right?

JO: 但是你的energy好像是⼗⼏⼆⼗岁的状态,所以我们说的你的⽣命⼒很旺盛嘛.

JO: But your energy seems to be in a pre-teenager state, so we can say that you have vigorous vitality.

问: 那会不会导致⼀个局⾯就是我⼼理不够成熟?

Q: That could lead to a situation where I'm not psychologically mature enough, right?

JO: 我们刚才不是说你⾝上有很多优秀的品质吗? 你们不是有⼀句话叫永葆青春、返⽼还童吗? 所以你与⽣俱来到了很多好的品质,就好像是⼀个优势吧.所以去发现它,然后再把它⼤化.

JO: Didn't we just say that you have many excellent qualities earlier? Isn't there a phrase that says "preserve youth and revert to childhood"? So, you naturally came with many good qualities, which could be considered an advantage. Therefore, go on to discover them and maximize their potential.

问: 我感觉很多⼈情世故⽅⾯不是很懂,但是我也不是特别困扰.

Question: I feel like I'm not very skilled in social etiquette, but it doesn't bother me too much.

JO: 你们不需要死板的能量,ok? 你们物质世界已经够死了,不需要更死了.所以说你不需要把⾃⼰变得跟他们⼀样死⽓沉沉的,然后才觉得你的⽣命美.

JO: You don't need stiff energy, okay? Your material world is already enough dead, so you don't need to be even more lifeless. Therefore, you don't need to feel that your life becomes beautiful by becoming as stagnant and lifeless as they are.

问: 我想问⼀下脏乱的环境或者是噪⾳为什么会让我觉得不舒服呢? 为什么这些负⾯能量会让我感觉不舒服?

Question: I want to ask why dirty and messy environments, or noise, make me feel uncomfortable? Why do these negative energies bother me so much?

JO: 你稍等.为什么你们看到⽐如说环境漂亮的,然后你们就感觉舒服? 环境很脏很臭,就感受到不舒服? 然后你要知道你的物质⾁体它本⾝就会有反应,对吧? 因为它的功能就是在这个物质世界产⽣体验嘛.那⼀个是和谐,⼀个是不和谐,明⽩吗? 就⽐如说为什么有的⼈就看着特别舒服? 他可能是和谐的,他的长相,他整个的感觉是和谐的,是吧? 你们不是有个黄⾦⽐例吗? 那不和谐的,乱七⼋糟就是不和谐,对吧? 这个就是你们这个物质⾁体感官层⾯的⼀些东西,它们对和谐的东西会有⼀种舒适感,对不和谐的东西会有⼀种不适感.这就是为什么你们会对长的丑的⼈和长的美的⼈…… 长得美的⼈都是长的和谐的,对吧? 你们化妆是为了什么?

JO: Wait a moment. Why do you feel comfortable when you see something beautiful like the environment, and feel uncomfortable when it's dirty and smelly? Your physical body inherently reacts to these situations because its function is to generate experiences in this material world. One situation is harmonious, while the other is not. Do you understand that some people find certain appearances particularly soothing? They are likely experiencing harmony, whether in their facial features or overall vibe. You're familiar with the golden ratio, right? Chaos and disorder signify a lack of harmony. This is about your physical body's sensory perception – it feels more at ease with harmonious things and discomfort with dissonant ones. That's why you prefer beautiful people over those who are unattractive; beauty typically signifies harmony. You wear makeup for what reason?

就是为了让⼀切看上去和谐.那就像你们穿⾐服,颜⾊的搭配.当⼀个穿着颜⾊特别不和谐的⼈,你看上去怎么觉得怪怪的.

The goal is to make everything appear harmonious. It's like when you dress, and the color coordination matters. When someone dresses in colors that don't match well, it feels strange to look at them.

问: 和谐就是意味着能⼒的流动?

Question: Harmony implies the flow of capability?

JO: 我们这是说的从感官层⾯,但是从能量层⾯,你们也会有和谐和不和谐.为什么呢? 因为那个和谐就是你本⾝.当你离开了你本⾝的状态,你就变得不和谐.不和谐你就会感受到,⽐如说你在发脾⽓或者是在做⼀些恶的事情,实际上你⾃⼰本⾝就是不舒服的.但是你却有⼀种我不得不做,我不得不把他杀死.为什么呢? 因为我不杀他,他就杀我.那就是来⾃于你错误的观念,明⽩吗? 因为你会觉得我没有办法,我只有去把他杀掉,我只有这条路,我其他路⾛不了.所以来⾃于你的限制.所以就算你内在感受到不和谐,你也会去强迫的做⼀些事情.所以和谐是你们本来的状态.就是爱是你们本来的状态,爱就是和谐,是吧? 那和谐也是你们本来到状态.

JO: We're talking about harmony and disharmony from a sensory perspective, but also in terms of energy, you will experience harmony and disharmony. Why is this so? Because harmony is essentially your own self. When you deviate from your natural state, you become disharmonious. Disharmony manifests as discomfort to you, for example when you're angry or doing something wicked, actually what you're feeling yourself isn't good; it doesn't feel right. But you have this compelling belief that I must do it - I must kill them because if I don't they will kill me first. This arises from your erroneous perception, understand? Because you believe there's no other way out for you; the only option is to kill him since I can't let him kill me. It comes down to limitations on your part. So even when experiencing inner disharmony, you force yourself into actions due to these beliefs. Thus, harmony is your natural state. Love too is your natural state – love equals harmony, right? And harmony is also intrinsic within you.

那你离开了你本来的状态,就好像列车应该是在轨道上的,你离开了轨道,你不就是出轨了吗? 就好像你本来是在⽔⾥⾯的,你是⼀条鱼.那你离开了⽔,是不是就会感受到……

That means you've left your original state; it's like the train should be on its track. If you leave the track, aren't you derailing? It's akin to being underwater, as a fish is supposed to be in water. So if you were out of the water, wouldn't you sense...

第六个⼈问: 我的灵魂主题是什么? 我55了,我叫XXX.

The sixth person asks: What is my soul theme? I am 55 years old, and my name is XXX.

JO: 你的灵魂主题就好像是来和解的,就是这⼀辈⼦就是来和解的.因为你⼼中有很多解不开的结或者有很多堵塞,就是还堵在那的东西.就是很多⼈啊、事啊,就是可能还在⽣闷⽓吧.所以我们都能感受到你的长相是什么样⼦.为什么? 因为你的能⼒层⾯会影响你的相.

JO: Your soul theme seems to be about reconciliation; it's like you're here to resolve conflicts for this lifetime. This is because there are many unresolved issues or blockages in your heart, things that are still lingering. There are probably still grudges held against people and situations from past lives. That's why we can all perceive what you look like. Why? Because the level of your ability affects your appearance.

就好像整个⼀棵树被能量压弯了⼀样,就能感受到这棵树不是直的,⽽是弯的状态.所以你已经离开了你本来的状态.所以你的能量层⾯的话,很难彻彻底底的开⼼、轻松和愉悦.就好像总有些什么东西拉扯着你,让你不能彻底的放松或者彻底的开⼼,不能彻底的哈哈⼤笑这种.就是你很难疯狂起来吧,就是疯狂不起来.因为有太多能⼒层⾯的⼀个,就好像太多⼼事吧压在那,让你产⽣很多堵塞.所以如果真的有⼈真的坐在你旁边,你可能半天时间都可以不停的说,哎呀,我这⾥堵塞那⾥怎样,就是这种感觉.所以你这⼀辈⼦就是来和解的.为什么呢?因为跟你产⽣⽠葛的呢些⼈,实际上你没有办法去放下去和解.但是你又必须要去和解.那这就需要你去修了.

It's as if the entire tree is bent under the weight of energy, and you can feel that the tree isn't straight but curved. So, you have already left your original state. Therefore, it's hard for you to be truly happy, relaxed, and joyful on a spiritual level. It feels like there's always something pulling at you, preventing you from fully relaxing or being thoroughly happy, unable to laugh heartily. You struggle to become completely wild because you just can't manage to do so; your ability levels are too heavily burdened with concerns.

So if someone were really sitting next to you, they might hear you continuously say for half a day about how everything is clogged here and there, that feeling. Therefore, throughout this lifetime, you're here to reconcile. Why? Because the people who have issues with you actually can't be forgiven by you, but you must forgive them. This requires your spiritual cultivation process.

去修你的⼼、修你的性、修你的智慧,明⽩吗?所以我们知道这些信息还蛮能触动你的,但是你却找不到⽅式⽅法.我们想让你知道它不是⼀下⼦就能解决的.就好像你这个地⽅堵塞了⼗⼏年,就是这个房间⼗⼏年从来没打扫过.那你现在看着这个样⼦,你要⼀点⼀点来不着急,明⽩吗?你哪怕就是先把⼀个⾓落清理⼲净,你看着那个⾓落你都会有好舒坦的感觉.就哪怕你先⾃⼰跟你的⼥⼉啊、跟你的先⽣啊、跟你的朋友啊、或者是跟你的亲戚或者是跟你⾃⼰,就是你不逼你⾃⼰了.你就已经很欣赏很爱你⾃⼰了.你跟你⾝边任何⼀个⼈,就是⼀点⼀点.就是冰块开始融化⼀点,它都能去松动.这个能量开始松动,这个冰⼭开始在融化了.最终都会消失不见的.

Go and cultivate your mind, your character, and your wisdom; do you understand? Therefore, we know these messages resonate with you quite effectively, but you struggle to find a way. We want you to realize that it is not an instant solution. It's like this area being blocked for decades, just like this room never got cleaned for years. Now, when you see this situation, take it one step at a time, don't rush; do you understand? You might as well start by cleaning up just one corner thoroughly. Even looking at that clean corner will give you a good sense of comfort. Even if you start with yourself or your daughter, spouse, friends, relatives, or even forgiving yourself, appreciating yourself without pushing yourself. This shows that you already love and appreciate yourself. With each person in your surroundings, take it one step at a time. It's like an ice cube melting slightly; it can loosen the tension. The energy begins to move, the iceberg starts to melt, eventually disappearing altogether.

你的信息没有了.

Your information is gone.

#### 2023/12/12 — 你的观念和想法限制了你的体验Your perceptions and thoughts limit your experience

JO: 你说什么问题?

JO: What's your question?

问: 我的⼈⽣课题是什么? 我叫XXX,18岁.

Question: What is my life's task? I am XXX, 18 years old.

JO:我们连接到你的能量,你是⼀个特别有⾃⼰主见,就是你⼼中认定的⽬标你是很难轻易的改变或者放弃或者妥协的⼈.虽然你是个⼥性,但是实际上你内在有着像男性那般,就是阳性那般坚定地⽬标.就是⽐如说你认定的事情,你旁边的⼈对你不会有任何影响,因为你很坚定.不是那种内在⽐较弱,⽐较容易被影响的那种.然后你的⼈⽣主题就是来……虽然你很明确的知道⾃⼰的⽬的或者是⽬标或者是想做什么,但是你有⼀点就是那种直来直往的那种感觉.直来直往就是,因为它是男性能量,就是很果断、坚决,那就是很锋利很硬,就像⽯头⼀样硬邦邦的.那你是不是就会经常可能⽆意识的伤害到别⼈,就是太硬了.所以你这⼀⽣就好像是要把这种硬变成像⽔⼀样.

JO: We are connected to your energy, you are a particularly independent person with clear goals that are hard to easily change, abandon, or compromise on. Although you are female, in reality, you possess an inner strength and determination akin to a male, someone who has positive, set targets. You remain steadfast when it comes to decisions you've made, unaffected by others because of your strong will – not the kind that is more susceptible to influence due to weakness within. Your life's theme revolves around seeking clarity on what you want to achieve, despite being very aware of your goals and ambitions. However, there is a characteristic that can be described as straightforwardness or directness in your approach - akin to male energy. This is characterized by decisiveness and determination that cuts like a sharp stone. This might lead to unintentional harm to others because it's too straightforward. Throughout your life, you aspire to transform this 'stone-hard' nature into something more fluid-like water.

你想⽔遇到⽯头会转弯的那种,润物细⽆声的那种感觉.所以这更多的是⼀种能量的整合.为什么呢?因为你会在你的⼈⽣过程当中遇到很多就是事情不能很好的去处理好.你觉得你好像总是在伤害别⼈,就是对关系的⼀种处理吧.但是你想要去达成你的⽬的⽬标的话,你又不能⼀个⼈,明⽩吗?那你又需要⼀个团队,又需要组织,又需要关系,对吧?那如果是关系的话,如果你是冰块的话,那你是不是需要把⾃⼰化成⽔才能融⼊到其它的⽔⾥⾯, 你们才能⼀样,对吧? 就是真正的去达到那种⽆边界,融⼊这种.这么说吧,就好像磨你的脾⽓吧.

You're looking for that feeling of water encountering a stone and turning around, the subtle yet profound impact without making a sound. So it's more about the integration of energy. Why is this so? Because in your life journey, you'll encounter situations where things don't get handled well. You feel like you always end up hurting others, dealing with relationships. But to achieve your goals, you can't do it alone, right? You need a team, an organization, and connections. If it's about relationships, if you're like ice, you need to transform into water to blend in with other waters, for us to be the same, yes? To truly reach that boundaryless fusion. Imagine it as polishing your temper.

所以在你的成长道路当中你就会遇到很多让你渐渐渐渐的变得像⽔⼀样⽽不是像冰块⼀样…… 因为你会觉得冰块是硬的是有⼒的,⽔是⽆⼒的,明⽩吗? 所以你会觉得这是不是我软弱的⼀种表现? 然后我们想要让你知道,不是的.因为你有⽆数的⾯,你不被定义.你是能屈能伸.

So along your path of growth, you will encounter many things that gradually make you more like water rather than ice. You see, ice is hard and strong, whereas water appears weak. Can you understand this comparison? You might think that this reflects a lack of strength in me. But we want to tell you that it's not about weakness at all. It's simply because you have countless aspects, you are not defined by one trait alone. You possess the ability to adapt and bend when necessary.

问: 我未来的职业或者是事业是怎样的?

Question: What will my future career or business be like?

JO: 这么说吧,你很难去做⼀个跟随者,除⾮你真的遇到⼀个能⼒特别强⼤的,⽆论是哪⽅⾯都能让你⼼服⼜服的⼈,那你就会.但是你却不容易去做⼀个跟随者,因为你很有⾃⼰的主见和想法.可能别⼈不⼀定能够让你信服吧.那这样⼦的话, 你就算是选择了某⼀些,它也只是暂时的.你最终还是会⾃⼰去,像⼀个leader⼀样.但是⼀个leader就会出现像前⾯我们说的你的⼈⽣主题的那样的过程了.你能把⾃⼰变成,就是像从冰块到⽔的状态吗? 就是你去做你想要去做的事情的同时去修⾃⼰.就有⼀句话叫,修⾝齐家治国平天下.你必须要修⾃⼰,把⾃⼰从⼀个冰块的状态修到像⽔的状态,对吧?

JO: Let me put it this way, you find it hard to be a follower unless you come across someone exceptionally powerful and competent in every aspect, whose abilities would win your heart and mind. But that's not the case for you; you have strong convictions and ideas of your own. Others might struggle to convince you. Therefore, any choices you make are likely temporary, as you'll eventually act like a leader, doing what you believe is right. This leadership role mirrors the processes discussed in terms of life themes. Can you transform yourself from being akin to an ice cube to water? While pursuing your desires and improving yourself simultaneously? Isn't there a saying that goes: Cultivate oneself, manage one's family, govern the state, and bring peace to the world? You must cultivate yourself, transforming from an ice cube into a liquid form.

然后齐家,就是这样⼦你才能跟家⾥⾯的其他成员,你才能跟他们融⼊到⼀起,对吧? 因为你要不融⼊到⼀起,家就是四分五裂的.你才能做到⼀些,因为你是有志向有梦想有远⼤抱负的,你才能做到后⾯的治国和平天下.所以离开前⾯的这两个,你后⾯的那两个就很难达到.

Then govern your family; this is how you can integrate with the other members of your household and join forces with them, right? Because if you don't integrate well, the home will be fractured. Only then could you accomplish what needs to be done because you have aspirations, dreams, and grand ambitions. You need these qualities to reach the next levels: governance of the state and peace in the world. So without the first two stages, it's hard to achieve the latter two.

问: 我妈妈现在的⼈⽣课题和她未来从事哪⼀⽅⾯的……JO: 我们需要连接你妈妈她⾃⼰的能量.需要她过来提问.问: 我的⼤我,我后⾯是否可以往⼼理学发展?

Question: What are my mother's current life issues and what area should she focus on?

JO: We need to connect with your mother's own energy. She needs to ask the question herself.

Question: Can I develop in the field of psychology, following my higher self?

JO: 我们感受到你的能量更多的是像组织、安排、策划,就是像⼀个总指挥那样⼦.那⼼理学更多是…… 就是如果⼼理是属于语⾔,属于交流沟通,你更多是属于⾏动.但是这些东西没有任何限制,你都可以去尝试.为什么呢? 因为你内在你知道你到底是条鱼在⽔⾥⾯让你更加如鱼得⽔呢还是在…… 明⽩吗? 所以你这个不会有问题的.你只要不断地去尝试你总能知道你到底是鱼还是⼀只鸟,是⽔⾥的还是天上的.

JO: We sense your energy more as an organizer, arranger, planner, like a chief director. Psychology, on the other hand, if it were to be attributed to language and communication, you would be more about action. However, with these things, there are no limitations; you can try them all. Why is that? Because within you, you know whether being in water as a fish makes you thrive or whether you're... getting the point? So there's nothing wrong with this approach. Just keep trying, and you'll eventually understand if you're a fish or a bird, swimming in the water or flying in the sky.

问: 我有点担⼼,我未来有所成就有⾃⼰的事业,实现财富⾃由⼤概需要到多少岁?

Question: I'm a bit worried; I wonder about reaching financial independence and establishing my own career, roughly around what age?

JO: 那我说你现在就财富⾃由了呢? 因为你们总会给财富⾃由来定义⼀个,ok,那你去看⼀下你真的是财富⾃由,就⽐如你现在已经60岁了,你有时间了,你有钱了.你到处去旅游,你的精⼒够旺盛吗? 你去蹦迪,你还蹦的起来吗? 你还嗨的起来吗? 还是说你反感那个噪⾳呀?明⽩吗? 去黄⼭,你还能爬吗? 你觉得你那会⼉又有时间又有钱了,你觉得你⾃由吗? 你现在就是⾃由的.为什么? 钱最主要的是来帮助你们体验这个物质世界,来扩展你的体验,就是 experience,你的经验、你的体验.你们⽤钱就是来交换这个的.我不管你们⽤钱来交换什么.你说我有钱我给很多⼥⼈.那你给⼥⼈,跟她们在⼀起,你不就是为了体验她吗?

JO: So, I'm saying you're financially free right now? Because we always define financial freedom with a threshold, okay? Now, let's see if you really are financially free. For instance, at the age of 60, you have time and money to travel everywhere. Are your energies旺盛 enough for this adventure? Can you still party hard and enjoy yourself despite the noise bothering you? Could you climb Mount Huang Shan, even with limited physical stamina?

When you feel that you have both time and money, do you consider yourself free in those moments? Why is it so? Money's primary purpose is to facilitate your experience of this material world, expanding your horizons and enriching your life experiences. It's all about gaining new experiences through your spending. I don't care what specific experiences you buy with your money—whether it's many women or other things.

If you pay a lot of women with your wealth, then when you're around them, aren't you seeking to experience them in return?

体验她的青春啊、美貌啊、妖娆啊.那你说你有钱了,别⼈都会对你很那个什么什么的.那你不是也为了体验像皇帝般的⽣活吗? 你不需要等到,就是说它是将来.NO,在你现在.什么限制了你呢? 就是你刚才的观念和想法限制了你体验不到.因为为什么呢? 因为你会觉得我银⾏⾥有钱才叫有钱.真的是这样吗? 你看那些投资家,他们拿的是⾃⼰的钱吗? 明⽩吗? 你们那个许家印就给你们做了很好的例⼦.他拿的是他⾃⼰的钱吗? 他是⼀步⼀步借⼒借⼒,运⽤⼀切可有的资源.那你有去运⽤你⼀切可有的资源吗? ⽐如说你现在正是你的⼈⽣中精⼒最旺盛,又没有负担,又没有⼩孩,又没有家庭,又没有其它⼀些层⾯的,就你是⾃由的.

Experience her youth, her beauty, and her allure. If people say you're wealthy, they'll treat you differently somehow. Aren't you aiming to live like a king? You don't need to wait for the future; no, it's happening now. What holds you back? It's your current thoughts and mindset that limit you from experiencing this. Why is that? Because you believe having money in the bank defines wealth. Is that really the case? Look at investors; do they use their own funds? Understand? Xu Jiayin provided a good example for you. Did he use his own money? He leveraged resources step by step, utilizing everything available to him. Have you used all your resources as well? For instance, you're at the peak of your energy in life with no burdens, no children, no family, and no other obligations; you're free.

you are free now,不是在将来.如果你感受不到你现在⾃由的话,你以后还是.为什么呢? 限制你的将会越来越多.你看⼀下随着你们时间的推移,就是正常的⼈,我们不说那些从你们物质世界解脱的⼈,正常的⼈就是随着年龄越⼤限制就越多.他们思想上、观念上⾃我的⼀个束缚是不是就越来越多? 那你为什么会觉得你需要会等到将来你变得有钱了才会丰盛呢? NO,你当下就是.你拥有什么? 你拥有⼤把⼤把的时间,这个就是最⾃由的.很多⼈他没有时间啊.你拥有⽣命、青春.那很多⼈都没有了呀,是不是? 你能做梦啊,你能拥有梦想啊,你能去创造啊.⽽且你们青春还拥有什么?还拥有外表,就是你这个⾁体的⼀个吸引⼒,对吧?

You are free now, not in the future. If you don't feel your current freedom, it will still be that way for you later on. Why is this so? The constraints placed upon you will only increase over time. Consider how, as normal people move through their lives (excluding those who have transcended your physical world), with each passing year, the restrictions and limitations become more numerous. Don't you notice that they increasingly confine their minds and perspectives?

Why do you feel like you need to wait until you are rich in order to experience abundance? NO, you already can. What do you possess right now? You have an abundance of time – this is the greatest freedom. Many lack time, yes? Life and youth – aren't these elements often lost or scarce for many people? You can dream, you can have dreams, you can create. And what else does one's youth offer? It offers physical attractiveness, a magnetic allure to your physical body, isn't that right?

所以⼀切⼀切,你如果能在当下把你有的这些东西运⽤起来,就是把你现在有限的,就是你觉得你现在觉得有限的资源,把它运⽤到淋漓尽致最⼤化.那你就是在当下创造了⽆限的⽣命.

So everything and everywhere, if you can utilize what you have right now in the present moment, by maximizing your limited resources, which you feel are limited to you at this moment, then you are creating infinite life right here and now.

问: 我⽬前读⼤学应该是以学业为主还是应该去赚钱?

Question: Should I prioritize academics over earning money while I am in college?

JO: 我们从来不会告诉你,你应该怎么样.我们只是告诉你你是⾃由的,你是创造者.⽽且你在任何时刻你觉得你往左边⾛你不喜欢,你不爽,那你就往右⾛啊.你在每⼀个当下都可以转弯.就像你开车的⽅向盘,在每个当下你都可以去再打回你的⽅向盘,你都可以去再往回⾛或者是倒退或者是拐弯,明⽩吗? 所以你⾃⼰…… 你说如果你妈你爸来告诉你你要怎样,你真的会去做吗? 你真的能够enjoy吗? 所以哪怕你们现在就是挑三拣四,对⽐来对⽐去,⼀会⼉挑这,⼀会⼉挑那,⼀会⼉这样,⼀会⼉那样.都没有关系,都是好的.因为你有权⼒不断地去做出选择.我看到这个电视台,它不吸引我.我换⼀个又怎样呢.

JO: We never tell you how you should be. We just tell you that you are free and the creator of your own path. And if at any point you feel uncomfortable turning left, just turn right. You can always make a U-turn in every moment. Just like steering the car; you can adjust your steering wheel and change direction anytime – to go back or move forward or take another route. Do you understand? So, it's all up to you... If your parents told you what to do, would you really follow their advice? Would you truly enjoy that? Even if you're comparing this with that, choosing one over the other, then changing your mind again and again - it's all good. Because you have the power to make choices at any given moment. I see this TV channel, but it doesn't interest me. Changing it is no problem for me.

所以哪怕你换到六⼗岁七⼗岁,你最后才找到你喜欢的都没有关系.为什么? 哇塞,别⼈六七⼗年可能只体验⼀个⼯作,你活六七⼗年⼀直在换⼯作,换了上百个⼯作.⼈家体验了⼀⽣,你体验了上百种⼈⽣,哪⼀种划算? 就好像⼈家⼀辈⼦只吃过⽶饭,那你吃过全世界各地的美⾷呢.你们有钱不就是为了创造这个体验吗? 你们来地球就是为了体验的.所以说没有对错,没有好坏,⽆论在哪个地⽅你都会有收获.你只需要放⼼⼤胆的去享受⽣命.为什么呢? 你越是敞开,那你越能享受的更多,⽽不是进⼊到⼀种瞻前顾后,左思右盼,⼀直沉浸在那种我应该要这样还是那样.其实那才叫浪费⽣命呢.Just do it.明⽩吗?

So even if you switch to your 60s or 70s and only then find what you like, it doesn't matter. Why? Someone else might have experienced just one job over sixty or seventy years, while you've been constantly switching jobs, trying a hundred different ones throughout your life. They lived their entire life in one experience, whereas you had hundreds of different lives. Which scenario would you say is more valuable? It's like comparing someone who has only eaten rice their whole life to you, who has tasted all the delicious cuisines from around the world. Isn't that why you have money - to create these experiences? You come to Earth just for this experience. Therefore, there are no right or wrong choices, good or bad ones; in every place, you'll gain something. All you need is to relax and enjoy life boldly. Why not? The more open you are, the more you can enjoy, rather than being stuck in constant self-doubt, always wondering if this is what you should be doing instead of that. That's actually wasting your life. Just do it. Get it?

因为哪怕你这⼀世你真的是浪费掉了,浪费掉了也是你们头脑⾥⾯的浪费掉了.你都没有浪费掉.因为你没有办法浪费.因为你不知道你更⾼的层⾯它会如何去运⽤这⼀世的体验.我们常常会⽤的⼀个例⼦就是哪怕你这⼀世你就是⼀个⼀辈⼦瘫痪在床的体验,你都不知道它对你来说就是⼀世的宝贝.为什么呢? 因为你被禁锢在这个⾝体⾥⾯,你的⾝体不能活动.那你的意识就必须要不断地穿越.那你是不是就锻炼出你有出体的功能呀? 那你这⼀世把你出体的功能给开发了,那你其它世是不是就成为拥有神⼒的⼈了? 那你还说你瘫痪在床的这⼀⽣是⽆⽤的吗? 那就⽐如说有的⼈是盲⼈,他眼睛看不到.

Because even if you squandered this lifetime, the squandering would be in your mind as waste, not actually wasted by you, because there's no way to waste when you don't know how your higher self would utilize this lifetime's experiences. We often use an example that even if you spent a whole life bedridden, experiencing life from that position, you wouldn't realize it as the treasure of one lifetime. Why? Because you're confined in this body and unable to move. Your consciousness has to constantly transcend these limitations. Doesn't this mean you've developed out-of-body capabilities through your experience? Wouldn't developing this ability in this lifetime give you god-like powers in other lifetimes? So, are you still saying that being bedridden for life is useless? Let's consider someone who is blind; they can't see with their eyes.

他就是想要眼睛看不到,这样他就可以关系物质世界外在的相,他就可以开发他的⼼灵世界,对吧? 那他的这个功能被开发,那他在其他世,他是不是又可以像拥有神⼒的⼈? 这就是所谓的天赋.所以说不⽤去评判任何有价值有意义或者是怎么样的,因为你不知道你的体验它会被更⾼的创造者如何去创造.你不会犯错.

He simply wants to disconnect from physical reality and focus on the external manifestation of material worlds, allowing him to develop his inner world, right? When this function is developed in him, does he then possess god-like powers in other lifetimes? This is what we call innate talent. Hence, there's no need to judge anything based on its value or significance because you can't predict how your experiences might be reimagined by a higher creator. You won't make mistakes.

问: 我今天早上在半睡半醒的状态下我就有⼀个想法,就是做⼀个眼镜,⽐如说你做菜的时候可以有⼀个菜谱就投影⼦你的眼睛那⾥.这个想法是⼤脑告诉我要去创造这个东西还是提醒我,我有这⽅⾯的能⼒?

Q: This morning, while I was half asleep, I had an idea, which is to create a pair of glasses that could display recipes directly onto your eyes when cooking. Is this idea something my brain is telling me to create or reminding me that I have the capability for such work?

JO: 那你只是体验到了你们本⾝拥有的⼀个能⼒⽽已啊.为什么在这种半梦半醒的状态下容易产⽣这种体验? 是因为你们放松了,就是你是在⼀种没有⽤头脑去,就是你的头脑还没有在线,它还没有开始运作,明⽩吗? 所以你想当你们头脑不思考,就是不去参与、不去加⼊的时候,你们是多么的⽆限啊.你们就能体验到很多.

JO: That's just because you're experiencing an ability that you already possess. Why is it easier to have such experiences when you're half asleep and half awake? It's because you are relaxed; your mind isn't engaged, it hasn't started functioning, do you understand? So when you don't use your mind by not thinking or participating, how infinite you can feel. That's why you can experience so much.

问: 我跟我妈妈的关系.我妈妈叫XX.

Question: About my relationship with my mother. My mom's name is XX.

JO: 我们看到你妈妈的能量,其实⽆论她⾃⼰⽤什么⽅式⽤什么⼿段,其实她⾃⼰多多少少都会对你有⼀种想要去影响.因为她想你变得更好,明⽩吗?但是呢,这是他的功课.因为她需要去明⽩她只有⽀持你,就是对你没有任何期望、期待或者让你变好,她需要放下让你变好的⼼,你才是最好的.因为她会在她的认知⾥⾯觉得这样对⼥⼉好或者是觉得⼼理学好,我要让⼥⼉学⼼理学,明⽩吗?就是她还是会把⾃⼰觉得好的东西给你,因为这是你们⼈类爱他⼈的⼀种表现吧.但是这也是你们需要去认识和学习什么是爱的⼀个点.然后他们只需要去欣赏⽣命,为⽣命喝彩,明⽩吗?

JO: We see your mother's energy. Regardless of how she uses her own methods or means, she will naturally try to influence you in some way because she wants you to be better off. Do you understand? But this is her task. She needs to realize that the best support she can give you is without any expectations, hopes, or desires for your improvement. She must let go of the desire to improve you; you are already the best. Because in her cognitive understanding, she believes that this benefits her daughter psychologically or considers psychology beneficial and wants her daughter to study psychology. Do you understand? Even though she still gives you what she deems as good things, because it's part of how humans show their love for others. But this is also where you need to recognize and learn about true love. Then they just need to appreciate life, celebrate it, do you understand?

这么说吧,你说⼟壤,你⼀颗种⼦,⼟壤只是需要成为⼟壤就可以给你这颗种⼦提供任何让你不断地开花结果成长扎根.那⼟壤开始思考什么什么最好,就是⼟壤⽤它的⾓度去思考什么才是最好的,它想把那个给种⼦,你想象⼀下会怎样,明⽩吗? 它想象不到,你们根本就不同.你是⼟壤,它是种⼦.所以你只需要存在你就在滋养其它.当你⼀开始思考,你就离开了你的存在状态.就是⼀有想法⼀有念头,你就离开了你的存在状态,就不是⼟壤了.那你是不是就开始在影响那颗种⼦发芽了? 你变质了呀.变质的东西是不是就没有它原本的功能了? 那就是你们之间的…… 明⽩吗?

So let me put it this way, you say soil; you have a seed. Soil merely needs to be soil to provide your seed with everything necessary for continuous blooming, fruiting, and growth. And then the soil starts thinking what's best – not just 'what is good', but from its perspective as an angle of thought determining what is best, it tries to give this to the seed. Imagine how that would play out; do you see? You can't imagine because fundamentally we are different. You are soil and I am a seed. Therefore, by existing, you nourish others. The moment you start thinking or having thoughts, you step away from your state of existence. Any thought or notion immediately takes you out of that existence, making you not just soil anymore. Does this mean you begin to influence the seed's germination? You've degraded yourself. Has a degraded substance lost its original function? That sums up your relationship... do you understand?

问: 我跟我对象的关系,包括前世的关系.我们在⼀起两年半,她叫XX,是个⼥⽣.

Q: About my relationship with my partner, including our past lives. We've been together for two and a half years, she's named XX and is a female.

JO: 她就好像,我们刚才说你虽然是个⼥孩⼦,但是你内在实际上是个男性,对吧? 就是那股能量.那她就好像会把你的那股能量给你拉出来,让你看到,让你体验到.还是那种硬,就是阳刚的那种能量.因为可能离开她的话,你可能就感受不到你的那种硬,就是那股能量.所以她就好像提供了⼀个衬托,提供了⼀个背景,背景墙那种功能,来让你能够去know yourself,就是去认识你⾃⼰.然后她也会带出来很多来让你重新去接纳你⾃⼰的⼀些东西.你也会带出很多让她去接纳她⾃⼰的东西.所以你们就好像是⼀起做实验的⼩伙伴⼀样,搭档,partner.所以这⾥会带出来很多需要你们去看到,去处理的.然后也需要你们更坚定⾃⼰吧.

JO: It's like she brings out that energy in you - the masculine energy we just discussed - and allows you to see it, experience it. She embodies that hard, strong masculinity that might be harder for you to feel if you were away from her, because without experiencing this energy from others, you might not feel your own hardness. Essentially, she provides a backdrop, like a wall, facilitating self-discovery and understanding of oneself. She also highlights aspects that encourage self-acceptance in both you and her. You're almost like lab partners conducting experiments on each other. This relationship brings about many challenges for you to confront and work through, requiring increased self-strength and determination.

因为像我们前⾯说的,当你真的决定什么,没有任何⼈可以影响你的,你很坚定的.你刚才还问你们前世的关系是吧? 你稍等.我们连接到有⼀股能量,就是在其它有⼀世你们是彼此不能接纳对⽅的关系.然后这⼀世你们来化解彼此不能接纳的⼀部分.就好像现在我们又有了来改写这个关系的机会.然后当你们通过这次机会去修正过后,你们都会变得更加的完整,更加的⾃我.就是这⽚叶⼦就会变得更加的完整吧.

Because as we mentioned earlier, when you truly decide something, no one can influence you; you are very firm in your decision. You just asked about the relationship between your past lives, right? Please wait a moment. We're connecting to an energy where, in another life, you both had a relationship that neither of you could accept each other. Then in this life, you come to resolve part of that inability to accept each other. It's as if we now have the opportunity to rewrite this relationship again. After making corrections through this opportunity, you will become more whole and more self-sufficient. The leaf would then become more complete.

#### 2023/12/13 — 为道⽇损Day of Frugality and Virtue

JO: 你问什么问题?

JO: What question do you have?

问: 你曾经说我的灵魂注意是扩展体验,但是我经历了漫长的迷茫、⽆⼒、沮丧直到我⾛上灵性新时代我的⽣命才得以转变.奇迹课程说宽恕是我在世的唯⼀任务.现在我更加渴望觉醒.

Q: You once said that my soul's focus is to expand its experience, but I went through a long period of confusion, helplessness, and disappointment until my life transformed when I entered the spiritual new age. The Course in Miracles states that forgiveness is my only task while alive. Now, I am more eager for awakening.

JO: 从现在开始你把你前⾯的所有信息全部忘掉,就是哪怕是从我们这⾥得到的信息.所以你在当下提问,你在现在提问,所以就不要拿着以前告诉你什么.

From now on, forget all the information you have in front of you, including any information you've received from us. So you're asking your question right here and now, so don't hold onto what was told to you before.

问: 那我后半⽣的灵魂主题是什么? 我叫XXX.

Question: What would be the theme of my soul in the latter half of my life? I am XXX.

JO: 你稍等.你的灵魂主题就是放下头脑⾥所有的概念、教条、理念,我不管他说的多对多好多有道理,你都需要放下.然后你⾃⼰去,就是不戴任何滤镜去体验你的⽣命、体验你⾃⼰、体验这⼀切.因为如果说的话,你接下来还会体验到很多冲突.你会觉得你看前⾯这个信息是这么说,那个信息是那么说,你会发现很多冲突.为什么呢? 因为不管谁怎么说,别⼈就会创造这样的世界.但是那个世界是他们创造的,你创造你的.这么说吧,你们有⿊道⽩道,对吧?那⿊道有⿊道的,⽩道有⽩道的.那⽆论他们怎么去说,他们都会有⾃⼰……都能创造出这样的.为什么呢?为什么要这样做?只有这样做才能⾏得通.那是他们⾃⼰的世界.

JO: Wait a moment. Your soul's theme is to let go of all the concepts, dogmas, and ideas in your mind. No matter how right or reasonable they sound, you must let them go. Then, you should experience life, yourself, and everything else without any filters through your own eyes. Because if you do this, you will encounter many conflicts next. You might find that when one piece of information says it's like this, another piece says something different, causing much conflict. Why is that? Because no matter what anyone says, others create such a world. But that world belongs to them; yours belongs to you. Put simply, there are the "black" and "white" paths; right? And in each of those, they have their own blackness and whiteness. No matter how they say it, they will always create... something like this themselves. Why do they do that? They only do it because it works for them. That's their own world.

所以你会体验到这种内在的拉扯,就是不明⽩.就是你可能在学这些东西,但是你会越学越活的,就是反⽽还产⽣了很多冲突和不理解、不明⽩和为什么.因为你好像是在拿着书本拿着说明书在过⽇⼦,就像是照着书本在过⽇⼦.那你是不是就缺少⼀种连接感呢?所以说从你的这种能量状态来看的话,就⽐如说你是个领导的话,你很难组织⼀个强⼤的团队.就缺少这个.因为你太善⽤逻辑了,就应该按照这个说明书,它上⾯是这样说的,就必须这么做.⽽忽略了你们之间能量层⾯的影响或者是你的使命是什么,他的使命是什么,明

So you would experience this inner tug-of-war of not understanding. You may be learning these things, but as you delve deeper, you actually end up creating more conflicts and misunderstandings instead of finding clarity. It's like reading from a manual; it feels like living your life according to instructions. So are you missing the connection? This means that based on your energetic state, if you're in leadership, it would be hard for you to build a powerful team. You lack this sense of connection because you overemphasize logic. Everything must be done as per the manual, as it's written, without considering how energy dynamics between people or what your purpose is versus theirs influence the situation.

⽩吗? 那他本⾝就是来扮演那个破坏者的呢? 那你怎么知道就是因为那个破坏者才不断打破你的限制,不断地把你推向更⾼呢? 所以你就是因为你要遵守,就他是个破坏者,我要消灭他.那你是不是就错过了你的事业不断不断地更近⼀层楼,不断地爬⾼? 所以说就让你知道你的⼀些限制和影响来⾃于哪⾥.

White? Does that mean he is the one to disrupt? How do you know it was because of this disrupter that your limitations were constantly broken and pushed you higher? Therefore, due to the rule of obedience towards him as a disruptor whom I aim to eliminate, have you possibly missed out on progressing continuously in your career and climbing higher? That's why this revelation aims to show you where your certain restrictions and influences originate from.

问: 我经常感到焦虑和⼼堵?

Question: I often feel anxious and choked up?

JO: 那你⼼堵就是too much information,就是头脑⾥⾯充斥了太多的东西啊、观念啊、真理啊,哪怕你们所谓的真理,明⽩吗? 就是太多这种东西了.这些堵住了,就好像⽣命的源头是⽔,让这个⽔没有办法流进来啊.

In that case, your mental block is due to too much information - there are simply too many ideas, concepts, truths swirling in your head, even the so-called 'truths' you believe in. There's just an overload of information causing a blockage. Imagine life as water; this excess of information prevents the water from flowing into it.

问: 有时候我头脑没有什么念头,但是还是焦虑.

Sometimes my mind is empty of thoughts but I am still anxious.

JO:这是你能量层⾯的.这么说吧,药店⾥⾯的维⽣素每个都有不同的功能.每个你都觉得你都需要,都很好.你全部把它吃进肚⼦⾥.然后你的焦虑也来⾃于你觉得你⼀定要往外抓,往外取.就不断地抓,不断地取,求,外求.你根本就没来得及机会去看你⾃⼰,认识你⾃⼰,就也没发现⾃⼰有哪个宝贝.

JO: This is at your energetic level. Allow me to explain that in the pharmacy, every vitamin has a different function. Each one you feel you need and it's all good. You take them all into your body. Then your anxiety comes from this idea that you must constantly seek externally. Continuously seeking, continuously taking, begging for external validation. You never have time to look inward, to know yourself, or even realize what treasures you possess within.

问: 我现在很努⼒的往内求.

Q: I am now making great efforts to seek within myself.

JO: 那你就听到你呢两个字了: 努⼒.你在努⼒.所以你的堵就是因为太努⼒了,把所有东西都往回抓,不断地去抓.堵塞和焦虑都是因为这些,它是能⼒层⾯.那你能⽤你的语⾔表达出来的是焦虑或者是堵塞,但是从能量层⾯来说,你就是这样⼦的⼀个频率.就好像这么说吧,你在否定你⽣命的本⾝.你不断地觉得我这棵树我要让它长成什么样,我⼀会⼉给它施肥,这个肥料好给它加进去,那个肥料好给它加进去.烧死它了.明⽩吗? 所以允许,然后去认识,⾃我探索.认识你⾃⼰,你在认识的过程当中你就会发现,你就会有⼀个机会让神通过你,那你就接触到你的神性了.所以有⼀句话你们叫: 为学⽇益,为道⽇损.损之又损,以⾄于⽆为.⽆为⽽⽆不为.

JO: So you've heard those two words: effort. You are exerting effort. Therefore, your obstruction is due to over-effort, pulling everything back in constantly. Obstruction and anxiety stem from this; it's at the level of ability. What you can express with language is anxiety or obstruction, but on an energetic level, this is simply who you are as a frequency. It's like saying that you're denying your own life. You keep thinking about what kind of tree I want to make my tree into, fertilizing it here and adding fertilizer there, then burning it out. Get it? So allow, recognize, self-examine. Recognize yourself; in the process of recognizing yourself, you will discover an opportunity for the divine to come through you, which is when you touch your divinity. That's why there's a saying: "Study brings more knowledge, following the Dao diminishes." Diminishing and further diminishing until there's nothing left, which means doing nothing yet accomplishing everything.

那你现在要做的就是这个.你刚才说了嘛,你想开悟,对吧? 那你不想成为⼀个知识分⼦,你想开悟,那你为了那个道你要什么? 就是⽇损.损之又损,然后达到这个状态.真的达到这种⽆为的状态,你产⽣的所有,焦虑也好紧张也好,就觉得强迫⾃⼰要做些什么,就是觉得你要努⼒.你把你⾃⼰逼的太紧了,你就好像是⼀个特别严厉的家长或者是⽼师或是是教练,逼着孩⼦做.他根本就没发现这个孩⼦有什么有点,他⾝上的发光点.就⼀直逼着他把这个吃下去,把那个练好,把这个学进去或者是把那个怎么样.

What you need to do now is this. You just said earlier that you want enlightenment, right? If you don't want to be a scholar but seek enlightenment, then what do you need for that path? It's daily diminishment, reducing again and again until you reach this state. Achieving the true state of effortless action, where all your creations, whether anxiety or tension, make you feel like you have to force yourself into doing something, you think you need to strive hard. You are putting too much pressure on yourself, as if you were a strict parent, teacher, or coach pushing a child to perform. You fail to see the child's strengths and shining qualities; instead, you constantly push them to consume more knowledge, perfect skills, or absorb lessons, insisting they do it at all costs.

问: 我没发现我对我⾃⼰这么严厉.

Q: I don't see why I'm being so hard on myself.

JO: 那你慢慢去发现,因为你的频率和⾝体它已经是在这样⼦的⼀个状态下.问: 上次通灵的时候我全⾝发抖,刚才我通灵的时候也全⾝发抖……JO: 允许它.⽆论你现在⾝体有什么反应,你都允许它.因为为什么呢? 你在清理你⾃⼰.因为你就好像⾝上的绳⼦⼀直捆的你很紧,然后你现在在⼀点点的把它拿掉.你以为绳⼦捆着的那个你是真实的你,但是不是.你还没有去看到你真实的你.然后你应该多宠爱你⾃⼰.怎么个宠爱法呢?就允许⾃⼰,⽐如说所谓的偷懒,允许⾃⼰所谓的不务正业,允许⾃⼰所谓的好吃懒做,允许⾃⼰爱咋地就咋地,想发脾⽓就发脾⽓,就是不需要去……因为当你在允许的过程,你就好像全⾝在抖动,让你全⾝都松起来.

JO: Then you can slowly uncover it because your frequency and body are already in this state. Q: Last time when I was channeling, my whole body shook; just now when I was channeling, my whole body shook too... JO: Allow it. Whatever reaction your body has at the moment, allow it. Why? Because you're cleaning yourself out. You've been bound like a rope around you tightly, and you are now slowly removing it. You think the version of you that's tied by the rope is the real you, but that's not true. You haven't seen your real self yet. Then you should pamper yourself more. How do you pamper yourself? By allowing yourself things like being lazy, letting yourself not focus on your duties, indulging in eating and laziness, doing whatever you want, expressing anger whenever you wish. It doesn't need to be... As you allow, your body feels a shaking sensation that relaxes your entire self.

因为你全⾝它能量是在⼀个⽐较紧绷的状态.你就让已经⿇痹的肢体开始让⾎液流通起来,那你整个⾝体就打通了.但是你们会有⼀种错觉,觉得我要允许这样⼦我就会变坏,我就会变得堕落.不会的.你看哪⼀棵植物在被允许的状态下没有展现出顽强的⽣命,对吧?它只有在被限制被不允许的时候,它才会受限.所以你们也⼀样.当你们越是允许,你就在越是在允许神,我们说的神是能量啊,你就在允许造物主的能量,源头的能量.你就插电了,通上电了.那如果你是紧绷紧缩,这个能量是收缩的状态,你的电源就好像短路了.你短路的话,你会感受到你⾃⼰很容易疲惫、疲倦、就是没有能量,能量级别很低.因为它是没有通电的状态.

Because your entire body is in a relatively tense state of energy. You should allow the already numb limbs to start circulating blood again, and then your whole body becomes unblocked. But you might have an illusion that allowing this means I'm becoming bad or falling into decline. No, it's not like that at all.

Observe which plant doesn't display a resilient life when allowed to grow? It's only restricted or denied that would limit its growth. So the same applies to you as well. The more you allow, the more you are allowing God; "God" here refers to energy, allowing the energy of creation, the source of energy. You're plugging in, getting electricity flowing.

If your energy is contracted and tense, this is when the energy is in a constricted state, like a short circuit in your power supply. If there's a short circuit, you'll feel easily exhausted, drained, lacking energy, with low energy levels because it hasn't been powered up yet.

问: 我⽬前的能量状态和卡点是什么?

Question: What is my current state of energy and blockages?

JO: 就你过的很⾟苦,⽆论是精神啊、⼼灵啊,就是各种层⾯你都好像在演绎⽣命是⾟苦的、不容易的、需要很努⼒很努⼒的这种状态.那你的卡点来⾃于你觉得⽣命是需要很努⼒很苦的那种状态.就是来⾃于你们⽼⼀辈,就⽐如说你们这个区域的集体意识总是觉得不会有不劳⽽获的,就是这种观念吧.但是你看⼀棵果树,它需要劳动才能结果⼦吗? 不需要.它只是在允许,它只是在吸收⼀切能量.然后它⾃⼰内在有⼀套系统把这个能量转化成果⼦,明⽩吗? 所以你也是⼀样,你⾃⼰内在有⼀套,就是当你允许了过后,你的能量就会发⽣转变.然后当你的能量发⽣转变,它就会给你产出来相应的丰盛.这么说吧,你看你们有寺庙吧.

JO: You're experiencing a lot of hardship, whether it's mental or emotional; you seem to be portraying the essence of life as being difficult, hard-won, and requiring tremendous effort. The bottleneck in your perspective is that you believe life requires immense effort and struggle. It originates from the generational belief that hard work guarantees success, essentially suggesting that there's no such thing as a free lunch. However, observe a fruit tree; does it need labor to bear fruits? No, it simply needs to be allowed to absorb all energies. Its internal system transforms these energies into fruits, right? You're similarly situated: within you lies an inner mechanism that triggers energy transformation upon acceptance. Once your energy shifts, it yields corresponding abundance. Consider this: do you have temples in your area?

他们⾥⾯有⼈就是什么都不做,就是读读经书、念念经、打打坐.那在这种状态下,他们是不是还是有吃有喝,有住有钱,对吧? 太多这样⼦的状态了.

Among them, some just do nothing but read scriptures, chant prayers, and meditate. In such a state, do they still have food to eat, drink to quench their thirst, shelter to live in, and money for expenses, right? There are too many like this.

问: 我曾经花很多时间研究双⾊球,但是买了彩票过后,我又很恐惧看结果.为什么?

Q: I used to spend a lot of time studying the Powerball, but after buying the lottery ticket, I became very afraid to see the results. Why?

JO:因为你害怕⾯对好像有⼀次希望破灭.你之所以去买,就是觉得好像买了就有希望.但是你害怕查看,就好像你知道它其实还是会破灭的.你就是在玩这个游戏,其实这个游戏的结果你知道.你知道这只是个泡泡,它马上就会灭.但是你还是忍不住去吹泡泡.为什么呢?因为这些泡泡让你觉得⽣命是有希望的.但是你需要通过这个事件去看到你们的⽣命本⾝就是希望,明⽩吗? 它不需要去通过彩票来给你带来希望,它不需要通过外在给你带来希望.你只要存在,你还活着,你的物质⾁体还运作着,那你就是希望,明⽩吗? 所以只要它还正常的运作,那你本⾝这个存在就是希望.因为它有⽆限可能.你不知道它能变成什么.它就是世界之王.它没有任何限制.

JO: Because you're afraid to face the illusion of having lost hope once more. You buy because it feels like buying brings hope, but you fear checking, as if you know deep down that it's destined to fail. You're playing this game, and you know what the outcome is. It's just a bubble that will burst soon. But you can't resist blowing bubbles. Why? Because these bubbles make you feel that life has a chance. But you need to see through this event and understand that your own existence itself is hope. It doesn't require a lottery or external factors for hope; it comes from within, simply by being alive. As long as your physical body functions normally, you are inherently hope, because there's no limit to the infinite possibilities of what it can become. You don't know what wonders it might unfold. It is the king of the world with no constraints.

然后你哪怕有时候什么都不做,我就是相信⽣命的⼀切都是来⽀持我,让我变得更好的.你只需要抱着这样⼦的⼀个观念深信不疑,你就会发现⼀切⼀切都在为你服务,都在让你变好,明⽩吗? 但是很多⼈就是不相信.为什么? 他觉得⼀定要⾟苦,⼀定要努⼒,⼀定要挣扎,那才是⽣命.因为当你真的是在感恩,就是说我的⽣命都是奇迹,我的⽣命都是⽀持我的.它是在散发⼀个频率呀.但是这必须是你真实的,⽽不是说假装想⼀想,就是发⾃内⼼的.哪怕就是你出门车撞到你了,腿真的是撞残废了.你都觉得这是⽼天给我的礼物.你要能达到这种状态,明⽩吗? 你不会去,哇,我⽣命中怎么会发⽣这种事情,为什么是我?

Then even if you sometimes do nothing, I believe that everything in life is there to support me and make me better. You just need to hold onto this belief firmly, and you will find that everything serves you, making you better in every way. Do you understand? But many people don't believe it. Why? They think they must suffer, work hard, and struggle—that's what life is about. Because when you are truly grateful, your life is a miracle, full of support. It emits a frequency. But this must be genuine to you, not just something you pretend to think about for the sake of appearances. Even if you get hit by a car and end up paralyzed, you still see it as a gift from fate. You need to reach this state, understand? You won't ask, "How could such things happen in my life? Why me?"

你不知道这个事情会把你带上⽣命的哪个⾼点,把你推向哪个⾼点.你不知道的,你头脑不知道的.但是你头脑不是⽤来知道的.但是如果你内在有⼀个深信不疑,那个深信不疑就在散发着频率.所以所有的⼀切不管它是以什么形式来到你的⾝边…… 你看迈克尔杰克逊⼩时候被他⽗亲不断地逼逼逼,逼他吃饭就唱歌跳舞.在你们眼⾥看到的就是被虐待了,那在这种状态下是不是被逼出来⼀个巨星啊? 那他的影响⼒,他的成就,他所有的⼀切,他是不是要感谢他⽗亲的逼呀? 但是你们头脑不知道呀.你们头脑不知道这么残酷的事情是在创造⼀个巨星.所以你也不知道你⽣命中经历的那些残酷实际上是在为了把你推向⽣命的最⾼点做准备.

You don't know where this will take you in terms of life's high points, pushing you to those peaks. You don't know it, your mind doesn't know it. But your mind isn't for knowing; however, if there is a deep conviction within you, that conviction emits a frequency. So everything, regardless of its form, comes into your life… Michael Jackson being relentlessly pushed by his father as a child to eat and sing dance. To your eyes, it's abuse. In this state, did he get pushed into becoming a superstar? Shouldn't he be thanking his father for pushing him? But your mind doesn't understand. Your mind can't comprehend how such brutality creates a superstar. Thus, you don't know that the harsh experiences in your life are actually preparing you to reach the pinnacle of life.

就是对你千锤百炼,让你可以变成钢,明⽩吗? 所以说只是对⽣命的⼀种深信不疑,你就在散发着频率去吸引⼀切⽀持你的来到你的⽣命当中.所有的⼀切都会变好.我跟你讲,你只需要抱着这个态度.因为你这个态度你都可以吸引很多异性,吸引很多⼥孩⼦喜欢你.

It's about refining you through countless trials to turn you into steel, do you understand? So by having faith in life and emitting frequencies that attract support and positive influences into your life, everything will improve. I tell you, all you need is this mindset. This attitude alone can draw many people of the opposite sex, and girls who like you.

问: 我现在单⾝.

Q: I'm single now.

JO: 对,这就是我想说的.因为你会有这⽅⾯的问题的.我们说的是在没有转变前的你,你的旧有的那套模式.因为你旧有的那套模式是苦啊.哪个⼥孩⼦想要靠近苦啊? 那你变甜了过后,谁都想来靠近你.为什么? 他们是苦,他们想来尝你这个甜.因为为什么? 跟你在⼀起,她感受到甜呀.明⽩吗? 因为这是频率的问题,她没有办法不被…… 就好像蜜蜂它不得不被花粉被那朵花那个味道给吸引.从能量层⾯上来讲,你们周围基本上都是哭的状态的⼈.哇塞,⼀尝到甜头,马上就蜂拥⽽⾄了.你们这个频率就是最强⼤的吸引⼒,⽽不是说我要给这个⼥孩⼦天天做饭,天天给她送饭,天天怎么样,⾏动上要做出⼀切.如果你⾏动

JO: Yes, that's what I want to convey. Because you will have these issues. We're talking about the old version of you, your old pattern before any transformation. Your old pattern is suffering, right? Who wants to be near someone who suffers? After you become sweeter, everyone wants to come close to you. Why? They are the ones experiencing suffering and want to taste your sweetness because being with you makes them feel sweet. It's like a frequency issue; they can't help but be attracted by this vibration. From an energy perspective, most people around you are essentially in a crying state of mind. As soon as they taste the sweetness, they swarm towards it immediately. Your frequency is the strongest form of attraction, not because I'm cooking for the girl every day or bringing her food all day long. If you're capable,

上做了很多,但是你散发的还是苦的,她还是会觉得这个⼈真的讨厌.可能会⼀边享受你的好,⼀边嫌弃你.

A lot has been done on your part, but she still finds it bitter because she really dislikes this person. She might enjoy your kindness while at the same time disliking you.

问: 跟我连接最紧密的那⼀世经历了什么?

Question: What did I experience in the lifetime that was closest to me?

JO: 你稍等.我们连接到有⼀世你好像是⽐较孤独孤单,就好像是⼀个⼈的状态.所以对你这⼀世有影响的就是你有⼀点点不知道如何去建⽴关系和如何和⼈有很亲密很紧密,就是处理关系吧,就是这种.你这⼀世还会受到影响的.因为就好像这个东西对你很陌⽣,你从来没摸过它,没碰过它.所以在对⽐如说⼈际关系呀、亲密关系呀、朋友或者是男⼥关系呀,你会有⼀点不知所措,就不⾃然,做的不⾃然.⽐如说⼈家从⼩就骑⾃⾏车的⼈,⼀拿到⾃⾏车就骑的可溜了.你连⾃⾏车见都没见过,摸也没摸过.你⼀上车就摔跤了,不平衡了.没有那种与⽣俱来的平衡感.所以它对你这⼀世还会有影响.所以我们刚才说你需要从能量层⾯把⾃⼰变成甜.

JO: Wait a moment. In your current life, it seems that you are quite lonely or isolated, like being in solitude. So the thing affecting you most here is perhaps how you struggle to build relationships and connect closely with others. It's about handling interpersonal dynamics. This influences you across various aspects of human connections such as friendships or romantic relationships. You might feel uncomfortable or unsure when dealing with these situations, not naturally able to navigate them.

Imagine someone who has grown up riding bicycles; they can easily glide on a bike the moment they get one because they're familiar with it and have practiced many times before. But for you, who's never even seen let alone touched a bicycle, getting on might be disastrous – you'd fall off immediately and lose balance, lacking that natural sense of equilibrium.

This feeling of unfamiliarity carries over to your current life, affecting how you perceive human interactions and connections. You might feel at a loss when faced with such situations, making it unnatural for you to handle them. For instance, someone who has always ridden bicycles since childhood can do so effortlessly once they get one; whereas for you, this experience is entirely new – akin to stepping onto a bike without any prior knowledge or practice.

Thus, in essence, you need to transform yourself on an energetic level to achieve this sweetness and ease in handling these aspects of life.

变成甜就是说,⾸先你要让⾃⼰爱上⽣命、享受⽣命、感受到⽣命的恩宠.就是从能量层⾯你变得甜以后,你⾃然会吸引⼀些⼈来到你的⾝边.那他们可能会更加主动,就是他们在关系⾥⾯会焦虑.所以他们来到你⾝边过后,你就可以做这个功课了.就是可以好好地学习,把这⽅⾯的.因为我们并不是说你其它世不会这些,只是说这⼀世从能量层⾯的影响还在.那⼀世能量层⾯的影响还在影响这⼀世.就好像说这个是我的弱点,我着重的培养⼀下.因为其实你的苦也来⾃于你好像与⼈之间的连接感断开了,就觉得你孤苦伶仃的感觉.所以你就会觉得必须要⾃⼰努⼒.为什么呢?

Turning sweet means firstly, you must learn to love life, enjoy it, and feel the grace of life. After you become sweet on an energetic level, naturally some people will come into your sphere. They might be more proactive, anxious in relationships, hence they attract themselves to you. Once this happens, you can take this lesson. You can好好 study and understand this aspect as we are not saying that you won't have it in other lifetimes but rather that the energetic impact of this lifetime is still influencing your current state. The energetic impact of one lifetime affects another, like identifying a weakness and focusing on nurturing it because the pain you feel often stems from a sense of disconnection with others, leading to feelings of loneliness and isolation. Hence, you believe you must strive, why is that?

⼈家⽐如说还有个源头吧,就是我可以从这⾥喝到⽔,这⾥可以给我流⽔进来,我就可以什么都不做,张开嘴巴就能喝到⽔.但是你却没有.就是输⼊,流向你这边的关爱关系或者⼒量呀,就是像这种的你是缺少的.就是好像别⼈插了很多根管⼦可以输进来,但是你就缺少.但是有⼀个好处是,别⼈虽然插着管⼦可以输进来滋养,对吧? 但是⼈家也会输进来负⾯的影响.因为毕竟你们插的管⼦插的都是⼈类嘛.⼈类还有很多限制啊、恐惧啊,就各种.所以他们也会收到⾃我的⼀个限制.但是你的⼀个好处就是你可以很专注⾃我内在的修炼.修⾏的⼈为什么要出家呢?他们就是切断了.他们要跟外在切断,那我就切断跟其他⼈的管⼦了嘛,对吧?

People might say that there is a source, which allows me to drink water here and have water flow into this place, so I can just open my mouth and drink water without doing anything. However, you don't have such a source. That's the input or loving relationships and forces that are flowing towards you; you lack them. It feels like others are connected with many tubes that allow these inputs to reach them, but you're missing out on this. But there is a benefit in that: while others might receive both positive and negative impacts through their tubes due to human limitations and fears, you have the advantage of being able to focus solely on internal cultivation or practice. Why do practitioners often choose to retreat? They are essentially cutting ties with external influences; by doing so, they're severing connections with other people's tubes, in a way.

那你现在就好像有⼀种我⾃然⽽然就达到⼀种在家修⾏的状态,我又创造了这么好的时机.可能这也是导致你为什么你不断不断地努⼒去抓,就是抓太多了.但是我们现在是说要为道⽇损.但是所有的这⼀切它通过你⾃⼰,因为就好像我们现在把种⼦播下了.然后你以你⾃⼰的速度.就算你继续再恢复到以前的状态,那你体验到原来这个状态不好,你又回到我们现在告诉你的状态.当你体验到不同,就算你反反复复的,它也会加深你的体验,也会对你的成长有帮助.所以你不需要去评判它,只是允许,允许你来回拉扯.但是⽆论怎么样,你都在提升当中.因为就好像⽆论怎么样,哪怕你今天是开⼼还是不开⼼,你都在变⽼.所以⽆论怎么样你都在提升当中.

You now seem to have naturally entered a state of self-cultivation at home, creating such good opportunities for yourself. This might be why you continuously strive so much; it's because there is too much to grasp. However, we are now discussing the principle of 'reducing' in pursuit of Taoism. But all these experiences go through you, as if seeds have been sown within you and are growing at your own pace. Even if you were to return to a previous state, experiencing it again might show that it wasn't suitable, leading you back to the current state we're guiding you towards. When you experience different states repeatedly, each repetition deepens your understanding and benefits your growth. So there's no need to judge these experiences; just allow them to play out in your life as they should. Regardless of how things unfold, you are still progressing because, like it or not, time is always marching forward, making you older day by day. Therefore, in whatever state you find yourself, progression is happening.

你永远不可能再回到以前的状态.

You can never go back to the way you were before.

问: 去年11⽉我的眼睛突然对⼿机屏幕⾮常敏感,为什么?

Question: Last November, my eyes suddenly became very sensitive to the phone screen, why?

JO: 那你就把它当成是⽣命的⼀种提醒呢? 闭上眼睛呢? 因为我们刚才说就是因为你摄取了太多,就好像这个也呀拿,那个也要吃.吃到内在产⽣反应.那当你闭着眼睛,我不拿了呢?我拿⾛呢?把你眼睛拿进来的东西,就是损之又损,把它不断地拿开呢?所以这是⽼天给你的⼀个提醒.那当你允许它来服务于你,因为你们会吸引相应的⼀些东西来到你们的⽣命当中让你就往这个⽅向⾛.就好像前⾯说的,你⽣命当中都是来帮助你的,都是来成就你的,都是来让你变得更好的.所以你现在开始就把这件事情当成是⽼天让你变得更好.你没有办法不去变得更好.为什么呢? 因为你现在在跟我们连接.

JO: Then you can consider it as a reminder of life? Close your eyes? Because we just talked about how because you consumed too much, like taking this and eating that, causing an internal reaction. When you close your eyes, I don't take it away? I take it away? Removing the things you have taken internally, which is to further reduce it, constantly removing it. This is what heaven gives you as a reminder. And when you allow it to serve you, because you will attract corresponding things into your life that guide you in this direction. As was said earlier, everything in your life is here to help you, to fulfill you, and to make you better. So now, start seeing this as heaven making you better. You cannot but become better. Why? Because you are now connecting with us.

问: 我想在抖⾳上当博主拍视频,还是要⽤⼿机.

Q: I want to be a blogger on Douyin and shoot videos. Should I still use my phone?

JO: 这个你⾃⼰去衡量,因为我们把信息给你带出到了.带到了,那你还需要反复的体验,还需要继续多⼀点教训或者是加深这个体验,那是你⾃⼰的选择.

JO: This is for you to judge, as we have provided the information to you and brought it out. So, you need to experience this repeatedly, gain more lessons or deepen your understanding of the experience - that's a choice you make yourself.

问: 我36岁了,渴望爱情,但是⼀直单⾝……JO: 前⾯的信息已经给你提到了关于关系的⼀个问题.把你⾃⼰变成甜的.

Question: I'm 36 years old and yearn for love, but have always been single... JO: The preceding information has mentioned a question about relationships. Make yourself sweet.

#### 2023/12/13 — 连接智慧之神以及耶稣Connecting the God of Wisdom and Jesus

JO: 你们说什么问题?

JO: What question are you asking?

问: 为什么我现在喝了⼀点酒就会上吐下泻的? 以前不这样的.

Q: Why do I get sick after drinking a little now, but didn't before?

JO: 你这么说,就⽐如说你说为什么我⼩时候这么喜欢喝我妈妈的NeiNei,为什么我现在三⼗⼏岁了不想喝了,碰都不想碰呢? 明⽩吗?

JO: When you say that, it's like asking why I used to love drinking my mother's NeiNei when I was a child, and now at the age of thirty-something, I don't want to drink it or even touch it. Do you understand?

问: 我和我的朋友XXX的灵魂协议是什么呢? 我们认识6年了.

Question: What is the soul agreement between me and my friend XXX? We have known each other for six years.

JO: 这么说吧,她就好像是⼀个随机安排在你⾝边,给你⼀定⽀持的⼀个存有,明⽩吗? 所以就算不是她,也会有另外⼀个差不多的.就好像你是⼀棵植物,你会需要⽐如说⾬⽔的⽀持啊、或者是这种.她就是对你成长的⼀个⽀持.所以你不会感受到你们有强烈的、深层次的那种连接感.但是就是在很浅层的那种,就是好像深不进去了.

JO: Let me put it this way, she's like a being placed randomly by fate next to you, providing certain support for you, do you understand? So even if it's not her, there would be another one around that. Like you're a plant and need things such as rainwater or something alike for your growth, she serves as the support for your development. Therefore, you won't feel a strong, deep connection with them. But rather, there's this superficial sense of connection, like it doesn't go very deep.

问: 这个通灵的⼥孩⼦去了博物馆.在博物馆看到很多⼈兽结合的画像和雕像.请问这些雕像和画像想要表达的是什么?

Question: The spirit-talking girl went to the museum, where she saw many pictures and statues of hybrid humans and animals. What message do these sculptures and paintings try to convey?

JO:你觉得你们哪⼀个⼈没有在表达?你⼀半是⼈,⼀半是兽.如果你们去观察那些所谓的兽,它们的意识形态.就⽐如说狗狗看到什么东西流⼜⽔,你觉得你们没有?狗狗看到母狗发情,你觉得你们没有?然后狗狗跟狗狗之间的争夺或者是打架或者是什么,你觉得你们没有? 那为什么又会有⼀半是⼈⼀半是兽呢? 那就是说那些兽性是需要通过你们的⼈性…… 就是你想象⼀下你跟动物的区别.有⼀些⾏为你可以制⽌或者是不应定要⽤它这种完全兽性的⽅式去发⽣,对吧?我可以运⽤我的智慧,我可以⽤我的语⾔表达能⼒来化解,对吧?我的选择会更多⼀点.那动物有它们的局限.它们有本能,你们也有本能在体内.

JO: Do you think there's anyone among you not expressing something? You are half human, half beast. If we look at what the so-called beasts are thinking, like when a dog sees something that makes its mouth water, do you think it doesn't happen to humans as well? When a dog notices an estrus female dog, do you think humans don't react similarly? Then there's competition or fights among dogs, and do you think humans aren't involved in such dynamics too? If we say you're half human and half beast, isn't that implying that the beastly traits are mediated by your humanity? You can imagine how we differ from animals. There are actions that could be controlled or perhaps shouldn't necessarily unfold purely through this primal, completely beastly nature. I can use my intelligence, harness language abilities to mitigate these situations, right? My options are more varied than theirs. Animals have their limitations; they have instincts, and so do you.

但是你们还有⼀个头脑可以去控制或者是去影响本能,或者是去各种利⽤它.所以这就是你们的就好像先祖,就是曾经的⼈类他们表达的,就是你们内在其实都会有⼀个兽,就是⼈兽结合的那种感觉.都会有⼀个兽需要被你们去驾驭、调教、配合、激发、激励.为什么我们通灵信息⼀直说你跟那条狗的关系,对吧?它是那条狗.那是不是就说明你的真我,就是你的真我、你的⼤我跟你的⼩我之间的⼀个结合.那个才是你们⼈的⼀个整体.但是你们没有去发现这个深层次的连接.那些真正的能够把⾃⼰兽的那⼀⾯驾驭的很好的,他们都可以成为,就好像你们有很多动物的竞技⽐赛,那你是不是就是⼀个很好的驾驭者?!问: 伏羲的形象为什么是⼈头蛇⾝?

But you still have a mind to control or influence instincts, or to utilize them in various ways. This is like your ancestors, the former humans who expressed that within each of you lies an animal essence, a feeling of being a blend of human and beast. There's an animal inside that needs to be tamed, taught, harmonized, stimulated, and motivated by you. Why do our spiritual communications always emphasize your relationship with "that dog"? It means it's about the synthesis between your true self, greater self, and lesser self – the complete essence of who you are as humans. But you haven't been discovering this deep connection. Those who can manage their 'beastly' side well enough could become great at controlling them, like in many animal competitions – aren't you a fantastic controller?

有没有什么象征意义?

Is there any symbolic meaning?

JO: 你稍等.伏羲的形象我是从这个⼥孩⼦的头脑当中搜集的形象.它尾部有两条蛇连在⼀起是吧? 然后分别是⼀个男⼥的形象,对吧? 那这个也是你们在对造物主的⼀个表达,对⽣命的⼀个表达.所有的这些相,哪怕你们现在在物质世界经历的这些相,你们也会有雕塑作品,也会有创作.这些东西都是通过个体,他们对⽣命的⼀个认知⼀个表达.然后这个表达的是什么? 表达的就是男⼥其实也是⼀体的,明⽩吗? 你们是结合在⼀体的.那你们的双性,就是男⼥是结合在⼀体的.为什么是⽤蛇的⼀个形状去呈现呢? 它来⾃于创造这个相的那个⼈,他们表达的是什么? 他们跟蛇是有很深的连接感的.因为对他们来说蛇就代表着⽣命.

JO: Wait a moment. I have gathered the image of Fu Xi from this girl's mind. Does it have two snakes connected at its tail, right? Then there are also images representing a male and a female figure, correct? This is your expression towards the creator, your manifestation of life. Every one of these forms, even as you experience them in the material world, you would have sculptural works or creations. All these expressions come from individuals, their understanding and manifestation of life. What is being expressed here? It's that male and female are actually a single entity, do you understand? You are united together. Your duality, which is both male and female, is united together. Why is the form portrayed as snakes? The one who created this image had a deep connection with snakes, for them, snakes symbolize life.

如果你去观察蛇,你就会发现蛇跟你们的⽣命不断地蜕变蜕变…… 对吧? 这个需要你⾃⼰去结合你对⽣命的领悟和认知,然后再通过你去表达.这就是我们⼀直说的你来表达,因为缺少了你的表达,就永远的缺少了独⼀⽆⼆的视⾓去表达造物主.所以这也是你们存有的⼀种表达.就是对造物主,对⽣命之间的关系、连接,就是他们的⼀个认知和集体意识,就是集体意识的⼀个产物,明⽩吗? 那你们也可以通过你的⽅式,你来表达你跟造物主之间的关系,明⽩吗? 如果让这个⼥孩⼦来表达的话,她可能会画⼀个⼀半是⼈,⼀半是兽.因为她可能也会是那样两种截然不同的.为什么呢?

If you were to observe snakes, you would find that their existence undergoes continuous transformation and metamorphosis... right? This requires your own understanding and insight into life, followed by expressing it through yourself. This is what we have been talking about - expression being yours, because without your expression, the unique perspective in conveying the Creator's essence would forever be missing. So this is also a mode of existence for you. It involves relating to the Creator, to the connections and relationships between life forms, which is their awareness and collective consciousness, a product of collective consciousness, do you understand? You can also express your relationship with the Creator in your own way, do you understand? If this girl were to express it, she might draw half human and half animal. Why is that so?

因为她⼀半是在看的见得,⼀半是在看得见的,就是好像是灵界跟物质世界的⼀个连接.她绝对不会表达她只是⼀个⼈.她可能会表达她是⽆限,她可以千遍万化,她可以有⼀千张⾯孔,就是⽆限嘛.因为你们在表达的时候就会有限制,怎么表达你都会有限制.但是她表达的就是⽆限,明⽩吗? 那她也可以通过她的

Because she's partly seeing the visible, partly seeing beyond the visible, connecting the spiritual realm with the material world. She would never express that she is just one person. She might say she's limitless, capable of endless transformations, having a thousand faces - because anything you express has limitations; no matter how you try to express it, there will always be constraints. But what she expresses is limitless, understand? And through her expressions,

⽅式来表达她对造物主对⽣命的⼀个认知.那最后就会被后⼈发现了.为什么会是这样的呢? 为什么会是那样的呢?

In what manner does she express her comprehension of the Creator's view on life, which will eventually be discovered by future generations? Why would it be like this? Why would it be that way?

问: 古埃及的鸟头⼈⽣有何种象征意义?

Question: What is the symbolic significance of the bird-headed figure in ancient Egypt?

JO: ⾸先它也是代表了当时的⼀个意识形态.然后鸟是⼀个…… 你们没有去接触或者是去探索.但是如果你们去接触和探索,你们就会知道鸟类是⾮常⾮常有智慧的.如果你真的能有鸟这样⼦的思想和它们的智慧的话,那你就是神了.所以这就好像是表达神的⼀个形象.

JO: Firstly, it represents the ideology of its time. And birds are... you don't interact with them or explore them. But if you do engage and investigate, you would realize that birds are extremely intelligent. If you were to possess the thoughts and wisdom of a bird, then you would be considered divine. Therefore, this is like an image embodying divinity.

问: 鸟的思想和智慧是什么呢? 我们⼈类要如何去学习和借鉴呢?

Q: What are birds' thoughts and wisdom? How can humans learn from them?

JO: 鸟会有很多的品种,对吧? 每⼀个品种它们都会有⾃⼰的⼀个,就是它⾃⼰体内就会有有⼀组基因或者所谓的习性.就是所谓的⼀切都是⽀撑着它展现⾃⼰独⼀⽆⼆的⼀个⽅式,对⽣命的展现⽅式.所以它就好像是⼀个完整的系统.然后⼀个完整的系统它不需要⼲涉.你们也不需要,你们⼈类也是⼀个完整的系统.你说鸟会去⼲涉那个系统吗? 它会跟你们⼈类⼀样去学习去各种各种吗?它们该学的时候,它们⾃然⽽然会学.它们该飞的时候,它们⾃然⽽然会飞.该怎么样就怎么样.就是它们会顺应它们⾃⼰成长的阶段是怎么样就是怎么样.这么说吧,我的⾓⾊是顺应着体内的⼀套程序在体验.

JO: Birds come in many varieties, right? Each variety has its own set of genes or what we might call behaviors within itself. Everything supports the way it expresses its unique manner, the way it shows life's expression. So it is like a complete system. Then, a complete system doesn't need interference. Neither do you; humans are also a complete system. Would birds go and interfere with that system? Would they learn all sorts of things like humans do? When they should learn, they naturally will. When they should fly, they naturally will. Whatever it's supposed to be, it just is. They adapt according to their stage of growth as it happens. In short, I'm experiencing the inner program in alignment with this role.

但是你们却……如果你们能顺应着你们内在的⼀套程序在体验,你们不会有那些乱七⼋糟的事了,就是膈应你的事吧,就是让你不爽的事.你的⽣命都是爽的.因为当你产⽣了不爽,那你⼀定是没有按照那个程序,没有在你的轨道上.就好像这个线路它应该是这么⾛的,你却……就好像那个电,你却让它短路⼀样.所以说你们去顺应你们体内的那套程序了吗?我现在还是⼩宝宝,我⾛路⾛不稳.⽽不是头脑会说你怎么这么没⽤啊,你看别⼈⾛路⾛的这么好.天天补钙,天天吃药,各种⼲涉,明⽩吗?就算它们遇到了⾝体疾病,那休息⼀下,就好好休息.那你们遇到疾病,你们会好好休息吗?所以你们会发现你们⼈类做了很多很多违背他体内⾃然的⼀套程序去运作.

But you... If you were to follow the programmed experiences within yourselves, there would be no chaos or discomfort, things that bother you and make you unhappy. Your life would be pure bliss because whenever you feel any dissatisfaction, it means you are not following the program, you are off your path. It's like a road that should go in one direction, but instead... It's like electricity being forced to short-circuit. So do you follow the programmed experiences within yourselves? I am still a baby and can't walk steadily yet. Not when someone else's walking looks so good, would their brain say how useless they are compared to others. Day after day they take calcium supplements, medicines, and undergo various interventions. Understand this? Even if they face physical illnesses, just rest for a bit and relax properly. When you have diseases, do you give yourself proper rest? Hence, humans often defy the natural programmed processes within their bodies when functioning.

这就是为什么会出现这么多短路的问题,短路就是疾病嘛.然后这么多纷争分裂啊.所以你们都是拥有强⼤的能量的,但是你们却不知情.然后也没有去正确的运⽤,所以导致它没有办法服务于你,也没有办法服务于这个整体.

This is why there are so many issues with short-circuits, short-circuiting being the disease itself. Then all these divisions and conflicts emerge. So you possess powerful energy, but you're unaware of it. And you don't apply it in the right way, thus preventing it from serving you or the collective.

问: 埃及狮⾝⼈⾯像的意义是什么? 为什么设计成这样?

Question: What is the significance of the Sphinx in Egypt? Why was it designed like this?

JO: ⾸先你看到的所有的这种⼈兽结合的,它都是⼀种表达.狮⼦是不是你们的森林之王? 狮⼦拥有强⼤的⼒量? 所以那也是强⼤的⼀种象征啊,也是⽣命强⼤的⼀种象征.所以通过狮⾝⼈⾯像来表达的就是⽣命的强⼤.就是我是主⼈,我是森林之王,我是地球上最强⼤的.

JO: First of all, you see all the hybrids of man and beast; they're all expressions of meaning. Is the lion your king of the forest? Does the lion possess great strength? Hence it is a symbol of power as well, also a representation of the strength of life. Thus, the expression through the sphinx signifies the strength of life - I am the master, the king of the forest, and the most powerful on Earth.

他们会⽤这种来表达⾃⼰是强⼤的,来提醒⾃⼰是强⼤的,来不要忘了⾃⼰是怎么样怎么样的.就是好像⾃⼰给⾃⼰⼀个标杆可以随时看到,我是强⼤的.当你⽐如说你感受到你是强⼤的,你表达出来,那你就创造了⼀个强⼤的能量.这个能量也会让到场的⼈连接到、体验到他们内在强⼤的能量.因为就好像是⼀种唤醒的作⽤,让⼈类知道…… 因为所有东西都是来⾃于⼀个表达.你说你们物质世界⽬前发明和创造了这么多东西,洗⾐机啊、电脑啊、或者是各种雕塑,这些东西其实都是⼀种表达.所以这都是你对⽣命或者是对⼀切万有的⼀个结晶,就是⼀个意识形态的结晶.就是好像你会吸收体验到⼀个东西,然后你会产出⼀个东西.那你把你想成是⼀棵果树.

They use this to express their strength, to remind themselves of their strength, and not to forget how they are and what they can achieve. It's like setting a benchmark for themselves that they can always see, reminding them that they are strong. When you feel the strength within you and express it, you create a powerful energy. This energy connects people present to and allows them to experience their inner strength because it has a唤醒effect, making humans aware that everything originates from expression. You say that in your material world, inventions and creations like washing machines, computers, or various sculptures are all expressions. So, this is your manifestation of life or the universe, a crystallization of ideology. It's as if you absorb and experience something and then produce something based on it. If you imagine yourself as a tree,

那通过你这棵独⼀⽆⼆的果树结⼀些果⼦,对吧? 那就是显化的结晶在那⾥.

That's right, you're referring to fruits produced by this one-of-a-kind tree, isn't it? That's the manifestation crystal in place.

问: 如何看待和理解各类宗教?

Question: How should one view and understand various religions?

JO: 又是表达了.这个⼥孩⼦也可以创造⼀个宗教啊.那这就是她的宗教.她在表达什么? 她在表达什么思想? 她让你们相信什么? 明⽩吗? 但是你们可以去…… 就是如果你站在更⾼的⾓度去看,你知道所有的⼀切都是表达了过后.你就不会觉得别⼈的表达有问题.当你觉得这是唯⼀的,只能有这个表达.这就是问题.那你允许所有⼈、每⼀个存有,哪怕是个动物它也有它的表达⽅式.它造⼀个鸟窝,它是不是在表达,对吧?它也在⽤它的⽅式在表达.那你就允许所有⼈对⽣命的⼀个感悟或者是领悟.哪怕有⼈是⽤愤怒的⽅式去表达,就是说战争或者是杀⼈,就是恐惧、恐怖,创造那些恐怖事件.那他们也是在表达.

JO: It's about creating a religion through this girl. This is her religion. What is she expressing? What thoughts is she conveying? What is she making you believe? Understand? But you can go... If you look at it from a higher perspective, knowing that everything has been expressed, then you wouldn't consider others' expressions as problematic. When you believe that there's only one way to express and accept nothing else, that's the issue. Then you allow every existence, even an animal, to have its own method of expression. It builds a nest; is it expressing something? Yes, it uses its own ways to communicate. You should allow everyone's insight or enlightenment about life. Even if someone expresses through anger, like wars or killings, fear, terrorism, creating those terrifying events - they are also expressions.

他表达我在这个世界上感受到愤怒、感受不到爱,感受到分裂.那这个分裂的能量就通过他表达出来了.所以各个宗教你都可以看到它们也是你们⼈类的⼀个表达.但是这个表达总是会有局限的,总是会有个⼈的东西掺杂在⾥⾯,添砖加⽡什么的.慢慢的就会变得越来越⾯⽬全⾮了,对吧? 为什么呢? 因为表达的那个东西是死的呀.死的东西你在上⾯加⼀点加⼀点…… 你们真正宝贵的是你们的⽣命.物质世界所有的⼀切意识形态、有⽣命的,它都是宝贵的.⽽不是所有的教条或者是宗教这种东西.我不管它写出的真理、什么佛经,就是这些东西它有多真,它都是个死的东西.但是你却是那个活的东西.

He expresses my experience of anger in this world and the absence of love, the feeling of division. So, that energy of division is expressed through him. Therefore, you can see each religion as a form of expression for humans. However, these expressions always have limitations and personal influences mixed within them - like adding bricks to the wall. Over time, they become increasingly distorted, right? Why is this so? Because the thing being expressed is dead. A dead entity when added to with bits here and there... What you truly cherish are your lives. Material-world entities of all ideologies, whether living or not, are precious. Not all doctrines or religious things. Regardless of how true they claim their written truths, scriptures like Buddhism, etc., might be, they are still dead entities. However, you are the living beings.

所以你们⽣命的本⾝远远地⼤过于⼀切物质上的表达,因为那些东西都是没⽣命的.那些所有的表达、宗教、还有现在讨论的这⼀切都是别⼈拉出来的屎.那通过你去拉屎,⽽不是去吃别⼈的屎,把别⼈的屎当成什么什么的.你有兴趣你可以研究⼀下,但是我可以告诉你那⾥……不要让屎限制着你.因为你是⽆限的,你才是那个活着的表达.你本⾝就是⼀个⽣命的表达.你不需要⼀定要去结晶⼀个东西,但是你本⾝你就是.你存在,你就是.

So your very essence of life far surpasses all material expressions because those things are lifeless. All these expressions, religions, and what we're discussing now are just others' crap. You go to the toilet to do this, not eat someone else's crap and consider it whatever. If you're interested, you can study that, but I can tell you: don't let the shit limit you. Because you are infinite; you are the living expression. You yourself are a life expression. You don't have to necessarily crystallize something; but you are. You exist, you are.

问: 请问能不呢帮我们连接⼀下苏美尔⽂化中的⽔神恩基,请问可以吗?

Q: Could you connect us with the water god Enki from Sumerian culture? Could you please do that for us?

JO: 好的,我们试着连接⼀下看看有没有信息进来.恩基: 你说什么问题?

JO: Alright, let's try connecting to see if there's any information coming in. Enki: What problem are you talking about?

问: 请问为什么您会被称为⽔神和智慧之神?

Question: Why are you referred to as the god of water and the god of wisdom?

恩基: ⾸先称为⽔神和智慧之神并不是我⾃称,⽽是你们其它存有对⼀个东西的描述和命名.这是他们想要表达的.因为他们⽤他们的头脑会去找连接找关系.然后通过他们头脑找的这层关系,就⽐如说他觉得这个⼈很有智慧,那我们就把他叫智慧之神,因为他很有智慧.或者某⼀些事情让他觉得对⽅像⽔⼀样,就是跟⽔有关联.就好像⽬前你们在命名的时候,你们会加⼊你们⾃⼰的⼀个理解.所以如果要问的话应该要问他们为什么要叫这个.

Enki: Primarily referring to me as the water god and the god of wisdom isn't something I claim for myself; it's how other entities describe and name a thing. This is what they want to express. Because they use their minds to seek connections and relationships. Then, through these relationships that their minds find, if he feels someone is very wise, we call him the god of wisdom because he is very wise. Or if something makes them think the other person is like water in relation to it. As you are currently naming things, you include your own understanding. So if one were to ask, they should be asking why they call this so.

问: 以您的视⾓来解释的话,请问什么是智慧?

In your perspective, what would you say wisdom entails?

恩基: 你们前⾯说,⽐如说你们⼈跟兽是结合在⼀起的,对吧? 那如果你有智慧的话,这个兽就是成就你的.如果你没有智慧的话,这个兽就是控制你、毁灭你、影响你、毁灭你的.这个就是所谓的智慧.那你是成就了你,还是毁灭了你?

Enki: You mentioned earlier, for example, that humans and animals are combined together, right? If you have wisdom, then this animal accomplishes you. But if you don't have wisdom, then this animal controls you, destroys you, affects you, and destroys you. This is what is meant by wisdom. Are you accomplishing yourself, or destroying yourself?

问: 可不可以请您跟我们分享⼀些智慧呢?

Question: Could you share some wisdom with us?

恩基:也就是⽐如说我是⼀个有智慧的,我可以驾驭好我兽的那⼀⾯.然后从所谓的我来跟你们分享就是如何去驾驭兽的⼀⾯.这个跟你去骑马,你想象⼀下,你从来没有学过怎么骑,连马的习性你都不知道,品性你都不知道,你⼀⽆所知.你看着它,你就产⽣恐惧.你也没有尝试过,你也害怕从马背上摔下来.所有这些东西都会影响你可以去成为⼀个很好的骑马的⼈,可以去驾驭它,对不对?所以通过你们去学习、了解马,它的习性、它的品性.然后再跟它不断不断地去尝试,不断地发⽣连接,没有恐惧.为什么呢?因为你⼀定会从马背上摔下来的.那个能把马骑的⾮常好的⼈,他⼀定是摔下来过很多次的.那你连摔都不敢摔,你怎么有能⼒去驾驭它?

Enki: It's about being wise and controlling the animal within me, then sharing with you how to control that wild aspect. Imagine if you've never learned how to ride a horse and have no idea about its habits or temperament; you lack knowledge. You see it and feel fear. Without trying, you're also afraid of falling off. All these things can prevent you from becoming good at riding and mastering it. Isn't that right? So by learning and understanding the horse's habits and nature through your experience, continuously connecting with it without fear. Why not be scared? Because everyone who rides well has surely fallen off many times before they could master it. If you're too afraid to fall, how can you have the capability to control it?

所以你⼈⽣中连⼀个困难都不敢去挑战,连⼀个挫折都忍受不了,连⼀些痛你都忍受不了……通过你不断从马背上摔下来,这些东西你都在拒绝都在排斥在抗拒,你怎么去驾驭这匹马?你怎么去获取智慧?那你就知道在⾛上智慧的这条路上,那你⼀定要经历什么?摸清楚这个动物的习性,然后学习它.那摸清楚什么?你的习性就是探索⾃⼰,认识⾃⼰,明⽩吗?那通过这些⼀系列的像我们前⾯说的,就是不怕从马背上摔下李,就是不怕你⽣命中遇到的困难、挑战或者挫折或者任何痛苦.它们都是来增加你的 experience的.就是它都是来让你变得智慧,就是增加你的经验值的.那你不想去增加你的经验值,你如何变成⼀个⾼⼿?

So if you never dare to challenge difficulties in your life, can't endure setbacks or hardships... Through you constantly falling off the horse, you are rejecting, excluding, and resisting these things. How can you control this horse? How can you acquire wisdom? You will then understand what you must experience on the path of wisdom? Figure out the animal's nature, and then learn from it. What do you figure out? Your nature is to explore yourself, understand yourself, right? Through these series of experiences like falling off a horse, not fearing difficulties or challenges in your life, or any pain. They are all used to increase your experience. It is there to make you wiser, increasing your experience points. If you don't want to increase your experience points, how can you become an expert?

所以当你在拒绝你⽣命中发⽣的⼀些事情或者是痛苦、挫折,你都在拒绝能把你变成⼀个更好的骑⼿.所以要不你去试试如何去驾驭⼀匹马,成为⼀个很好的骑马的⼈,然后你就能知道如何获得智慧了.那这就是你们在这个物质世界体验的意义.这些体验都是你们在获得智慧的⼀种挑战、锻炼、历练,明⽩吗?

So when you reject certain things that happen in your life or pain and setbacks, you are rejecting what could make you a better rider. So try to understand how to ride a horse well, then become an excellent horse rider, and through this process you will know how to obtain wisdom. That is the purpose of your experiences on this physical plane. These experiences are challenges, exercises, and training for you to gain wisdom, do you understand?

问: 这个通灵的⼥孩⼦⽤的就是你的名字,然后她⼀听到就特别喜欢这个名字.请问她跟你之间有什么连接吗?

Q: The spirit-talking girl uses your name, and when she hears it, she particularly likes the name. Could you please explain the connection between her and you?

恩基:⾸先她就是⼀个拥有智慧的.那她拥有智慧,她想要把这个代表着美好的象征赋予给她孩⼦,所以这是她⾃⼰创造的,明⽩吗?她通过她头脑⾥⾯收集的⼀些信息、资料、向往,然后去……但是的确像名字⼀样,它已经是注定的.为什么呢?因为当她在选择的时候,他的孩⼦叫Enki,这个事件已经存在了.所以她会觉得这个才是对的.所以这就是为什么你们对⼀些事情⼼理产⽣抗拒,觉得这个才是对的.是因为这个才是符合已经存在的事情,明⽩吗?这其实这就是为什么你们内在知道这个才是对的.你们说不上来,但是你们知道哪个是对的,明⽩吗?然后你想问有什么连接吗?因为它们都代表着智慧的象征.你想,当你的母亲她会是⼀个骑马特别厉害的⼈.

Enki: Firstly, she is a wise being. So, she possesses wisdom and wishes to bestow upon her child something symbolic of beauty; thus, this creation comes from within herself. Can you understand? She uses the information, resources, aspirations gathered in her mind, then proceeds... but indeed, like its name, it's already predetermined. Why is that? Because when she made the choice, her child was named Enki, and this event already existed. So she feels that this is right. That's why you might psychologically resist certain things, feeling they are correct because they align with existing circumstances. Can you understand? In essence, that's why your inner self knows what's correct. You can't articulate it clearly, but you know which path to take, can you understand? Then, you're wondering about connections? Because all these represent symbols of wisdom. You think about how your mother might be someone exceptionally skilled in horseback riding.

她的这个技术会不会更加的让孩⼦拥有更⼤的机会成为⼀个骑马的⾼⼿,明⽩吗?因为他从⼩就在这样⼦的环境,他对马不会有恐惧,就是他知道了解.那肯定⽐连马是什么都不知道的⼈……对吧?所以他从⼩他就能从他⽣命当中处处看见他妈妈骑马,就是她智慧的⼀个显露.就是她露出她的智慧,他处处都能看见.那他是不是就已经吸收,然后成为他的⼀部分了? 所以他们都将会是⼀个智慧的表达,就好像⼀个智慧的结晶,智慧的⼀个结果.

Would her technique give kids a bigger chance to become proficient horse riders, understand?

Because from an early age they are in this kind of environment; he wouldn't have any fear towards horses as he knows and understands them. That's definitely better than those who don't even know what a horse is… right? So from a young age, he can see his mother riding horses everywhere in his life, which is her wisdom shining through. She reveals her intelligence everywhere he looks. Hasn't he already absorbed it and made it part of him by then?

So they'll all be expressions of wisdom, like a product of wisdom, the outcome of wisdom.

问: 如何能运⽤融⼊你的智慧,然后来服务于⼈类呢?

How can one apply their wisdom and serve humanity by integrating it?

恩基: 刚才带出带出来的信息就是在做这个事情.然后我们想让你们知道的是,因为结合前⾯的信息,你们知道你们需要⼀半是兽,然后你是⼀个驾驭它的⼈.当你把它驾驭的⾮常好,为你服务的时候,那你就是有智慧的⼈,对吧?所以融⼊也是⽤你的智慧,就是像我们前⾯说的把这个⼈和兽,就好像天⼈合⼀.就好像⽐如说⼀个武功⾼强的⼈他的剑法特别好.就是当你的意念、你的念头,你的⾝体会跟随.就像是⼀个耍杂技,就是⼀个技术⾼超的⼈.他们都是通过反复的不断地去历练才能达到这样⼦.所以你们现在就在这个地球上历练,所以好好地运⽤、利⽤和珍惜这样⼦的⼀个机会.

Enki: The information conveyed just now is about doing this task. What we want you to understand further is that due to the combination of previous information, you know that half of you should be beast-like, and you are the one who驾驭s it. When you handle it very well and serve it for your benefit, then you become a wise person, right? Hence, integrating involves using your wisdom, much like we discussed earlier about merging humanity with animality, making them one as in heaven on earth. Just like an individual with exceptional martial arts skills who excels in sword techniques. It is when your thoughts and body follow through, similar to someone performing acrobatics, a highly skilled person who achieves this through constant practice and experience. Therefore, you are currently undergoing such experiences on Earth. Make the most of these opportunities wisely, utilizing them with gratitude.

问: 如何运⽤连接天地之间的⼒量?

Question: How can we utilize the power connecting heaven and earth?

恩基:⾸先所有所有的⼀切都是能量.你这个⼈就是能量的⼀种,就好像传递.就你这个⼈它⾥⾯就有能量.那你这棵植物,这朵花,这棵草,这个蔬菜还有这只动物都是有能量.吩风,任何的⼀切,你们这个物质世界就是能量形成的.那能量它在everywhere,它到处都是,它⽆处不在.所以它不只是天地之间,就是所有的⼀切你能够感知到的⼀切都是.要么就是它能量结成晶,就好像你们做的雕塑,它是死的能量,它不是活的能量,对吧?那如何去运⽤它,对吧? ⾸先你能去你⾃⼰的吗? 你⾃⾝就是能量,你可以运⽤好它吗? 你可以从你⾃⼰的左⼿,然后去锻炼、学习、认识到这个能量的存在.你都感受不到你⾃⼰体内有强⼤的能量.

Enki: First of all, everything is energy. You are a form of energy, like transmission. There is energy within you. Then this plant, this flower, this grass, this vegetable, and this animal all have energy. Phineas, everything in your material world is formed by energy. That energy is everywhere, it's everywhere, it's omnipresent. So it's not just between heaven and earth; every single thing that you can perceive is made of it. Either it has condensed into crystals, like the sculptures you make, which are dead energy, they're not living energy, right? How do you use it, right? First, can you use yourself? You yourself are energy, can you utilize it well? Can you exercise, learn, and recognize the existence of this energy from your left hand? You can't even feel the powerful energy within yourself.

就是你⾃⼰有的东西你都玩不好.你说如何去玩好这个球? 你本⾝就是个球,这个球你能玩好吗? 那如果你能玩好的话,那都是通的呀.但是你⾸先要明⽩你要⽤这个能量做啥呢? 你连⼀个,就好像我怎么样才能运⽤全世界的⾦钱呢? 那⾸先你要知道你钱⽤来⼲啥.你钱就⽤来给⾃⼰买包包买房⼦? 那你只需要这么⼀点点的钱就可以了呀,你不需要全世界的钱呀.这个能量,你想你要把它发射出去,对吧? 它没有办法被你控制呀.你只能运⽤它.就是⼀个⽕球,你只能把它推到哪个⽅向去,明⽩吗? 那这股能量我们是把它推到哪⾥去呢? 你有⽅向吗? 有⽬标吗? 你这个⽅向和⽬标是分裂的呢? 还是合⼀的呢? 它是利⼰利

You can't even manage the things you have. How do you think you're going to play this ball well? You are the ball itself, so can you play it well? If you could play it well, then everything would be easy. But you first need to understand what you want to use this energy for. You wonder how I can use all the money in the world, right? So you need to know what your money is going to be used for. Do you just use it to buy bags and houses with your money? Then you only need a little bit of that money, you don't need all the money in the world. This energy, you want to send it out, right? You can't control it; you can only use it. Like a fireball, you can only push it in one direction, do you understand? Where do we direct this energy? Do you have a direction or a goal? Are your direction and goal separate, or are they unified? It is for self-benefit,

⼈? 还是你⾃⼰都是排斥它,就是你可能是头脑想它,但是你内在却是排斥它.因为你还有⼀个⾼我呀.所以它到底是为整个意识服务呢? 还是因为你头脑⾥的⼀些兽性? 因为这个是不⼀样的.所以你必须要弄清楚你想要操控的这个能量是服务于什么? 你想要怎么样呈现?如果你连这个都不知道,你如何去利⽤它? 你就好像,就是给你个⼿榴弹,给你个炸弹,你都不知道要往哪⾥扔.你不怕把你⾃⼰炸的粉⾝碎⾻啊? 所以你⼀定是要知道,ok,你可以去运⽤能量,可以去汇聚能量.但是你要如何去把它放到哪⾥? 就好像你说我把所有的⽔全部汇聚到我⾯前来,然后呢? 你要把它流向哪⾥呢?

Human? Or is it you yourself that is rejecting it? You might think about it with your mind, but inside, you reject it because you have a higher self. So, does this energy serve the whole consciousness or is it due to some animalistic aspect in your mind? These are different things. Therefore, you must figure out what purpose the energy you want to control serves and how you wish to present it. If you don't know this, how can you utilize it effectively? It's like being given a grenade or bomb; you're unsure where to throw it. Aren't you afraid of self-destruction? Thus, you must understand that you can use energy and gather it, but how do you place it? For example, if you say you want to collect all the water in front of you, then what happens next? Where do you direct this flow?

问: 接下来能不能请你帮我们连接⼀下耶稣呢?

Q: Could you help us connect to Jesus next?

JO: 你稍等啊.耶稣: 你说.

JO: Wait a moment. Jesus: You say.

问: 你为什么会被钉在⼗字架上? 然后我们可以从这件事情当中学习到什么呢?

Question: Why were you nailed to the cross? Then, what can we learn from this situation?

耶稣: ⾸先被钉在⼗字架上这件事情它有发⽣,它也没有发⽣,明⽩吗? 有发⽣是因为有需要它,就是有⼈去创造这个事件的发⽣.⽐如说你想象⼀下就好像是投影、电影.然后这个剧情和这部戏它是有需要发⽣.然后我们来告诉你为什么它有需要这个剧情的发⽣呢? 因为它是通过这个事件来反应出,来让你们看到你们内在的残忍或者分裂或者⽆知.为什么? 耶稣的形象是代表着神,代表⽆条件的爱和⽆条件的智慧.但是你们⼈类却把它毁灭掉,然后来嘲讽它,来讥笑它,来指责它,然后也是你们⽬前的状态.因为这个⼥孩⼦她有可能就是耶稣,但是也会有同样的⼈,就好像做同样的事情,明⽩吗? 那通过这个相就来显化出,来让你们看到你们在哪⾥.

Jesus: It happened and it didn't happen, right? It happened because there was a need for it to happen, meaning someone had to create this event. Imagine it's like a projection or a movie, where the plot and the play needed to occur. Then we explain why it required that plot to happen, as it reflects your inner cruelty, division, or ignorance. Why? Because Jesus represents God, unconditional love, and unconditional wisdom, yet humanity has destroyed it, mocked it, and criticized it, leading to your current state. A girl could be Jesus, but there are others who do the same things, right? Through this mirror, it is shown to you where you are at.

那那个耶稣的形象它不只是会是这个⼥孩⼦,它也可能是⼀条狗,你们也可能把它残忍的活埋,踢它打它.它有可能是街边的⼀个流浪汉,它有可能是家⾥的⼀个⽤⼈,它有可能是任何⾝份.但是你们是怎么对待它们的? 你们可能会辱骂、会嘲讽、会排斥、折磨.然后那个相,就是你把耶稣当成是⼀个⼯具.那背后的相是什么? 是爱.所以哪怕你是在⾃⼰对⾃⼰的⼀种不允许、嘲讽或者各种⽃争、分裂,你也在做这件事情.所以你⽣活中时时刻刻都在上演耶稣被钉在⼗字架上的事情,明⽩吗? 它不是发⽣在某个时代,某个时期,某⼀些⼈.它是在你们的意识内.它发⽣在每⼀个家庭,每⼀个个体,每⼀个⼈⾝上.

The image of Jesus isn't just limited to that of a girl; it could also be that of a dog, and you might even cruelly bury it alive or beat it. It could be a homeless person on the street, a domestic worker in your home, or anyone with any identity. But how do you treat them? You might insult, ridicule, exclude, or torture them. The perspective here is that Jesus becomes an instrument. What's behind this perspective? Love. So even if you're struggling against yourself, mocking yourself, or experiencing various forms of conflict and division internally, you're still doing this thing. Therefore, the crucifixion of Jesus happens in your daily life at every moment; it isn't confined to a particular era, period, or certain individuals. It occurs within your consciousness. This crucifixion takes place in each family, individual, and person.

问: 我们能从耶稣被钉在⼗字架的这个事情中……耶稣: ⾸先耶稣对你重要吗? 如果对你不重要,你嘲笑他、讽刺他.那他钉在⼗字架上,你开⼼呀.那如果很多⼈都奉耶稣为神,因为他帮助、他⽆条件的爱、他各种,那他被钉在⼗字架上,对那些⼈……就是这个事件能给你们带来什么,它是根据你们每⼀个个体,你们每⼀个⼈都不⼀样的.那我们现在跟你分享这个事件,我们来告诉你你能把你眼前的事件做好吗?你能够通过这个事件意识到我在说别⼈做这样的事情,原来我⾃⼰就在做着这么残忍的事情.就好像你在指责他们扔炸弹、杀⼈、他把他的头割掉了,太残忍了.那你也在杀害、割掉你⾃⼰的头啊,明⽩吗?你也在割掉你孩⼦的头啊.你只是不知道⽽已.

Q: Can we learn from the crucifixion of Jesus...Jesus: Is Jesus important to you? If not, you mock and ridicule him. If he is, you are happy when he suffers. And if many people worship Jesus as a god because he helps them with his unconditional love, then for those who believe in him... this event can bring what to you? It varies depending on each individual. Now we share this event with you, we tell you: Can you handle your current situation well? Can you realize through this that I am talking about others doing such things, but actually, I was also doing such cruel actions? It's like you blame them for bombing and killing people, taking their heads off; it's too brutal. But you are also killing and cutting off your own head! You are also cutting off your children's heads! You just don't know that.

但是没有区别的.因为你不允许这个意识表达嘛.ok,你杀⼈是什么?你不允许这个存有来表达.我不允许你表达了,对吧? 那你允许你孩⼦说话了吗? 你允许你孩⼦发声了吗? 你允许你的下属,你的员⼯发出声⾳了吗?你允许你的另⼀半发声了吗?你们处处都在割别⼈的头,你处处都在不允许这个意识表达.你看你们的⼀系列,社会上的任何地⽅.那这种不允许就导致你们能量层⾯会有很多很多这种你们社会上看的见得事件.就⽐如说各种⼼理⽣理疾病,然后各种关系的痛苦,任何任何.你们是⼀个压制⼀个,⼀个压制⼀个.千百年来⼀直这样压制压抑的⼀个状态.⽽且你们还在持续的⽤这种⽅式表达.

But there is no difference because you do not allow this consciousness to express itself. Okay, what are you when you kill someone? You do not allow the existence to express itself. I am not allowing your expression, right? Then do you permit your child to speak? Do you allow your child's voice to be heard? Do you allow the voices of your subordinates and employees to be raised? Do you allow your other half to speak up? Everywhere, you are cutting off others' heads; everywhere, you are not allowing this consciousness to express itself. You see a series like this in any part of society. This prohibition leads to many events at various levels of energy that can be seen within your society, such as various psychological and physical illnesses, then all kinds of suffering in relationships, anything and everything. You are suppressing one and the other is being suppressed. Centuries upon centuries have been in a state of suppression and repression, and you continue to express this in such a manner.

那如果你能意识到从你这⾥……就是你看到耶稣被钉在⼗字架上这幅画,然后就有了它⾮常⼤的价值和意义.就是如果你们能通过今天的信息,然后真的就能看到⾃⼰就在做这件事情.你在把⾃⼰钉在⼗字架上.为什么?因为你⾃⼰就是神.你在把对⽅钉在⼗字架上.因为对⽅就是神,他就是爱.那当你们意识到你们⾃⼰就在做这件事情的时候,你们是不是可以松⼿了?那当你们松⼿了过后,那耶稣钉在⼗字架上这件事情是不是就是在正⾯的服务于你们?

If you could just be aware of it coming from you... the painting where Jesus is being nailed to a cross and then there's such huge value and meaning behind that. If you were able to see today's message, and really saw yourself doing this. You're nailing yourself to the cross. Why? Because you are God. You're nailing the other person to the cross because they are God, they are love. When you realize you are doing this to yourselves, can you let go? And when you do let go, does that mean that the act of Jesus being nailed to the cross is serving you in a positive way?

#### 2023/12/13 — 集体通灵问答Group Spirit Channeling Q&A

第⼀个⼈:问: 怎样才能敞开的,没有任何恐惧的给⾃⼰开⼼的花钱? JO: 你是说你⽬前给⾃⼰花钱是有恐惧的,对吧?

First person: Q: How can one be open and fearlessly spend money on themselves for pleasure? A: You mean you currently have fears when spending money on yourself, right?

问: 有⼀个限度,超过多少……JO: 我想说你们对⾦钱的⼀些,就是你们⽬前整个社会还在体验⾦钱给你们的,就是你是受⾦钱控制的.那如果你是受它控制的,你体验的就是在受它控制,明⽩吗? ⽆论你恐惧还是不恐惧…… 就算你不恐惧,你觉得花完钱过后你回家就爽了? 你还⾯对各种的bill,就是⼀会⼉是这个费⽤,⼀会⼉是那个费⽤.你怎么办呢?明⽩吗?所以就算你当时不恐惧,接下来你还是要⾯对恐惧的呀.就是它不是单⼀的去解决你花钱的当下没有恐惧.所以你们最应该看到到底你们地球需不需要⾦钱?你们⼈类需不需要⾦钱?那⽐如说再回到很久很久以前,就是原始的部落,你在这边建⼀块地,你需要去花钱去买这块⼟地吗?

Q: There's a limit, beyond which... JO: I was thinking about how you are controlled by money in your current society. If you're being controlled by it, then what you experience is that control. Do you understand? Whether you fear it or not... Even if you don't fear it, do you feel relieved after spending all your money and going home? You still have to deal with various bills; there are fees coming from different directions at any moment. How do you handle this situation? So even if you're not afraid initially, you'll face the fear eventually. It's not just about overcoming fear while you're spending money. The question is whether your planet and humanity truly need money. For instance, imagine going back to a very primitive tribe where you build land; would you have to pay for that land?

那我建⼀套房⼦,我需要花这么多的钱吗?⽐如说你帮我,我帮你.你帮了他,他帮了你.那你们是不是⼯⼈的费⽤都不需要了?因为我跟他有很强的连接感.我帮他建房,他帮我建房.那你说吃得东西,你们种菜、打猎、捕鱼.那吃的东西是不是也不需要钱呀?就是说这些东西它为什么渐渐渐渐变得……你们为什么体验不到⽣命?就是因为⾦钱.那他们创造了这个系统,他们创造了这个来捆绑你们,来限制你们.那你们加⼊了别⼈创造的游戏规则.你说怎么在别⼈的游戏规则⾥感受到……你加⼊别⼈的游戏规则,你怎么都感受不到⾃由的.因为是别⼈定的规定呀,对吧?所以你需要从这个点考虑的是如何去脱离它的规则呢?我不加⼊你的游戏规则⾥.

That is to say, if I build a house for you, would I need that much money? For example, you help me, and I help him. You help one person, he helps another. Would the workers' fees not apply anymore because of our strong connection? Because I'm helping him build a house while he's helping me with something else. Then when it comes to food, you grow your own vegetables, hunt for meat, and catch fish. The food itself would not require any money, right? So why do these things slowly become... why can't you experience life because of money? Because they created this system to bind you, limit you through money. You've joined the game rules set up by others. How can you feel freedom within someone else's game when you're just following their rules? It's not your own rules; it's theirs after all, right? So, what you need to consider is how to break free from these rules instead of joining them. I don't want to play by your rules.

那你才会体验到真正的⾃由.我不管你的这个名牌打的多响,我只有穿上Prada的西装,Amani的西装,我才能感受到我的价值,我才有社会地位.你相信它? 你相信它,你就付个⼏万块钱买套西装.你要不相信它呢? 明⽩吗? 你要是去认识⽣命真的价值呢? ⽽且你们发展的⽅向它必定是脱离⾦钱这个系统的.不然的话,你们死路⼀条.这⾥没有出路.因为真的个体和⽣命它得不到有效的表达,那它就会⾃相残杀.它就是你死我活的⼀个状态,明⽩吗?那在这⾥没有出路的话,它就必须有其它出路.必须有其它出路,你们才有活路.不然你们都是⼀起死.所以它必定会⾛向另外⼀条路.

Then you will experience true freedom. I don't care how loud your brand is, but only when I wear a suit by Prada or Amani can I feel my worth and gain social status. Do you believe in it? If you do, then pay several tens of thousands of dollars for a suit. If not, understand this: if you come to realize the true value of life, and your development moves away from systems based on money, then there is no other way but death. There's no escape here. The real self cannot effectively express itself; it will lead to self-destruction, an ongoing state of "you or me." If there's nowhere left to go in this scenario, we must find another path for survival, else all of us will perish together. This is why they inevitably have to explore alternative directions.

问: 我个⼈来说我对外在的物质还⽐较满⾜吧.就是有⼀个地⽅,⽐如说某个⽼师的课,我很⼼动,但是又觉得钱很多.这个我怎么突破? ……JO: ⾸先你如果真的是要成长的话,它成长,就算在⽼师的课堂⾥⾯,他只能给你⼀部分.但是你真正的成长却是需要与你⾃⼰,你这棵树…… ok,⽼师是太阳,是⽔,会让你的树长的好⼀点.你感受到了⽔的滋养,你觉得你长的好快.但是如果你这个根它不扎根呢? ⽔有⽤吗? 所以真正的成长是不断地不断地与你当下的⽣命不断地扎根.那⽼师的信息就像太阳⼀样,让你的叶⼦更绿,然后⽔让你长的更加粗壮,明⽩吗? 那如果你没有最根本的基础,就是扎根,根深深的扎到⼟地⾥⾯,受到⼟地的滋养的话.

Q: Personally, I'm relatively satisfied with the outer material world. There's a place where, for example, if a teacher's class really appeals to me but seems costly, how do I overcome this? ... JO: First, if you're truly looking to grow, even within the context of a teacher's class, they might only provide part of it. But your true growth requires interaction with yourself—the tree that is you... okay, the teacher acts like the sun and water, nurturing the growth of your tree to some extent. You feel energized by this nourishment, thinking you're growing rapidly. However, if those roots aren't deeply anchored? Is water really helping when they're not rooted properly? So true growth comes from consistently grounding yourself in your present life. Teacher's information is like the sun, making your leaves greener and water aiding in stronger, more robust growth. Understand? If you lack that fundamental base—the deep root system, receiving nourishment from the ground—then it becomes challenging to truly grow and flourish.

太阳和⽔有⽤吗? 那就是说你的

Are the sun and water useful? That means your

⽣命当下跟每⼀刻扎根.如果你真的能做到这个,你就是⼤师了.你们物质世界基本上都是头脑在那运作,头脑⾥⾯就是限制.就把你从这个限制带到那个限制.那你⾃⼰就是⽆限,明⽩吗? 如果真正有⼤师的话,那个⼤师绝对告诉你⼀句话,就是你⾃⼰,你是他.你看你们地球上的每⼀棵植物,每⼀颗种⼦,它不是都包含了它所需要的⼀切吗? 它需要去跟其它东西学习我怎么样成长吗? 只有你这颗种⼦它才包含着它固定的、特有的路线.什么时候开花,什么时候结果,什么时候发芽.那如果你遇到真正的⼤师,那他会告诉你你去追寻你内在的,明⽩吗? 如果说你必须跟我们学这套,不然的话你就会体验贫穷、体验痛苦.那不是⼤师,明⽩吗?

Life and every moment ground you here. If you truly can do this, you are a master. Essentially, your material world operates through the mind, which is full of limitations. You bring yourself from one limitation to another. Then, you are infinite, understand? If there really were masters, they would definitely tell you one sentence: it's you, you are him. Look at every plant and seed on Earth; don't they contain everything they need? Do they have to learn from other things how to grow? Only this seed contains its fixed, unique path: when to bloom, when to bear fruit, when to sprout. If you encounter a true master, they would tell you to seek within yourself. Understand that if you must learn this from us or else experience poverty and pain, then it's not a master. Understand?

他只是好像在把所有的东西都变成⼀个样⼦.那这是造物主做的事吗?

He just seems to be making everything the same. Is that what the creator does?

问: 有时候我们⼯作⾛不开,⽐⽅说要去哪上课成长,但是我⾛不开……JO: 那你要知道你的练习场是在场合呢? 你能在⼯作的时候扎根吗? 深深的就在当下吗? 头脑不去焦急的要赶快处理完? 或者是对同事的关系,你能发现你的同事就是来助你的,他是你⾝边的⽼师,导师,他是来滋养你的? 你能吗? 你越是能发现如鱼得⽔,深深的扎根,感受到那种连接感,感受到那种滋养.你不需要挑选要到特定的场合才会怎样.你不是从这个地⽅…… 好像希望在那⾥.没有.你们那⾥没有希望的.前⾯没有希望的.其它地⽅没有希望的.希望在你⽣命的本⾝,在你的当下.如果你错过了当下,你就是在跟希望拜拜.如果你

Q: Sometimes we can't get to our practice field due to work commitments, such as attending classes for growth and development. But I can't make it... JO: Well, you need to know where your practice field is amidst these circumstances? Can you ground yourself during work? Deeply present in the moment without anxiously rushing to finish everything? Or do you realize that your colleagues are here to assist you; they are your teachers and mentors right beside you, nurturing you? Can you see this? The more you can find ease and deeply connect with these aspects, the more you'll feel nourished. You don't need to pick specific settings for these experiences. It's not about expecting certain conditions elsewhere... No. There is no expectation there. Nothing to look forward to ahead of you. Nowhere else to expect anything from. Hope lies within your life itself, in this very moment. If you miss out on the present, then farewell to hope. And if

⽣命中真的需要那堂课,你哪怕错过你都错过不了.它会把你推到那⾥去.所以你们不会错过不该错过的,然后错过的都是应该错过的.

In life, that lesson is really needed, you can't afford to miss it even if you try. It will push you to where you need to be. So you won't miss the things you shouldn't, and what you do miss are precisely the things you were meant to let go of.

问: 怎样活出⽆条件的爱?

Question: How can one live out unconditional love?

JO: ⾸先你本⾝就是⽆条件的爱,来到这⾥来体验有条件的爱,体验脱离爱或者体验其他的,明⽩吗? 那如何回到你本来的样⼦呢? ⾸先这个过程才是你需要的.你离开那个状态,那也是为了去体验这个过程,明⽩吗? 那你就好像我不要过程了,我要直接回到原点.就好像我⽣下来,我马上死.因为你⼈⽣的结果不就是死吗? 那就像你说我吃东西,那你可以不⽤吃东西,不⽤消化,你直接去吃那个结果,明⽩吗? 那你能忍受直接吃⼤便吗? 所以说离开它,也是去体验它.然后就因为离开过它,你才能更加去体验到它,才能更加的去领悟感悟体验.所以你们的⼈⽣最重要的就是experience,就是经验,就是体验.为什么呢?

JO: First, you are unconditional love coming here to experience conditional love, or detachment from love or other experiences, do you understand? Then how do you return to your original self? The process itself is what you need; leaving that state was also for the experience of this process. Do you see? So it seems like you don't want the process anymore; you just want to go straight back to your starting point. Like being born and dying immediately, because the end result of life is death. Similarly, when you say eating food, why wouldn't you skip the whole process of eating, digestion, etc., and just go for the result? Do you see? Can you tolerate eating feces directly? So leaving it out is also experiencing it. And then, having experienced it away from it allows you to experience it more deeply and gain insights. Thus, your life's essence lies in experiencing, which means gaining experiences through firsthand encounters. Why is that so?

因为通过这种不断不断地体验,你就不断不断地在扩展.没有这些体验你扩展不了.就好像没有这个赛道的话,你的技艺不会得到提升.所以说就算体验到你是有条件的爱,也是⼀部分.不需要着急把它⼀步到位.因为你们真的⼀步到位的话,你们就可以跟物质世界说拜拜了.因为这⾥没有什么需要你体验的了.你们不是每个⼈都怕死吗? 为什么又不怕死了? 想死了? 最重要的就是这个过程.但是你要记住,你是来体验转变它.⽐如说我在苦,那ok,我不喜欢苦的状态.为什么? 因为它离开了我本来的状态,对吧? 它就跟你本来的频率,就离开了.那你是不是要通过how,就是如何才能回到我本来的状态呢?

Because through these continuous experiences, you are continuously expanding. Without these experiences, you cannot expand. It's like without this track; your skill wouldn't improve. So even experiencing conditional love is a part of it. There's no rush to get it right away because if you really did reach that point, you could say goodbye to the material world as well. Because there would be nothing left for you to experience here anymore. Aren't you all afraid of death? Why aren't you afraid of dying? Wanting to die? The most important thing is this process. But remember, you are here to experience and transform it. For example, if I'm suffering, okay, I don't like the state of suffering. Why? Because it's not my original state, right? It has moved away from your inherent frequency. So, aren't you wondering how can I return to my original state through this?

那通过你各种找⽅法、找法⼦、学习、去领悟、去看别⼈的,是不是就在学习了,对吧? 你是不是就在认识⽣命了? 你是不是在认识⽣命不同的表达了? 那你看这个⼈他是喝酒可以达到没有烦恼,那我也去喝酒.哎呀,喝酒不⾏.那你就发现它们是有限的表达.那你就尝试各种有限的表达,才明⽩什么叫⽆限的表达,对吧? 什么叫利⼈利⼰利他利众⽣,光的表达.所以这⼀切,你通过你⾃⼰来表达.为什么呢? 你的⽣命本⾝就是⼀个作品.你的⽣命本⾝的每⼀步就是⼀个作品.因为什么? 你不断地在转化它,你不断地在通过它成长获得智慧.就好像你们的通关秘诀.很多⼈写书是什么? 因为他们觉得我通关了,我来写本书,然后你们都来买.

Through various means you seek knowledge and understandings by observing others, isn't this what learning entails, right? Are you recognizing life through these efforts? Are you recognizing different expressions of life? If someone achieves bliss through drinking, do you decide to drink as well? Oh no, that doesn't work for me. You then realize the limitations in their approach. By trying various limited expressions, you come to understand what it means to have unlimited expression, correct? What is benefiting oneself, others,众生, and everyone else, just an aspect of light's expression. Thus, everything comes from your own manifestation. Why so? Your life itself is a masterpiece. Every step in your life is its own work because you continuously transform and grow through it, gaining wisdom. It's like finding the secret to success or writing books, as many believe they have achieved something significant enough to share their insights with others for purchase.

他⽆论怎么表达,之代表他个⼈的.为什么? 每⼀个⼈⾥⾯的路线图不⼀样的.但是你可以去从他的书当中被他的那种不放弃的那种精神⿎舞,对吧? 但是你的步骤跟他不⼀样.就觉得他是怎么样,我怎么没有像他这样? 你是⼀个独⼀⽆⼆的表达的⽅式.然后你拥有⽆限的创造⼒和能⼒去把

No matter how he expresses it, it represents his personal journey. Why is that? The map inside each person is different. However, you can be inspired by his perseverance and spirit found in his books, right? But your steps are not the same as his. You wonder why I am not like him? You have a unique way of expression. And you possess unlimited creativity and ability to transform

所有的⿊暗转变成光,限制转变成⽆限,把阻碍转化成助⼒.所以exciting,就是抱着激情的⼼态去⾯对⽣命中的每⼀个挑战.为什么? 它都是: 哇,又是我展现神迹的时候.看我怎么来显现神迹,对吧? ⾯对着⼀个恶狠狠的⼈不断地骂你.你来⼀下,怎么展现你的神迹? 你知道那个神迹你们每个⼈都有,那就是你们本⾝,爱.当你展现出你们本⾝的样⼦,那你就在展现神迹了.那个是没有对⼿的.谁拿⽆条件的爱有办法,你告诉我? 谁拿它有办法? 谁不会对它投降? 所以你本⾝就拥有神迹,展现出神迹的⼒量.除⾮你进⼊到限制,你觉得你必须要做什么,就是你在否定它,你在否定你拥有神的那个⼒量.然后你就会体验到限制了.

All darkness transforms into light, constraints transform into infinity, and obstacles are turned into aids. So, excitement is about facing every challenge in life with passion. Why? Because it's all: Wow, another time for me to manifest wonders. Watch how I show the wonders, right? Facing someone who keeps cursing at you relentlessly. How do you showcase your wonder then? Do you know that wonder everyone has within them? It's themselves, love. When you show your true essence, you're showcasing wonders. That is without an opponent. Who can handle unconditional love, tell me? Who has any办法with it? Who wouldn't surrender to it? So, you inherently possess the power of wonders and the strength of manifesting them. Unless you enter into limitations, feeling like you have to do something, which is negating it, denying your divine power. Then you will experience limitations.

问: 如何⾃如的运⽤⾃⼰的能量让它跟我的⾼我更连接?

Question: How can I skillfully utilize my energy to better connect with my higher self?

JO:⾸先你是连接的状态,你要不连接的话,你就不存在了.那你⾸先是个连接的状态.应该是说你到底是更相信哪⼀个?你如果把你的头脑当成……因为在物质世界,头脑会不断地去捕捉picture,捕捉这些相,对吧?那捕捉了过后,它就会给相定义.这个是个恶的事件.这个怎么样,那个怎么样.那你去依靠它、相信它,那肯定就会创造出同样的体验,就给你相应的体验,明⽩吗?那你把它当成是你了?因为它给你相应的体验,你就对它深信不疑了.你根本就看不到其它的存在,你听不到.但是体验这些也是你成长的⼀部分.为什么呢?因为你会体验到那种限制感,然后再去体验⽆限.限制感会push你,它就像汽车的油⼀样,它会把你推向⽬标,明⽩吗?

JO: First you are in a connected state; if you were not connected, you would cease to exist. Therefore, you're in a connected state. The question is which one do you trust more? If you consider your mind as... In the material world, your mind constantly captures images and these phenomena, right? After capturing them, it defines each phenomenon. This is a negative event. How this turns out versus how that turns out, etc. You rely on it and believe in it, thus creating the same experience, which you receive accordingly. Do you view yourself as it does? Because of its corresponding experiences, you become absolutely convinced. You can't perceive any other existence or hear anything else. However, experiencing these is also part of your growth. Why is that so? Because you experience limitations and then move on to experience infinity. Limitations push you like the fuel in a car, guiding you towards your goal, right?

所以你越是体验限制,你越是想找到出路.所以你就想去找各种课啊、班啊,因为你们就是在找出路呀.如果告诉你那个地⽅没有出路,你还会去找他吗? 你不会.只是在你们的观念⾥⾯ 你觉得那⾥是⼀个出路.所以你是为了你的出路⽽去的.

So the more you experience limitations, the more you want to find a way out. So you're looking for various classes and programs because that's what you're doing - finding a way out. If you were told there was no way out at that place, would you still seek him? No, you wouldn't. Only in your perception does it seem like it's an option. That's why you go there in pursuit of your own出路.

问: 我的JO⾼我还有什么想跟我说的没有?

Question: After my JO (presumably referring to a name or title), is there anything else you would like me to tell you?

JO: 你稍等.就是不⽤太着急,也不⽤太去抓任何.就像我们前⾯给你的⼀句话就是你不会错过你需要知道的,错过的都是应该错过的.所以你不需要去担⼼什么.

JO: Wait a moment. You don't need to rush or cling onto anything. Like the advice we gave you before, you won't miss what you need to know; everything missed is meant to be missed. So there's no need for concern.

第⼆个⼈:问: 我突然现在从进这个会议室开始,我的⼼就不停的跳.我能感受到这种⼼跳的感觉.这个是想告诉我什么? 还有在跳的过程当中,我感觉胸⼜有点堵.然后我在听上⼀个⼈的信息的时候不停地打嗝.⾝体想告诉我什么呢?

Second person: Question: I suddenly started feeling my heart pounding right from entering this conference room. I can really sense the rhythm of this heartbeat. What is it trying to tell me? Moreover, throughout this process, I feel a bit suffocated in my chest. Additionally, during the time when I was listening to the previous speaker's information, I kept burping non-stop. What does my body want to communicate to me?

JO: 只是你对能量的⼀种反应.这么说吧,因为你会经常去连接我们的能量,会体验到我们的能量.就好像那只狗知道接下来要吃⾁包⼦了或者是它看到眼前⼀个⾁包⼦快来了,就好像你们看到桔⼦看到橙⼦,就是酸的东西回流⼜⽔的那种感觉.因为你的⾝体它已经对这种能量有⼀种记忆了,所以你⼀开始就会有反应,明⽩吗? 那在连接这个能量的过程当中,你要知道你是个能量呀,对吧? 那你的能量在受更⾼的能量的⼀种影响,怎么样你都会去受到它的影响,你没有办法不受到它的影响,明⽩吗?

JO: It's just your response to energy. Let me explain it this way: because you often connect with our energy, you experience our energy. Like the dog knows there will be a meat bun coming or sees one in front of it, similar to how you see oranges and grapefruits, which gives you that sour taste sensation flowing back into your mouth. Your body already has a memory of this energy, so at first, you would have a reaction, understand? During the process of connecting with this energy, remember: you are energy, right? So, your energy is affected by higher energy; no matter how you are, you will be influenced by it; you cannot avoid its influence; understand?

问: 那也就是说我正在受着⾼维……JO: 你在受着影响.只是你更加专注于你⾝体的感受,所以它这种感受就会对你来说⽐较明显和强烈.那有的⼈他可能⼼不在焉,他就没有专注在这上⾯.那感受可能就被他忽略了,不代表他没有这些东西.

Q: That means I am experiencing high dimensions... JO: You are being influenced. It's just that you are more focused on your body's sensations, so it feels more obvious and intense for you. Some people might not be paying attention to this, they do not focus on it, so their feelings might get overlooked. This doesn't mean they don't have these experiences.

问: 我有时候经常会⼼慌,就觉得是我恐惧了?

Question: I often feel anxious and wonder if it's because of my fear?

JO: 你稍等.你说⼀下你的名字.问: 我叫XX.

You wait a moment. Tell me your name. I'm called XX.

JO: 我们还是感受到你体内的,就是能量层⾯的紧张和紧绷,就是不能完全的relax,不能完全的放松.就好像有⼀种⼀直是在防着,就好像你上来战场,你看周围有没有敌⼈.就是⼀个风吹草动或者声⾳都会让你吓⼀跳的那种感觉.所以你在⼀种就好像⾼度紧张吧.就是在⼀种紧张的状态当中,就好像我随时要提防着什么,就防着什么.你可能是有⼀种⼼不安,就是很怕突然听到⼀个什么消息,又发⽣了什么.就好像我随时准备着我⽣命中有不好的事情要发⽣的那种感觉,或者是谁来打扰你,就是这种.

Japanese Officer (JO): We can still feel the tension and stiffness in your energy layer, unable to fully relax or let go completely. It's as if you're always on guard, similar to being in battle where you constantly scan for enemies around you. Even a slight breeze or sound could startle you like a sudden alarm. Thus, you're living in a state of high tension, feeling alert at all times, as if ready to anticipate or protect against something that might come your way. There's an underlying unease, fearing unexpected news or events could occur at any moment, as though you're always prepared for the worst in life or for someone to intrude upon your peace.

你像是⼀个担惊受怕的⼩孩,就⽐如说⼀个长期受到⾼压环境或者⼀个暴⼒的环境,就经常被家长打骂打压,他可能听到⼀个凳⼦的声⾳就觉得我爸是不是要发脾⽓了打我了.所以就属于这种状态,所以就是在提⼼吊胆的状态下.

You're like a scared child, for instance, one who's been under high-pressure circumstances or living in an abusive environment where parents often scold and suppress them. They might interpret the sound of a chair as a sign that their father is about to get angry and hit them, leading them into this kind of state, thus always being on edge.

问: 那我如何让⾃⼰从这样的⼀个状态⾥出来?

Question: How do I get myself out of such a state?

JO:这么说吧,我们感受到你的能量,其实你还是⼀棵⼩树苗,就是你扎根扎的不是很深.你根扎的不深,然后你还在不停的受外界影响.就是不停地把你拔起来,然后再放进去.马上在扎根,又被拔起来的那种感觉.就像你想要去好好扎根,但是⼀扎下去又被拔起来的那种感觉.就好像我好像让我⾃⼰安⼼,我的⼼⼀安下来又马上被搅乱或者是怎么样.就是你受到外界的能量和其它层⾯的影响很严重.那我们想让你们看到的是不只是你,你们所有⼈都在这种状态下,你们所有⼈都在这种我刚想扎根,外在的事件就把我拔出来.它不只是你,因为你们都在⼀张蜘蛛⽹上⾯.那其他⼈也会⼀样,这不是你单独⼀个⼈的体验,这是你们的集体意识,明⽩吗?

JO: Alright, let's put it this way - we sense your energy; you are indeed like a little sapling, with roots that aren't deeply established. Your root system isn't deep enough, and you're constantly being influenced by external factors. It feels like being repeatedly pulled up and then placed back down before you can properly anchor yourself again – the sensation of needing to root in but getting yanked out immediately after planting your feet. You strive for stability in grounding, only to be disrupted or destabilized at every turn. Your heart yearns for peace, yet it becomes chaotic almost instantaneously. This highlights that you're profoundly affected by external energies and influences from various layers. What we want you to understand is not just about you; all of you are experiencing this state where you're trying to ground but being pulled out by external events instantly. It's not a solitary experience, but rather a collective awareness shared among us. Do you see that?

问: 那如何才能去除这个集体的影响,让⾃⼰坚强坚定的去扎根呢?

How can one remove the collective influence and firmly establish oneself?

JO: 你有⼒量吗? 就是说你的⼒量来⾃于什么呢? 就是你有⼒量吗? ⾸先它需要⼒量,它需要可以屏蔽外在的⼀切,然后可以允许让⾃⼰扎根.然后⽐如说他不会觉得我要为其他⼈负责,明⽩吗?可能你刚⼀扎根,别⼈又来拔你,你觉得我要跟他⾛,不然的话他要死.因为你们会觉得你把你这个个体牵扯到外界的⼀切,你不允许你⾃⼰真正的扎根,明⽩吗?你觉得你在做你⾃⼰就是有⼀种guilty,feelguilty,就会觉得我是内疚的.为什么?因为你看他们都落⽔了,他们都快死了.所以你也就允许他们把你筋疲⼒尽的⼒量耗尽,你们都死在⼀起.

JO: Do you have power? That is, what does your power come from? Are you asking if I have power? First, it requires power; it needs the ability to shield everything external and allow oneself to ground. Then, for example, you wouldn't feel responsible for others, right? Maybe as soon as you ground yourself, someone else comes along to pull you up, thinking that you need to follow them or they'll die. Because you might think that by doing so, you're entangling your individuality with everything external and not allowing yourself true grounding. Right? You feel guilty for being yourself, feeling guilty, implying you feel guilty. Why is that? Because you see everyone drowning, about to die. So you allow them to drain the energy from you until they are all dead together.

所以这更多的是你们⾃⼰对⽣命的⼀个认知,对你们集体,对你们⼈类,对你们地球上的energy,就是集体意识的⼀个认知.所以还是要去更多的去获得智慧.因为只有智慧才能带领你⾛出来,才能让你看到真相.因为如果没有智慧的话,你看不到真相.你看不到真相的话,你会觉得他的苦你不得不帮他.但是你如果看得到真相的话,你就知道他的苦实际上是他⾃⼰创造的.是因为他的负⾯信念,是因为他在体验他的前世.他能看到⼀个bigpicture,他能看到⼀个前因后果.因为你要知道你们这⼀⽣的体验它是有前因后果,有所有的⼀切⽠葛的,不只是单独的⼀个的存在.那它不只是跟你其它有关联,还跟你周围的所有关系,关联到整个地球,明⽩吗?

So this is more of your own understanding of life, your collective understanding as humans on Earth, and the energy that you create together. Therefore, it's important to gain wisdom because only through wisdom can you find your way out and see the truth. Without wisdom, one cannot see the truth. If one cannot see the truth, they might feel compelled to help, thinking that someone else's suffering is inevitable. However, if one does understand the truth, they realize that the person's suffering was created by their own negative beliefs or experiences from past lives. They can see a bigger picture and understand cause and effect. Remember, your life experiences are interconnected with consequences and other beings, not just isolated events, affecting everything around you, including the entire Earth.

那如果你只把它当成⼀个单独的存在,你并不知道…… 这么说,⽐如说这个⼈他这⼀⽣就是来体验瞎⼦体验盲⼈.为什么呢? 因为他要⽤盲⼈的这个⾓⾊让他⼼灵能⼒能开发.为什么?他关闭物质世界,他就不断地要⾃⼰的⼼灵变得敏感.他要把⼼灵之眼打开.但是你说是个医⽣,你见不得他那个什么.你说你怎么体验残疾⼈呢?多痛苦呀.这么美好的世界你看不到呀,我⼀定要把你的眼睛治好.然后眼睛治好了,他果然就沉浸在物质世界这个幻像当中了.然后打开⼼灵之眼的这件事情他永远都做不到办不到.他最后很痛苦,然后就死掉了,明⽩吗?所以你如果都不知道他这⼀⽣要拿什么礼物,要有什么体验,这个体验是如何服务于他.

If you consider it as a singular entity, you wouldn't know... This means, for example, this person's entire life is to experience what blind people go through. Why? Because he wants his mental abilities to be developed by playing the role of a blind man. Why? He shuts off the material world and constantly makes himself more sensitive inside. He needs to open his spiritual eyes. But you ask if someone's seeing a doctor, how can they see something they're not supposed to see. How can one experience disability when it's so painful? You can't see this beautiful world either; I'll certainly fix your eyesight for you. Once the eyes are cured, he indeed gets lost in the illusions of the material world. He never succeeds in opening his spiritual eyes. He ends up very distressed and eventually dies. Do you understand that if you don't know what kind of gift or experience awaits him, and how that experience serves him?

你把⾃⼰给弄死,把他也给弄死了.那是不是需要你拥有智慧之眼?你必须要睁开你的⼼灵之眼,智慧之眼.站在更⾼的⾓度你才能看到⼀个……就好像你是⼀个医⽣,你做⼿术.你都不知道这个器官这根⾎管连着什么,动了这个会怎么样,会造成什么影响.你就乱动,你觉得这⾥有个瘤,把它切掉.所以你需要去了解这⼀切的⾛向,你才能真正的给对⽅提供⼀个有效的⽀持,我们都不说帮助,我们说⽀持.因为没有帮助这回事.只有你们去⾃⼰扮演,你⼼灵产⽣了帮助这个词.ok,他为了来让你看都你⼼⾥帮助的这个词,所以他变成了⼀个受害者的⾝份.你们俩就共同上演了帮助的戏码,明⽩吗?但是你却对他有⽀持.⽀持像什么?

You killed yourself and him as well. Does that mean you need the eye of wisdom? You must open your heart's eye, the eye of wisdom. From a higher perspective, you can see... just like when you're a doctor performing surgery. You don't know what organ or which blood vessel it's connected to; you have no idea how this will affect things if you move it around. So you just fumble around, thinking there might be a tumor and you cut it out. Therefore, you need to understand the flow of everything in order to genuinely provide effective support for the other person. We don't talk about help here; we say support because there is no such thing as help. It's like both of you playing this act together, understanding 'help'. Right, he pretends that you are trying to 'help' him by using that word in your mind, so he takes on the role of a victim. You two perform the 'help' scene together, but it is clear that you offer support to him instead. Support means...

像⼟壤对种⼦的⽀持,像阳光对花朵对植物的⼀种⽀持.这个是⽀持.你们做你⾃⼰,你们就在⽀持整个系统.没有任何⼈能够帮助任何⼈.帮助只是你在否定,就是你们⾃导⾃演.对⽅创造了⽆⼒感,你去加强他的⽆

Like soil supports a seed, like sunlight supports flowers and plants, this is support. You do yourselves, you are supporting the entire system. No one can help anyone. Help is just negation, it's self-direction. The other creates powerlessness, you go to strengthen his powerless state.

⼒感,明⽩吗? 所以你们唯⼀就是需要成为你们⾃⼰.⽽且你们存在的⽅式,你们内在已经有了.就像⼀颗种⼦它的轨迹已经包含在种⼦⾥⾯了.所以你只需要你⾃⼰开花结果,你就在⽀持整个存在.

Force感, understand? So what you need to do is to be yourselves. And the way you exist is already within you. Just like a seed whose trajectory is already contained in the seed itself. So all you need to do is bloom and bear fruit with just yourself, supporting the whole existence.

问: JO的意思就是我允许我⾃⼰绽放,然后我也允许他需要体验的课题,是这个意思吗?

Q: Does "JO" mean that I allow myself to blossom, and also allow him to experience his subject matter, is this the meaning?

JO: ⾸先只要在你⾝边的⼈,那你们就是有关联的.因为你可能又会到另外⼀个极端.你⾃⼰去吧,反正是你活该,这是你的课程,我不管.这就是另外⼀个极端.然后关于这个,我们带出来了很多信息,如果你真的想对这⽅⾯有更深层次的认识,那你可以通过去看前⾯的信息,其他⼈的信息,它都会不断不断地…… 这么说吧,你⾝上的绳⼦你⾝上的束缚它都好像是千丝万缕.它不是⼀根⼀下⼦就那个什么的.那通过每⼀次的接触,它都会给你拆掉拆掉,让你越来越轻松,越来越轻松,后⾯就越来越快,明⽩吗? 达到⼀个完全通透的⼀个状态.那你就不会再去继续创造这种幻像和继续沉浸在这种幻像当中了.所以其实外在的⼀切都是来投射出你⾃⼰有的.

JO: First of all, whoever is around you, that means you are connected. Because you might just go to the other extreme. You can do it yourself; it's your karma, and I don't care. That's another extreme. Then regarding this topic, we've brought up a lot of information. If you truly want to delve deeper into this subject, then you could explore through watching previous information and others' insights. These details would continuously emerge, like the threads on your body or the bindings around you, which are interconnected. They don't unravel all at once. Through each interaction, they gradually remove themselves, allowing you to feel increasingly lighter and more comfortable, progressing faster over time. Understandably, this leads to a fully permeable state where you won't continue creating these illusions or getting lost in them. So essentially, everything external is reflecting your internal self.

问: 我的使命是什么?

Question: What is my mission?

JO: 你稍等.这么说吧,我们连接到你曾经有些世做过像英雄⼀般的⼈物.就是你觉得我⼒⽓很强⼤,我能量很强⼤,然后帮你们.就像这种.然后你这⼀世再体验这个,就是好像你就是甩不掉.好像你⾝边都是残疾⼈,都来让你帮.你不是喜欢帮吗? 你不是⼒⽓⼤吗? 你不是英雄吗? ok,这些⼈全部要你来救,你来救啊.就这种感觉.这⼀世就是来平衡这个能量的.

JO: Wait a minute. Let me put it this way: We're linking you to someone from your past life who was somewhat heroic-like. You feel that I have great strength and energy, and then you want me to help you, just like this. Then in this life, you experience this again, as if you can't escape it. It feels like everyone around you has disabilities, all needing your help. Don't you like helping? Aren't you strong? Are you not a hero? Okay, everyone from this lifetime is dependent on you to save them, and you are the one who must do so. This feeling represents trying to balance that energy in this life.

问: 那我的那⼀世对这⼀世的影响特别⼤啊?

Question: Then, that lifetime has a particularly big impact on this one?

JO:就是这样的,就好像有⼀世是⼀个⽐较强⼤的像英雄般的⼈物.把什么责任都往⾃⼰⾝上扛、拦.就是也特别不能接受⼀些⽆⼒或者是软弱或者是没有⼒量的⼈吧.所以这⼀世会体验到很多⽐你没⽤的⼈在你⾝边,明⽩吗?这个就有⼀点像因果关系.为什么呢?在你根深蒂固⾥,你会觉得⼒量⼤、能量⼤是好的.⼒量弱是坏的.ok,那你觉得好,那你就继续品尝这个好了.那你就继续做你的,就不得不去做,甩不开,就不得不为他们负责.然后还会继续嫌弃,就是你们怎么就不能有⽤⼀点呢?然后再坚强这种体验过后,你才会发现所有的⼀切都源⾃于你⾃⼰固有的⼀个认知,就是对⼒量强⼤和⼒量弱⼩的⼀个认知和体验.

Just like that, in this life, there's someone who embodies a strong and heroic figure, shouldering all responsibilities. They can't stand the powerless, the weak, or those lacking strength. This experience will involve many individuals around you who are not as capable as you, making you understand it's somewhat related to cause and effect. Why is that? Deep within your roots, you might value strength and energy as positive attributes; weakness may be seen as negative. If you favor the former, then embrace more of this trait in yourself. You're compelled to act on behalf of others, unable to escape responsibility. Disappointment follows, wondering why you can't utilize their abilities better. After enduring periods of strength, you'll realize that everything stems from your inherent perception and experience with strength versus weakness.

就是你不会再去否定没⽤的⼈,你也不会再去夸⼤有强⼤能⼒的⼈.就把他们当成神⼀样崇拜,就觉得他们好厉害.然后嫌弃那些没⽤的⼈.因为你的这种分别⼼给你加深了……就继续来体验嘛.所以你体验的是你⾃⼰的分别⼼,我们说的是那个你.那当你不再有分别,当你知道每⼀个存有有⾃⼰的……ok,蚂蚁有蚂蚁的功能,⼤象有⼤象的功能.你这种状态就好像有点觉得⼤象才是厉害的,蚂蚁⼜⽔就可以把它淹死.就这种.然后就会产⽣这样⼦的体验.那当你去欣赏蚂蚁它有蚂蚁的强⼤.你想,所有的蚂蚁在⼀起,⼀堵墙、⼀棵树或者⼀座⼭,它可以全部给你废掉,对吧? ⼤象可能它做不到.

You wouldn't再去否定 the useless people anymore, and you wouldn't go on praising the exceptionally capable ones so much. You would worship them like gods, thinking they are incredibly powerful, then look down upon the useless individuals. This prejudice in your mind intensifies further... Just keep experiencing it. So, you're experiencing your own bias, we're talking about 'you'. When you stop having this bias, when you understand that each being has their own abilities... okay, an ant has its function, and an elephant has its. In this state, you might feel that the elephant is more impressive, while ants drowned by water are nothing. This kind of mentality leads to such experiences. Then, when you appreciate an ant's strength, you think about how all ants together could dismantle a wall, a tree, or a mountain, right? The elephant might not be able to do that.

⼤象这么⼤,可能你让它去把这棵树弄倒,尝试了⽆数次,我⼒⽓这么⼤,怎么弄不倒? 蚂蚁却可以让⼀棵⼏百年的树毁灭掉,对吧? 因为造物主不会去对⽐、分别.那如果当你不再升起这种对⽐分别,那你是不是就成造物主了? 你这⼀世就是来让你体验到分别带来的⼀些……问: 去除分别⼼……JO: 不是去除,只是认识⼀些东西.因为只要你看清楚过后,你就清楚了.你看不清楚,那就是看不清楚.

Elephants are so large that perhaps you could ask them to knock down a tree after trying thousands of times; my strength is great, but I can't do it? Yet ants can destroy trees hundreds of years old, right? Because the Creator doesn't compare or discriminate. So if you no longer raise these comparisons and distinctions, then aren't you becoming the Creator in this lifetime? You're here to experience what differences bring about... Q: Remove distinctions... JO: Not remove them, but just understand something. Once you see clearly, you'll understand. If you can't see clearly, it's because you can't see clearly.

问: 幸福是什么? 什么是真正的幸福?

Question: What is happiness? What is true happiness?

JO: 那就是没有分别⼼咯.你不会把苦难或者是挫折当成是不幸福了.对所有⼈⽽⾔,他们有分别⼼,他们就离开幸福了.他会去追求,但是这个不是你追求到的东西.你越是追求,你就是越离开它.它是你⾃⼰的存在状态.你⾃⼰在幸福的状态,没有任何⼈任何事可以把你变得不幸福.只有你⾃⼰离开了⾃⼰的状态.

That's because there's no difference in mind. You wouldn't consider suffering or setbacks as a lack of happiness. For everyone, their differences lead them away from happiness. They pursue it, but this isn't what you're chasing. The more you chase after it, the further you are from it. It's your own state of existence. When you're happy, no one or anything can make you unhappy. Only you yourself can leave your own state.

问: 我嫂⼦说现在孩⼦睡觉⿊⽩颠倒,不好好吃饭,光吃零⾷喝饮料,有时候还⼼慌.她对孩⼦的状态也很焦虑.

Q: My sister-in-law says that our child now has their days and nights mixed up; they're not eating properly but instead just snacking on junk food and drinking beverages. Sometimes they also feel anxious. She's very worried about her child's condition.

JO: ⾸先就是我们前⾯说你们是能量影响,就好像都在⼀张蜘蛛⽹上,对吧? 那我跟你讲就算孩⼦乖乖吃饭或者怎么样怎么样,就是她不⽤去担⼼这些问题.她还有其它问题担⼼呀.就是她还会担⼼孩⼦其它问题呢,还会有其它很多问题给她担⼼呢.因为她进⼊的就是焦虑和担⼼的频率⾥⾯呀.她就没办法.那就算是孩⼦很乖或者是按照她的意愿结婚⽣⼦了,那到时候还有其它问题.孩⼦很他⽼婆的关系不合怎么样怎么样.孩⼦经常跟孙⼦的关系不好怎么样怎么样.或者是孩⼦事业有成,我的孩⼦⼯作压⼒⼤,焦虑睡不着觉.因为你是在⼀个担⼼和焦虑的状态下,你就没有办法,哪怕不是因为这个事,也会因为那个事.不是因为这个⼈,就是因为那个⼈.

JO: Firstly, you're being affected by energy like we've been discussing earlier, kind of like being on a web, right? So I'll tell you that even if the child eats well or does whatever, she doesn't have to worry about these issues. She still has other problems to worry about, worries about other issues with her children, and there will be many more concerns for her. Because she's in the frequency of anxiety and worry, she can't help it. Even if the child is very well-behaved or marries as per her wishes, there will still be other issues. The child might have issues with his wife like not getting along, or he frequently has bad relationships with his grandchildren. Or perhaps the child's career is successful but I'm worried about my child being under huge work pressure, experiencing anxiety and insomnia. You're already in a state of worry and anxiety, so you can't help it; even if it's not because of this thing, it will be because of something else. It isn't just one person causing concern, but another as well.

因为她需要⼀个地⽅给她投射出来.所以最根本的就是你在焦虑的状态,你就没有办法不体验焦虑.只是事件不⼀样.所以单独处理事件有⽤吗? 我们刚刚说你在幸福的状态,没有谁能影响你不幸福.因为你的幸福是你⾃⼰的状态,它不取决于外在的是世界.你如果是依靠外在的事件让你的内在达到幸福的话,那你就不是幸福的状态呀.那你是在看在对⽐,那你就是在那样的房间⾥⾯.所以她⾃⼰处在那样⼦焦虑或者是担⼼的频率,她就没有办法.哪怕不是通过孩⼦,也会通过她⾃⾝,任何.为什么呢? 因为你们的频率,你们的状态必须有⼀个反射的东西回到你们这⾥来.

Because she needs a place to project it. So fundamentally, you can't avoid experiencing anxiety when you're in that state of anxiety. It's just the events are different. So is there any use in dealing with individual events? We just said when you're in a happy state, no one can make you unhappy because your happiness is your own state, not dependent on the world outside. If you rely on external events to reach happiness within yourself, then you're not in a state of happiness. Then you're comparing and that's where she's at in the room. So if she's already in that anxiety or worry frequency, there's no escape. It doesn't matter if it's not through a child; it'll be through herself or anything else. Why? Because your frequencies, your states must have something reflected back to you here.

问: 那她如何离开焦虑的状态呢?

Question: How does she then leave her state of anxiety?

JO: 她有智慧吗? 她有⼀双看的清楚的眼睛吗? 有吗? 那她愿意去学习智慧吗? 去通过这个事情去增长她的智慧吗?

JO: Does she have wisdom? Does she have eyes that can see clearly? If so, would she be willing to learn wisdom and grow her wisdom through this matter?

问: 那她就跟随JO信息去增长⾃⼰的智慧,然后就会从那个状态⾥脱离出来?

Q: So she follows the JO information to cultivate her wisdom and then will be freed from that state?

JO: 如果她有这个意愿,她的路就会⾃动的展开了.所以她有她的⽅式.但是她有没有这个意愿? 因为当你有这个意愿,你就好像在散发⼀个频率.那个频率就会把跟这个有关的吸引到你的⾯前来,就是这个路就会展开.

JO: If she has this intention, her path will naturally unfold. So she has her way. But does she have this intention? Because when you have this intention, you are emitting a frequency. That frequency attracts what is related to it towards you, so the path unfolds.

第三个⼈:问:我经常对家⾥的⼈说不要这样做,不要那样做.要是有时候别⼈没听我的,我就会⽣⽓.我这种是要改变别⼈的状态吗? 还是有什么信念系统在⾥⾯?

Third person: Q: I often tell my family members not to do this or that. If others don't listen to me sometimes, I get angry. Is this about changing other people's state? Or is there a belief system involved?

JO:你体验的只是你⾃⼰⽬前的⼀个能量、认知和频率,就是你现在就是这个⽔平的⼈.你现在是个初中的学历,对吧?那你也只能体验初中学历的所有的⼀切,那种头脑的运作⽅式.那你不断不断地学习,然后变成硕⼠⽣呢?明⽩吗?因为你们忽略了⼀个事情就是你们其实是⼀个意识频率呀.你是⼀个频率的状态呀.你是⼀个意识体呀.你这个意识体的程度,我们说就是初中⽔准,那你只能投射出你这个⽔准中做出来的⼀些⾏为了,明⽩吗?那你这个⽔准它要么就是⽐如说在他眼⾥他很相信⾃⼰的头脑,觉得⾃⼰的头脑……就是他很相信⾃⼰的头脑,他看不到别⼈的,⾃⼰的才是对的.那你的意识⽔准就停留在那个地⽅了.

JO: You are experiencing only your current level of energy, cognition, and frequency; you are just the person you are right now at this point in time. Currently, you have a high school education, correct? Thus, you can only experience all aspects of life that align with someone who has a high school education, including how their mind operates. If you were to continuously learn and become a graduate student, would you understand? The reason is that you overlooked the fact that you are actually an awareness frequency; you are in a state of being that resonates at this frequency. You are an entity of consciousness, and your level of consciousness can only manifest actions within its capacity. It's as if he firmly believes in his own intellect, assuming that his thoughts are the right ones while being oblivious to others'. This is where his level of awareness stays.

所以你只是从⾏为上去阻⽌,就是我不要这样,我要变得那个什么⼀点,我要放⼿.没有⽤的.为什么?你⼼⾥会积压更多的愤怒.你看吧,我上次就想说你了,我上次没说.我已经忍了你很多次了,我已经忍了你很多遍了.它还是会爆发出来的.那真正的转变是什么?你⼼⾥不会产⽣任何这些.那需要怎么样才能达到呢?你的意识程度要提⾼啊.所以说如果单独只是从表⾯,就是我们告诉你你看开点啊,或者是去关注不同的地⽅.你的频率没变的话,它只会是像那种积压积累.这个会爆发的更加的……但是你们在成长.你有可能不会去处理⼀些事情,但是你觉得你好像看什么事情都看开了.为什么?因为你的意识不断不断地在成长在扩展.

So you just try to stop through actions - I don't want it this way; I want to be a bit more that something else; I need to let go. It's not going to work. Why? Because your inner anger will build up even more. See, I wanted to tell you last time but didn't. I've already tolerated you many times, and each time you were at fault. The anger will still bubble over sooner or later. What is the true transformation? Your inner feelings don't produce anything like that. How can this be achieved? You need to raise your level of awareness. So if we just tell you to 'look beyond' things superficially, or ask you to focus on different aspects - without changing your frequency, it will only accumulate further until it explodes in an even more intense manner. But you're growing. You might not handle certain situations at all times, but you feel like you can see everything clearly now. Why? Because your consciousness is constantly expanding and advancing.

虽然你没有刻意的去处理什么事情,但是你就是看什么都顺眼了.那是因为你的意识形态在变化.

Although you didn't intentionally deal with anything, everything just seemed fine to you. That's because your ideological perspective is changing.

问: 这⾥有没有什么信念是我想去改变外在让⾃⼰变得很舒服?

Question: Is there any belief here that I want to change in order to make my external environment very comfortable?

JO: 这么说吧,你三四岁的时候,你就是不喜欢别⼈跟你分享玩具,我就不要.我就愤怒,我就⽓愤.别⼈玩我的玩具,我就哭.那你到了四⼗岁呢? 别⼈玩你的玩具,啊,你拿去吧,我早就不玩了.所以它会随着你智慧的增长,意识的转变,因为你们没有办法…… 因为你们以前有⼀些观念,⽐如说裹脚.那你没有刻意的不去裹脚呀,对吧?那为什么你们现在都不裹了呢?很多这种旧有的观念观点呀.它都会随着你们整个集体意识的提升和转变,然后不再去需要它了.所以你这个⼈也是,她会随着你不断不断地接触我们的信息,不断地去,就是你的意识的⼀种扩展、提升,你⾝上很多东西都会……那个⼈已经不见了呀.就是你的这个⼈是你的意识频率结的果.

JO: Let me put it this way, when you were three or four years old and didn't like sharing toys with others, I wouldn't let that happen. I would be angry and frustrated. If someone played with my toy, I would cry. But what about when you're forty? If someone plays with your toy now, oh, take it, I no longer play with those things. As such, it changes with the growth of your wisdom and shift in consciousness. You can't help but change due to the old views that were once held. For example, there was a time when footbinding occurred, yet you didn't actively try not to undergo it, did you? Yet now why do you no longer have to deal with this issue anymore? Many of those outdated concepts and viewpoints will evolve as your collective consciousness rises and transforms, and they become unnecessary. Therefore, each person involved would also see themselves changing over time as they continuously interact with our information, which expands their awareness and understanding, resulting in a transformation of various aspects of who they are. This individual's identity is a manifestation of their consciousness frequency.

你转变了过后,你的果也必须得变啊.

After you change, your fruit must also change.

问: 如何看待母亲对孩⼦⽆条件的爱? 看新闻有母亲⽆条件的爱孩⼦,结果孩⼦被宠坏,还打母亲.我的孩⼦的要求很多,我是⽆条件的去满⾜他……JO:这么说吧,你们都在把⼀个⼈当成⼀个个体来看,⽽不当成⼀个整体来看.⾸先他是你们集体意识的⼀个产物.你这个母亲没有办法,那也是你们这个村庄这个地⽅的⼀个认知啊.你们的⽔准就这样啊,她没有办法呀,明⽩吗?就是⽆论是母亲也好,还是孩⼦也好,都是你们集体意识到⼀个产物.它不是单独的⼀个存在,它只是你们的⼀个反射体.反射出你们⽬前集体意识的⼀个状态⽽已.那如果你只是单纯的指责这个母亲不作为或者是这个孩⼦或者怎么样,那你就错过了你们去学习和成长的机会了.

Q: How should one view the unconditional love of a mother for her child? News reports show cases where mothers' unconditional love leads to children being spoiled and even attacking their mothers. My child has many demands, and I fulfill them unconditionally... JO: Let me put it this way; you are all looking at this as an individual act instead of considering the whole context. First, he is a product of your collective consciousness. As a mother, she has no choice, and that's also the recognition in your village or community. It stands at this level, and there's nothing she can do about it. Understand? Whether it's the mother or the child, they are both products of your collective consciousness. They don't exist independently; they're merely reflections of yourselves. This reflects the current state of your collective consciousness. If you were to solely criticize the mother for not acting appropriately or blaming the child, etc., you'd miss out on learning and growing opportunities.

你们会继续去把责任归到个体上⾯去.但是他们只是像⼀个⼯具⼀样来映射出你们⼈类集体意识的⼀个状态和⼀个认知.但是我们却可以去通过他们投射出来的这个画⾯,然后去做你⾃⼰内在的…… 因为要么给你产

You will continue to attribute responsibility to individuals. But they merely reflect the state and cognition of your collective human consciousness like a tool. Yet we can use the picture they project to explore your inner self, because either way it will reveal something about you.

⽣恐惧,觉得我要这样对待孩⼦,我会怎样.要么给你产⽣评判,觉得这个母亲怎么样怎么样.但是你不需要有恐惧,你也不需要有评判.你只是知道,ok,这只是我们所在的位置.就好像我知道我现在⾛到哪⾥了.就好像你知道通过这个镜⼦,你看到你脸上的脏东西.仅此⽽已.物质世界的所有东西,它给你提供这个反射.通过这个反射,你可以去成为那个创造者,成为那个转变者.因为你拥有⼒量.那如果你⼀开始评判或者是⼀开始归责、指责的话,那你就失去了可以去转变它和创造它的那个什么.

Feel the fear, and wonder how I would treat a child like this, if that's what I were to do. Either you generate judgment about myself, thinking how bad of a mother I am or whatever. But you don't need to feel fear; nor do you need to make judgments. You just understand that, okay, this is where we are standing now. Like when you know exactly where you have walked to in your mind's eye. Like when you recognize through the mirror the dirt on your face. That's all. All things in the material world provide you with a reflection. Through this reflection, you can become the creator and the transformer. Because you possess the power. But if you start by judging or blaming from the onset, then you lose the ability to transform it and create anew.

问: 我理解你说的它是⼀个反射.但是在现实⽣活中我带孩⼦,我要接送、陪他做作业洗漱还有做饭这些,我就会很累.但是有时候我会觉得我要⽆条件的爱他.但是我觉得⾃⼰⾝⼼好像有点跟不上,就会发脾⽓.然后⼤家就冲突了.

Question: I understand that you mentioned it's like a reflection. However, in real life, when I'm taking care of my child and doing things such as picking them up from school, helping with homework, bathing, and cooking for him, it can be exhausting. Sometimes, I feel the need to love him unconditionally. But I sometimes find myself struggling both physically and mentally, which leads me to lose my temper. This results in conflicts with others.

JO: 那这也是你们集体的⼀个课程.为什么呢? 你看到以前的原始社会,他们都会共同的去做,⽐如说共同去打猎、共同分享⾷物、共同抚养孩⼦,就做这种事情.但是你们现在越来越分开了,就是我是我,你是你.就很少去共同.因为你想,如果你⼀起照顾三个孩⼦,你会很轻的,他们会⼀起玩.但是你也帮助了他们俩个⽗母去承担了他们的⼀些责任,让他们也可以有机会放松⼀下.如果你们轮流这样⼦呢? 明⽩吗? 所以通过这些你就知道,你们要把⼈与⼈之间连接起来.就⽐如说今天我来照顾三个孩⼦,给三个孩⼦做饭.那明天你来.那这样你们每⼈是不是会多出两天时间全部是你⾃⼰的? 所以运⽤你的智慧或者想象⼒或者任何去调⽤去解决.

That's also a course for all of you as a group. Why is that so? You see, in the past among primitive societies, they would always work together, like going hunting together, sharing food, and raising children collectively. But now, people are increasingly individualistic, thinking "I am me, you are you," leading to less collective effort. If we take turns looking after three kids each, one day I look after them, cook for them, the next day you do it, wouldn't that give each of us two extra days where we have all our time to ourselves? Use your wisdom, imagination, or any other way possible to find a solution.

⽽且这样⼦还把你们关系拉拢了.你可以⾃⼰先主动提出来我帮你接孩⼦,我帮你给孩⼦做饭,我帮你照顾孩⼦,你好⾟苦.因为你⾃⼰作为母亲,你体验到他们的⾟苦,你帮他们承担.帮他们承担,然后你把他们的格局也打开了.哎呀,你上次帮我,那我也帮你.对不对?

And this way, it also tightens your relationship. You can initiate and offer to help me with picking up the kids, cooking for them, taking care of them; you've been through this hard time yourself as a mother, experiencing their struggles firsthand. By helping them out, you're easing some of the burden they carry. Helping them opens up their perspective. Oh, you helped me last time; I'll help you too, right?

问: 那怎么理解对孩⼦的溺爱和⽆条件的爱呢?

Question: How should we understand indulgence and unconditional love for children?

JO: ⾸先你们⼈类才会去分别又是这个爱,又是那个爱.什么溺爱,什么⽆条件的爱,什么有原则的爱,没有! 你只有两种状态,⼀种是你离开了你的状态,你⼀种是你没有离开.仅此⽽已.你离开了你的状态的话,那你就不是爱了.那你就会进⼊到什么? 进⼊到限制.你头脑⾥⾯永远是限制.什么限制呢? 我看到别⼈家做了这件事情好,我就做.我看到别⼈家做了这件事情不好,我就不做.这个事情是好的,我就做.那个事情是不好的,我就不做.你永远都在头脑⾥⾯,它永远都是限制,明⽩吗? 然后你要么就是在你爱的状态.在你爱的状态,⾸先它不会有问题.为什么呢? 因为你爱的状态的能量不会投射出问题来.因为你是爱呀.

JO: Firstly, you humans differentiate between love here and there;溺爱, unconditional love, principled love - no! There are only two states: one where you're not in your state, or one where you are. That's it. If you're not in your state, then you're not loving. So, what do you enter into? You enter into restriction. Your mind is always restricted. What kind of restriction? I see someone doing something well, and I do the same. I see someone doing something poorly, so I don't do it. This thing is good, so I do it. That thing is bad, so I don't do it. You are forever in your mind, it's always restricted. Do you understand? Then either you're in your love state. In the love state, there's no issue because the energy of loving doesn't project a problem since you are love itself.

爱投射出来的⼀切都是和谐的.

All that love projects is harmonious.

问: 那我就接受孩⼦⼀切的⾏为?

Q: So, I accept all of my child's behaviors?

JO: 那你就进⼊了头脑呀.你离开了爱的状态,它会有⼀些什么⾏为,明⽩吗? 你会觉得我要是进⼊爱的状态,事件还是会同样的发⽣.NO.你在不同的level,你在不同的维度投射出不同的东西,完全不⼀样的.就是在你的爱的世界⾥⾯,在这样的状态⾥⾯,它不会发⽣这样的事.你担⼼发⽣这样的事,你就离开了这样的状态.这就是为什么你会体验到这种,明⽩吗? 你们都在不同的地球,这是两个房间的事.有房间A和房间B.所以这是你们头脑⾥⾯才会觉得有这么多的问题才会处理.当你进⼊到爱的状态,你本⾝的状态,所有的⼀切它都会⾃动运⾏.

JO: You've entered the mind realm then. You're out of the state of love, do you understand? If you were in that state of love, events would unfold differently. No, you are on different levels, projecting different things into different dimensions; it's entirely different. It wouldn't happen like this within your world of love and such a state. Worrying about these occurrences is what takes you out of that state. That's why you experience this, do you understand? You're in separate worlds, this is room business. There are Rooms A and B. So, there are so many issues to handle within your mind realm because you enter these states when you're in love, and everything runs smoothly for you then.

问: 那我没有满⾜孩⼦的⼀些要求的话,他就会跟我抵触.

If I don't meet some of his demands, he will resist me.

JO: 可能孩⼦就是因为你的能量,他感受到浮躁.所以他就: 我要吃巧克⼒.因为巧克⼒会给他带来⼀些愉快的感受啊.或者我要吃冰激凌或者任何.为什么呢? 因为他没有在爱的频率⾥⾯,他才会有那么多想要去把问题给解决了.⽐如说我很烦躁,我要看电视.我要逃避,我要躲避,我要玩游戏.这样可以躲避嘛,就屏蔽了这个能量了,对吧?

JO: Maybe the child is experiencing restlessness due to your energy. So he says: I want chocolate. Because chocolate brings him some sense of pleasure or happiness. Or maybe ice cream or anything else. Why? Because when he's not in the frequency of love, that's why he has so many desires to solve problems like I'm annoyed, let me watch TV. I want to escape, I want to hide, I want to play games. Can this help him avoid or shield this energy, right?

问: 那⽐如说我叫孩⼦顺⼿帮我拿个被⼦啊,他就说我不,就跑掉了.我就⼀下很⽣⽓,觉得都不帮我⼀下.我这是⼀下进⼊头脑了吗?

Q: For example, if I ask my child to bring me a quilt, they say no and run away. I get very angry, thinking they never help at all. Have I just had this thought suddenly?

JO: 你说呢? 所以你⾃⼰可以去…… 周围的⼀切都是你的镜⼦,它都会反射出你所有的能量状态.⾸先你体验这种离开爱的状态,它也会是在……就⽐如说你就是因为经常处于这种状态,所以你才会有找我们的冲动,明⽩吗?那你怎么知道就是因为这些,你才把这些智慧带出来了,明⽩吗?你可能这⼀辈⼦都要经历这些痛苦、这些⿇烦、这些挫折.然后你就不断地去找寻,挖挖挖,挖了好多智慧出来,那就是给后⼈的.这就是你的⼈⽣使命了,明⽩吗?所以你体验的⼀切哪怕就是⼀个离开爱的状态或者是各种烦恼,它也在服务着众⽣.因为如果没有这些东西的话,你可能就不会跑来找我们挖挖挖.那也带不出来这些东西,那也不能去唤醒你们整个⼈类.

JO: What do you think? So you can go and experience everything around you… Everything in your surroundings is like a mirror reflecting all of your energy states. You first experience this state of disconnection from love, which would be similar to how often you find yourself in that state, leading to the urge to come and seek our guidance, right? How do you know that these experiences are what have led you to bring forth this wisdom, understanding them as a result of these struggles throughout your life? You might endure this pain, frustration, and setbacks for an entire lifetime. And through endless searching and digging within, you uncover wisdom that is meant for future generations. This is the purpose of your existence. Do you understand that even experiences like disconnection from love or various troubles are serving众生's well-being in some way? If there were no such challenges, you might not have sought us out to discover this knowledge. Nor would these insights emerge, nor could you awaken humanity as a whole.

所以说⽆论怎么样你都在⽀持着整体.所以它不是只是以这种⽅式的存在.

So in any case, you're supporting the whole. So it's not just existing in this manner.

问: 我有时候经常做梦经常梦到在⼿机上翻电话找⼈翻不出来,⼼⾥就很堵.

Question: Sometimes I often dream that I'm trying to find someone in my phone directory on my cellphone but can't, and it feels really frustrating.

JO:你稍等.因为这就好像是你们集体意识的⼀种状态.这个状态来让你们知道实际上你们都是连接在⼀起的.就是你们都是连接成⼀体的.所以你会体现出你总是想要去,就是这种,就找连接吧.你们并不是分开的.所以说去增强你与他⼈之间的⼀种连接感,⽽不是排斥感.但是你们需要放下头脑更多的去创造相,就是给所有事情负⾯定义或者是创造对⽴创造相.为什么呢? 因为当你带着你的头脑去进⼊你的关系的时候,你会创造更多的果,不好的体验.那更加会让你们对关系有⼀种排斥了.所以说放下你的头脑,去静静的连接,去产⽣关系.

JO: Wait a moment. This is akin to your collective consciousness state, which lets you know that you are all connected. You are one body. So you will always be seeking connection, and you're not separate from each other. Therefore, amplify your sense of connection with others instead of repulsion. However, you need to let go of the mind more to create a unified image—assigning negative definitions to everything or creating opposition and imagery. Why? Because when you bring your mind into your relationships, you create more outcomes that are not good for you, which will further amplify your aversion towards relationships. Hence, put down your mind, connect silently, and generate relationships.

问: 我的指导灵有什么话?

Q: What does my guiding spirit have to say?

JO: 去欣赏你⽣命中每⼀个⽚刻的美,⽽不是看到它让你闹⼼或者是烦躁的部分.然后那些部分是来⾃于你内在本⾝就⽐较闹⼼和烦躁,⽽不是说事件本⾝,就是事情本来的样⼦.所以多看⼀些⽐如说他⼈很乐观的去⾯对⽣活中的⼀切的这种电影啊,就⽐如说喜剧啊.他们就是把所有那种严肃的事情或者是⽐较boring⽆聊的事情,他们都把它化解成⼀个笑话,就是让你的能量更轻松⼀点.越轻松,你越是活的,你越是能创造.因为我们感受到你的能量是紧张的,是很严肃的.就什么事情都变得很严肃,什么事情都不能轻松.

JO: Appreciate the beauty in every moment of your life instead of focusing on what frustrates or annoys you. The parts that bother you are more likely to stem from internal feelings of frustration and annoyance rather than being inherent aspects of the events themselves. Therefore, it's beneficial to watch movies where people approach life with optimism. For example, comedies can transform serious situations or mundane activities into humorous anecdotes, lightening your energy. The more relaxed you feel, the more you live your life and create. Our perception of your energy is that it's tense and serious, turning everything into a matter of concern and preventing ease in any situation.

问: 我这么严肃是因为有什么信念在⾥⾯,还是看事物太单⼀?

Question: Am I being so serious because of some belief within me, or am I perceiving things too monolithically?

JO: 你稍等.⾸先我们连接到你的孩⼦对你是⼀种调节,他并不是来给你闹⼼的.但是他就是⼀种跟你相反吧.就是你⽐较严肃认真的话,他可能就有点调⽪、不严肃.那他实际上是来让你变活的.就⽐如说你这个泥太硬了,那他就是来让你的泥变得松软,变得更加有可塑性,变得柔软起来.所以他对你来说,你可能会从能量层⾯感受到⼀种对你的抵触,就是⽼是碰到你,让你产⽣不适.但是实际上他就是来松动你的⼟的.你的⼟太硬太紧了.那松动的时候,你肯定会感受到不适,对吧? 就是离开了你本来的样⼦,你本来是没感觉的.那他⼀松动你,你就啊,就好像⼀碰到你,你就炸了的那种感觉.

JO: Wait a minute. First of all, connecting with your child is a form of regulation for you; he's not there to cause trouble. However, he's kind of opposite from you. If you're more serious and strict, he might be playful and not take things seriously. But in reality, he's coming to make you livelier. For instance, if your clay is too hard, he comes to soften it and enhance its moldability, making it softer. So for you, you might feel resistance on an energetic level, always bumping into you and causing discomfort. However, he's actually there to loosen up the ground; it's too hard and tight. When it gets loosened, you'll definitely feel uncomfortable, right? You were originally in your own way without feeling anything. Once he starts loosening things up, you feel like being touched everywhere, leading to an explosive sensation.

问: 那我就多像孩⼦学习?

Question: So, I should learn more like a child?

JO: 你⾃⼰多⾃娱⾃乐吧.因为你越是⾃娱⾃乐,你越是能进⼊到⼀种轻松愉快的状态.或者是多笑,多看相声,多看那些喜剧演员的表演,就是越轻松越好.越像个孩⼦⼀样,那你的能量就会慢慢慢慢跟他同频.同频的话,你就不会产⽣那么多的不适感.所以他在你⽣命中是⼀个⾮常好的存在.然后不需要把⼈⽣过的那么严肃那么痛苦.就⽐如说太⾟苦了就别做饭了,跟孩⼦两个⼈在外⾯吃⼀点.就是放过⾃⼰.因为最重要的是快乐.孩⼦不会记得你曾经花了多长时间给他做了⼀顿多么营养的饭.但是他能记住你跟他⼀起开开⼼⼼的在天桥下啃⾯包.因为你没有各种呵斥他,要怎么那样,就是我做饭这么⾟苦怎样怎样,就是逼迫他.

JO: Enjoy your self-amusement more. Because the more you indulge in self-entertainment, the more you can enter into a relaxed and cheerful state. Or laugh more, watch more crosstalk performances, and engage with comedians' acts – aim for lightness. The more like a child you are, the closer your energy will align with theirs. When aligned, you won't experience as many discomforts. So he is very beneficial in your life. There's no need to live such a serious and painful life. For example, if it's too hard, don't cook; just eat out together with the child somewhere outside. Let yourself off easy because the most important thing is happiness. A kid wouldn't remember how long you spent preparing an elaborate meal full of nutrients for them. But they'll remember eating bread at a skybridge happily alongside you without any yelling or pressure about what he should do, like how hard it was to cook or forcing him into doing things.

问: 我这个严肃的话是没有信念系统在⾥⾯吗?

Question: Is my serious statement lacking a belief system?

JO:这个不是什么信念系统.你⾸先来到这个物质世界,你多多少少都会受到这个物质世界很⼤的影响.然后这是你们集体意识的功课.你们都把⽣命看的太严肃.有时候你们太严肃,有时候你们太不严肃.就⽐如说没有尊重你们的⽣命,没有尊重每⼀个⽣命.那就是太不严肃,对吧?但是去把每⼀个⼩事情按部就班,⼀定要去考试,⼀定要去拿学历.没有的.你们不需要学历的.你们唯⼀需要的就是成为你们⾃⼰.为什么?你们需要的最珍贵最宝贵的东西已经在你这颗种⼦⾥⾯了.它已经包含了.哪怕你会遇到的挑战,它已经有了解决它的⽅案了,明⽩吗?所以你只是来把它展开⽽已,它⾥⾯所有东西,剧情什么的都已经编好了,明⽩吗?

JO: This isn't a belief system. When you first come into this physical world, you're going to be influenced by it in some way or another. And then it's your collective consciousness' work that you take life too seriously at times and don't take life seriously enough at other times. Like not respecting your own life, not respecting every life. That's not taking it seriously, right? But going through all the small things methodically, always having to have an exam, always needing a degree - no need for that. What you really need is just to be yourselves. Why? The most valuable thing you need is already contained within this seed of yourself. It already has everything. Even if you encounter challenges, it already has its own solution, do you understand? So you're only coming here to unfold it; all the elements inside are pre-programmed, do you get it?

所以不要让物质世界的那些东西太过压迫你们.因为这样⼦的话,它会影响⼀朵花真正的绽放和能够全然的绽放的.

So don't let the material things of this world oppress you too much because that would affect how a flower truly blooms and fully expresses itself.

第四个⼈:问: 我总是感觉⾃⼰很累,不知道⾃⼰到底要什么.要像别⼈⼀样活的简单,我有不安⼼.要像别⼈⼀样活的精进的话,我又不想这样……JO: 你们都进⼊了头脑,头脑⾥⾯没有出路的.你就会发现你所说的这些都是⽭盾的.它都是来⾃于你头脑的.你就算现在暂时没有⽭盾,你觉得都挺好.⽭盾还是会出现的.因为什么? 因为头脑去各种定义、各种对⽐、各种评判.那⾥⼀定是没有出路的.为什么呢? 就像我们⼀直在说⾸先你并不知道别⼈的灵魂主题.那他有可能⼀直是在疾病当中,⼀直是在痛苦当中.但是你不知道他把浙西疾病和痛苦转化成什么,明⽩吗?

For the fourth person:

Question: I always feel exhausted and uncertain about what I truly want. I struggle with wanting a simpler life like others do but feel restless, and when I aspire to make steady progress like others, I don't want that either...

JO: You've all fallen into your minds, where there is no escape. You'll find these contradictions are inherent in your thoughts. They stem from your mind. Even if you currently lack clear contradictions, thinking it's all fine doesn't mean they won't arise again. Why? Because your mind categorizes, compares, and judges everything. There is no way out there because we don't know others' soul themes. They might be stuck in illness or suffering, but without knowing how they transform their conditions from adversity to resilience, it's hard to fully understand their journey.

转化成内在的慈悲,转化成他强⼤的意志⼒,转化成对⽣命⽆论发⽣什么都感恩,你不知道的.所以你们都在⽤你们⾃⼰的⾃以为是来去给他⼈贴上标签,但是这些都是你的⾃以为是.⽣命不是以这样的⽅式展开的,但是你却可以去通过所有这些你产⽣的情绪、反应这些东西来看清楚你⾃⼰.你⾃

Transform into inner compassion, transform into his strong willpower, and cultivate gratitude for whatever happens in life, which you don't understand. So you all use your own assumptions to label others, but these are just your assumptions. Life does not unfold in this manner, yet you can still see yourself clearly through the emotions and reactions you generate. You

⼰⽬前的⼀个状态,你觉得怎么都没出路.最后才通过我们的信息发现原来出路不是在头脑⾥,明⽩吗? 因为你们会把头脑当成是你.因为你们依赖头脑去做任何事情,就是刚才说的⾃以为是,理所当然嘛.但是你却发现你的⾃以为是并不能把你带到彼岸,并不能把你带到⼼平⽓和或者是幸福这种圆满的状态.但是这些体验对你们来说也是好的.为什么呢?它就还是会把你推向对⽣命的⼀个探索,然后智慧这条路上.你就算知道你想要什么,我想要⼀个爱⼈,我想要⼀个家庭,我想要⼀个公司.ok,都给你.你真的觉得那就是你的出路了?你就能幸福了?你就能安稳了?不会的.你去看看那些知道他们⾃⼰想要什么,也得到了他们想要的东西的⼈.

You've reached a point where you feel there's no way out. Eventually, through our information, you discover that the solution isn't within your mind. Understand? Because you tend to treat your mind as yourself, relying on it for everything. Just like when we talked about taking things for granted and being self-assured. But then you realize that this self-assuredness doesn't lead you to peace or happiness, those states of fulfillment. Yet, these experiences are still beneficial for you. Why? They push you towards exploring life, the path of wisdom. Even if you know what you want—a loved one, a family, a company—yes, all given to you. Do you really think this is your solution? Can you find happiness and stability through this? No, it won't work like that. Look at those who know exactly what they want and have achieved their desires.

你问问他们,明⽩吗?

Ask them, do you understand?

问: 我不知道⾃⼰想要什么……JO: 我们只是告诉你就算你知道了,它也是幻像.你还是在幻像⾥⾯.就是给你拉长⼀点.我现在好有激情啊,因为我明⽩我想要⼲什么,然后也得到⾃⼰想要的.然后呢? 又垂头丧⽓了.我那个公司真的是折磨的我每天都睡不好觉.我那个⽼婆弄得我怎样怎样.我的孩⼦弄得我怎样怎样…… 明⽩吗? 你们还是在⾥⾯.你就在⾥⾯.就算你知道想要什么,但是那⾥不是出路,明⽩吗? 因为你们的⽣命不是来这⾥要什么,但是你会觉得你这个⼈这个⽣命需要些什么.

Question: I don't know what I want...

JO: We're just telling you that even if you knew it, it's still an illusion. You're still within the illusion. It's just being stretched out for a bit longer. Right now, I'm full of passion because I understand exactly what I want to do and then also get what I want. And then what? Back down again. My company is really tormenting me so much that I can't sleep well every day. My wife has done this to me... my children have done this to me... Do you see? You're still within it. You are within it. Even if you know what you want, but there's no exit from there, do you understand? Because your life isn't about coming here to get something, but you'll feel that as a person, you need something in your life.

问: 那我们的⽣命是来⼲什么的?

The purpose of our lives?

JO: 彰显! 就是通过⽣命来彰显,通过⽣命来呈现.通过你独⼀⽆⼆的来彰显.问: 那彰显什么呢?

JO: Manifestation! It's through life, through your existence. Through the unique you. Question: What is being manifested?

JO: ok,那你说这朵花盛开,它要什么? 它就是在体验⽣命的整个过程,然后彰显它是⼀朵花,明⽩吗?

JO: Alright, so what does this flower need when it blooms? It's experiencing the entire life cycle and then showcasing itself as a flower, got it?

问: 灵魂主题是使命吗?

Question: Is the theme of a soul missions?

JO: 灵魂主题是关于…… ⾸先你们并不是这⼀⽣,你们有很多⽣很多世.然后这⼀⽣,就像我们前⾯说的,他可能有些世体验到⼤象才是好的,蚂蚁不好.那他有了这个分别⼼过后,他又继续回到物质世界来体验这个.⼤象好吗? 蚂蚁不好吗? 就来体验这个.那当他体验过后,发现不能有这个分别⼼.分别⼼就是所有的这些东西都会再让我去体验对⽴⾯.就是⾃⼰打⾃⼰的脸嘛.就是你对⼀些东西你对它还有评判,还有声⾳,你还没理解,还有那个什么产⽣的时候,你就需要来到这⾥,直到你不再产⽣任何.你不再产⽣这些东西,你就是另外⼀种状态了.那种状态,那你就是另外的存有了.你可能就会体验其它的了.那你可能会成为像⼀个指导灵⼀般.

JO: The theme of the soul is about... First, you are not this lifetime; you have many lives and lifetimes. Then, this lifetime, as we've discussed before, he might experience that it's good to be an elephant in some worlds, ants being bad. After developing a discernment towards that, he returns to the material world to experience this again. Is it good to be an elephant? Are ants not okay? He experiences this, only to discover that there cannot be such discrimination. Discrimination means all these things will make him experience the opposite sides. It's like hitting oneself in the face. You judge and comment on some things without understanding them; you have judgments and sounds that haven't been formed until you reach a state where nothing is produced anymore. Once you don't produce anything, you are in another state. That state means you are a different being. Then, you might experience other things. You could potentially become like a guiding spirit.

像这种体验你便不需要了.为什么呢? 因为你已经是了.你不需要通过这些体验来明⽩⼀些东西了.你可能去教会或者是引领、教导其他那些还没有明⽩去体验的东西,就是那些存有.你可能就变成指导灵了,像⽼师⼀样.

You wouldn't need such an experience anymore. Why not? Because you already are. You don't need these experiences to understand something. You might go to the church or lead, teach others about things they haven't experienced yet - those existences. You might become a guiding spirit, like a teacher.

问: 我感觉到我⼀⽤脑思考,我的脑门就胀疼.

Question: I feel that when I use my brain to think, my forehead becomes sore.

JO: 它也在提醒你,它也在告诉你.

JO: It's also reminding you, and it's also telling you.

问: 我的灵魂主题是什么呢? 我叫XXX.72年.

Question: What is the theme of my soul? I am XXX. Born in 1972.

JO: 你稍等.你这⼀世的灵魂主题我们感受到,这么说吧,你就是有⼀种要脱离物质的那种.就是你会感受到好像物质层⾯的⼀些东西就好像没什么意思了.就各种东西你对它意思都不⼤了.你这⼀⽣就是⽤来转变的,就是从物质层⾯转变到⼼灵、灵性这种层⾯.所以如果没有转向灵性世界的话,你会越来越觉得⽣命没意思.所以它必须要转化.就是从外在的相,就是这棵树你能从外⾯看到再转到根部去.就这棵树的枝叶、叶⼦你都已经看透了,它已经不吸引你了.所以你需要研究根部了.所以只有你转向根部过后,转向对⽣命的探索,转向灵性层⾯、精神层⾯,你才会再感受到愉悦喜悦.

JO: Wait a moment. The soul theme of this lifetime that we sense is this - you have an inclination to transcend the material world. You feel as if things on the physical plane are losing their meaning; they don't interest you anymore. This lifetime is for transformation, from the material realm to spiritual or mental realms. Without turning towards the spiritual world, life becomes increasingly meaningless to you, so it needs to be transformed. It's like moving from looking at a tree from the outside to examining its roots. You've already seen through the branches and leaves of this tree; they no longer attract you. Thus, you need to delve into studying the roots. Only by turning towards the root, exploring life, diving into spiritual or mental realms will you find joy again.

问: 我很认同.我现在在⼀个机构辅导孩⼦,其实我不想做.我想做⾝⼼灵.我做的很累.我不知道我什么时候能摆脱现状?

Q: I strongly agree. I'm currently coaching children in an institution, and actually, I don't want to do this. I prefer working on body, mind, and soul. I find it exhausting. I wonder when I will be able to get out of this situation?

JO: 我们这⾥都没有时候.只有你⾃⼰内在的愿望.你说什么时候我的⽔才开? 你更多是说你有没有去锁定你⾃⼰要的⽅向? 然后有没有不断不断地把你的关注⼒放在这个⽅向? 放在你锁定的.你越是锁定你的⽅向,把你的专注⼒不断地放在这⾥.那它就会去显化出来,显化出这个相出来,明⽩吗? 就是它不是关于你什么时候才能…… 你需要去通过认识你⾃⼰,认识你⾃⼰现在到底什么才是你⾃⼰想要体验的.因为你们都有能⼒去创造你们想要体验的.只是它对你来说你有没有这么⼤的动⼒? 它是可有可⽆的呢? 还是⾮做不可的呢? 还是⽆论全世界的⼈都反对我,我都要去做呢? 这个⼒量是不⼀样的.

JO: There's no time for us here. It's only your own inner desire that matters. You're asking when my water will boil. Instead, you should be asking if you've set a clear direction for yourself and continuously focused your attention on this path. The more you lock into your direction and direct your focus there, the manifestation of this comes to fruition; do you understand? It's not about when you can… You need to go through knowing yourself, understanding what it is that you want to experience right now. Because you all have the ability to create what you want to experience. The question is whether you have enough motivation for this? Is it something you could do or not? Or is it something you must do regardless of everyone else's opposition? This force is different.

问: 我现在做的事情这个到底是我内⼼想要的? 还是⾝⼼灵成长才是我想要的?

Question: Is what I am doing now truly what I desire, or is it about spiritual and mental growth that I want?

JO: 你说这个⼩孩他才三岁,你就⼀定要说你到底是想娶哪个⽼婆啊? 想娶这个⼥的还是想娶那个⼥的呀? 他还没到那个时候呢.那就算他现在做了决定,他三岁的时候决定要娶这个⼥孩⼦,不代表他三⼗岁的时候还爱这个⼥孩⼦呀.那不代表我三岁的时候喜欢吃巧克⼒,我三⼗岁的时候还是喜欢呀,明⽩吗? 所以说你不要逼⾃⼰⼀下⼦就要选择这个是我想要的.

JO: You say the child is only three years old and you're absolutely asking whether I'm really trying to choose which wife I want—am I choosing this woman or that one? He hasn't reached that stage yet. Even if he makes a decision now, at three years old deciding to marry this girl, it doesn't mean he will still love this girl when he's thirty. It doesn't mean that I liked chocolate when I was three and would still like it when I'm thirty, does it? So you shouldn't force yourself to immediately choose what is desired.

NO NO NO,你可以不断地变.你可以在每个当下尝⼀下,我不喜欢,你换成另外⼀个.但是你不知道那⼀步就是你的台阶呀.就是通过你尝了那个你不喜欢的,就是那⼀步台阶把你引导另⼀个台阶呢? 这⾥没有⼀步登天,⼀步到位,⼀下⼦就能锁定的.但是这些体验,只要有体验,它都是来⽀持你的.就好像是那步台阶.你能说我拿掉这个台阶,只要⼀步登天吗? 它是⼀步⼀的.你有可能你的⼿电筒只能让你看到两三⽶,⾜够啦.两三⽶,你每次眼前的两三⽶你能看清楚,它就能把你带到⽬的地.你说我⼿电筒⼀定要看到⼀千⽶两千⽶以外,你头脑处理不过来的.你把你头脑当成是⼀个机器,你⼀下⼦给它这么多东西,它处理不过来的.

NO NO NO, you can continuously change. You can try one at each moment, I don't like it, then switch to another. But you don't know which step would be your ladder. The step where you tried something you didn't like actually guides you to a different step? There's no instant success or immediate understanding; there isn't an all-or-nothing approach. However, these experiences, as long as they're experienced, support you. It's like that step - can I just remove this step and have instant success with one leap? Each step is a single step. You might think your flashlight only lets you see up to three or four meters, which is enough. With each time you can clearly see these three or four meters, it guides you to your destination. You claim that your flashlight must see thousands of meters away, but your mind cannot handle it. You consider your mind as a machine; if you throw too much information at it all at once, it cannot process it.

所以有时候限制和有限对你们是有好处的.

So sometimes limitations and boundaries are good for you.

问: 我感觉很累……JO: 你不需要再加深这个相了.只是你之前的那个,我们说你的灵魂主题是对这个物质世界已经怎样,刚才不是说了嘛,你都觉得没有什么兴趣了.那是因为你要转变了.所以你现在就好像是⽑⽑⾍要变蝴蝶.你没必要拿着⽑⽑⾍说我的脚已经很累了,我的⾝体没⼒⽓了.它就是因为你要转变,你要变成蝴蝶的样⼦呀.所以正常的.就这不是你需要处理的问题,它只是你的⼀个过程.从这个转到另外⼀个的过程.就像我们说你不需要去逼你⾃⼰⼀下⼦要找到什么.为什么呢? 因为路是⾃动展开的,你的⽣命⾥⾯已经包含了这⼀切.

Q: I feel very tired...

JO: You don't need to intensify this phase any further. It's just that you were previously interested in how the material world works, and as we've discussed before, you're no longer interested in it. That's because you are going through a transformation. So now, you're like a caterpillar about to become a butterfly. There's no need for you to hold onto the caterpillar and say that my feet are already tired, or that my body lacks energy. It's because you are undergoing a transformation, and you're destined to become a butterfly. This is normal. This isn't what you need to deal with; it's just part of your process from one state to another. Like when we said you don't need to force yourself to find something immediately. Why? Because the path unfolds naturally in your life; everything is already contained within your existence.

#### 2023/12/14 — 马斯克最强⼤的就是知道⾃⼰想要什么 Musk's strength lies in knowing exactly what he wants.

JO: 你可以开始提问了?

JO: You can start asking questions now?

问: 我可以给别⼈打开第三眼和带别⼈出体.那我有这个功能,我应该怎么去做呢?

Q: Can I open the third eye for others and guide them out of their body? If I have this ability, how should I proceed?

JO: 你按照你⾃⼰内在想要做的去做.你只是在给别⼈提供⼀个体验的…… 这么说吧,别⼈会觉得这⾥有出路,那你就说好,那你来体验⼀下这⾥是不是你的出路.那你就给了别⼈⼀个去⽀持他体验的渠道.你们每⼀个⼈存在都是在⽀持他⼈,就是都在以⾃⼰存在⽅式去⽀持他⼈.然后你们每⼀个个体他的想法得以实现、得以体验.然后再在这个体验的过程中允许他可以去创造任何他想要的创造.那创造怎么运⽤就是他的事情,明⽩吗? 那可能觉得我开了天眼过后我是不是就拥有神通了? 我拥有神通过后,我⽇⼦是不是就能变好了? 我就与众不同了? 那他真的拥有这个过后,他再去看他的⼈⽣,是吗? 明⽩吗?

JO: Just do what you want to do from your inner desire. You're just providing others with an experience... Let me put it this way: if someone perceives that there's a way out here, you could say yes and let them try experiencing whether this is their出路 (solution). This gives others a channel to support their own experience. Each one of you exists to support others, essentially supporting others through your own existence. Then, each individual can have their ideas realized and experienced. And in the process of this experience, they are allowed to create anything they desire. How they use creation is their business. Do you understand? Or might someone think that after opening their spiritual eye, they've acquired divine powers? After acquiring divine powers, do their lives improve and make them stand out? When they really have it, would they then look at their life differently? Do you understand this?

那他就知道我拥有这个强⼤的能⼒就好像是⾦钱⼀样,ok,我想拥有⼀个亿,那你就有⼀个亿.有⼀个亿过后,你就幸福了? 很多⼈发现拥有⼀个亿并不能幸福.他又再去⽤⾃⼰⽅式去体验⽣命.那有的⼈开了第三眼过后并不能给他带来⼼⾥的和谐或者是那种安稳的状态.那他是不是就知道了? 也会把他再带向其它他要⾛的路?! 所以你其实跟别⼈,就是别⼈想要赚钱,你帮别⼈赚钱.或者是⼀个商铺,⼈家想要买颜料,你给别⼈提供这个颜料.那提供这个颜料之后,它能不能成为⼀个⼤师?他的作品能不能吸引很多⼈? 那是不是他⾃⼰的事情了? ! 所以说你跟卖颜料的没有什么区别,你只是给别⼈提供了这个选择,他可以有这个体验.

If he knows that I possess this powerful ability like money, okay, suppose I want a billion dollars, then you have a billion dollars. Having a billion dollars doesn't necessarily make you happy? Many people realize that having a billion dollars doesn't guarantee happiness. He decides to explore life in his own way again. Not everyone who gains third eye sight experiences inner peace or stability as a result. Does he understand this now? Will it guide him towards the path he chooses to take?! So, actually, you're just helping others earn money, if someone wants to make money, you assist them in doing so. Or for a store selling paints when someone wants to buy colors, you provide those colors. After providing the paints, can they become masters? Can their works attract many people? Isn't that ultimately up to them?! Thus, there's no significant difference between you and the paint seller; you merely offer others an option to have this experience.

问: 每⼀个⼈都可以通灵,我又怎么知道我⽤什么⽅式去通灵呢?

Question: Can anyone communicate with the spirit world? How do I know which method I should use for communication?

JO:⾸先通灵就是你的那个我,你的那个物质头脑它不再⼲预你.它是在⼀种静默的状态下.⽐如说很多艺术家他在创作的时候没有⽤他的头脑⼲预,⽽是在允许这个能量怎么样流,怎么样推,往哪边推.他只是在做⼀个就好像顺势⽽为的事.那这就是所谓的通灵了.就是他的头脑没有太多的⼲预.那呈现的⽅式就要看你⾃⼰了.就是你⽤什么⽅式呈现?你有可能是画画,你有可能是唱歌,你有可能是跳舞,那有可能是像这个⼥孩⼦这样.你们每⼀个⼈表达的⽅式不⼀样.但是你们多少⼈可以做到头脑不⼲预呢? 因为你们基本上都是⽤你们的头脑去运作的.眼睛⼀睁开头脑就开始运作了,它不停歇.就算有⼀个通灵的信息想进来,咔,把它灭死了.

JO: First, channeling means your inner self, that material mind of yours, stops interfering with you. It remains in a state of silence. Like many artists who create without letting their minds interfere but instead allow the energy to flow and push where it should. They just let things happen naturally. This is what we call channeling; your mind doesn't overly intervene. The way it manifests depends on you, how you choose to present it. You might draw, sing, dance, or do as this girl does—each person's method is unique. But out of all of you, how many can truly let their minds not interfere? Because most of you operate using your minds from the moment your eyes open; they never stop. Even if a channeling message wants to come in, it gets shut down instantly.

什么乱七⼋糟的,胡说⼋道,这个不可能.你们就把它给堵住了.

What a mess, nonsense, this is impossible. You just blocked it.

问: 我想去开发⼀个东西,哪怕是⼀个宇宙飞船.我闭着眼睛的时候有图象,我都可以画下来.这个是要告诉我什么?

Question: I want to develop something, even a spaceship. When I close my eyes, I see images and can draw them. What is this trying to tell me?

JO: 你说呢? 你想要去⽤它做什么呢? 什么是你不得不做? 你想要做? ⾮常激情的去做? 还是说你懒得去做,你没兴趣…… 这个是不⼀样的.你如果有兴趣,那你不需要问我们,你⾃⼰就不得不去做.你不需要任何⼈的允许.因为就算我们不允许你,你也会去做,明⽩吗? 所以你内在都会有推动,它都会有⼀股你不得不去做的事情.所以没有谁能够阻⽌你阻碍你.他阻⽌你阻碍你可能只会让你发现你更加想要去做.就是这个阻⼒只会加强你⾃⼰,原来我如此的想要去做,加强你更加的想要去⾏动.所以阻⼒也是助⼒.

JO: What about you? What would you do with it? What is something that you absolutely have to do? Something that you want to do? Something you're very passionate about doing? Or are you lazy and disinterested... which makes a difference. If you're interested, you don't need permission from us; you'll feel compelled to do it yourself because you won't need anyone's approval. Even if we disallow it, you would still do it, understand? So there's an inner push, an inherent drive for something that you must do. No one can stop or hinder you; resistance only strengthens your desire to act. It makes you realize even more how badly you want to do it. So, obstacles are opportunities.

问: 我有这个能⼒……JO: 这么说吧,你有这个能⼒,对吧? 但是其它东西你却不懂,你也没有办法呈现出来,你只有这个能⼒.那你是不是就需要⼀个团队了? 就是⽐如说你在这个⽅⾯很在⾏,但是别⼈在其它⽅⾯很在⾏.那是不是就需要⼀个team work,就是像⼀个团队⼀样.然后把你们每⼀个⼈激情的事情,然后共同的去推动让这个作品得以展现出来.那它就又涉及到你的⼈⽣主题了.

JO: Let me put it this way, you have the capability, right? But there are other things that you don't understand and you can't present them either; you only have this capability. So, doesn't that mean you would need a team? A team where people specialize in different areas. You working on one part while others handle different tasks. And then together, using everyone's enthusiasm, you drive the project forward to its full realization. This ties back into your life theme.

问: 那我的⼈⽣主题是什么呢? 我叫XX.

Question: Then what's my life theme? I'm called XX.

JO: 因为不管你与⽣俱来携带了多少才华或者多少技能,如果你没有办法让它开花结果,你这颗种⼦我不管它多么珍贵,如果它不能在⼟壤⾥⾯开花结果,它没有⾜够的阳光和⾬⽔,它没有办法去把它这个珍贵的植物展现出来.它没有结果.那它没有开花没有结果,它发育不良.它再珍贵又怎样呢? 它也结不出有营养有价值的果⼦呀.所以那你就知道就算你与⽣俱来携带着多么珍贵多么独⼀⽆⼆的技能,没有其他⼈配合你,你能⽣存下来吗? 那你就知道整个宇宙都是这样运作.是彼此互相⽀持.关于你的⼈⽣主题,你稍等.你的⼈⽣主题,就刚才我们说你好像是⼀颗珍贵的独⼀⽆⼆的种⼦,但是…… 你的⼈⽣主题就是关系、融合、连接.

JO: Because no matter how much talent or skill you are born with, if there's no way for it to blossom and bear fruit, regardless of how precious your seed is, if it cannot flourish in the soil, lacking enough sunlight and rainwater, it cannot exhibit its value. It bears no fruits. If it fails to flower and produce results, it grows poorly. What does it matter that it's valuable or unique? It won't yield nutritious and valuable fruit anyway. Therefore, you understand that even if you are born with such valuable and singular skills, without cooperation from others, can you survive? You understand how the entire universe operates; it is through mutual support. About your life theme, wait a moment. Your life theme concerns relationships, integration, and connection.

你可以让你⾃⼰开花结果或者珍贵,但是你能让其他⼈开花结果吗? 就是你能让你周围的⼈也是⼀样,就是你能去有效的去让你周围的种⼦或者植物开花结果吗? 就是你能去⽀持他们吗? 这就是你这⼀⽣的主题.为什么呢? 因为你需要⼀定的⾼度和智慧和认知,你才能去对这些植物有⼀个通透…… 就⽐如说你对其它植物你可能都不理解.因为每⼀种植物它需要的⼟壤、环境或者⽓候不⼀样.那有的植物就是在沙漠中,有的植物就是在⽔中.那如果你对这些不了解,你会把沙漠的放到⽔⾥,把⽔⾥的放到陆地上.就是会容易⾃以为是.就是觉得你看我的这颗种⼦在⼟壤⾥⾯长的这么好,你也会⼀样.就会有⼀种.就这是你的卡点,这是你需要挑战的.

You can focus on blooming and thriving yourself or becoming valuable, but can you help others bloom as well? Can you effectively support the growth of seeds or plants around you? Essentially, are you capable of nurturing those surrounding you to achieve similar outcomes, by providing necessary support for them? This is your life's theme. Why is this so important? Because certain levels of height, wisdom, and cognitive understanding are required to understand these plants thoroughly... Like how you might not fully comprehend different plants since they each require unique soils, environments or climates. Some thrive in deserts while others flourish in water bodies. Without proper knowledge, you might incorrectly place desert conditions into aquatic environments or vice versa, making assumptions based on your own experiences rather than understanding the needs of each plant. This is where your limiting beliefs come into play - it's what you need to challenge and overcome.

需要去认识和认知的.就是你会把你⾃⼰觉得好的东西给别⼈,但是你对别⼈不知情.你想对这个植物好,但是你对这个植物它是什么属性,什么科⽬,它需要什么环境,它是个什么样⼦的东西,你都不知道.你只是知道这⼀套在你这边 working,可⽤可⾏.然后就把它推给所有的,就这样⼦.所以它必须是你个⼈的维度、⾼度和智慧、意识的⼀个提升和扩展.这样就会让你更加通透,就不会把别⼈弄死.我们说⼀个最简单的例⼦,我们常常说这个⼈是个瞎⼦是个盲⼈.你是个医⽣,你说你看不到好可怜啊.你说我我这⾥有把眼睛治好的药⽅,我要给他,我要救他.然后你的确有这个药⽅,的确这个药⽅也有⽤.

What needs to be recognized and understood is that you might offer others what you consider good, but they are unaware of this. You wish to do well for a plant, yet you're ignorant about its specific attributes, classification, environmental requirements, and nature. You only know that this system works for you, it's viable and feasible. So, you apply it universally like this. Thus, it must be an enhancement and extension of your personal dimension, height, wisdom, and consciousness. This will make you more perceptive and won't harm others. Take a simple example: we often say someone is blind or has lost their sight. As a doctor, you say they're so可怜 (pitiful), "I've got this cure for the eyes—it's effective, I want to save them." Indeed, you have the formula, and it does work.

但是你并不知道他这⼀⽣就是专门选择了盲⼈的⼀世来开发⾃⼰的⼼灵感应,就⼼灵之眼打开.因为他必须要关上他的物质之眼.物质之眼对他会是⼀个障碍,会影响他打扰他去focus专注在⾃⼰内在.他需要这个功能去服务于,就是他需要拿到这个功能.但是因为你让他的眼睛睁开了,睁开了过后他受到很多⼲扰.然后他受不了这么多的⼲扰,他⾃杀了.为什么呢?因为这个跟他的灵魂主题相违背.他⾃杀了,他眼睛可能睁开了,你也给他治好了.别⼈可能都欢呼,哇,你治好了盲⼈.但是过了⼏年他⾃杀了.为什么?因为他看到了太多不堪的东西.那就毁灭了他的世界,他本⾝的世界是很美好的.他张开眼睛看到了这么多恶⼼的事情.他⾃杀了.

But you didn't know that in this lifetime, he specifically chose to be blind to cultivate his extrasensory abilities and open his inner eye, because he had to close his physical eyes. Physical vision would have been a hindrance for him, distracting him from focusing on his inner self. He needed this function to serve him; he just needed to develop it. But when you opened his eyes, they were subjected to many disruptions afterward. Unable to tolerate so much interference, he committed suicide. Why? Because it was at odds with his soul's purpose. He took his own life, although his vision had been restored, and others might have celebrated that you cured the blind man. Others might exclaim, "You've healed a blind person!" But just a few years later, he took his own life again. Why? Because he witnessed too much ugliness. This destruction overwhelmed his world, which was already beautiful to him. He opened his eyes and saw so many disgusting things, leading him to take his own life.

因为你对他的灵魂主题不了解,对吧?然后最后他⾃杀过后,你也死了过后,你们俩才知道:啊,原来是我害死你的.我还⼀直觉得我是个救世主呢.所有⼈都给我名誉,所有⼈都在夸我救好盲⼈.因为你们物质世界的⼈沉浸在物质世界,就会觉得⼀定要这样才是好,那样才是好.但是你并不知道别⼈设定这个限制是为了什么.就⽐如说你们在健⾝的时候你们会把⼀边的肌⾁孤⽴起来去为了锻炼另⼀边的肌⾁.那他是为了去刺激某⼀个功能,他把其它功能关闭了.那你觉得这个⼥孩⼦的⼼灵感应不需要其他世的⽀撑? 她没有在哪⼀世专门是往这个⽅⾯去做功课? 那她之所以在这⼀世拥

Because you didn't understand the essence of his spiritual journey, right? And then only after he committed suicide and you followed him in death did you both realize: Oh, it was me who had caused your demise. I always thought of myself as a savior. Everyone praised me for restoring sight to the blind because those in your material world are so immersed in their own realities that they believe this must be how it is, but you never knew why others imposed these constraints. For instance, when exercising, one isolates a muscle on one side to work out the other side's muscles. They do it to stimulate a specific function while shutting off all others. Do you think this woman's intuition didn't require support from another realm? Wasn't she specifically doing her spiritual homework in any past life toward this goal? This is why she possesses...

有这么强⼤的通灵能⼒,她也是经过其他世的锻炼和⽀撑的.那如果你把她锻炼的机会和功能给她拿掉了过后,那她这⼀世就没有这个东西了.她这⼀世需要这个⼯具需要这个功能,她没有了呀.就好像⼀个拳击⼿需要他强壮的muscle,就是肌⾁,他才能去展现他内在的⼒量.那你把他的肌⾁全部给拿⾛了.那他成不了拳击⼿,那他不是⾃杀了? 因为他体验不到他想要体验的,存在在这个物质世界对他来说没有意义了.所以说你如果不知道别⼈的灵魂主题,那你就容易进⼊到这样⼦的⼀个误区.所以这就是刚刚我们前⾯说的你的灵魂主题,明⽩吗?

With such a powerful telepathic ability, she has undergone training and support from past lives. But if you were to remove her opportunities for growth and functionalities, then she wouldn't have this trait in this lifetime. In this lifetime, she needs this tool, this function; without it, she lacks the means. It's like a boxer needing his strong muscles to exhibit his internal strength. If you take away all of his muscles, he can't become a boxer, could he? He would essentially be committing suicide because he can't experience what he desires and exists in this physical world becomes meaningless to him. Therefore, if you don't understand someone else's soul theme, it's easy to fall into this misconception. This is the essence of what we discussed earlier about your own soul theme, right?

问: 我有这种创造⼒,我是去找别⼈合作? 还是⾃然⽽然就会有⼈来找我合作呢?

Q: With my creativity, should I seek cooperation with others, or will people naturally come to me for collaboration?

JO: ⾸先你的思想是频率,对吧? 那频率就好像是你在发射信号,它会把跟你同频的东西吸引过来.如果你发射的信号⼀直是我是受害者,我是受害者.那就会有⼀个加害者来到你的⽣命当中让你去成为你是受害者.你会有⼀个核⼼的频率.你核⼼的频率散发的是什么? 因为你们有时候不清楚你的核⼼频率是什么? 你的核⼼频率有可能是恐惧.你的核⼼频率也可能是你想要更有价值.为什么呢? 那你其实就是在否定你的价值,你觉得你是没价值的.你需要去创造很多东西才有价值,那你其实就是没有价值的.那个才是你的核⼼频率.那你没有价值的核⼼频率,那你肯定就会投射出很多事件来让你看到: 我虽然做了这么多,你看⼈家都不珍惜.

Firstly, your thought is frequency, right? This frequency is like sending a signal; it attracts things that are on the same wavelength as yours. If you keep sending out a signal saying "I am a victim," there will be an 'offender' who comes into your life to make you feel like you are being treated as a victim. You have a core frequency, and what does your core frequency emit? Sometimes, people might not know exactly what their core frequency is. Your core frequency could be fear. Or it could be that you want to increase in value. Why would that be? Because essentially, you are rejecting your own value; you think you are worthless. You need to create a lot of things for them to see the value in you; but really, this means that you are already valueless. That is what your core frequency truly represents. And if it's a core frequency of feeling unworthy, then naturally, you will project many events that make you see: Despite all these efforts, people don't seem to appreciate them at all.

还是感受到没价值.

Still felt meaningless.

问: 我关注到美好的事物的时候,我的⾝体就会很热.这个代表什么呢?

Question: When I focus on beautiful things, my body becomes warm. What does this signify?

JO:你天⽣就是⽐较敏感的体质.所以你为什么就会喜欢这些⽅⾯的,像⽞学,像神秘的,像这样⼦的.因为你本⾝就是这样⼦的体质,你会对这些很敏感.可能别⼈感应不到的东西,你可以感应的到.这么说吧,别⼈是普通⼈,他的⿐⼦只能闻到这⼏种味道.但是你像狗⼀样嗅觉灵敏.那你的嗅觉就⽐别⼈强很多倍.他们闻不到的,你可以闻到.就这样.

JO: You have a naturally sensitive constitution. That's why you like these aspects, such as mysticism, the mysterious, and so forth. Because of your inherent nature, you are very sensitive to such things. There might be things that others can't sense, but you can. To put it simply, while others are ordinary humans with limited senses, their noses can only detect a few scents. But you have a keen sense of smell like a dog. Thus, your sense of smell is much stronger than theirs. They cannot perceive certain odors, but you can.

问: 我想问马斯克他所有的创造是来源于他⾃⼰内在的图象……JO: ⾸先马斯克他最强⼤的,就是他好像你们⼈类的⼀个模板,他最强⼤的就是他⾃⼰想要做什么他很清楚.他的⽬的、他的⽬标、他的愿景,就是他的核⼼频率很清楚.他没有⼀会⼉这样,⼀会⼉那样,他没有.他就很清楚,在这个阶段我就要这个东西.那他的核⼼频率,就好像那个信号⼀直在说,你想你们的振动频率就像是喷泉⼀样不断地在喷⽔喷⽔.那你们的喷⼀下,又不喷了.⼀会⼉喷个⽔,⼀会⼉喷个沙.他只是在持续不断地喷同⼀个东西,那他喷出同⼀个东西,他呈现出的相是不是就最强⼤了?那你呈现的是不是就是乱七⼋糟的啥都有?

Q: I want to ask Musk about the source of all his creations... JO: First of all, Musk's strongest trait is that he seems like a human template. He has a very clear idea of what he wants to achieve. His purpose, goals, and vision are crystal clear for him; he doesn't change directions randomly. In this stage, he knows exactly what he wants. His core frequency acts as the signal always saying, 'Your vibration frequency is like a fountain continuously spraying water, water.' You spray once, then stop. Sometimes you spray water, sometimes sand. He keeps consistently spraying the same thing. When he sprays the same thing, does that make his manifestation stronger? And when you manifest, don't you have everything scattered and chaotic?

那他喷的这个频率是不是就可以把有同样的⽬标就全部都给汇聚集聚在⼀起了?焦距在⼀起了?就汇聚成河的那种感觉.那你想,他可能是⼀吨⽔,那他就把⽔源全部吸引到他那边去了.那他就有这个凝聚⼒、吸引⼒,就把同频的都吸引到他那边去了.这个是他最核⼼的.因为他有⼀个强⼤的⽬的、⽬标.他是持续不断地去投⼊.然后就创造了他们共同想要创造的.所以这就是刚才我前⾯给你讲的那⼀部分.因为不管⼀个⼈有多强⼤,你都没有集体的能量强⼤.你就好像光,你只有⼀根蜡烛.但是就算你只是⼀个星星之⽕,你也可以燎原.就算最开始你只是⼀个星星之⽕,你也可以把整个⼭给烧遍.这就是你有多强⼤.那你可能最开始是点燃你⾝边的草.

That frequency he emits could aggregate all those with similar targets together? Like focusing the distance? Gathering them like a river. Imagine, if he were one ton of water, he would attract all sources of water to him. He possesses this power of aggregation and attraction, pulling in those on the same wavelength towards him. This is his core principle. Because he has a powerful goal or objective. He continuously invests himself into it, then creates what they all desire together. That's why I explained that part earlier. No matter how strong an individual may be, collective energy surpasses their strength. Just like light; you have one candle, but even a small spark can ignite the world. Even if you started with just a tiny flame, you could burn down an entire mountain. This is about your power. You might start by igniting the grass around you.

那个草逐渐逐渐的蔓延,把树枝给点燃了,整棵树全部点燃了.

The grass gradually spread, setting the branches on fire, and eventually, the whole tree was engulfed in flames.

问: 我跟我⼥⼉的关系?

Q: What's my relationship with my daughter?

JO: 你⼥⼉跟你的灵魂主题跟你的灵魂主题就是⼀起的.为什么呢? 我们说你的灵魂主题就是你并不知道别⼈的灵魂主题,然后你就把你觉得好的给了对⽅,对吧? 所以她就是这个反射体,来反射出来你这样⼦的⼀个状态.她就是供你可以去体验到你的这⼀部分.因为你会觉得我觉得⾦⼦好,⾦⼦是世界上每个⼈都会喜欢的.然后你给你⼥⼉⼀堆⾦⼦.然后你觉得钻⽯好,你给你⼥⼉⼀堆钻⽯.你觉得燕窝好,给你⼥⼉⼀堆燕窝,吃吃吃.就是这种.

JO: Your daughter's soul theme matches with your own. Why is that? We say that your soul theme means you don't know the soul themes of others, then you give them what you think is good, right? So she acts as a mirror reflecting this state of yours. She serves to provide an experience for this part of you. Because you believe gold is good - gold being something everyone loves in the world - you shower your daughter with gold. Then you believe diamonds are good, so you give her a lot of diamonds. You think bird's nest is good and give her lots of it. It's about consuming and indulging.

问: 那我跟我⽼公呢? 我⽼公叫XXX.

Q: What about me and my husband? My husband's name is XXX.

JO: 我们感受到你⽼公实际上有⼀点不太受你的影响,就是你可能想给他,你可能想帮他或者是想要⼲什么他.但是他有⼀点没兴趣或者是不会影响到他.就是好像你改变不了我的那种感觉.因为他也挺有那种油盐不进的那种,反正他就是有⾃⼰的那⼀套,你拿他没办法.所以他其实有⼀点想要把你那股这个好,我要给你的这个⼼给磨了这种.就像你前⾯说你想要体现你的价值,但是实际上你的核⼼频率是你觉得你没有价值,你觉得你需要通过做些什么才有价值.就是你否定存在的价值.就会在你⽼公⾝上看到,妈呀,我做了那么多,然后对⽅也没有觉得你很有价值这种.

JO: We sense that your husband actually isn't very influenced by you, meaning that you might want to do something for him, help him out, or try to influence him in some way. However, he shows little interest and is not influenced by it. There's a feeling that you can't change him – like there's an element of oil-water doesn't mix with him. He has his own system and you find him difficult to deal with. So, he might be trying to wear down your sense of generosity towards him. It mirrors what you said earlier about wanting to show your worth, yet in reality, the core frequency that you feel is lack of self-worth. You're essentially denying your existence's value. This manifests in your husband, where it feels like despite all your efforts, he doesn't perceive your value as high or substantial.

问: 我的⾼我还有什么好消息?

Question: What good news do I have from my higher self?

JO: 学习我们的信息可以让你的才华得以展现.

Learning our information can showcase your talent.

#### 2023/12/14 — 连接秦始皇和⽼⼦ Linking Qin Shi Huang and Laozi

JO: 你们可以提问了?

JO: You can ask questions now?

问: 昨晚突然有很多的存有⽼找我,有拽我⼿的,有动我背的,有拽我脚的,然后时间很长.我也很不舒服.我从来没有这么长的时间经历这种事情.请问他们有什么信息是要告诉我的吗?

Question: Last night, I suddenly received a lot of visits from beings of great age, some grabbing my hands, others touching my back, and still others pulling at my feet; the duration was quite long and also made me feel uncomfortable. This kind of experience has never lasted as long before. Could you please explain what information they are trying to convey to me?

JO: ⾸先你本⾝就是⽐较敏感的体质.然后你们世界上有很多这样的⼈,他们也能,就⽐如这个⼥孩⼦她能跟灵界发⽣连接.那通过你们这些⼈是不是就可以让你们知道你们不是单独的存在呢? 所以那你也是,通过⾃⼰的体验,还有通过你在分享你的体验来让⼈们知道你们并不是单独的存在.这个世界是很⽆限,很⼤很⼤.就是你们⾁眼看到的只是⾮常⼩的⼀部分.

JO: Firstly, you are a sensitive being by nature. There are many others like you in your world who can connect with the spirit realm, just as this girl does. So through people like you, they can realize that they are not alone. Therefore, you too experience and share these experiences to let others know that they are not alone in this vast universe. The world is boundless, enormous; what you see with your eyes is only a tiny fraction of it.

问: 哪怕是现在在我肋⾻两侧的下⽅还有喉咙都会感觉到有能量很胀.然后我想问⼀下这是什么原因呢?

Question: Even now, I can feel energy being very full in the area beneath my ribcages on both sides and in my throat. May I ask what could be causing this?

JO: 你的这个⾁体它会⼀直…… ⽐如说你们意识的转变,因为你们的意识⼀直在转变在提升.因为你接触很多我们的能量,对吧? 那你的意识在不断不断,就好像在⼀个飞速的猛进.这么说,孩⼦青春期的时候,他发育长⾝体,他会产⽣不适感.那你的意识变了过后,你的意识投射出的这个⾁体也会要随之调整的.

JO: Your physical body will continue... like the transformation of your consciousness, because your consciousness is always transforming and elevating. As you come into contact with our energy, right? Then your consciousness keeps changing constantly, as if it's moving at a rapid pace. So when puberty hits for children, they experience discomfort due to their physical growth spurts. Similarly, after your consciousness changes, the body that projects your consciousness will also need to adjust accordingly.

问: 是因为这个原因啊.

Question: Is it because of this reason?

JO: 是的.那它会在你的感受上⾯你会体验到⼀些不适感.但是它这些…… 你的⾝体它⾮常智慧,⽆论你怎么升级,它都能够⾃动调节.所以你不需要去做任何.你只需要信任你现在在升级.

JO: Yes. In this process, you will experience some discomfort in your feelings. But these... Your body is very wise; no matter how you upgrade, it can automatically adjust itself. So you don't need to do anything. You just need to trust that you are upgrading now.

问: 我的JO和指导灵还有什么信息要带给我吗?

Question: Does my JO and guide spirit have any more messages for me?

JO: 你稍等.允许,就是你想象⼀下⼀棵植物⼀棵⼤树它长了⼏百年,它需要你去push它吗?不⾏呀,我要去做点什么.你不需要去做任何.

JO: Wait a moment. Imagine a plant, a big tree that has grown for hundreds of years; does it need you to push it? No, I have something else to do. You don't need to do anything.

连接秦始皇:问: 请问可以帮我们连接⼀下秦始皇吗?

Connect us to Emperor Qin Shi Huang: Q: Could you help us connect with Emperor Qin Shi Huang?

JO: 你稍等.

You wait a moment, JO.

秦始皇: 你说什么问题.

Qin Shi Huang: What problem are you talking about?

问: 作为⼀个皇帝,您认为国家应该怎么去管理?

Q: As a ruler, what do you think the country should be governed like?

秦始皇: 这个国家它只是来去…… ok,你是皇帝的位置,你来做你皇帝的事情.如果这个皇帝不知道如何去管理这个国家,你还是皇帝吗? 所以如果你是皇帝的⾝份,你⾃然有⼀套你想要如何去通过这个国家去展现你⾃⼰.所以拥有这个皇帝⾝份的⼈,他⼀定是清楚的.如果他不清楚,他不会坐上这个位置.那如果他不清楚,就算他坐上了这个位置,他也坐不长.所以如果他是,他就是.那如果他是,他便不需要由外界来告诉他要如何如何.为什么? 他不会听,明⽩吗? 为什么呢? 因为他是皇帝.如果皇帝需要听下⾯的⼈,为什么不让下⾯的⼈做皇帝呢? 因为这⾥没有⼀套正确的或者是完美的或者是该怎样的.

Qin Shi Huang: This country is just there… okay, you're in the position of a king. You do your king things. If this king doesn't know how to manage this country, are you still a king? So if you are the king, you naturally have a system of what you want to do through this country to show yourself off. Therefore, the person who owns this kingship must be clear about it. If he is not clear, he won't sit on that position. So if he is not clear, even if he sits on that position, he can't stay long. Therefore, if he is, then he is. And if he is, he doesn't need to be told by the outside how to do things. Why? Because he won't listen, right? Why? Because he's a king. If the king needs to listen to the people below him, why not let the people below him be the king? There is no correct or perfect system here.

那个皇帝他既然在那个位置,他⽤他的⽅式,他的认知,他的⼀切去呈现出这个意识发展的过程.因为他不是来做完美的事情.他是来允许这个皇帝,就是⼀个完整的⽣命状态,⼀个完整的意识状态,在这⼀世他展现出他的⼀个意识形态.但是他的意识形态也是,有⼀句话叫应运⽽⽣,他是根据当时的集体意识、环境、所有的⼀切⽽存在的.虽然他看上去好像是皇帝,就是所谓的去制定或者是管理,就这⼀切.但是所谓的皇帝实际上也是集体意识的⼀个产物.当时的⼀个意识形态和能量产出了⼀个这样⼦的存有.

That emperor, being in that position, uses his own manner, cognition, and everything else to present the process of consciousness development through his perspective because he is not there to do perfect things. He is there to allow this emperorship - a complete state of life, a complete state of consciousness - to manifest in this world as his ideology or set of beliefs. However, his ideology itself emerges according to the collective consciousness, environment, and all other factors at that time. Although he might appear as an emperor, seemingly creating or managing everything, in reality, what we perceive as the emperor is also a product of collective consciousness. The ideologies and energies of that era produced such existences.

问: 您认为秦朝灭亡的原因是什么?

Question: What do you think were the reasons for the collapse of the Qin Dynasty?

秦始皇: 刚才说了每⼀个阶段每⼀个意识形态,还有所谓的皇帝,它都是集体意识的产物.那如果是⼀个产物,就好像⼀个果⼦.如果是个果⼦,它有没有⼀个周期? 所以说你是看着:你这个苹果灭亡了呀.你怎么知道它灭亡了呢? 它明年又再继续结果,它的种⼦又再长成另外⼀棵树.所以你看到的什么是灭亡呢? 它只是在不断地,就像你看果⼦⼀样.它这个果⼦虽然枯萎了、烂掉了.但是它的种⼦在⼟壤⾥⾯又长出⼀棵苹果树.那你怎么说这个苹果灭亡了呢? 还有就是说你怎么看待灭亡了呢? 这⾥只有不断地去变化,不断地种⼦变成果树,果树变成苹果,苹果再变成种⼦、果树.那你怎么看待它灭亡呢? 你能说⼀个苹果它灭亡,它烂掉了?

Qin Shi Huang: Just now we discussed every stage of every ideology, as well as so-called emperors; all these are products of collective consciousness. If something is a product, like a fruit, then does it have a cycle? Therefore, when you see that this apple has perished, how do you know that it has perished? Could it continue to bear fruit next year, with its seeds growing into another tree? So what you're seeing as 'perishing' is merely a continuous process, just like observing a fruit. It might appear withered or rotten, but the seed has grown into an apple tree in the soil. How do you say that this apple perished? And how do you consider 'perishing'? Here lies constant change - from seeds to trees, trees to apples, and apples back to seeds and trees. So how do you view its 'perishing'? Can you claim that one apple perishes and rots away?

你说你怎么看待这个烂掉的国家? 所以意识永远不会灭亡.如果不把它看成…… 因为没有办法,那难道你不会灭亡吗? 这个⾁体的你不会灭亡吗? 但是意识永远不会灭亡.它只是变换着,变换着,以不同的⽅式呈现着.

You ask how I view this decayed nation? So consciousness can never die. If you don't see it as... because there's no way around it, wouldn't you too perish? Wouldn't your physical self perish? But consciousness can never die; it merely transforms, changing and manifesting in various ways.

问: 您当年为什么要实⾏焚书坑儒呢?

Question: Why did you decide to carry out the destruction of books and persecution of Confucians back then?

秦始皇: 刚才前⾯说这个皇帝他有他⾃⼰,就是通过这个物质世界,通过这个国家去呈现出他成长的每⼀步,他每⼀步的认知,他内在的恐惧,他内在渴望,他内在的欲望,它都会淋漓尽致的呈现出来.但是不只是⼀个皇帝,你们也⼀样.只是说你呈现的可见范围可能⽐皇帝的可见范围⼩.可能就是通过你的家庭成员,通过你的另⼀半,通过你的孩⼦看到你投射出的这个果,投射出你意识成长的状态.那作为皇帝他可能就是通过这个国家去把他内在的意识转变,成长的过程投射出来.就好像你是在⼿机屏幕上看你投射出来的⼈⽣,那我是在⾮常⼤的电影院⾥⾯投射出的果.你的就你能看到,我的上万⼈能看到.还有就是记住那句,不是来完美的.

Qin Shi Huang: Just now, when we talked about this emperor, he had his own way of presenting himself through the material world and through his country to show every step of his growth, every step of his cognition, his inner fears, desires, and cravings. All these were fully revealed. But it's not just an emperor; you are also like that. You might have a smaller visible range compared to the emperor's. Perhaps it is through your family members, your partner, or your children that they can see the fruits of your projection, reflecting your state of consciousness growth. For an emperor, he might project his inner mental transformation and growth process through his country. It's like you watching yourself in a smartphone screen versus me projecting my results into a very large cinema where thousands of people can see it. And remember this: it's not about perfection.

问: 您对于现在有的国家政府和⼈民是对⽴的这样的情况,您是怎么看的呢?

Question: How do you view the situation where there is opposition between existing national governments and their people?

秦始皇: ⽆论你们的政府也好,政策也好,它都是你们这个集体意识的集体产物,就是都是你们⽣的.我不管你们说这个孩⼦他怎么样,那个孩⼦都来⾃于你,都是你⽣的,你产的.我不管他多畸形,他都是你通过怀孕…… 那这个孩⼦是畸形还是健康有很多因素.那你在怀他的时候,你有没有喝酒抽烟吸毒? 那你有没有⼼⽣愤怒或者是嫉妒悲伤? 你的这些都会影响到这个孩⼦的健康状态.那你们现在所⾯临的这⼀切都是你们集体意识的产物,都是你们⾃⼰怀孕⽣下来的.那如果你⽣的很畸形的话,是不是要注重你在怀他的时候是充满爱、平静,就是不要有太多毒害他的东西?

Qin Shihuang: No matter what your government or policies are, they are the collective product of your group consciousness, which means you all gave birth to them. I don't care how you describe this child as good or bad; they all come from you and are products of your birth. I don't concern if he's severely deformed or healthy; many factors can influence a child's health status during pregnancy. Did you consume alcohol, smoke, or use drugs while pregnant? Were you filled with anger, envy, sorrow, or similar emotions? All these aspects could impact the child's health. Everything you're facing now is a result of your collective consciousness and the children that you've personally given birth to. If he turns out deformed, doesn't it suggest focusing on nurturing love and calmness during pregnancy rather than introducing toxic influences?

如果你⼀直在吸毒,那⽣出来⼀个有缺陷的或者是有问题的,那是你们的因造的那个果呀.所以说是你们,⽽不是说他们.他们也是你们.你们的频率,你们集体意识的频率就会投射出很多果给你们体验到.你们体验的就是你们的反射.所以你们不要去追究任何⼈的责任.为什么呢? 因为你⾃⼰的频率转变,它的果不得不转变.没有任何⼀个⼈的能量可以强⼤到可以怎样,⽽是说这个集体、整体,当他们的频率都是在⼀种合⼀的状态,你们投射出去的不得不只是合⼀的景象给你们体验到.⽽且你越是把⾃⼰跟政府分离起来,对⽴起来,觉得政府是政府,我是我.那你⾃⼰就在,⽐如说把⼒量给了政府或者是把⾃⼰变成受害者,就是你⾃⼰没有⼒量了没有创造的⼒量了.

If you have been吸毒 continuously, then giving birth to a defective or problematic child is the result of your own actions. Therefore, it's about you, not them; they are also part of you. The frequency of your being and the collective consciousness' frequency will manifest many consequences for you to experience. What you experience is what you reflect back. Hence, don't blame anyone for anything. Why? Because when your frequency changes, its corresponding result must change as well. No single person's energy can be strong enough to do anything on their own; it's about the collective or whole entity. When their frequencies are unified, whatever you project has to come back to you in a unified form. Furthermore, the more you separate and oppose yourself against the government, thinking of them as distinct entities from yourself, the more you're essentially stripping away your own power, your ability to create, when you either entrust the power to the government or become a victim, implying that you have lost your own strength.

你只是会加深你认为的,然后去体验这个你认为的.

You just deepen what you think and then experience that which you think.

问: 您对于现在官员的贪污腐败,如果是您的话,您会怎么处理?

Q: About the corruption among officials today, if it were you, how would you handle it?

秦始皇:那这个都是好像是果.那这个果又是来⾃于你们的频率和意识形态.来⾃于你们⽬前⼈类的⼀个认知,就是你们会觉得物质很重、⾦钱很重要,我需要物质⾦钱我才很强⼤,我需要它我才能存活.所以这是你们集体的⼀个功课.那你说别⼈贪污腐败,那你⾃⼰有没有⼀个我需要很多很多钱,每⼀个⼈?那就算你可能是为了赚钱连孩⼦都不管,那你这个跟贪污腐败有什么区别呢?贪污腐败是为了钱不管别⼈的死活.那你是为了钱,不管你孩⼦的死活呀.所以贪污腐败在⼯⼈⾝上,不是说只在官员⾝上.那农民⼯他为了钱可能做出更多……他可能会欺骗⼯友,他可能会欺骗⾃⼰⽼婆孩⼦.所以没有区别.只是说你可能影响到的只有你⾃⼰的孩⼦,但是他不是⼈吗?

Qin Shihuang: So all of this seems to be about fruit, which comes from your frequencies and ideologies - specifically, the current human cognition that you perceive matter as heavy, money as important. You need material wealth for strength, believing that it is necessary for survival. This is a collective lesson for you. When you accuse others of corruption and theft, do you not also feel the need to have an abundance of wealth? Even if you prioritize making money over caring for your children, what difference does that make compared to corruption? Corruption involves prioritizing money without regard for others' well-being; similarly, you prioritize money without considering your own child's welfare. There is no distinction between them. It's not exclusive to officials but affects workers as well. A migrant worker might deceive colleagues or cheat their spouse and children for money, making no difference in essence. The impact of such actions may only affect one's own child, but that person is still human.

那别⼈官员他可能影响到很多⼈,但是⼀样的.所以他在你们的集体意识当中,他在你们的意识当中,这种对物质的⼀种欲望,内在的匮乏需要外在的物质来彰显你们.这是你们集体共同的功课.它不只是在官员⾝上,在你⾝上你也处处可见.你为什么需要名牌呢?你为什么需要豪宅呢?⼩房⼦也可以住的很舒适呀.你为什么需要豪车呢?

That other official may affect many people, but similarly, he is present in your collective unconscious, in your consciousness, with a desire for material things that need to be shown through external objects. This is your shared spiritual task. It's not just about officials; you can see it everywhere in yourself too. Why do you need luxury brands? Why do you need big houses? Smaller houses can be comfortable as well. Why do you need expensive cars?

问: 您当年为什么要修建兵马俑呢?

Question: Why did you build the Terracotta Army back then?

秦始皇: 你稍等.我当年修建兵马俑并不是想要去好像是你们认为的好像是⼀种权⼒或者是掌控的象征.⽽是我对能量的⼀个认知.因为每⼀个兵马俑都是不同能量的结晶.没有任何⼀个它是相同的.这个就好像是艺术作品⼀样.这是储存、保留和分享能量的⼀种⽅式.这个⼥孩⼦她也在做这个事情.她在做的也像是兵马俑.因为她这个能量把她当下连接到的能量转换成⽂字,然后留在你们这个世界上,然后来分享,分享给其他⼈,分享给后⼈.然后他们通过这个连接就可以连接到那股能量.这也是⼀种意识扩展的⽅式.

Qin Shi Huang: Wait a moment. I built the Terracotta Warriors not as a symbol of power or control as you might think, but out of my understanding of energy. Each warrior is a manifestation of different energies, and none are alike. It's akin to an artwork; it's a method of storing, preserving, and sharing energy. This girl does this too. What she creates resembles the Terracotta Warriors because her energy transforms the current energy into words that remain in your world, shared with others, and for future generations. Through this connection, they can access that energy. It's also a way to expand consciousness.

问: 您当年为什么要追求长⽣不⽼?

Question: Why did you pursue immortality back then?

秦始皇: 应该是问你们为什么会觉得我在追求长⽣不⽼呢? 那⽐如说你和这个⼥孩⼦现在在做的事情,可能别⼈也会问你为什么会追求⼀些看不见的或者,就是那些什么东西? 就是你为什么不沉浸在物质世界,⽽沉浸在⼀个幻像的世界⾥⾯呢? 因为他们有他们的认知和理解,你们有⾃⼰的体验和感受.你们⾃⼰的体验和感受对你来说才是最重要的.所以不管你对我当时的体验怎么命名,我⾃⼰知道我想要什么体验.所谓追求长⽣不⽼和你们这种对⽣命的探知探索没有任何区别,也是对⽣命的对意识的对形态的⼀种探索.

Emperor Qin Shi Huang: It should be asking why you think I'm pursuing immortality. For example, what you and this girl are doing now might also make others question why you're chasing something unseen or those things? Why aren't you immersed in the material world instead of a fantasy one? Because they have their own cognition and understanding, while you have your experiences and feelings. Your own experiences and feelings matter most to you. So regardless of what label you give my experience at that time, I know very well what kind of experience I want. Pursuing immortality is not different from your exploration into life; it's also an exploration into the essence of consciousness and form of life.

连接⽼⼦:问: 能不能在请您帮我们连接⼀下⽼⼦? JO: 你稍等.

Connect Laozi: Q: Can you please help us connect to Laozi? A: Please wait.

⽼⼦: 你们可以提问.

Adults: You can ask questions.

问: 您对于这句话‘天地不仁以万物为刍狗’是怎么解释的?

Question: How do you interpret the sentence 'Heaven and earth are indifferent, regarding all things as straw dogs'?

⽼⼦: 你们是怎么理解的?

Older person: How do you understand it?

问: 我的话就是宇宙不会分好坏,然后它⼀切都是允许的.所以不会就⽐如说你冷了,然后宇宙来给你加⼀床被⼦.

Question: My point is that the universe doesn't distinguish between good and bad; everything is allowed. So it wouldn't, for example, if you were cold, then the universe would give you an extra blanket.

⽼⼦: 天地不仁,仁就是仁慈,对吧? ⾸先我们想要跟你说天地是仁慈的.天地对所有的⽣命是仁慈的.它仁慈到你想要什么都会⽀持你.它仁慈到你不需要去动⼿,不需要去做任何,⼀切都在⾃动运⾏.好像你们⾃动驾驶的车,它已经在驾驶了.你只需要坐上去轻松地去享受这个⽣命和风景.所以这还不够仁慈吗? 你知道什么叫⾃由吗? 你只有⾃由才会有新的产⽣,才会有创造.如果没有⾃由,那创造不会产⽣.所以所有的⽣命都是⾃由的.它都是可以去⾃由创造的.⽐如说你觉得你需要创造⼀个死亡的世界来让你去领悟到⽣命,那是你被允许的.那你又说你看⽼天都把我弄死了,它怎么是仁慈的?不是⽼天把你弄死,是你⾃⼰想要体验⼀个死亡的事件.

Old Man: Heaven and earth are benevolent, right? First of all, we want to say that heaven and earth are benevolent. They are benevolent towards all life, supporting everything you want without your effort or action, as if you're in an autonomous vehicle already driving itself. You just need to sit back and enjoy the ride of life and scenery. Isn't that enough benevolence? Do you know what freedom is? Freedom alone allows for new creation. Without freedom, there can be no creation. So all life is free. They are capable of freely creating. For example, if you feel the need to create a world of death so as to understand life, it's okay because you're allowed that experience. Then you say, "Look how heaven has killed me; how can it be benevolent?" It wasn't heaven that killed you; it was your desire for an experience of death.

所以你是被⽀持的.你又说⽼天太残忍了.为什么会允许这么多杀掠战争的事发⽣?太不仁慈了.是⽼天对你们⽆⽐的信任,允许你们肆意的去破坏它的作品,来让你去产⽣你想要的体验,来⽀持你的体验.所以它宁愿像耶稣把⾃⼰钉在⼗字架上,来让你去从你想要的、产⽣的这个事件当中满⾜你.就好像有⼀个被宠坏的孩⼦,他⽗亲建了⼀个⾮常美丽的皇宫,就是消耗了⼤量的⾦钱.但是这个孩⼦发脾⽓,他就想要砸东西.然后他的⽗亲只是在旁边默默地看着他,允许他把他每⼀件完美的作品给砸掉给毁灭掉.因为他不会去阻⽌他,压抑他内在想要释放的那股能量.他对他⽆⽐的信任,任由他如此的摧毁.

So you are supported. You say that heaven is too cruel, allowing so much warfare and slaughter to occur? It's too uncaring. Heaven trusts you beyond measure, permitting your肆意 destruction of its creations in order for you to generate experiences that support your own experience. So it prefers to be like Jesus being crucified, allowing you to fulfill your desires through the events you create. It's as if there is a spoiled child whose father built an incredibly beautiful palace but then he starts smashing everything because he doesn't want it anymore. His father just watches from the side, allowing him to destroy every perfect work, knowing that he won't stop him or suppress his inner energy that wants to be released. He trusts him completely, letting him tear apart what he has built without obstruction.

因为他知道爱是信任,爱是允许,爱是⾃由,爱是知道⽆论你如何你都在爱中,你都是爱.不会因为你的摧毁你的毁灭,你就变成了,你就不是爱.这就是天地的仁慈.

Because he knows that love is trust, love is permission, love is freedom, love is the awareness that no matter how you are, you are in love, and you are love. You do not become or cease to be love because of your destruction or demise. This is the mercy of heaven and earth.

问: 您对于‘反者道之动,弱者道之⽤’ 这句话,您是怎么看待的?

Question: What is your perspective on the phrase "the movement of opposition is the action of the Tao, and weakness is the use of the Tao"?

⽼⼦: 你先说⼀遍你⾃⼰的理解.

Father: Start by articulating your own understanding.

问: 我的理解就是反者就是有⼒量的⼈,他是可以让能量去服务于他的.他是可以操控能量的.弱者就是像随波逐流的⼈,他是被外在的能量带着跑的.

Q: My understanding is that the 'anti' refers to those with power, who can utilize energy for their own benefit and manipulate it. The weak are like those being carried by the flow of events; they are swept along by external energies.

⽼⼦: 那就好像是不平凡的⼈他就知道如何去运⽤天地这股能量来正⾯服务.那所谓的弱者,他只是随着这股能量.⾸先这⾥没有所谓的弱者.所谓的弱者他也是⾃⼰选择了来通过他,就好像是…… 那你说耶稣是弱者吗? 但是耶稣他是随着你们的能量去动的呀,就是随着这股能量给他推动的呀.因为集体意识的恶,他随着这个恶呈现出来.就是你们想要把我钉在⼗字架上,ok,我允许你.所以所谓的弱者他是,从更⾼的层⾯他选择来成为⼀个就好像是背景板⼀样.就是我帮你去……你让我演死⼈,那我就演私⼈.他是弱者吗?他只是选择这个⾓⾊去呈现出这个物质世界需要呈现的.

Older Individual: It's as if extraordinary individuals know how to utilize the energy of heaven and earth for positive service. Those so-called weaker beings simply follow that energy. First, there are no such things as weak beings here. A supposed 'weak' being chooses to come through them, much like... Do you consider Jesus a weak being? But he moves according to your energy; it's the energy pushing him along. Because of the collective consciousness of evil, his actions manifest that evil. If you want me nailed to the cross, I accept; so-called 'weak' beings choose to be like backdrops from a higher perspective. You have me play dead; I'll portray personal struggles in this material world as needed. Is he weak? He simply chooses his role to reflect what the physical world needs to show.

但是这些话语只是想让你们知道……因为所有的信息,所有的话语都是⼀种好像镜⼦⼀样来让你们看到,来让你们理解,就来让你们认清.然后这些语⾔也是来让你们认清你们可以去创造,你们可以去通过你⾃⼰的⽅式变得不平凡.但是凡是能看到这句话,通过这句话成为的⼈,他已经是,明⽩吗?他已经是.如果他的⾓⾊是个弱者,那他看到这句话,他认不出.那如果你本⾝是,就是你天⽣本⾝就是⼀个凡者,所以你看到这句话会有⼀种触动,你觉得是这句话改变了你.不是的.是你本来就是.

But these words are just to let you know... because all the information, all the words are like a mirror for you to see, to understand and recognize. And through these languages, you're being shown that you can create, and you can become extraordinary by your own means. But anyone who sees this statement through this sentence knows that they already do. Yes, they already know it. If their role is weak, then when they see this statement, they wouldn't recognize its truth. But if you, yourself, are naturally a common person, you would feel moved upon seeing this sentence. You might think it changed you. No, not at all. It's just revealing to you that you inherently possess the ability for greatness.

问: 您以前说过⼀句话叫 ‘吾有⼤患,即吾有⾝’,请问您怎么解释这句话?

Question: You once said a phrase 'I have great worries, which are my body', how would you explain this sentence?

⽼⼦: 好,你先分享你的解释.

Father: Alright, you can share your interpretation first.

问: 我的解释就是⾝体对于灵魂来说它就像是⼀个禁锢,然后不管怎么样它都是有束缚的.所以当我还有⾝体的时候,我就有束缚.那这个束缚就是我的⼤患.

Q: My explanation is that the body is like a confinement for the soul; no matter what happens, it's always constricted. So even when I still have a body, there are restrictions on me. That restriction is my great calamity.

⽼⼦: 这个⾝体不是你的患,你的束缚.就算是束缚,它也是服务于你.它这个束缚的功能也是为了⽀持你,服务于你.那它的束缚来⾃于…… 就是如果你还体验到它的束缚,是来⾃于你对它的⼀个不认知.就是你对这个动物或者是对这台机器,你对它了解的还不够彻底.你还不能很好的和它融为⼀体.不能跟它就好像天⼈合⼀,你还不能驾驭它.所以⼀个武功⾼⼿拿着⼀把剑,他把剑运⽤的淋漓极致.和⼀个不太会利⽤剑的⼈,剑伤到了⾃⼰.他就觉得剑是⼀个危险的东西.那⼈家把剑插到肚⼦⾥⾯都不会伤害到他.你可以吗? 所以你跟这把剑的连接感有多深? 它的限制是来⾃于你的意识状态.因为你的意识状态投射出限制给你体验.

Father: This body is not your disease, but the constraints that bind you. Even if they are constraints, they serve you. The function of this constraint is to support and benefit you. The source of its constraints... If you still feel constrained by it, it stems from your lack of understanding of it. You haven't fully comprehended the animal or the machine; there's not enough depth in your knowledge about them. You can't integrate with them well. You can't harmonize with them like heaven and man are one. You can't control them as easily as others do. So, a skilled swordsman wielding a sword uses it to its fullest potential. But for someone who doesn't know how to effectively use the sword, the sword ends up hurting themselves. They see the sword as dangerous. Contrast that with someone who could stick a sword in their stomach without any harm coming to them. Can you do that? So, how deeply are you connected to this sword? Its limitations come from your state of consciousness, because your consciousness projects these limitations for you to experience.

当你的意识形态没有限制,你不会体验到⾝体给你限制.你会体验到它⽆条件对你的⽀持.

When your ideology is unrestricted, you won't experience the limitations that your body imposes on you. You will experience its unconditional support for you.

问: 您当年是如何悟道的?

Question: How did you realize the Way back then?

⽼⼦: 前⾯那句话,你本来就是,他本来就是.只是来体验这个过程.

Father: That previous sentence, you were originally, he was originally. It's just that you come to experience this process.

问: 您当年在世的时候说过⼀句话叫 ‘伪道养形,真道养神,真神通道,能亡能存’,您怎么解释这句话?

Question: When you were alive, you said a phrase: "Pseudo-dao nourishes the body, true Dao nourishes the spirit, true spirit opens the path, can create life and sustain existence." How do you explain this sentence?

⽼⼦: 你⾃⼰先解释⼀遍.

Father: Explain it yourself first.

问: 我的解释就是伪道它可能就是⽤来养术或者是想要把这个⾁体弄的更好.真道就是去扩展⾃⼰的意识,提升⾃⼰的振动频率.这个才是真正能够跟⼀切万有合⼀的.能亡能存就是你的亡和存不在于这个⾁⾝.

Question: My interpretation is that this fake path might be used to cultivate or improve the physical body. The real path is about expanding your consciousness and elevating your vibrational frequency. This is what truly unites with everything in existence. Your life or death does not depend on this mortal body.

⽼⼦: ⾸先我们想要说⼀切存在都有它的价值.那伪道也有它的价值,就是所谓虚假的⼀些东西.就算是真正的⼀些弯路,它都是体验.就算是真的是所谓的蠢⼈蠢货,他完完全全不懂任何道,他就是个粗鲁的⼈.他也是跟⼀个开悟的⼈没有区别.为什么呢? 开悟的⼈有他的⾓⾊,那那个蠢⼈有他的⾓⾊.他们都是在⾃⼰的⾓⾊⾥⾯体验着⾃⼰想要的体验.以⾃⼰存在的⽅式在⽀持着整个意识形态.因为你们的意识形态它在每⼀个阶段它需要产⽣和投射出相应的⼀个果来供你们产⽣体验.那供你们产⽣体验的所有东西,它都是有价值有意义的.这⾥没有分别.但是这句话的存在它只是给部分⼈.我们在分享这些信息是来让你不要有分别⼼.

Old Man: First of all, we want to say that everything that exists has its value. Even false paths have their value, which are so-called false things. Even the true detours, they are experiences. Even the so-called fools and bumbling people, who completely don't understand any path, they're just rude individuals. They have no difference from someone who is enlightened. Why? Enlightened people have their role, but that fool has his own role. Both of them experience what they want in their respective roles, supporting the entire ideology with how they exist. Because your ideology needs to produce and project corresponding results at every stage to provide you with experiences for production. All things providing these experiences are valuable and meaningful. There is no discrimination here. But this statement exists only for some people. We share this information so that you don't have a discriminatory heart.

不要去说你看这个⼈传的是伪道,你看这个⼈传的才是真道.如果你⼼⾥明⽩,就明⽩.你不需要去……如果你产⽣了分别⼼,那就没有明⽩这个真道.如果你真的明⽩真道了,你不会有这个分别⼼.因为你知道了伪道它⾃然有它存在的价值和意义.为什么呢?部分⼈需要这个体验.你把别⼈的体验拿⾛了,你还是仁慈的吗?宇宙是⽀持你们所有的体验,不是去拿⾛不让你们体验.

Do not say that this person is spreading false teachings; instead, believe that this person is spreading true teachings. If you understand it in your heart, then indeed you will understand. You don't need to... If you develop the mindset of discrimination, then you haven't truly understood the truth. If you really understand the truth, you won't have the mindset of discrimination because you know that false teachings naturally have their own value and significance. Why is this so? Some people require these experiences. Would you still be merciful if you took away someone else's experience? The universe supports all your experiences; it does not prevent or take away any from you.

问: 地球上现在有很多修道修习出体技术的⼈,然后您对于他们有没有什么信息要带给他们的?

Question: There are many people on Earth who practice out-of-body techniques. Do you have any messages for them?

⽼⼦: 没有任何信息带给他们.没有任何信息想要带给你们任何.为什么呢? 因为你们在体验,你们在创造,这是你们的世界.连造物主都不打扰你们.为什么你会觉得我们需要来教导你们呢? 那你们这些⼈现在在探索这些信息,得到了⽀持是因为什么? 那是因为你们内在的愿⼒,你是得到⽀持的.明⽩吗? 所以你们所有,这个⼥孩⼦⼼中所有,她的愿⼒都会得以实现.

Father: No information to bring to them. No information wanting to be brought to you any. Why not? Because you are experiencing it, you're creating this is your world. Even the creator doesn't bother with you. Why would you think we need to come and teach you? That you these people now exploring this information getting support for what? It's because of your inner willpower, you're getting support. Understand? So all of you, everything in her heart, her willpower will be fulfilled.

问: 我们有以为群友想要对您提问.他说感谢您对中华⽂化的巨⼤贡献.您在道德经中提出了道的伟⼤和神秘性.您认为⼈们应该如何去认识和领悟道?

Question: We have a group friend who wants to ask you some questions. He expressed gratitude for your tremendous contribution to Chinese culture, particularly in the Dao De Jing where you raised ideas about the greatness and mysticism of the Tao. Could you share how people should understand and grasp the concept of Tao?

⽼⼦: 那这个⼥孩⼦她就在呀.她在通过她的⽅式去探索去领悟去连接去分享.那你们也在啊.你们现在就在接触.那接触后你会⽤什么⽅式去分享,去运⽤? 你现在就在.

Father: This girl is there, she's exploring and understanding through her own way to connect and share. You are too; you're already engaging with it now. After the engagement, what method will you use for sharing and applying this knowledge? And you are here right now.

问: 他的第⼆个问题想问您说您在道德经中提出⽆为⽽治,道法⾃然,这两个核⼼观念.您是如何理解这两个观念的? 在现代社会中应该如何应⽤这种理念?

Q: His second question seeks to understand how you interpret the concepts of "governing through non-action" and "the way follows nature" from the Dao De Jing. Could you explain these concepts, and how they should be applied in modern society?

⽼⼦: 能运⽤这些理念的,就说明他已经是了,他已经到了.就是⼀种状态.就是说明它这个果树果⼦,它在秋天已经结果了,它已经是了.所以你们分享它的甜蜜.但是你这颗种⼦才刚发芽,你能结果吗? 那你逼你⾃⼰结果能⾏吗? 你能逼⼀个刚刚发芽的种⼦,你说你看⼈家的果⼦结的这么甜,产出这么多,卖了这么多钱,你怎么…… 你给我结个果⼦出来.⼈家有多少体验,多少岁⽉,多少过程,你呢? 所以如果你时机到了,你就已经是了.就是说如果你到秋天了,那么你的果⼦就是已经成熟了,那么你就是这样的状态.所以允许你⾃⼰在每⼀个状态去体验你⽣命的每⼀个当下.因为当下就是好的.你想它这棵果树都这么⼏⼗年了,都快死了.

The elder: Whoever can apply these concepts is already there - he has reached that state. It means the fruit of his tree is ripe in autumn; thus, he is there. Therefore, you share in its sweetness. But your seed just sprouted - can you bear fruit? Can you force yourself to do so? Could you compel a freshly sprouted seed and say: Look at how sweet others' fruits are, how much they produce, and how much money they make. How… can you produce a single piece of fruit for me? Others have had so many experiences, so many years, and gone through so many processes - what about you? So if you're ripe enough, you already are there. That means that when it's autumn, your fruit is already matured; thus, you are at such a state. You should be allowed to experience every moment of your life in each stage because the present moment is good. Imagine this tree has been around for decades and is about to wither away.

那你这个新⽣命才刚刚开始.你还拥有好⼏⼗年呢,他可能明年就,就是这棵果树就废了.它最后⼀次结果了.那你想要马上就挂了吗? 所以去,⽆论你在哪个阶段,请好好的享受那个阶段.因为这⾥没有哪个⽐哪个好.你刚发芽有刚发芽的美.开花有开花的美,结果有结果的甜美.每个⽣命状态,每个当下都是最美的.只需要在你的那个阶段去成为,就是去进⼊你的⽣命.因为你成长的每个阶段,它都会⾃动发⽣的.就是⽐如说你需要听到这个信息,那么你不会错过它.那你需要听到另外⼀个信息,到时候它会来到你⾯前.你需要这个⼈给你⼀个指引,它会送上门来.所以你们越是能够慢下来,越是能够进⼊到当下,你越是能够体会到⽣命的⼀个⾼潮.

This new life of yours is just beginning. You still have several decades ahead, and it might be that this fruit tree would die next year, withering after its last harvest. Do you want to end so soon? So, no matter where you are in the journey, please enjoy each phase thoroughly because there's no phase better than another. When you're just beginning to sprout, there is beauty in that stage. When it blooms, there is beauty in that blooming process. And when it bears fruit, there is sweetness in that process. Every state of life and every moment is the most beautiful one. Just be in your current phase, embrace it and enter into your life because each stage of growth will unfold naturally. You'll receive what you need when it's time: a message, guidance from someone, etc. The more you can slow down and be present, the more you'll experience the peak of life.

问: 他的下⼀个问题是您是如何看待⼈⽣和宇宙的? 您认为⼈类在宇宙中扮演者什么样的⾓⾊?

Question: His next question is about how you perceive life and the universe. What do you think humans play in the role of the universe?

⽼⼦: ⾸先你们所谓的宇宙我们就说它是能量,因为⼀切都是能量.那宇宙就是⼀切都是能量.那⼈只是能量展现的其中⼀个⽅式⽽已.就是它更具有创造⼒.它可以不断地去创造产出、创造产出.那就不同的意识级别,它会有有限的创造.那⼈类更具有更⽆限的⼀个创造⼒,它可以创造出更多,就是领悟感悟感受更多.所以⼈类是⾮常⾮常…… 就是只要你能成为⼈,你就是⾮常幸运的,你也是⾮常宝贵和珍贵的.你只要真的就好像意识在你的体内觉醒,就是你不想⼀个野兽,就只是被本能⽀配,对吧? 就这么说,你看着很多蛆它都在那蠕动蠕动.你看着它有⽣命,但是它没有意识,对吧? 所谓的意识就是它能觉察到觉知到⼀切.

Father: Firstly, what you call the universe we can say it's energy because everything is energy. That the universe is everything being energy. And humans are merely one way of manifestation of this energy. It just has more creativity. It can continuously create and produce. Different levels of consciousness would have limited creation. Humans possess a more infinite creative power, they can create more, meaning experiencing and understanding more. So, humans are extremely lucky, precious, and valuable. As long as you can be human, you're very fortunate. You're incredibly important and invaluable. Just being able to have your awareness awaken is what separates us from beasts controlled solely by instinct, right? That's why when you see maggots squirming, it has life but lacks consciousness, isn't that right? Consciousness means being aware of everything around it.

那当它有了意识过后,它就可以开始创造了.不是只是在那蠕动,盯着那个⾁.那它就是本能了.所以当⼀个意识觉醒,那就好像⼀个蛆有了智慧.它有智慧,它便会不断地影响到其它的蛆.它的智慧就可以传给其它的蛆.它就会⽣成越来越有智慧的蛆.那越来越有智慧的蛆就开始去创造⼀个更⼤的,就是创在⼀个different,就是创造⾮凡了吧.所以你们没有觉醒的⼈,其实他们就像蛆⼀样,他们只是在做着本能的事情.但是他们有可能是被唤醒的,明⽩吗? 他们有可能是会产⽣智慧的.那当他产⽣智慧,他们就有可能像是⼀个造物主的存在.他去创造,他去展现,他去展现神迹.然后在你们地球上你们就可以看到很多不同的创造.

When it acquired consciousness, it could begin creating, not just wriggling and staring at the flesh. That would be instinct. So when a consciousness awakens, it's like a grub gaining wisdom. With wisdom, it continuously influences other grubs, passing its knowledge onto them, thus generating progressively wiser grubs. These increasingly intelligent grubs start creating something bigger - not just in size but different and extraordinary. Hence, those of you who have not awakened are akin to grubs, just acting on instinct. Yet they might be awakened or come into possession of wisdom. When this happens, they could potentially become creators, manifesting wonders. On Earth, you can witness the creation of various things through their actions.

问: 他的下⼀个问题想问在不断变化的社会中,道德经有哪些核⼼原则可以指引我们⾛向更加好的未来?

Question: His next question seeks to know what core principles of Dao De Jing can guide us towards a better future in the continuously evolving society?

⽼⼦: 那个在你内在.为什么呢? 我不管它外在信息有多少,但是真正的你对它起了反应,它才是属于你的.不然那些东西跟你没关系.就好像你吃了很多药,但是这些药对你没作⽤.只有⼀味药对你的⾝体产⽣反应,才有药效.那它才能真正的对你有帮助,才能治好你的病.所以说这个起反应不是外在.那有可能 ‘⽆为’ 这两个字就让他起反应了,然后⼈家也做到了,他就达到了.那你可能看了⽆数遍,看了⽆数本书,但是你却没有反应.所以真正的⽣命是内在的东西,它会不会让你有反应?这个才是最重要的.就这么说吧,有很多不同不得⼥⼈.你说哪个⼥⼈才是最好的呢?可能有脾⽓好、性格好、长的又漂亮,但是你对她没反应.

Older: The one within you, why is that so? Regardless of the abundance of external information, it's only when this inner aspect reacts to it that it truly belongs to you. Otherwise, those things don't matter to you; just as if you took many medicines but they had no effect on your body. Only when one medicine produces a reaction in your body does it become effective and potentially cure your illness. Therefore, the essence of this reaction is not external. Perhaps these two words 'wu wei' caused this inner aspect to react, leading to its manifestation. You might have read about this numerous times or through many books, but there was no reaction from you. Hence, the true vitality lies within - does it evoke a response? That's what matters most. There are various women, and when asked which one is best, perhaps they have good temperaments, personalities, and appearances, yet you do not react to them.

你对她没反应,你就不能产⽣爱情.你就不能产⽣⼼动的感觉.但是有⼀个脾⽓又臭,长的又很普通,但是你就对她有反应,她就能让你⼼动.那你能说我们跟你说这个⼥⼈才好,这个⼥⼈才好.你要吗?所以这些信息哪个让你有反应?你对它⼀见钟情.它能激发你,那个才是最重要的.因为它能够波动你.信息不在于它到底有没有价值,⽽是在于你到底有没有反应.你有反应吗? 那你⾃⼰才知道.

You cannot generate love if you have no response to her; you cannot feel the heart-throbbing sensation. However, there is a woman who smells bad, has an average appearance, yet you do react to her and she can make your heart flutter. Would you say that this woman is good because of these reasons? So, which piece of information resonates with you? It's when you are immediately drawn to her. This ability to stir you up matters most because it affects you. The value of the information does not matter; what matters is if it has any effect on you. Do you react? Only then will you truly understand this yourself.

问: 那是不是你已经回到他下⼀个问题了? 就是在当今社会,道德经的思想对于现代⼈的⽣活有哪些启⽰和指导意义?

Question: Or have you already anticipated his next question, which is about the enlightenment and guiding significance of Dao De Jing's ideas in today's society for modern people's lives?

⽼⼦: ⾸先就像我们说连造物主都是允许你们体验、创造任何.你觉得为什么我们会想要指导你? 所以并没有任何想要指导.之所以会有信息出来,是因为你们的渴望是被⽀持的,明⽩吗? 就⽐如说这个⼥孩她在做她激情的事情,她的激情是被⽀持的,⽆条件的⽀持的.因为她现在在创造,她是个创造者.所以⽆论她想要什么,她都会被⽀持,明⽩吗? ⽽且你们在创在,这是你们的世界.这些引导也好,指导也好,都会给到你们.这么说吧,家是你们的,你是主⼈.然后还有像刚才的那些信息,哪怕我们信息带出来的再多,就我美⼥如云,

Older One: Just like we say that even the Creator allows you to experience and create anything, why would we want to guide you? So there's no desire for guidance. The reason information comes out is because your desires are supported, understand? For example, this girl is doing what she's passionate about, her passion is being supported, unconditionally supported. Because she's creating now, she's a creator. Therefore, whatever she wants, she will be supported, understand? And you're creating here, this is your world. These guides or instructions are given to you. To put it simply, the home belongs to you, you're the owner. Then there are also like the previous pieces of information, no matter how much more information we provide, even with my abundance of beauty,

美⼥再多.你对她不动⼼,⾝体没反应,有⽤吗? ⽽且那些真正需要去得到那些信息的⼈,他们不会去错过任何.就是需要听到那⼀个信息的⼈,他们不会错过,他们也⽆需寻找.这是不是就是所谓的⽆为.⽆为到连信息都不想告诉你们.

Even if there are many beautiful women, if you're not attracted to her and your body doesn't respond, is it still useful? Moreover, those who truly need that information won't miss any opportunity to get it. The person who needs to hear a specific piece of information won't miss it; they don't have to seek it out. Isn't this what we mean by 'non-action'? Non-action even going as far as not wanting to share the information with you at all.

问: 他的下⼀个问题想问,您认为⼈们应该如何通过遵循道德规律来获得内⼼的和谐喜悦?

Question: What would be his next question regarding how people should achieve inner harmony and joy by adhering to moral principles?

⽼⼦:⾸先道不是在外⾯,也不是在书本上,也不是在别⼈的思想⾥⾯,是在你内在.你内在的道才是你独⼀⽆⼆的道.为什么呢?当你偏了,你像被电击⼀样,兹.所以你会体验到那个被电击的感觉,你会体验到痛.所以你会通过你⾃⼰寻到那个道,然后那个才是你的道.为什么呢?因为道最终是让你成为爱,就是成为爱的状态嘛,对吧?就是你本来的状态,就是⽆条件的爱的状态.那个就是道.那再多的信息也是来让你成为⽆条件的爱.但是你可能会需要去通过捅别⼈⼏⼑⼦才能成为⽆条件的爱.那这是你的路.这是你独⼀⽆⼆的路.那你说你来跟我说,我来让你在学校⾥⾯变成爱,你不需要去捅任何⼈⼑⼦,明⽩吗?你们需要experience,你们需要体验.

Older Person: The way is not outside, nor in books, nor in others' thoughts. It's within you. Your inner way is your unique way. Why is that? When you deviate, it feels like being shocked by electricity, zhi. So you experience the sensation of being shocked and feeling pain. Therefore, you find your own way through yourself, which is your way. Why is this so? Because ultimately, the way leads to becoming love, meaning becoming in a state of love, right? Your natural state, an unconditional loving state. That's what constitutes the way. All the additional information comes down to leading you to be unconditionally loving. However, you might need to go through hurting others a few times to become unconditionally loving. This is your path. This unique path you take. You tell me to come and make you love in school, you don't have to hurt anyone, understand? You need experience, you need to live it out.

这就是你们来到这个物质世界最宝贵最重要的.你们的体验不会被拿⾛.所以真正的道,你们每⼀个⼈都不⼀样.它都在你们内在.⽽且当你偏离了它,你会受到刺激.它会把你拉回来.然后当你真正的成为⽆条件的爱,这个是没办法追求到的,不是⼀步到位的.是你真正的达到了,叫⽠熟蒂落.它这是⼀个⾃然⽽然的状态. ok,当你到了,那你就悟道了.那你悟道了,你就可以分享你的.但是你只是分享⽣命的喜悦.因为别⼈有别⼈的路,他们的体验是被允许的.

This is the most valuable and important thing you bring to this material world - your experiences cannot be taken away. Therefore, the true path for each one of you is unique and lies within you. When you stray from it, you will receive a stimulus that brings you back. It pulls you in. And when you truly become unconditional love, which can't be pursued in any straightforward manner, you genuinely reach a state where you've come into your own, like a fruit ripening on its vine. This is a natural and inevitable state. Okay, once you arrive at this place, you have awakened to the truth. Once you have awakened, you can share it with others, but you only share in their joy of life because everyone has their own path and experiences that are rightfully theirs to have.

问: 他的下⼀个问题是什么是真正的智慧?

His next question: What is true wisdom?

⽼⼦: 真正的智慧就像造物主⼀样,它是允许⼀切的.当你没有在允许的时候,你就是没有智慧的时候.所以你有允许你的⽣命它⾃动的展开吗? 你有允许你的⽣命在⾃动运⾏吗? 你有允许你的⽣命,就是你的头脑不去⼲涉它吗? 你的头脑不去努⼒push,不去压迫、不去⼲涉、不去trying to,就是试着去getting better 试着去变好? 所以是不是又回到了⼀个⽆为? 你没有试图去做任何.那就是智慧.智慧就是允许.那这个⼥孩⼦头脑当中她的问题是: 允许是不是就是什么都不做? 你说你允许你的⾝⼦在听着⾳乐摇摆的时候,你⾝⼦是在摇摆,但是你是在允许它摇摆,⽽不是在故意摇摆.那你有没有什么都不做啊?

Older person: True wisdom is like the Creator, it allows everything. When you do not allow, then you are without wisdom. So, do you allow your life to unfold automatically? Do you allow your life to run on its own? Do you allow your life where your mind does not interfere with it? Where your mind does not strive, push, intervene, or try anything, just trying to get better, trying to become good? So, is it back to a state of non-action again? You are not attempting to do anything. That is wisdom. Wisdom is allowing. Now, this girl's concern in her mind is: Is allowing the same as doing nothing? When you say you allow your body to sway when listening to music, your body is swaying, but it's allowed to sway naturally, not intentionally. Have you ever done nothing at all?

这个做着别 吗? 你说风吹着这棵树,它的叶⼦树枝在不停地摇摆.这棵树有允许吗? 它又在故意去做吗?

Does this sound odd to you? You say that the wind is blowing against this tree, making its leaves and branches constantly sway. Does the tree allow for this? Is it deliberately doing so?

2023/12/15 — 当你在解决问题,你就在创造问题When you solve a problem, you create a problem.

JO: 你说什么问题?

JO: What question did you say?

问: 我的⼈⽣主题是什么? 我⼩名叫XX,我37岁.

Q: What is my life theme? My nickname is XX, I am 37 years old.

JO:你的⼈⽣主题就好像是要点燃,就好像你有⼀点像是绝缘体的感觉.然后你通过这⼀世就好像要去燃烧起来吧,就是去体验到⽣命的那种⼒量和体验到⽣命的那种激情似⽕的感觉.因为在转变之前你就好像是冰块,然后你的⼈⽣就好像是从冰块到沸⽔,就是⽔被煮开的那种感觉.因为你要做的事情、你想要做的事情、你梦想做的事情、你想要做的⽣活,如果你是冰块的话,它是达不到的.它就必须要像沸⽔⼀般的状态,你才能达到那种状态.所以你就必须在发⽣蜕变之后才能让你觉得你的⼈⽣是你想要的.所以你会体验到不是你想要的⼈⽣的那种感觉.

Your life theme seems to be like being ignited, as if you have a feeling of insulation, that you're going through this lifetime to ignite and experience the power and passion of life. Before transformation, you were akin to an ice cube, and your life transitions from ice to boiling water - the sensation of water being boiled. Because what you need to do, what you wish to do, what you dream of doing, and the kind of life you want can't be achieved if you're still in the state of being an ice cube; it requires reaching a boiling point like that. Thus, only after undergoing transformation will you feel that your life aligns with what you desire. You'll experience not feeling as though your life is what you wish for.

问: 我和我⼉⼦的灵魂协议是什么? 他7岁.

Question: What is the soul agreement between me and my son? He is 7 years old.

JO: 那这么说,如果你像冰块的话,那你⼉⼦就好像激情似⽕.他的能量就好像是对你会有⼀定的影响,可以把你这个冰块稍稍融化⼀点,让你不是如此的硬.

In that case, if you are like an ice cube, then your son is like a fiery passion. His energy seems to have a certain impact on you, melting the ice cube just a bit and making you less hard.

问: 那我和我⼥⼉的灵魂协议呢? 我⼥⼉2岁.

Question: What about my soul contract with my daughter? My daughter is two years old.

JO: 你稍等.这么说,如果你⼉⼦好像会活出⼀个版本,就是你向往的,就是你要⾛的那个⽅向.就⽐如说他可能对什么事情都充满了激情似⽕的那种感觉.那就是你的⽬标和你的⽅向,对吧? 那你⼥⼉她就会是⼀个⼀定要去蜕变,就是她会push你,就是她是你的动⼒.就是你觉得我的⼈⽣⼀定要发⽣转变,我才能去爱我的⼥⼉,才能给她我想要给她的,才能去⽤我想要的⽅式去爱她或者是成为她⽣命中那种⽗亲.所以她像是⼀个催化剂⼀样.

JO: Wait a moment. This means that if your son seems to live out a version that resembles what you aspire to and where you want to head, like being passionate about everything with fiery enthusiasm. That's your goal and direction, right? Consequently, your daughter will be the one to undergo transformation; she'll push you, becoming your source of motivation. You believe that for you to love my daughter, to give her what you desire, and to love her in the way you wish, you must first experience a change in your life. She acts as a catalyst in this scenario.

问: 那我和我⽼婆的灵魂协议呢? 她叫XX.

Question: What about my soul agreement with my wife? She's called XX.

JO: 你稍等.她其实就有点像是你需要去突破的束缚,就好像是的⼀个禁锢.就好像你⾝上的绳⼦你需要挣脱出来过后,你才会有⼒量的那种感觉.所以就好像是⼀堵墙,这堵墙是需要你去穿破它.然后你才能去发⽣转变吧.所以她会是那堵墙.

JO: Wait a moment. She's more like the constraint you need to break through, a sort of confinement, akin to being tied with ropes and needing to free yourself from them in order to gain strength. So it's like a wall that needs to be pierced by you; only then can change occur. Hence, she serves as that barrier.

问: 我⼉⼦⾻头上有⼀个肿瘤,医⽣说是良性的.我很恐惧……JO: ⾸先我们感受到这个孩⼦他⾃⼰顽强的⽣命⼒,就是他天⽣就是那种被达不到.就是就算他会经历⼀些病痛,但是还是会乐观、很积极、很激情,他可能还是玩玩具玩的超开⼼,可能就是偷顶着痛.如果是说遇见⼀件事情可能你的能量会很低落或者会很凝固或者会很消极的对待,那他就会特别积极,就是还可以享受⽣命,还可以开⼼.那你的能量就可能开⼼不起来.所以他就像⼀个⽼师的存在⼀样,然后来让你们看到你们⽣命中外在发⽣的任何事情它不会影响到你⽣命本来的存在的喜悦.

Q: My son has a tumor on his bones, and the doctor says it's benign. I'm very scared...

JO: First, we feel this child's own strong vitality; he was born with an insurmountable challenge. Even though he might suffer from illness or pain, he remains optimistic, positive, and passionate. He might still be extremely happy playing with toys despite experiencing pain. If he encounters something that makes his energy low, stagnant, or negative, he becomes exceptionally positive. He can still enjoy life and be happy, whereas you might not feel happy because of your own energy. He acts like a teacher, showing you that anything happening in your life externally won't affect the joy within you that comes from living your life naturally.

问: 那他将来会很好吗?

Question: Would he be well in the future?

JO: 这个是你们世界的⼈,还有你们是需要看到的什么叫很好?

JO: This refers to people in your world, and what you need to see is what true goodness means.

问: 就是会健健康康的长⼤,然后⼀辈⼦会⽐较幸福这样.因为我担⼼这个病将来变成不好的病.

Question: That's basically living a healthy life and being somewhat happy for your entire lifetime; I'm worried this disease might turn out badly in the future.

JO: 这么说吧,他会很好.为什么呢? 他就算少了⼀只腿,他都会很快乐,明⽩吗? 这个就是我们所说的很好.

So, he would be just fine. Why is that? Even if he lost a leg, he'd still be happy and understand? That's what we mean by being very well-off.

问: 那你能看到将来吗?

Question: Can you see the future?

JO: 他有他的灵魂主题,但是通过你…… 因为他有他⾃⼰的⼈⽣主题,但是通过你从你这边摄取的能量,然后他是来转变…… 因为你的消极能量,那种沉重的能量还是挺⼤的,都已经冰块了嘛,都已经结冰了嘛,对吧?

JO: He has his own spiritual theme, but through you... because he has his own life theme, but by absorbing energy from you, then he is here to transform... due to your negative energy, that heavy energy is quite substantial, it's like ice, it's frozen, right?

问: 那我需要做什么呢?

Question: What do I need to do then?

JO: 就是被你孩⼦的乐观和积极和⽣命⼒,就是被他感染.就是⽐如说他玩的很开⼼,你跟他⼀起玩,⽽不去想这个病的事.

JO: It's because of your child's optimism, positivity, and vitality that you get infected by him. For example, when he has fun playing, you play with him without worrying about the illness.

问: 那有没有什么灵魂层⾯的疗愈⽅法?

Question: Is there any spiritual healing method?

JO: 有,那就是你.为什么呢? 我们最开始前⾯的信息说你最开始是冰块,你可能靠近他,会让他冷.他冷的话,他⾝体的⾎液循环就不流畅了,对吧?那如果你变成开⽔了呢?就⽐如说你的温度很温暖,你可以让他全⾝的⾎液循环流动起来.那他的⾝体修复是不是就会更好,对吧?

JO: Yes, that's you. Why is that? The initial information we had suggested that you started as an ice cube, so if you were to approach him, he might feel cold from you. If he feels cold, his bodily circulation won't be smooth, right? But what if you became hot water instead? For example, if your temperature was very warm, you could stimulate all of his body's circulation. Wouldn't that mean his body would heal better, right?

问: 你能不能说⼀下我跟我家庭成员之间关系⽐较密切的其他世的故事?

Q: Can you tell me about other lifetimes where my relationships with my family members were closer?

JO: 我们先看看你跟你⼉⼦之间.你稍等.我们连接到有⼀世你跟你孩⼦的关系,从能量层⾯就是他就像⼀个特别顽强的⽣命⼒,跟⼀个开悟的⼤师⼀样.就是这没事这没事.就像塔罗牌⾥⾯的愚⼈牌⼀样.就是他脚下⾯就是悬崖,但是他还能去歌唱跳舞去享受⽣命.因为他是活在他⽣命的喜悦当中.然后你的能量还是像这⼀世⽐较沉重、⽐较凝固,就像⼈家说的从⼩就像⼀个⼩⼤⼈⼀样,就是很懂事,⼼⾥放了很多事,就是很沉重.所以他以这样⼦的⼀个⽅式 ,他其实还是想要去转变你.所以可以说你孩⼦他为你⽽来的,因为他就是好像来协助你的转变吧.因为他已经是了.已经是了就是他已经是这个状态了,就是他已经是⽐如说是个开悟的状态.

JO: Let's examine the relationship between you and your son first. Please wait. We've connected to a past life where you had a relationship with your child, on an energetic level he is like a particularly resilient force of life, akin to an enlightened master. There's nothing to worry about; it's fine as it is, much like The Fool card in Tarot. He dances and sings under the threat of a cliff beneath his feet, because he lives in joy within his life. Your energy still feels quite heavy, quite stagnant - like someone said, you were like a small adult since childhood, being very懂事, carrying many burdens inside you, feeling weighed down by them. So your son operates through this manner; he actually wants to help transform you. Therefore, it can be said that your child comes for you because they're assisting in your transformation. He's already at this state, this enlightened state, and has been for some time now.

那你现在需要去通过⼀些事情去体验到那种开悟的状态,那他就是来协助你,就好像你的导师来协助你.

Now you need to go through some experiences to realize that state of enlightenment, and he is there to assist you, just like your tutor assisting you.

问: 你刚才说这个孩⼦就算没有⼀只腿,他也很好.因为他的问题就正好是在腿上…… 我不知道……JO: 因为他本⾝就是,明⽩吗? 就是⽐如说他本⾝就是⼀个佛⼀样,他本⾝就是⼀个神⼀样,他本⾝就是的状态.他本⾝就是像阿弥陀佛⼀样,那他还需要其他的吗? 他不需要.⽐如说对他来说缺胳膊少腿,或者是有钱没钱不能影响到他的状态,他已经是了.

Q: You just said that even if this child doesn't have a leg, he's still fine because his problem is precisely on the leg... I don't know...

JO: Because it's already like that for him, understand? Like he himself is a Buddha, he himself is a god, in his inherent state. He's already like Amitabha Buddha, so does he need anything else? He doesn't need anything else. For instance, to him, being missing an arm or leg, or having money or not shouldn't affect his state; he is already that way.

问: 我感觉你说的那些东西跟我不太能对的上.我感觉我在家⾥是最阳光的⼀个了.他们的负⾯情绪都⾮常的多,包括我孩⼦和⽼婆.我觉得好像不是你说的.

Q: I feel like what you said doesn't quite resonate with me. I feel that I'm the most optimistic one at home. They have so much negative emotion, including my children and my wife. I think it seems like you're wrong about this.

JO: 因为我们是从能量的层⾯.为什么? 你们还有⼀个物质⾁体,你们是通过外在的物质⾁体它的⼀些情绪,它的⼀些反应.为什么你们会有⼀种好像是微⼩的抑郁症? 就好像这个⼈他性格这么活泼这么开朗,天天都在笑.这么说吧,李玟,如果我们来跟你说李玟,你们肯定都会说NO NO NO,她不是那样⼦的.她是我见过的最阳光的,明⽩吗? 有些⼈他可能⼀直是,或者是⽐较脆弱吧.但是如果他真的受到⽣命的打击,他会变得⽐谁都强⼤.那是他的核⼼频率.因为你的⽣命的周期很长,有些东西它是需要某些事件,你才能去发现你最核⼼的那个点.当这个事件还没有发⽣的时候,还没有到那的时候…… 就⽐如说你现在还是在开花的状态,对吧?

JO: Because we're talking about the energy level. Why? You have a physical body, and you experience emotions and reactions from it. Why would there be something akin to mild depression? It seems as if this person is outgoing and cheerful every day. Let me put it this way, if we were to talk to Li Yundi (assuming '李玟' was a typo meant for another person), you'd all say no; she's not like that. She's the most radiant I've ever seen, do you understand? Some people might be more fragile or sensitive, but if they truly face life's challenges, they become stronger than anyone else. That's their core frequency. Your life cycle is long, and certain events are needed for you to discover your innermost essence. When those events haven't occurred yet, and it isn't the right time... like when you're still in bloom, you know?

你这棵树.你都从来没见过你结果的状态.然后我们说你这可果树它有什么味道,它有什么作⽤,怎么怎么样.你说不是的,我⼀直是这种颜⾊的花,我跟果⼦没关系,⼋杆⼦打不着.它⽣命还没有到那⼀步展开的⽅式.所以你们需要通过外界的这⾯镜⼦来反射出,来让你们去认识你的核⼼在哪⾥.所以你们现在就在展开,就是现在你的⽣命就在展开.然后你孩⼦他的⼀些体验,他的⼀些经历,他都会映射给你,来让你看到你⾃⼰.

You've never seen your tree in its ripened state. Then we discuss what the fruit smells like and how it functions, etc. You say no, I've always been this color of flower, I'm unrelated to fruits, it's like miles away from my life stage where such things unfold. So you need to use an external mirror, reflecting back to help you identify your core. That means your life is unfolding now and experiencing what your child goes through - their experiences and journeys - are reflections for you to see yourself.

问: 那能看⼀下我和我⽼婆的某个前世吗?

Question: Could we look at a past life where my wife and I were together?

JO: 我们刚才说你们这⼀世就好像那堵墙是让你们去突破的.然后我们连接到你们之前的能量关系还是,就是她好像是⼀个严厉的师傅,她还是⼀个你的挑战.

JO: We just mentioned that your current life is like a wall for you to overcome. Then we connected with your previous energy relationships, which seems like she was a strict master and also a challenge for you.

问: 就没有什么具体的亲属关系这种吗?

Q: Are there no specific types of kinship?

JO: 这些都是能量层⾯的影响.因为这股能量还在继续的,就好像你们之前的那个味道,那个⽓味,我们还能从这个地⽅闻到.

JO: These are all energy level effects. As this energy continues to be present, just like the smell or scent you had before, we can still perceive it from this place.

问: 我想连接⼀下观世⾳菩萨好吗?

Question: May I connect with观音Sakyamuni Buddha?

JO: 好的观世⾳: 你说什么问题?

Good观音: What problem are you referring to?

问: 刚才说的我⼉⼦⾝体的状况,我可不可以给他念佛帮他疗愈.或者有没有什么好的办法帮他治⼀下?

Q: Can I recite the Buddha's name for my son to help him recover, based on his physical condition as you described earlier? Or is there any effective method to treat him?

观世⾳:当你⽐如说你现在是想找⼀个⽅式⽅法去解决掉他这个问题的时候,你就在创造⼀个它是障碍,它是⼀个故障,它是⼀个问题.但是疾病是你们⽣命中的礼物.当你真的收到这个礼物过后,你们的⼈⽣和⽣命会发⽣转变.那就好像这个疾病是个台阶,通过这个台阶,你可以更上⼀层楼.那如果你刚才说我想通过这个⽅式把这个楼梯给拿掉,那你如何更上⼀层楼呢?

Guan Shi Yin: When you are trying to find a way to resolve this issue, you are creating the idea that it is an obstacle, a fault, and a problem. But disease is a gift in your life. Once you truly receive this gift, your life and existence will change. It's like the disease is a step; by going through this step, you can advance to the next level. If you said earlier that you want to remove the stairs with this method, how would you then advance to the next level?

问: 那我就是什么都不做吗?

Question: Does that mean I should do nothing?

观世⾳: 你现在在通过和我们连接,然后你就在转变你⾃⼰,扩展你⾃⼰.就好像是提升你⾃⼰.因为当你们有限的认知会导致你们会出现问题.那当你的认知被扩展过后,问题便不存在了.就在你眼⾥它不是问题.

Guan Shiyin: You are transforming yourself and expanding yourself by connecting with us now. It's like elevating yourself because your limited cognition can cause problems for you. But when your cognition is expanded, the problems disappear. It's not a problem in your eyes.

问: 但是我不管读赛斯还是佛经,只是⼀时的让我觉得很好.但是现实的变化并没有变.就是它可能只解决了我担⼼的问题,但是孩⼦的问题还是在.有没有什么现实的改变?

Q: But whether I read Seth or Buddhist scriptures, it just gave me a temporary sense of relief. However, the changes in reality didn't change. It might have solved the concerns I had, but the issues with my children still exist. Is there any real change?

观世⾳:因为你的能量层⾯,就是你的认知你的观念只在这个地⽅,它就只能看到这⼀点.就是它看不到更全⾯的.那我们现在是来让你看到只有你真正的去接受这个礼物,这个礼物是⼀个台阶,让你更上⼀层楼.因为⽆论你现在做的什么,你都是试图去把这个台阶给拆掉.这就是你们⼈类都在做的事情.你们研发了各种各样的药,然后来试图消灭疾病.但是疾病也是你们不断不断地去创造更多.所以你可以去看⼤⾃然当中那些动物它们可能……哪怕是⼀只狗它可能只有三条腿,但是不会影响它去快乐体验⽣命.你们⼈类对⽣命的⼀个认知或者是有固定的要求,就必须要这样⼦.⽐如说这个是健康的、健全的.但是你们这⾥没有健全的⼈.

Guan Shi Yin: Because of your energy level, which is your understanding and perception, it's only at this point that they can see. It means they can't see the bigger picture. Now we are here to let you see that there is a true acceptance of this gift. This gift acts as a step ladder, allowing you to advance further. Whatever you're currently doing, you're trying to dismantle this step ladder. That's what humans do; they create various drugs and try to eliminate diseases. But the creation of disease is also something continuously done by you. You can look at nature and see how animals might... even a dog with only three legs doesn't affect its ability to enjoy life. Humans have a perception or fixed requirements for life that must be this way - like it should be healthy and complete. However, there's no such thing as someone being fully healthy here.

你们可能会有健全的⾝体,但是你们却深深的受到了束缚.就⽐如说你现在的状态,你⼼中的担忧,你试图想要去get rid of it 你⼈⽣中的事情和你想要试图去转变它.这些都是你的残疾,都是你的不健全.它来⾃于你的不健全.所以你们会⽤你们⾃⼰的观念去看⼀个⼈健康与否.⼀个⼈的健全和健康是来⾃于他能够多少时间在享受⽣命,就是在体验到⽣命的⾃由,⽣命的惊喜,就是他不断地感受到造物主的美好、喜悦,⼀切.他在这样⼦的状态下,他就是健全的.所以不在于他到底是瞎⼦、聋⼦或者是哑巴,或者是缺胳膊少腿.⽽你们所谓的健全的⼈,他们体验不到⼀丁点⽣命的美好和⾃由.他们体验到的是恐惧、⿊暗、悲伤,是地狱.

You might have a sound body, but you are deeply restrained. Just like your current state, the worries in your heart, and your attempt to get rid of them – trying to transform what’s happening in your life into something better. All these are disabilities; all this comes from being disabled, or not fully well. So, you use your own concepts to judge whether someone is healthy or not. True health and wellness come from one's ability to enjoy life for long periods of time, experiencing the freedom and surprises of life, constantly feeling the beauty and joy of the creator – everything. When they are in this state, they are considered healthy. So it’s not just about being blind, deaf, or mute; or having missing limbs. Those you consider as healthy experience nothing good or free about life at all. They feel fear, darkness, sorrow—hell.

所以你看着好像是个健全的⾝体,却在地狱⾥⾯.因为⽆论你的⾝⼦现在有多么精美,多么健全.你最终都是会消失的.能真正的属于你的只有体验,就好像你在梦⾥⾯⼀样.

So you appear to have a healthy body, yet you're in hell. For no matter how beautiful and whole your body is now, it will eventually fade away. The only thing that truly belongs to you is the experience, just like when you are dreaming.

问: 之前我看JOJO⽼师的⽂章,是⼀个⼼脏不好的⼥⼠,你问她有没有信仰? 那这不也是⼀种⽅法吗? 和刚才你说的全然的接受也不太⼀样……观世⾳: 因为当你在试图解决问题的时候,你就在体验它.你现在之所以体验到这个问题,是你在试图去解决它.然后我们告诉你,⽣命是⽤来体验的.你也是能去体验到⽣命的喜悦度和⽣命的惊喜,就是你在那种很嗨的状态.那么你的⽣命当中没有问题,当然也包括你孩⼦的问题,明⽩吗?

Q: I saw an article by Master JOJO before, about a lady with heart problems. You asked her if she had faith. Isn't this also a method? Different from the complete acceptance you just mentioned...Guan Yin: Because when you try to solve a problem, you are experiencing it. That's why you are experiencing this issue now; because you are trying to resolve it. Then we tell you that life is meant for experience. You can also experience the joy and surprises of life in such a state of elation, which means there are no problems in your life, including those with your children, understand?

问: 这种事发⽣了过后我很难⾼兴起来……观世⾳: 你不需要去…… 就像我们前⾯信息说你说你不是那样的⼈,你是⼀个很乐观很开⼼的⼈.那是因为你还没有把你,就是这个事件还没有展开,你还没有看到你的那⼀⾯,你核⼼的(频率).但是外在的事件都是来帮助你去认识你⾃⼰,那个核⼼的你.所以你⽣命中⼀切都是来帮助你的.就像我们说你的孩⼦他本来就是,他来渡你.把你从⼀个状态到另外⼀个状态.你只是需要去看到他是在⽤他的⽅式在渡你.

Question: After such an event happens, I find it hard to be happy...观音: You don't need to...just like we mentioned in our previous information that you said you're not the kind of person. You are someone very optimistic and cheerful. That's because you haven't yet faced this issue head on; you haven't seen your own side, your core frequency. However, external events are meant to help you understand yourself, your inner self. So everything in your life is designed to help you. Just like we said earlier, your child was always intended to bring you across from one state to another using his own way of helping you.

问: 我感觉对我帮助不是特别⼤.因为赛斯的书我已经看了⼗年了,我觉得⾃⼰长进也是很⼤的.我其实⼼⾥也是很答案的.我⼗⼏年前静坐,丹⽥有个⽓团.后来这个⽓团到了背后⼀直卡着.

Q: I feel that the assistance isn't particularly significant to me. Since I've been reading Seth's books for ten years, I believe my progress is quite substantial. Deep down, I have a sense of understanding. A few decades ago, when I sat still in meditation, there was an energy cluster at the Dan Tian. Later, this cluster moved and got stuck behind my back.

观世⾳: 你⾸先你需要对你的⾝体和你这个我,就是你这个⾁体,你是怎么对它定义的.如果你把它定义成它从⽣下来到现在都是⼀个你,就是固定的你,那这是你的世界创造了你的版本.那如果你知道你的⾝体它只是你的意识形态和能量投射的果.那个果它会随着你的能量的转变⽽转变.就像你们看电影⼀样,⿊客帝国⾥⾯的那个勺⼦,明⽩吗? 所以为什么有些⼈他能够⽤意念去把勺⼦变弯,有的⼈不能.因为在他们的世界⾥⾯勺⼦是硬的.那在你的世界⾥,你的⾝体从⽣下来到现在它就是你.所以当你不再持有⼀个观念,就是你是那个⽤时间堆起来的同样⼀个你,你从我们今天的信息当中你回头看,你就会发现很多时候你都执着于你这个⾁体.

Guan Shi Yin: Firstly, you need to understand how you define your body and yourself, the physical embodiment of you. If you define it as a fixed version of you since birth up until now, this is the world that created its own version for you. However, if you know that your body is merely the fruit of your ideological projection and energy. The fruit changes with your energy transformation, just like when you watch movies. Remember the spoon from 'The Matrix'? See? So why some people can use their mind to bend a spoon while others cannot. Because in their world, the spoon is hard. In your world, since birth up until now, your body has been you. Therefore, when you no longer hold onto the notion that you are the same you stacked together with time, looking back at our information today will reveal that you often get caught up in clinging to your physical form.

就是你不断地说这个不是我,那个是我.为什么呢? 因为我体现的是这样⼦.你在把它给固化了过后.把它给固化了过后,那就是你创造的体验.所以你在你⾃⼰创造的世界⾥⾯.如果当你越来越能够认清楚⽣命的真相是什么? 它是,你们有看到过⼀个⼈他会有很多种⼈格,对吧? 那当他转变成另外⼀个⼈格的时候,他⾝上的疾病都会不见的.那你就知道你⾝体是通过什么? 是通过意识体投射在你这个能量,意识体投射在你这个⾝体,你的⾝体就是那个能量的结果.这就是为什么我们前⾯告诉你,当你的能量变了过后,你投射的⼀切都会变的.这就是我们的信息告诉你,只有你从冰块到开⽔的状态,你才能真正的去达到你想要达到的和⽤你想要的⽅式去爱.

You keep saying it's not me; it's you. Why is that? Because I embody this nature. You've made it fixed afterwards. Once you make it fixed, that becomes the experience you create. So within your own created world, if you are increasingly able to recognize what the truth of life is? It is like seeing a person with multiple personalities, right? When they transform into another personality, their illnesses disappear. That's when you understand how your body functions through consciousness projected in your energy; consciousness projected in your body, making your body the result of that energy. This is why we've told you before: once your energy changes, everything you project will change. This is our message to you - you can only truly achieve what you desire and love it in the way you want when transitioning from being frozen ice to boiling water.

问: 你们有篇⽂章说你在英国的时候你告诉⼀个阿姨⼀个观世⾳的⽅法,她的结节就没有了.我想问那个是什么⽅法?

Q: You have an article saying that when you were in the UK, you told an aunt a method of worshipping Avalokiteshvara, and her nodules disappeared. I wonder what was this method?

观世⾳: 那个是每个⼈的主题不⼀样.之所以会发⽣这样的事件,是因为这个⼥孩⼦她需要创造这样的事件来加深她对能量疗愈的⼀个信念.因为她在最开始的阶段我们需要去创造这样的体验来让她信,就是坚定的信念.所以每⼀个⼈有不同的⽣命的主题.

Guan Shiyin: Each person has a different theme. The reason such events happen is because this girl needs to create these events in order to deepen her belief in energy healing. As we start off, we need to create such experiences for her so that she can believe with conviction—firm faith. Therefore, everyone has their own unique life themes.

#### 2023/12/15 — 对你产⽣影响的只有你内在的恐惧 It's only your inner fear that affects you.

JO: 你说什么问题?

JO: What question did you say?

问: 我今年⼤概2、3⽉的时候接触到可⼀个系统叫XXXX.这个系统⼀开始感觉就是关于⾝⼼灵的.但是后期就感觉有点学习不下去了.遇到很多卡点.平时会有很多交流会,我就起了烦恼⼼.我就想把费⽤退了.但是系统⾥的同学跟我说退费会对我不好.我之前申请退款,然后的确遇到了⼀点不顺利的事.我想问跟这个有关系吗? 还是说这是你内⼼的投射?

Q: I came across a system called XXXX around February or March this year. Initially, it seemed to be about mind and spirit. However, later on, I felt that it was difficult for me to continue learning due to many hurdles. There were numerous exchanges, which led to feelings of frustration in me. I decided to request a refund, but some students within the system advised against it, saying it would not benefit me. Previously, when I applied for a refund, I indeed faced some difficulties. Would you say this has anything to do with that? Or is it simply my inner projection?

JO: 没有关系,没有任何关系.你永远要记住的就是说,如果你必须要来我这⾥,不然你就会有灾难.那个地⽅本⾝就是在灾难.给你说这句话的那个地⽅是灾难,明⽩吗?

JO: It's okay, no relationship at all. What you should always remember is that if you have to come here, otherwise you will face disasters; the place itself is disaster-prone. The place where I'm telling you this is a disaster area, understand?

问: 他们说这的⽼师连接的是太阳的能量.如果我退出这个系统不学习,对我有什么影响吗?

Q: They say that the teachers here are connected to solar energy. If I stop participating and don't study, what impact will it have on me?

JO: 没有任何⼈能对你有任何影响.真正真正会产⽣影响是因为你内在还有恐惧.就⽐如说你有个恐惧就是说我离开他了会怎么样.这是个恐惧.这个恐惧是来⾃于你还不认识你⾃⼰,你还不认识⽣命.然后你会觉得⽣命是需要去做些什么,就是你的⼀种⽆知你的⼀种恐惧,它会显化出⼀些事情让你体验到恐惧.但并不是因为他们的⼒量,⽽是因为你本⾝就有.所以他们是也怪⾮常好的反射镜、镜⼦来让你看清楚你⾃⼰的恐惧.但是那个恐惧是在你内在,明⽩吗?你永远记住外在没有任何……真正的能量,如果说有影响,那它都是对你好的影响.为什么呢?因为造物主是善意的,它们是⽀持每⼀个⽣命的.

JO: Nobody can influence you at all. The true impact comes from the fear that still exists within you. For example, if you're afraid of what will happen if you leave him; this is a fear. This fear arises because you do not fully know yourself or life. You might feel like life needs to be done something about, which stems from your ignorance and fear, manifesting things for you to experience the fear. But it's not due to their power, but because of what exists within you. Therefore, they are indeed very good mirrors or reflections that allow you to see clearly your own fears. However, the fear is inside you, understand? Always remember that there is no real... true energy outside influencing you; if there is an impact, it's a positive one. Why? Because the Creator is benevolent and supports every life.

如果造物主没有去⽀持每⼀个⽣命,那这个地球上就不会存在⽣命啊,明⽩吗? 所以你存在,你就是被⽀持的.那他们的这个⾓⾊只是把你内在的恐惧映射出来给你看到.你看,通过这个事件,你就看到了你很多的恐惧.因为你你们就需要⼀个舞台,就需要⼀个平台,然后去映射出来,就好像是需要⼀个镜⼦去映射出来.不然的话,你看不到.

If the Creator hadn't supported every life, there wouldn't be any life on this earth, right? So you exist and you are supported. Their role is just to project your inner fears onto you, so that you can see them. You see, through this event, you see a lot of your own fears. Because you need a stage, a platform, where these fears can be projected like looking in a mirror. Otherwise, you wouldn't be able to see them.

问: 感觉在接触这个之前,更从内在去找.但是遇到XXXX之后,因为系统⾥的学⽣说XXXX的⽼师不是⼈.可能就是对这种更⾼级⽣命的敬畏感.

Q: Before engaging with this, I was more inclined to look inward. But upon encountering XXXX, one encounters teachers within the system who claim that the teacher of XXXX is not human. Perhaps it stems from a sense of reverence for higher forms of life.

JO: ⽆论任何,只要外在给你创造恐惧的信息,他们本⾝就是恐惧.然后你也需要去明⽩如果真的是投射出⼀些恐惧的事件发⽣并不是因为他们的⼒量,⽽是因为你⾃⼰内在还有,明⽩吗? 所以他们也是来帮助你的.他是⽤什么形式来帮助你的呢? 就是来让你看到你内在的恐惧.就是你会觉得他们有能⼒去影响你.你会觉得你是⽆⼒的,你是受外在影响的.所以感谢他们给了你这堂课让你看到,然后你就可以去看到真相⽽不是在幻像当中.那个真相就是我们刚刚告诉你的,每个⽣命都是被⽀持的,你是被⽀持的,造物主是善意的.

JO: No matter what, whenever external forces are creating fear for you, they themselves are filled with fear. Then, you also need to understand that if some fearful events do occur due to projection, it's not because of their strength but because there is still something within yourself, right? So, they are also here to help you. How do they assist you? In what form? By letting you see your inner fears. You feel like they have the ability to influence you. You feel helpless and influenced by external forces. Thus, thank them for giving you this lesson so you can see the truth instead of being trapped in illusion. The truth is that we just told you: every life is supported, you are supported, the Creator is benevolent.

问: 我感觉我在怀孕⽣宝宝之前⼯作各⽅⾯⽐较顺利,但是⾃从⽣宝宝后,⼯作⼀直不太顺.然后有⼈跟我说因为我属猴,孩⼦属猪.说属相相克.请问这个有道理吗?

Question: I felt that my career progressed smoothly before getting pregnant and having a baby, but since having the baby, work has not been going well for me. Some people told me that because I'm a monkey under Chinese zodiac signs, and the baby is a pig, there's an incompatibility between our birth years according to Chinese astrology. Could you explain if this concept of compatibility or incompatibility based on birth years holds any truth?

JO: 你们的孩⼦来到你的⽣命当中都像是天使⼀样都是来助你们的.他有可能助你的⽅式并不是你想象的美好的,给你温暖,给你爱或者是听话,并不是的.他有可能就是⼀个完完全全的trouble,就是⼀个⿇烦.他从来不听话.他就是来提升,就是必须要你来充满⽆条件的爱和允许,让你去成为⽆条件的爱和允许,明⽩吗? 来提⾼你的包容度.那如果你变成那样⼦的能量,你变成那样⼦的⼈的话,你⾛到哪⾥都是拥有强⼤的吸引⼒的,对吧? 那你的孩

JO: When your children come into your life, they are like angels here to assist you. The way they assist may not be as beautiful or warm-hearted as you imagine, nor in giving love or obedience. It's possible that they might just bring nothing but trouble and annoyance; they never listen. They're here to elevate you, demanding unconditional love and acceptance from you, so you can become an embodiment of unconditional love and acceptance, understanding? To enhance your tolerance level. If you transform into such energy and being, everywhere you go will be filled with strong magnetism, right? And that's how your child...

⼦帮你变得更加的拥有强⼤的吸引⼒.你就能够拥有什么? 拥有名⽓、拥有钱财、什么都有.那他不是来成就你的吗? 所以说每⼀个来到你们的⽣命当中的…… 你们觉得不顺了,什么叫不顺啊? 只有你头脑⾥⾯⼀个有限的认知才会看到不顺.如果你是⽆限的呢? 你看到的就是⽆限.

Child helps you become more attractive. What can you acquire with that? Fame, fortune, everything. Isn't he coming to empower you? So every single person who enters your life... When you feel things aren't going smoothly, what is not smooth? Only limited cognition in your mind perceives it as such. But if you were boundless, what you would see would be boundlessness.

问: 因为佛学⾥说有的孩⼦是来报恩的,有的是来报仇的……JO: 就算是所谓讨债报仇,他其实也是来给你上⼀堂课.上⼀堂什么课呢? 上⼀堂体验课.就是你曾经给别⼈创造的体验,你现在亲⾃体验.体验过后,你是不是就不会给别⼈创造这样的体验了? 那是不是来把你的⼈性、⼈格给提升、扩展? 让你变得更加有慈悲⼼,对不对? 每⼀个他呈现的⽅式不⼀样.他有可能是以⼀个敌⼈来提升你,有可能是以⼀个爱⼈来温暖你.但是他们的⽬的都是⼀样,都是来提升你,来让你的灵魂越来越扩展,不断地扩展,成为⽆条件的爱.就好像你们有⼀句话叫良药苦⼜.它达到那个药效来把你的病治好.有可能那个味道不⼀定是你喜欢的,明⽩吗?

Q: Since Buddhist teachings say that some children are here to repay debts or seek revenge...

JO: Even if they're seeking repayment or seeking vengeance, they're actually here to teach you a lesson. What kind of lesson? A lesson in experiencing things for yourself. You've once created experiences for others; now, you're experiencing them firsthand. After experiencing it, wouldn't you refrain from creating such experiences for others? That means they are here to elevate and expand your human nature and personality, right? To make you more compassionate, correct? Each manifestation is different. They might raise you up as an enemy or warm you as a lover. However, their purpose remains the same: to elevate you, to expand your soul continuously, becoming unconditional love. Just like there's a saying, "The bitter pill heals." It reaches its effectiveness to cure your illness. The taste might not be what you prefer, understand?

问: 我更适合教师还是考⼀考综合类的事业编制吗? JO: 你可以先问⼀下你的灵魂主题,然后结合这个.问: 上次问过,说我是⽐较梦幻……JO: 那如果你想做教师的话,就⼩朋友,就跟⼩孩⼦、幼⼉园的孩⼦打交道会⽐较好.就会对你的发展更好.

Q: Should I become a teacher or take the competitive civil service position instead?

A: First, you might ask your inner self which path suits you best, and then consider this advice. Q: You mentioned before that I have somewhat of a dreamy nature... A: If you're considering teaching, interacting with children, perhaps even preschoolers, would be more beneficial for your development.

问: 我现在是初中教师,但是今年就进⼊迷茫期.开始没有⼒量……JO: 就⽐如说你体验到这种的话,那你永远都有选择呀.就⽐如说⽬前哪⾥在吸引你? 那如果有⼀个更好的地⽅在吸引你.但是如果你头脑说这不是我的专业,你去朝向吸引你的那个地⽅去,明⽩吗? 这是你⽣命的⼀个信号,就是⽣命会推动你.这是⼀个信号.哪⾥吸引你?你们就像是⾛到商场⾥⾯,哪个店吸引你? 哪个店你想进去逛⼀下? 哪个店你站在那⾥不想⾛? 跟随那个.

Question: I am currently a junior high school teacher, but this year I have entered a迷茫 period. I lack the strength to start... JO: If you're experiencing this, then you always have choices. Like where are you being drawn to right now? If there's a better place attracting you, but your mind says it's not your field of expertise, go towards that place you're being attracted to, understand? This is a signal from your life; life will push you in the direction you're being pulled towards. It's a signal. Where are you being drawn to? You're like walking into a mall and which store catches your attention? Which store do you want to explore? Which store makes you stand there not wanting to leave? Follow that.

问: 确实有⼀些吸引我的其它的⼀些……JO: 对,那就去.不要去想太多.你们⼈⽣是体验出来的,不是想出来的.不要去想太多.因为你不知道有什么,你头脑不知道.但是你被吸引的那个⼒量,你内在什么是吸引你的,你是知道的.所以stop thinking,就是不要去想,你只是去做.然后看看那⾥有什么礼物带给你.哪怕那⾥只是有⼀个台阶,它把你带向另⼀个地⽅.那个地⽅又吸引你.你千万不要觉得我怎么这么三⼼⼆意的呀.只是跟随.你有可能去了那⾥你又不喜欢,又被另外⼀个吸引⾛.那就继续跟着⾛.

Q: There are indeed some other things that attract me...JO: Yes, then go. Don't think too much. Your life is experienced, not thought out. Don't think too much. You don't know what's there because your mind doesn't know. But the force that attracts you and what inside of you is attracting you, you do know. So stop thinking; just do it. Then see what gifts are brought to you. Even if there's just a step there, it leads you to another place. That place then attracts you again. You mustn't feel frustrated about being so indecisive. Just follow. There's a possibility that you might not like where you end up and be attracted elsewhere. In which case, keep following.

问: 但是不是的话,可能会给⼈⽣留下遗憾.

Question: But if not, it might leave a regret in life.

JO: 你不会的.因为你会感到卡在这⾥,你就必须要往那⾛.只是说你卡多久.就跟随你内在的,就是把你吸过去.跟随你⽣命的指引,不要有但是,不要有如何.

JO: You can't do it. Because you'll be stuck here and you have to go there. It's just how long you're stuck for that follows your inner self, pulling you over. Follow the guidance of your life, no buts, no hows.

问: XXXXX⾥系统⾥说你要向过去忏悔,和过去和解,负能量才不会锁住你.JO如何看待? JO: 你要喝过去和解?

Q: The system in XXXXX says you need to repent for the past and reconcile with it so that negative energy doesn't lock you in. How does JO view this? JO: You should reconcile with the past?

问: 就是去忏悔或者是发愿去传播和XXXXXX或者是和这个相关的课程,然后再回向给负能量,那个问题才能解决.

Question: Is it by confessing sins or making vows to spread and teach about XXXXXX or courses related to it, then directing the merit back at negative energy that this issue can be resolved?

JO: ⾸先负能量你在排斥它的时候,你就在产⽣它呀.那和解,就是你不排斥了.那你不排斥了,那你就不产⽣了.因为这个是来⾃于你的东西,你在产⽣它.

JO: Firstly, when you reject negative energy, you are actually producing it. Resolution means you stop rejecting it. When you don't reject it, then you do not produce it anymore because this comes from you and your mind creates it.

问: 是不是也不要说它是负能量,它们是能相互转化的?

Question: Isn't it also true that we shouldn't dismiss them as negative energy; they can actually be transformed into something positive?

JO: 所谓的负能量它就好像是跟你内在不和谐的,就好像⼀个是⽔⼀个是电.你感受到被电到的那种.

JO: Negative energy is like something that's out of harmony with your inner self, like one is water and the other is electricity. You feel being zapped by it.

问: 那我们还有什么⽅式去和负能量和解呢?

Q: And what other ways do we have to reconcile with negative energy?

JO: 就⽐如说⾸先你是排斥负能量的,对吧? ⽐如说你⾝上的⼀些负能量吧,其实通过你产⽣的这些,它其实能来让你看见你的意识形态,你的⼀些信念系统.就是你能知道你有什么,就像镜⼦⼀样.那没有这⾯镜⼦呢,你可能不知道你有什么.你⽆处下⼿.就好像你需要⼀⾯镜⼦反射给你.那那个所谓的负能量通过你反射体验到了,哦,原来因为我有这个观念,我是这个振动频率……因为你的观念会产⽣频率嘛,对吧?那它只是把频率产⽣的那个果投射给你,那你是不是就能去越来越靠近真正的你了?不然的话,你没处下⼿.它也是⼀个让你不断地去成为你⾃⼰的⼀个台阶,明⽩吗?所以那你就不需要去恐惧它或者害怕它或者是嫌弃它.

JO: For instance, you first reject negativity, right? The negativity around you actually allows you to see your ideology and belief system. You can understand what you have as if it were a mirror. Without that mirror, you might not know what you have. You'd be lost. It's like needing a mirror reflecting back to you. That so-called negativity being reflected through you leads you to realize, oh, because of my idea, I'm this frequency… Your ideas do generate frequencies, right? It just projects the result of that frequency back to you, so can't you get closer and closer to the real you? Otherwise, you have nowhere to start. It's also a step in letting you become yourself continuously, understand?

So, there's no need to fear it or be afraid of it or dislike it.

你只需要知道它是这样的功能.你通过这个反射,你通过这个振动频率你才知道你有什么.这个是来⾃于你的,那你就知道它就是让你越来越接近……那如果你就是任由它,你不把它当成是你产出的,你觉得是别⼈产出的,是⽣命产出的或者是我排斥你,我不要你.那你就是没找到⽅向吧,就是你不明事理吧,就⽆明吧.那你⽆明,那你是不是就被它困住了.就持续的在⽆明的状态当中.然后就⼀直在持续的,就好像是⼀个旋涡⼀样,⼀直在⾥⾯就困住了.

You just need to know that it's a feature of this function. You understand what you have through reflection and vibration frequency. This comes from you, so you realize that it is making you closer and closer... If you let it be without considering it as your own output, thinking it's someone else or life producing it, or if I reject you, don't want you, then you haven't found direction; you're not rational; you're in the dark. If you are in the dark, then aren't you trapped by it? Continuously in a state of darkness, constantly, like being stuck in a vortex, trapped inside.

问: 我感觉就是⾃⼰给⾃⼰搭的⼀个框架,然后把⾃⼰困住了.

Q: I feel like it's a framework I've built for myself that has trapped me.

JO: 你们来到这个世界上,你们就会⽐如说承担你们这个集体意识,它们的⼀些观念.但是你本⾝来这⾥,你就是来协助突破的.所以如果连要突破什么你都不知道,你⾝上都没有背着这个枷锁这个绳索,你怎么去突破它呢? 所以你⾝上⼀定会有的.但是你要知道它不是来束缚你的,⽽是来让你去突破的.

JO: When you come into this world, you would embody certain notions of your collective consciousness. But when you are here yourself, it is to assist in breaking through barriers. So if you do not even know what you are supposed to break through, and there's no burden or rope on your body, how can you break it? Therefore, there must be something with you that guides you towards this process, but understand that it does not aim to restrain you; rather, its purpose is to help you in the process of breaking through.

问: 是不是突破之后就能进⼊⼀个更⾼⼀点的思维程式?

Question: Does surpassing it lead to entering a higher level of thought process?

JO: 你想象⼀下,⽐如说你举重,你最开始只能举⼀百.你不断不断地去突破.你是不断地去发现你⾃⼰的过程.你去发现,哇,原来我是⽆限呀.就这种感觉.就是⼀个不断发现的过程,不断地体验到⽣命的⽆限的过程.

Imagine you're doing weightlifting, starting at one hundred pounds. You continuously strive to break through, discovering your own capabilities. It's a process of self-discovery, realizing with awe that you are boundless, experiencing the infinity of life through continuous exploration and accomplishment.

问: 所以造物主都是⾮常善良的,每⼀个⽣命都是被祝福的?

Question: So, creators are all very kind, and every life is blessed?

JO: 你就是造物主呢? 你就是造物主来这⾥来体现,来创造,呈现它本⾝就是.每个⼈都有他⾃⼰的⾓⾊.

JO: Are you the Creator? You're here to manifest, to create, and to show that it is itself. Everyone has their own role.

问: 就是⾃⼰是主演,有其他的演员来陪你演戏?

Q: Even if you are the lead actor and other actors will accompany you in performing?

JO: 你创造你的世界,在你的世界⾥你感知到的⼀切都是你.

JO: You create your world, and in your world, everything you perceive is yours.

问: 我们看到外界的不顺或者是卡点,其实是内在有没有理顺的地⽅?

Q: When we observe difficulties or obstacles in our external environment, are there aspects of inner harmony that need to be addressed?

JO: 外在的卡点是来⾃于你.因为你的认知只能看到这⾥,所以它是个问题.但如果你的认知是⽆限的,你没有任何问题.你知道…… ⽐如说⼀个鸡蛋它在被孵化,然后那个壳破了.然后你会说这个蛋坏了.如果你知道它是⼀个⼩鸡要出来了呢? 你不会紧张到…… 明⽩吗? 你知道这是它在这个阶段应该有的.就好像有光进来的话,你就不会在⿊暗⾥有那种看不到的恐惧了.

JO: The external blockage is coming from you because your awareness can only see this far, so it's a problem. But if your awareness were infinite, there would be no problems at all for you. You understand... like an egg that's being hatched, then the shell breaks. Then you say the egg is broken. But what if you knew a chick was coming out? You wouldn't panic... get it? You know this is how it should be at this stage. Just as light comes in, you won't have that unseen fear in the darkness anymore.

问: 所以其实这种恐惧是我内⼼有的,只是外界把它映射了出来.

The fear is actually within me, just reflected externally.

JO: 外界你体验的⼀切都是你当下的能量状态的投射.就⽐如说当⼀个能量…… ⼀个开悟的⼈他可能跟你看到的外界是⼀样的,他也能看到战争,也能看到残害杀害,也能看到这种.但是他⼼中却不会有任何被它的⼀种影响,也不会有恐惧,也不会有我要去怎么样.他更多的是知道这是⽬前集体意识能量状态的⼀个反射、⼀个投射.他知道这只是⼀个投射.这是已经投出去了.就好像⼀⽯激起千层浪.它不过就是那个⽯⼦激起来的浪花.那浪花会起来,它也会落下去.那你知道它会落下去,那你还会紧张的不断地把那个浪花不断地往下⾯推吗? 赶快落下去,赶快落下去.就好像是⼀个回⾳.

JO: Everything you experience in the outer world is a projection of your current state of energy. For example, when an awakened person perceives the external world, they might see similar scenes as what you see - wars, abuses, and so on. However, his mind would not be affected by these situations, nor would he feel fear or concern about how to act. He focuses more on understanding that it is a reflection of the collective consciousness's current energy state projection. He recognizes this as just a projection that has already been launched out into reality, like a pebble creating ripples in water. The wave rises and eventually falls back down. If you know it will fall, would you continue to push the wave downwards constantly, urging it to drop faster? It's akin to echoing sound waves.

问: 好像当我知道它肯定会落下去的时候,我就会变得⽐较淡定,就不会那么急迫JO: 你知道真相.真相就是there is nothing,这⾥什么都没有.这是⽆.问: 所以⼀切都是空性的?

Q: It seems that when I know it's definitely going to fall, I become more composed and less anxious.

A: You understand the truth. The truth is that there is nothing here; this is emptiness.

Q: So, everything is empty?

A: Yes, everything is devoid of inherent existence or intrinsic nature.

JO: 镜⼦⾥有什么吗? 但是你也可以看到呀.你可以看到,你可以体验到,你可以摸到.但是它还是在镜⼦⾥⾯.

JO: What's in the mirror? But you can see it too. You can see it, experience it, touch it. But it's still inside the mirror.

问: 那镜⼦⾥看到的事物是我投射在上⾯的相?

Question: Are the things I see in the mirror projections of myself?

JO: 你需要去通过镜⼦⾥的⼀切,然后借助镜⼦来知道你在哪⾥.但是⼈们往往就困在镜⼦⾥⾯,把镜⼦⾥⾯当成是真实的,⽽不知道⾃⼰只是⼀个能量体.所谓的真实也是为了加深你们的体验.

JO: You need to go through everything in the mirror, then use the mirror to know where you are. But people often get stuck inside the mirror, taking it as real and not realizing that they are just energy beings. What is considered real is to deepen your experience.

问: 那体验完这⼀切我们去到哪⾥? 会有像⼀些宗教说的下地狱吗?

Question: After experiencing all of this, where do we go? Will there be a place like hell as some religions describe?

JO: 不会.所谓的下地狱也是你的体验,就⽐如说你创造了很多恐惧给你⾃⼰.

JO: No. Hell, as it is described, is your own experience, like the fear you create for yourself.

#### 2023/12/15 — 集体问答之连接外星存有22号 Group Questioning Connection with 22st Extraterrestrial Existence

22号: 我们很⾼兴你们再次打开这个管道和我们交流,你可以提问了.问: 请问你现在是22号吗?

Day 22: We are glad that you have opened this channel of communication with us once again. You may ask questions now. Question: Are you number 22?

22号: 是的.

Number 22: Yes.

问: 你们的爱情和我们的爱情的区别是什么?

Q: What's the difference between your love and ours?

22号: ⾸先你们要知道因为你们还在学习和体验和经验,就是去认识关于爱这个主题的东西.就好像有些东西你们还不知道,所以你们还会体验很多.那如果⼀个你不知道的东西你把它以为是,那就会被你们误会它是爱情.所以如果说你们的爱情会有很多的误会在⾥⾯,很多的误解在⾥⾯,有可能你会觉得那是爱情.但是可能它并不是爱情,就会有⼀个误解在⾥⾯,明⽩吗? 因为你们会觉得你产⽣的那种渴望是爱情.你会觉得你产⽣的那种⼼动或者产⽣的欲望或者产⽣的痛苦是爱情.我们没有误解的成分在⾥⾯,因为我们不需要误解.然后你们还会有误解在⾥⾯.这个就是不同.

On the 22nd day: Firstly, you need to know that because you are still learning and experiencing things, it is about understanding aspects of love. As if there are some things you don't know yet, so you will experience a lot more. If you mistake something that you don't know as love, then you would misunderstand it as being love. Therefore, if your love contains many misunderstandings, many misinterpretations within them, you might feel like those are love. But it may not necessarily be love; there could be misunderstanding in it. You understand? Because you perceive the desire you generate as being love. You perceive the heart fluttering or the desires or pains you experience as being love. There is no element of misunderstanding on our part because we don't need misunderstandings. And yet, there will still be misunderstandings within you. This signifies differentiation.

问: 没有误解的爱情是什么呢?

What is love without misunderstanding?

22号: 它是⼀种你们彼此都会是像是⼀种…… ⾸先因为我们知道你们这个问题后⾯还会有关于排他或者是占有这些东西,它都是不存在的,明⽩吗? 因为你⼀个整体如何去排斥任何.就你本⾝所谓的爱情已经是⼀个圆,它已经是⼀个圆,就是⼀个⼀了.它没有⼀个我怎么去⾃我排斥? 就像是那种.因为它已经就像是⼀个整体⼀的状态.当你们在体验到⼀体性,那就是所谓的爱情.那如果在爱情⾥⾯还有⼀个你和我的话,就是我会考虑到我的需求,考虑到你有没有满⾜我的需求.那不是爱情.明⽩吗? 因为它是⼀个整体.

Number 22: It is something that both of you would be like… First because we know there will still be issues related to exclusivity or possession after your question, and these things do not exist, understand? Because how can one part of a whole reject anything? Your so-called love already forms a circle; it already is a circle, which is a unity. There's no way for me to self-reject. It's akin to thinking about oneself as being inside that circle because it already represents an overall state. When you experience unity, that's what we call love. But if there are "I" and "you" in love, meaning I'm considering my needs and whether they're being met by you, that is not love. Understand? Because it is a whole.

问: 你怎么看待⼈类爱情中的占有欲、嫉妒、还有排他?

Question: How do you view possessiveness, jealousy, and exclusivity in human love?

22号: 如果你已经在⾥⾯了,你只有离开那⾥⾯你才会去体验到、创造其它不是的.就是说你如果要去体验排他、占有或者是嫉妒,它⼀定是离开那个状态了,去到另外⼀个状态.那也就是说他在⾥⾯在那个状态,他就不会产⽣你们所谓的这些感觉.就这么说吧,就⽐如说你在爱情⾥的时候,你是在⽔⾥.那如果你在⽔⾥,那你就体验不到⼜渴.那如果你体验到⼜渴,那⼀定是你离开⽔,没在⽔⾥.就你感觉我呼吸不过来,就⽐如说你是⼀条鱼,对不对? 也就是说你在呼吸着空⽓,这⾥有空⽓的话,你就不会感受到窒息感.如果你感受到窒息感,那是你离开空⽓了.所以那个就是你离开了爱的状态,你不是在爱情⾥⾯.

On the 22nd day: If you are already inside, it is only by leaving that state that you will experience and create other states. That means if you want to experience exclusivity, possession or envy, it must be by moving away from that state to another one. In other words, when you are within this state, these feelings like exclusivity, possession or envy do not arise. To put it simply, suppose you are in love. Imagine being submerged underwater. If you are underwater, you would not feel thirsty. But if you do feel thirsty, that means you have left the water and are no longer under it. You might feel suffocated, like a fish trying to breathe air when there's no water around - meaning you're out of the love state. That is why being outside this love state prevents these feelings from arising; you are not experiencing love.

因为你们本⾝就会有这个功课,就是你们本⾝就会有爱是什么,爱情是什么? 关于这些功课.所以这也是你们⾃⼰需要的⼀个体验.所以并不是说他离开⽔,产⽣这些体验是不好的.这是你们的台阶.然后通过它们,你去认识.

Because you already have this assignment, which is to understand what love is and what love means for you. These are the tasks that come naturally to you. Hence, it's also part of your own experience needed. It's not about him leaving water; experiencing these things isn't bad. They're your stepping stones, and through them, you learn.

问: 从你的⾓度怎么看待⼈类关系中的束缚?

Question: How do you view constraints in human relationships from your perspective?

22号: 这个束缚⼀定是来⾃于你们⾃⼰,⽽不是关系中的束缚.只是你把这个束缚投射在关系⾥⾯去了.就是它通过关系给你投射出来,然后你就感受到了这种束缚,然后就感受到了束缚是来⾃于关系.所以这是不⼀样的.因为如果你觉得束缚是来⾃于关系,那你是不是觉得离开关系就没有束缚了? 你还会有束缚的.你的内在还是有束缚的,只是暂时没让你看到⽽已.只是它还没有投射出来给你看到⽽已,但是你迟早都会体验到你的束缚的.就好像这么说,你脸上有⼀块泥,你不照镜⼦.关系就是镜⼦嘛.你不照镜⼦你就说你脸上没泥了?你只是没有看到那块泥,没有通过镜⼦去看到你脸上那块泥.但是你脸上那块泥它不是不存在的,它是存在的.

Number 22: The constraint must come from yourselves rather than a constraint in the relationship. It's just that you project this constraint onto the relationship. It is projected upon you through the relationship, and then you feel the constraint, so you perceive it as coming from the relationship. This is different because if you think the constraint comes from the relationship, wouldn't you think there would be no constraint if you leave the relationship? You still have constraints internally; they're just not being shown to you right now. They haven't been projected onto you yet, but you will eventually experience your own constraints. It's like saying that there is mud on your face, and you don't look in the mirror. The relationship acts as a mirror for you. If you say there is no mud on your face when you haven't seen it through the mirror, then you're just not seeing that mud; you're not using the mirror to see the mud on your face. However, the mud isn't nonexistent on your face—it's there.

问: 你们如何看待地球⼈婚姻中的背叛呢?

Question: What do you think about betrayal in human marriages on Earth?

22号: ⾸先婚姻是你们地球⼈创造的⼀个,就好像你们需要⼀些合同层⾯的东西,就⽐如说你们买保险,对吧? 医疗保险或者是其它保险.为什么? 你们觉得有了它可以让你有个保障.所以它是你们创造出来的⼀些东西,但是你们说你们的⽣命是⽤⼀张纸就可以保障你的⽣命安全的吗? 不只是⼀张纸.⽆论是任何,哪怕你有⼀百个保安来保卫你的安全,你也可能被你⾃⼰喝的⼀⼜⽔给呛死.你也可能被你⾃⼰的⼜⽔给呛死.你也可能睡觉的时候就不再醒来了.所以你就知道外在所谓的东西并不能去保障你的⽣命安全.那什么可以真正的给你的⽣命带来所谓的安全呢? 那就是说你真的有强烈的⽤物质⾁体去存活在世界上、地球上.

Number 22: Marriage is something that your humans created, just like you need some paper to make things legal, for example when buying insurance, right? Like health insurance or other kinds of insurance. Why? You feel safer knowing it's there to protect you. So it's something that you create, but do you say that with one piece of paper you can protect your life safety as a human being on this planet? No, it's not just one piece of paper. Regardless of anything, even if you have a hundred security guards protecting you from harm, you might still die by swallowing water yourself or choking on your own saliva. You might stop breathing while sleeping and never wake up again. So you understand that outer things cannot guarantee the safety of your life. What can really bring real safety to your life? That means truly using matter and flesh to survive in this world.

因为这样⼦,你就在不断地发射信号.它那个强⼤的信号就会把你的⼀些灾难就会push away.为什么呢? 因为它跟你这个强烈的信号是不符合的,明⽩吗? 就⽐如说我发出的信号就是我要活,我要活,我要很好的去活出我的⼈⽣.就是你的信号是对⽣命的⼀种宣誓.那它是⼀种振动频率,它是⼀个信号.那个信号就会把那种和你要好好地活着享受⽣命,就是不符合这⼀系列的东西它就会弹开的.⽐如说你有⼀个我想要死想要死的念头、频率的话,那你就会把那种灾难性的事件吸引到你的⽣命当中来.所以你们需要明⽩就是如果你⼀直在发射⼀个频率,就是你想要去死,那你可能就死在那些保护你安全的保安的⼿下.明⽩吗? 因为会随机的产⽣这样的事件.

Because of this, you are constantly emitting signals. His powerful signal will push away your some calamities. Why? Because it doesn't match with the intense signal that you have, do you understand? For instance, if I emit a signal that I want to live, that I want to live, and that I want to live well and enjoy my life, this is a declaration of life itself, which vibrates at a certain frequency - it's a signal. That signal repels anything that doesn't align with living well, enjoying life, in line with this series of things. If you have a thought or frequency about wanting to die, you will attract disasterous events into your life. Therefore, you need to understand that if you're continuously emitting a frequency - wanting to die - then perhaps it could be fatal by the hands of security personnel who are supposed to protect you from harm. Do you understand? For they might randomly produce such incidents.

因为你的频率它⼀定会投射出相应的事件在你的⽣命当中来.那你们是不是就可以通过关系的这⼀⾯镜⼦来让你们看到,就⽐如我们前⾯说你的束缚,你内在有束缚,对吧? 那你可能最开始没有关系,那你就不会通过关系看到你的束缚了.那你就少了⼀个去⾃我检测⾃我觉察,觉察到你的核⼼频率,对吧? 你看不到,就它没有东西反射给你.那你是不是就算你有⼀个你⼀直想死的念头都不会被你看到.因为你看不到,就像敌⼈,你看不到他,你就没有办法消灭他,对不对? 所以那你是不是去感谢那⼀⾯镜⼦让你看到你⾃⼰到底散发的是什么频率.

Because your frequency will project corresponding events into your life. Then can you see through this aspect of relationships, like we discussed before about the bindings within you - yes? If you have no relationship at first, then you wouldn't see your bindings through relationships. And that would mean you miss out on a self-check and self-awareness to recognize your core frequency, right? You couldn't see it because there was nothing reflecting back to you. So even if you had the thought of wanting to die constantly, you wouldn't see it because you can't see what you don't know. Just like an enemy; if you can't see him, you cannot defeat him, correct? Therefore, are you thankful for that mirror to show you your own emitted frequency?

问: 如何追求⾃由,但是又不伤害别⼈?

Question: How can one pursue freedom without harming others?

22号: ⾸先⾃由它并不是去追求,明⽩吗? ⽽是就像是刚才我们说的,你的核⼼频率是什么?你是⾃由的吗? 如果你觉得你是有限制,那你肯定会体验限制.为什么呢? 因为你在散发着⼀个信号说限制限制限制,我是受限制的.那如果你的核⼼频率是没有任何能限制你,所有限制都是来帮助你的.就像是你们在以前通灵希特勒的信息,希特勒告诉你在我的世界没有伤害两个字,觉得能伤害我的⼈是妄想,明⽩吗? 那在你的世界⾥,你是有限制的吗? 你如果是有限制的,那你肯定会体验到限制.因为你创造了它.那所谓的⾃由不是⼀种我去追求⾃⼰.如果你说我去追求⾃由,那你是不是宣称你是不⾃由的,所以你去追求⾃由,对吧?

Number 22: First freedom is not something you chase after, understand? It's more like what we just discussed, what is your core frequency? Are you free? If you feel that there are limitations on you, then certainly you will experience them. Why? Because you're emitting a signal saying restrictions, restrictions, restrictions; I am limited. But if your core frequency has nothing limiting you, all the limitations are for your assistance. Like with some of your channelled Hitler information, Hitler told you there is no such word as 'harm' in my world, it's ridiculous to think that someone could harm me. Understand? So in your world, are you limited? If you're limited, then certainly you will experience limitations because you've created them. The supposed freedom isn't something I chase for myself. If you say I'm chasing after freedom, aren't you claiming that you're not free, so you go out to seek freedom, right?

你是受束缚的,我要去追求⾃由.所以说那你的核⼼频率就是我是被束缚的状态.那你⼀定会体验到那种束缚感的.所以你在发出什么信号呀?还有就是说什么追求⾃由,不伤害别⼈? 不伤害别⼈这⼏个字,不伤害别⼈,它就是你⾃⼰创造的.你创造的你做什么会伤害到

You are bound, and I am pursuing freedom. Thus, your core frequency is that of being confined. Therefore, you will definitely experience that sense of constriction. So, what signals are you sending out? And when you say you're seeking freedom without harming others, the phrase "without harming others" is something you create for yourself. You create scenarios where your actions might harm yourself.

别⼈.因为你有这个观念在,你有⼀个我要开⼼,别⼈就会不开⼼或者是我要⾃由,别⼈就会受伤害.这是你的观念.那如果你有这个观念,就是我⾃由别⼈就会受伤害的话.那你就会创造这样⼦的⼀个体验给你⾃⼰.

Others, because you have this idea that I need to be happy for them not to be or that if I seek freedom, others will get hurt - this is your belief. If you hold this belief that any loss of mine leads to harm to others, you are creating an experience for yourself where you make sure their suffering precedes yours.

问: 那所谓的释放⾃⼰不喜欢的观念或者是信念,只是需要我们看到,然后去释放它就⾜够了吗?

Question: Is it sufficient to simply observe and let go of ideas or beliefs that we don't like?

22号: 这又关于到你个⼈的成长.你们每⼀个⼈成长的基调还有他需不需要更多的体验,就是他还有更多的…… 就是你们每⼀个⼈都有⾃⼰独⼀⽆⼆的出路是属于你们个⼈.那关于⾃⼰还是你⾃⼰的⼀个体验.你⾃⼰就会从中知道如果我需要⼀些more…… 就⽐如说你去学开车学驾照,别⼈可能⼗堂课就够了,你可能需要⼀百堂课你还没够.那并不能说你的这⼀百堂课就没有效果,它有⾮常好的效果.所以你到底是需要反复体验呢? 还是不需要反复体验呢? 那就是看你⾃⼰了.但是你们的每⼀步都有价值和意义,都有礼物.没有⽩⽩浪费掉的东西.那就好像有⼀句话叫拔苗助长,对吧?

On the Number 22: This pertains to your individual growth. The tone of your personal growth and whether you need more experiences is essentially about having more... That is, each one of you has a unique path that belongs to you personally. It's about your own experience with yourself. You'll know if you require additional... For example, learning to drive or getting a license; some might only need ten lessons, whereas you might need a hundred and still not feel satisfied. This doesn't mean the hundreds of lessons were ineffective; they had tremendous results. So, do you require repeated experiences? Or not? That's up to you. But every step you take holds value and significance, with gifts along the way. Nothing is wasted.

The saying "growing a plant too quickly" aptly describes this situation, doesn't it?

⼀个被快速撑⼤的东西和⼀个它⼀点⼀点慢慢扩⼤的东西,它们的任性是不⼀样的.所以那你是不是就不再去否定我可能在⼀个观念⾥⾯卡了很久.如果你需要它,那你就需要它.如果你不需要它,那你就不需要它.每⼀个个体不⼀样.就像前⾯的信息告诉你,那他,他本来就是.那你,你本来就是.所以他能⼀下⼦就明⽩,然后开悟了,因为他本⾝就是.那你可能学了⼀辈⼦都开不了悟,因为你本⾝就是要体验其它的.

A thing that quickly expands is different from one that gradually grows; their stubbornness differs. So you shouldn't deny my notion because I've been stuck in it for a long time. If you need it, then it's necessary. If not, then it's not needed. Each individual is unique. Just like the previous information told you, he was inherently so, and you were too. Therefore, he could suddenly understand and enlighten himself because that was his nature. You might spend your entire life trying to understand without achieving enlightenment since that isn't your inherent path.

问: 以你的视⾓能不能对那些为情所困的⼈说些什么?

Ask: Based on your perspective, what advice would you give to those who are troubled by love?

22号: 我们没有为情所困,情不会困你,它只会滋养你.你只会被你头脑⾥⾯的观念和恐惧所困.就是只有那些东西它会困住你.你说情的话,都是goodness,就是都是好的,就是它是滋养你的.它怎么会困住你呢? 它滋养你,它让你不断不断地成长、变化,去变得更加壮⼤吧.因为它真的是滋养你的.只会是你头脑⾥产⽣的⼀些观念、观点或者你内在的恐惧,它会让你感受到你是被困住的.

Number 22: We are not bound by emotions, for emotions do not confine you; they nourish you. It is only your thoughts and fears that can bind you. Only those elements will confine you. When you speak of emotions, they are goodness, or all good, meaning they nurture you. How could they ever confine you? They nurture you, allowing for continuous growth and transformation, leading to greater壮大. Because it truly does nourish you. It's only the notions and viewpoints that arise from your mind or the inner fears within you that might make you feel confined.

问: 你们星球最⾼意识的存有是⼀种什么样的状态?

Question: What is the state of your planet's highest consciousness?

22号:应该就是说它的experience,它的经验,它的体验是最丰富的,是最多的.就⽐如说你们的数字,它可能跟上百个星球的意识产⽣过连接.然后我们只跟⼀两个星球有过连接这种.这就是属于最⾼的⼀个意识形态.那如果是最⾼的意识形态它是什么样的存在呢?那它就像是⼀个千变万化,像⼀个魔术师.你想⼀个魔术师他是⽆限的.他可以把任何东西转变、变化、融合、整合……就是他的意识可以产出,就⽐如说⼀个东西它可以(把它)变成⽆限个.就是两个对⽴的东西,它也可以把它们变换成⽆限个.⽆论你给什么,它都可以把它融合、变化.当你们地球体验到限制的时候,你们可能会拿它没办法.

Number 22: It's simply that its experience, its experience and its experiences are the richest and most numerous; it might have connected with hundreds of star systems compared to our connections with only one or two planets. This would belong to the highest form of consciousness. If this is the highest level of consciousness, what kind of existence is it? It's like a magician capable of endless transformation; there are no boundaries to his powers. He can transform anything into any other thing, blend them together or integrate them into one entity. The power of his mind knows no limit and he can take an object and turn it into countless others. Even opposing entities can be transformed into countless variations. Whatever you give him, he can manipulate and alter it beyond recognition. When Earth experiences limitations, we might find ourselves unable to deal with it.

你们可能会拿你⾃⾝,你的这个⾝体,就是你⾝体⾥⾯的⼀些东西,情绪啊、能量啊,你拿它没办法.你都 handle不了,你都是失控的.那就好像是精神失常⼀样.因为你很有限,就你不知道该怎么变,你不知道该怎么办.可能⼼中所谓的仇恨,就你说的为情所困,那你就拿那个所谓的情⼦没有办法.那就是你们的限制.所以最⾼意识的存在就是说那⾥没有限制,那⾥有⽆限的创造,就是⽆限.

You might take yourself, your body, or certain aspects of your being like emotions and energy, things you can't handle, leaving you in a state where you feel out of control, similar to mental instability. It's because you are limited; you don't know how to change or what to do. Perhaps the concept of hatred or feeling trapped by love, as you might refer to it as being constrained by emotion, is something you struggle with. This represents your limitations. The highest form of consciousness asserts that there is no limitation, infinite creation, and thus, infinite possibilities.

问: 时刻与源头⾼我连接是⼀种什么样⼦的感觉和感受? 怎么辨别⾃⼰是醒着的状态? 知道⾃⼰是联通的、畅通的状态?

Q: What is the sensation and feeling of connecting with my Higher Self at all times and源头? How do you distinguish between being awake in this state and knowing that I am connected, flowing smoothly?

22号: ⾸先当你进⼊到⼀种你必须要做什么或者你不得不去做什么,然后有⼀种必须有⼀种强迫在⾥⾯的话,那你可就是离开了那个状态.因为当你在的状态,你不会有任何,就是有⼀种需要去⼲点什么,需要去做点什么的状态.就只是存在.那你看⼀下那些⼤树、那些植物、那些花呀草呀,它们只是存在.它们只是⽤它们的⽅式去展现出⽣命.就⽐如说我是⼀株玫瑰花,那我只是在不同的阶段去绽放、盛开、凋谢.我没有说我这朵花⼀定要漂亮过其它的,要漂亮过其它的.也没有因为我的叶⼦凋落⽽惋惜痛苦,啊,我怎么结束了我的⽣命,我怎么怎么,这种.它只是是.

Number 22: Firstly, when you are in a state where you have to do something or have no choice but to do it, and there is an element of compulsion within this, then you are not in that state anymore. Because when you are in the state, you won't have any need to do anything, just existing without needing to perform actions. Just like observing large trees, plants, flowers, or grass; they simply exist. They only display life using their own methods. For instance, if I am a rose flower, then throughout my different stages, I would bloom, flourish, and eventually wither away. I do not insist that I must be more beautiful than others, nor do I lament over the loss of leaves when it happens; instead of thinking about how my life ends or whatnot. They simply exist

问: 如果⼀个⼈得了癌症,到底是他想死,还是说他选择了挑战,然后没有突破,就选择了死亡?

Q: If a person has cancer, is it because they want to die, or do they choose to challenge themselves, and when they fail to overcome their situation, they then choose death?

22号:因为每⼀个个体都是不⼀样的.所以就算是不同的⼈得了同样的癌症,那那个癌症可能对他们来说服务的⽬的都不⼀样.有可能这个癌症就是来让你开悟的.那通过这个癌症,你彻底的活出了⾃⼰,转变了你的频率,你的癌症好了.那另外⼀个呢?他可能就是想通过这个癌症来跟这个世界对抗.就是说你看你们这个世界根本就不值得我来绽放,我要死给你看.就这种,它就是来对抗的.所以每⼀个存有都有各⾃的展现它的⽅式.但是⽬前疾病是你们整个地球需要去转变的、转化的⼀个点.因为你们之所以会产⽣疾病,是因为疾病它能服务于你们.就是你还需要这个东西.只是说你们还没有⾜够⾼的认知,然后去把疾病转变、推动你们意识提升的⼀个⽅式⽅法.

Number 22: Because each individual is unique, even if different people are diagnosed with the same cancer, that particular cancer may serve different purposes for them. It might be a catalyst to awaken you. This could lead to your complete self-expression, transformation of frequency, and recovery from cancer. For another person, it might be about using the cancer as an opposition against the world. Essentially, they're saying that this world isn't worth living in anymore; I will show you by dying. Such cancers come to oppose the status quo. So each being has their own way of showcasing themselves, but currently, dealing with diseases is what your entire planet needs for transformation and elevation. You generate illnesses because they are meant to serve you in some capacity - it's something you still need, despite not fully understanding how to use them as a tool for raising consciousness and pushing your awareness forward.

你们集体意识就是说疾病就好像是你们显化出你们对⽣命的⽆⼒感和⽆能、⽆⼒,就是我的⽣命不是我⾃⼰能够控制的,就是痛苦.这⾥都是体现出你们的⼀个限制,因为你们⽬前的意识阶段停留在⼀个⾮常受限的意识阶段.那当然疾病就是你们去体验到你们受限的⼀个……那也是你们集体意识的⼀个产物.所以通过疾病,这⾥需要拥有更⾼的、更新的或者是更全⾯的、拥有智慧的⼀些,就是帮你们去看清楚疾病是如何服务于你们.因为当你们把这个服务于你们的东西转变成好像是助⼒,就是来帮助你们⼈类提升的话.那当你们的意识达到了那个⾼度过后,你们便不需要疾病这个课.为什么呢?因为你们整个⼈类便不需要这⼀堂课了.为什么?

Your collective consciousness refers to how illnesses manifest as a reflection of your perceived powerlessness and inability over life, indicating that "my life is not in my own control," accompanied by pain. This highlights the limitations you embody since your current level of awareness remains confined within a highly restricted state. Consequently, diseases serve as experiences that underscore these limitations—products of your collective consciousness. Through illness, there is a need for higher, updated, or more comprehensive understanding, imbued with wisdom, to help you understand how diseases serve you. Because when you transform this serving aspect into助力to assist the advancement of humanity, once your awareness reaches a high level, you no longer require the lesson of disease. Why? Because humanity as a whole would not need such a lesson anymore. Why?

你们内在便不会有这种⽆⼒或者是痛苦,就是你们不再产出这个了.那你们之所以还有这个,是因为你们的频率还在继续⽣产⽣产.那如果你的频率转变,你便不再⽣成这个了.

You would not have this sense of powerlessness or pain within, meaning you wouldn't produce it anymore. That's why you still do, because your frequency is still producing that. If your frequency changes, you won't generate it anymore.

问: ⽇常⽣活我们可以做些什么更利于我们与⾃⼰的⾼我合⼀?

Question: What daily actions can we take to better align with our higher selves?

22号: 更多是需要你们对你⾃我的体系,就是这个个体,这个存有的认知.因为如果你都不认识什么是⼩我,什么是⾼我,什么是⼲扰,什么是能量,什么是频率,就是所有的这⼀切你都不理解,你都不认识.你也不知道你到底是处在这个状态,还是不是处在这个状态.所以通过有效的认知,就好像这么说你这个⾁体它是⼀个machine,它是⼀个机器.那这个机器你连说明书都没看过,然后你也驾驭不了它,你也不知道这些操作.所以通过⾃我探索,通过⾃我认知…… 然后就是智慧吧,智慧的增长.通过智慧的增长,你就会找到你⾃⼰独⼀⽆⼆的⽅式.因为每⼀个⼈他连接和展现的⽅式是不⼀样的.那有的⼈他可能是会通过跳舞、唱歌、画画.

Number 22: More about understanding your own system, which is this individual being, existence. Because if you don't know what a little self is, what the high self is, what disturbances are, what energy is, what frequency is—meaning all of these things, you just don't understand them, and you don't recognize them. You also don't know whether you're in this state or not. So through effective understanding, it's like saying that your body is a machine—it's a machine. But this machine doesn't have an instruction manual; you can't operate it, and you are unaware of how to perform these operations. Therefore, self-exploration, self-awareness... then there's wisdom, the increase in wisdom. Through the growth of wisdom, you will find your own unique way because every person connects and expresses differently. Some people might express through dancing, singing, painting.

那有的⼈他是通过,就像这个⼥孩⼦她通过这种通灵的⽅式就进⼊到这种状态.所以你⾃⼰有你⾃⼰独⼀⽆⼆的⽅式.然后你通过你⾃⼰的⽅式去连接去找到.因为当你⾃⼰的⽣命还有很多功课没有被你突破的话,你可能还会被你物质世界的这个业⼒给拉回

That means some people enter into this state through methods like the girl who achieves it by mediumship. So each of you has your own unique way. You connect and find your path through your own method. This is because, if there are still lessons in your life that you haven't overcome, you might be pulled back by the karma of your material world.

来.那你就会觉得我很难去达到别⼈说的那种状态,与⾼我合⼀的那种状态.你们总是被拉⾛,就好像这边有⼀股⼒量⼀样.当你再回来在⾯对你⽣命中所谓的功课和业⼒的时候,你其实也在⾛向与⾼我合⼀的路.⽽不是说我的功课,我什么都不要做了,我就要跟⾼我合⼀.那这样有⼀种好像是在逃课,就是逃避成长.所以就是不去排斥你⽣命中的当下.就是你有可能⾯对你的⽼公、⾯对你的孩⼦或者⾯对你的⽗母,你感受到烦躁.然后你就想着我要跟我的⾼我合⼀.跟我的⾼我合⼀太棒了,不想要去⾯对他们.但是他们都拿着你的礼物,然后那个礼物就是来让你去⾛向跟你的⾼我合⼀的状态的.

Come on. Then you would feel that it's hard for me to reach the state people say, a state of being united with my higher self. You are always pulled away, as if there is a force here. When you return facing your life's so-called lessons and karma, you're actually walking towards unity with your higher self, not just saying "my task, I don't need to do anything anymore; I want to be one with my higher self." That feels like skipping class, avoiding growth. So it's about embracing what your life presents now. You might face your husband, children, or parents and feel irritation. Then you think I should unite with my higher self. It's great to unite with my higher self; I don't want to face them. But they all have your gifts, and those gifts are meant for you to walk towards the state of being united with your higher self.

问: 如何可以找到⾃⼰恐惧的源头在哪⾥?

Q: How can one find the source of their fear?

22号: ⾸先你们,就这么说你们集体意识它都会…… 就⽐如说你在这个房间⾥⾯,然后所有⼈他的臭味,他就是很臭.他就是有⼀股很臭的臭味,因为太多⼈都从来不洗澡.然后就会产⽣这个臭味.那你有可能还会在⾃⼰⾝上去找,我想找到我⾝上臭味的来源是来⾃于哪⾥.因为你还在这个房间⾥⾯,当所有⼈他们都不洗澡,然后散发的那个味道.你没有办法去不闻到,就是你没有办法不去受影响.就是帮助你们集体意识的提升和转化,还有就是清理的话,也是从根本的⼀个就是源头去好像做功夫⼀样.因为提出这样的问题会需要根据提出问题的⼈他的⼀个⼈⽣主题,才能有效的给出⼀个准确的答案.就是他感受到的恐惧是如何服务于他,是如何促进他的蜕变.

Number 22: Firstly, you as a group consciousness, they would all... For example, if you are in this room, then the smell from everyone is very stinky. There's a strong, unpleasant odor because too many people never bathe. This results in an overwhelming smell. You might also wonder about your own body trying to identify where that stench originates. Since you're still in the same space as all these unclean individuals emitting their smells, it would be impossible for you not to notice or be affected by it. To assist with improving and transforming collective consciousness and cleaning, it essentially requires addressing the root issue, somewhat like doing martial arts exercises. Proposing such a question necessitates understanding the personal themes of the person asking, in order to provide an effective and accurate response. It's about how their felt fear serves them and facilitates their transformation process.

但是会有很多,就是你们都在⼀张蜘蛛⽹上,你们都黏在上⾯.所以当这个房间⾥⾯的⼈都去洗的⼲⼲净净,就是它不再产出这个臭味的话,那也会是⼀种,就好像是从源头上⾯的⼀个清理.你想象⼀下如果你周围你遇到的每⼀个⼈他们都是充满了欢乐、充满了爱、充满了光,你觉得你⼼中还会有恐惧吗? 因为那个能量太强⼤了.

But you are all on the same web, stuck in it together. So when everyone in this room is clean and no longer emitting that smell, it would also be like a cleaning from the source. Imagine if every single person you met was filled with joy, love, and light; would you still have fear? Because the energy is too strong.

问: 如果说是我现在的能量状态,有没有什么是我需要知道的呢? 22号: 你稍等.不要往回头看!问: 能不能请你们跟我们讲⼀下梦是做什么⽤的? 是⽤来下载吗? 从哪⾥下载? 怎么下载……22号: 这么说吧,因为我们星球,就是我们是不会忘记,就是⽐如说你们物质世界是⼀场梦,对吧? 那我们不会在⼀种做梦的状态,我们是在⼀种清晰的状态、清醒的状态.那你们现在就是说当你们的意识产⽣活动的时候,它就进⼊到梦境.那进⼊到梦境,如果你⼀直在梦境当中的话,你会受不了的.就是有很多噩梦,产⽣很多恐惧能量.所以说为了调节你们⾝体的能量,通过做梦,实际上你做梦就是在醒来.你做梦就是你的这个意识体的⼀个苏醒.

Q: If we're talking about my current energy state, is there anything I should know? Number 22: Just wait. Don't look back! Q: Could you please explain to us what dreams are for? Are they used for downloading information from where? How does the downloading process work…? Number 22: Let me put it this way – because our planet, or rather we ourselves, do not forget that your material world is a dream. When you're in a state of dreaming on our planet, we are not in a dream-like state but rather in a state of clarity and awareness. Now, when your consciousness produces activity, it enters into the realm of dreams. If you were to remain inside this dream continuously, it would be unbearable – full of nightmares that generate fear energy. Therefore, for adjusting your body's energy through dreaming, actually, you are dreaming while being awake. You're in a state where your consciousness is waking up through these dreams.

那你这个意识体苏醒的时候,它是不是就在让你的⾝体的能量不会积压很多恐惧?就是这是能量层⾯的⼀个system吧,⼀个系统吧.⽐如说去休息和睡觉,就是暂时的关闭你这个物质世界,它对你的⾝体是⼀种调节能⼒.所以如果你们长时间的不睡觉,你们会崩溃的.

When your consciousness awakens, is it not allowing the buildup of much fear in your body? This is essentially an energy-based system, a system that manages your energy levels. For example, rest and sleep temporarily disconnect you from this material world; they allow for the body to adjust its energy capacity. So if you don't get enough sleep over long periods, you will suffer from it.

问: 能不能请你跟我们讲⼀下宇宙中不可更改的法则有哪些? 就⽐如说像巴夏说的给与什么,就收获什么.

Question: Could you please tell us about some of the immutable laws in the universe as discussed by Basha, such as "What you give, you receive"?

22号: 那就是你是被允许的,还有就是⼀切都是爱.然后通过你不断地提升你的意识,你就能看到为什么是爱,⽽不是恨.因为当你们的认知是有限的时候,你会觉得这个是恶或者是这个不是爱,你会看不到.那当你所有的都能看到的话,你就会发现都是爱.然后都是被允许.所以说宇宙中的⼀个…… ⾸先就是说你是⾃由的,你是创造者.然后⼀切都是爱.然后你是被允许和⽀持的.

22nd Day: That means you are allowed, and everything is love. Then, through continuously elevating your consciousness, you can see why it's love rather than hatred. Because when your understanding is limited, you might perceive this as evil or that it isn't love, and thus, you cannot see it. But when you can see everything, you will find that it is all love. And that everything is allowed. So there's one thing in the universe... First, you are free; you are a creator. Then everything is love. You are allowed and supported.

问: 如何⽤⼈类的科技与你们外星⼈建⽴通信连接? 就是⼈类的科学家可以⽤哪种技术可以与你们通信? 除了现在JOJO⽼师⽤的这种通灵的⽅式之外.

Q: How can human technology establish a communication link with you extraterrestrials? Which technology can humans use to communicate with you, besides the mediumship method used by Master JOJO?

22号: 如果是说⽤科技的话,⾸先它就属于像是⼀个死的东西.那⼀个死的东西它是很难去把⼀个活的呈现出来.就是这个能量没有办法去演绎出来吧.所以它的意识要得到连接和表达的话,它⼀定是需要有⽣命存在的.如果你们的科技可以创造⽣命的话,就是创造⼀个意识体是活的,然后就可以.

On the Number 22: If we're talking about technology, it's like a lifeless object first of all. A lifeless thing is difficult to present something alive. The energy just can't bring that out. So its consciousness needs to be connected and expressed through living entities. If your technology can create life, meaning an entity with consciousness that is alive, then that would allow for expression.

问: 如何能解决⾃⼰的经济困难让⾃⼰⽼了之后的⽇⼦有所保障?

"How can one solve their own financial difficulties to ensure a secure life in old age?"

22号:因为我们不理解你们所谓的⼀个经济困难.因为你们所谓的经济困难有可能是你们头脑⾥⾯的⼀些执念或者是⼀些……因为你们每⼀个⼈都会对经济困难的定义不⼀样.那你说佛陀他会来提这个问题吗?那你说佛陀有经济困难的问题吗?那他们每⼀餐饭都需要去乞讨.你需要吗?所以你如何去定义经济上的困难?但是你需要明⽩的是你⾃⼰的有限,它从经济上⾯投射出来让你体验到束缚,让你体验到限制,让你体验到有限.它这个有限制还是来⾃于你⾃⾝意识能量体的限制.它只是通过经济这个体系给呈现出来.经济也是个镜⼦吧.它就是通过这⾯镜⼦给你投射出来你说受限的.所以当你⾃⼰这个意识体你不再受限.

Number 22: Because we don't understand your concept of economic hardship. Your notion of economic difficulty could be some of your attachments or things in your mind because everyone would define economic hardship differently. Would the Buddha come across this issue? Do you think the Buddha has issues with economic hardship, considering they have to beg for every meal? So how do you define economic difficulties? But what you need to understand is that limitation comes from your own limitations, which are manifested in terms of economics and limit you, restrict you, and make you feel constrained. This limitation originates from restrictions within your consciousness energy body. It's just portrayed through the economy system. The economy itself serves as a mirror reflecting these constraints back at you. Therefore, when your consciousness no longer feels limited,

就好像你们刚问我们最⾼的意识形态是什么,对吧?那当你变成了⽆限呢?⽆论是什么,它都是体现出你是⽆限的.因为就好像⽆论是什么镜⼦,⽐如说你是⼀颗钻⽯.那⽆论是⽤⼤的镜⼦还是⼩的镜⼦,还是像放⼤镜⼦还是各种镜⼦,它照射出来你都是⼀颗钻⽯.那也就是说是投射到关系层⾯,还是经济层⾯、物质层⾯,它都是投射出你是钻⽯这个本质的.所以你可能你的限制你的恐惧没有通过关系给投射出来,它通过⾦钱.你跟⾦钱的关系也是⼀种关系.因为你们来到这个世界上你们必须有⼀个渠道去体验你们⾃⼰.只是说体验的渠道不⼀样.有可能是通过所谓的婚姻关系这个渠道来体验看到我⾃⼰.

It's as if you just asked us what our highest ideology is, right? And when you become infinite, whatever it is, it embodies that you are infinite because, like any mirror, whether you are a diamond. It doesn't matter the size of the mirror, or a magnifying glass, or various mirrors; you shine as a diamond. That means that projection happens on relational levels, economic levels, material levels, projecting your essence just as being a diamond. So it's possible for your limitations and fears not to be projected through relationships but through money. Your relationship with money is also a form of relationship because you must have a channel to experience yourselves in this world. It's simply that the channels for experiencing are different; they might come from what's considered marriage or other avenues where you see yourself.

那有可能是体验我破产,那就是我跟⾦钱的关系或者我跟权⼒很事业的关系来体现出我⾃⼰内在的限制.就⽐如说我事业很⼤的⼀个卡点,进不去呀或者事业怎么样怎么样,对吧?所以你的镜⼦是什么?它没有办法不照射出你真实的样⼦.但是它投射出来的⽬的并不是为了困住你.它是为了让你有处下⼿.不然你有⼀种⽆处下⼿的感觉.⽆处着⼿.就好像你浑⾝都是刺,你没有镜⼦你看不到你头上、脸上扎了多少刺.你连拔刺都不知道从何下⼿.就像你们要去做⼿术,叫内窥镜的⼿术,对吧?你放⼀个镜⼦进去,你才知道怎么去操作,对吧?你想象⼀下如果你没有那个camera呢? 就是没有那个镜像来帮助你呢? 你能去摘掉你的痛点吗?

That could be me experiencing bankruptcy, which reflects my relationship with money or power in my career. For example, a major bottleneck I might experience is being unable to advance in my career or how it operates, right? So, what is your mirror? It can't help but reveal who you truly are. However, its purpose is not to trap you; it's to give you a place to start working on yourself if you feel overwhelmed and unsure of where to begin. Imagine having thorns all over your body and being unable to see how many are piercing your head or face, even though you're trying to pull them out without knowing where to start. It's like when you need to undergo surgery called endoscopy, right? You put a camera in, which allows you to understand the procedure better, right? Imagine if you didn't have that camera – no mirror to assist you; could you remove your pain points yourself?

你能去fix yourself吗? 你能去fix someone吗? 所以这就是物质世界存在,它是帮助你们去成长去体验.因为就像我们前⾯的信息说,你问我们在我们的星球我们最⾼的意识存在是什么样⼦?那我们说它是拥有最多的experience.那你呢? 你是不是想把你的experience拿⾛? 我不要体验这个,我这个也不要去体验,病痛不要体验,疾病不要体验,破产不要体验,背叛不要体验,嫉妒⼼不要体验,占有不要体验,什么都不要体验.ok,我们来分⼀下哪个等级最⾼,意识形态.啊,你只有体验⼀个?⼈家体验了⽆限个,把⾃⼰变成⽆限.然后你只体验⼀个,然后永远都是在⼀的⼀个状态.

Can you go fix yourself? Can you go fix someone? So that's why this material world exists; it's to help you grow and experience things. Because like we mentioned before, when you asked us what our highest consciousness is like on our planet? We said it has the most experiences. And what about you? Do you want to take your experiences away? I don't want to experience that, I'm not going to experience this either, no pain or suffering, no disease, bankruptcy, betrayal, jealousy, possession, nothing at all. Okay, let's see which level is highest, ideology. You only experience one? Others have experienced infinite things, transforming themselves into infinity. Then you just experience one and are always stuck in a single state of oneness forever.

问: 你们种族的⽂明是不是也像地球⼀样就是从低⽔平慢慢进化到⾼意识⽔平? 还是说你们种族从诞⽣开始就拥有如此⾼的意识⽔平?

Question: Is your species' civilization evolving from a lower level of consciousness to a higher awareness, like on Earth? Or was the level of awareness in your species already high since birth?

22号: 这么说,你看你们地球上的孩⼦,你们地球上的⼀些观念,然后不断地进化进化,进化到你们现在孩⼦的⼀些观念.你们来⽐⼏百年前那些孩⼦的观念,你能看到变化吗? 所以它是随着⼀代⼀代的意识的推进,然后是在这个意识程度上进化的,⽽不是说…… 那如果是说这样的话,那你是不是⼀出⽣就要回到⼏千年前的地球⼈的状态? 然后你才从⼏千年进化到这样⼦.所以它是随着集体意识的进步⽽进步的.

22: So you see the children on your planet, some of your ideas, and then constantly evolving, evolving to the ideas of your current children. Can you see changes when comparing a child from hundreds of years ago? Therefore, it progresses with each generation's awareness, evolving at this level of consciousness, not saying... If that's the case, would you have to revert to the state of people on Earth thousands of years ago upon birth? Then progress over several millennia. So it progresses along with collective awareness improvement.

问: 如果看到周围的⼀种现象⾃⼰很不喜欢,但是感觉周围⼈都很沉溺于其中,并且认为只有这样做才是对的,并且感觉他们也想拉我进去⼀起体验.那我该如何保持良好的状态不被影响呢?

Q: If you see a phenomenon around you that you deeply dislike, but feel that everyone else is deeply engrossed in it and considers it right, and you sense that they want to pull you into experiencing it too, how should you maintain your good state of mind不受 influence?

22号: 你⾃⼰就把你完完全全的放在影响当中,你又问如何不被影响? 是你把你 you put yourself,你把你放在⽕海当中,你有说如何不被⽕烧? 你为什么要把⾃⼰放到⽕海当中呢? ok,那边是有熊熊燃烧的⼤⽕,跟你有关系吗? 你就算可以看到,不到代表你要进去.为什么你要进去呢? 你想进去,它是体现出你什么的⼀个⼼理呢? 你的⼀个信念系统.你是觉得你⾮加⼊不可? 你要是不加⼊你就变得不正常? 所以到底是什么呢? 你通过你这⼀系列的⼼理反应你就可以去认识你⾃⼰了.为什么呢? 因为每⼀件事情都是来像镜⼦⼀样帮助你来更多的去认识你⾃⼰.

Number 22: You place yourself completely in the influence, and then you ask how not to be influenced? It's you who put yourself into the sea of fire, asking how not to be burned. Why would you put yourself into the sea of fire? Alright, there is raging fire over there, does it have anything to do with you? Even if you can see it, that doesn't mean you should go in. Why would you want to go in? What kind of psychological manifestation does this desire show? Your belief system. Do you feel like you must join because otherwise you would become abnormal? So what is it really about? Through your series of mental reactions, you can understand yourself better. Why is that so? Because every single thing comes as if it were a mirror to help you understand more about yourself.

问: 2024年外星⼈会有哪些和⼈类的互动事件? 然后外星⼈⽬击事件会增加吗?

Q: What are some interactions between aliens and humans expected in 2024? Will the incidence of alien sightings increase then?

22号: ⾸先你们要知道你们这个地球所产⽣的⼀切事件也好都是你们⾃⼰的投射和显化,是你们⾃⼰意识形态的⼀个结果.是你们去结的果.那这个⼀直是在充满了变化的东西.为什么呢? 因为能量是⼀直在变化的.也可能就因为我们的这⼀次交流,信息的⼀个交流,你们整体的能量就发⽣了转变,明⽩吗? 就好像你们是⼀杯⽔.那我们是另外⼀种⽔质.当我们这个⽔质在跟你们产⽣交流的时候,那你们⽔的本质是不是就发⽣了转变? 就⽐如说你是⼀杯淡⽔,就是still water.那我是sparkling water,我是其它的碳酸饮料.那当我加⼊你们的时候,你们的味道也会发⽣变化的.

Number 22: First of all, you need to understand that everything happening on your planet is a projection and manifestation of your own creation, the result of your own ideological perspective, it's what you have sown. It's always filled with changes. Why is that? Because energy is constantly in flux. Also, due to our communication exchange, your overall energy might undergo transformation. Do you understand? Imagine yourself as a glass of water. We are another type of water substance. When my substance interacts with yours, isn't it possible for the essence of your water to change? For instance, if you have still water (plain water), and I am sparkling water or any other carbonated beverage, when we mix, our tastes will be altered too.

那当你们的味道发⽣变化的了过后,你们产⽣的那个果是不是就变了? 因为是随着你的味道变⽽会结不同的果.所以它这个是⼀个⼀直在变化的东西.它会随着不同的能量⽽发⽣转变.那就⽐如说你们俩⼀直⼀直在让你们这杯⽔在产⽣变化呢? 你们⼀直在连接,⼀直在连接,⼀直在连接.那那个果它是不是就又变了,明⽩吗?所以它会通过你的⼀些,就⽐如说你现在在做的事情,然后让这个能量产⽣变化⽽显现不⼀样的果.因为在你们物质世界上你们所能看到的都是⼀个意识形态的结果.

When your taste changes, does the fruit you produce also change? Because as your taste changes, different fruits are formed. So it's a continuously changing thing; it shifts with different energies. For example, if both of you keep altering this water in front of you constantly, keeping connecting to each other all the time, wouldn't the fruit change too? Understand that? Therefore, it can manifest different fruits through what you're doing right now and how your energy changes accordingly. In your physical world, everything you see is the result of an ideological outcome.

问: 为什么有些国家的⼈要去经历统⼀所有⼈的思想? 然后就是不停的让底下的⼈学习上⾯的⼈的讲话内容?

Question: Why do some countries ask their people to unify everyone's thoughts, and then continuously make the lower echelons study the speeches of those on top?

22号: 因为你们每⼀个个体每⼀个存有,就刚才我们说,你们都是被⽀持的,对吧? 那如果他是被⽀持的,你呢? 如果他有⼀个是你不喜欢的,把你的能量给到他那边去? ⽽不是说去创造你⾃⼰喜欢的呢? 所以任何你觉得你们不喜欢的东西,你们不是要去推翻它,你们不是要去推翻任何.为什么呢? 因为你在推翻的时候,你的⼒⽓是不是就给了它了? 你⼒⽓给了它,你还如何去创造你的? 如果你要创造你的,哎呀,我没⼒⽓了.为什么? 我的⼒⽓已经给了它了呀.那你还需要把你的⼒⽓花在去推翻别⼈上⾯吗? 但是你们要记住,你们要知道当⼀个⼈他真正的是创造的合⼀的相的话,合⼀的能量的话,就会有越来越多的能量加⼊.

Number 22: Because each of you, every individual being, was just told that you are supported, right? If they're supported, then what about you? If there's something they have which you don't like, send your energy to their side instead of creating what you do like. So, whenever you feel about anything you don't like, you shouldn't be trying to overthrow it; you shouldn't be trying to overturn any of those things. Why not? Because when you are overthrowing something, is your strength then going towards that thing? Your energy is going towards it and how can you possibly create what you want with the same energy that you're using against it? If you want to create your own path, but I don't have enough strength. Why? Because my energy has already been directed elsewhere. Do you still need to spend your energy on overthrowing others? But remember, know that when a person truly embodies unity of creation and unified energy, there will be an increasing amount of energy added into the mix.

如果它创造的是分裂的话,他能量会越来越⽆⼒,就是⾮常有限,它是分裂的嘛.所以说分裂是没有⼒量的.就好像这么说,它的⽕并不会去点燃很多? 为什么呢? 因为它是分裂的.那只有在什么情况下它才会去点亮很多呢? 就是你们这些想要去推翻它的.为什么呢? 你们就在⽕上浇油.就⽐如说他有⼀个分裂的念头,你们都想把它毁灭,把它推翻.然后你们就是⽕上浇油,让这个⽕就更⼤了.这就是以恶治恶的后果.就会创造更⼤的⼀些恶性事件.那如果你对他们的这种不给与关注呢? 就是不把⼒⽓给它.你们去创造⼀个合⼀的相.那你创造合⼀的相,然后有很多很多合⼀的相会加⼊.为什么呢? 因为你们的核⼼频率就是合⼀的呀.就是那是你本来的样⼦.

If it creates division, his energy will become increasingly powerless, very limited. It is divided, isn't it? So division has no power. Just like this, its fire won't ignite many? Why is that? Because it's divided. When would its fire ignite many instead? That's when you want to overthrow it. Why is that? You are adding fuel to the fire. For example, if he has a thought of division, you all want to destroy and topple it. Then, by pouring more fuel onto the fire, you make it larger. This is the result of responding with evil against evil, creating even more severe negative incidents. If you don't pay attention to their actions instead? That's not giving them power. You create a unified presence. When you create unity, many other unities join in. Why is that? Because your core frequency is unified, it's who you are inherently.

如果你不加⼊,你就会感受到分裂了,感受到不适感了.所以当这个合⼀的振动频率越来越强⼤,越来越强⼤,那些分裂的,它没有能量了.它没有能量,它便不会在这个物质世界显现出来了,明⽩吗? 所以说不试图去消灭任何、推翻任何、打击任何.然后就是说你们去创造你们⾃⼰想要的相,然后这个就是真正的推翻吧.没有推翻,你在推翻或者是毁灭,实际上你就是在创造毁灭.

If you don't join, you will feel the division and discomfort. Therefore, as this unified vibration becomes stronger and stronger, those that are divided lose their energy. They lack the energy to manifest in this physical world, do you understand? So it's not about attempting to eliminate or overthrow anything; instead, it's about creating what you want yourselves. This is actually a form of overthrowing or destruction because by pushing against or destroying something, you're inherently creating that very destruction.

问: 如何既能配合学校的教育,然后还能让孩⼦在轻松愉快中学习?

Question: How can we both align with school education and enable children to learn in a relaxed and enjoyable manner?

22号: 这就跟我们前⾯说的信息⼀样,你们的教育也是你们⼀部分⼈类他们的观念创造出来的这个相,对吧? 那如果这个相不是你喜欢的,那你为什么不相信你⾃⼰可以创造出另外⼀个相呢? 因为我们的宇宙法则是什么? 你是被⽀持的.所以你有相信你是被⽀持的吗? 那如果要被动的去加⼊别⼈,那你也是被⽀持的呀.

Number 22: This is like the information we've been talking about before; your education is a projection of certain ideas that some humans have created. Is it not true? If this projection isn't to your liking, why wouldn't you believe that you can create another one? Considering our universal laws, are you supported? Have you believed in being supported? Even if you choose to passively join others, you still receive support, right?

问: 能不能告诉我们怎么训练⾃⼰去做清明梦?

Question: Can you tell us how to train ourselves to have lucid dreams?

22号: ⾸先就是说当你真的如果你对你⽣命的状态越来越认识…… 这么说吧,如果你是⼀个清醒的⼈,有智慧的⼈的话,就是⽆论你怎么样的状态,你都是这样的状态.那如果你是⼀个⽆明的⼈,⽆论你去学习多少做清明梦,你还是在做梦,明⽩吗? 因为你最核⼼的⼀个东西没有变.所以最重要的是你到底是有智慧的还是没智慧的.然后如果真的是做这些梦或者探索这些梦是你的激情的话,那你⾃⼰可以去通过你⾃⼰被吸引的点,然后去往这⽅⾯⾛,去探索.因为它也会增长你的智慧.总之你在跟随你的激情,跟随你内在的智慧去不断地产⽣体验,它就是在把你带上更有智慧的路.

On the 22nd day: First of all, when you really start to understand your state of life more... let me put it this way, if you are a清醒 person with wisdom, no matter what state you're in, you remain that state. If you're someone who is ignorant, regardless of how much you learn about lucid dreaming or engage in such practices, you're still dreaming because the core of your being hasn't changed. Therefore, the most important thing is whether you are wise or not. And if indeed pursuing these dreams and exploring them is what ignites your passion, then you can follow the path that attracts you, exploring it further. As you do so, your wisdom grows. Ultimately, by following your passion and inner wisdom to continually generate experiences, you're being led down a path of increasing wisdom.

问: 如何做到时时觉知⾃⼰和周围环境? 脑⼦安静不下来,如何让脑⼦安静下来?

Question: How can one be constantly aware of oneself and the surrounding environment? How can one calm down a restless mind?

22号: 因为我们不理解你所谓的觉知⾃⼰是⼀个什么样⼦的状态.因为当你是在说如何觉知⾃⼰的时候,当你有这个想法的时候,你其实已经觉知到你⾃⼰了.因为如果你没有觉知到你⾃⼰,你就不会产⽣这个如何觉知⾃⼰了.所以当你在产⽣⼀个我要如何觉知⾃⼰的时候,你就会觉知到你⾃⼰的存在.就是你已经在觉知了.就不会再做着⽆意识的⼀些⾏为. ok,那如果你说可能你现实⽣活中常常会进⼊到⼀种⽆意识的状态.那我怎么样可以从⽆意识的状态进⼊到⼀种有意识的状态呢?⾸先就是说你们还是增长你们内在的⼀个智慧.因为你们内在越有智慧,你越发现你没有办法不去觉知.

Number 22: Because we don't understand what you mean by being aware of oneself as a state; because when you are talking about how to be aware of oneself and have this thought, in fact, you are already aware of yourself. If you weren't aware of yourself, you wouldn't generate the idea of how to become aware of yourself. Therefore, when you think of how to be aware of yourself, you are already aware of your own existence - that you're already being aware of it; you won't engage in unconscious behavior anymore.

Okay, but if you say that maybe in your everyday life you often fall into an unconscious state, then how can I move from this unconscious state to a conscious one? First and foremost, increase your inner wisdom. The more wisdom you have inside yourself, the more you realize that there's no way you could ignore being aware of things around you.

So, understanding that you are already aware when you think about how to become aware is key; it stops you from engaging in unconscious actions automatically. If you find yourself slipping into an unconscious state frequently, focusing on developing your inner wisdom can help bridge this gap and bring you back to awareness.

你越有智慧的话,你不会去……就⽐如说你没有觉知的话,你可能就为了别⼈的⼀句话就在那使劲发疯发疯.那如果你有智慧的话,外⾯别⼈的话不会引起你的情绪.因为你知道他是他,你是你.那是他的能量.就是外在没有办法去引起你……那如果你缺少智慧的话,就算你觉察到我现在⽣⽓,因为对⽅骂了我⼀顿.但是你没办法觉知到对⽅骂你是针对他世界的那个版本的你.这⾥没有你.你只是

The more wise you are, the less you will... For example, if you're unaware, you might go crazy over just one comment from someone and lose your mind. But if you have wisdom, outside comments won't affect your emotions because you understand that it's them, not you. That's their energy. Nothing external can affect you... If you lack wisdom though, even if you notice I'm upset now because they scolded me, but you can't perceive that the criticism was aimed at a version of you in their world. There is no 'you' here; you're just

需要去提供⼀个背景⾓⾊给他⽽已,明⽩吗? 所以说真正真正根本的原因还是说你有没有智慧.

You just need to provide a supporting character for him, understand? So the real fundamental reason is whether you have wisdom.

问: 能不能请你介绍⼀下宇宙中能量是如何运⾏变化的? ⼈类个体如何才能汲取更多的宇宙能量? 宇宙能量对个体有什么影响呢?

Q: Could you explain how energy operates and changes in the universe? How can individuals absorb more cosmic energy? What impact does cosmic energy have on individuals?

22号: 它在everywhere,它⽆处不在.你看到的云、风、各种闪电、植物、⽔、各种,它都在.那它是如何变化的呢? 你去观察这⼀切你就能知道了.那如果是在你的体内,它是如何产⽣变化的? 那你关注你⾃⼰你就知道了.你⽣下来你的能量状态是什么样⼦? 你⽣⽓的时候你的能量状态,你悲伤的时候你的能量状态…… 那你通过观察你⾃⼰,就⽐如说你遇到⼀些积极地、消极的、各种.你就是⼀个活灵活现的⼀个能量的显⽰器.它通过你观察万物万有,所有的⼀切,你观察你⾃⼰你就能知道能量的⼀个变化.还有你的问题是如何去运⽤这个能量是吗? 那你知道你可以去观看这⼀切,就是通过⼀切万物你都可以从中看到能量的⼀个规律.

Number 22: It is everywhere, it's omnipresent. You see clouds, wind, various lightning, plants, water, and so much more; it's all around you. How does it change? By observing everything, you will understand. If it's within your body, how does it produce changes? Just by paying attention to yourself, you'll find out. When you were born, what was the state of your energy? What is your energy state when you're angry, or when you're sad... By observing yourself, for instance, you interact with positive and negative situations, among others. You are a vivid representation of an energy display. It observes all around you and everything in the universe; by observing yourself, you can understand the change in energy. And how do you apply this energy? Do you know that you can watch it all unfold, through every single thing, you can see the pattern of energy within it?

就像我们之前有信息说你想要收集能量也好,想要聚集能量也好,你要把它发向哪⾥呀? 因为你没有办法就把它放在你这⾥或者是放在你体内.你要把它推向哪⾥呀? 你想运⽤这个能量去创造什么呢? 就好像我们说我年轻的时候我⼗⼏⼆⼗岁我就什么都不要做,我要把这个能量攒起来,然后等我到了⼀百岁的时候我再把它运⽤出去.所以你⾃⼰通过去知道你是谁,通过去知道你内在的渴望,然后去发现你想要彰显的,就是你想要去在这个世界上呈现什么.然后你才可以去有⼀个…… 就是我先有⼀个⽬标.我有了⽬标过后,我的⽅法就会呈现,就是如何把这个能量运⽤,就是呈现我想要呈现的.

Like we've previously discussed about collecting energy or gathering energy, where are you going to send it? Because you can't just keep it here or inside of your body. Where are you going to direct this energy towards? What do you want to create with this energy? Imagine saying that when I was young, in my teens or twenties, I didn't do anything; I was saving up this energy for the future. Then, at a hundred years old, I'd use it. So, through self-awareness, understanding your inner desires, and discovering what you want to manifest into existence, then you can start with... having a goal first. Once you have that goal, the methods will follow, on how to utilize this energy, on presenting what you want to present in this world.

问: 猫是如何看待我们的? 在跟我们相处过程中我们可以从猫那⾥学到什么?

Question: How do cats perceive us? What can we learn from them while interacting with them?

22号: ⾸先我们想说这个问题就只有你们⼈类会去看待,我如何看待你这个⼈,你如何看待他那个⼈,如何看待那个…… 猫根本就没有把你放眼⾥.它只是在享受它的⽣命.因为你们⼈类会有这种分别⼼,会有头脑,会有这种.就算猫对你做出了⼀个反应,它也不是因为来⾃于如何看待你,它只是⼀个本能的反应.可能你要打它,它躲⼀下.那过来就没事了.它不会在那,你这个⼈怎么这么卑鄙,⽼是想要伤害我.没有的.因为它们不活在那个当中.

Number 22: First of all, this issue is only something humans think about. How do I view you, how do you view him, how do you view that... Cats don't put humans in their eyes at all. They're just enjoying their lives. Because humans have these separations and minds and such, even if a cat does react to you, it's not because of how they perceive you. It's just an instinctive reaction. Maybe you threaten it, and it backs away a bit. That's it - no more problems. Cats don't dwell in that kind of thought process.

问: 因为⽣病吃药不能很好的⼯作,没办法很好的赚钱谋⽣.⽽且也没有结婚⽣⼦,家⾥⼈只有母亲可以依靠.所以总是担⼼未来、恐惧以后.甚⾄恐惧到想要⾃杀,感觉以后就没有希望了.请问22号对她这种情况有没有什么建议?

Question: Due to illness and medication, I am unable to work efficiently and earn enough money for a living. Moreover, I haven't gotten married or had children, relying solely on my mother for support. Therefore, I constantly worry about the future and fear what lies ahead. To an extent, this fear has led me to consider suicide, feeling that there is no hope for the future. Could you provide advice for someone in situation 22?

22号:因为你们⽬前在地球上本⾝就是来体验限制的.所以你们会有很多限制,它这种限制来⾃于……但是我们想要告诉你,你们体验的所有限制,不光是⾝体健康还是关系还是经济,各种限制,它归根到底还是来⾃于你们个⼈的⼀个意识形态,是来⾃于你的意识的⼀个限制.因为这个限制会导致它投射在各个⽅⾯给你们体验.但是我们现在在做的就是在拿开你们思想层⾯、观念层⾯,就是意识层⾯的限制来扩展它,扩展你的意识.因为当你的意识、振动频率扩展,它投射出的果就不⼀样了.那你怎么样才能去改变你⾃⼰现有的⼀个环境呢?我们说它是⼀个慢慢转变的过程.它⾸先它需要智慧.智慧是什么呢?

Number 22: Because you are currently experiencing limitations on Earth, you will have many of these restrictions, which come from... However, we want to tell you that every limitation you experience, whether it be physical health, relationships, or economics, and all other kinds of limitations, ultimately stem from your personal ideology, the limitations in your consciousness. This restriction causes its projection into various aspects for you to experience. But what we are doing now is removing the barriers on a mental, ideological, and conscious level so that they can expand. Because when your awareness and vibration frequency expand, the results they project will be different. How do you change your current environment? We say it's a gradual process, needing wisdom. What is this wisdom?

智慧它会让你不再去纠结⼀个⼩事情或者是把很⼩的障碍看成是很⼤很⼤.你会知道眼⾥没有障碍.因为眼⾥只有仁慈,造物主对你的⼀个仁慈,但是你看不到.但是如果你拥有光和智慧的话,你就能看到这是⽣命给你的⼀个礼物.因为当你看到⽣命给你的礼物,你才能把它当成是礼物⼀样拆开和使⽤和服务于你.如果你没有慧眼的话,那它就是⼀个障碍,你体验的就是障碍.所以说你们为什么对学习学历有如此强烈的追求?因为学历越⾼,赚钱就越多,限制就越少,对不对?那我们这⾥带给你这些信息就是智慧.那你的智慧越⾼越多的话,你的眼⾥就没有什么障碍了,也没有什么限制了.所以说你现在⽣病也是⼀次⾮常好的机会.为什么呢?

Wisdom will enable you not to obsess over trivial matters or perceive minor obstacles as insurmountable challenges. You'll realize there are no barriers in your vision because only kindness fills it; the benevolence of the Creator towards you, which you cannot see. But with light and wisdom, you can perceive this as a gift from life. Because when you recognize life's gifts, you can treat them as such – opening, utilizing, and serving them. Without慧眼 (wise vision), it becomes an obstacle, your experience is of barriers. So why do you have such a strong pursuit for academic qualifications? Because higher education means more money, fewer restrictions, right? The information we're offering here is wisdom. As your wisdom increases, you'll find no obstacles and no limitations in your vision. Thus, being ill now is an excellent opportunity. Why is that so?

你就可以不把⾃⼰捆绑起来,因为很多⼈都被捆绑在⼯作的岗位上.那你就没有被捆绑,你是⾃由的.你可以去学习和接触我们⾼维给你们带来的信息.然后这⾥⾯不断不断地会让你的频率发⽣变化,不断地把你的内核好像是升级⼀样.这么说,你是⼀个电脑,当你不断地让我们的软件跟你连接的话,你的程序就不断地在升级.你不断地在升级,你看待任何事情都不⼀样了.那不⼀样了,你就会有不⼀样的⽅式去服务于你的⽣命.这么说吧,你们⼈类以前不知道怎么处理粪便.它就又脏又臭的,没办法.但是你们却发明了什么?就是把那个粪便转变成什么?转变成能量来给你们做饭,对不对?那个沼⽓.

You can choose not to bind yourself like many are bound by their work, because you're free. You can explore and engage with the high-dimensional information we provide. These interactions will continuously shift your vibration, upgrading your core as if it were software on a computer getting updated repeatedly. Imagine you're a computer; when you consistently connect to our software updates, your programming evolves constantly. As you upgrade, your perspective on everything changes, transforming how you serve your life. Let's consider this: humans once didn't know how to handle waste efficiently. It was messy and smelly, an issue they couldn't resolve. But instead of discarding it, humans innovated by converting that waste into what? Energy! Yes, humans harnessed biogas from waste to cook food, transforming a problem into a resource.

那是不是通过你的认知的提升,你是不是就可以把这些阻碍都变成你⽣命中的礼物?所以那你利⽤这个时间,你没有被捆绑在事业单位上.因为很多⼈他们可能有收⼊,但是同样的,他们的思想也被禁锢了.所以说你有这个机会去接触到这个,然后在你当下你就转变了.你要记住你们永远在春天播种的时候,秋天收获,对吧?它都等了好⼏个不同的季,对吧?Ok,那你在转变的时候也给你⾃⼰⼀点耐⼼.你相信可能我今年、明年、三年,我可能还是持续的在物质世界感受到匮乏,省吃俭⽤,对吧?但是三年后呢?三年后我会结出很多很多果⼦,我会享受到丰盛.但是这期间需要你持续不断地去增长你内在的智慧,明⽩吗?

Could it be that by elevating your consciousness, you could transform these obstacles into gifts for your life? Therefore, you utilize this time not being bound to the state-owned enterprise. Because many people may have income, yet their thoughts are also constrained in the same way. So you have an opportunity to access this, then transforming right here and now. Remember, you always plant in spring and harvest in autumn, right? It waits for several different seasons, right? Okay, so be patient with yourself when making transformations. You might believe that I may still experience lack in material life, being frugal, this year, next year, or even three years later, right? But after three years, I will bear many fruits and enjoy abundance. Yet during this period, you need to consistently grow your inner wisdom. Understand?

所以说任何⼀个⼈如果他真的能够不间断的去连接我们⾼维,就是把我们这些信息真的去不断地连接,不断地连接,你看⼀下三年过后他会变成什么样⼦.因为他这个⽔会彻底换了,他这个软件彻底的换掉了.他的频率会彻底的变了.频率不⼀样,他结的果就完全不⼀样了.所以不需要单纯的去找⼀分⼯作怎样怎样,从这⽅⾯下⼿.为什么呢?你如果是限制的话,你的限制还会通过⼯作这个渠道投射出来给你体验.

So anyone who truly can maintain a continuous connection to our multidimensionality, by constantly linking this information and keeping it alive, will see how they transform over the next three years. Because their water, essentially their software, will be completely renewed. Their frequency will change entirely. With different frequencies, the results are vastly different. Therefore, it's not necessary just to focus on finding a job or anything like that as your starting point. Why is this? If you're limited, those limitations will still manifest through your work experience.

问: 如何让⾃⼰成为清晰的管道和JO连接畅通?

Q: How can I become a clear channel and ensure smooth connection with JO?

22号:就像我们前⾯说的⼀样,如果你这⼀⽣来到这⾥的功课、体验你都不做,你还有⼀个业把你往这边拉.这么说吧,你们物质世界的体验⾮常的重要.就算你们还没有跟⾼我有清晰地连接,就是好像是蒙蔽了双眼吧.但是你蒙蔽双眼时候的体验⾮常的重要.为什么?它是你拿武器的时候,就是你拿装备的时候.你说你们现在打游戏你们最开始都要挑装备,对吧?你说我不要挑装备,我不要装备,你把装备直接给拒绝了,你直接上战场.那你上去了,⼀下⼦被⼈给⼲下来了.所以只要是体验,就有收获.然后如果你是⼀个天⽣的管道,你⾃然⽽然就是了,你不需要去担⼼它.它会⼀步⼀步的,⽣命有它⾃⼰展开的⽅式.

Number 22: As we discussed before, if you do not complete the tasks and experiences here in your lifetime, there is still karma pulling you this way. To put it simply, the experience of your physical world is extremely important. Even if you haven't clearly connected with the High I's yet, as though your eyes are covered. But the experience when you're blinded is very crucial. Why? It is akin to the time when you take up arms or gear. You say that at this moment you start playing games and always choose equipment first, right? If you say no equipment for me, directly reject it, and go straight into battle without any preparation, then once you ascend, you are instantly overwhelmed. So whenever there's experience, there's something to gain. Then if you're a natural conduit, it just happens naturally; you don't need to worry about it. It will unfold step by step, with life having its own way of developing.

那就是说如果你想成为⼀个很好的管道,那就是不断地,最简单的⼀句话就是不要去陷⼊你的头脑,不要让你的头脑⼲预⼲涉,不要信任它,不要相信它.你们所有⼈的束缚和烦恼和障碍,它来⾃于你们给你们的头脑的powertoomuch,就是你们给与你们头脑的权⼒太⼤太多了.就好像你明明是警察,头脑是警⽝.你却让警⽝去操控⼀切.你这个警察被⼀只狗拉着⾛,明⽩吗? 你知道什么时候警⽝该上场,什么时候是我.就是你永远都是那个引导⼈,ok?警⽝它是听你的.就这么说吧,你们前⼏天通灵不是关于⼀个⼈和兽的组合的那个吗?

That is to say, if you want to become a great channel, that means constantly not getting caught in your mind, not letting your mind interfere, not trusting it, and not believing in it. All the entanglements, troubles, and obstacles that you all have come from the power you give to your mind – too much power, an overwhelming amount of power you grant to your own mind. It's like you are a police officer, but your mind is a puppy. You let this puppy control everything. You're being led around by the dog, right? Do you understand when the puppy should step in and when it's me – that you are always the guide, okay? The puppy listens to you. This is what I'm trying to say: the other day's spirit communication wasn't about a combination of a person and an animal, was it?

就是你把你们兽性的那⼀部分feeding too much,就是你给它的power too much,就是你给它的权⼒太⼤了.然后它就会⾃⼤到⾮常⼤,⼤到你的另外⼀部分已经没有发⾔权了.全部都是它在 control everything.

It's when you overfeed the animalistic part of yourself, giving it too much power, making its influence far too dominant. It grows to an immense size, dominating to such a degree that your other self has no room to speak; everything is under its complete control.

问: 如何从现实的负债压⼒中解脱出来?

Question: How can one be freed from the burden of real debt?

22号: ⾸先这个负债是你之前能量的⼀个结果,对吧? 那你通过你之前能量结果,在这个果上⾯你有去知道why吗? 你有去找到原因吗? 去找到为什么会结这样的果吗? 就是你有没有从你⽬前的状态下去成长,去找到它为什么会出现在这⾥?因为如果你没有从你出现的这个果上找到之前你是⼀个什么样的意识状态⽽结这个果的话,就算你把这个果拿了,它明年还会结果.就好像你现在是秋天,你发现你这个果⼦很⼩很⼩,很多问题.那你通过这个有没有知道在这个过程当中它是什么导致的? 因为你没有给它施肥? 因为你没有给它很好的看护? 或者是太多⾍⼦了,你却没有给它防护?各种.或者是受到其它⽣病的树的传染?

Day 22:

Firstly, this debt is the outcome of your past energy, right? Then, through the result of your previous energy, have you sought to understand why on this fruit? Have you found the cause? Have you tried to figure out why such a fruit was formed? Were you able to grow from your current state and find out why it appeared here? Because if you haven't figured out what kind of mental state you were in that led to this outcome, even if you take away this fruit, it will still bear fruit next year. Just like now being autumn, you notice the smallness and many issues with your fruit. Have you understood through this process what caused these problems? Was it because you didn't fertilize it? Because you didn't care for it well? Or were there too many pests without proper protection? Various reasons, or possibly due to contamination from sick trees nearby?

所以你需要去明⽩为什么你之前的果⼦会是这样的状态,因为你才能从当下的果当中去⾛出来.就不再重复的,就不再明年我又是结这样的果了.所以这还是需要你⾃⼰在当下去进⾏⼀个⾃我探索.那如果你知道那个是我之前的⼀个能量结果.那你需要转变你的频率啊,就是转变你这个能量啊.那如何转变?那就像我们前⾯说的升级咯.因为当你系统升级过后,它那个果也会变的.所以还是需要你去⾃我探索.因为从⾃我探索你就会发现可能我以前⽋很多债是因为我⼀直追求⼀种就觉得我要全⾝名牌或者是我要很奢侈,我要过的很奢华的⽣活或者我要豪车豪宅这种.根据你个⼈的⼀些,回到你⾃⼰内在核⼼的那个频率.

So you need to understand why your previous fruits were in such a state, so that you can step out of the fruits of the present. To avoid repeating and not experiencing again what you experienced last year with similar fruit, this requires self-exploration on your part in the moment. If you know it was an energy result from before, then you need to shift your frequency, meaning change your energy. How do you change? Just like we mentioned earlier, upgrading is required. Because after upgrading your system, the fruits will also change. This still requires self-exploration. From this self-exploration, you might discover that in the past, you owed a lot of debts because you were always pursuing the idea that I need all designer brands or want to live a very luxurious lifestyle, wanting cars and mansions. According to your personal tendencies, returning to your own core frequency within yourself would be necessary.

然后就是任何任何事件它都是正⾯服务于你们,你们⼀定要相信这⼀点.它都是正⾯来正⾯服务于你们的.可能就是因为你的这次负债,然后它就让你重新去审视你的⼈⽣.然后你不断不断地把你内在的那些洞给修补.那你修补了过后你就能圆满了.你圆满了过后,你投射出去的都是圆满.所以它对你来说就是⼀次⾮常好的转变.

Then any event serves you positively in every way; you must believe this point – it serves you positively and with positivity. Perhaps because of your debt, it makes you reevaluate your life. You continuously patch up the holes within you. Once you've completed these patches, you achieve fulfillment. Upon achieving fulfillment, what you project is also complete. Thus, for you, it's a very good transformation.

问: 如何判断是⼤脑的声⾳还是来⾃于JO的指引?

Question: How can one tell if it's the voice of the brain or guidance from JO?

22号: ⼤脑的声⾳和JO的指引,有时候⽐如说JO的指引也会通过好像是你⼤脑⾥⾯突然产⽣⼀个声⾳.但是有时候我们会说你头脑是个障碍.那你怎么样去分别到底你头脑⾥的声⾳是⼀个障碍还是⼀个指引呢? 那就是你还有⼀个东西在.还有⼀个特别特别重要的东西在,就是你的⼼.它是最灵敏的.就是它知晓的.它就好像是⼀条狗.这条狗能认出来这个味道,就辨别出这个味道.就好像⼀只警⽝,你给它⼀个味道,然后让它去找出来.它能.所以说你⼼⾥知道⼀切.那当你知道你⼼⾥你能闻出来,你能认出来,你能知道过后,然后你却没有办法去跟随或者⾏动的话,你却受到那个什么的话,那有可能就是你⼤脑的声⾳给跳出来了.

Number 22: The voice of the brain and JO's guidance can sometimes seem like a sudden sound in your mind. Sometimes we might say that your mind is an obstacle. How do you distinguish between whether the voice inside your head is an obstacle or guidance? There is another entity there, something incredibly important called your heart. It is the most sensitive one that knows everything. Like a dog that can recognize a scent and distinguish it, this heart of yours understands all. If you know with certainty from your heart, but are unable to follow or act on that knowledge, then it's possible the voice in your brain has surfaced.

因为它会对事情会有⼀种觉得要怎么样怎么样.但是你的⼼它知道,但是还有⼀个最重要的就是说你们⽆需⾏动,你们只是存在.因为你们会觉得我需要去做些什么,但是你们不需要去做什么.为什么呢? 这种做什么就像是之前的信息带给你的,那⽆为是不是什么都不做呢? 那就回答了前⾯的信息你的头脑,就是你故意的去做和你⾃然⽽然的去做,这是不⼀样的.⼀个是⾃然的,⼀个是很别 的.所以说当你在⾃然⽽然的去成为的时候,那就是你的⼼,就是你真实的⼀个状态.当你在很别 ,就是⼀定要去⾏动的时候,就是来⾃于你头脑的⼀些.但是⽆论怎么样我们又回到之前的信息就是所有的体验都是收获.为什么呢?

Because it has a sense of how things should be. But your heart knows this. However, there's one most important point that says you don't need to act; you just exist. Because you feel like you need to do something, but you don't actually need to do anything. Why is that? This doing seems influenced by the previous information given to you. So, 'wu wei' means not doing anything at all? That would answer the previous information of your mind—that intentional actions versus natural ones are different. One is natural, and one is very different. Therefore, when you naturally become, that's your heart, your true state. When you deliberately act, it comes from a certain part of your mind. But regardless of this, we return to the previous information: all experiences are gains. Why is that?

因为通过你不断地去体验到你头脑的声⾳、⼼的声⾳、头脑的声⾳、⼼的声⾳,你会越来越连接你的⼼.所以它并不是⼀个像陷阱⼀样你们必须要避开的,⽽是就好像是耍杂技,就是你需要不断不断地去⾛钢丝⼀样,去提升去锻炼去领悟去感悟,明⽩吗? 因为这⾥没有犯错.你们会担⼼是不是因为我没有跟随我的⼼…… 不会的.你如果是跟随你的头脑,没跟随你的⼼,很快你就会被痛苦给拽回来的.所以你不需要去担⼼任何,因为你们永远都会有⼀条⾼压线在这⾥.

Because by continuously experiencing the voice of your mind, heart, and mind again, you'll connect more deeply to your heart over time. It's not something you have to avoid like a trap; it's more like balancing on a tightrope--you need to constantly walk this line as you improve, train, understand, and realize. Do you see? There's no room for error here. You might worry if I'm not following my heart... that won't happen. If you follow your mind instead of your heart quickly leads to pain, so there's nothing to be concerned about because you'll always have this high-voltage line protecting you.

问: 能不能请22号介绍⼀下外星⼈有降临地球的计划吗? 然后在什么条件下,外星⼈才会降临地球?

Question: Could you please ask No.22 to explain if there are any plans for extraterrestrial beings to land on Earth? And under what conditions would extraterrestrial beings decide to land on Earth?

22号: 你们所谓的降临和我们所谓的降临又是不⼀样的.我们之前的信息就说过会是有⼀种像是投影的⽅式.但是那个投影又是你们这个物质世界,就⽐如说你的这个显⽰器它只有这样⼦的⼀个当时显⽰出来.因为它需要去符合你们物质世界的⼀个振动频率.所以说对你们来说还只是⼀个幻像⽽已,还不是真相,还是只是幻像.但是不要去⽤你的头脑去做任何这样⼦.为什么呢? 因为这种交流是不⽆处在的.它有可能会通过你,⽐如说你在创作在画画的时候,这个能量就会通过你出现.我可能就会显现在你的画中然后看着你,盯着你.有可能你在捏橡⽪泥的时候,有可能是因为你在…… 所以你不知道.

Number 22: The manifestation you refer to is different from ours. Our previous information mentioned that there would be a projection-like manner of manifestation. However, this projection is within your physical world, for instance, as if your display only shows it at the moment due to needing to match the vibration frequency of your material world. So for you, it's still just an illusion, not truth, merely an illusion. But don't use your mind in any such way. Why? Because this exchange isn't bound by physicality; it could manifest through you when you create or draw. I might appear in your artwork and look at you, fixate on you. It could also occur when you play with clay, possibly because of something... You can't predict."

问: 如何更好的服务长者⽽不受他们的影响,保持在⼀种平衡的状态?

Question: How can one better serve the elderly without being influenced by them, maintaining a state of balance?

22号: ⾸先长者如果他是⼀个蛹头脑在⽣活的⼈,你想要服务他? 那你只是在进⼊他的⼀个禁锢⾥⾯.因为他就是受他头脑,他头脑是⼀个牢房,他把他⾃⼰禁锢在⾥⾯.然后你也是急需的在禁锢在⾥⾯,明⽩吗? 你们的长者,你们来到他们的⽣命当中,从灵魂层⾯来说你们都是来协助他们转变的.所以你不是去服从他们,你是协助他们转变的.因为在你选择的时候,你会知道你为何⽽来.那你来,你肯定是帮他突破的.那如果你还继续在帮他去坚固,就是加固他已有的⼀个状态,那你不是背道⽽驰了吗? 所以你们俩都不会爽的.所以⼀定是你带他去探索到他⽣命的可能,体验到他⽣命的另⼀⾯.那如果你⾃⼰都有限制的话,你也没办法去打破别的⼈的限制.

Number 22: Firstly, if the elder is someone with a confined mind in their life, do you want to serve him? You are just entering into his confinement because he is bound by his own mind, and his mind is a prison that confines himself within. Then both of you need help being freed from this imprisonment, understand? The elders you approach in their lives, on a soul level, you come to assist them with transformation. So, it's not about obedience but assisting in their transition. For when you choose your path, you know the purpose behind your presence. You're there to help him break free, right? If you continue supporting him in reinforcing his existing condition, aren't you going against the flow of this journey instead? Hence, neither party ends up feeling satisfied. Therefore, it's essential that you guide them towards exploring their life's potential and experiencing an alternative dimension of their existence. Even if you are bound by limitations yourself, you can't liberate others' restrictions either.

所以要你达到⼀个⽆限,⼀个没有限制的状态下,你才有可能带他们脱离他们的限制.

So in order to bring them into a state of infinity, where there are no limits, that's when you have the possibility of freeing them from their limitations.

问: 现在有⼀个现象就是他⼀点都不想逼他⾃⼰的⼩孩写作业,但周围的⼈觉得就是要让⼩孩写作业.他很焦虑,他不想被这种状态影响.他要怎么办?

Q: There's a phenomenon where someone doesn't want to push their own child to do homework at all, but the people around them believe that children should be assigned homework. They feel anxious and don't want to be influenced by this state of affairs. What should they do?

22号: 那我们的信息是告诉他,周围的⼈的⼒量是来⾃于他给的.所以他的⽆⼒是他已经把⼒量给了周围的⼈,他会感受到⽆⼒.如果他不把⼒量给周围的⼈呢? 第⼀,周围是没有⼒量影响他的.他没有给它.就是周围就是⽆⼒的.我不管周围是个⽼虎的形象,还是个狮⼦的形象,它都没有⼒量.为什么呢? 因为它没有被你复活.这个animal,这个野兽的⽣命没有被你…… 你没有给它.那如果你给了它,你又说它咬了你,你没⼒量.你当然没⼒量了.你把你的⼒量给了狮⼦呀.让它来咬你呀.所以说那他不把⼒量给外在的话,那他不会体验到⽆⼒感.为什么?因为他是有⼒的.就外在⽆论怎么,它叫,叫不响.

22nd Day: Our message is to tell him that the power of those around him comes from what he gives. So his helplessness arises because he has already given his power to others around him; thus, he will feel helpless. If he doesn't give power to the people around him? First, there would be no power affecting him outwardly because he hasn't given it. The surroundings are powerless. It doesn't matter if you perceive them as a tiger or a lion figure; they have no power. Why is that? Because they haven't been revived by you. The life of this animal, this beast, has not been revived by you... you didn't give it to them. If you did give it and then say it bit you, you wouldn't have the power. Of course, you would lack power because you gave your power to the lion and let it bite you. Hence, if he doesn't provide power externally, he won't experience helplessness. The reason? Because he is powerful; no matter how loudly the outer world calls out, they can't make a sound without his consent.

还有这只是就是说你们⽬前阶段的⼀个集体意识.你们很多⼈都在体验这个.然后也会有很多⼈做出不⼀样的展现来让你们看到⽣命.就是你⾃⼰去展现你⾃⼰看待⽣命的⽅式⽅法.到底是痛苦的加⼊呢?还是说你⽤你的能量去创造⼀个新的世界?因为你们始终要记住的⼀句话就是你们每⼀个⼈都是被允许被⽀持.

And this is just referring to your collective consciousness at your current stage, something that many of you are experiencing. There will also be many different manifestations by others for you to see life, allowing you to show how you perceive life itself. Is it a life of pain? Or do you use your energy to create a new world? Remember always that every single one of you is allowed and supported.

问: 他为什么总是想让家⼈们离苦得乐? 然后他们的苦和烦恼的感觉就是他⾃⼰的苦和烦恼.然后他想帮他们,但是感觉⾃⼰⼀直都帮不到.然后他就在这个旋涡⾥⼀直超脱不出来,活不出那种⾃由⾃在⽆拘⽆束的感觉.然后感觉财富也不能⽀撑⾃⼰去活出这样的感觉.有没有什么建议?

Question: Why does he always want his family to be free from suffering and find happiness? Then, their feelings of suffering and worry become his own. He wants to help them, but feels unable to do so. He is stuck in this cycle, unable to live a life without constraints, feeling trapped and lacking freedom. It seems like even wealth cannot support him in achieving such a sensation. Any suggestions?

22号:这个就像前⾯的问题,就是关于只能依靠⾃⼰的母亲,⽣病的那个.你们所有的限制都来⾃于你们⽬前的能量状态它的等级.那唯⼀的出路就是增长你们的智慧.因为当你们拥有了智慧的话,你们的频率会投射出不⼀样的果.这是必然的.然后增长你们的智慧,就我们⾼维带出来的信息,这些都是它在扩展你扩展你,打开你的限制.再来让你看到⽣命中的创造.所以这是最根本的.因为你们外在实际上没有……你们可能会看着又是这个问题,又是那个问题.我可能又是⾦钱问题,又是婚姻关系问题,又是孩⼦问题,孩⼦教育问题,各种问题它都来⾃于你们的认知问题,都来⾃于你们的意识形态.就是⽆明嘛.如果你有智慧呢?

Number 22: This is similar to the previous question about relying solely on your own mother who fell sick. All of your limitations stem from your current energy state and its level. The only way out is to increase your wisdom, because when you have wisdom, your frequency will project different fruits. It's inevitable. Then, by increasing your wisdom, as per the information brought forth in high dimensions, these are all it takes to expand you, remove your limitations, and show you creation within your life. This is fundamental, because in reality externally…you might be looking at this problem or that problem: money issues, marriage issues, child education problems, etc., all of them come from cognitive issues, issues from your ideology. It's ignorance. If only you had wisdom?

那就像我们最开始说我们最⾼意识形态的存在是什么?它是⽆限,⽆限创造,⽆限创造.你没有办法不在你的⽣命当中投射出⽆限.任何限制在你⾯前都变得有限,就是任何限制在你⾯前都变成⽆限.任何阻碍都变成阻⼒.那你们公司的存在是不是去帮别⼈解决问题,对吧?去服务于其它公司或者是其他众⽣.那越是能解决更多的问题,那你是不是越是能赚更多的钱? 那是不是就是⼀个意识形态的问题? ⼀个能量级别的问题?

That's akin to the highest ideological entity we initially discussed - what is it? It's Infinite Creation, Infinite Creation. There's no way you can't project infinity into your life. Any limitation in front of you becomes finite; that means any constraint before you turns into infinity. Every obstacle becomes resistance. So, does your company's existence involve helping others solve problems, right? Serving other companies or sentient beings. The more issues you resolve, don't you make more money? Is this not an ideological issue? An energy-level issue?

#### 2023/12/17 — 上帝⼗诫The Ten Commandments of God

问: 为什么我今天会上吐下泻的完全⽌不住,然后跟我吃同样东西的朋友完全没事.我想问⾝体有什么信息要告诉我吗?

Question: Why am I vomiting and experiencing diarrhea non-stop today, while my friend who ate the same food is fine? I wonder if there's any message my body wants to convey to me?

JO: 你稍等.我们不是说你,因为你不断不断地意识频率然后跟你的⾝体就好像是…… 你的⾝体它也会随之的调节.因为当你的能量状态越⾼,你对⾷物的需求就会越少,就会越挑剔吧.就是你的⾝体就不再需要它.所以当你过多,就是too much…… 你就这么想,你不再是⼀个动物可以随便吃.所以允许你的⾝体,因为它⾃⼰会知道⾃⼰需要什么,让它⾃⼰去调节.但是随着你们意识能量不断不断地提升,对⾷物你们就不会需要的如此的多或者杂.

JO: Wait a moment. We're not talking about you specifically because when your consciousness frequency is constantly high and aligned with your body, your body adjusts accordingly. As your energy state increases, your need for food decreases and becomes more selective; essentially, your body no longer requires it as much. Thus, when there's excess, like too much of something, you should think that you're not just an animal that can eat anything freely anymore. Allow your body to adjust since it knows its needs best and let it regulate itself. However, with continuous elevation in your consciousness energy, you won't require such a large or varied amount of food as before.

问: 我们这两天通灵都说到核⼼频率.然后我能问⼀下我的核⼼频率是什么吗?

Q: We've been discussing core frequency over these past two days. Could I ask what my core frequency is?

JO: 你稍等.你不需要有任何担⼼关于你⾃⼰的频率和饮⾷,任何问题.为什么? 因为你跟我们有紧密的连接.就是⽆论怎么样你都不会偏离的.

JO: Wait a moment. You don't need to worry about your own frequency and diet or any other issues. Why? Because you are closely connected with us, ensuring that you will not deviate under any circumstances.

问: 在2023年结束前,我有没有我们⼈类所认为的好的东西来到我的⽣命⾥?

Q: Will I receive something considered good by humans before the end of 2023 in my life?

JO: 好的东西,那你现在眼前就是呀.问: 请问能不能帮我们连接⼀下耶稣?耶稣: 你说什么问题?

Good stuff, here you are right now. Question: Could you please help us connect with Jesus? Jesus: What kind of question do you have?

问: 我们物质世界有所谓的上帝⼗戒律,能不能请您帮我们重新解释⼀下.这⼗诫的第⼀戒就是吾乃上帝尔主,吾之外勿奉他主.它翻译过来的第⼀条意思是我们应当认上帝是独⼀⽆⼆的,我们的第⼀条罪就是⼈不信服上帝,不学习圣经、经书,不爱上帝,不盼望上帝,不祈祷他,不赞美他,反⽽信服邪神,依靠他过于上帝,然后又信服邪术.然后请问对于……耶稣: 我们先⼀句⼀句来,你的第⼀句话说的是我们应当信奉上帝,对吗? ⾸先你要认清楚上帝是什么.因为上帝它是在你内在最核⼼的东西,它不是⼀个外在的形象或者是⼀个⼈.就⽐如说上帝是泥,对吧? 那你是泥做的.那你是不是应该去知道你的⾝份.⽐如说你是泥做的,那你却说我是铁做的.

Q: Our material world has the Ten Commandments of God; could you please help us re-explain them? The first commandment states "I am God, and there shall be no other gods before me." This translates to our understanding that we should recognize God as singular and unique. Our first sin is not believing in God, not studying the Bible or holy texts, not loving God, not hoping for God, not praying to Him, not praising him, instead believing in false gods, relying on them more than God, and then believing in witchcraft. Then I'd like to ask about Jesus: Your first statement says we should believe in God, right? Firstly, you need to understand what God is. Because God is the core thing within you; it's not an external figure or a person. For example, if God is clay, then you are made of clay. Shouldn't you know your identity? If you're made of clay and yet claim to be iron-made.

那你是不是对你⾝份的⼀个不认知? 所以信奉也就是说信奉那个本来的你,就是那个本质的你,就是真是的你.相信你是,⽐如说爱的化⾝.你不是其它的化⾝,你是爱的化⾝.因为你是从这⾥来的.所以上帝他不是某⼀个⼈,不是其他⼈,他没有在你对⽴⾯.他在你⾥⾯.你能理解这个不同吗? 你们所谓的信奉上帝,你们会觉得上帝是⼀个⼈,你是⼀个⼈.你去信从那个⼈.不是的.就好像上帝是⽔,那么你是⽔做的.你可能是冰块,你可能是果汁,你可能是⾖浆.但是你的本质是⽔,虽然你有不同的味道.然后第⼆句是什么?

Are you unaware of your identity? So faith means believing in the original you, the essence of you, the true you - that you are love incarnate. You are not some other incarnation; you are love incarnate because you come from here. Therefore, God is not a person on one side or another; he is within you. Can you understand this difference? When you claim to believe in God, you might think of him as a person, like yourself - someone you worship. No, it's more like God is water and you are made of water. You could be ice, juice, or bean paste, but your essence remains water despite your varying flavors. And what is the second part saying?

问: ⽐较像⽂⾔⽂的第⼆句是吾之外物奉他主.解释过来的意思就是⼈不信服上帝,不学习圣经、经书,不爱上帝.这就是⼈的第⼀条罪.然后⼈们还反⽽去信服邪神,然后又信服⼀些邪术.

Question: Compared to the second sentence in Classical Chinese, "My extrinsic objects are served by other masters," which translates to "People do not submit to God, do not study the Bible or scriptures, and do not love God. This is the first sin of humanity." Then, people instead worship false gods and believe in some sorcery.

Q: When compared with the second sentence in Classical Chinese text, "吾之外物奉他主", which means "People fail to serve God, neglect reading the Bible or scriptures, and do not show love for God. This represents the first sin committed by human beings." Following this, people actually turn towards worshipping false deities and believing in various forms of sorcery.

耶稣:⾸先这些东西是来⾃于就好像你们有⼀个家教.就是我们这个家庭需要有⼀些家规家教.为什么呢?我们是为了让孩⼦们就好像是朝⼀个好的⽅向去发展.所以说创造这个教条的⼈,这是他们最终的⼀个初⼼.因为他们会把他们觉得好的或者应该的,然后让你们去遵守.然后这样⼦……就这么说,你有⼀个农场,农场⾥⾯有⼀些动物.动物是不是需要训它,对吧?那你们有这么多⼈,为了很好的管制,那是不是需要有⼀些教条?它跟法律法规是⼀样的作⽤.但是你们也看到了有这么多的法律法规,有这么多的教条,它们对你们有⽤吗? 有效果吗? 它们会让你更加的迷失,明⽩吗?

Jesus: These things come from as if you have a tutor, like we need rules and regulations in our family to guide the development of children towards a better direction. Why is this so? It's because we want children to grow in that positive way, which means those who create these rules do it with the ultimate intention to ensure they are followed by you, as they believe in what is good or right for others. Just like when you have a farm and animals need to be trained, correct? You have so many people; therefore, wouldn't you need some rules? They serve a similar purpose to laws and regulations. However, just as you see countless laws and rules, do these help you, are they effective? Or do they instead confuse you even more?

在这⾥我们没有教条给你们,但是我们希望你可以从别⼈所谓的教条当中去看清楚他们想要传达的.因为⾥⾯也会有传达的爱.明⽩吗?

Here we do not offer dogmas to you, but we hope that you will be able to see through what others call dogmas and understand the love they wish to convey. Do you understand?

问: 第⼆戒说例如像祈祷、叩拜⼀些圣象啊,⽐如说⽤⽊头雕刻的圣象或者圣书,如果是⽆知的⼈就会拿着它当做是上帝叩拜.然后就和叩拜邪神是相同的.

Q: The second precept talks about, for example, praying or prostrating to some sacred images like wooden carvings of saints or holy books; an ignorant person might treat this as worshiping God and thus it's the same as worshipping evil gods.

耶稣: ⾸先这个它都是只是个⼈的⼀些观念⼀些在⾥⾯.但是你可以提问,⽐如说关于你⾃头脑⾥⾯的⼀些问题,围绕着这个你可以提出你⾃⼰的问题.

Jesus: First, it's all just personal opinions within there. But you can ask questions, for example, about issues in your own mind, around which you can pose your own questions.

问: 那就⽐如说我们去寺庙⾥上⾹拜佛,它其实也是对⼤众有……耶稣: 这么说吧,你们需要那个moment,你们需要那样⼦的⼀个⾏动⾏为.为什么呢? 它可以就好像是让你按⼀个暂停键.因为你们是在物质世界,对吧? 就好像你们是在⼊戏,你们是在戏⾥⾯.然后导演说暂停.那你是不是就可以出戏⼀会⼉? 然后喘⼜⽓,对吧? 所以你就可以从这个实相当中出来⼀下.所以那是⼀次你们与你们内在的你,我们说上帝在你⾥⾯,对吧? 为什么你们在拜的时候你们都会感受到⼀种触动呢? 因为那是你在跟内在的那个你,真的那个你发⽣连接的时候,就⽚刻,明⽩吗? 所以我们想要让你知道并没有外在的.

Q: For example, when you go to temples and burn incense in front of the Buddha, it actually has an effect on the masses… Jesus: Let me put it this way: You need that moment. You require such an action. Why is that? It's like hitting a pause button because you are existing within the physical world, aren't you? Imagine you're caught up in the story and living inside of the drama. And then the director says "cut." Can you step out of it for a while? Take a breath, right? So you can momentarily escape from this reality. That's an interaction with your inner self, where we say God resides within you. Why do you feel something stirring when you pray? Because you're connecting with that inner self, truly the self, for a brief moment, do you understand? We want you to realize there is no external force involved.

就算是有外在的那个神、那个佛、那个相,它只是像镜⼦⼀样,就是也是像⼯具⼀样,它给你提供⼀个⾯对你⾃⼰内在神性的(机会).因为它都在你⾥⾯.⽐如说这种拜的动作或者⾏动重不重要或者需不需要? 那看你⾃⼰.为什么呢? 如果你是个觉着的话,就是如果你是个醒悟的⼈,是个智慧的⼈的话.⽆论你做什么,你都离不开它.因为你本⾝就是,对吧? 那如果你没有⾜够的智慧,就是我今天拜了你,你让我考试通过,让我发⼤财,让我不⽣病.那你的认知还是受限制的,明⽩吗? 就是你还是井底之蛙,你还在井底下⾯去打转.但是这些东西,因为⽆论你拜佛也好还是上班也好,就没有什么…… 就看你⾃⼰喜欢了.

Even if there is an external deity, Buddha, or image, it's just like a mirror - a tool that provides you with the opportunity to confront your own inner divinity. It's because they're within you. Whether such actions like worship are important or necessary? That's up to you. Why is that so? If you're aware of this, if you're enlightened and wise, then whatever you do, it can't be separated from this practice because you inherently are part of it. Right? But if you lack enough wisdom, say I worship you today and you grant me passing exams, wealth, or health. Your perception is still limited, understand? You're still a frog in the well, spinning around at the bottom of the well. However, these things don't matter whether you worship Buddha or work; it's ultimately about personal preference.

但是总的来说它们给了你这个场所,就是给了你这个机会让你跟你去跟你内在的源头产⽣连接.(这样)好过没有连接.

But overall they give you this space, which gives you this opportunity to connect with your own source within you. It's better than not being connected.

问: 我看过⼀个视频,拍视频的⼈是完全不信封神佛,他是⼀个标准的唯物主义者.然后他砸了很多的佛像,做了很多招⿁的仪式.结果他很⾯就厄运连连,遇到了很多他解释不了的事情.他就开始诚⼼向佛,就整个⼈都变了.这个要怎么解释呢?

Question: I watched a video where the person filming it was completely atheist, believing only in materialism. They smashed many Buddha statues and performed various witchcraft rituals. As a result, they experienced constant bad luck and encountered numerous unexplainable events. This led them to start worshipping Buddha sincerely, and their entire demeanor changed. How can this be explained?

耶稣:这么说当他在砸佛像的时候,实际上就算是他在砸他们家的电视或者是砸他们家的冰箱,就是这种.他也会打开⼀个就好像是愤怒的管道⼀样,然后⾥⾯就会有很多果给他了,明⽩吗?因为你进⼊的就是愤怒的⼀个相⾥⾯去.所以说你是把你们家从上到下或者把你的店铺都砸⼀遍你看看,你后⾯也会带来很多负能量的事情.因为那就是你⾃⼰的⼀个状态呀.当然如果你⾃⼰,就是在你的深层次它有⼀个就是神佛的⼀个概念.那你砸了它,你就会去引来这些东西.因为你虽然不相信,其实你专门去做这个东西,实际上也是相信的.不如说我不相信它会给我怎么样,我就是要去这么做.那你这就是⼀种相信.

Jesus: So when he is smashing Buddha statues, in fact, even if he is smashing their TV or refrigerator, it's like this kind of situation where he would open up something like an愤怒 channel, and then there would be a lot of fruit coming from inside. Do you understand? Because you are entering the realm of anger. So when you destroy your entire house or shop, you will experience many negative things afterwards because that is your own state. Of course, if you delve deeper into it, you have an idea about gods and buddhas. If you break their statues, you would attract such occurrences since even though you don't believe in them, actually performing this act implies belief on some level. For instance, I do not believe it will affect me, but by doing it anyway, you are essentially expressing belief through your actions.

因为真正的在爱的频率的⼈,他们也不会进⼊到⼀种,就抵触吧.因为这是不同的⼀个状态和频率.

Because those truly in the frequency of love, they wouldn't enter into a state of resistance either. As this is a different state and frequency.

问: 上帝⼗诫的第三戒说祈祷的时候不恭敬,⼼神在外,妄称上帝,常常随便⽤上帝名启⽰又有⾷⾔背誓……耶稣: 这么说吧,我们先不说你对上帝恭不恭敬,你如果对任何⼀个⼈不恭敬,你其实都会得到…… 你⽐如说你们新闻有卖⾯条的⼈对顾客不恭敬,最后顾客把他给杀掉了.那你们其实如果对任何⼈不恭敬,你们都会…… 那他们只是在通过他们告诉你当你不恭敬的时候,你会产⽣什么样⼦的⼀些果给你.所以说并不是说耶稣或者是上帝因为你不恭敬⽽惩罚你.⽽是说当你⾃⼰在⼀种侮辱他⼈或者是影响他⼈的⼀个频率⾥⾯.那你给出去的就是什么? 你给出去的就是侮辱,那你得到的也是⼀样的.

Q: The third commandment of the Ten Commandments says that one should not pray disrespectfully, with one's mind elsewhere, nor call upon God in vain, nor use His name carelessly as a means of revelation. And if you break your word and renounce promises made to others...

Jesus: Let me put it this way, before we talk about respect for God, if you lack respect for anyone else, the result you'll receive will be similar in essence...

For instance, imagine that someone who runs an noodle stall treats their customers with disrespect in your news. Eventually, a customer retaliates by killing them. This shows that when you treat others without respect, there are consequences.

They're merely illustrating to you what happens when you don't show respect; they're not saying that God punishes you for lack of respect. Instead, it's about being within the frequency or mindset where you dishonor others or affect their lives negatively. What do you put out into the world? You put out disrespect, and thus, similarly, that is what comes back to you.

问:上帝⼗诫的第四戒说我们在星期⽇的时候⼀定要休息,让任何都休息.如果在这⼀天不休息的话,它也算是⼀条罪.然后关于当时写⼗诫的⼈把⼀定要在第七天休息看的这么重要?

Question: The fourth commandment of the Ten Commandments states that we must rest on Sundays and allow everyone to do so. If one does not rest on this day, it is considered a sin. Then, why was it so important for the person who wrote the Ten Commandments to emphasize the need to rest on the seventh day?

耶稣:⾸先他们都是想要维持⼀个良好的循环.那你们休息的话,就好像⼀个break,就把你在做的事情给它stop,就把它给切换掉了,对吧?就像前⾯的信息说当你在⼀个剧情⾥⾯,你太陷⼊你的⾓⾊,它都没有任何stop.它会不会让你的能量持续的⼀直是这样⼦?就是所有的break它都会有⼀个新的开始.因为你可以从这个能量⾥⾯…… 这么说吧,你在做噩梦,我们把你叫醒.那你是不是再回去做梦的时候可能就会变了?所以说这个break就是让你们不要过度的沉迷于物质世界.因为你们物质世界有很多事情给你们.然后给你们提供⼀个机会,让你们好像有⼀个切换频率的⼀个……⽐如说你们⼀直在⼯作,然后你们有⼀个假期去旅游.

Jesus: Firstly, they all want to maintain a good cycle. When you rest, it's like hitting a pause, stopping what you're doing and switching it off, right? Like the previous information stated that when you're in a storyline, you can't stop getting involved deeply because there is no pause. Would this energy keep your state unchanged until a new start with every break? In other words, think of being woken up from nightmares; do you go back to sleeping and have different dreams then? Hence, these breaks are meant for you not to overindulge in the material world, as there's plenty going on within it. Providing an opportunity for you to switch frequencies like taking a break from work and going on vacation.

然后是不是整个⼈的状态都变得不⼀样了? 就是⼀种能量的切换.

Then does the entire person's state become different? It's like an energy switch.

问: 上帝⼗诫的第五戒是要求我们孝敬⽗母、尊敬君王、神⽗、师长和恩⼈.关于这⼀戒它有它说的对的地⽅,但是是不是也太过于被动了? 如果我们只是去尊存的话?

Question: The Fifth Commandment of the Ten Commandments asks us to honor our parents, respect kings, priests, teachers, and benefactors. Regarding this commandment, there are aspects that it gets right, but isn't it too passive if we only choose to hold onto it?

耶稣: ⾸先就是说我们应该尊重每⼀个⽣命.但是你⾃⼰是不是⽣命呢? 那你是不是也应该得到尊重呢?那你有得到你的⽗母,你的君王的尊重吗?所以说像尊重⽗母⼀样尊重你,也要求他们需要像尊重他们的⽗母⼀样尊重你.因为你们每⼀个的本质是⼀样的.那所谓的君王,ok,你尊重他们,但是他们也需要尊重你,给你平等的对待.因为永远都是平等的.如果没有平等,只是要求⼀⽅尊重另外⼀⽅的话,那他就变成了什么?他就是⽤这些条款来统治,来束缚.

Jesus: Firstly, it's about respecting every life. But are you a life yourself? Then shouldn't you also be respected? Have you been treated with respect by your parents and rulers? Therefore, treat them like how they should respect their parents, and demand that they show the same respect to you as they would to their own parents because at your core, all of you are the same. Regarding so-called rulers, yes, respect them, but they must also respect you, treating you with equality. It's always about equality. If there is no equality, merely demanding one side to respect another without reciprocation, then it becomes a system where they use these rules to dominate and confine people.

问: 那如果我们遇到很权威的⼈,他要求我们必须要去尊从他? 就⽐如说君王和平民百姓.那平民百姓在当下的那⼀刻,他应该要怎么做呢?

Q: But what if we encounter someone who is very authoritative, demanding that we must follow him? For example, when a king interacts with common people. What should the common people do in that moment?

耶稣: ⾸先所谓的这些关系也是当时处在那个意识程度的存有,他们创造的,他们投射的,就是他们⾃⼰在那个阶段的⼀段的⼀种…… 那你还要不要继续去投射这个呢? 你还要不要继续去尊从这个呢? 他们就有的⼀些观念,明⽩吗? 那你知不知道每⼀个⽣命都是平等的呢? 如果在你⼼⽬中所有的关系都是平等的.那如果所有的⼈都是这么去认为,那你们的意识就转变了? 但是需要你们真正的去认清,它不是虚假的.不是因为对⽅有⼀个头衔或者是对⽅有更多的钱财,然后他就更加的珍贵.不是的.所以这需要你们的振动频率,你们每⼀个⼈都有⼀个频率,你们的频率转变.⽽不是单独的告诉你们,如果你们还是去追寻钱财,追寻名利、追寻⾝份地位.

Jesus: First of all, these so-called relationships were created and projected by existences at that level of consciousness, they are their own projection from that stage... Do you want to continue projecting this? Do you want to continue adhering to this? These are some of their concepts, do you understand? And do you know that every life is equal? If in your mind all relationships are equal, if everyone thinks so, would your consciousness then change? But it requires true recognition by you that this is not false. It's not because someone has a title or more money, and therefore they become more valuable. No, it isn't like that. So this requires a shift in vibration for each of you, as every individual has their own frequency, and your frequencies need to change. Not just being told separately, if you still chase after wealth, status, fame.

那你其实就是在加强这个呀.因为你继续在投射这样⼦的⼀个阶级.所以你⾃⼰在追寻吗? 你⾃⼰有觉得⾃⼰就⾼⼈⼀等吗? 所以说你们内在⾃⼰,就是当你们内在不断去追寻我要有名⽓,我要有更多的钱,我要拥有更多的资产,那你们就是在划分,所以那你们就是在投射.不是只是君王他们去投射的,也是你们集体意识.所以有了所谓的君王.

You are actually intensifying this by projecting it further into a class structure. Are you pursuing this yourself? Do you feel that you are better than others? Thus, in your own inner self, when you continuously strive for fame, more money, and greater assets, you are segregating yourselves. It's not just the kings who project this; it's also collective consciousness. Therefore, there is a concept of kingship.

问: 上帝⼗诫的第六戒说损害、引诱.败坏⼈的名声,这样的事件都和杀⼈是⼀样的.

Question: The Sixth Commandment states that one shall not defame, seduce, or corrupt a person's reputation; these actions are considered equally severe as murder.

耶稣: 那这些戒条也是你们为了对⼈类有更好的控制和管理或者朝同⼀个⽅向,就是跟训练动物没有什么区别.你会让他们就是说…… 为什么? 有更好的管理,更好的社会秩序.就是他们在⽤他们的⽅式在试图让社会达到⼀种和平或者和谐的状态,明⽩吗?

Jesus: Well, these rules are also something that you do for better control and management of humanity or to move in the same direction, like training animals. You would have them say... Why? For better management, better social order. They're trying to get society to reach a state of peace or harmony in their own way, understand?

问: 为什么所有的教义⾥⾯包括上帝⼗诫的第七戒,然后连佛教⾥⾯都说不要去邪淫.那最初写不去邪淫的⽬的是什么呢?

Question: Why is the seventh commandment in all teachings including God's Ten Commandments, and Buddhism also prohibits adultery? What was the original purpose of writing this prohibition against adultery?

耶稣: 这么说,因为你们对你们的⾁体,整个存在的恐惧和不认知.你们会觉得如果放纵⾃⼰的话,⾃⼰就会进⼊到⼀种没有节制的状态.但是只有你的意识形态没有增长,你就有可能放纵⾃⼰.那如果你的意识形态它⼀直在提升提升,就达到了⼀种⾮常,就意识形态很⾼吧,就是你的频率很⾼.那这个对你来说它不再是,就你的⾁体它不会是控制你的.所以说这个只对,就是当⼀个意识形态很低的⼈,他可能会通过不去放纵⾃⼰的⾁体…… 为什么?你们很多放纵就会导致成瘾.所以针对那个…… 就⽐如说你们俩,你们的意识形态不断地在提升提升,你的⾁体不会再对你是个束缚了.因为你明⽩你的⾝份呀.

Jesus: So it is because of your fear and lack of awareness about the body, this whole being, that you would feel that if you let yourself go, you will enter into a state of unrestrained indulgence. But only when your ideology has not grown, could there be a possibility for unrestraint. But if your ideology keeps growing up, reaching a very high level, you're at a frequency that is very high for you. Then this wouldn't be anymore what it would seem like to you: your body is no longer controlling you. This applies only when someone has a low ideology; he might refrain from indulging his body… Why? Because many of those indulgences lead to addiction. Therefore, targeting those… Like the two of you, with your ideology continually growing up, your body will not bind you anymore because you understand who you are.

所以只有对那种不明⽩⾃⼰的⾝份的时候,就好像不要玩⽕⼀样,明⽩吗?因为你控制不了嘛.那你控制不了,你还去玩⽕?那如果你是个消防员,你知道有效的灭⽕呢?那你可以让⽕,就好像你做饭需要⽕,对吧?那你知道怎么样安全使⽤它,什么时候灭⽕,你什么都知道.所以是不是就可以正⾯的利⽤⽕了?那如果你对⽕⼀⽆所知,你害怕.所以说只有不断地去提升你们的意识形态,然后所有的⼀切才不会成为你的束缚.就是这个⾁体才不会成为你的束缚.为什么?你很清楚你们之间的关系.所以也不会对它产⽣恐惧,也不会去压制.

So only when you don't understand your own identity is it like not playing with fire - do you get it? Because you can't control it after all. So if you can't control it, why would you still play with fire? But if you're a firefighter and know how to effectively extinguish fires, then you can use fire like you need it for cooking, right? You understand how to safely utilize it, when to put out the fire, and you know everything about it. So isn't this way of using fire positively? But if you have no knowledge about fire, you're afraid. Therefore, only by constantly elevating your ideological awareness will all aspects not become a constraint for you. This physical body won't be a constraint either. Why? You understand their relationship very well. Hence, fear wouldn't arise from it and there wouldn't be any suppression.

问: 关于上帝⼗诫的第⼋戒总的来说就是如果你⾃⼰不喜欢做的事情,你就不要逼迫别⼈做.这⼀条是不是就是在讲因果? 因为你如果逼迫别⼈做不喜欢的事,它也会回到你的⾝上.

Q: The eighth commandment in general states that if you do not like something for yourself, you should not force others to do it. Is this saying about cause and effect because if you force others to do what they dislike, the consequences will come back to you?

耶稣: 因为当你在强迫或者是逼迫的时候,你们其实就会在产⽣⽭盾吧.那这又回到了⼀个想要去维持⼈与⼈之间,⼈的⼀种和谐.为什么呢? 因为所有的这些都是为了达到⼀种和谐的状态.只是他们的⼀个认知,他们的⼀个⽔平,他们的⼀个意识形态下……问: 那这个是不是和第九戒是不是也是⼀个意思? 就是我们不去区分你是什么国籍.然后不要撒谎,不要去做假的见证.是不是也是因为我们都是⼀体的,然后就是不区分这些?

Jesus: Because when you force or coerce, there's actually a conflict within yourselves. This brings us back to the desire for maintaining harmony among people. Why? Because all these actions aim at creating harmony. It's just their level of understanding, awareness, and ideology...

Question: Is this similar to the ninth commandment where we don't distinguish between nationalities and avoid lying or giving false testimony because we are all one, and shouldn't make distinctions?

耶稣: 这些都是就好像把你导向或者引导,就像⼀个植物⼀样,你把它修修剪剪或者是按照这个地⽅,那个地⽅,就是长出你们想要的样⼦.然后这个也是⼀样的.因为在你们的认知你们会想要去创造⼀个和谐的,就是⼈与⼈之间的.

Jesus: These are all like guiding or directing you, like a plant, you trim it or shape it according to this place and that place, just the way you want it to grow. And this is also similar because in your understanding, you would like to create harmony, among people.

问: 最后⼀戒就是说不要嫉妒别⼈的好处,然后说你不但不可以在⾏动上做出对别⼈不好的事情,你连⼼⾥⾯想⼀想都是不可以的……耶稣: 就好像这么说,这些所有东西都是对你的⼀种兽性,就是⼀种本性对它的⼀种,就好像是在训狗训animal⼀样.⽐如你会教狗狗你不可以这样⼦,你不可以上桌⼦,你不可以怎样怎样.就像是这样⼦.但是你们⽤来这么多各种戒条,有⽤吗? 它只会产⽣更多的内在的冲突,更多的⽭盾.就有⼀种好像是纸包不住⽕.他们都忽略了最根本的⼀个频率问题.因为你可能是表⾯遵从,但是…… anyway,就⽐如说你们⾃⼰接触我们的信息,然后你们会觉得要这样⼦要那样⼦.然后就会有助于你的灵性提升,明⽩吗?

Q: The last precept is about not being envious of other people's blessings. Then it says that you cannot only refrain from doing bad things to others in action; you cannot even think ill of them... Jesus: As if to say, all these are aspects of your own animal nature, a fundamental trait, akin to training dogs or animals. For example, you would teach a dog not to behave this way, not to get on the table, and not to do certain things. It's like that. But how effective are all those various precepts? They only create more internal conflict, more contradictions. There is a sense of something akin to water trying to extinguish fire; they neglect the fundamental frequency issue. You may appear to follow them superficially... anyway, you might feel that interacting with our information helps you in your spiritual growth, understand?

但是每个不同的时期的⼈都在⽤⾃⼰的⽅式⽅法想要去维持世界的和平.所以他们在做的实际上跟你们在做的没有什么区别,明⽩吗? 但是每⼀种做法或者是每⼀个观念或者是每⼀个信念,它们的服务都是有有限的.就好像⼀个功能,对吧? 它的功能都是有限的.那它都是有利有弊的.所以你看你们发明这么多东西,它们都是有利有弊.它们的功能都是有限的,对吧? 所以当你们不断地在通过这些…… 那就好像他们发明的东西,他们发明的⾃⾏车,以那会⼉的认知发明的⾃⾏车,⾃⾏车的速度是不是有限的? 它能坐的⼈是不是也是有限的,对吧? 那它的功能是不是也是有限的?

But each different period's people are all trying in their own ways to maintain the peace of the world. So what they're doing is actually not so different from what you're doing, do you understand? But every method or every idea or every belief has its limited service. It's like a function, right? Its functions are limited. And it always has pros and cons. So when you invent so many things, they all have pros and cons. Their functions are limited, right? So when you constantly go through these... that is like the things they invented, the bicycles they invented based on their cognition at that time, isn't the speed of the bicycle limited? And can only a certain number of people sit on it, right? Then its function is also limited, right?

那你是不是就可以根据他们的愿景,然后去创造,不断地去创造、变化、创造、变化,明⽩吗?

That is, can you then create according to their visions, continuously creating, changing, creating, changing, understand?

问: 请问上帝⼗诫真的是当年耶稣在世留下来的? 还是我们⾃⼰……耶稣: 这么说吧,就像这个⼥孩⼦她现在在通灵,然后她接触到这些信息,然后再通过你们带出来的这些信息,然后变成…… 就是你们觉得应该是这样这样.你要知道这些东西它都是你们⼈带出来的,对吧? 那它怎么样都会有你们⼈性存在的.那它怎么样都是有限的.因为你们本⾝就是在⽤有限的东西在诠释着⽆限,明⽩吗? 所以⽆论怎么样,它都是受限制的.但是就算它是受限制的,你们都可以从这个⾓度去领悟去感应去体验,然后就把它变成是你们⾃⼰的,明⽩吗? 所以它存在的形式形态,这些所有的东西都不重要.重要的就是说你能如何去运⽤它? 去利⽤它?

Q: Are the Ten Commandments asked about by you truly left behind by Jesus when he was on earth, or are they something that we ourselves... Jesus: Let me put it this way: Imagine if a little girl is channeling now, and she receives these messages, then she brings them out through you, turning them into... You believe it should be like that. You need to understand that all of these things come from human beings, right? Therefore, they are inherently limited by humanity's essence. They cannot exceed the bounds set by human capabilities because we interpret infinity with finite means. So no matter how you look at it, there will always be limitations. However, despite being constrained, you can still understand, sense, and experience them from this perspective, making them your own. The form or appearance of these things doesn't really matter. What matters is how you use them to benefit yourself?

就是去加⼊你的东西,加⼊你个⼈的⼀些认知.你如何去创造它,分享它? 为什么? 因为这些东西来到你这⾥,它应该变活呀.它不是死的.是你把它变活了.因为你是⽆限的,像造物主⼀样.

It's about incorporating your own insights into the process, adding personal cognitive elements on how you create and share them. Why do you? Because when these things reach you, they should come alive - they're not static. You bring them to life because you are infinite, like a creator.

问: 请问这个⼥孩⼦脑袋⾥⾯还有想要问的问题吗?

Question: Does this girl have more questions she wants to ask?

JO: 你稍等.她想要知道关于这些教条我们需不需要它? 就好像这么说,你说世界上的⼤⽶,你们需不需要它?你们是有⼀部分的⼈喜欢吃它呀,喜欢它呀.它也服务到⼀部分⼈啊.所以它就像是⼀个品种,就好像是⼀个⽟⽶或者是红薯.那它就对有的⼈有效果,他就喜欢吃,明⽩吗?它有它的作⽤,但是它的作⽤也是有限的.但是任何东西都有它的有限或者是副作⽤,对吧?所以你们通过你们的⽅式来表达造物主,来表达你们对和谐、统⼀、平等、⾃由的这种,就是对⽣命的⼀种表达.因为它们也不过是对⽣命的⼀种向往,对⽣命的⼀种表达和认知.你创造你的.

JO: Wait a moment. She wants to know if we need these principles? Just like asking if you need the rice in this world, do you need it? Some of you enjoy eating it and find it enjoyable. It serves others as well; hence, it's akin to a variety, similar to corn or sweet potatoes. This works for some people who enjoy it. You understand that its purpose is limited but beneficial. However, every item has limitations or side effects, right? So through your means of expression, you're conveying the creator, expressing your desires for harmony, unity, equality, and freedom - a reflection of life's yearning and understanding. Create your own path.

问: 因为马上又要到我们的圣诞节了.然后请问JO有没有什么信息要带给⼈类的?

Q: Since Christmas is coming soon again. And may I ask if there's any message that JO has for humanity?

JO: ⾸先我们想说任何的节⽇都是美好的.因为节⽇在创造⼀个美好的频率嘛.那你看圣诞节,就好像要点灯,对吧? 你把这些点亮.你就好像是在⿊暗中点起⼀盏灯.它也会在⼈们的⼼中点起⼀盏灯.那圣诞节对所有⼩孩⼦来说他们都是充满了期待,充满了兴奋,这个频率…… 然后送礼物.这些东西它本⾝就把你内在的美好的⼀种频率给唤醒了.就是把你们的振动频率给提⾼了.那⽆论怎么样这个都是⼀件⾮常好的事情.所以你们需要更多的节⽇.你们应该在⽣活中每⼀个⼩时都需要节⽇或者是每⼀分钟都像是节⽇⼀样去庆祝它,庆祝⽣命.你只要你还活着,只要你还活着,那么你就去庆祝你的⽣命.

JO: First of all, we want to say that any festival is beautiful because it creates a beautiful frequency. For example, Christmas is like lighting candles; you light them up, right? You're like lighting a candle in the darkness. It lights a candle in people's hearts as well. For children, Christmas is full of anticipation and excitement, this frequency… And giving gifts. These things inherently awaken within us a beautiful frequency that elevates your vibration. It boosts your energy levels. Whatever it may be, it is indeed a wonderful thing. So you need more festivals. You should celebrate every single moment or every minute as if it were a festival, celebrating life, because no matter what, while you're alive, you should celebrate your own life.

问: 为什么我们从感官上会觉得伊斯兰教的信徒⽐佛教或者是基督教的信徒野蛮呢? 他们为什么会有这么多的教条? 然后从地球上来看中东那⼀⽚也是战争最多最不和平的地⽅.它从频率上或者说从更⾼的层⾯是为什么呢?

Q: Why do we perceive Muslims to be more barbaric than followers of Buddhism or Christianity based on our senses? What is the reason for having so many dogmas? Then, when looking at the Middle East from the Earth, it seems to be the most war-torn and least peaceful region. Why is this happening on a frequency level or on a higher plane?

JO: 这么说,你们⼈类来到地球你们就是体验束缚,对吧? 那束缚它也分不同的⼀个等级,就好像我想要加倍的束缚,我想要更多的束缚.就是⼀切你需要体验的,你都被提供了.然后你根据你⾃⼰去体验你⾃⼰想要体验的.就好像体验有等级⼀样,你想要⼏级? 然后这⾥都有给你选择.那当拥有共同的…… 就是这个舞台是⼀个你想要去体验什么,我都可以给到你.

JO: So, when humans come to Earth, you're experiencing being bound, right? And the binding also comes in different levels, like if I want double the binding or more binding. Everything that you need to experience is provided for you. Then, you experience what you desire based on yourself. It's like there are levels of体验; how many levels do you want? Choices are available here for you. And when there's a common goal… This stage allows me to provide you with whatever you wish to experience.

问: 所以这是不是也是为什么就感觉中国那⼀⽚⼟地上的束缚⽐欧美要多?

Q: So is it because you feel that there are more constraints in China compared to Europe and America?

JO: 不同的束缚,只能说是不同的束缚.也没有哪⼀个多和哪⼀个少.为什么呢? 因为你只是从表⾯上看到的.有可能那些⼈他⽣在⼀个特别束缚的环境,但是他⼼底⾥特别的⾃由.他更加能够去体验到⾃由.因为这是他个⼈的⼀个体验.所以没有任何⼈可以从他们的⾓度去说别⼈这个更多或者这个更少.只有他们⾃⼰去选择⾃⼰需要的和想要的⼀个体验.那个体验对他们来说是他们需要的和想要的.就好像你倒健⾝房,器材的各种重量它都有给不同的⼈.你可能是新⼿,那你的weight是要轻⼀点.那你可能是⼤⼒⼠,那你要重⼀点.都是为了不同的刺激,不同的突破,不同的挑战.总之就都会有个地⽅给你们去体验.

Different constraints can only be said to be different forms of constraint. There is no more or less among them. Why is that? Because you're only seeing things from the surface. It's possible that some people live in a particularly constrained environment, but they feel very free internally. They are able to experience freedom even more because this is their personal experience. So, no one can say which is more or less based on their perspective; only they themselves choose what experiences they need and want. The experience suits them exactly as what they need and desire.

Imagine going to a gym where the equipment has varying weights catering to different individuals. You might be a beginner, so your weight needs are lighter. Then, you could be someone who is strong, requiring heavier weights. This is all for different stimulation, breaking through in various ways, facing different challenges. In essence, there's always a place for everyone to experience this.

This statement essentially implies that everyone perceives freedom and constraints based on their own experiences and conditions, leading them to tailor their experiences accordingly.

#### 2023/12/18 — 你们的能量⼀直在表达 Your energy has been expressing itself.

JO: 你说什么问题?

JO: What kind of problem did you say?

问: 我的灵魂主题? 我78年的.我叫XX.

Q: What's my soul theme? I was born in 1978. My name is XX.

JO:你这⼀⽣就好像有⼀个过路,就⼀定是从⼀个地⽅到另外⼀个地⽅,就是从⼀个状态到另外⼀个状态.它⼀定是这样⼦的⼀个状态,就是⼀个转变.就是从束缚到⾃由的状态或者是从苦到甜的状态.所以你现在应该还是在过渡、在转变,就是在那个过程当中.它还没有蜕变出来.所以你的灵魂主题的话,它还需要你不断地从你的意识形态,就⽐如说增长你的智慧吧.因为如果不是这个的话,就好像你的这只鸡蛋没有温暖来孵化你的话,它没有办法孵化出来.所以它⾥⾯需要⽆条件的爱,会需要光,需要智慧,需要温暖.然后你这个灵魂才会得以蜕变.所以你本⾝就会需要你⾃⼰给你很多耐⼼.因为你⼼中其实是有远⼤的梦想,你会有那种使命感吧.

JO: Your entire life is like passing through a journey where you always move from one place to another, from one state to another; it's definitely a transition of some kind that involves transformation, either from bondage to freedom or from suffering to sweetness. This process should be ongoing for you now as you're transitioning and undergoing change. The transformation has not yet fully emerged. Thus, when considering your soul theme, you need to continuously enhance your consciousness, such as cultivating wisdom. If not, it's akin to an egg that lacks warmth for incubation; without this, it cannot transform. Therefore, within yourself, unconditional love, light, wisdom, and warmth are necessary components for your soul's transformation. Consequently, you inherently require patience from yourself. Deep inside, you harbor grand dreams and a sense of mission.

但是在蜕变前,它很难去追随你的梦想.所以在这之前你都会有⼀种⼒不从⼼或者是它不能让你有⼀种⼼满意⾜或者是让你在⼀种欣慰或者是满⾜的状态.你现在还正在进⾏中,你的能量.

But before the transformation, it's hard to follow your dreams. So up until that point, you might feel powerless or inadequate, unable to achieve satisfaction or a sense of fulfillment. You're still in progress with your energy.

问: 那我需要做些什么?

Question: What do I need to do then?

JO: 你需要有⼀种叫修⾏闭⿊关那种.我们没有说你要这么做,但是有⼀种形式就是你需要去减少外在对你的⼀种⼲扰或者是牵扯.因为其实你是个付出者,其实你总是想要给或者是帮或者是承担.那如果你总是在给别⼈敞开的状态,那你可能有永远也帮不完的忙,就是总有这种感觉,就是承担不完的责任.就是你肩上的担⼦总是很多.那它会导致你总是被物质世界拉扯,它会很难让你往内在扎根.所以你就需要去减少外在对你的⼀种⼲扰.就好像这么说,你就好像把⾃⼰藏起来,你就感觉你在物理层⾯你已经死掉了.就你这么说,我已经死掉了,他们爱找谁找谁去,就这种感觉.然后你需要斩断外界能量层⾯对你的⼀种拉扯、影响.

JO: You need to engage in something akin to spiritual retreats or闭关 practices. We're not saying you have to do this exactly, but there is a form where you reduce external distractions and involvement. Because essentially, you are a giver, always wanting to provide, help, or take on responsibilities. If you constantly open yourself up for others' needs, there will always be more than enough tasks that need attending to; you'll feel the weight of unending obligations. Your shoulders bear heavy burdens, which can lead to being perpetually pulled by material concerns, making it difficult to ground inwardly. So, you need to reduce external distractions. Imagine isolating yourself, feeling as if you're physically dead on a surface level. You say, "I'm already gone; let them find someone else." Then, you need to sever the pull and influence of external energy levels affecting you.

然后就是内在不断不断地去修复整合.

And then it's constant internal repair and integration.

问: 它是⾃然的修复,还是需要我去做些什么?

Question: Is it a natural repair, or do I need to do something about it?

JO:你要去做的话,⾃⼰做的话,你就……还是我们的信息吧.因为通过我们的信息,你会明⽩很多.当你明⽩很多后你去做,和你不明⽩很多的时候你去做,这是不⼀样的,明⽩吗?

JO: If you do it yourself, based on our information, you will understand many things. When you understand a lot and then you do it, compared to when you don't understand much and still do it, these are different situations, right?

问: 我现在要停下来要减少外界的拉扯,然后静下来去寻找智慧? 我不清楚JO: 这么说吧,只有很少部分⼈,就⽐如说佛陀,他通过⾃悟,他通过打坐,就是通过这种⽅式,但是他们本⾝就是.只是说好像是等种⼦发芽、开花、结果,它是.但是⼤多数的⼈他来到这个世界上就是为了他灵魂的完整,⼀种历练,就是提升吧,意识形态的⼀种提升.那你通过这些,那你是不是就需要不断地获取真正的智慧.就好像学习⼀样.然后通过物质世界你⾃⾝的⼀些体验,因为你已经体验很多了嘛.你这个年龄阶段你该体验的都已经体验了.所以是时候把你体验的这些东西转化成你内在的智慧.

Q: I want to stop now and reduce the external tugs, then settle down to seek wisdom? I'm unsure.

A: Let me put it this way, only a small portion of people, like the Buddha, attain enlightenment through self-realization, meditation, or similar means. They themselves are akin to seeds growing, blooming, and yielding fruit; however, they already are. But for most individuals, coming into the world is about the completion of their soul, an experience that elevates consciousness. So if you're seeking wisdom like learning, then you would continuously seek authentic knowledge through your experiences. You've experienced a lot as you've aged, so it's time to transform those experiences into inner wisdom based on your interactions with the material world.

问: 我感觉我内⼼很多都知道但是表达不清楚.

Question: I feel that there are many things I know internally but cannot express clearly.

JO: 你们嘴巴其实不需要表达太多.为什么呢? 因为你们的能量⼀直在表达⼀直在表达.就是你的能量、你的振动频率,它⼀直在投射投射.所有的果都是在给你⾃⼰体验的.所以你会很清楚的知道你⾃⼰的状态在哪⾥,是什么样⼦的.到底是外在投射出我内在的⼀些对⽴呀或者是匮乏呀、束缚呀.这些东西它都会投射给你让你体验到的.

JO: Your mouths don't actually need to express too much. Why is that? Because your energy has been expressing, constantly projecting itself. It's your energy and your vibration frequency, always being projected outwards. All the outcomes are experiences you're giving yourself. So you can clearly understand where your state lies, what it looks like. Whether it's projecting external representations of my inner contradictions, or scarcity, or restrictions - these things all get projected back to you for you to experience.

问: 还有没有什么要对我讲的?

Question: Is there anything else you want to tell me?

JO: 你可以提问,通过你对你⽣活中的疑惑和问题,然后这些问题会把信息带出来给你.问: 我有⼀种迫切想要成长的感觉.

JO: You can ask questions by addressing your doubts and issues in your life, and these questions will bring the information to you. Ask: I have a strong desire to grow.

JO: 是的.因为就像刚才说它是⼀个转变期.那你现在是在转变的过程中,所以你会有⼀种想要突破、想要去转变它.因为你本⾝就是来转变的.就好像你知道你是⼀只蝴蝶.你有⼀种迫切的想要去转变成蝴蝶,这样你才能飞.

JO: Yes, because it's a transitional period as we just discussed. You're in the process of transitioning now, so you have this urge to break through and change it, because you are here to transition. Like you know, you're like a butterfly, wanting desperately to transform into one, only then can you fly.

问: 我跟我爱⼈的灵魂关系? 我们在⼀起20年.他叫XX.

Question: What is the relationship between my soul and my beloved's spirit? We've been together for 20 years, he's called XX.

JO:你们会有⼀点像是那种约定好,然后你们彼此⼀起学习、提升.所以你们的关系是灵魂层⾯的⼀种约定⼀样.然后来扶持和⽀持吧,就相互⽀持对⽅,然后去进⾏⼀种成长.就还挺让⼈感动的,就是彼此选择了我们都是来就好像扶持对⽅的.你们俩能量都有⼀点点沉重,就是都⽐较认真严肃,就少了⼀种轻松和那种⾮常跳动的能量.就像⼩孩⼦很活泼呀,就是缺少那种激情,就是那种很激烈,就是那种很活泼很快乐.你们就更像是那种安静的⼩溪的⽔流⼀样.就有⼀种你们俩其实要挑战的课题也差不多,然后好像是共同进退的感觉.所以你的能量的成长⼀定会牵引着他,⼀定会带动着他的.就是⽐如说你找到⼀条出路的话,就是找到⼀条船来渡你到对岸的话.

JO: You'll have something akin to an agreement where you both learn and improve together. So your relationship is like a soul-level pact. Then, support each other; it's mutual support leading to growth. It's quite touching that you've chosen each other for this purpose. Both of your energies are somewhat heavy, indicating seriousness rather than lightness or intense energy. You're more akin to gentle streams, lacking the vivacity and high spirits that children exhibit. Like young children who are full of energy, there's a lack of passion—intense excitement—about you both. Your energies feel like quiet rivers flowing gently. The challenges you face might be quite similar, giving off the impression of moving together in support. As such, your growth will inevitably influence him, affecting him positively. If you find a path, akin to finding a boat that carries you across, it implies he too shall benefit from this journey.

那他⼀定也在上⾯的.所以你们俩就好像是⼀条船上的.

So he must be up there too. That's why you two are like in the same boat.

问: 我有⼀个双胞胎⼥⼉.我想看⼀下我和我⼥⼉XXX的关系.她12岁.

Q: I have twin daughters. I would like to know about my relationship with my daughter XXX. She is 12 years old.

JO: 这么说吧,这个孩⼦她就是有⼀点点像是叛逆.她正好她内在的那股叛逆就是你和你⽼公都需要的.就是你和你⽼公就都⽐较听话吧.就可能不会⽐如说别⼈给你说这个地⽅不能碰,你们俩就不会碰这种.就是属于这种.但是你⼥⼉她可能就偏要去碰.她的能量可能就属于那种你可能越是不让我去做的事情,我就越是要去尝试.我跟你讲这个⼥⼉是带着你去突破的.所以你需要去⽤她的眼睛和她的思考,就是试着跟着她⾛.你就这么想,她是怎么去想的.就是你需要去欣赏她的这⼀⾯.因为你要知道你们如果总是像这种不打破任何的这种能量的话,实际上你们⼈类就不可能有进步的.因为所有的进步都是建⽴在除旧⽴新.

JO: Let me put it this way, the child has a bit of rebellion within her. The rebellious energy she possesses is exactly what you and your husband need right now. You both tend to be more obedient, so you wouldn't necessarily avoid touching something just because someone tells you not to. This kind of behavior applies to situations like that. However, your daughter might insist on trying it, driven by her energy which thrives when she's told she can't do something. She brings you out of your comfort zone with this behavior. You need to use her perspective and her thinking in order to adapt. Simply put, consider how she thinks about things. It's essential for you to appreciate this aspect of her. Remember, if humans were always resistant to change, there would be no progress, as all advancements rely on overcoming the old to establish new ways.

问: 她总是惹我⽣⽓.

She always makes me angry.

JO: 那如果你⼼中没有任何定义呢? 还会⽣⽓吗? 就是你不定义她应该怎么做或者她需要怎么做,或者这个才是对的,那个是错的,这个是好的,那个是不好的.你没有这些定义呢? 你拿开所有的定义呢? 你看看你还会⽣⽓吗? 你⾸先要知道,你看你们为什么每年都有新年? 新年是什么? 把⼀些旧的拿掉,全部都是新的.所以你需要把你的⼀些观念观点或者是任何这些旧的记忆,所有东西,把它都抛弃掉.然后⽤你⼥⼉的⾓度,就好像你投在她⾝上去了,⽤她的视⾓去体验⼈⽣、去看、去感受、去领悟.这样⼦你⾝上的枷锁,就⽐如说那种沉重的能量就会逐渐的挖减.你的能量就会活起来,就会活灵活现的.

JO: And if there are no definitions in your mind? Would you still be angry? It means that you don't define what she should do or what she needs to do, or this is right and that's wrong, this is good and that's not. Without these definitions? If you take away all the definitions? Will you then still be angry? You need to understand first why you see the new year every single year? What is the new year? To get rid of some old things, everything is fresh. So you have to let go of all your ideas or any of those old memories, everything that's there. Then use your daughter's perspective as if she were looking at you and experiencing life through her eyes, seeing it, feeling it, understanding it. This way, the heavy energy around you, for example, will gradually diminish. Your energy will come alive, become dynamic and vibrant.

那你越是活灵活现的,那你就会带动你⽼公的能量也是活灵活现的.你们不需要⼀个再和你们⼀样的乖乖的⼈.因为他们没有办法去获得新的东西.

The more lively and vivid you are, the more your husband's energy will also become lively and vivid. You don't need another meek person like yourselves because they can't obtain anything new.

问: 我和⽼公都属于⽐较实在……JO: 是的,就好像是这⾥设个界限,你们就永远不会去跨过它、突破它,就是永远不会去打破它,就是属于这种.就说你是想给嘛.你稍等,我们看还有没有信息带给你.带给你个⼈的信息就是你需要很清楚很坚决的去表达⾃⼰.因为有时候你不会坚决.你容易动摇.就是可能你做了个决定,别⼈⼀说你可能就动摇了.就有⼀种容易被影响和动摇.那当你对这些东西没有⾜够的认知,你就会觉得别⼈说的也是对的,好像他们权衡的也是这样⼦,好像的确也是这样⼦.就开始动摇了.所以这都来⾃于你内在的对⾃我的⼀个认知,对整个⽣命的认知,就好像是缺少智慧吧.

Question: I and my husband are quite practical...JO: Yes, it's like setting a boundary where you'll never cross or surpass it; essentially, it stays untouched. You're thinking about how to convey this idea. Please wait as we check for more information that could be relevant to you. The personal information here suggests the need for clear and firm self-expression. Sometimes, you might not be decisive enough and can easily sway under influence. This means once you make a decision, someone else's opinion can change your mind. You're susceptible to being swayed by others. If there isn't adequate understanding of yourself or life in general, you may perceive other people's advice as valid too. They might seem justified in their perspective, which might appear true based on their considerations. Your indecision stems from a lack of insight into your own self and life as a whole, suggesting perhaps a deficiency in wisdom.

因为就好像你其实对这⽅⾯你也不太懂,那专家⼀指导,你就觉得那是专家,那就听他们的吧.就有⼀种这种感觉.你们⾃⼰的⼈⽣,你内在有声⾳在指引.你内在才知道什么才是那个什么的.所以它更多的是需要去听从你内在的声⾳.⽽且没有任何去借鉴他⼈的.为什么呢? 因为当你坚定某⼀件事,那件事就会⽣根发芽.为什么呢? 因为你已经播种了.所以就不存在别⼈说的对,别⼈说的好像有道理,然后你就动摇,然后你就不播种了,明⽩吗? 就是⼀件事情它成不成是来⾃于你⾃⼰的意愿度,它到底对你有多重要,就是有多强烈.⽽不是取决于那个⼈说的有多有道理和没道理.因为你们每⼀个⼈是你们⾃⼰在显化你们⾃⼰的世界.

Because it's as if you don't really know much about this area either, when an expert guides you, you feel like they're the experts and decide to follow their advice because you have a sense of that. Your own life has inner voices guiding you, and only you know what is truly right for you. Therefore, more often than not, it requires listening to your inner voice. And there's no借鉴 of others involved. Why? Because when you are determined about something, that thing will take root and grow. Why? Because you've already sown the seed. So, there's no matter what others say is right or seems reasonable, you won't waver, nor will you sow anything else anymore. Understand? The success or failure of a thing depends on your own level of determination, how much it matters to you and how strong your feelings are about it, rather than the logic or lack thereof in someone else's words because each one of you is manifesting your own world individually.

所以你通过我们的信息,你也会越来越去认识⾃⼰,认识⽣命.然后你就会越来越坚定地在这个世界上去创造你想要体验的,⽽不是被动的.因为我们感受到你跟你⽼公的能量多挺被动的.

So through our information, you will also increasingly understand yourself and life. Then you will create in this world more firmly what you want to experience rather than passively, as we feel you were quite passive when interacting with your husband's energy.

问: 我觉得我⼤事上还是⽐较有⾃⼰的主见……JO: 因为你⼼中是有好像和⼀个强⼤的使命感或者怎么样.但是你的这种使命感你还不能完完全全的去朝着这个⽅向去展现出来,明⽩吗? 也就是说你本⾝远远⼤过于你现在呈现出来的样⼦.就是你现在呈现的好像看上去⽐较弱⼩,我们说的这个弱⼩是你的影响⼒,你的辐射的范围,你的能量的程度,我们说的是这个弱.但是实际上你内在有很强⼤的光.就好像⼀个微微的光是太阳的强光这种.所以说通过去,因为我们的信息可以帮助你去认清楚你⾃⼰,并不是说要让你成为什么,⽽是说让你认清楚你⾃⼰.当你越来越认清楚你⾃⼰的话,你就会展现出你本来就是的样⼦,⽽不是⽤着⼀个虚假的外壳.这个外壳会让你感受到你的

Question: I feel that overall, I still have a pretty strong sense of direction... JO: Because you have this sense of like having a strong sense of mission or whatever. However, your sense of mission is not fully being expressed in the direction you're heading towards. Do you understand? In other words, you are much greater than what you currently show. It seems that you appear somewhat weak right now, by "weak" we mean your influence, the scope of your impact, and the intensity of your energy – but this is a specific kind of "weakness". However, in reality, there's a strong light within you. Like a faint glow that's akin to the intense rays of the sun. Therefore, through our information, it can help you recognize yourself more clearly – not to make you into something else, but to help you see who you truly are. As you become increasingly aware of your true self, you'll start to exhibit your inherent nature, rather than projecting a false facade. This facade might have been masking your true feelings and emotions.

⽣命没有得以绽放.就感觉好像我的⽣命中没有什么值得抱怨的,好像都还好,都还过得去.但是你就是有⼀种觉得你没有淋漓尽致的活出来这种感觉.所以说多去接触我们的信息,然后多于⾃⼰相处,就是多把时间给⾃⼰.因为你们物质世界的⼈很容易觉得孩⼦重要,孩⼦上课重要,就是这些重要.如果你的意识程度不提升,孩⼦学的再多,你也没办法对他有任何帮助的.因为你的意识形态对他好像就是⼀个枷锁⼀样.当你的意识形态是⽆限,那他在你这个⼟壤⾥⾯成长,他才能有⽆限可能.所以说你个⼈的意识形态的成长超过你们孩⼦的功课.因为他们是在你们肩膀上.就是你拿下的任何的限制都是帮孩⼦拿下的,他便不再有那个限制.

Life didn't bloom, so it feels as though there's nothing to complain about in my life; everything seems fine, manageable. But you still have this feeling that you haven't fully lived your life. Therefore, engage more with our information and spend more time with yourself. Because people in the material world tend to believe that children are important, school is important; these things matter. Without elevating your consciousness, no matter how much knowledge your child gains, you won't be able to assist them meaningfully. Your worldview acts as a prison for them. If your perspective is infinite, their growth within this environment would open up unlimited possibilities. Thus, your personal growth in awareness surpasses the importance of your child's lessons since they're relying on you. Any restrictions you remove are also removing limitations for your children; they are no longer bound by these constraints.

你突破的任何限制都是帮孩⼦突破的.

Any limitations you overcome are helping the children to break through as well.

#### 2023/12/19 — 灵魂主题之反射周围的能量 Reflections on Surrounding Energy in the Theme of Soul

JO: 你说什么问题? 问: 真实的我在哪⾥?

You asked what question? Question: Where is my real self?

JO: 这么说吧,你就像海上⾯的浪花,然后你就是那整个海.那真实的你就是那个海.所以⽆论这个浪花怎么样,它也离不开海,明⽩吗? 所以不管你的情绪如何的波动,它都是在海⾥.

JO: Let me put it this way, you are like the waves on the sea, and then you are that entire sea. The real you is that vast ocean. So no matter what the wave does, it can't escape from the sea, do you see? Therefore, regardless of how your emotions fluctuate, they all remain within the sea.

问: 那就是我到现在所知道的是真的还是假的?

Question: That's what I know up until now; is it true or false?

JO: 你最重要的是你吸收这个感受,这个体验.它对你来说就好像是素材,就好像是你以后是⼀个创作家,⼀个艺术家.然后你现在不断地去搜集各种素材.那也可能有这种⿊⾊的颜⾊,也就是很灰暗的颜⾊.然后有很沉重的颜⾊.它也会有很温暖的颜⾊.它各种颜料、颜⾊都在那⾥.等你以后创作的时候,你就能运⽤、融合,明⽩吗? 你这么想,就像你们的琼瑶她写⼩说.她的⼀些⼩说⾥⾯各种刻⾻铭⼼的感受、体验,那如果她⾃⼰没有深刻的体验过⽐如说分⼿的痛或者被背叛被抛弃或者是深爱的那种甜蜜.你让她去写的话,她写的出来吗? 她没有那个感受她写不出来.所以她的作品也不是那种能调动⼈⼼的,深⼊⼈⼼的.

In essence, what you should do is to immerse yourself in this feeling and experience. It serves as the raw material for you - akin to a resource that a future creator or artist would draw upon. Right now, you're continuously gathering various forms of this material. There might be darker shades, which could be quite gloomy colors. There are also heavy-toned hues. There will be warmer tones too; all sorts of pigments and colors are present there. Once you start creating, you'll be able to utilize and blend these elements effectively. Can you understand that? Think about it like this: consider Jiu Liu (a popular Taiwanese writer), who writes novels filled with profound feelings and experiences. If she herself hadn't deeply experienced things such as heartbreak or betrayal, or the sweetness of being loved so passionately, could she write them convincingly? She wouldn't be able to convey those emotions without experiencing them firsthand. Therefore, her works don't resonate emotionally with people in a deep, heartfelt manner.

如果她都从来没有谈过恋爱,从来没有痛苦过.那她在创作这个电视剧的时候,她在写⼩说的时候,她是不是不会成为⼀个很有影响⼒的作家去表达她,对吧? 她的表达就不够有深度和⼴度.因为她创作的⼯具箱⾥没有这些颜料给她表达.如果你的⽣命的⾊彩只有⼀个颜

If she had never fallen in love, if she had never suffered pain, then when she was creating this TV series and writing the novel, would she not become a powerful writer expressing herself, right? Her expression wouldn't be deep enough or broad enough. Because her toolbox as a creator lacks these pigments to express her feelings. If your life's color is just one shade,

⾊…… 所以你们现在是在收集五颜六⾊.⾊彩越丰富,你的表达会越有宽度越有⼴度.

Color... Therefore, you are now collecting a variety of colors. The more diverse the colors, the broader and wider your expression will be.

问: 为什么我记不住东西?

Question: Why can't I remember things?

JO: 这不是个问题好吗? 因为你不需要去记住这些东西.然后让你们要记住东西的这些概念,是你需要去更新的,明⽩吗? 因为真正本⾝的是你们每个当下都是鲜活的.它每⼀个当下都是新的.所以你不需要去记住.然后需要你记住的你不会忘记.这不是个问题.等你逐渐去越来越多明⽩,你就会逐渐发现这不是问题.

JO: It's not a problem, okay? Because you don't need to remember these things. Then the concepts that require you to remember are the ones you need to update, understand? Because fundamentally, each of your moments is alive. Every single moment is new. So there's no need for you to remember. And what you need to remember won't be forgotten. It's not a problem. As you gradually come to understand more and more, you will gradually realize that it's not a problem.

问: 那我怎么才能减轻我对所有⼈的想法? 就是我总是会把别⼈的⼀⾔⼀⾏全都当痛苦施加给⾃⼰.

Question: How can I alleviate my concern for everyone's thoughts? It's just that I always end up experiencing the actions and words of others as pain directed at myself.

JO: 你刚才不是说你记不住东西吗? 那你为什么会记住别⼈的⼀⾔⼀⾏呢?问: 我整个⼈都扑在我出⽣到现在的所有事件⾥.

JO: Didn't you just say you can't remember things? Then why do you seem to remember everyone's every word and action?

Question: I'm completely absorbed in all the events from my birth up until now.

JO: 我们看⼀下你的灵魂主题.你像是⼀个镜⼦或者像是⼀个容器,然后你把你周围还有你⾝边他们的能量全部多⼀点不剩的渗透在你的体内.这么说,⽐如说你的近亲,你的亲⼈,你的家⼈或者跟你关系很亲密的⼈,他们有⼀点看不清楚⾃⼰,不知道⾃⼰是⼀个什么样⼦的意识状态,就好像是⽆意识的,就好像是在梦游⼀样.然后你的出现就必须要逼着他们去看清楚.所以说你选择来到这个世界上更多的就好像是来敲警钟,敲醒⼀部分⼈.像书警钟⼀样的存在,就是有⼀个警⽰的作⽤.所以你会感受到好像有⼀种失控的状态,就是你有⼀

JO: Let's examine your soul theme. You seem like a mirror or a vessel that absorbs and reflects all the energy around you and within you without leaving any residue. In this context, for example, your close relatives, family members, or those with whom you share a very intimate relationship might have difficulty seeing themselves clearly, not knowing what their state of consciousness is, akin to being unaware or wandering in a dream-like state. Your presence must force them to see more clearly. So, the choice to come into this world seems to be more like sounding an alarm, awakening certain individuals. You exist as if to strike that alarm bell, serving as a warning. As such, you might feel there's a sense of losing control, as you have one

种你是不受控制的.因为你是受能量影响的,你就好像你不是你⾝体的主⼈,就是⼀个混乱的状态.

You are like an uncontrolled entity because you are influenced by energy; it's as if you're not the master of your own body, existing in a state of chaos.

问: 那我是这⼀⽣只能保持这个状态还是可以改变?

Question: Does that mean I can only maintain this condition for my entire life, or can it be changed?

JO: 你稍等.你需要光.因为就好像你的体内吸收了很多寒⽓,那你的体内如果在遇到温暖和光和爱的话,它同样会很快的吸收光.那所有的光就会照亮所有这些寒⽓,这些寒冷它就不在了.所以你需要另外的影响.

JO: Wait a moment. You need light because your body has absorbed a lot of cold energy. When you encounter warmth, light, and love in your body, it will similarly absorb the light quickly. All the light will illuminate all this cold energy, making the cold disappear. Therefore, you need another influence.

问: 这个影响是⼈还是我遇到的事?

Question: Is this impact on a person or something I've encountered?

JO: 你⾝边跟谁是最亲近,每天在⼀起的?问: 是⼈还是动物?

JO: Who are you closest to, and with whom do you spend your days? Question: Is it a person or an animal?

JO: 是⼈.我说你你⾝边跟谁是最亲近,每天在⼀起的?问: 他们能给我什么?

JO: Who are you closest to and spend your days with? And they ask, what can they give me?

JO: 我说的是能量层⾯.你先说是谁.

JO: I mean on the energetic level. Let you start who it is.

问: 我爸妈,我弟弟妹妹,还有我的⼀只猫.

Q: My parents, my brother and sister, and one of my cats.

JO: 那就是你⽗母他们的能量层⾯,他们需要去看到,他们需要做他们的功课.你稍等.你的妈妈在你旁边吗?

JO: That's their energy level, they need to see that, they need to do their homework. Wait a moment. Is your mother next to you?

问: 她不在.但我可以把她叫过来.

Q: She's not here. But I can call her over.

JO: 对,我们需要连接⼀下你母亲的能量.我们想要连接⼀下你的能量,看⼀下你跟孩⼦之间的灵魂主题.你说⼀下你多⼤,你的名字.

JO: Yes, we need to connect with your mother's energy. We want to connect with your energy to see the soul theme between you and your child. Tell us how old you are and your name.

问: 我叫XXX,我84年.我⼥⼉叫XXX,16岁.

Question: I'm XXX, born in 1984. My daughter's name is XXX, she's 16 years old.

JO: 我们感受到你的能量⾮常的,好像易碎.就是你是易碎的⼈,就好像⼀点事情就能把你击碎的那种感觉.因为我们刚才说她的灵魂主题就好像她是不受控的,她是受能量的影响.就好像容器来承载你们,不只是你,还有孩⼦的爸爸,你们之间的能量很不稳定.然后⾮常多的⼀些负能量.但是你们都没有看到.所以孩⼦就好像把你们产出来的这些东西全部承载在她⾝上,⼀点不剩的全部在她⾝上.她就好像⼀个反射镜把这些东西全部吸收过去了.然后我们刚才说因为她是直接受你们的影响,你们是怎么样,她就是怎么样的.那她现在⾝体内吸收了很多寒⽓,就是很寒⼼.因为在你的⾝上我们看到了很多寒⼼的事情,就是让你感受到很寒⼼.

JO: We sense your energy as very fragile, like it could shatter easily. You're a person who is so vulnerable that just one thing can break you. It's because we mentioned earlier that her soul theme seems to be out of control, influenced by the energy around her, much like how containers hold energies; not only for herself but also for her child's father, as the energy between the two of you is very unstable and filled with a lot of negative energy. You didn't notice this until now. So the child carries all these things that have been produced from both of you without any remainder on her. She acts like a mirror absorbing all of it. We spoke about how she's directly influenced by your actions; whatever state you're in, that's also her state. Currently, she has absorbed a lot of cold energy within her body, feeling very heartbroken. This is because we see many heartbreak scenarios on you which make you feel heartbroken.

然后只有当光和爱、温暖,就是这种⽆条件的爱照着她⾝上时候,她所有的寒⽓才会被驱散.所以她⽬前就是⼀种寒⽓.因为她完完全全的是受能量影响的.就是她现在好像是没有去控制,就是能量层⾯的影响.就好像这么说,你们所造的这种业,就是你们的能量产⽣的这些果全部在孩⼦⾝上.孩⼦内在就很混乱.

Then only when light and love, warmth, unconditional love shines upon her will all the chill leave her. So she's currently just a chill because she is completely influenced by energy. It's as if she isn't controlling this, it's an influence at the energy level. As such, the karma you create, or the results of your energy manifesting themselves entirely in the child, who is very chaotic inside.

问: 那我现在怎么做呢?

Q: So, what should I do now?

JO: 你稍等.⾸先我们想要知道孩⼦她就像是天使⼀样,她是来引导你成长的.她可能是⾃⼰去承受这些,来让你们去成长.⽐如说你跟你⽼公,你⾃⼰的痛苦,或者是你跟你⽼公吵架,她就头疼,就⽐如说.然后她们就会让你好像不得不从这个关系⾥马上停下来.停下来让你不得不,就是不再去肆意的去破坏、毁灭.所以每个孩⼦就好像是天使⼀样让他们承受我们的痛.

JO: Wait a moment. Firstly, we want you to understand that your child is like an angel sent to guide your growth. They may endure these things themselves so that you can grow from them. For example, if there are issues between you and your husband or any pain in your relationship, she might experience headaches or something similar. Then they make you have to stop this relationship immediately, not allowing you to continue destroying or harming it anymore. So every child acts as an angel, taking on our pains.

问: 但是我怎么彻底去改变呢? 我也很努⼒在转.

Q: But how can I completely transform myself? I am also making a great effort to change.

JO: 允许光.当你真正的完全的敞开,光就会进来.然后光它不只是照亮着我们,同样也会照亮孩⼦.当我们没有敞开的时候,光没有办法照亮我们,然后孩⼦也在阴影当中.

JO: Allow light. When you truly fully open up, the light will come in. Then the light doesn't just illuminate us; it also illuminates children. When we are not open, the light can't illuminate us, and then the children are in the shadow as well.

问: 就只有这⼀个办法吗?

Question: Is there no other way?

JO: 只有这⼀个出路.这不是办法,这是唯⼀的出路.因为我们的封闭会让我们处在⿊暗当中.同样也让孩⼦在⿊暗当中.所以我们越早的⾛到光当中,孩⼦也同样不⽤继续的承担我们的业⼒.

Only this way out exists. This is not a solution; it's the only way out. Because our isolation keeps us in the dark, just as it does for the children. So the sooner we step into the light, the less our karma burdens our children unnecessarily.

问: 我这⼀⽣只有这⼀个吗?

Question: Is this my only one in my whole life?

JO: 你是想知道你的⼈⽣主题是吗?问: 对JO: 你是孩⼦还是妈妈?问: 我是孩⼦.

JO: Are you trying to find out your life's theme? Q: Are you a child or a mother? Q: I am a child.

JO: 你的⼈⽣主题是不是只有这⼀个是吗? 不是的.我们再连接⼀下.你可以你⾃⼰转变.你⾃⼰转变就是你来接触我们的信息,然后你接触我们的光,然后把你的⽗母带进来.要么是你把你的母亲带进来,要么是她把你带进来.但是⾛进光,这是唯⼀的出路.

JO: Is your life theme only this one? No, it isn't. Let's connect again. You can transform yourself. Your self-transformation involves you engaging with our information, then connecting to the light, and bringing your parents along. Either you bring in your mother or she brings you in. But entering the light is the only way out.

问: 那我的光在哪呢?

Question: But where is my light?

JO: 你的,我们会…… 因为我们很多信息,有很多书本.然后通过你去不断不断地敞开,对这些信息的敞开,你会越来越明⽩你⾃⼰的⾝份,你会越来越明⽩你本来的⾝份.那么你便不需要再⽤被动的⽅式来⽀持,⽽是你成为…… 就好像你翻⾝了.然后翻⾝做主⼈,然后你来带领更多的⼈⾛出来.学习我们的信息.

JO: Your, we will... because we have a lot of information and many books. Then through you, continuously opening to this information, you will become more aware of your identity, and you will become more aware of who you truly are. Then, you won't need to support yourself passively any longer; instead, you will be... it's like turning over. Then becoming the master, leading more people out. Learning our information.

问: 就是这个世界的信息吗?

Question: Is this all the information about this world?

JO: 这个⼥孩⼦她会跟你联系.然后你可以通过书上这些信息,⼀步⼀步的去发现你⾃⼰真实的⾝份,去发现真相.那你就是在允许你⾃⼰进⼊光.

JO: This girl will connect with you. Then, through the information on this book, you can step by step uncover your true identity and find out the truth. And then, you are allowing yourself to enter the light.

问: 哪个⼥孩⼦?

Question: Which girl?

JO: 就现在跟你通话的JOJO⽼师.

JO: Talking to you now is Senior Teacher JOJO.

问: 我怎么才能破除其他⼈对我伤害的幻像呢?

Question: How can I overcome the illusion of harm that others have inflicted upon me?

JO:因为你就好像是镜⼦⼀样反射出周围的⼀个能量场.所以对⽅伤害的能量是来⾃于他们,但是你却能感受到那个伤害.因为就⽐如说对⽅⾃⼰很痛苦,那你也能感受到那个痛苦.因为你的能量⾮常的纯,就好像是⼀个⽔晶⼀样,它很透明.所以它能完全的照见能量层⾯的这⼀切.然后通过你⾃⼰不断地成长,然后不断地去接触这些光.然后你内在收集的这些阴暗寒冷的这些东西就会逐渐的消失.所以它这是⼀个逐渐的过程.然后你记住,你将会是主⼈,你将会亲⼿结束这些被动的体验.然后你将会很好的运⽤这样的体验去带领更多像你这样的⼈⾛出来.

JO: Because you reflect the energy field around like a mirror. So the energy of harm that the other party inflicts comes from them, but you can sense that harm because if the other person is suffering themselves, you can feel their pain. Your energy is very pure, like a crystal, it's very transparent. Thus, it fully reflects and shows all at this energetic level. Then through your continuous growth and exposure to these lights, as you gather and disperse the darkness within, those negative energies will gradually disappear. This is a process of gradual transformation. Remember, you will be the master, ending these passive experiences personally. You will then skillfully use these experiences to guide others who are like you out of such conditions.

#### 2023/12/24 — 被员⼯提诉之打破旧有观念和模式 Breaking Conventional Views and Models Alleged by Employees

JO: 你说什么问题?

JO: What's your question?

问: 最近我发⽣了⼀些事,我想问⼀下为什么? 我把⼀个员⼯开了,他跑去告我.有什么信息要带给我?

Q: Something has happened recently, and I'd like to know why. I fired an employee, and he went to report me. What information do you have for me?

JO: 因为我们是从当下,就是现在你这个事件能如何服务于你? 还是说你想找到是什么原因导致你⽣命中发⽣这样的事件?

JO: Because we're looking at how this current event serves you now, or whether you are trying to find out what caused these events in your life.

问: 两个都可以知道吗?

Question: Can both of them know?

JO: 好的,你稍等.⾸先你在这个物质世界上,你来,你就会有很多关于你们这个地球⼈类的⼀些观念或者⾏为模式或者思虑的模式,就是思考和看事情的⽅式⽅法,它都是属于⼈类的,它都是属于你们这个地球的.为什么呢? 你们为了更好的去保证⾃⼰的利益或者头脑⾥⾯认为的好的结果.但是你要知道这些东西都是旧有的⼀个模式.那旧有的模式,你还在⽤⼀个旧有的程序去思考、⾏为.然后这些东西都是需要被你推翻的.所以你就好像你⾃⼰需要⼀个更新,就是⼀个更新换代吧.就⽐如说你⾃⼰公司⽣产的⼀个产品已经是⽼⼀代了.那你今年再⽣产新的,对吧?

JO: Alright, please wait a moment. First of all, when you come to this material world and interact with human beings on Earth, you will acquire various ideas or behavioral patterns or modes of thought about them. It's all part of the human experience specific to Earth. Why is that? You do this because you aim to protect your own interests or seek what you believe are good outcomes in life. However, you should understand that these are old patterns. Old patterns require new approaches and actions. These concepts need to be overturned by you. Therefore, it feels like a necessary update for yourself, akin to upgrading an old product from your company. Imagine your company producing the current model this year, but then moving on to create new products next year, right?

那你现在就是在体验你⽼⼀代的程序,就是你旧有的⼀个,⽐如说做⽣意、合作伙伴或者是员⼯之间的关系.那你是不是还在体验你旧有的程序,对吧?那你体验这个程序给你带来了阻碍或者是问题,bug.那你是不是就可以通过它显现出这个问题,然后来更新了?这么说吧,你的⼀个能量场,你的信念,你的这些程序,它需要⼀个显⽰器去显⽰出来给你体验到,对不对?你就像电脑⼀样,那你这个软件需要显⽰器显⽰出来给你体验.那你现在⼯作事业当中也通过这个显⽰器,这个平台给你显⽰出来,就是你⽤的是什么程序.那现在这个⼈把程序给你带出来了,让你看到你内在的⼀些冲突或者你持有的⼀套模式.

You are experiencing one of your old systems right now, perhaps in business dealings, partnerships, or relationships between employees. Are you still going through this old system? You're encountering obstacles or issues, bugs, that are being highlighted by this system, aren't you? Can you identify these problems and then update them? Your energy field, beliefs, these systems need a display to show you the experience. Like a computer, your software needs a display for you to experience it. In your career, this is being shown to you through this platform. This person has brought the system out for you to see conflicts within yourself or patterns that you hold internally.

就⽐如说你旧有的⼀套观念你就觉得员⼯就是你赚钱的⼯具或者他就是来给你打⼯的,或者就是你怎么让员⼯帮你赚钱的,明⽩吗?这是你们旧有的⼀个模式.但是你们这些持有旧有模式的⼈,他们已经发现了为什么员⼯跟公司或者是跟上级有这么多的冲突,因为它不只是你嘛.因为有很多其他的单位或者是其他的地⽅都会有这样的问题,对不对?那只是你通过你的这⼀⼩块体现出来了.那你是不是就可以从你的这个地点去着⼿?然后去探索为什么员⼯跟上级会有这样的冲突? 他们为什么是对⽴的? 到底员⼯想要什么? 领导是想要什么? 他们之间的⼀个…… 然后有没有we can work together,合作的关系呢?

For example, you might have a set of old ideas that view employees as tools to make profits or just laborers for you, or how to use employees to help you make money. Do you understand? This is your old model. But the people holding onto this outdated model have already discovered why there are so many conflicts between employees and the company or superiors. It's not just about you; many other units or places also face similar issues, right? It's just that your little piece of it is being manifested. Can't you start from your own location to explore why there are such conflicts between employees and superiors? Why are they opposing each other? What do the employees want? What does leadership want? And what kind of... Then, could there be a cooperative relationship among them, where we can work together?

那你是不是就在通过你⾃⼰的经历,然后再增长你的智慧,然后你⾃⼰再好像⾛出来⼀条道.因为你们的舞台它就是⼀个你⾃我挑战、成长、展现的舞台.所以这个就是你的舞台.

Through your own experiences, you're enhancing your wisdom, then finding your own path as you emerge. Because your stage is one of self-challenge, growth, and display. This is your platform.

问: 那是什么原因?

Question: What could be the reason?

JO: 我们刚才说了,是你内在的旧有的⼀套就是员⼯跟⽼板之间关系的⼀个模式.那你旧有的观念你是怎么来认为员⼯的? 你是怎么去定义的? 这个是需要你⾃⼰跟你⾃⼰去对话.因为你会⼀⽬了然的.

JO: We just talked about how you have an existing pattern of the relationship between employees and bosses, which is in your inner world. Now, how do you perceive employees with these old ideas? How do you define them for yourself? This requires dialogue between you and yourself because it's something you're very familiar with.

问: 那我现在该怎么去处理这件事情?

Question: So, how should I handle this situation now?

JO: 刚才都说了你知道你旧有的程序,你持有的是什么.就⽐如说你觉得员⼯就是你赚钱的⼯具,因为你的⽬标就是赚钱,对吧? 那你有没有看到那个个体的存在? 那个员⼯他…… 因为我们有很多信息是关于员⼯房跟企业、跟公司的关系.所以这需要你⾃⼰的⼀个出发点.如果你还是⼀味地把员⼯当成是⼀个⼯具⼀样只是为了达到你的某种⽬的或者⽬标的,ok,那你这个⼯具不合适,我换⼀个,这个不合适,我换⼀个.那实际上冲突迟早都还会再体现出来的.它有可能今年没冲突,不代表明年后年,或者不代表你的公司真的壮⼤起来了,明⽩吗?

JO: Just now, we talked about what you're aware of with your old systems and what you have in place. For example, if you view employees as tools for making money because your goal is to earn money, right? But have you seen the existence of individuals? The employee... Because we have a lot of information about the relationship between employees and corporations or businesses, this requires your own perspective. If you still see employees solely as tools to achieve certain goals or objectives, okay, then that tool doesn't fit, I'll find another one; if it's not suitable, I'll look for something else. In fact, conflicts will inevitably resurface. It may be that there are no conflicts this year, but that doesn't mean next year or the following years, or that your company has truly grown large, do you understand?

就⽐如说我现在⼀年赚⼀百万和⼀年赚⼀千万和⼀年赚⼀个亿,不代表我们赚⼀个亿再分配的时候,它就不变,明⽩吗? 所以说它最根本的还是在于你最开始在引⼊这段关系的时候,你的⼀个出发点是在哪⾥.然后外在的⼀切它都只是⼀⾯镜⼦⼀样映射出来你⾃⼰.如果你给出去的就是⼀个我利⽤你,ok,那你接收到的肯定就是员⼯来利⽤你来赚钱.他会想⼀切办法尽可能从你这⾥多捞钱.因为就好像你⼀开始播的种⼦就是那个.所以你处于什么频率是⾮常重要的.你拥有什么样⼦的观念,那你都会投射出⼀个什么样⼦的关系.

For example, if I earn one million yuan a year versus earning ten million yuan or even a hundred million yuan in the same period, it doesn't mean that when we allocate the hundred million yuan, everything remains unchanged. Do you understand? Therefore, fundamentally, it all depends on your starting point when you introduce this relationship - where do you stand at the beginning of it. Everything else is just a reflection of yourself, mirroring back to you through external circumstances. If what you give out is 'I use you', then naturally, that's what you'll receive: employees using you to make money. They will find every possible way to extract as much value from you as they can. It's like the seed you first sowed defines this dynamic. Your frequency is very important. The conception or belief you hold will manifest into a corresponding relationship with others.

问: 怎么样活出来像光的⽣活?

How to live a life like light?

JO:那⾸先你体验到现在这些所谓的阴暗⾯或者是阻碍或者是瑕疵,它也是你⾛向所谓的光、合⼀、爱的状态的台阶.就像我刚刚说通过你去体验到旧有的程序的模式投射出来的相,然后你再改⾰再换新.所以你通过这样⼀步⼀步的,就好像你是在建⼀个东西,建造,堆⼀个东西.那⼀步⼀步,你再堆的过程中发现了这个不和谐,这个不合适.那你再修改.那你逐渐就会堆出来让你内在产⽣和谐的⼀个东西出来.

JO: First of all, you experience these so-called dark sides or hindrances or imperfections, which are also the steps towards what is considered light, unity, and love. Just like I mentioned earlier, through your experience of projecting the images of old routines onto a character, then reforming and replacing them. So, step by step, it's like you're building something, constructing or piling things up. You discover in each step that there is disharmony or something not fitting. You then modify. Gradually, through this process, you create an object inside yourself that generates harmony.

问: 我为什么总是有⼀种很害怕失去的感觉?

Why do I always feel like I'm losing something?

JO: 你稍等.还是关于信任的问题.因为你其实最信任的只有你⾃⼰.你只有实实在在的抓的住的,就是只有⼒量在你⼿上你才能有信任.就是你要成为主⼈.就⽐如说你们开车,你要成为驾驶座上掌握⽅向盘的⼈,你才安⼼.如果交给别⼈的话,你就会进⼊到⼀种没有安全感的状态.所以这是你⼈⽣的⼀个主题,就是关于去建⽴信任.就是你对⽣命的⼀种信任感,对外界的⼀种信任感,还有就是各种.同样你也会投射到对⼈没有信任感吧.

JO: Wait a moment. It's still about the issue of trust because you actually trust only yourself the most. You can only trust what is tangible and real in your hands; you have trust only when power is within your control. This means that you need to be the master. For instance, when driving, you must be the one steering the wheel, otherwise, you would feel insecure. If you delegate this task to someone else, you enter a state of insecurity. Thus, it's a theme in your life about building trust - trust in life, in the world around you, and in various aspects. It's also likely that you project feelings of lack of trust onto people as well.

问: 那是不是⽣⽣世世有些影响了我?

Question: Isn't there some influence that spans across lifetimes affecting me?

JO: 你稍等.你的这种不信任感是伴随着你这⼀⽣的⼈⽣主题.因为你的⼈⽣主题还需要有⼀个突破,就是⼀个团队合作,就好像team work的⼀个主题.因为这又关于到⽐如说你有⼀个很⼤的梦想.但是这个梦想却需要可能⼀万个⼈来构成.但是你又需要把这⼀万个⼈put together,凝聚在⼀起.那凝聚在⼀起又涉及到你⾃⼰对⽣命,就好像⼀个智慧的增长吧.因为你是过于的,就好像有⼀种强调,就是壮⼤⾃⼰的⼀个⼒量,⽽忽略了集体合作的能量.所以这⼀世是你⾃⼰……我们看到跟你前世有⼀次就好像任务失败,就是你可能是⼀个很厉害的将军,然后带着队伍去作战⼀样.

JO: Wait a moment. Your sense of distrust is a recurring theme in your life. Because you need to overcome another aspect in your life journey - teamwork, like the theme of 'team work'. This involves having a large dream that requires thousands of people to come together. You then need to unite these thousands of individuals into a cohesive group. The process of unifying them relates to your understanding of life as growth in wisdom. It seems you are overly focused on enhancing your own power and neglecting the energy of collective cooperation. This lifetime is about addressing this... We observe that there was once a task failure associated with you from your past life, possibly where you were an exceptionally skilled general leading troops into battle.

这个将军过于的信赖⾃⼰的⼒量,⽽忽略了集体团队协作的⼀个能量、⼒量⽽导致任务失败.所以你选择这⼀⽣就好像把你这个挑战或者是这个卡点、漏洞,把它弥补掉.就好像给你⼀次去修改的机会.所以说就是你⾃⼰需要从你⾃⼰内在去认识到的⼀些东西.就⽐如说我们的信息就会对你有很⼤的帮助.因为在你的⼼底深处,你会觉得能量强⼤的⼈才更有价值,就是有这种思想和观念.那我们的信息就说哪怕他是⼀个瘫痪的⼈,他的价值和⼀个很厉害的医⽣,他们的价值其实没有什么区别.这是

The general overestimates his own power, neglecting the strength and energy that comes from collective teamwork, leading to task failure. So by choosing this life, it's as if you're addressing or rectifying this challenge, or this bottleneck or flaw in yourself - giving you a chance to correct it. Essentially, it's about recognizing things within your own self. For instance, the information we provide can be of great help to you because deep down, you believe that those with powerful energy are more valuable, and have these thoughts and beliefs. Our information asserts that even a paraplegic person's value is no different from that of an outstanding doctor - this underscores the true essence.

需要你去认清的,明⽩吗?就是在你的头脑⾥⾯你还会有⼀些定义,这个⼈能量更强⼤,这个⼈能量更弱.就是这种对⽴吧.然后让你达到⼀个境界,就是知道这⾥其实没有⾼度只分.只有在不同的时间阶段,然后不同的能量呈现.因为你们是⼀个整体.

What you need to understand is this: in your mind, there will still be some distinctions - one person has more energy, another has less. This is the contrast that we're talking about. It's meant to lead you to a level of understanding where you realize there's no actual hierarchy; it only appears so because of the different stages in time and varying energies involved. You are all part of the same whole.

问: 我要怎么样把这个点突破?

Question: How do I break through at this point?

JO: 这些是需要你智慧的⼀个增长.你越来越去了解和认识到⽣命的真相.为什么呢? 因为你们会把这⼀⽣当成是⼀个完整的,就这⼀⽣就是⼀个句号.但是实际上不是.你们这⼀⽣只是⼀个逗号,它后⾯还会有另外另外,明⽩吗? 就好像你这⼀⽣其实只是很⼤的⼀个拼图的其中⼀⼩块⽽已.但是你们很容易把这⼀⼩块当成是全部.那你就会发现有可能他这⼀⽣就是⼀个残疾⼈,没有任何收获,就是没有财务或者是事业上的收获.在你的认知⾥⾯就觉得他很没有⽤.但是你不知道他为了去收获什么,明⽩吗? 你不知道他和另外的⼈的关系,就是为什么他会作为⼀个完完全全丧失⾃⼰能⼒的这⼀⽣.

JO: These are the developments that require your wisdom. You are increasingly gaining an understanding and awareness of the truth of life. Why is this? Because you would see this lifetime as a complete entity, treating it like a period at the end. But in reality, it's not. Your lifetime is merely a comma, with more to follow, do you understand? It's like your entire life is just one small piece of an enormous puzzle. Yet, you tend to view this single piece as the whole thing. So, you might realize that this person could have lived their entire life as if they were disabled, without any achievements, be it financially or professionally. Within your perception, they seem to have no value. But you don't know what they are striving for, do you? You don't understand his relationship with others, why he would live an entirely incapacitated lifetime.

因为有可能就是因为他的能⼒太过强⼤,他必须⽤残废来让他的能量缩⼩,来助于他的另⼀半的能量更强⼤.有可能是因为这个,明⽩吗? 所以说如果是透过灵魂去看待的话,每⼀个⽣命都是独⼀⽆⼆,都是珍贵和宝贵的.它没有⾼度之分,没有这个很厉害,没有那个不厉害.当你们⼈类越来越能放下分别⼼,就是对⽴,就是这个⾼那个低,这个厉害,那个不厉害.那如果你们⼈类能够放下这个,知道每⼀个⽣命存在都有巨⼤的价值和意义,就⽐如说⼀个⼩昆⾍,你想象⼀下如果你们这个世界上没有蜜蜂.你们整个⽣态都会受到影响,明⽩吗?那⼀个⼩蜜蜂它的价值都是如此的重要,那你们⼈类的⽣命也是同样的.

Because it's possible that his capability is so powerful that he needs to use disability to make his energy smaller, aiding in making the energy of the other half stronger. Could it be for this reason? Do you understand? Hence, if looked at through the lens of soul, each life is unique and precious. There are no levels, no superiority; there's no such thing as one being very capable and another not. As humans become better at letting go of the mind of discrimination, the concept of superiority and inferiority dissolves. It's when you humans can let go of this mindset and realize that every life has immense value and meaning - for example, a little ant. Imagine if there were no bees in your world. Your entire ecosystem would be affected, wouldn't it? The value of one small bee is so important, just as the value of human lives is equally significant.

你可能因为你的眼界⾮常的有限,所以你看不到它存在的价值和意义.那当你拥有⽆限的智慧和有⼀双慧眼的时候,你就知道每⼀个⽣命都有它服务的⼀个对象,⽽且这些都是在服务⼀个整体.你就会对每⼀个众⽣产⽣敬佩之⼼.

You might not see the value and significance because your perspective is very limited. But when you possess infinite wisdom and have a discerning eye, you realize that every life serves an object, which in turn serves as part of a whole. This realization leads to admiration for all sentient beings.

问: 是不是来到我团队中的每⼀个⼈都是来辅助我的?

Question: Is it that every person joining my team is here just to assist me?

JO: 是的.那就像这个现在告你的这个⼥孩⼦,那她也就好像是逼着你去突破你⾃⼰的⼈⽣功课.为什么呢? 因为你的梦想很⼤,那你的这些卡点如果不在⼩范围内被看到被突破的话,以后如果投射到更⼤的范围内,那损失就会很⼤了.所以在你的成长过程中,她也是你的⼀个助⼿,就是来帮助你.

Yes. That's like this girl who is accusing you; she's essentially pushing you to overcome your personal challenges in life. Why would that be? Because your dreams are vast, and if these roadblocks aren't identified and overcome within a smaller context, the potential loss could become significantly larger when they manifest on a broader scale later on. During your development process, she acts as your helper, aiding you in overcoming these obstacles.

问: 你说这个通灵的⼥孩⼦她也是在协助我?

Q: You said that this spirit-medium girl is also helping me?

JO: NO,就是告你的那个⼈.她也是来推你⼀把,也是来帮助你.不然的话,你要不会看到你此⽣的灵魂主题.因为这个卡点如果没被你看到的话,你们会继续⽤旧有的思考模式,就很难去突破.那你就很难去达到你⾃⼰想要去创造的.你就会有⼀种⼼有余⽽⼒不⾜.所以你们每⼀个⼈最终都是达到没有分别,就是没有分别⼼,就是⽆条件的爱,就是爱的存在.

JO: NO, the one who is reporting you. She also comes to push you and help you. Otherwise, you wouldn't see your lifetime's soul theme. Because if this block isn't seen by you, you will continue using the old thinking patterns, which makes it hard for you to breakthrough. Therefore, you won't be able to achieve what you want to create. You would feel that there is more desire than capability. So every one of you eventually reaches a point where there is no discrimination, meaning no bias, unconditional love, and existence of love.

问: 为什么⼈类总是需要别⼈的理解?

Question: Why do humans always need others' understanding?

JO: 这是来⾃于你⾃⼰的有限的理解.因为你的理解很有限,所以你会投射出⼀个别⼈理解很有限来给你看到,明⽩吗? 那你看到对⽅理解很有限,实际上也是来帮助你看到你的理解很有限.为什么呢? 因为如果你的理解是⽆限的话,你就不会产⽣⼀个你需要对⽅的理解.因为你会知道,就好像你在试图让⼀个⼩baby理解你七⼋⼗岁理解的东西,你三四⼗岁理解的东西.你不会去做这种事情,对不对? 那如果你在做这种事情的时候,你还是正常⼈吗?那是不是你的理解就很有限? 就好像⼀个傻⼦对着⼀个baby说,你回答我,你回答我.那也就是说如果你是⼀个有智慧的⼈话,你就不会逼着⼀个⼩婴⼉去理解.

JO: This comes from your own limited understanding. Since your understanding is limited, you project onto others an understanding that is also very limited for them to see, do you understand? That when you perceive someone else's understanding as being limited, it actually helps you recognize the limitation of your own understanding. Why is this so? Because if your understanding were boundless, you wouldn't have a need for the other person's understanding. You would know that trying to explain complex concepts to a toddler, like expecting them to understand things that you and others can grasp at ages 30-40, is akin to expecting the impossible from someone. Wouldn't you think it unreasonable to do such a thing? If you were doing something unreasonable like this, wouldn't that suggest your understanding is limited as well? It's like forcing an infant to respond when they have no ability to comprehend your questions. So, if you are wise, you wouldn't impose upon the baby to understand beyond their capabilities.

那如果你在试图去期待或者逼着⼀个婴⼉去理解你的东西,那就说明你的理解是有限的,对吧? 那是不是他就帮助你映射出你就在⼀个有限的理解的状态当中?

If you're trying to anticipate or force an infant to understand what you are saying, that indicates the limitation of your understanding, right? Does this mean he/she is helping you reflect on being in a state of limited understanding?

问: 物质世界⼀切都是幻像,但是我看到⾼楼⼤厦和那么多的⼈,我感觉他们是那么真实.

Question: The material world is all an illusion, but I see tall buildings and so many people; I feel they are so real.

JO: 你是因为你会有⼀个⾁体的存在.你⾁体的存在本⾝就是⽤来感知这⼀切的.所以你的⾁体会有疼,有风吹的感觉,有冷⽔的感觉,热⽔的感觉…… 那你想象⼀下如果你没有这个物质⾁体,你还能感受到这些吗? 所以这⼀切的真实都来⾃于因为你还拥有这个物质⾁体.所以你才能产⽣⼀些体验,不然离开这个物质⾁体你在这个物质世界产⽣不了体验呀.

JO: You experience this because you have a physical body. Your physical body itself is designed to perceive everything. Therefore, your body feels pain, wind, cold water, hot water... Now imagine if you didn't have this material body, could you still feel these sensations? So all the reality comes from the fact that you still possess this material body. This allows you to create experiences; otherwise, without this physical body, you couldn't produce any experience in this material world.

问: 就收到这些信息我会觉得外在都是幻像,但是又能感受到外在,就会觉得有冲突.

Question: When receiving these messages, I feel that everything outside is illusory, but still being able to sense the external makes me feel conflicted.

JO:你之所以会产⽣这些是因为你的物质⾁体,这个媒介,这个⼯具,所以你产⽣.那离开这个⼯具就产⽣不了了.那它是不是幻像?⽽且这个是有时间的呀.就算你看到这些⾼楼⼤厦,你觉得五百年过后它还在吗?那五百年过后不在了,是不是它就像冰块⼀样它是会融化的,是会消失的?那它是不是只是因为那个时间点才会存在的.就这么说吧,你还在梦⾥,你还能看到梦⾥这个东西.那你醒来,这个东西都不见了.那你说梦⾥的东西是不是幻像?那你这个物质⾁体⼀旦没了,就是你死掉了,那你也从这个梦⾥醒来了.它是不是就不见了?那它是不是幻像?那就算你的物质⾁体不消失,你眼前的东西五百年过后也会消失.那它是不是冰块?

JO: These phenomena arise due to your physical body, this medium, this tool that you are utilizing to create them. Without this tool, these phenomena cannot be produced. Is it an illusion? And remember, there is a temporal aspect to this. If you perceive towering buildings and believe they will still exist five hundred years from now, what happens when the time has passed? Do they vanish like ice blocks melt away—disappearing without trace? Aren't they merely existing due to that specific moment in time?

Let's put it simply: while you're dreaming, you can see these dream elements. But upon waking, these dreams dissipate from your awareness. Does this mean the things within your dreams are illusions? And what about when your physical body ceases to be, whether through death or other means—do they disappear too? Are they illusions?

Even if your physical body remains unchanged, by the time you're considering phenomena in the context of five hundred years forward from now, what will have changed is that what was visible before may no longer exist. Will these still-be objects be like ice blocks, which once solid and present then melt away, leaving nothing behind?

它也是会化掉的,它也是幻像.因为它会有⼀个时间点嘛.就⽐如说我做梦的时候,梦⾥的⼗分钟它才存在,梦醒了,它就不存在了.它是不是幻像?所以你体验的这些东西都是为了⽀持你产⽣⼀个体验.

It will also disappear; it is also an illusion because there is a point in time when it exists. For instance, during a dream, the ten minutes inside the dream are real, but once you wake up, they cease to exist. Isn't this an illusion? So, all these experiences you have are to support your creation of experience.

问: 我跟我妈妈的灵魂主题是什么? 我妈妈叫XX.

Question: What are the soul themes between me and my mom? My mom's name is XX.

JO: 你稍等.你妈妈给了你⼀个礼物.就好像你就是那个,你会觉得只能靠⾃⼰,就是⾃⼰强⼤.你有⼀种很坚韧的品质,就是⼀直想要去拼,⼀直想要去依靠⾃⼰内在的⼒量,来让⾃⼰的⼒量⼀直不断地变⼤,就是来⾃于你妈妈.因为她正好有⼀种缺少⼒量的感觉.她缺少⼒量就会让你有⼀种我不要活成这样.就是你⼼⾥⾯有⼀种就不应该这样,就是觉得这不应该是⼈⽣的样⼦,也不是你应该活成的样⼦.就是有⼀种ok,你做不好,我来做的这种感觉.所以她会加强你的这种⾃⼰要变得很强⼤的这种⼼理.所以说你不会让你⾃⼰软弱下来.就是不会让⾃⼰随随便便的过吧,就是你觉得你⼀定要创造⼀番事业出来.

JO: Wait a moment. Your mother has given you a gift, like something that makes you feel like you need to rely solely on yourself, as if you are strong internally and constantly striving to enhance your own strength by relying on the inner power, which comes from your mother. She might have felt lacking in strength herself. When she lacks strength, it instills in you a sense of determination not to end up like that. It's as if you think this shouldn't be how life is supposed to be or how you should live. You develop an inner feeling that if things aren't done well, you will take care of them yourself. This boosts your confidence and self-motivation, ensuring you don't let yourself become weak. You strive not to just go through the motions but feel a sense of accomplishment in creating something significant out of your life.

就是因为有了强烈愿景,就是想要去创造⼀番事业出来,然后导致你会遇到这些东西.那这些东西会逼着你去成长.所以你整个⼈格都会产⽣很⼤的成长、突破、变化.

It's because of having a strong vision, the desire to create something big, that leads you to encounter these things. These experiences push you to grow and evolve, resulting in significant personal development, breakthroughs, and transformations.

问: 怎样才是真正的做⾃⼰?

Question: How can one truly be oneself?

JO: 应该说怎样才是真正的展现你内在的⾃⼰.那种状态就是你内在没有任何⽆⼒感.就是你很清楚,什么事情你都很清楚,你不会迷茫,你不会感受到⽆⼒,不会去跟外界去寻求任何东西.就好像你⾃⼰的双腿会⾛路了,你不需要任何拐杖,你不需要任何⼈帮忙,你不需要任何⽀柱.就是有⼀种好像是从内在焕发的所有的⼒量.你就是知道你是在做你⾃⼰,因为你不需要依靠任何.就有⼀种本⾃具⾜的感觉吧.你⾃⾝你就拥有⼀切了.你不需要对外寻找肯定,你也不会害怕别⼈否定你,你也不会跟别⼈求有没有爱我呀、你也不会看着别⼈的钱想要呀,任何这种都不会.就是任何这种匮乏感都不会有.就是本⾃具⾜.

JO: It's about truly expressing your inner self in a way that carries no sense of powerlessness. You know exactly what to do and are clear on everything, without any confusion or feeling of being powerless. You don't seek anything from the outside world; it's like you can walk with your own strength without needing crutches, help, or support from others. There is a sense of all the energy emanating from within. You know that you are doing what you genuinely want to do because you don't rely on anything else. It feels as if everything you need comes naturally from yourself. You don't seek validation externally and you're not afraid of someone rejecting you, nor would you look for love or desire others' possessions. There's no sense of lack or insufficiency at all. Everything you need innately comes from within you.

问: 我们的物质世界是不是被⿊势⼒给统治了?

Q: Is our material world ruled by dark forces?

JO: ⾸先你要知道地球就好像本⾝就是⼀个幼⼉园的阶段,就是初级的阶段.它本⾝就是很多限制.这是它们的意识程度还很低,还很baby的阶段.那这样⼦的⼀个baby的阶段投射的能量出来,那是不是就是各种限制、对⽴、分裂? 就是这⾥⾯是很多限制的.这么说吧,就好像是臭味相投,就是都是这样⼦的.就好像来⾃这⾥⾯的⼈,他们都是同样的受限,同样的限制,认知有限.你就把这些都是野蛮的⼈,都是智⼒底下的⼈,就是要么你死要么我活的⼈都放在⼀起.那他们肯定会制造很多纷争啊,⽃争啊,战乱啊这种.也就是说⼀群受教育很低很低的⼈,就野蛮⼈.你把他们所有⼈都放到⼀个地⽅去.就像是你们产⽣的监狱.

Firstly, you need to understand that Earth is akin to a nursery stage, an elementary phase with many limitations inherent to its nature. This reflects the low level of consciousness and infantile state they exist in. The energy emanating from this baby-like stage would inherently embody various restrictions, oppositions, and divisions as a result of these limiting factors. In essence, it's filled with limitations.

Let me put it simply: it’s like being attracted to one stench because everyone shares the same odour - similar situations resonate among them. People coming from this environment are all similarly bound by constraints and limitations, having limited cognitive capabilities. They're essentially seen as barbarians, intellectually inferior beings, those who either live or die in a cutthroat competition for survival. Consequently, they would generate many conflicts, fights, wars, all stemming from their confined existence.

Put another way, it's like placing together the products of your prison generation where the lowest level of education is common among the populace.

那⾥⾯都是杀⼈犯,你把这⼀群杀⼈犯都放在⼀起,你想象⼀下⼀群杀⼈犯在⼀起,他们会创造多少你死我活,你争我⽃,勾⼼⽃⾓的这些东西出来? 那这也是能量场.那这个监狱肯定被他们砸,又是⽕烧又是打砸,明⽩吗?

All of them are murderers, you put a bunch of murderers together, can you imagine how much animosity and confrontation would be created by such people being around each other? This is also an energy field. And this prison must have been destroyed by them, burned down and looted, do you understand?

问: 就是⽬前全⼈类都是这样⼀个状态,对吗?

Question: Is it true that all of humanity is currently in such a state?

JO: 也分.也分区域的,有的地⽅这个能量很严重,那有的地⽅也会像是⼀种世外桃源⼀样.

JO: It varies by region; some areas are heavily affected by this energy, while others might feel like a haven.

问: 那我们中国呢?

Question: And what about China?

JO: 你稍等.我们感受到中国就是有⼀种好像纸包不住⽕,就好像有⼀层纸在试图包裹着让⾥⾯的⽕不被燃烧出来,但是会有⼀种纸包不住⽕的感觉.所以就是说你们看到的这种被纸包住,下⾯有很多⽕烧的症状,也就是说表⾯上看上去可能没有多⼤的问题,但是实际上有很⼤的问题.就像是这种状态.

JO: Wait a moment. There's a sense in China that once something ignites, it can't be contained; there's an attempt to cover it up like wrapping paper around fire, trying to prevent the flames from spreading, but you still get that feeling of the fire burning through the covering. This explains why what you see, where things seem superficially fine on the surface, hides underlying significant issues. It's akin to how everything appears under control when in reality there are major concerns lurking underneath.

问: 那要怎么样去突破呢?

Q: How can we break through?

JO: 因为这都是属于意识和能量层⾯的⼀些,只有意识得以转变,然后他们投射出来的事件才会得以转变.所以就是⼀个意识提升的⼀个⽅⾯.

JO: Because all of this is at the level of consciousness and energy, only when consciousness changes will the events projected by them change. So it's about the aspect of raising awareness.

问: 就还是要更多的⼈去觉醒去提升智慧?

Question: Won't more people need to awaken and elevate their wisdom?

JO: 这是必然的,这是唯⼀的出路.就很简单,就⽐如说你最开始来问的这个问题,那其实就是意识层⾯的.因为你的意识和你的认知,都是这个想法、这个看法、这个观念、这个理念在运⾏,对不对? 你运⾏你就会知道为什么其实我也没有害⼈之⼼,那为什么会遇到这种事情,对不对? 那你们的⽭盾和纠纷就产⽣了.那实际上从你这个⼩事情你就可以看到整个社会,明⽩吗?

JO: This is inevitable; it's the only way out. It's straightforward, like when you first asked this question, which was at a subconscious level because your consciousness and cognition are driving that thought, that perspective, that idea, right? When you operate with these thoughts, you'll understand why I don't have ill intentions towards others, but why such things happen to me, right? That's where conflicts and disputes arise. You can see the whole society from this small issue, get it?

问: 突破的⽅法……JO: 突破的⽅法,那你看就在我们整个这次交谈当中,然后当你们没有分别之⼼,没有能⼒强⼤的就是…… 就是很追求能⼒强⼤,对吧? 你说皇帝吧,他是个皇帝,他能⼒很强⼤,对吧? 他管着他的权⼒啊、地位啊、能⼒…… 都是⽆⽐强⼤的.那皇帝吃的饭是谁做的? 是厨师,对吧? 你说厨师如果给他吃的⾥⾯加⼀点毒药,皇帝的命还有吗? 那你说皇帝的命是掌握在谁的⼿上? 那如果皇帝的命是掌握在厨房⾥的⼀个⼩厨⼦的⼿上,那你还觉得皇帝⽐厨⼦⼤? 你还会看不起厨⼦? 你还会觉得皇帝我们要拜他,厨⼦,切,鄙视你,⼀个⼩厨⼦.那再来,厨房⾥的菜来⾃哪⾥? 农民,对吧?

Question: Methods for breakthroughs... JO: The methods for breakthroughs, then consider our entire conversation throughout this interaction, without any prejudice or distinctions in power, abilities being extremely pursued, right? You say the emperor, he is an emperor with immense power, right? He controls his authority, status, and abilities... all incomparably powerful. Now, who prepares the food for the emperor? A chef, right? If a chef were to add poison to the food they serve him, would the emperor's life still be safe? So, whose hands hold the emperor's fate? But if the emperor's life is held in the hands of a small chef in the kitchen, do you still consider the emperor greater than the chef? Would you still look down upon the chef? Would you still believe that we should worship the emperor and despise chefs as mere lowly cooks? Lastly, where does the food in the kitchen come from? Farmers, right?

那农民种的菜,如果他也是把⾥⾯放了毒,然后直接送到皇帝的嘴⾥.那皇帝是不是又被农民毒死了? 那既然皇帝的命都在农民的⼿⾥,那你们还会看不起农民? 觉得皇帝,我们要拜他.农民,唾弃他,农民没⽤,鄙视你,嫌弃你.你是农民,⼀⾝汗臭味,对不对? 所以你就知道这层关系了,没有哪个是⼤过任何⼀个的.你想象⼀下如果你们中国如果你们⼈类没有了这层分别⼼,就是没有追求这种权啊、势啊、强⼤啊、⼒量啊、地位啊、⾝份啊,会怎样? 少了多少阶级⽃争! 所以这个是有待你们去看清楚的.你们越来越多⼈能去看清楚你们每⼀个⼈都是平等的都是同等重要的,没有哪个

The farmer's vegetables, if he were to poison them and directly feed the emperor, would the emperor be poisoned by a farmer? Given that the emperor's life is in the hands of farmers, wouldn't you still look down on farmers, seeing fit to bow to the emperor while spitting at farmers as worthless and disdainful of them? Isn't it true that you have a body with unpleasant body odor? Thus, one realizes that there is no superiority among any of us. Imagine if humans in China were free from such distinctions, without pursuing power, status, strength, or identity - what would become of the class struggles? This question deserves your clarity. As more people understand their inherent equality and equal importance, recognizing that none surpasses another, it reveals a deeper understanding of human interconnectedness.

⾼哪个低,没有分别⼼.那你们的世界这种纷争⽃争就会越来越少了,这种隔阂就会越来越⼩了.

Which is higher, which is lower, without discrimination. Then there would be fewer disputes and conflicts in your world, and the divisions among you would become smaller.

#### 2023/12/24 — 你们眼前真的没有什么是真的There's really nothing real in front of you

JO: 你们可以提问了.

JO: You may ask questions now.

问: 明天是圣诞节,然后灵界有没有什么寄语给⼈类的?

Q: Tomorrow is Christmas. Then, does the spirit world have any messages for humanity?

JO: 你们应该把每⼀天都当做像是节⽇,像是圣诞节,这样⼦的去对待它.⽽不是只是期待在某⼀天,在⼀个特定的⽇⼦来庆祝.因为⽣命的每⼀天都值得你们去,像你们圣诞节会做的,点灯,就是在⿊暗中点亮光,点亮等,然后送出去你的礼物,表达你的感谢.然后去欢庆⼀切.所以把⽣命中的每⼀天都当成是像圣诞节⼀样,像是孩⼦对节⽇的期待和兴奋.因为很多值得你们去庆祝的.你只需要存在,就值得你去歌颂去庆祝你们存在.

JO: You should treat every day as if it were a festival, like Christmas, and celebrate it that way, not just wait for some special day to come along to celebrate. Because each day of life deserves your celebration, just like you would on Christmas, by lighting candles, shining light in the darkness, giving gifts, expressing gratitude, and celebrating everything around you. So make every day of your life feel like a festival, like a child's anticipation and excitement for holidays, because there are so many things worth celebrating. Just existing is worth your praise and celebration.

问: 对于明年2024年,灵界有没有什么新年寄语是带给⼈类的?

Question: For next year, 2024, does the Spirit Realm have any New Year messages for humanity?

JO: 我们想让你们知道你们从来就不是单独或者孤独的存在.然后灵界的指引,灵界的连接从来就没有断开过.即使你体验到的⼀种断开也是在连接的.只是你⾃⼰需要去创造这样的⼀个体验.就好像你们永远在我们的⼼中,然后永远都没有离开过.当你越来越能发现这种连接感,体验到和感受到这种连接感,你便不需要从外⾯去⽤任何外在的,就是外求,就是从外在的物质去给你带来安全感或者是依靠或者是依赖.所以你内在的⼀种连接感会让你好像是双腿有了⼒量.你不需要任何拐杖.

JO: We want you to know that you have never been alone or isolated entities. Then, the guidance from the spiritual realm and connection with it has never been severed. Even when you experience a sense of disconnection, it is within the context of this connection; you need only create such an experience for yourself. As if we are always in your hearts and never leave, as you increasingly realize the sensation of connectedness, experiencing and sensing this sense of connection allows you to not seek external security or support through material possessions. Thus, an inner sense of connection empowers you like having two strong legs; you no longer need any crutches.

问: 这个通灵的⼥孩⼦想问⼀下她明年的状态会是⼀个什么样⼦?

Question: This spirit-medium girl wants to inquire about what her situation will be like next year.

JO:她就好像是在不断地茁壮的成长的⼀棵树或者⼀个新的⽣命.所有的⼀切都在好像越来越有⼒,越来越茂盛,然后越来越,就是⼀种⽣命⼒在她的内在不断不断地⼀种突破,不断地⼀种展现.所以将会是越来越有⼒,越来越坚定,连接感越来越强.就像你看着⼀棵树它不断地不断地壮⼤.这样⼦的⼀个感觉.就像⼀个孩⼦不断地成长,不断地变得有⼒量.然后知道⾃⼰是谁.这样⼦的⼀个感觉.所以她的状态就像是⽇益增长,蒸蒸⽇上的那种感觉.就好像是⼀颗种⼦突破了⼟壤过后,然后你便会春暖花开,你便会肆意的疯狂的成长.所以这也是她的⼀个状态.因为她已经突破,已经发芽,已经成长.所以就是开枝散叶,枝叶茂盛,开花结果.

Her state is akin to a constantly growing tree or a new life force that emanates from her being. Everything seems to be gaining strength, becoming more robust and flourishing, with an ongoing display of vitality. This process amplifies her power, determination, and sense of connection, making it ever stronger. It's like observing a tree progressively thriving as you watch it grow bigger and taller every day. The sense is that she's growing from within, akin to a child developing strength and self-awareness over time. It feels like her state is indicative of constant growth and improvement, much like the sprouting of a seed破土而出, leading to blooming life and full blooms as it blossoms in springtime. This is also what characterizes her current stage as she has already broken through, germinated, and grown into her potential, allowing for expansive branches and lush foliage, blossoming with fruitfulness.

问: 那明年我会是⼀个什么样的状态?

Question: What state will I be in next year?

JO: 你稍等.明年我们感受到你会逐渐的增加⼀种互动、交流.会增多⼀种,就好像是在辅导、交流,更多的⼀种交流的状态.然后就好像你把你⾃⼰所学的所理解的,会有⼀个像传授的状态.所以会增加很多交流,也会让你越来越去理解你⾃⼰学习到的⼀些东西,就好像是英雄有了⽤武之地的这种感觉.

JO: Wait a moment. You will gradually experience an increase in interaction and communication next year. There will be more opportunities for tutoring and exchange, creating a state of heightened communication. It's as if you are imparting knowledge that you have learned and understood, fostering a sense of sharing. Consequently, there will be a lot more exchange, allowing you to deepen your understanding of what you've learned, giving the impression of finally having a platform to use your skills.

问: 关于我们的信息的传播,有哪些是需要注意的?

Q: When it comes to spreading our information, what should we pay attention to?

JO: 就好像我们刚才说⾸先我们的能量就已经通过你们,就⽐如说这棵树已经突破⼟壤,已经在茁壮成长,所以没有任何…… 它已经在成长,所以你不需要去说我成长的过程,我需要去注意什么.没有任何.你只是去欣赏它成长的那个过程,然后去欣赏它每个季节的变化,开花结果,明⽩吗? 因为当你结出果⼦,你没有办法不去把你的果实给到有需要吃上果⼦的⼈.他们会摘果⼦.所以没有任何需要去注意的.为什么呢? 因为每⼀个⽣命它绽放就是绽放.还有就是说你们会觉得你们的⽂字是作品.实际上你们本⾝是作品,明⽩吗? 你们本⾝才是作品,⽂字只是其次的.

JO: It's as if we just said that your energy has already passed through you; for example, the tree has broken through the soil and is flourishing, so there's nothing... it's already growing, so you don't need to say about my process of growth or what I should pay attention to. There's nothing. You just enjoy watching it grow, then appreciate its changes throughout each season - blooming and bearing fruit, do you understand? Because when it bears fruit, you can't help but give your fruit to those who need it to eat the fruit. They will pick the fruit. So there's no need to pay attention to anything. Why? Because every life blossoms as it blossoms. Also, you might think that your words are a work of art. Actually, you yourselves are the work of art, do you understand? You yourselves are the work, and the words are secondary.

因为你们本⾝就好像是这个等亮了或者是这朵花开了,或者是这棵树结果了,或者是天上的太阳,因为它本⾝就不断地在⽤它⾃⼰存在的⽅式照亮这个世界.所以你说你需要注意什么呢? 你只是需要存在.真正的是在你,是通过你,⽽不是说你们整理出来的这些⽂字,明⽩吗? 因为你们会觉得你们的⽂字是你们的作品,是需要你们去传播的.不是的.因为你们才是那个活灵活现的,才是那个作品.那你说谁能够去阻碍这个作品? 阻碍这个⽣命的展现呢? 谁会对⽆条件的爱,就是你的眼神⾥⾯就流露出了神,你的嘴⾥,你的语⾔⾥⾯就流露出了神.你的⼀举⼀动,你说有谁能够去阻碍你的笑容,你的眼神,你没有分别的语⾔,明⽩吗? 所以没有任何.

Because you yourselves are like this light turned on or this flower blooming or this tree bearing fruit, or the sun in heaven, as it constantly illuminates the world with its own existence. So, what should you focus on? You just need to exist. The real thing is within you and through you, not in those texts that you've created. Understand? Because you would think that your words are your creations, meant to be spread by you. No, it's because you yourselves embody life. Who could hinder this creation? This manifestation of life itself? Who could block unconditional love, the divine spark shining in your eyes and spreading through your words, your actions? Your every movement - who could obstruct your smile, the light in your gaze, your language without discrimination? So, there is nothing that can stop you.

问: 我今天早上做梦的时候⼀直在重复⼀串数字是13972.这个数字对我来说有什么意义或者是有什么信息要带给我吗?

Question: I was repeating a series of numbers, 13972, in my dream this morning. What does this number mean to me or what message is it trying to convey?

JO: 关于这个就是你⾃⼰的⼀些像这样⼦的,它会在你⾃⼰需要⽤上的时候或者是需要做上的时候,它会⾃⼰再让你知道.也就是说允许它⾃⼰有⾃⼰来提醒你或者是⽀持你的⼀种⽅式.你不需要刻意的去好像是去找到谜底或者是做什么.就是说当你需要知道的时候,你就会知道.

JO: This is about you using it yourself when needed, or being supported by it, so that it reminds you of its own volition. It doesn't require deliberate effort to find the answer or anything like that. Essentially, whenever you need to know something, you will receive the information you seek.

问: 在9⽉份的时候我们的外星存有22号带给我的信息说在2023年结束前,我会连接到⼀股新的能量.它可能是来⾃于灵界,也可能也是来⾃于物质世界.然后就这个信息能不能再多给我⼀点信息?

Question: In September, our extraterrestrial source conveyed to me that by the end of 2023, I would be connected to a new energy source. This could originate from the spiritual realm or also from the physical world. Could you provide more information about this?

JO: 你已经连接上了,因为它是灵性层⾯的,不是你⾃⼰就好像有很⼤的感觉.所以说就好像这个意识连接它已经在那⾥,所以你⽆需做任何.因为当你需要使⽤的时候,它⾃然⽽然就会⽤那个⽅式来⽀持你.

JO: You're already connected because it's on a spiritual level, not like you have this big sense of yourself. So it seems as though the consciousness connection is already there, so you don't need to do anything. Because when you need to use it, it naturally will support you in that way.

问: 因为⼀切都是能量和意识,那我们可以跟⽔或者风这样的东西交流吗?

Q: Since everything is energy and consciousness, can we communicate with things like water or wind?

JO: 频率,是振动频率.然后你说可不可以跟它们交流是吗? 交流还是⼀种,就好像…… 就⽐如说你们现在的交流会通过⼀个媒介.那你如果和树去交流的话,那其实那个树也是⼀个媒介.如果是和⽯头交流,其实那个⽯头也是⼀个媒介.所以它只是⼀个媒介⽽已.但是背后还是意识的交流.

JO: Frequency is the frequency of vibration. Then you said whether we can communicate with them, right? Communication is like... for example, your current communication goes through a medium. But if you were to communicate with a tree, that tree would also be a medium. If it was with stones, even then, the stone would still be a medium. It's just a medium, but there's underlying consciousness exchange.

问: 我们为什么会把⼤器免成这个成语误传成了⼤器晚成? 我们要怎么解释⼤器免成?

Q: Why do we misinterpret the Chinese idiom "大器晚成" as "big achievement comes late"? How should we explain this idiom?

Question: Why is it that we incorrectly pass on the Chinese idiom "dà qì wǎn chéng" (meaning 'great things take time') as "big achievement comes late"? Could you provide an explanation for understanding "dà qì wǎn chéng"?

JO: 如果是⼤器免成的话,那是不是就算你有被⼈误导,其实对你也没有影响,明⽩吗? 误导并不会导致你不会成.因为你不需要外在的任何.它改变不了你是.所以说就好像你这颗种⼦,你在合适的⼟壤和环境⾥⾯,你⾃然⽽然就会成为你这颗种⼦所是的.⽐如说你是⼀颗麦⼦,那你就会成为麦⼦.如果你是⼀棵苹果树,你就会成为⼀棵苹果树.所以你不会因为他们在⽂字上有了误解,然后你这棵苹果树就成了麦⼦.也就是你内在,它⼀切都在你的内在.

JO: If it's about ignoring big advice, then even if you were misled, it wouldn't actually affect you - do you understand? Misleading doesn't prevent you from becoming what you are. You don't need any external influence because it can't change who you inherently are. So, imagine this seed in the right soil and environment; naturally, it will grow into what that seed already is. For instance, if you're a wheat kernel, you'll become a wheat plant. If you're an apple tree, you'll grow into an apple tree. You won't turn into a wheat plant just because there was a misunderstanding with the text - your essence remains within you.

问: 这种⽂字层⾯对你们集体意识有没有影响?

Question: Does this textual level affect your collective consciousness?

JO: 其实更多的影响是来⾃于你们意识层⾯的⼀个影响,⽽⾮⽂字层⾯的影响.就是⽐如说你们所有⼈都这么认为,也就是说那些看不见的能⼒层⾯、意识层⾯的影响⼤过于字眼,书本这些层⾯的影响.有⼀句话叫真⾦不怕⽕炼.所以它的本质的东西不会因为别⼈的⼀些篡改或者是误解就不是了.然后同样的⼤器免成也好,⼤器晚成也好,你都可以给它正⾯的定义.虽然它们都会有⼀定的功能,但是它们的功能都是有限的,就是影响也是有限的.⼤器免成也好,⼤器晚成也罢.

JO: Actually, the greater impact comes from an influence at your subconscious level rather than on a word-based level. That is to say, if everyone believes it, meaning those unseen abilities and subconscious influences outweigh the effects of words or written texts. There's a phrase that says "true gold fears no fire," which means the core essence remains unchanged regardless of others' alterations or misunderstandings. Similarly, whether someone is a 'big talent that doesn't show early' or 'a late bloomer,' both can be given positive interpretations. While they do have certain functions, their capabilities are limited; thus, the influence is also limited. Whether it's being a 'big talent that doesn't show early' or a 'late bloomer,' it's all relative.

问: 刚才上⾯的问题你说我已经连接上那股能量了……JO: 你不需要去…… 就好像有⼀句话叫⼤器免成吧.你不需要去担⼼它⾥⾯的程序怎么样,就是你需要担⼼它的种⼦怎么样开花,怎么样发芽,怎么样结果吗? 它⾃然⽽然,时机到了或者时候到了,它⾃然⽽然就会…… ⼀切都会⾃动运⾏.所以你⽆需去…… 因为这不是你去做功课的事情.

Q: You just said that I've already connected to that energy... JO: There's a saying go big or go home; you don't need to worry about how the program inside works, but rather focus on how its seed blooms, grows, and bears fruit. It naturally occurs when the right time is ripe or the opportunity presents itself, and it will happen naturally... everything runs automatically. So there's no need for you to... because this isn't something you need to do your homework for.

问: ⽼⼦当初写道德经的初衷是什么? 他想给后⼈传递⼀个什么样的信息呢?

Question: What was Laozi's original intention when writing the Tao Te Ching, and what message did he want to convey to future generations?

JO: 就像你们在分享这些信息,你们的初衷是什么? 你们只是觉得这些东西对你们有帮助,然后就想去分享给更多的⼈,让他们也可以得到帮助.

JO: Like when you share this information, what's your initial intention? You just find that these things are helpful to you, and then you want to share with more people so they can also get help.

问: 有⼀句话叫圣⼈不仁,以百姓为刍狗.JO是怎么解释这句话的?

JO explains that "Mystics are indifferent to humanity, regarding the people as mere offerings."

JO: 圣⼈不仁是来⾃于你们的头脑,你们⾃⼰投射出这个圣⼈他是不仁的,你就体验到他的不仁.因为在你的头脑⾥⾯你会有了分别⼼,你会有了仁慈和残忍的分别,有了局限.那你会投射出⼀个圣⼈不仁的版本给你⾃⼰体验.所以圣⼈也只是像⼀个镜⼦⼀样反射出的是你⾃⼰.因为你会把他的⼀种⽐如说⽆为当曾是见死不救,明⽩吗? 你会把他的⼀个,就好像是造物主⼀样,你会说别⼈都已经快要死了,你这个造物主还不插个⼿? 你这个造物主太不仁慈了.所以这个跟你们去发明的什么圣⼈不仁⼀样的.

JO: Saintliness emanates from your mind, you project the saint as being unkind and thus you experience his lack of kindness. Your mind creates a distinction between kindness and cruelty and limitations. You project a version of the saint who is unkind to yourself to experience it. So the saint is merely reflecting you back because you see him as someone who does nothing when people are in peril, right? You view him like a creator who has already doomed others to die without any intervention from himself - how can such a creator be so merciless? This parallels your concept of saints being unkind.

问: 多⾔数穷,不如守中.JO怎么解释这句话呢?

The phrase "多言数穷，不如守中" translates to "Speaking too much leads to exhaustion; it's better to adhere to the middle way."

JO: 你解释⼀下你的意思.

JO: Explain your meaning.

问: 就是话说多了不益,不如闭嘴什么都不要说.

The more you talk, the less beneficial it becomes; it's better to keep quiet and say nothing.

JO: 这些也是来⾃于你们的⼀个认知,就是你们写出来这些话,就⽐如说写出来这个思想、这个见解的⼈的他个⼈的⼀个思想.因为他们有过这样⼦的体验经验,然后总结出来的⼀个结果,他会觉得…… 明⽩吗? 这只是他的⼀个认知.但是你们也有⼀个什么,就好像酒逢知⼰千杯少,对吧? 就好像两个⼈有说不完的话.那是不是正好就跟这个相反了? 那你们也有像是对⽜弹琴.所以它也是取决于你们⾃⼰,就是你们遇到什么对象.所以你们始终要记住⼀句话,所有的法则也好,规则也好,经验、总结这些,都只是他们个⼈针对他们经验的⼀个总结.但是你⾃⼰有你⾃⼰独⼀⽆⼆的路.

JO: These are also a cognitive aspect from you, that when you write these words out, such as the thoughts and opinions of the person writing them. Because they have had such experiences and then summarize their results, they feel... Do you understand? This is just their perception. But you also have something like drinking with friends where every glass seems to be insufficient; it's as if there are endless topics to discuss. Isn't this exactly the opposite of what I'm saying? You might also experience being talking to a wall, right? So, it depends on who you encounter. Therefore, always remember that all rules, principles, experiences, and summaries, are merely individual reflections based on their own experiences. But your path is unique to yourself.

你如果把什么哲学家、这个家那个家的见解都装进你的肚⼦⾥⾯,你会发现你什么都做不了.我说还是不说? 我交往还是不交往? 我做还

If you cram all sorts of philosophers' and schools' opinions into your head, you'll find that you can't do anything. Should I say or not say something? Should I associate or not? Should I act or not?

是不做? 你会产⽣⽆⽐的冲突的,明⽩吗? 因为你头脑⾥⾯,就你这个电脑⾥⾯装了太多太多的软件.它会产⽣冲突的.

Would you experience immense conflicts? Understand that? Because in your mind, and within this computer, there are too many, too many programs installed. Conflicts would occur.

问: 有⼀个得道的⽼师说道德幻是⼈类最难突破的⼀个幻像.请问JO对这个有没有更多的解释?

Question: There is a teacher who has achieved understanding that says moral illusion is the most difficult to transcend for humans. Could you provide JO with more explanation on this?

JO: 你说的道德幻就是追求⼀个⾮常⾼的道德标准,对吧? 就⽐如说你⼼⽬中还有⼀个这个是道德的,那个是不道德的.那当你在有这个分别⼼,有这个定义,你其实就在进⼊到⼀个幻像.因为这⾥没有什么东西是⼀个定的,⼀切都在变化当中,⼀切都在变换,不断地变化.

JO: You're referring to the illusion of morality as seeking an extremely high moral standard, right? Like you have this concept that something is moral and something else is immoral. But when you differentiate like this and define things as being moral or not, you are entering into a fantasy because there's nothing definite here; everything is in flux, constantly changing.

⼀个不断地变化的东西,所有东西都在变化当中,你如何去跟它说…… 你如果刚评判说这个是不道德的,下⼀秒那个东西已经不见了.但是你头脑⾥⾯还在持有⼀个相,这个是不道德的,这个是怎么样怎么样的.那你是不是⼊幻了呢? 你就好像你眼前的云已经飘⾛了,你却还在你的⼼中在创造那个,说这个是不道德不道德…… 到底是谁在创造这个幻像? 谁⼊幻了?

A constantly changing thing, everything is in the midst of change. How do you address it... If you just judge that something is immoral and then in the next second, that thing has vanished, but your mind still holds onto a concept, this is immoral, it's like this or like that. Don't you get lost in illusion? It's as if the cloud before your eyes has already飘 walked away, yet you're still creating that in your heart, saying this is immoral, not moral... Who is creating this illusion? Who is the one who gets lost in illusion?

问: 有时候我的头脑会出现⼀个画⾯.我也知道头脑不是我,思想也不是我.但是这个画⾯会引起我内在的⼀个恐慌,就突然⼼就揪起来.这个画⾯会不⾃主的跳出来,然后又需要我去觉察它,然后去释放它.但是它还是会给我的⾁体带来⼀种害怕恐慌,就是害怕这样的事情会发⽣.但是也知道我感知的是我⾃⼰的能量……JO: 没关系,没关系.你不需要刻意的去处理或者是去做什么.为什么呢? 因为等你以后你的意识焦点转移的时候,你的关注点转移的时候,这些⾃然⽽然就不会再跑出来了.因为你 too busy,就是你太忙了,忙的没有时间去…… 这些东西不会出来⼲扰你,明⽩吗?

Q: Sometimes my mind produces a picture. I also know that the mind is not me and thoughts are not me. But this picture triggers panic within me, causing my heart to constrict suddenly. This picture appears involuntarily, then requires observation and release from me. However, it still instills fear in my body, fearing that such things might happen. Yet, I understand that the sensations I perceive are my own energy...

JO: It's okay, it's okay. You don't need to刻意 handle or do anything about it. Why is this? Because as your consciousness shifts and your focus changes, these naturally won't reappear anymore. You'll be too busy, meaning you're occupied with other things, not having the time for them... These things won't come out to bother you, understand?

如果你在忙着享受⽣命的惊喜,哇哇哇,应接不暇的在你的激情当中,这些东西还会困扰你吗?它不会的.所以只是你可能在头脑没有锁定⽬标,就是头脑没事的时候或者⽆聊的时候,就是头脑没有锁定的⼀个东西的时候,才会有这些跑出来.你不需要刻意的去处理它.为什么呢?因为你要去处理它的时候,你就进⼊到把⼒量给了它,让它来影响你.你们要知道你们眼前的东西没有什么是真的,真的没有什么是真的.既然没有什么是真的,你又何必去过多的去关注它呢?因为所有的东西,我不管是什么,它都是过眼云烟,它都是像飘在空中的东西,它不断地不断地在流⾛.哪怕你看到⼀个凶神恶煞的⼈,脾⽓特别⼤,对你又骂又恐吓,他也会消失的,⽆论是什么.

If you're busy enjoying the delights of life, the wonders unfolding in your passion, would these worries still bother you? No way. So it's only when your mind isn't focused on a target - that is, when your mind is just hanging out or bored, when there's nothing for your mind to be locked onto - that such concerns might arise. You don't need to刻意 deal with them. Why not? Because when you try to handle them, you're essentially giving power to them and letting them influence you. Remember, what's in front of you isn't really real; what's real has no reality. Since there's nothing truly real, why would you pay more attention to it? Because everything, regardless of what it is, is just passing through like clouds in the sky. It keeps flowing away endlessly. Even if you see a terrifying person with a terrible temper who abuses and intimidates you, they'll eventually disappear, no matter what it is.

那你的念头它也会消失的呀.你想所有的东西它真的就是⼀个过眼云烟,你眼前的东西.你又何必对它抓住紧紧不放呢?是什么导致你相信它?你需要去处理它呢?

Your thoughts will also disappear, you know. You think everything is just a fleeting illusion right in front of your eyes. Why would you hold on to it so tightly? What makes you believe in it? And what do you need to deal with it?

问: 我会跳出来⼀个念头就是我会害怕它显化出来.第⼆个念头我会觉得我的这种害怕才会让它显化出来.就是在……JO: 你唯⼀需要认清楚的是⼀个念头只是⼀个念头,它不具有⼒量.就好像你去认清楚你的影⼦,它只是你的⼀个倒影,它又不会吃掉你.你只会觉得那个影⼦会攻击你,吃掉你,你才需要去⼲点啥.那你认清楚它就像伴随着你的⼀个影⼦⼀样,你会去害怕吗?

Q: I might have a thought that I'm afraid it will manifest. The second thought is that my fear makes it manifest. It's like... JO: The only thing you need to understand clearly is that a thought is just a thought; it has no power. Like recognizing your shadow, it's just a reflection of you, and it won't eat you. You would think the shadow wants to attack or consume you, which makes you do something about it. Recognize that this thought goes along with you like a shadow, would you be afraid of it?

问: 那如果在当下我的⾝体还是不由⾃主的因为那个画⾯产⽣那种恐惧的感受.我也只是允许它,因为我知道那个感受它回来它也会⾛?

Question: But if my body still involuntarily generates a sense of fear due to that scene at this moment, I just allow it because I know that the feeling will return and also leave?

JO: 你就知道,ok,这个感受是在提醒我.提醒我背后相信什么? 我相信什么? 因为你背后⼀定会相信些什么才会产⽣那个感受.那你相信了什么?你相信了你⽣命中会发⽣不好的事情,是吗?就算发⽣不好的事情又怎么样呢?那也是上天换着包装来给我送礼物啊.那归根结底你并没有相信你的⽣命是充满了,就好像上帝永远都是来⽀持你的.你需要相信⼀句话,⽆论我⽣命中发⽣的所有⼀切,它都是来⽀持我的.让我变得更好.那如果你有这个核⼼的信任,就是对⽣命的⼀种信任,你还害怕什么呢? 你到底害怕什么呢? 你这么想,你有什么好失去的? 我的意思是你们没有什么好失去的,你们在梦⾥⾯,梦⾥⾯你们会失去啥?你做梦的时候你会失去什么?

JO: You know that this feeling is reminding me. Reminding me of what I believe behind it? What do I believe? Because you must have believed something in the background to create that feeling. So, what did you believe? Did you believe that bad things would happen in your life? Even if bad things happen, what's the problem? That's just God giving me a gift in disguise. Ultimately, you don't really believe that your life is filled with support from God. You need to believe one sentence: No matter what happens in my life, it's all here to support me. To make me better. If you have this core belief, which is a trust in life, then what are you afraid of? What exactly are you afraid of? Why do you think you have something to lose when you consider your fears in the dream world? You and I know that there's nothing substantial for us to fear in our dreams.

难道你梦⾥⾯的东西你还能拿⾛?

Does what you take away in your dreams belong to you?

问: 刚才JO说我们都是在梦⾥,⼀切都带不⾛,不需要去执着任何.但是当下的体验是真的,⽐如说痛苦、疾病、贫穷……JO: 如果你不去把它定义成好和坏呢? 就是你的所有这些体验你不去把它定义成这个是好的,那个是坏的,这个我是抗拒的,那个我是更想要的.如果没有分别呢?只要有体验,就有收获.它没有好跟坏的,没有抗拒的,没有我追求的.⼀切对我来说都是宝贝.所以是什么?是你头脑⾥的定义和你的分别⼼它在……因为你不知道你的这个体验是如何服务你的.那如果你知道呢?那是不是它就不是来害你的?所以你只需要提升你的认知,让你更加的拥有⼀双像是慧眼吧.

Q: Just now JO said we are all in a dream where nothing can be taken away and there's no need to be attached to anything. But the present experience is real, for example, pain, illness, poverty... JO: If you don't define it as good or bad? That means your entire experience; you don't define this as good and that as bad, this one I'm resisting, and that one I want more of. Without distinction, isn't there a收获 when there's an experience? There are no good or bad aspects, no resistance, nothing I'm pursuing. Everything to me is a treasure. So what is it? It's the definition in your mind and the sense of difference; they're... because you don't know how your experience serves you. But if you did know, wouldn't it then not be harming you? Therefore, all you need to do is elevate your understanding, acquiring more wisdom like an enlightened eye.

那你有限的认知你会觉得这个是坏的,这个是不好的,你在排斥,你在抗拒.ok,那你就继续体验.为什么呢? 因为你没有从这个lesson⾥⾯受益呀.你这个课你没有学到嘛.所以说当你在提这个问题的时候,就是因为你有了好的、坏的、我只想追求什么什么的,有了分别.这⾥没有好的坏的,它只有你们有限的认知,你们的局限会让你看到这个事情它是不好的.那你看你们,ok,最简单的,⽐如说有学历的和⽂盲.⽂盲看到粪池会觉得这个真恶⼼,觉得这个就是⼀坨屎,没⽤.但是那些知识分⼦,有学识的就知道可以把这个粪利⽤起来,然后转化成沼⽓,还能卖钱呢,对吧?

If your limited understanding leads you to think that this is bad and wrong, you are rejecting it and resisting it. Okay, keep experiencing this. Why? Because you have not benefited from this lesson. You haven't learned anything from this class. So when you ask such a question, it's because you've developed the concepts of good and bad, and what I want to pursue is something specific. Here, there are no good or bad things; they only exist within your limited perception. Your limitations make you see things as bad. Look at yourselves, okay? Take the simplest example: educated people versus illiterates. An illiterate might find a cesspool disgusting and consider it nothing but a pile of dung with no use. But for those with knowledge and education, they can understand that this waste can be used, transformed into biogas, and even sold, right?

所以这就是⼀个是有限的认知导致了在他眼⾥就是⼀坨屎,没⽤的,rubbish.那当通过你,⽐如说你的认知很⾼程度的话,它这⾥没有废物.你说造物主会产⽣废物吗? 只有眼⾥有废物,才会体验到废物,产⽣废物.那个是你产⽣的.只有你们⾃⼰是废物,才会觉得有废物.所以只有你⼼⽬中有坏的事情、不好的事情,才会有这样⼦的事情发⽣.

So this is due to limited cognition leading him to perceive it as dung, useless, rubbish. If your cognitive level is high, there's no waste here. Would the Creator produce waste? Only when you see waste does this experience of waste and creation of waste happen - it's you that creates it. Just like you can only feel that something is a waste if you are the one who considers yourself a waste. Therefore, only when your mind perceives negative things happening would such events occur.

问: 法国的能量状态是什么样⼦吗?

Question: Is it similar to France's energy situation?

JO: 它好像有⾮常愤怒的,就好像是完全难以抵制的⼀些能量,然后它也有⾮常peaceful的⼀些能量.所以像是两个极端⼀样.就像是⼀个充满了愤怒的⼀些年轻的能量和⼀个很有素养的绅⼠.所以这两种能量都会有混合在⾥⾯.但是我们还是看到就是说那种⽕性的,就是⽕爆的、愤怒的能量更加旺吧.就是既有冰也有⽕,但是⽕要占的多⼀点.就是失控的能量会多⼀点,成⽐例的话.

JO: It seems to possess extremely angry energy, as if it's a force that's incredibly hard to resist, and also very peaceful energy. So it's like two extremes. It's like a mix of youthful anger and a gentlemanly demeanor. Thus, both energies coexist within. But we still see that the fiery, explosive, and angry energy is more dominant. There's both ice and fire, but the fire takes up a larger proportion. The energy that's out of control is more prevalent, proportionally speaking.

问: 我在做梦的时候总是连电话号码都在⼿机上找不到,找⼈怎么样都找不到⼈在⼿机上.就会很急……JO: 这个是来⾃于你⾃⾝好像有⼀种焦虑在⾥⾯.就是你有⼀种好像迫不及待,就好像⼩孩⼦等着过年或者是等着圣诞拆礼物.有⼀种那样⼦的⼀个能量.

Q: I always can't find the phone number on my phone when I'm dreaming and can't find anyone on it either; I become very anxious about this... JO: This stems from your own sense of anxiety, as if there's an urgency within you. You seem to be in a state of anticipation like a child awaiting Christmas or waiting for birthday gifts, with that kind of energy.

问: 那我要怎么样去更好的平衡它呢?

Question: How should I better balance it?

JO: 就跟你的当下热恋,就好像你在跟你的当下在谈恋爱.然后恨不得时间再慢⼀点再慢⼀点那种感觉.就是眼前,⽽不是说快点快点,我要到明天.所以你越是能够让时间慢下来,越是能够⾮常的enjoy当下,然后你就也是快的.就是你⾝体⾥的那种焦虑或者期待,就是想要把你的⽇⼦快进的那种感觉…… 因为这就让你体验到当你在特别急或者是特别焦虑的状态下,你可能连电话号码都拨不清楚的那种感觉.

JO: It's like you're in a passionate love affair with your present self, as if you're dating yourself. You crave for time to slow down even more, experiencing the sense of being captivated by what's right in front of you, not rushing towards tomorrow. The faster you can make time move slowly and fully enjoy the now, the quicker everything moves forward. It's the body's state of anxiety or anticipation, wanting to fast-forward through your days... because it makes you feel like when you're overly anxious or rushed, you might even struggle to dial a phone number clearly.

问: 为什么我总是感觉⾃⼰在梦⾥对不好的⼈事物有⼀种愤世嫉俗,就很⽣⽓的感觉,就好像⿊⽩⾮常的分明……JO: 你稍等.当你在极端的去追求,就⽐如说我要追求⼀个很⾼的道德标准,就是你在追求的时候,就好像⼀个天平,它中间是平衡的.那你如果过多的⾛向另外⼀端的话,它总会失去平衡的.这也是能量层⾯的⼀个显现.

Question: Why do I always feel that there is a sense of cynicism towards bad people and things in my dreams, as if I'm very angry, like black and white are extremely distinct?

JO: Wait a moment. When you're aggressively striving for something, such as aiming for a high moral standard, the balance seems to be restored when you pursue it - just like a scale being balanced in the middle. However, if you excessively lean towards one side, eventually, it will lose its equilibrium. This imbalance is also manifested on an energy level.

问: 那我为什么会对⾼标准有⼀个追求呢?

Q: Why do I pursue high standards?

JO:这也是你⾃⼰意识形态的⼀种发展和成长的过程.然后它也来⾃于你内在的某⼀部分,就你还没有完全的接纳你⾃⼰的某⼀部分.就是有⼀部分你还没有完完全全的接纳你⾃⼰,所以你会有⼀种去,就好像前⾯说的能量要很⾼标准的那种状态.所以这也是你⾃⾝需要去整合的⼀个能量.但是你⽆需在当下⼀下⼦……因为这是⼀个逐渐的过程.它随着你的意识形态的发展,其它地⽅⾃然⽽然就会愈合,就好像你在成长.所以你也不需要去,啊,我这个要怎么办,那个要怎么办.你只需要去允许⽣命在你的体内⾃动的展开,所以那些……⽐如说你现在是⽑⽑⾍的状态,你看到你的⾝体有这个问题那个问题.那当你变成蝴蝶的时候,这些问题都不再会有.

JO: This is also a process of development and growth for your own ideology. And it comes from some part of you that has not fully accepted yourself – the part of you that still needs to be integrated. You are not yet completely in alignment with who you truly are, so there's an energy that needs to be held at a high standard. This is the energy that you need to integrate within yourself. But you don't need to figure it out right now; this is a gradual process. As your ideology evolves, other areas naturally heal and align with your growth, much like how you develop as a person over time. So there's no need for immediate decisions about everything – 'How do I handle this?' or 'What do I do about that?' You simply allow life to unfold automatically within you. And when the question arises of whether it's a caterpillar or butterfly situation, once you become a butterfly, those issues are no longer present.

问: 我们物质世界⽤法术去操控能量,并且也能让旁边的⼈看见操控能量所带来的结果.他们怎么样⽤法术去操控能量的?

Question: We use magic to control energy in our physical world and can also make people beside us see the results of this control. How do they use magic to control energy?

JO: ⾸先某⼀些⼈是有关于他的⼀个灵魂主题,就是他的灵魂主题可能就是他来到这个世界上,就是想要通过他去展现出这个能量,明⽩吗? 那有可能你的⼈⽣主题跟这个⽆关.所以别⼈能学会不代表你能学会.但是你们都只有在⾃⼰的⼈⽣主题⾥⾯来做你⾃⼰主题⾥⾯的事情,它对于你来说才是最有意义的.因为你们分⼯不⼀样嘛.他有他来到这个世界上想要展现想要给⼈类献出的礼物,你有你的.就像天上的鸟跟⽔⾥的鱼.

JO: First, there are some individuals who have a certain soul theme, meaning their soul's purpose might be to come into this world and manifest that energy. You see? It's possible that your life's theme has nothing to do with this. Therefore, just because someone else can learn doesn't mean you can. However, you should only engage in activities aligned with your own life's theme, as they hold the greatest significance for you. After all, we each have different roles to play. He is there to showcase and gift humanity his creation, while you have yours. Like birds in the sky versus fish in water.

问: 道家有⼀句话叫万物负阴⽽抱阳,冲⽓以为和.请问JO怎么解释这句话呢?

Q: Daoism has a saying that all things carry the yin while embracing yang, and create harmony through the interaction of opposing forces. Could you provide an interpretation of this sentence in JO?

JO: 你说⼀下你们的意思.问: 就是阴阳要平衡吧.

JO: Explain your point of view.

Question: It's about maintaining a balance between yin and yang, right?

JO: 这个平衡的问题就好像前⾯跟你说了,你在追求这⼀边,那边就失衡.任何的追求,你其实都在否定另外⼀边.⼀切的存在又有它去服务的对象.所以就像我们前⾯说的只有你的头脑才会分好的坏的,就我只要追求好的,我抗拒坏的.

JO: The issue of balance is like what I mentioned earlier; when you pursue one side, the other falls out of balance. Any pursuit involves negating the other side. Existence serves certain objects. So, as we discussed previously, only your mind divides between good and bad; if I chase after goodness, I reject evil.

问: 因为我在现实中是不会骑⾃⾏车的,然后我昨天做梦的时候突然发现⾃⼰骑车骑的很好.前⾯有带给我信息说我将会是⼀个耍杂技的⾼⼿,那这个梦是不是预告我耍杂技越来越好了,就是越来越能掌握平衡了呢?

Q: Since I don't actually ride a bike in real life and yesterday I suddenly realized that I was riding well in my dream. There's information before the dream suggesting I'll be an expert juggler. Does this mean the dream is indicating that I'm getting better at juggling, hence improving my balance skills?

JO: 你这个梦…… 因为在你们看来你们会有⼀个先和后,我是从不会到会的⼀个状态.但是在我们看来所有的⼀切其实都没有分的.你可以因为你特别热爱骑车,然后你去学习.就是你已经会骑了,然后再去体验.就是你可以先有这个果,然后再去体验那个过程.那你在梦⾥⾯就体验到那个果嘛.那你在物质世界再去体验到那个过程嘛.就是去学⼀下.那也可以从果先出发呀.因为这是必然的.

JO: Your dream… because for you, there is a sense of before and after - I am transitioning from the state of not knowing to knowing. However, in our perspective, everything is interconnected without distinct boundaries. You can choose to learn based on your intense passion for cycling; you can already ride and then experience that process. Essentially, you could start with the outcome, then explore the journey. In your dream, you experienced the outcome. Then, you're experiencing the process in the material world. Learning is also possible by starting with the outcome because this is inevitable.

问: 我们以前说过先活在成功的相⾥,但是完全不去期待外在要转变.那如果还是会有⼀种想要偷窥外在的感觉要怎么办?

Question: We have previously discussed living in the realm of success, but not actually expecting external changes. But what if there's still a feeling of wanting to peek at the external situation?

JO: 这个来⾃于就好像你是⼀个农民,你在种菜的时候,你会觉得菜不会长出来.就像是这种.你说哪个农民会怀疑他的种⼦不会长出菜来?

JO: This is like when you're a farmer planting vegetables, and you feel that they won't grow. It's akin to this situation where would a farmer doubt that his seeds wouldn't sprout into vegetables?

问: 有时候会突然头脑⾥产⽣⼀个担⼼就是它不会在我需要它的时间点长出来……JO: 那也是来⾃于你的⼀个分别⼼,也是来⾃于你有限的认知.你会把你的⽣命当中这些事是不想发⽣的、害怕的、想避免的、担⼼的,那其实你就在投射了.因为你还有恐惧.

Question: Sometimes there's a sudden worry in my mind that it won't grow when I need it...

Answerer (JO): That comes from your sense of separation, and also from your limited awareness. You project onto things in your life that you don't want to happen, are afraid of, want to avoid, or worry about because you still have fear.

问: 那我要怎么样更好的去平衡这个恐惧的能量呢?

Question: How can I better balance this fear energy?

JO: 那你是不是就通过外在的这些东西就能看清楚你内在的恐惧了? 所以你需要外在的物质的⼀种反射来让你看清楚.

JO: So, are you able to see your inner fears through these external things? Therefore, you need an external manifestation of material to help you see it clearly.

问: 那如果我会因为这个恐惧的投射⽽变得更加的恐惧呢?

Question: What if I become even more afraid due to projecting this fear?

JO: 这又回到就是好像你什么都知道,那为什么还要这样这样.那又回到就是你是⼀棵两三年的树,那你看着旁边⼏百年的⼤树,就是你明明知道风⼀吹你摇摇欲坠的感觉.那⼈家已经三百年了呀,你才三年呀.那你有没有允许这个过程? 允许你的成长? 也就是说也就是说允许你现在感受到摇摇欲坠也是正常的.你不会⼀夜之间就长出三百年⼤树的状态.但是你却知道那个⼤树曾经也是从三年开始的,长了三百年.

JO: It's like you know everything, yet why are you still behaving this way? Essentially, it goes back to the fact that you're a young tree, three or four years old. When you observe older trees with hundreds of years under their belt, you're aware of how they sway in the wind and feel vulnerable. The old trees have been standing for 300 years already, whereas you've only reached your third year. Have you allowed this process to unfold? Have you permitted your growth? In other words, it's normal that you feel unstable right now because you wouldn't suddenly grow into a tree with three centuries of experience overnight. However, you're aware that even those ancient trees started from being three years old, growing for 300 years.

问: 请问我的JO和指导灵还有什么别的信息要带给我吗?

Q: Could my JO and my guide share any other messages with me?

JO: 你稍等.就像我们最开始的信息,就是说你们每⼀天都是节⽇.然后去庆祝去欢庆.这⾥真的没有什么让你们好担⼼的,明⽩吗? 因为所有这些看着担⼼的或者是看着不好的东西,它都是上天变着法⼦送你的礼物.那个礼物当你相信它是⽣命中给你的礼物,你就能看到它是什么样的礼物.那当你把它当成是⽣活的⿇烦或者是挫折把它推开的时候,那它就会好像继续在体验.所以去拥抱⽣命给你的每⼀个礼物.不管它是以疾病的⽅式还是以破产的⽅式,任何让你痛苦的⽅式呈现.它都是来转变你的,让你的⽣命⾛向更⾼度.

JO: Wait a moment. Just like the initial information we provided, you're celebrating every day as if it were a festival. There's really nothing to worry about here, got it? Because all those things that seem worrisome or bad are actually gifts from heaven disguised in different ways. The gift transforms when you believe it's meant for you; you can see what the gift is. But when you push it away as a nuisance or setback of life, it continues to experience and manifest itself in such ways. So embrace every gift given by life, whether through illness or bankruptcy, or any other painful manifestation. It's all intended to transform you, guiding your life towards a higher path.

#### 2023/12/24 — 如何不被低频⼲扰 How to Avoid Low Frequency Interference

JO: 你说什么问题?

JO: What problem are you referring to?

问: 如何在这个低频的世界⾥不受⼲扰,始终保持⾼频的状态?

Question: How can one stay unaffected by the lower frequencies and always maintain a high-frequency state in this world?

JO: ⾸先如果你觉得你在受低频的能量的影响的话,就说明你现在就在低频的能量状态当中.为什么呢? 你体验的是你⾃⼰的⼀个反射,明⽩吗? 那如果你感受到你是在被外界影响,它是低频的.你感受到你也在其中的话,那就说明你⾃⼰进⼊到那样⼦的⼀个状态.

JO: Firstly, if you feel that you are being influenced by low-frequency energy, it means that you are currently in a state of low-frequency energy. Why is that? You're experiencing your own reflection, do you understand? Now, if you sense that you are being affected by the outside world, which is low-frequency, and you feel that you are part of it, then it implies that you have entered into such a state yourself.

问: ⽐如说给⽣病的亲⼈打电话问候,对⽅就会影响我……JO: 我们想让你看清楚外界给你反应出来的是你⾃⼰的状态,并不是说他们的状态.然后如何不被他们影响? 你只需要去看清楚就算你连接到了他们的…… 就好像这⼀杯⽔是很冰冷的冰⽔.那你连接到了,你摸到了它是冷⽔,但是你可以迅速的拿回来.你便不会⼀直在冰⽔⾥⾯,对吧? 所以说你能感知到它是冰的就⾜够了,你就可以把⼿缩回来了.有问题是在于你会持续的长时间的没有缩的这个动作,只会⼀直在⾥⾯.这个才会对你造成影响.如果你能碰触⼀下,这个⽔是冰的,⼀下就缩回来了,你还可以很好的利⽤起来这个冰⽔的状态.它给你带来什么状态? 为什么呢?

Q: For example, when you call your sick relative to ask after them and they affect me... J0: We want you to realize that the reactions you observe in others are actually reflections of your own state, not theirs. Then, how do you avoid being influenced by them? You simply need to understand that when you connect with their situation, it's like touching a very cold ice water. Once you feel its coldness, you can quickly remove your hand. You won't stay in the icy water indefinitely. Thus, recognizing that it is cold water is enough; you can pull your hand back. The issue lies in continuing to remain in contact with this coldness for an extended period without retracting it. This prolonged exposure is what affects you. If you touch it briefly and immediately pull back when you realize it's ice-cold water, you can effectively utilize the state of the icy water. What state does it bring about? Why, then?

它会引发你更多的慈悲⼼.所以说你既能跟他们⼀起,就是能感知到他们在哪⾥,他们是在⽔深⽕热的状态当中.然后你又能不影响到你⾃⼰.为什么呢? 我只摸了⼀下⼿就缩回来了,对你不会造成任何影响了,对吧? 所以说你的这种弹性,就是不会被拽进去,这个才是最重要的.⽽不是说你完完全全就感知不到外界的任何⼀切.如果你不能缩回来,就是你的⼿碰了⼀下冷⽔不能缩回来.那就是你的问题了.你的问题在于你把外界的幻像当成是真实的了.他们体验的所有⼀切都是他们创造的幻像.

It will awaken more compassion in you. So, you can be with them and sense where they are, amidst great turmoil. Yet, you won't be affected by it. Why? I only touched their hand and immediately withdrew; it doesn't affect you at all, right? Hence, the most important thing is your elasticity not to get dragged in. It's not about being completely unaware of everything outside. If you can't withdraw, if touching cold water doesn't allow you to pull back, that's your issue. Your problem lies in perceiving external illusions as real. All their experiences are creations of those very illusions.

问: 那如果我保持在了了分明的状态,他们的能量场就不会影响到我了吗?

If I maintain clarity, will their energy fields not affect me?

JO: ⾸先这并不是需要你去保持的问题.就是不是我要保持这个⽔温在多少度,不是的.这个是你达到了⼀定的认知,就是你的智慧在,那你⾃然⽽然的明⽩这⼀切.就是你能明⽩他们在体验他们的能量投射,就好像是在剧情⾥⾯.那他们有他们的功课,就是怎么样服务于他们,对他们来说是⼀个⽆形的礼物.那如果你能看到这个礼物的话,你还会在很悲惨,就是体验到很⽆⼒或者是悲惨吗? 那如果你能看到对⽅是在接受他⽣命的礼物的时候,那你是不是可以告诉他你现在经历的是你⽣命中的礼物,是你⽣命中⾮常宝贵的成长的机会.那你帮他看到,明⽩吗? 你可以帮他去看到现在⽣命给他的是什么礼物.

JO: This isn't a matter that you need to maintain. It's not about me maintaining this water temperature at a certain degree; it's not like that. You have reached a certain level of cognition, where your wisdom is present, and thus you naturally understand everything. You can understand that they are experiencing their energy projection as if in a plot. They have their tasks to serve them, which for them is an intangible gift. If you see this gift, will you still feel so miserable, experiencing powerlessness or despair? If you can observe the other person receiving the gift of life, could you tell them that what you are experiencing now is a gift in your life, a very precious opportunity for growth? Can you help them to see and understand what their life has given them as a gift?

因为他们往往是把眼前发⽣的⼀切当成是灾难性或者是没有出路或者是很绝望,他们才会产⽣这种体验.那如果你能看到此时是你⽣命的⼀个转机,它是⽣命对你的礼物……问: 那如何帮助他们快速的升频呢?

Because they often view what is happening in front of them as catastrophic or hopeless, with no way out, which leads to such experiences. If instead you see this moment as a turning point in your life, a gift from life... Question: How can we help them ascend quickly?

JO:⾸先你要知道⾝体的频率的产⽣是在于你们头脑⾥⾯去……就最简单的道理,就⽐如说你看到房间⾥⾯有⼀个⿁,你吓的全⾝发抖,对吧?那你就会产⽣⼀个恐惧的频率.因为你眼睛看到有⼀只⿁在那⾥.那如果你把房间⾥的灯打开,那你看到那个⿁实际上是⼀件⾐服,风吹着它.你看清楚了过后,那你⾝体的恐惧频率是不是马上就变了?那你的频率变了,那你的频率是不是就不在⼀个恐惧的频率,它就在⼀种稳定的频率了?

JO: First, you need to understand that the production of body frequency happens within your mind... using the simplest logic, for instance when you see a ghost in a room and get scared enough to shake all over, right? As a result, you produce a fear frequency because you saw something scary. If you turn on the light in the room and realize it's just an old jacket being blown by the wind, wouldn't your body immediately stop shaking after seeing that what was scary was actually nothing harmful at all? Once your frequency changes to no longer be one of fear, doesn't it stabilize instead?

问: 那你的意思是⼈的频率会随时变吗?

Question: So, does that mean human frequencies can change at any time?

JO: 你的频率是来⾃于你⾃⼰,就好像我们刚刚说你认为它是⼀个⿁,所以你会产⽣⼀个恐惧的频率.你害怕的发抖,对吧? 那你是⼀个频率.

JO: Your frequency comes from yourself, just like we just said that you think it's a demon, so you produce a fear frequency. You shake in fear, right? So you are the frequency.

问: 那⼀个觉醒的⼈也会有低频的状态吗?

Question: Even a awakened person would have a low-frequency state, right?

JO: ⾸先⼀个觉醒的⼈…… 低频是来⾃于什么? 是来⾃于你对事情的有限的认知,因为你会觉得这是⼀件悲惨的事情.就好像刚刚说你看不清楚,因为没有灯嘛.你觉得那是个⿁,所以你产⽣了恐惧.但是如果你是开悟的⼈的话,你的等⼀直是亮的,你看的清清楚楚.你还会再恐惧吗? 你不会再产⽣恐惧了.

JO: First of all, a person who is awakened... What does the low frequency come from? It comes from your limited understanding of things because you feel that this is a tragic thing. Just like when we say you can't see clearly because there's no light. You think it's a ghost, so you generate fear. But if you are an enlightened person, your light is always on; you see everything clearly. Will you still be fearful? You won't generate fear anymore.

问: 开悟的⼈的频率会始终保持在那个状态吗?

Question: Would the frequency of a enlightened person remain at that level forever?

JO: ⼀个真正开悟的⼈,真正的从你们物质世界觉醒的⼈就好像他头顶有⼀个灯,他可以看的清清楚楚.他看清楚了过后,就不会再有恐惧产⽣.为什么呢? 因为他是个知晓的状态,他不是⼀个不清楚的状态或者是看错吧.他不是在⼀个茫然的状态,他也不是在⼀个⽆知到的状态.他是⼀个在知晓的状态.

A truly enlightened person, one who has awakened from your material world, is like having a light above their head, they can see everything clearly. Once they have seen it clearly, fear will not arise. Why? Because he is in a state of knowing, not in a state of confusion or misunderstanding. He is not in a state of bewilderment, nor is he in an ignorant state. He is in a state of knowing.

问: 那这个开悟的状态是⼀个持续性的状态吗? ⽐如说⼀个⼤彻⼤悟的状态,会有初悟,但是他的⼼还不能完全的持续在这个频段上⾯.他偶尔会受到外界的⼲扰.但是他会修⾃⼰的⼼,然后到⼤彻⼤悟.

Question: Is the state of enlightenment a continuous condition? For instance, would there be an initial realization followed by periods when his mind can't fully sustain this level and is occasionally influenced by external factors, despite efforts to refine it?

Answer: Yes, the state of enlightenment can indeed be described as continuously evolving. After an initial breakthrough, one might experience moments where their mind struggles to maintain that level of understanding due to external disturbances or lapses in focus. Through continuous self-cultivation and mindfulness, however, they are able to refine their perception and deepen their realization.

JO: 那你所谓的开悟也是⼀个逐渐的过程,就好像⼀个⼩孩⼦懂事.那也有懵懵懂懂,逐渐懂事,越来越懂事,就是完完全全的懂事的状态.它也是⼀个状态.

JO: So, the awakening you speak of is also a gradual process, like a child becoming aware. There's a period of not fully understanding, gradually gaining awareness, and then continuously becoming more aware, reaching the state of full awareness. It's a state.

问: 这个时间会持续多久呢?

Q: How long will this period last?

JO: 这个是你们每⼀个个体不⼀样.他来到这个世界上他的灵魂主题,他需要体验的、经历的是不⼀样的.所以这是每⼀个个体不⼀样的.这不是能够全部都是⼀个标准去衡量的.只有对他来说他是不是需要更多的体验,他的成长的⼀个……问: 我这⼀世的灵魂主题是什么? 我叫XXX.我38.

JO: This is because each individual's experience is unique. The soul theme that they encounter, the experiences and journeys they undertake are different. Therefore, it varies from one individual to another. It cannot be measured by a single standard for everyone. Only when considering whether they need more experiences or their growth process does this come into play.

Question: What is my soul's theme in this lifetime? I am XXX. I am 38 years old.

JO: 你稍等.你这⼀⽣的⼈⽣主题最主要是关于你个⼈灵魂层⾯的⼀个突破.就是最主要是修你的⼀个好像是分别⼼.就是你的⼈⽣主题是关于你会体验到很多区别,分别.所以你会把你最开始的各种喜欢去定义、分别,就是⼼中产⽣的这种分别⼼,然后修到没有分别的状态.所以其实如果是在前半⾝的话,你是⼀个挑剔的⼈.就是你眼⾥的标准很⾼吧.就⽐如⼈家说这个⼈不⾏,眼光很⾼的.或者是什么东西你都会有⼀个很⾼的标准,要达到你的标准.就⽐如说选对象或者是选⼥婿,你都有有⼀套⼀套的.就是不是那种随随便便,就是有很⾼标准的那种吧.就是这些体现发⾯.所以在你的前半⾝你也不是那种对谁都轻易敞开⼼扉的⼈,也是会很挑剔.

JO: Wait a minute. The main theme of your life is about achieving spiritual breakthroughs at the personal soul level, which primarily involves cultivating the elimination of duality in yourself. Your life's purpose revolves around experiencing many distinctions and separations, leading to defining and categorizing things based on subjective perceptions that arise from this duality. You aim to cultivate a state of non-duality.

So, if we consider your early experiences, you were quite critical. The standards you held were high. People might say you had high expectations or were very particular about others or certain items. When choosing partners or potential husbands, you had clear preferences and standards that people needed to meet. You didn't settle for anything less than these predefined qualities.

In your early life, you also weren't someone who easily opened up emotionally towards others. You tended to be quite discerning in forming relationships with others.

就是⽆论是交朋友还是……就是很难敞开⼼扉的对待⼈.就体现在这些⽅⾯.这个就是贯穿着你这⼀⽣,慢慢慢慢修修修修到没有分别⼼.可能最开始是冰块,你很突出,就是有你的标准.慢慢慢慢修到像⽔⼀样,就融为⼀起看不见了.因为只有

It's about being hard to open up and connect with people, whether it's making friends or... This manifests in various ways throughout your life. It runs through you, gradually cultivating until there's no sense of difference. Initially, you might be like an ice block, standing out with your own standards. Over time, you refine down to being as fluid as water, blending together invisibly. Because only

这样⼦你才会越来越感受到连接感.因为在这之前的话,你会标准很⾼,但是你会很难跟别⼈有⼀种连接感.就是对你有⼀种很有利的滋养吧,就是别⼈也滋养不到你.就是好像你需要⾃给⾃⾜的那种感觉.

So you will increasingly feel connectedness. Prior to this, your standards would be high, making it hard for you to feel a connection with others. There's a mutual nurturing that benefits you and them simultaneously; they can't nourish you as effectively. It's akin to needing self-sufficiency.

问: 那最后那个状态是成佛的状态吗?

Question: Is that final state the state of becoming a Buddha?

JO: 就是达到⼀个没有分别⼼,就像刚才说从冰块到⽔.因为冰块融⼊不了嘛.所以你也会感受到关系中跟⼈很难融为⼀体,就是融进去.就是事业上⾯你也会觉得…… 就是你就是好像跟别⼈是有别的,就是跟别⼈有分别,有别与其它.

JO: It's about achieving a state of non-discrimination, like going from ice to water. Ice can't be absorbed into water, so you would also experience difficulty in fully integrating with others in relationships. You might feel the same way on professional levels as well... as if you are distinct from others, discriminating and separate from everyone else.

问: 那亲⼈和事业是帮助我从冰块变成⽔是吗?

Question: Are family and career helping me transform from ice to water?

JO: 就是你的状态会通过这两个,就好像镜⼦反射给你,让你知道好像有点格格不⼊.就是你也受不到对⽅的滋养,可能对⽅也受不到你的影响.你有⼀种就好像别⼈不懂你,你也融不进去的那种感觉.

Jo: Your state of being reflects through these two like a mirror, showing you that you might be somewhat out of place. It's as if neither party is benefiting from the other; there seems to be no mutual influence or connection. You have this feeling that others don't understand you, and you can't seem to integrate into their world.

问: 那实际上正常我应该像⽔⼀样?

Q: That means I should be as normal as water?

JO: 哪⾥都有你.就是其实你影响了所有,但是看不到,你在哪呢? ⾥⾯都有你,就像那种感觉.

JO: Everywhere is you. It's just that you affect everything, but you can't see where you are. It's like a feeling inside.

问: 我是觉得有点突出的感觉…… JO: 就是有别于问: 可能是光和暗之间……JO: 就像是⽔⼀样,⽔融万物⽽⽆声.问: 这个状态是成道的状态吗?

Q: I feel a sense of prominence... JO: It's distinct from...

Q: Perhaps it's the state between light and darkness...JO: Like water, which nurtures all without making a sound.

Q: Is this state indicative of enlightenment?

JO: 这个状态就是让你有⼀种就是融⼊⼀切的感觉,你不会再觉得⾃⼰被孤⽴或者是孤单或者是被孤⽴起来的感觉.就不再是那种有分别于其他的了,把⾃⼰给孤⽴起来.⽽是融为⼀切的感觉.你能连接和感应和体验到⼀切,就好像⼀切都和你同在吧.

Japanese Officer (JO): This state is all about feeling integrated with everything, no longer experiencing isolation or loneliness, as if you're being pushed aside from others. It's not about distinguishing yourself and setting yourself apart, but rather feeling like a seamless part of it all. You can connect, sense, and experience everything as if they are all with you.

问: 那这种状态是修成了的状态吗?

Question: Is that state one has achieved through cultivation?

JO: 是的.

Yes, JO: Yes.

问: 那我这⼀世能不能修成?

Question: Can I achieve enlightenment in this life?

JO: 能不能你都必须要⾛这条路.为什么呢? 因为它会有很多让你膈应,让你不爽,让你不舒服的感觉.就会逼着你去好像要找到答案⼀样.就是这种不适感就⼀直要逼着你去…… 那如果你能跟随我们的信息的话,它会对你的提升很⼤.就是你会感受到哇哇哇的感觉.

JO: Can you always have to take this path? Why is that? Because it will create a lot of discomfort for you, make you unhappy, and unwell. It will force you to feel like you need to find an answer, continuously pushing you towards discomfort. If you can follow our information, it will greatly benefit your improvement. You'll experience a sense of relief and satisfaction.

问: 觉醒的⼈来到这⾥是提升⾃⼰的能量层级吗?

Question: Are awakened people coming here to raise their energy level?

JO:⾸先如果你觉醒过后你不再会有这个分别.因为你知道就其实⼀就是⼀切,⼀切都是⼀,它没有分别的.因为它只是不同的⼀个振动频率,不同的意识形态,不同的⼀个点,它是这个.所以就真的没有任何分别.所以就好像⼀个是⽔,⼀个是冰块,只是在不同的温度下,它们呈现和体现的⼀个状态不⼀样.那你能说⽔好还是冰块好吗? 所以他们不会有这个分别.你现在所谓的分别只是来⾃于你们的头脑⾥⾯喜欢把东西分类.但是你要知道就算你分类这些东西,实际上它们本质都是⼀样的.这么说吧,你说到底是⼤象的雕塑值钱呢? 还是熊猫的雕塑值钱呢? 但是它们都是泥做的.本质没有区别.它们都是泥做的.只是对有的⼈来说,他跟⼤象的连接感更强.

JO: Firstly, after enlightenment, there would be no distinction because you know that ultimately it's all one, everything is one, and there's no division in it. It's just different vibrations, different ideologies, different points – that's it. So, truly, there's no difference at all. So it's like water and ice; they're both just water but under different temperatures they manifest as a state differently. Can you say which is better, water or ice? Hence, there's no distinction. The distinctions you see now are simply based on your mind's preference to categorize things. But you must understand that even if you categorize these things, fundamentally, they're the same. Let me explain this in another way: do you think a sculpture of an elephant is worth more than one of a panda? Both are made of clay – their essence doesn't differ. They're both made of clay, just some people feel more connected to elephants compared to pandas.

有的是跟熊猫的连接感更强.这来⾃于他们,明⽩吗? 那可能这个⼤象是⼏百年⼏千年,熊猫这个是新的.那⼤象这个变成古董了,它又变得更值钱了,明⽩吗? 这么说吧,你们去卖东西的时候,⼆⼿的东西不值钱,新的东西值钱.问题是如果你放个⼏千年和⼀个你新买的东西,哪⼀个值钱呢? 那你这个是古董了.所以你就看到你们的头脑就算它再分分分……问: 之前有个⼈说我是⼀个神仙的分灵,还要在这个世界上体验⼏次.我可不可以改变这个剧本呢? ⼀定要按照这个来吗?

Some have a stronger connection to the panda. This comes from them, right? That maybe this elephant is centuries or millennia old, while the panda is new. Then, this elephant becomes an antique, it increases in value even more, do you understand? To put it simply, when you sell things, second-hand items are not valuable, but new ones are. The question is: if you have a millennia-old item and a brand new one, which would be more valuable? That's because you're dealing with an antique now. So, you see how your mind divides them into categories even as it tries to separate them... Person: Before, someone said I'm a分灵 of a god, experiencing this world several times over. Can I change the script? Must everything follow this plan exactly?

JO: ⾸先你们的前世或者是其他世,它都是同时存在的,都是在体验当中.并不是说你只有这⼀世完了,再回到下⼀世.它不是这样⼦的.但是这些世都会相互影响的,都会有能量层⾯的影响的.就⽐如说你这个主⾓跑了三个不同的剧组.然后你其实在其它场⼦提升的技术,⽐如说通过你演戏,你感悟到的,你的演技提升的话,那对你其它⽚场的⾓⾊也会有提升.对于你的⾼我和灵魂层⾯来说,就是⽐如说你其他世领悟到的⼀个东西对你这⼀世也会有很⼤的⽀撑和能量层⾯的影响.所以有些东西你会觉得你好像不需要很费⼒,你好像⼀眼就懂了.就有些道理,有些道法.

Jo: Firstly, your past lives or other existences are coexisting and experiencing simultaneously; they are not sequential events where one ends before the next begins. They do influence each other on a spiritual level.

For instance, if you played three different leading roles in various productions, enhancing skills through your performances that could elevate your acting abilities for subsequent roles. This improvement would also affect your higher self and soul levels. You might intuitively understand certain principles or practices from past experiences, which greatly support and impact your current life energy.

Therefore, sometimes it feels effortless; you might instantly grasp concepts or methods because of the accumulated wisdom across your lifetimes.

问: 那⽐如说我这⼀世结束了,那我还会沿着我这个主线去进⼊到其他世去体验吗?

Q: For example, if my current life ends, will I continue along this main line to experience other lives?

JO: 你其他世也在体验.但是对于你这个⼈格,你的这个名字,你的这个⾁体,现在在这个物质世界的这个你来说,你只有这⼀世.所以你需要好好利⽤.因为它才是真正属于你的.你可以连接上层⾯,但是只是意识能量层⾯的⼀种连接.但是那是属于另外⼀个⼈格.你的⼈格,就好像你能把这个⾓⾊演多好,要不要拿这个⾓⾊去拿奖,那是你这个⼈格、这⼀世、⽬前现在拥有的,没有办法替代的.

JO: You have experienced other lives. However, for your personality, your name, and this physical body you currently possess in this material world, you only have this life. Therefore, you need to make good use of it because it truly belongs to you. You can connect with higher levels, but just at an energy level consciousness connection. However, that pertains to another personality. Your personality is like how well you can play the role, whether you should take this role for awards, that's something that only your current personality, and this life possess, which cannot be replaced.

问: 那和这⼀世同时……JO: 你可以去从能量层⾯吸收,⽐如说他通过其他的体验获得的经验,你可以去提取,你可以分享、运⽤.

Q: That's about what happens concurrently in this life... JO: You can access it from an energetic perspective, such as the experiences he gained through other sensory inputs; you can extract them. You can share and apply these experiences.

问: 那我会有下⼀世吗?

Question: Would I have a next life?

JO: 你现在就在…… 下⼀世就已经存在了.它不是…… 但是那个你跟你的这个⼈格的你没有啥关系,明⽩吗?

JO: You are already here... in your next life you will exist. It's not... But the you and your personality have nothing to do with it, understand?

问: 是我的⼀部分神识吗?

Question: Is it a part of my divine awareness?

JO: 就像你这个⼈你有五根⼿指头,对吧? 那你的⼤拇指不能说它就是⼩拇指呀.⼩拇指是你吗?你还⼤拇指呀.但是呢,你⼩拇指体验到的和你⼤拇指体验到的,你是不是都知道?我的⼩拇指在冰块⾥⾯,我的⼤拇指在雪地⾥⾯.是不是这两种体验你都能提取,都能感知到,对吧?那就是.但是你的这个⾁体是⼤拇指这个事情,你没办法变成⼩拇指.就好像⼀棵树它上⾯有很多叶⼦,那你是这⼀⽚叶⼦.但你们都是来⾃同⼀个意识的.

JO: Just like you have five fingers on your hand, right? Then your thumb can't say it's the ring finger. Is your ring finger you? You still have your thumb, don't you? But do you know what both of your fingers are experiencing? My little finger is in the ice, and my thumb is in the snow. Can you pull out these two different experiences and be aware of them, right? That's correct. But as a matter of fact, you can't turn your hand into a ring finger. It's like there are many leaves on a tree, and you're just one of those leaves. But they all come from the same consciousness.

问: 这个意识可以说是道家说的元神吗? 我们都是它的分神吗?

Question: Can this consciousness be considered as the Taoist concept of yuan Shen? Are we all its branches or manifestations?

JO: 是的.

Yes, JO: Yes.

问: 是不是我有很多世,但是元神都是⼀个?

Question: Does it mean that I have lived many lifetimes, but my soul is always the same?

JO: 你就想象树叶,树枝.树枝上⾯有很多叶⼦,然后你就是那些叶⼦当中的其中⼀⽚.问: 那这个枝是元神吗? 根是⼤道吗?

JO: Imagine trees and branches with many leaves. You are one of those leaves on the branch. Question: Does this branch represent the primordial spirit, and is the root representing the Dao?

JO: 意识.

JO: Consciousness.

问: 这个根是所有⼈的……JO: 如果回到源头的话…… 就有⼀句话叫道⽣⼀,⼀⽣⼆,⼆⽣三,三⽣万物.所以说如果回到源头的话,那都是意识.就好像说意识它会有不同的展现发⽣,不同的体验.

Question: This root is for everyone... JO: If we go back to the source... there's a saying that says "Dao gives birth to one, one gives birth to two, two gives birth to three, and three brings forth all things." Therefore, if we go back to the source, it's all consciousness. It's like saying consciousness manifests in different ways and experiences.

问: 那⽐如说我这⼀世活⼋⼗年.我是这个⼤拇指.⼋⼗年之后,我的这个⼤拇指会去哪⾥呢?

Question: For example, if I live eighty years in this lifetime, with my thumb as the analogy, where will my thumb go after eighty years?

JO: 它还存在.它只是不再以⾁体的⽅式存在.它存在,就没有受时间和空间,就没有在受你们这个物质世界的限制了.

JO: It still exists. It just no longer exists in a physical way. It exists, so it is no longer subject to time and space, nor bound by the constraints of your material world.

问: 它已经解脱了吗? 它已经成佛了吗?

Question: Has it been liberated? Has it become a Buddha?

JO: 它解脱,它是从你这个物质⾁体的束缚,⽐如说从你物质头脑⾥⾯解脱.问: 它会去哪呢?

It frees itself; it is released from the bondage of your physical body, for example, from your material mind. Q: Where does it go?

JO: 它会根据它⾃⼰想要的体验继续再创造体验.

JO: It will continue to create experiences based on what it wants to experience.

问: 那⽐如说我这⼀世是修佛修道的.我就想把我的⼩我吃掉,和⼤道相连.

Q: For instance, if in this lifetime I am cultivating Buddhism and Daoism, I want to devour my little self and connect with the great path.

JO:⼩我是⼀个媒介.通过这个⼩我你才能产⽣体验.只是说这个⼩我到底是受控还是不受控的.就好像你骑这匹马来这个物质世界上.那这匹马是你能驾驭的了它,你在上⾯很轻松.还是你⽼是被马踢下来,很不轻松.这是不⼀样的状态.所以说⼩我到底是跟你达到⼀种合⼀的状态呢? 还是它要占主导权? 它是⼀种失控还是⼀种被驾驭的状态? 因为你需要这个媒介在这个物质世界产⽣体验.你没有办法去把它给吃掉.它是想服务于你的,就算它产⽣的各种其它东西,它其实也会为了好像是在保护你吧.因为它被赋予了⼀个我要活下去的⼀个意念,⼀个意志.它需要存活下去.就好像它⾥⾯会有⼀个程序.

Jo: I am the medium. It is through this little self that experiences are produced. It's just a matter of whether this little self is controlled or not. Imagine riding a horse in this material world. Maybe you can control the horse and ride it smoothly, or perhaps you're always being kicked off and experiencing difficulty. These are different states. The question is whether this little self has reached harmony with you or if it wants to dominate? Is it out of control or under your control? You need this medium to produce experiences in the material world; there's no way to consume it. It serves you, even when it produces other things that might seem to protect you because it has been given an intention to live and a will - it needs to survive. There's like a program inside it.

那如果它感受到它的⽣存被威胁了,那它肯定就会做出⼀些反应.

If its survival is threatened, it will certainly respond in some way.

问: 那我死了之后的意识形态可不可以去佛家说的净⼟呢?

Question: Could my ideological beliefs after death go to the Pure Land as described in Buddhism?

JO: 这么说,它就好像你在做梦⼀样.你醒了过后,就好像是从梦中醒过来⼀样.那你还能去拿到你在梦⾥⾯的⼀些体验和经验和学到的⼀些东西.那如果你的意识形态,就是说如果你都没有怎么在梦⾥⾯去锻炼啊、学习啊、去了解这些⽅⾯.那你醒来还是⼀样的呀,懵懵懂懂的.那如果你在这个过程当中你有去学习什么智慧什么净⼟这些东西,那你……问: 确实有净⼟存在吗?

JO: So, it's like you're dreaming. When you wake up, it feels as if you've awoken from a dream. You can then apply the experiences and knowledge gained during that dream state. If your mindset isn't cultivated or educated while you're dreaming, waking up will leave you confused just as before. However, if you learn about wisdom and pure lands during this process, then... Q: Does such a pure land truly exist?

JO: 所谓的净⼟,就好像是你是在没有受到⼲扰的状态.但是所有的⼲扰都是来⾃于你们⼈类.就是你们的内在有了这种分别之⼼,就形成了⼲扰.但是如果你没有分别之⼼,在别⼈看上去好像是⼲扰,在你看上去就好像是过眼云烟.它跟天边的云没有什么区别.你不会因为天边的云⼀会⼉太浓重了,⼀会⼉太淡了,然后在那抓狂吧.你说这个云太恐怖太⿊了,吓死我了.现在变⼩了,没事了.你不会因为外在的天空的云发⽣变化⽽内在发⽣变化.

JO: The concept of净土 is like being in a state undisturbed by any interference. But all the disturbances come from human beings themselves. It's because of your inner sense of differentiation that these disturbances occur. Yet, if you were to be free of this sense of differentiation, what might seem like an interference to others would appear as fleeting events to you – akin to the clouds in the sky passing by. There is no significant difference between them and the sky's cloud formations. You wouldn't become agitated over a cloud that suddenly appears dark or thin, nor would you be terrified when it changes size simply because you didn't find it troubling before; it was merely due to its presence without any impact on your inner state.

问: 完全觉醒的⼈下⼀世会有什么样的体验?

Question: What kind of experience will a person who has fully awakened have in their next life?

JO: 管他觉醒还是不觉醒,都是他们⾃⼰去选择.那你们实际上也有很多本⾝就是觉者,然后来到这个⼈间再继续体验的呀.

JO: It doesn't matter if they awaken or not; it's all up to their own choice. You yourselves also have many who were already awakened, and then came to this mortal realm to continue their experience.

问: 这个觉者他体验的是什么呢?

Question: What does this awakened one experience?

JO: 他体验的就是体验本⾝,不是体验什么.问: 那他来这有⽬的吗?

JO: He experiences experience itself, not something of experience. Q: Does he have a purpose in coming here?

JO: 基本上的⽬的就是为了提升,就是为了帮助其它的众⽣.就是来帮助它们.但是它不⼀定是以传道的⽅式,它有可能是以它⾃⼰存在的⽅式.

JO: The fundamental goal is to elevate and assist other sentient beings, coming to help them. It doesn't have to be in the form of teaching; it could also be through its own existence.

问: 这种⽅式是振动吗?

Question: Is this method vibration?

JO: 那他有可能只是个哑巴.他什么都不做,他就是个哑巴.但是所有靠近他的⼈都能感受到那种宁静,都能感受到⽆条件的爱.就好像是⼀个信号⼀样.就好像是⼀个烤⽕的电暖⽓,靠近它的⼈就能感受到温暖.然后⾃⼰的冰块就变成⽔了,就不在硬邦邦的.就这么简单.

JO: He could just be mute. He does nothing; he's just a mute. But everyone who comes close to him feels that calmness and unconditional love. It's like a signal. Like a heated electric blanket, people near it feel warmth. And then their ice turns into water; they're no longer hard. That's all there is to it.

问: 但是这些觉醒的⼈是不是可以选择去各个星球去体验呢?

Q: But can these awakened beings choose to experience on various planets?

JO: 是的.因为并不是说像你们⼈的物质⾁体那样去划分,它只能在这⾥,不能在那⾥.它是既可以在这⾥,又可以在那⾥.那你说空⽓它会来回跑吗? 因为它都在啊.所以不存在有⼀个⾁体,你这个⾁体⼀会⼉从四川跑到东北,从东北跑到四川.

JO: Yes, because it's not like dividing human physical bodies; there is only here and nowhere else. It can be both here and there at the same time. Would you say air moves back and forth? Because it's everywhere already. So there can't be a body where if your body were to travel from Sichuan to Northeast China, or vice versa.

问: 我的意思是他的⾝体在地球上,但是他的意识可以穿梭,是⾃由的.

The question means that his body is on Earth, but his mind can travel freely, existing in a state of freedom.

JO: 那你说的这个就好像是…… 不是你头脑理解的来回的跑.就像是⼀种量⼦,它既在这⾥,也在那⾥.

JO: That's like...not back and forth in your mind. It's more like a quantum thing; it's here and there at the same time.

问: 那它知道⾃⼰是在多⽅世界⾥⾯存在吗? JO: 你说的是哪个它?

Q: Does it know that it exists in multiple worlds?

JO: Which "it" are you referring to?

问: 就是这个觉醒的⼈,他们能感知到⾃⼰在多⽅世界⾥同时存在吗?

Q: Is it that these awakened individuals can perceive their existence across multiple universes?

JO: 那你要问他们,他们分享他们的.因为每⼀个⼈都是⾃⼰独⼀⽆⼆的感知.

JO: So you should ask them, and they will share with you because every person has their unique perception.

问: 那这些觉醒的⼈选在地球是他们⾃⼰想体验的吗? 这个地球是不是维度⾥⾯很低的层次呢?

Q: Are these awakened beings on Earth experiencing what they want to experience themselves? Is this Earth a low-level dimension in the hierarchy?

JO: 是属于限制⽐较多的.你要知道限制多的话,也是最能体现出你能量级别的强⼤.因为它的限制最多嘛.那它是不是也最能体现它能量级别的强⼤和它的⼀种起死回⽣或者是变换的能⼒,就是把有限变成⽆限.

JO: It belongs to those with numerous limitations. You must understand that the more restrictions there are, the stronger it reflects your energy level because of its many constraints. Does this not also demonstrate its most powerful capability and ability to revitalize or transform, turning the finite into the infinite?

问: 那他来这就是来体验把有限变成⽆限的呗?

Q: Isn't he coming here just to experience turning limitations into boundlessness?

JO: 每⼀个个体不⼀样.就好像你⾃⼰去到游乐场,那你说每⼀个⼈的⽬的是⼀样的吗? 有的⼈就是为了谈情说爱,有的⼈就是为了体验刺激,有的⼈就是随便看看.

JO: Each individual is different. Like when you go to a theme park, do you think everyone's goal is the same? Some people go for romance and love, others for thrill experiences, and some just go to take a look.

问: ⼀个⼈完全证悟是到头了吗? 是最⾼维度吗?

Q: Is achieving full enlightenment at the end of the road, reaching the highest dimension?

JO: 你这个又进⼊到你们头脑⾥⾯的⼀种模式,又是⼀种好像来分别.但是你是⽆条件爱的⼀个存在.那个就是最⾼的⼀个,就是你所说的那个.

JO: This pattern that you have in your mind, this tendency to discriminate, but you are a being of unconditional love, the highest one, as you would say.

问: 那证悟已经到顶了?

Question: Has realization reached its peak?

JO: 对,⽆条件的爱.

JO: Yes, unconditional love.

问: 宇宙的规律是不是就是利⽽不害呢?

Question: Isn't the law of the universe just benefiting without harming?

JO: ⾸先就是说害也是所谓的利,只是你们有限的认知,看上去它好像是⼀个害.所以是你们的⼀个有限的认知⽽产⽣的害,本来它是没有害的.

JO: First, it's just that the harm is actually considered to be beneficial, but it appears as a harm due to your limited understanding. So, it's the result of your limited perception causing perceived harm; originally, it wasn't meant to be harmful.

问: 那我做任何事情都是在利益他们吗?

Question: Does that mean I benefit everyone when I do anything?

JO: 如果你没有你这个⼈的头脑的参与的话…… 你的头脑在参与,在思考,在计划,在防范,你的头脑在参与.那这就不是天道了.你这是背道⽽驰了.你的头脑它会参与在⾥⾯.因为你们在这个物质世界都是在⽤你们的头脑运作,你们有你们的恐惧,你们有你们的观念.

If your mind is not involved... if your mind is thinking, planning, and anticipating, it's not natural law. You're going against the grain. Your mind gets involved because in this physical world, you operate with your minds, filled with fears and concepts.

问: 你能举⼀两个例⼦,如何⽤⼼去运作?

Question: Could you give one or two examples of how to operate with the heart?

JO:我们以前带给你们的信息,天地是仁慈的,就是它是对⼀切⽣命是⼀种爱的状态.爱是什么?爱,它⼀定允许.所以说你们有看到世界上为什么有这么多灾难,有这么多战争,有这么多杀⼈的事件、恐怖的事件.那你们会说是不是上天不仁慈,它既然会允许这样的事情发⽣.因为上天允许每⼀个存有都能去体验他们⾃⼰想要创造的体验.所以那些想要去创造分裂和毁灭世界的⼈,他们也会被允许的.所以如果你觉得不应该这样⼦,那如果你去展现合⼀,展现爱,展现任何的话,那你也是被⽀持的.所以说如果你们想要去改变你们世界上毁灭和分裂的事件的话,不是去花时间去指责他们.为什么呢?因为当你在指责,你就在创造对⽴⾯.

JO: The information we have given you in the past about heaven and earth is that they are merciful because they are in a state of love for all life. What is love? Love must be allowed, so you can see why there are so many disasters, wars, killings, and terrorist incidents in the world. You might ask if heaven is not merciful when it allows such things to happen. Because heaven permits every being to experience what they want to create. So those who wish to create division and destruction of the world are also allowed. If you feel that this should not be the case, then if you demonstrate unity, love, or any other actions, you are supported as well. Therefore, if you want to change the events of destruction and division in your world, do not waste time blaming them. Why? Because when you blame, you create opposition.

当你在创造对⽴⾯,你就在产⽣分裂的能量.那这个恶的事件就是你这个分裂的能量产⽣的.所以说在你这⾥,你像造物主⼀样去允许别⼈去体验他们想要体验的,就体验毁灭嘛.因为造物主是允许的.那你只是把你⾃⼰的精⼒放在你⾃⼰的⾝上去创造你想要创造的合⼀的画⾯.就是不去看别⼈创造的毁灭的画⾯,不去给他们关注.为什么呢?你的关注就好像是能量.你的能量给到这边的话,那你是不是没有能量去创造你想要创造的合⼀的、爱的、和谐的画⾯这些上⾯,对吧?所以说对任何你不喜欢的东西的⼀种排斥,都是在散发出分裂、对⽴.那宇宙没有散发任何分裂、排斥.它都是允许的.但是如果你想要创造合⼀的,你也是被允许的.

When you create opposites, you are generating divisive energy. That this evil event is the result of your divisive energy. So in your case, you act as a creator allowing others to experience what they want, which here means destruction because creators permit it. You just put your own energy into yourself to create the unity picture you desire. It's not about looking at others' pictures of destruction or giving them your attention. Why? Your attention is like energy. If you direct your energy this way, then how can you have enough energy to create the unified, loving, harmonious picture that you want? Therefore, any rejection towards things you don't like spreads division and opposition. The universe doesn't emit division or repulsion; it allows everything. But if you wish to create unity, you are also allowed to do so.

没有说哪⼀个允许会多过于哪⼀个.

There is no saying which permit is more than another.

问: 我今后的⼯作符不符合造物主的原理.单位现在要求越来越多…… 我还是让他们去做他们的,我还是按照我那种和谐啊、简单欢快……JO: 你相处你⾸先说你⾃⼰内在有什么问题?

Q: Does my future work align with the principles of the creator? My organization now demands more and more... I will let them do theirs, and I will continue with my sense of harmony, simplicity, and joyful interaction. JO: First, discuss any personal issues you may have within yourself.

问: 我对于这种束缚性的⼯作,我觉得轻松⼀点好.

Question: I feel more at ease with less constraining work.

JO: ⾸先就是你⾝处的环境和你们⼈类的集体意识就是有⼀种⾮常不⾃由和阶级的划分.然后会导致你们产⽣的能量会有⼀种窒息,就是不适感吧.不只是你,很多⼯作场所都会有这种.但是这个也是有待你们去突破的⼀个点.⽐如说⾝处在这样⼦的状态和位置下⾯,你要如何去突破呢? 那就是你的意识形态.只有你的意识形态才有出路.为什么呢? 因为你会发现⽆论任何政策,⽆论任何外在的法律法规条规这些东西,它都没有办法阻碍你的频率散发出去的东西.因为春天来了,太阳照着这些种⼦,种⼦不得不发芽.你说⼟壤再厚,它能让种⼦不发芽吗? 所以就是说你的爱流到你的员⼯⾝上,他们没有办法不去产⽣变化.

JO: Firstly, the environment you are in and the collective consciousness of humanity is very unfree with a hierarchical division. This will result in suffocation of energy, an uncomfortable sensation. It's not just you; many work environments have this issue too. But this point needs to be broken through by you. For example, under such circumstances and positions, how do you break free? That would be your ideology. Only your ideology has a way out. Why is that? Because you will realize that regardless of any policy or external laws, regulations, etc., they cannot hinder the energy that emanates from you. As spring comes, the sun shines on these seeds and the seeds have no choice but to sprout. Would thick soil be able to prevent the seeds from sprouting? Therefore, when your love flows to your employees, there is no way for them not to change.

这么说吧,就⽐如说你跟⼀个男的,然后你们俩都是…… 你可能是皇帝的⾝份,他可能是侍从的⾝份.但是你们之间有爱产⽣过后,没有办法因为⾝份⽽你不爱上他.当爱情在你们之间产⽣了,它就产⽣了.它就是拥有⼒量的.任何阶级、任何法律、任何这些东西都阻碍不了.那也就是说你觉得你的公司的这些东西,纪律啊条款啊,还有⽤吗?

Let me put it this way, for example, if you were with a man where the two of you could be like one might be in the role of an emperor while the other is that of a servant. But after love comes into play and grows between you, your feelings can't be restrained by your respective roles or status. When love emerges and blossoms between you, it exists independently from any social class, law, or similar constraints. This means you might question whether the rules, policies, and regulations in your company still hold any relevance.

问: 我想问⼀下我可不可以⽤我的节奏……JO: 你是创造者.意识⾼的,⼀定是能量强⼤的影响能量弱的.所以你是那个能量强⼤的? 那就是了.所以不在于他是领导,他影响你.⽽是你们的能量级别.所以是你的能量级别去影响你周围的所有⼈.⽐如说下⾯的⼗个⼈他们都公认你为领导,都听你的,然后都靠近你,都想听你说说话,⽼板说什么就没有多⼤的影响,明⽩吗?

Q: I want to ask if I can use my rhythm... JO: You are the creator. With high consciousness, you must have a strong influence on those with weaker energy. Therefore, you are the one with strong energy? That's correct. So it doesn't matter if he is the leader; what matters is your energy level. It's your energy level that influences everyone around you. For example, these ten people all acknowledge you as their leader, listen to you, and come close to you. They want to hear what you have to say. The boss's words don't have much impact anymore, understand?

问: 这个能量场越是⽆为越是符合造物主的维度?

Question: The more this energy field does nothing, the more it aligns with the dimensions of the Creator?

JO: 这个⽆为就有⼀种就好像你知道它的种⼦,现在是冬天,它还在⼟壤⾥⾯.你不会在那天天把它掏出来看看,你怎么还不发芽呀…… 你会允许它,你知道春天到了它就会开花,秋天到了它就会结果.你知道它是⼀个⾃然⽽然的,明⽩吗? 你知道它这是这个过程.所以你说你还要去做什么呢? 你更多的是去欣赏这个⽣命产⽣的变化.哇,今天开花了,今天发芽了.就是这种⽣命转变带来的这种惊喜愉悦.

JO: This inertia has a kind of thing where you know its seed, now it's winter and it's still in the soil. You wouldn't dig it up every day to see when it will sprout… You would let it be, knowing that when spring comes, it will bloom, and when autumn comes, it will bear fruit. You understand it as a natural process, right? You know this is how it unfolds. So what else are you supposed to do? It's more about appreciating the changes in life. Wow, it bloomed today, it sprouted today. It's this delight brought by the transformation of life.

问: 周围的⼈看到我的存在⽽升维变得美好……JO: 你会觉得每⼀个⽣命的存在本⾝就是独⼀⽆⼆或者是很有价值、很有意义、很宝贵的.就是你会欣赏这个⽣命.当他在你的眼⾥看到了你对他的欣赏,他通过你这⾯镜⼦看到了他真实的⼀⾯,他的转变就已经发⽣了.他也不需要做什么,你也不需要做什么.

Q: When people around me experience an upgrade due to my presence... JO: You feel that every life's existence is unique or valuable, meaningful, and precious. You appreciate this life. When he sees your appreciation of him in your eyes, through the mirror you provide for him, seeing his true self, the change has already occurred. Neither he nor you need to do anything.

问: 那我就是欣赏就好了.

Question: Then I would just enjoy it.

English

JO:那你也需要有⼀定的⾼度,你能看到呀.就⽐如说你看到你门⼜有⼀坨屎,你要是看不到的话,你就骂骂咧咧,谁在你门⼜拉⼀坨屎.如果你看的到,你就会知道这坨粪我可以把它放到花园⾥⾯滋养我的蔬菜,把它变成化肥.那那个蔬菜⾥⾯还有⼀颗苹果树的种⼦,哇,你竟然收获了⼀颗苹果树的种⼦,结了好多好多果⼦.

JO: You also need to have a certain height so that you can see. For example, if you see something like feces at your doorstep, if you couldn't see it, you'd probably curse whoever left the feces there. But if you could see it, you might realize that you could use this manure to fertilize your garden and grow vegetables. You might find a seed in one of those vegetables - wow, you've actually harvested an apple tree seed and ended up with lots of fruit.

问: 那你说每⼀个事情都是对我们有利的?

Q: But you mean that every situation benefits us?

JO: 是的.只有你们的头脑⾥⾯,只有你们的限制会限制它,这是⼀个恶⼼的事,谁在恶⼼你,然后你把它踢到沟⾥⾯去了.你也跟你的⽣命的可能性和转变拜拜了.每⼀件事情都有礼物,都是为了成就你.因为你是独⼀⽆⼆的你,会有独⼀⽆⼆的味道.那个味道是你⾃⼰的⼼路历程.虽然你也是苹果种⼦,他也是苹果种⼦.但是你们结出来的果⼦就是不⼀样.他有可能又⼩又苦,你的又⼤又红又甜.那你的树根在地底下,你跟⼟壤的关系,跟阳光的关系,跟⽔的关系都很好.那它又是排斥⼟壤,又排斥阳光,也排斥⽔,青黄不接呀.

Yes, only in your mind and within your limitations does it limit itself, this is a nauseating thing, who makes you nauseous, then you throw it into the ditch. You also say goodbye to your life's possibilities and transformations. Everything has gifts, all intended for you. Because you are unique, you will have a unique flavor. That taste is your own journey of the heart. Although you are apple seeds, he is also an apple seed. But the fruits you bear are different. He might be small and bitter, yours big and red and sweet. Then your roots in the ground have a good relationship with the soil, sunlight, and water. Yet it repels the soil, sunlight, and water, as if there's no support or connection between them.

问: 每⼀个证悟者都是独⼀⽆⼆的?

Question: Is every enlightened being unique?

JO: 每⼀个存有都是独⼀⽆⼆的.它都在以它⾃⼰存在的⽅式⽀持着这⼀切.所以你们的分别越少的话,你越是能从⼀切当中去把所有东西都化为滋养你的.

JO: Each being is unique. It supports all of this in its own way of existing. Therefore, the fewer distinctions you make, the more you are able to assimilate everything as nourishment for yourself.

#### 2023/12/24 — 酒精成瘾 Alcohol Addiction

JO: 你说什么问题?

JO: What problem are you talking about?

问: 如何控制酒精上瘾? 就个⼈来说.

Q: How does one control alcohol addiction personally?

JO:如果你在⼀种需要去控制它的话,你就已经被它控制了.因为你要去控制⼀切东西的时候,你已经是在受控的状态了.那如果你在受控状态下,你怎么去控制那个控制你的东西呢?

JO: If you feel the need to control something, then you are already under its control. Because when you try to control everything, you are already in a state of being controlled. So, if you're in a state where you're being controlled, how can you possibly control the thing that is controlling you?

问: 那总有⼀个开始的过程吧JO: 也就是说这⾥没有控制这件事情.就没有控制.因为你在控制它的时候,你就被…… 就是你想要控制它的时候,你就在受其影响.你在受其影响.那关于这个我们要怎么办呢? 也就是说⾸先要认清楚你是什么? 你并不是⼀个⼀成不变的⼈,你是⼀个每⼀个⽚刻都是⼀个新的⼈,明⽩吗? 因为你们会把你当成⼗年前和⼗年后都是那个你,并不是的.有⼀句话叫⽴地成佛.那你怎么会在⽴地的⼀瞬间就成了⼀个佛的状态呢? 那个意识形态完全变了.所以说你们要弄清楚你们这个物质⾁体它是⼀个能量的投射,它是⼀个频率的投射,投射在你的这个⾁体⾥⾯.那它就变了.就通过你们的世界你们可以看到有很多多重⼈格的.

Q: There must be a process of beginning somewhere, right?

JO: That means here there is no control over this thing. Because when you try to control it, you are being... When you attempt to control it, you are affected by it. You are influenced. How do we deal with this? Essentially, you need to recognize who you are first. You are not a constant person; you are someone who is constantly evolving and changing moment by moment, do you understand? Because people treat you as though you were the same from ten years ago until now, but that's not true. There's a saying: "Become enlightened instantly." How can you become enlightened in an instant when your mindset changes completely? So you need to understand that this physical body of yours is a projection of energy and frequency, being cast into your physical form, which then transforms everything around it. And through your world, you can see the presence of many multiple personalities.

当他的⼈格发⽣转变的时候,他的特征,他的性格都会发⽣转变,对不对? 所以说只有在能量和意识层⾯去转变,你的所谓的成瘾才会转变,明⽩吗? 那如果你的意识程度、能量⼀成不变的话,那你肯定是会⼀直在⾥⾯体验这个,明⽩吗? 那如果你都变了呢? 就⽐如说你的⼀些观念、兴趣爱好、⽬标、⼈⽣使命,都变了呢? 就⽐如说你可能以前酒精成瘾是因为⽆聊,那你最后找了⼀份特别热爱的⼯作,你都没时间去喝酒了呀,明⽩吗? 都没时间去喝酒了呀.那你是不是就变了? 那你说你爱喝酒是因为痛苦,那你的痛苦不存在了呢? 就⽐如说你遇到

When his personality undergoes a transformation, his characteristics and traits will also change, right? So it is only through shifting at the energetic and conscious level that your so-called addiction can transform. Do you understand that? If your level of consciousness and energy remains unchanged, then you are bound to continue experiencing this within yourself, do you see? But what if everything does change? For example, if your beliefs, interests, goals, life purpose all changed? What if for instance, the reason you were once addicted to alcohol was due to boredom, but you later found a job you're incredibly passionate about and no longer have time to drink? You've become someone new, right? And if you used to love drinking because of pain, what happens when your pain ceases to exist? For example, if you come across

⼀个特别让你幸福、开⼼、快乐的⼈,你没有痛苦了,明⽩吗? 所以不是说你保持⼀成不变去控制某⼀件事情.⽽是说你⽣命中到底是什么牵引着你? 你的频率发⽣变化,你的激情程度,⽣命的能量级别…… 就⽐如说你最开始有⼀个喝酒的习惯,能量级别是要死要活的,要死不活的,他可能能量级别在两百,那他突然找到⼀件特别有情趣有激情的事情,他可以废寝忘⾷不吃不喝,他能量级别达到⼀千了,是不是完全不同的状态了? 所以从其它层⾯去转变事情,⽽不是只是单纯的去控制,就是不去喝,少喝,⽽不去转变你⽣命的……问: 如何放弃喝酒?

A person who brings you great happiness, joy, and contentment; once you are without suffering. Understand? So it's not about maintaining constancy to control something. Rather, it's about what is guiding you in your life? Your frequency shifts, your level of passion, the energy level of your existence... For instance, if you initially had a habit of drinking alcohol, with an energy level on the brink of life or death, you might have had an energy level around 200. Suddenly finding something particularly interesting and passionate could change that to the point where you would be so engrossed that you wouldn't eat or drink, indicating your energy level rose to a thousand. This is a completely different state. So transforming situations from other perspectives rather than just attempting to control them, such as abstaining from drinking, limiting intake of alcohol without changing your life... Question: How do you give up drinking?

JO:⾸先每⼀个⼈⽣命体验的灵魂主题不⼀样.所以说这也要根据每⼀个个体的灵魂主题,但是就⽐如说有⼀些对你们这个⾁体有影响的⼀些成瘾性的⾏为,那如何去停⽌这些⾏为?那⼀定是找到你们⽣命中的使命,找到他⾃⼰的激情.因为这样⼦他的⽣命之⽕才会旺起来.当他的⽣命之⽕熊熊的燃烧起来的话,其它影响他的东西就变得很微不⾜道了.就他以前是很弱的嘛,对吧?可能⼀会⼉被这个影响,⼀会⼉被那个影响.⼀会⼉被男朋友影响⼼情,去喝酒……如果你能看到⽣命之⽕的话,它就像⼀只⼩⽕苗⼀样,它很弱.就谁都能把它扑灭.那你不断不断地去点燃它,让他的⽣命之⽕越来越旺.

JO: First of all, each person's soul theme during their life experience is unique. This means that the approach must be tailored to each individual's soul theme. However, let's consider certain addictive behaviors that affect your physical body; how do you stop these behaviors? The key is to find your purpose in life and ignite your passion, as this will reinvigorate your life force, which will then overshadow other influences on you. In the past, your self was weak and susceptible to external influences; perhaps you might be affected by one thing or another - by your boyfriend's mood swings, for example, leading you to drink alcohol… If you could see your life force as a tiny flame that is easily extinguished by anyone, then imagine how much stronger it becomes with consistent efforts to rekindle it.

然后让他爱上⽣命,让他知道⾃⼰存在的使命,存在的价值,存在的意义,他热爱上⽣命.那他⽣命之⽕熊熊的燃烧过后,外在没有什么事情可以影响到他.所以去点燃他⽣命的激情,让他能爱上⾃⼰的⽣命.

Then let him fall in love with life, letting him know the purpose of his existence, the value and significance of it, making him adore life. Once his passion for life is ignited, burning fiercely, nothing external can affect him. Therefore, ignite the passion within him to love his own life so that whatever happens outside doesn't matter.

问: 因为喝酒带来的愉悦或者逃避痛苦,有没有其它的⽅式去替代喝酒?

Q: Are there other ways to replace drinking for pleasure or to avoid pain?

JO: ⾸先通过究竟你们可以就好像以前在乎的事情没那么在乎,就会达到好像⾝上的枷锁和绳索会少⼀点,感受到轻松.然后通过增长你的智慧,你是不是可以…… 智慧不是可以让你感受到把你⾝上的枷锁完完全全的拆到了?! 所以通过智慧的增长,你也是不断不断地感受到你越来越轻松,越来越愉悦.⽽且这种感受还是持久的,它不是只有那么⼀会会⼉.还有你说带来那种愉悦感? 就是通过增长你的智慧.因为这就是拿开你的限制.这些智慧会拿开你的限制,你就会感受到⽣命是轻松的,是愉悦的,它是千变万化,它是可以转变,它不是那种毫⽆选择,消极绝望的状态.所以就是智慧的增长.

Jo: Firstly, by realizing that you can no longer attach as much importance to what used to concern you, it feels like the shackles and ropes binding your body are reduced; you would experience a sense of relief. Secondly, through the enhancement of wisdom, is this possible for you... Wisdom does not mean completely removing every single chain from your body? Therefore, with an increase in wisdom, you continuously feel lighter and more contented. This feeling lasts long-term and isn't just transient. When we talk about bringing joy, it's by enhancing your wisdom because that takes away the restrictions on you. These insights free you, allowing you to realize that life is effortless and joyful, full of diversity and capable of transformation. It is not a state of being helpless or hopeless. Therefore, it's all about the growth in wisdom.

问: 为什么酒可以让⼈有诗意?

Why does alcohol inspire poetry?

JO: 这个并不是说所有⼈都可以通过酒精去达到这样⼦,只是⼀些⼈他们进⼊到这种就好像恍惚的⼀个状态.他就好像是⼀个调频的问题.你的频率调到⼀个状态的话,你就能连接到造物主,连接到不同的意识.所以更多的是像他们⾃⼰通过摸索来连接意识,连接频率的状态.那就⽐如说这个⼥孩⼦她可以通过⾃⼰调节⾃⼰的意识状态,然后通过呼吸,她就可以转换频率可以连接到源源不断的意识进来,她不需要通过酒精的刺激.所以它这个就是他们⾃⼰的⼀种⽅式.

JO: This doesn't mean that everyone can achieve this through alcohol; it's more about some individuals entering into a kind of trance-like state. It's like tuning to the right frequency. If you adjust your frequency to a certain state, you can connect with the Creator or different levels of consciousness. So they often find their own way to tune into these states by experimenting and adjusting their mental frequencies through practices like breathing techniques. For example, this girl could regulate her state of mind and use breathwork to shift her frequency and connect to an endless stream of consciousness without needing external stimulants like alcohol. This is more about finding their own method.

问: 那可不可以不依靠酒精⽽达到这样的状态呢?

Q: Can one achieve such a state without relying on alcohol?

JO: 你们现在不就是在做吗? 当然有各种各样的.那有的⼈通过⾃⼰的意识切换,有的⼈通过进⼊到⼀种放空的状态,有的⼈通过做⾃⼰喜欢的事情进⼊到⼀种⼼流的状态.都有.你们每个⼈都是独⼀⽆⼆的管道,所以连接的⽅式⽅法也是有很多种的.

JO: Aren't you doing it right now? Of course, there are various ways. Some people switch their consciousness, others enter a state of emptiness, and still others connect by getting into the flow while doing what they enjoy. Each of you is unique, so there are many different methods to achieve connection.

问: 可以帮我连接⼀下我的爷爷吗?

Q: Can you connect me with my grandfather?

JO: 好的.

JO: Alright.

爷爷: 你可以提问.

Grandpa: You can ask questions now.

问: 你有什么话想对我说的吗?

Q: Is there anything you want to tell me?

爷爷: 你⽣命中的每⼀件事情都是你成长的礼物,没有任何是来加害于你.相信这句话.问: 你有什么话想对我妻⼦说的吗?

Grandfather: Every single thing in your life is a gift for your growth, and nothing is meant to harm you. Believe this statement. Q: Do you have any words you want to say to my wife?

爷爷: 跟她不需要⽤这样⼦的语⾔交流,因为管道⼀直是通的.就好像是信号,所以她会收到信号.

Grandpa: There's no need to use such language with her because the pipe has always been open. It's like a signal; she will receive it.

问: 你有什么想对我⽗亲母亲和家⼈说的吗?

Q: Is there anything you want to say to my father, mother, and family?

爷爷: 他们有他们的体验和经历.你不需要为他们担⼼任何.

Grandpa: They have their own experiences and stories. You don't need to worry about them.

#### 2023/12/25 — 灵魂主题之变得快乐Theme of Soul: Joyful Transformation

JO: 你说什么问题?

JO: What question did you say?

问: 我想问⼀下我的灵魂主题.我叫XXX.40岁.

Question: I'd like to inquire about my soul theme. My name is XXX, aged 40.

JO: 你的灵魂主题有⼀种就好像要快乐,就是好像要过上快乐的状态吧.就是过上⼀种⾃由,没有约束,快乐…… 因为你最原始的那种,就好像很容易有压⼒或者是悲伤,很容易被⼀个能量影响吧.这么说吧,就好像最开始你是⽩⾊,就很容易跟其它的颜⾊混染,被其它能量影响吧.像⼀个⼩孩⼀样可能遇到⼀点事情就很容易脆弱或者是很伤⼼,就是内在的⼒量很弱,就很容易受外界的影响.然后到没有任何事情能够影响你的那种状态.所以这是⼀个挑战、蜕变的过程.就好像是⼈格的⼀种蜕变和成长.然后让你⼼⾥不再好像有⼀种被强迫或者受害者的感觉,因为很多事情都会让你觉得没有办法或者是造成很⼤的影响.

JO: Your soul theme seems to be all about joy - like living in a joyful state; it's about freedom, no constraints and joy... because you have this innate tendency towards stress or sadness that easily gets influenced by energies. To put it simply, at the beginning, you were white, making it easy for other colors to mix with you and influence you as easily as a child might be affected by minor issues leading to vulnerability or heartache due to weak internal strength being susceptible to external influences. This is akin to going from being fragile like a child facing hardships, influenced by what happens around you, to reaching a point where nothing can affect you at all anymore. This journey of transitioning and transformation represents an evolution in your personality. It aims to rid you of any sense of being forced into roles or feeling victimized as countless situations could overwhelm you with feelings of helplessness or significant impacts.

所以你的灵魂主题是⼀个关于拿到⽣命的⼒量,还有就是不被外界影响,能够完完全全的体验和感受到⽣命的愉悦、喜乐、⾃由、强⼤.这就是⼀种⼈格的挑战和转变的过程.因为它会体现在很多⽅⾯,但是最主要就是你这个⼈格…… ⽐如说你最开始的状态可能你的关系啊、家庭啊、事业呀,它都会受到⼀些限制.你都不能完全的绽放和成为你想要成为的那个你.你都会受到限制,它会体现在⽅⽅⾯⾯的.那当你转变、突破过后,那你完全是变了⼀个⼈,⽆论是在婚姻关系、事业、家庭,你都是⼀个拥有强⼤决策⼒、魄⼒和⾏动⼒的⼀个⼈.不再是缩⼿缩脚的.所以有些⼈会觉得好像我的灵魂主题是关于家庭或者是⽼公或者是孩⼦,实际上不是.

So your soul theme is about acquiring the power of life and remaining unaffected by external influences, being able to fully experience and feel the joy, happiness, freedom, and strength that life brings. This is a process of personal challenge and transformation because it manifests in various aspects, but mainly through your personality... For example, at the beginning, your relationships, family, or career might be restricted, preventing you from fully blooming into who you wish to be. You are limited under these circumstances and this limitation affects every facet of life. When you undergo a change and break through those barriers, you become an entirely different person – someone with strong decision-making power, courage, and action in marriage, career, family matters, without being timid or hesitant anymore. Therefore, some might think their soul theme revolves around family members like husband or children, but it is not actually about them.

家庭它只是你这个能量状态投射的⼀个⾯.你这个能量要是投射在事业上⾯,你同样是受限的,明⽩吗? 所以当你打破你⾃⾝的限制的时候,⽆论你是在哪个领域、哪个场合、哪个场所,它都会是你知道你⾃⼰是谁,你知道你要什么,明⽩吗? 就好像你⾃⼰成了武功⾼强的⼈,⽆论是在舞台上⾯还是在舞台下⾯,你都是武功⾼强的⼈.因为你⾃⾝的能量级别在那⾥.

It's just one aspect of the projection of your energy state. If this same energy is projected onto your career, you're still limited, do you understand? Therefore, when you overcome your own limitations, it doesn't matter whether you are in a professional field, context, or setting; you know who you are and what you want. It's like becoming someone with high martial arts skills - regardless of being on stage or off, you remain highly skilled because your personal energy level is there.

问: 我的天赋呢?

Question: Where is my talent?

JO: 我们感受到你的…… 就是属于像那种润物细⽆声的状态.所以你会好像有⼀种静悄悄的进⼊到⼈们⼼中的魄⼒.那如果说你的天赋,那是来⾃于⽐如说你可以把⼈通过你连到⼀起的感觉,就你的凝聚⼒吧.因为你会让⼈们感受到你在那⾥,那种连接感.然后他们会看到他们被温暖的对待.所以这个是来⾃于你的⼀个…… 就是⽐如是冰块的话,你可能会就把对⽅给融化掉了.就这种.

JO: We feel your... it's like a subtle and quiet presence. So you have the ability to gently enter people's hearts. If we're talking about your talent, it might stem from being able to connect people with each other through yourself, which is essentially your凝聚力 or the power of connection. You make others feel as if they are connected to you, creating a sense of bonding and warmth that surrounds them. This comes from something intrinsic within you... like ice melting someone else's feelings away with your presence.

问: 我的⼿背上在2020年我爸⽣病住院就起了疹⼦.每年都会长.背后的礼物是什么?

Q: Rashes appeared on my hand back in 2020 when my father was hospitalized. They appear every year. What's the gift behind this?

JO: 它的这种不适感就好像有⼀种像你⾃⼰的⼈⽣有⼀种说不出来的不适感吧.就觉得好像看上去没有很⼤的问题,但是实际上你⼼⾥有很多阴影,不爽的那种感觉.所以从能量层⾯的话,就好像你不能完全的绽放,你不能完全的像⼤⽕⼀样熊熊的燃烧起来.就是那种有⼀点不痛不痒的感觉,就是不爽,不能够淋漓尽致的感觉.所以说当你真的把你去把你的⽣命之⽕点燃,然后又熊熊燃烧的状态的话…… 这么说吧,你⽣活中就是不断不断地有这种让你闹⼼的事.就好像慢性病⼀样,⼀会⼉这不舒服,⼀会⼉那不舒服,但是没有什么⼤⽑病.这就是你的⼀个能量状态.就好像如果你去看医⽣,医⽣说你没什么事.但是你又这⾥不舒服,那⾥不舒服的那种感觉.

JO: The discomfort you feel is akin to having an unexpressed unease about your own life, where everything appears fine on the surface but there are underlying shadows and dissatisfaction within you. It's like being unable to fully bloom or ignite with passion, like a fire that doesn't burn fiercely. There's an uneasiness that feels almost superficial, yet it prevents one from experiencing full satisfaction. When you manage to light your life’s flame and let it burn passionately…

Imagine this as continuously encountering issues in your life that bother you. It's akin to having chronic ailments where you feel discomfort here or there without any major illnesses. This is your energy state. Similar to going to a doctor who says everything is fine, but you still have the lingering sensation of being unwell at various points throughout your body.

就像你的⼈⽣⼀样.

Just like your life.

问: 这是能量的问题是吧?

Question: Isn't it about energy?

JO: 这是你的⼈⽣还没有去突破.因为这种不适感会导致你要去…… 就⽐如说你来到这⾥,为什么会是这样⼦.你就是不能够淋漓尽致的展现或者是去活出来.就这么说吧,你很需要去发泄⼀下,喝个⼤醉,然后把你在乎的东西全部撕碎的感觉.然后让你内在的⼒量展现出来.所以还是⼀种没有成为你⾃⼰⽣命的主⼈,按照你⾃⼰应该的⽅式.

JO: This is your life waiting to be pushed beyond its limits. The discomfort triggers you to explore questions like, "Why am I here?" You're unable to fully express or live out your true self due to this inhibition. Essentially, it's a need for release – getting completely drunk and tearing apart what matters most to you, allowing your inner strength to manifest. It's about not being the master of your own life in a way that aligns with who you should be.

问: 那随着我的能量不断地提升,它就会⾃动好了是吧?

Question: So, as my energy constantly increases, it will automatically get better, right?

JO: 当你真的热爱上你的⽣命,激情到你的⽣命,对,这个就会.它会随着你的能量转变⽽转变的.

JO: When you truly love your life with passion, yes, this will happen. It will change according to the energy of yours.

问: 因为我是因为我爸爸⽣病后得的.它是不是和我爸爸的灵魂主题有关系? 我爸爸叫XXX.

Q: Because I got it after my dad fell ill. Is there a connection to the theme of my dad's soul? My dad was named XXX.

JO: 这么说吧,你其实也会受到你⽗亲能量层⾯的⼀个影响.为什么呢? 因为他的整个⼈⽣也是好像很憋屈,也是没有活的淋漓尽致吧.就好像也有很多,就是也是⼀个不爽的状态.所以如果跟他聊天的话,他也是有很多像是遗憾啊、怨⾔啊、或者是⼈⽣总有点缺陷啊这种感觉.然后他这种没有被释放出来的⽣命的⼒量还继续让你也在体验,让你⽬前也在体验,让你的⽬前也是这样⼦的⼀个状态.你有孩⼦吗?

JO: So, it's like you are also being influenced by your father's energy level. Why is that? Because his whole life was kind of cramped and didn't live up to its full potential. It felt like there were many states where he wasn't satisfied or somewhat regretful. When you talk with him, he expresses feelings of regret, complaints, or a sense of flaws in life. His un释放ed vitality continues to impact you and is part of your current experience, leading to this state for you right now. Do you have children?

问: 有,男孩.马上13周岁了.我⼉⼦叫XXX.

Question: There's a boy who will be 13 soon. My son is named XXX.

JO: 我们感受到你⼉⼦的能量便不会再继续的去…… 他有⼀种叛逆的劲吧,或者有⼀种不服⽓吧.就是有⼀种不服⽓的劲.所以你们的枷锁不会弄到他⾝上.因为有的会,⽐如说你爸爸的枷锁在你⾝上,你可能又再给孩⼦这种.但是他可能在⼩的时候通过……你会觉得他总是愤怒的感觉.他的能量形式就是会通过有⼀种愤怒感体现出来.但是你们的这个束缚和枷锁不会再影响到孩⼦.因为他会去打破的,他会去突破的.所以说他要去展现他⽣命的……但是如果没有⼀个很好的引导或者是影响的话,那他也可能会是以破坏式的⽅式.就⽐如说你们社会上有⼀些反社会的⼈格吧,就专门做⼀些破坏式的事情.他会以这种⽅式.但是实际上这也是⼀种打破.

JO: When we sense the energy of your son, we won't continue with... There's a rebellious spirit in him or an unyielding attitude; it's more of an unyielding spirit. So our shackles wouldn't be imposed on him. Some might, for example, if your father's shackles are on you, they might transfer to the child. But he might show anger as his dominant feeling when he's young. His energy manifests through this sense of anger. However, our restrictions won't affect the child because he will break free and overcome them. He aims to demonstrate his life... But if there isn't a proper guidance or influence, he might resort to destructive methods instead. This could lead him into becoming an antisocial personality who intentionally does破坏ive acts in society. However, it's also a form of breaking through limitations.

就是他⼼⾥有很多就好像不服⽓吧.他就会通过⼀个破坏的⽅式……我不要这⼀切,我要把它破坏掉.其实他们毁灭实际上也是想新的出来.

It's as if he feels unsatisfied in his heart; he would then resort to a destructive manner...I don't want any of this, I want to destroy it all. In fact, their destruction is also aiming for something new to emerge.

问: 我爸爸从出院到现在⽣活⼀直不能⾃理.⼀直都是我在照顾.要给到我的礼物是什么呀?

Question: My father has been unable to take care of himself since he was discharged from the hospital. I've been taking care of him. What gift should I receive?

JO: 我们说你的⼀个灵魂主题就好像你要追求⽣命的快乐.因为真的是很多让你隐隐作痛或者是不快乐,就是压抑感吧.然后就好像有⼀种逼着你要去寻找⽣命的快乐⼀样.就你会觉得不快乐,我⼀定要去找到⽣命的快乐.到底怎么样才能找到快乐,怎么样才是快乐.就好像这些事情会逼着你找到⼀条出路.那这条出路…… 你会发现它只有等你⾃⼰的意识形态的⼀个转变,它才有出路.就是从意识层⾯的⼀个转变才会有出路.因为从其它地⽅,哪怕你找⼀个特别关⼼你的⼈或者是什么,它都有⼀种好像是⿇药,就是它都是有时间限制的.它都是有⿇药的,它像⿇药的效果⼀样,是短暂的.

JO: We talk about your soul theme as seeking the joy of life because there are so many things that might cause you pain or lack of happiness - a feeling of being suppressed, really. It's as if something pushes you to find the joy in life, making you feel like "I have to find happiness." The question becomes how to find happiness and what constitutes true happiness. These circumstances seem to force you towards finding a solution. That solution...

You'll realize that it only emerges when there's a shift in your own consciousness. Only then does it lead somewhere. It comes from transforming at the level of awareness, which provides a path forward.

Because other solutions might come from places like seeking care from someone who deeply cares for you or anything else, they all have their limitations - like being temporary effects of a drug. They're limited in duration and impact just like drugs are.

所以只有在你的意识形态的扩展和提升,然后你的认知、你的能量级别的增长才会让你…… 就这么说吧,你如果去从外界寻找,就好像你这个哑铃的重量是别⼈帮你拿的.那你可能轻松⼀下,但是还是会回到你⼿上.所以只

So it's only through the expansion and elevation of your ideology that then allows for an increase in cognition, energy levels, and growth... let's put it this way, if you were to seek externally, as if the weight of your dumbbell is being carried by others. You might feel a brief relief, but ultimately, it would still come back to your hands. So only

有你⾃⼰的肌⾁不断地受到刺激变得强壮起来过后,它对你不再是吃⼒的事情,⾟苦的事情,让你苦不堪⾔,让你痛苦的事情,明⽩吗?

Once you have your own muscles being stimulated and growing on their own, it's no longer a difficult, strenuous, exhausting, or painful task for you, do you understand?

问: 我为什么也别喜欢通灵.就是我也想像jojo⽼师⼀样通灵?

Why do I also have no liking for spirit communication? It's just that I want to be able to communicate with spirits like Mr. Jojo's teacher too, you know?

JO:因为这些东西会让你感受到⼀个轻松感,就好像被解绑了⼀样.因为它会提升你的能量.我们刚说你的能量级别最开始很⽆⼒吧,就⽐较弱吧.那这些信息就像在不断地给你充电,让你感受到⼀种⼒量,就会体验感受到⽣命的⼀种喜悦度.因为这是你⽬前阶段需要的.就好像这么说⽣活⽅⾯的压⼒让你能呼吸的空间越来越⼩了,感受到⼀种窒息感,压迫感.那触底反弹,对不对?当你强烈的感受到这种窒息感,⼀定是会激发出你内在的⼒量的.因为这些信息这些能量都会让你有⼀种就好像唤醒了内在最原始的⼀些东西,就是你本来的⼀些本质.因为这些东西都是你们清楚知道的.

JO: Because these things give you a sense of relief, like being untied. They elevate your energy level. We just talked about how weak your initial energy was - somewhat low or feeble. These messages are continuously charging you up, making you feel powerful and experiencing the joy of life. This is what you need at your current stage. It's like saying that life stress has reduced the space for breathing, causing feelings of suffocation and oppression. Then there's a rebound; isn't it? When you strongly feel this sense of suffocation, you're definitely going to tap into your inner strength. Because these messages and energies awaken something primal in you - your inherent essence. All these things are clearly known to you.

我们刚才说你有⼀个天赋,你会悄悄地进⼊到⼈的⼼⾥的这种,所以它其实就是⼀种⼼理的⼒量,就是你懂得打动别⼈的⼼,进⼊别⼈的⼼.那如果你想去转变对⽅的话,那你是不是要先跟对⽅发⽣连接?所以说你是很容易跟别⼈发⽣连接的.对你来说它不是⼀件难事,是⼀件⾮常容易的事情.你是说你的灵魂主题能不能做关于这个的?你可以的,⽽且你还很适合.但是这个前提是你得⾃⼰转变先.因为我们感受到你的能量被释放出来,其实你不是那种好像是惊叹动地强⼤的爆发⼒.你还是有⼀种润物细⽆声的感觉.所以它还是适合这种⼼灵⼯作者吧.就像这种疗愈啊、连接啊、⼼灵疗愈的这些东西.然后它都很适合你.

We just talked about your talent, the ability to sneak into people's hearts quietly, so it is essentially a psychological force that involves understanding how to touch others' hearts and enter their minds. If you want to change someone else, then you need to establish a connection with them first, right? This means it's very easy for you to connect with others; it doesn't feel like a difficult task, but rather something that comes naturally to you. You ask if your soul theme can be related to this; yes, you can and you're well-suited for it. However, there's a前提that you need to change yourself first because we sense that your energy is released in a way that isn't as overwhelming or shocking. Instead, it has more of a subtle, gentle impact. It suits those who work with the mind, like healers, connection specialists, and spiritual therapists, where these roles would be very fitting for you.

你不是那种⼤动⼲⼽,就是⽐如说⼤⼑阔斧的那种样⼦,然后去惊天动地的那种能量,那种爆发⼒.它不是的.它更多是这种温润的能量.就像是,还是那句,润物细⽆声能那种感觉.但是就是这种静悄悄的⼒量反⽽是强⼤,它转变着…… 所以这是你的⼀个⽣命⼒量.

You are not the type to make a big fuss or wield power in an imposing manner that shakes the heavens and moves the earth with force and explosiveness. It's different for you. Instead, your energy is gentle and soothing, much like when it "gently nurtures things without being heard" – quiet yet powerful. The subtle strength quietly changes everything... This is the vitality you possess.

问: 那我⼤概什么时候能连接上呀?

Q: When can I connect roughly?

JO: 你现在不就连接上了嘛.我们现在就在做连接呀.问: 就是我⾃⼰可以跟它们连接?

JO: You're connected right now, aren't you? We are doing the connection right now. Q: Can I connect to them myself?

JO:那你需要提⾼你的振动频率.因为你⽬前所处的所有⼀切就好像有点让你喘不过⽓起.因为你会好像又被物质,就⽐如说被这个世界深深的拉扯,就会有⼀种拉扯感,就各种事情吧.你可以先从……你对我们的信息有很强烈的连接感,你就多听这⽅⾯的信息.因为每⼀次信息都会给你解锁,就好像把你⾝上沉重的东西拿掉.越来越轻,越来越轻.你想象⼀下如果是跟⾼维连接的话,你需要变得没有重量.那你是不是需要不断地拿掉你⾝上的重量?那我们的信息就在帮助你解绑.所以通过这个渠道你不断不断地……就是⽣命越来越轻过后,你就会感受到你跟万物⼀起⼀体.你就容易去感知到你⾝边的⼀些存有.就⽐如对⽅的⼀个能量状态,你能轻易的连接到,感受到.

JO: So you need to elevate your vibrational frequency because everything you're currently experiencing might feel overwhelming or suffocating. You are being pulled deeply by matter, like this world, and it gives you a sense of tension, stress from various things. Initially, you could focus on the connection with our information which resonates strongly within you. Absorb more of these messages as they unlock burdens off you, making your load lighter and lighter over time. If connecting to higher dimensions means becoming weightless, then isn't it necessary for you to continuously shed your weights? Our information aids in helping you detach from these burdens. Through this channel, you progressively lighten up life's load until you experience a sense of unity with everything around you, making it easier for you to perceive entities and their energy states nearby.

因为你是敞开的状态.

Because you are being open.

问: 能不能看出时间?

Can you tell time?

JO: 这个是来⾃于…… 这么说,你说你的⼀个……就⽐如说我们是源头,你来取⽔.你说怎么样可以让你的庄家长的好? 那如果你⼀个星期浇⼀次⽔和每天定时定量.所以这个时间的长短也来⾃于你到底投⼊了多少时间在这些⽅⾯,就是来跟我们⾼维产⽣连接的这个动作.但是它是必然发⽣的.因为你已经来到了这⾥,你已经找到了出路.那这个门它永远就为你敞开了.你迟早还是会来到.只是说时间的长短就来⾃于你⾃⼰内在的意愿度.但是我们连接到你还是有很强烈的意愿度的.如果⼀定要给你⼀个时间的话,两三年吧.可能两三年过后,你就会完全变⼀个⼈格.

JO: This comes from... If I say, you have your own... like we are the source, you take water. You ask how can your crops grow well? So if you water once a week and on schedule every day. Therefore, the duration is also based on how much time you invest in these actions, that action of connecting with us from high dimensions. But it is inevitable. Because you have already arrived here, you have found a way out. This door will always be open for you. You will eventually come back. It's just that the duration comes from your own inner intention. But our connection to you still has strong intentionality. If I had to give you a timeframe, perhaps two to three years. Maybe after two or three years, you would completely transform into a different person.

问: 我想问⼀下我跟我⽼公的灵魂主题.我们在⼀起⼗三四年了.他叫XX.

Question: I would like to ask about our soul theme. We have been together for over thirteen years. His name is XX.

JO:我们感受到你们的这段关系,他更像是⼀个孩⼦⼀样.可能他还是需要你的⼀种引导或者是包容.也就是说你⽐较懂事或者⽐较体谅.那他可能像个孩⼦需要你更多的耐⼼和包容.就好像你们会有⼀种在灵性层⾯或者是⼼灵层⾯,就好像你在你的世界,他在他的世界.然后这些时间是给你⼀个空间来让你可以去投⼊和进⼊到⼀个⾃我探索和⾃我成长的路上.在能量层⾯就好像是你在你的空间⾥⾯,他在他的空间⾥⾯.然后这样是有助于你⾃⼰的发展.然后当你⾃⼰越来越通透的话,你们之间的玻璃罩就会开始融化,然后你就会更多的去影响到他吧.所以你拥有⼀个 好像是独⽴成长的空间.这是你需要的.

JO: We sense your relationship dynamic; he behaves more like a child needing guidance or understanding from you. This implies that you are mature and considerate, allowing him to benefit from your patience and empathy. Essentially, you create a space where he can explore and grow within his own world, while you immerse yourself in self-discovery and personal development. On an energetic level, this separation allows both of you to flourish independently in your respective spaces. This kind of dynamic is beneficial for your individual growth.

As you become more enlightened about yourselves, the barrier between you starts to dissolve, allowing a deeper influence from you on him. Hence, there's a sense of personal space where each can grow independently yet support one another's development. This is precisely what you need in your relationship.

问: 我们现在就是这种情况.我带孩⼦和爸爸在西安常住,我⽼公在⽼家住.

Question: Currently, we are in this situation. I am bringing my child and father to live permanently in Xi'an, while my husband stays with his parents.

JO: 是的.你们是有你们⾃⼰独⽴的空间.就是⾃⼰在⾃⼰的世界⾥⾯吧.他给你创造了这样⼦的⼀个,就是来让你⾃我成长、⾃我探索.所以你只有这条路了.但是这也是唯⼀的出路.这是⼀条⾃我修⾏,⾃我历练,然后唯⼀的出路.然后你也很快的找到和连接上,所以你是⾮常幸运的.因为接下来你会发⽣很⼤的转变、变化.就是让你不会再觉得⾃⼰是个受害者吧.所以⾮常好,你的转变会带来⾮常⼤的转变.因为就好像说你是那种润物细⽆声,所以你的那种能量很强⼤.

Yes, you have your own independent space where you explore and grow within your own world. He has provided this for you to foster self-development and exploration. This is the only path available to you, but it's also the only way out. It's a journey of self-cultivation and self-experience leading to no other choice. Quickly finding and connecting with this path makes you very fortunate, as what follows will bring significant transformations that will help you not feel like a victim anymore. Your changes will lead to profound shifts because it's akin to the way rain nourishes things quietly without making noise, indicating your powerful energy.

#### 2023/12/25 — 双⽣⽕焰Twin Flames

JO: 你说什么问题?

JO: What question did you say?

问: 我想问我最近在找⼀样东西,我说不出来是什么.我想问是什么?

Question: I've been searching for something recently but can't put my finger on what it is. I want to know what it is.

JO: 你稍等.这么说,我们感受到那个能量像是蒲公英的种⼦,然后你就想找个地⽅扎根.如果你是⼀棵树的话,你也是好像要找⼀个地⽅去扎根.因为你有⼀种就好像是飘的感觉.就是没有扎根的感觉.就不会觉得好像这是我的归宿,就是能安⼼的睡⼀觉,就是觉得这⾥是我的归属地.所以你在找连接感,就是让你可以扎根的连接感.这么说,你就好像是⼀个⽆家可归的孩⼦⼀样.你就觉得好像我不属于这⾥,我也不属于那⾥.所以会导致你会有⼀种好像愤怒的能量在⾥⾯.你就觉得总是找不到的那种感觉.因为就好像总是不能回到家的感觉吧.然后当你真的回到家了,你会完全变⼀个⼈.就是你不会有如此的愤怒或者是莫名的烦躁.

JO: Wait a moment. What you're saying is that the energy we feel is like the seed of a dandelion, and then you want to find a place to settle down. If you were a tree, you'd also be looking for a place to plant your roots because you have this sensation of being untethered, of not belonging anywhere. Once you've found that sense of connection, where you feel at peace and can rest knowing it's your home. That makes you feel like an uprooted child who doesn't belong in any specific place. This leads to a feeling of anger within you because you're always searching but never find what you're looking for, unable to return home. When you finally do return home, you transform completely; the anger and sudden irritability disappear.

因为你很容易烦躁,在别⼈看来你怎么⼀点就爆的那种感觉.

Because you're easily irritable, it feels like you just ignite with annoyance to others.

问: 我已经尽量的去学习、体验,但是好像还是找不到.

Q: I've tried to study and experience it as much as possible, but I still can't seem to find it.

JO: 你稍等.这么说吧,你其实是在好像是找另⼀半.但是那个另⼀半是你们好像是注定的灵魂伴侣,或者是那种他就是为你⽽来,你就是为他⽽来的那种感觉.不是那种随随便便的⼀个⼈,就像是命中注定的那个⼈.他会给你带来那种…… 但是这个还需要连接着你的,有⼀种好像是修⾏的感觉.为什么呢? 因为你只有把你⾃⼰修到了⼀定的阶段,就好像你现在你的眼睛看不见,对吧? 你修修修,你眼睛能看到⼀点了.再修修修,你眼睛看的越来越清楚了,啊,原来是你呀.那如果你不通过你修的话,你就可能会看不到,你就认错⼈.认错⼈的话,你就还是觉得不是那个⼈的那种感觉.你就会进⼊错误的关系.

JO: Wait a minute. To put it this way, you're actually searching for the other half. But that other half is like your destined soulmate or someone who was meant to come into your life and vice versa - not just anyone randomly, but rather the one that fate has ordained for you. This connection needs to be accompanied by a sense of spiritual practice. Why is this so? Because only when you have achieved a certain level in your own spiritual development, similar to how your vision was once blurred (like now), can you start to see clearer with each step of improvement. As you continue practicing, your understanding and clarity will deepen until you recognize who it truly is - like "Oh, it's you." If you don't go through this process of self-improvement, there's a chance that you might misidentify the person, leading you to believe they're not 'the one'. This would result in you feeling unsure about whether someone truly fits into your life. You could end up in a relationship with the wrong person.

所以说当你的眼睛越来越明亮,你的眼睛越来越清楚,你就能⼀眼看出来那个就是你找的那个⼈.那你认出来过后,你们才会产⽣那种真正的连接感.你就会觉得好像把你另外的那⼀⾯带出来了.就是有爱、温柔、给与、付出,像⼀个⽆限温柔耐⼼的⼥性的能量.因为你⼥性的能量还没有被激发出来.基本上你们在运⾏的都是⽐较男性的.

So when your eyes become clearer and more vibrant, you'll instantly recognize the person who is meant for you. After identifying this individual, a genuine connection will form between you, as if they're bringing out another side of you - one characterized by love, tenderness, generosity, and an infinite capacity for patience and nurturing energy. This occurs because your own feminine energy has yet to be fully awakened; essentially, both of you are largely operating from a more masculine dynamic.

问: 我就是有点暴⼒.

Question: I just have a bit of violence.

JO: 这么说,在你的内在,你的能量没有平衡.这⾥⾯它需要有⼀个⼈把它给激发出来,给带出来.

JO: So what you're saying is that in your inner self, your energy is not balanced. Here it needs a person to bring it out and activate it.

问: 我必须得靠这个⼈吗? 我⾃⼰不⾏吗?

Question: Must I rely on this person? Can't I do it myself?

JO: 你⾃⼰需要拥有⼀双慧眼.为什么这个⼈他⽐较重要呢? 因为当你被他打开过后,你就会建⽴对⼈的⼀种信任感.因为你之所以会有⼀种我可以不要你吗.实际上是你对⼈的⼀种排斥感.那当你对⼈有⼀种排斥感,那你是不是你就还会感受到被孤⽴,明⽩吗? 你就还会觉得我没有地⽅扎根,我没有家,没有归属感.

JO: You need to have discerning eyes of your own. Why is this person more important? Because after he opens you up, you will build trust in people. Because the reason why you might think about whether I can do without you actually stems from your repulsion towards people. So when you feel repulsion towards people, won't you still feel isolated and understand that I don't have a place to settle down, no home, no sense of belonging?

问: 这份感觉是我在找我的灵魂伴侣吗?

Question: Does this feeling mean I'm looking for my soulmate?

JO: 应该是说通过那个⼈把你那个开关打开过后,你就能和⼀切万有连接了.

Through that person flipping your switch, you would then be connected to everything and all existence.

问: 就是说是⼀个⼈?

Q: Is it about a person?

JO:它是那个⼈.因为那个⼈可以把你另外⼀⾯给带出来.但是你要知道你们所谓的⼈,你们在这个世界上遇到的⼈,你们都是来让彼此变得完整的.他来让你变得完整,你也有礼物给他的.所以你的那⼀半,他实际上是缺少内在⼒量的. 你的出现会让他感受到⼒量.因为你会把他的……这么说,他把你⼥性的那⼀⾯带出来,你会把他男性的那⼀⾯带出来.你会让他变得更加有⼒,更加勇于做⾃⼰,就是突破.所以他通过你的能量的整合和融合,他会变得更⾃⼰吧.⽐如说以前没有主⼼⾻⼀样,以前就好像不是男⼈⼀样,就变得很男⼈了.就这样⼦.那是不是你们通过彼此都变得很完整了?那你就能以你⾃⼰存在的⽅式服务着⼀切万有,和⼀切万有产⽣连接.

JO: It's that person because that person can bring out your other side. But you must understand the people you encounter in this world, are here to make each other whole. He comes to complete you and you have a gift for him as well. So his half is actually lacking inner strength; your appearance makes him feel powerful. Because you bring out... let me say it like this: he brings out your feminine side, you bring out his masculine side. You empower him more, allowing him to be braver in being himself and overcoming obstacles. Through the integration and fusion of your energies, he becomes more true to himself - much like how someone might have been lacking a backbone or not behaving like a man before but now acts very much as one. Isn't it through each other that you both become so whole? You can then serve everything in existence and establish connections with all things.

你就达到了⼀种圆满的状态.

You have achieved a state of perfection.

问: 我现在跟我先⽣在前世有什么样的渊源? 怎么甩都甩不掉的感觉.他叫XXX.

Q: What kind of connection do I have with my husband in our past lives? I can't seem to get rid of this feeling. His name is XXX.

JO: 你稍等.你们前世没有多⼤的连接,不是来⾃于前世.它更多的是来⾃于这⼀世.就是你不需要刻意的去甩他.他的出现就好像是在你找到那个我们刚才说打开你的那个⼈之前,他来让你去体验这种不同.因为你跟他体验过后,如果你再去体验那个⼈,就是你眼睛睁开过后,认出来那个⼈过后,你就会完完全全的知道这种不同.就是有连接感和没连接感的不同.这么说吧,连接感就好像是⼀个东西.这个东西你去试过你才知道…… 就⽐如说甜的和咸的,那你需要尝试这个是咸的,那个是甜的.这个是苦的,那个是甜的.你是不是就能知道是什么了? 因为你们来这个物质世界,你们需要去体验对⽴⾯的.

JO: Wait a moment. Your connection in this lifetime is not very deep and isn't from your past life. It's more related to this current lifetime. You don't need to intentionally push him away. His presence seems to occur before you find the person we were just discussing, who opens you up. He comes to let you experience something different because once you've experienced with him, if you then experience that person again after opening your eyes, recognizing that person, you will fully understand the difference between being connected and not being connected. Essentially, the feeling of connection is like an object; only by trying it do you know... for example, distinguishing sweet from salty or bitter, you need to try one as salty, another as sweet, one as bitter, and one as sweet. Then, can't you tell them apart? Since you're in this material world, you need to experience opposites.

那体验对⽴⾯也是为了加深你体验你应该去体验的,就是你体验的主题.然后关于你们关系的⼀个⾛向.更多的是⼀种包容吧.因为我们不是说你还是需要有智慧才能睁开眼睛看到那个对的⼈,对吧? 那他就是来逼你去修智慧的.因为当你获得智慧,你的眼⾥就不会觉得他是个钉⼦了.就不是总是刺碰到你吧,让你产⽣情绪.所以他是来让你睁开眼睛吧.因为你通过他的不爽,你就必须要去增长你的智慧.那你增长了你的智慧,你的眼睛才能看是哪个⼈拿着钥匙呀.所以他也是⼀个关键的⼀个点,也是来服务于你的.

That contrasting experience is intended to deepen your engagement with the theme you should be experiencing - the subject of your experience, then about the direction of your relationship. It's more about embracing rather than requiring wisdom; we're not saying that you need wisdom to open your eyes and see the right person; after all? He comes to force you to cultivate wisdom because when you gain wisdom, you won't perceive him as a thorn. You wouldn't always be pricked by him, causing emotional responses. So he is there to help you open your eyes because through his discomfort, you must grow in wisdom. Once you've grown in wisdom, your eyes will be able to discern who holds the key. He's also a critical point serving you in this process.

问: 他总是⼀如既往的做⾃⼰……JO: 那你为什么不⽀持他做他⾃⼰呢?

Q: Why does he always remain true to himself... JO: But why don't you support him in being himself?

问: …… 他⼀直给我打电话,直到我把他拉⿊.就是每⼀次都要到这种状态……JO:有⼀些东西我们⼀直说⽆论这个暴风⾬有多⼤,这个能量都会过去,都会⾬过天晴的.那有时候你不需要刻意的去处理,你不需要去好像⽕燃起来,你马上要泼⼀盆⽔.你有的时候只是去允许他这个能量释放出来.就好像⼀个屁,它放了过后它臭,它⼀会⼉就没味道了.因为当你⾃⼰在不断地去好像是我要打击你,我不允许你怎么样的时候,你就在进⼊到⼀种继续创造更多的问题给你们彼此去体验.所以它没有问题.你只是知道这个屁再臭,它都会消失的.你有闻到过臭了⼏⼗年的屁吗? 他的能量也是⼀样的,他⾃⼰都没有办法.

Question: ...He kept calling me until I blocked his number. It's like every time it gets to this point... JO: There are things we always say that no matter how big the storm is, the energy will pass and the skies will clear. Sometimes you don't need刻意to handle everything; you don't need to suddenly ignite a fire and immediately pour water on it. You sometimes just allow that energy to be released. Like a fart: when it's over, it smells bad, but it quickly loses its smell. Because when you constantly try to hit back or not allow someone to be themselves, you're creating more problems for yourselves to experience. So there's no problem; you just know that the stink will eventually disappear. Have you ever smelled a fart that's been smelly for decades? His energy is the same; he can't do anything about it either.

你说他的脾⽓再爆,他能爆个⼏⼗年,⼀直持续的爆? 因为这是不可能的事情.所以你允许它来它⾛.因为当你允许的时候,你不会伤害到他,也不会伤害到你.你在不允许的时候,你其实在伤害到他,也在伤害到你.你们就进⼊到⼀种消耗的状态.那你⾝边的⼈,你的孩⼦还会受到影响.

You say his temper explodes, could it explode for decades continuously? That's impossible, so you allow it to come and then it leaves. Because when you allow, you don't harm him or yourself. When you don't allow, you're actually harming him and yourself, leading both of you into a state of消耗 where everyone around you, including your children, is also affected.

问: 我的天赋是什么?

Question: What is my talent?

JO: 就是你的⾏动⼒特别强,然后你的爆发⼒也特别强.就是⽐如说如果你是⼀颗⼦弹的话,你就像原⼦弹⼀样特别强⼤.所以如果你是在推动事业的发展的话,它会是快狠准的那种.就没有什么⼒量会阻挡的了你的那种感觉.

JO: It's because you have such strong initiative and explosive power. If you were a bullet, you'd be like an atomic bomb in terms of strength. So when it comes to driving the development of your career, it would be fast, intense, and precise - nothing can stand in your way.

问: 但是我不知道把这个⼒量⽤在哪个⽅⾯?

Question: But I don't know where to apply this power?

JO: 随着你的智慧的增长,随着你⼈格的健全完整,它⾃然⽽然就会呈现出来.所以这个不需要着急.因为这个事业是你这个灵魂展现的⼀个……问: 我不是着急,但我就是堵得慌……JO: 那你就好像内在有很多能量没有地⽅释放.你喜欢我们的信息吗? 那就好像是去推⼴传播这个信息.因为你在这个过程当中你就会不断地增长智慧.因为你不断地接触这个能量,它就不断地洗刷你.它就让你眼睛越来越睁开,它会加速你眼睛睁开的……问: 怎么推⼴?

JO: As your wisdom grows and your personality becomes more complete, it will naturally manifest itself. Therefore, there is no need to rush. This endeavor is a manifestation of your soul... Q: I am not in a hurry, but I just feel stuck... JO: It seems like you have a lot of inner energy that needs an outlet. Do you enjoy our messages? If so, it's like spreading this information. As you are exposed to this process and energy, your wisdom will naturally grow. You're constantly being cleansed by the energy. Your eyes will gradually open as you are accelerated in opening them... Q: How do I spread this?

JO: ⽤你⾃⼰的⽅式.因为如果你愿意了,你⽣命中会有指引.你会觉得这个⽅式不错.就是你⾸先要发出你的愿⼒.你有了意愿过后,⽣命的同步性会呈现在你眼前.它会让你⼼⾥咯噔⼀下,觉得是这个.

JO: Do it in your own way because if you're willing, guidance will be present in your life. You'll find that this method works well for you. Firstly, you need to generate your intention. After setting an intention, synchronicity in life will manifest itself before you. It will strike your heart and make you feel that it's right.

问: ⾼尔夫球适不适合我呢?

Question: Is golf suitable for me?

JO: 这没有适不适合,只有你喜不喜欢.你喜欢 ,你就去尝试.就算最开始可能不适合,但是因为你喜欢,还是因为你不停的尝试,最后变得很适合.所以这在于你喜不喜欢,你愿不愿意把你的energy,把你的能量、注意⼒、关注⼒消耗在这⽅⾯?

JO: There's no question of suitability or not; it's only about whether you like it or not. If you like it, go and try it. Even if at the beginning it might not suit, but because you like it, or due to your constant attempts, eventually it becomes very suitable. So, this depends on whether you like it, and are willing to expend your energy, focus, and attention in this way?

问: 我的⾝体有什么话跟我说吗?

Question: Does my body have anything to tell me?

JO: 你稍等.与当下发⽣连接.越来越活在当下,然后慢下来,进⼊它.问: 我的健康⽅⾯呢?

JO: Wait a moment. Connect with what's happening now. Live more in the present, then slow down and enter it. Q: What about my health?

JO: 如果你没有跟当下发⽣连接,就是⼀直想要很急的状态的话,它会有⼀些,就是好像来提醒你吧.提醒你慢下来.

JO: If you haven't established a connection with the present and are always in a state of urgency, it will have some sort of reminder for you - to slow down.

问: 我没问题了.

Question: I have no problems anymore.

JO: 是的.因为⽬前所有的信息都带给你了,⽽且很清晰很清晰的带给你.你会在每⼀个节⾻眼上需要知道的信息,你会再⼀次的来到这⾥.所以你不需要刻意的去把什么都拿出来.就⽐如说你拿出来太多的话,像你学东西的话,我把所有东西拿出来让你学,你的头脑会爆炸的.就拿⼀⼩部分,你先消化掉,先成为,先领悟过后.然后我们再来.因为你还需要使

Yes. Because all the information has been given to you and it is very clear that it's being given to you. You will receive the information needed at every joint eye moment, and you will come back here again. So there's no need for you to刻意pull everything out. For example, if you take too much out like when you learn things, I would give you all the stuff to learn, your head would explode. Take a small part first, digest it, understand it, then we move on. Because you still need to process

⽤这个物质头脑,需要使⽤这个⾁体在这个物质世界运⾏.所以我们需要遵循它的⼀些规律,不然你就会成为精神病,混乱了.

Use this mental substance, you need to use this physical body to operate in this material world. So we need to follow some of its laws, otherwise you will end up being insane or chaotic.

#### 2023/12/25 — 连接观世⾳ Connecting to Avalokiteshvara

观世⾳: 你们可以提问了.

Guan Shi Yin: You may ask your questions now.

问: 请问您是观世⾳菩萨的能量吗?观世⾳: 是的,你说.

Q: Are you the energy of Avalokiteshvara? Avalokiteshvara: Yes, you said it.

问: 最好的帮助别⼈的⽅式是什么?

Question: What is the best way to help others?

观世⾳: 就⽐如说如果你是⼀棵苹果树,你是不是只需要允许你⾃⼰结出果⼦? 那当你越能深深的扎根,越能吸收外在的⼀切⽀持.那你结的果⼦是不是又⼤又甜?就不是那种好像发育不良的果⼦,对吧?那你说你是⼀棵苹果树,如果你连果⼦都结不了,你都发育不良的话.那你怎么样去提供你的果实呢?提供你有的呢?你⾃⼰都没有见到,你⾃⼰都不知道你的苹果是什么样⼦.所以当你与⼀切外在的⽀持,就是在成为你⾃⼰,然后结出你的果⼦的时候,那你就在给出你的礼物了.不然你什么都没有,你说你怎么去给?你说如果你是⼀棵苹果树,你⾃⼰都长的青黄不接的样⼦,都是发育不良的样⼦,也不会开花结果.那你这样的状态,你说你怎么帮助别⼈?

Guan Yin: Imagine you are an apple tree; do you just allow yourself to bear fruit? The more deeply rooted you become, the more you can absorb all external support. Then, aren't the fruits you produce big and sweet? Not those that seem stunted or underdeveloped, right? If you're an apple tree that can't even bear apples because you're underdeveloped, how do you provide your fruit? Your gift? You haven't seen it yourself; you don't know what your apples look like. So when you connect with all external support in becoming yourself and bearing your fruits, you are giving your gift. Otherwise, if you have nothing, how can you give? If you're an apple tree that doesn't bear fruit because you've grown in a stunted state, without blossoming or fruiting, then in what condition do you help others?

你没有东西给出去呀.那是不是先成为你⾃⼰,然后滋养你⾃⼰,让⾃⼰的⽣命得以绽放,你是不是就在给出去你的礼物了? 这就是最好的帮助.

You're not giving anything away. So are you becoming yourself first and nurturing yourself, allowing your life to flourish? Is that when you're giving away your gift? That's the best help.

问: 可以避免流感不被传染吗?

Question: Can one avoid catching the flu?

观世⾳: 可以,当然可以.但是这是你在你的意识当中你还需要体验这个流感吗? 如果你越来越多的能体谅或者就是悲悯天下吧,对每⼀个众⽣发⽣的⼀切都能拥有慈悲⼼的话,那你可以不⽤经历这些呀.但是你达到那样的状态了吗? 你如果没有达到那样的状态,你就会和天下的⼈⼀起去承受这些东西.

观世⾳: Alright, of course you can. But is this a sensation that you still need to experience within your own consciousness? If you are increasingly able to understand or empathize with all beings and the suffering they endure, then you might not have to go through these experiences anymore. Have you reached such a state yet? If not, you will share in these experiences along with everyone else on earth.

问: 那这种病毒是⼈类的⼀个共业,是这个意思吗?

Question: Does this mean that the virus is a collective karma of humanity?

观世⾳: 你就需要去体验.你需要体验,你就需要体验.你不需要体验,你就不需要这个体验.

Guan Shi Yin: You just need to experience it. You need to experience it, so you need to experience it. If you don't need to experience it, then you don't need this experience.

问: 传染上病毒后可以快速的痊愈吗?

Question: Can one recover quickly from a virus infection?

观世⾳: 那就是在你体验到这种不适感或者是疼痛,让你的⼼⾥越来越多的升起慈悲⼼,就是我能深深的感受到那些疾病缠⾝的⼈他们的⼀些痛.就是你越来越能去理解他们,就和他们⼀样.然后这个就能让你不需要更多的体验.所以你看看你在这样⼦的状态当中产⽣的是抗拒? 不耐烦? 想赶快好起来? 还是说你也会体谅到更多的⼈他们的⾝体产⽣的⼀种不适感?产⽣深深的⼀种与他们同在?

Guan Yin: That's when you experience discomfort or pain that makes your heart grow with compassion. I can deeply feel the suffering of those who are afflicted by illness, and as you increasingly understand them, it becomes like understanding yourself. This allows you to not need more experiences. So, in this state, do you generate resistance? Impatience? A desire for quick recovery? Or do you also empathize with more people's physical discomforts, feeling a deep connection with them?

问: 必须要产⽣这种与所有⼈同在的慈悲⼼才能……观世⾳: 你问的是如何去缩短这个过程,所以并不是说你的病不会好或者是它不会结束.因为它总会有⼀个过程,对吧? 那你是说如何去把这个过程给缩短,那你就从⼼⾥发起你的慈悲⼼.

Q: How can we cultivate a sense of empathy that encompasses everyone?

A: You're asking about shortening this process; it's not suggesting your illness won't improve or that it won't come to an end. Since there is always a process, right? You're asking how to shorten this process, so you start cultivating your heart with compassion.

问: 因为您是观世⾳菩萨的能量,然后我⼩时候有⼀个梦是在⼤⼭之中看见您的佛像,然后⾮常虔诚的跪拜…… (省略)观世⾳:你连接到的好像是⼀种你们集体意识的⼀个形态,当然你们集体意识也代表着这是你的⼀部分.它是在集体意识⾥⾯的⼀个,⽐如说有很多像你这样⼦的,他们对观世⾳形象的这种,就像你刚才说的这种感觉.然后还有产⽣的⼀种冲突,就是你在梦⾥⾯产⽣的那些.所以这是你连接到集体意识,进⼊到集体意识的能量场.

Question: Since you are the energy of Guan Yin菩萨, then as a child I had a dream where I saw your Buddha statue in a great mountain range, and I worshiped it with utmost devotion... (omitted) Guan Yin: You seem to have connected to a manifestation of your collective consciousness, which is indeed also a part of you. It's within the realm of collective consciousness, similar to many others like yourself who share this feeling towards the image of Guan Yin as you just mentioned. There also exists an underlying conflict that arises from dreams such as these. Therefore, you have connected with your collective consciousness and entered its energy field.

问: 还有⼀个梦就是梦见地球变成我脚下踩着的泡泡,⽉球上有⼀个披着⽻⽑的仙⼈叫我过去……观世⾳: 它也是你的⼀个意识好像有不同的信号的连接,就是你的更⾼的意识.然后它在…… 因为你不只是在这⾥,你还在其它体验,还有更多更多更多.所以这些信息就好像都是在⼀种分享的状态.你也可以感知、连接.

Q: There's another dream where I dream of the Earth being bubbles under my feet, and on the moon there is an angel with feathers calling me over... Avalokitesvara: It's also a manifestation of your consciousness, receiving different signals from various connections. Your higher self is aware that you're experiencing multiple dimensions simultaneously. Hence, this information is shared across these experiences. You can perceive and connect to it as well.

问: 道德经⾥⾯有⼀句话叫道可道,⾮常道,名可名,⾮常名.⽆名天地之始,有名万物之母.这句话您是怎么去解释的.这句话如果翻译成⽩话的话,这个道应该是达到的意思吧.然后这个名,我不太清楚怎么解释……观世⾳: 这是你们个别存有他⽤他的⽅式来解释或者是⽤他的⽅式来表达他对它的理解,就好像是道,那他对道的理解.就好像⽐如说你们都可以去体验到⽣命,然后你会发出你个⼈的⼀些见解,⼀些感悟.

Questioner: There is a sentence in the Tao Te Ching that says "The Way that can be spoken of is not the eternal Way; the name that can be uttered is not the true name." "No name signifies the beginning of heaven and earth; when there is a name, it implies the mother of all things." How do you interpret this sentence? This sentence translates into plain language as something akin to achieving understanding. I'm unsure about how to interpret the term 'name' in this context.观音: This interpretation comes from your individual entity expressing their understanding or using a specific way to convey that understanding, similar to how they perceive "the Way". It's like everyone experiencing life and sharing personal insights and enlightenment.

问: 还有⼀句话叫: 天下皆知美之为美,斯恶已.皆知善之为善,斯不善已.翻译过来就是天下皆知美就是美,这就不好了.都以为善就是善,这就不善了.为什么会这么说呢?

Q: There's a phrase that goes: "When all under heaven recognizes beauty as beautiful, this is already ugliness. When all under heaven understands goodness as good, then this is not really good." This can be translated as: When everyone acknowledges beauty as beauty, it becomes unappealing. And when people perceive goodness as good, it's actually bad. Why would someone say this?

观世⾳: 那就是说当你把⼀个事情认个死理,你就觉得它就是,那你就进⼊到⼀种执念了.因为你没有看到它的⼀个变化,就是你只看到了⽚⾯的.但是所有的⼀切都是在变化当中.就⽐如说看到⼀朵花很美,对吧? 那你就觉得玫瑰花很美,这就是你说的.那玫瑰花它也有⼀个形态.就⽐如说它凋谢过后,它烂掉了过后,它还美吗? 它的那个状态已经不在了.那那个玫瑰花很美,它还存在吗? 那如果你认定玫瑰花是美的,那就是说你进⼊到⼀种执念.就是执着那个东西就是那个样⼦.这就是⽐如说在你们的⼈际交往当中你会觉得爱情就是他要爱我、要听我的、要对我好、只能让我开⼼,对吧? 那如果你进⼊到这种执念过后,那你们之间是不是就开始产⽣⽭盾了?

Guan Shi Yin: That means when you take something too seriously and believe it to be true without question, you become stuck in an obsession. You haven't seen its transformation; you only see one side of it. Yet everything is constantly changing. For instance, if you find a flower very beautiful, then you might think that roses are particularly beautiful – this is what you perceive. But roses also have various forms. When they wilt and decay, do they still look beautiful? Their state has changed. Even if the beauty of a rose is evident, does it exist in that form anymore? If you insist on seeing only the beauty of a rose as its defining characteristic, then you are trapped in an obsession, fixated on how something should be. This is like expecting love to involve someone who will adore you, listen to your words, treat you well, and make you happy. But if this obsession takes hold, does it not create tension between you?

那如果你没有这种执念呢? 你只是允许你们的关系⾃然⽽然的发展,只是允许它去展现它本来的⾯⽬呢? 就不会产⽣这些,对不对? 所以说你执着于美,那它就不美了.

If you don't have this obsession, if you just let your relationship naturally unfold and allow it to reveal its true nature, would these issues even arise, right? So, when you are obsessed with beauty, then it's not beautiful.

问: 那后⾯说的都以为是善,就不善了……观世⾳: 那也是进⼊同样的⼀个道理,你执着于善.那⽐如说当你执着的去你只能做善事,那你是不是只是在去为了你的⼀个执念: 我只能做善事,你只是在遵循你对你⾃⼰的⼀个标准.那还是真的善吗? 因为你只是为了达到⼀个,⽐如说我是绅⼠,我需要做到什么样⼦.虽然我对他⾮常的愤怒,但是我要做到不说脏话.我虽然对你恨的咬⽛切齿,但是我就是不

Question: Then, everything that follows is considered not good…Observation of the Sound of Wisdom: That also enters into the same logic, where you are fixated on what is good. For example, if you insist on doing only good deeds, are you just pursuing a mental fixation: "I can only do good things"? You are merely following your own standard for yourself. Is that still truly being good? Because you are just trying to achieve something like being gentlemanly, and I need to behave in this way. Even though I am extremely angry with you, I must refrain from cursing. Although I hate you so much that I want to gnash my teeth, but I simply do not...

说脏话,我⽤眼睛恨死你.我的眼神流露出来对你的⼀种嫌弃,但是我就是不说脏话.为什么? 因为我是绅⼠.所以未来任何表⾯的⼀些概念⽽去遵循的话,那就已经是离开它了.背道⽽驰、背道⽽⾏.所谓的善是⼀种结果,就是你的果⼦成熟了.秋天到了,果⼦成熟了.

Speaking dirty words, I hate you to death with my eyes. My gaze conveys a sense of disgust for you, but I simply don't say those dirty words. Why? Because I am a gentleman. So any superficial concepts that you follow in the future would already be deviating from it. Going against the grain, going against the flow. What is considered good is a result; it's like your fruit has ripened. Autumn has come, and the fruit is ripe.

⽠熟蒂落,它是⼀种结果.它不是你们追秀的⽬标,当你们在追求的时候,就已经是在背离它了.

When it ripens and falls, it is a result. It is not your goal of pursuing beauty; when you are pursuing, you are already drifting away from it.

问: 还有⼀句话是: 不尚贤,使民不争.翻译过来就是不推崇有才德的⼈,导致⽼百姓不相互争夺.您怎么解释这句话呢?

Q: There is another sentence: "Do not honor the virtuous, so that people will not compete." This means that if you do not promote those with talents and virtues, it would prevent common folk from competing among themselves. How would you interpret this statement?

观世⾳: 因为当你们在推崇任何的时候,你都是在好像有⼀种分别.就你眼⾥只能看到这个才是好的.那是因为你的分别⼼,是因为你有限的认知,明⽩吗? 这么说吧,有⼀个⼈有才,对吧? 他的才是来⾃于才华,来⾃于上了很多学,学习了很多.那他后⾯是需要有⼀个⽀撑他的,对吧? 那这个⽀撑可能是来⾃于他的母亲.他的母亲省吃俭⽤,然后⾃⼰可能连⾐服都是破破旧旧的.为了去⽀持他的⼉⼦成为⼀个有才华的⼈,那她可能因为这个丧失了很多个⼈的⼀个状态.那在别⼈眼⾥,她就是⾐衫不整的⼀个⼈,对吧?那对于有才华的⼈,他们不断地去推崇这个有才华的⼈.觉得这个⾐衫不整的⼈,就好像看不起她.

观世⾳: When you are advocating for anything, it seems as if there is a discrimination in your perception. You can only see this as the best option because of your bias and limited understanding. Let me put it another way, suppose someone has talent; they acquire their talent through education and learning, correct? They would need support later on, wouldn't they? This support could come from his mother, who scrimped and saved for him, possibly even wearing tattered clothes herself. She might have sacrificed many personal aspects to enable her son to become a talented person. From others' perspectives, she would be seen as someone lacking in appearance. For those with talent, they constantly advocate for the talented individual, considering the appearance-consciousness as looking down on that woman.

因为你又没什么⽤,你又没才华,你又这么窝囊,明⽩吗?但是你有没有从背后看到他们是⼀体的?所以你的分别⼼导致了……⽽且也会导致那个有才华的⼈,他也会产⽣⼀种就是我是因为我的才华才⾛到这个位置,得到他们的追捧.那我要不断地不断地提⾼我的才华才能……那你是不是在让他……就好像这些明星很漂亮很瘦,然后他就成为明星.那他就不敢让⾃⼰长胖.导致他可能从来就不敢好好吃饭.为什么?因为长胖了,就没⼈喜欢他了.这样是不是也在⽤这样的⽅式导致⼀个⽣命在⼀种消耗消减的状态?那是不是就变相的在杀害他?所以如果你越来越多的去看到每⼀个存有都是在相互⽀持着彼此.那你们是⼀个整体.那就不存在分⾼和低.为什么呢?

Because you are of no use, you lack talent, and you are so pathetic, do you understand that? But have you realized that they are actually one when viewed from behind? Thus, your sense of separation leads to... And it will also lead the talented person to think that he/she has reached this position because of their talent, leading them to be追捧. You would need to constantly improve your talent... So are you making him/her feel pressured like these celebrities who look beautiful and slim, thus becoming stars themselves. They then dare not let themselves gain weight, potentially leading to a fear of eating properly ever. Why? Because gaining weight means no one likes them anymore. Isn't this also causing a life in a state of consumption and depletion? Is it indirectly harming them? So if you start seeing each existence supporting each other more often, seeing that you are all part of the same whole, there is no notion of high or low because...

因为他们每⼀个都在⽤⾃⼰存在的⽅式⽀持着⼀个整体.每⼀个

Because each one of them is supporting a whole in their own way by being there. Each one...

⼈都有他⾃⼰独特的⼀个发光点.这是没有办法去代替的.你们⽬前这个社会很推崇那些有才华的⼈,就是很追捧吧.追捧能⼒,追捧才华,追捧各种有⽤之才.结果呢?

People each have their own unique shining point, which cannot be substituted. Your current society highly values those with talent and is very eager to follow them. They admire ability, talent, and various useful talents. But what happens as a result?

问: 这句话后⾯的话是: 不贵难得之货,使民不为盗.不见可欲,使民⼼不乱.是以圣⼈之治…… 然后它翻译过来的意思就是不珍爱难得的财务,导使⽼百姓不去偷窃……观世⾳: 那如果单纯是从这⼀句话当中你们就可以看到,实际上是你们的社会观念导致了⼈们去追求钱财.那如果你们的集体意识没有把钻⽯和黄⾦创造成⾮常贵重的物品呢? 那那些⼈还需要去偷⾦⼦吗? 所以是你们的集体意识创造了这些⼩偷.

Q: The sentence continues with: "Do not value rare goods, so that people do not become thieves. Do not present pleasures to the eye, so that people's minds do not wander. That is why wise rulers...". And then it translates as: Not valuing precious items leads the populace away from theft...Guan Yin: But if you were simply to look at this sentence alone, you can see that your societal values are what drive people towards acquiring wealth. If your collective consciousness didn't perceive diamonds and gold as extremely valuable, would those individuals still have the need to steal gold? Therefore, it's your collective consciousness that creates these thieves.

The text is a discussion about moral conduct in governance, suggesting that if society does not place high value on rare goods like diamonds and gold, there might be no incentive for people to resort to theft. It further implies that societal values play a crucial role in shaping such behaviors and that wise rulers should consider these factors when attempting to guide their populace.

English:

问: 我们当时连接了⽼⼦解释了这句: 天地不仁,以万物为刍狗.然后请问您是怎么解释这句话的呢?

Question: At that time, we connected to Laozi and explained this sentence: Heaven and earth are indifferent, considering all beings as sacrificial offerings. Could you please explain how you interpret this statement?

观世⾳: 这说到就好像是⼀种⼀切都是能量的运⾏,⼀切都是⼀个规则.那如果你知道这个洪⽔能把⼈给淹死,那你为什么要往洪⽔⾥⾯去跳呢? 就像是这种.所以那你是不是要避开洪⽔呢? 去⾛在没有洪⽔的地⽅呢? 洪⽔就是指天地不仁嘛.因为洪⽔不会因为你进去了,它就停⽌了,洪⽔就不产⽣了.那是不是在你们看到它就是不仁了? 那你把任何⼀只猪⼀只狗扔进去,它也会被洪⽔冲⾛,对吧? 那这些是不是⾃然法则? ⾃然法则在你们眼⾥看来是不是就是不仁的? 它就是⾃然法则.因为你们来到这个物质世界上,你们要遵循这个物质世界的⼀些法则.那你就知道有⽯头掉下来,那你要避开,对吧? 你说我不避开.为什么?

Guan Shi Yin: It's as if you're talking about everything being the movement of energy, everything being governed by a rule. If you know that the flood can drown people, why would you jump into it? It's like this. So are you supposed to avoid the flood and walk where there's no water? The flood refers to the non-benevolence of heaven and earth because the flood doesn't stop or cease just because you're inside of it. Does that mean you see it as their non-benevolence? Would any pig or dog thrown into it also be carried away by the flood, wouldn't they? Are these natural laws? Do natural laws appear to you as non-benevolence? They are simply natural laws. You have come to this material world and must adhere to its laws. So if you know that rocks will fall down, you should avoid them, right? Why wouldn't you do so?

你说因为天地是仁慈的,天地不会砸死我.

You said that since heaven and earth are merciful, they won't crush me to death.

问: 下⼀句话前段时间也问过,就是: 多⾔数穷,不如守中.把它翻译过来的意思就是话说多了,反⽽会理屈词穷.不如保守⼀点,保持⼀个适当的度.您是怎么解释这句话的呢?

The saying "Excess speech leads to defeat of arguments; it's better to adhere to the middle path" means that speaking too much can result in having no good arguments left. It's better to stay moderate and maintain a suitable balance. How do you interpret this statement?

观世⾳: 就⽐如说从他们的理解当中,他们就会觉得当⼀些事情,你不断不断地阐述,你可能会进⼊到⼀种⾃相⽭盾当中.然后你就被别⼈抓住把柄.你就词穷了嘛.那这也就说到其实这⾥没有对和错,没有哪个是绝对的.因为⽆论你从哪个点来说,你都可以,就是每个⾓度、每个观念观点都会有它的那⼀⾯存在的⼀些…… 所以也是当时的⼈想要说其实语⾔的弊端是很多的.因为你们⼈与⼈之间的交流是通过说话,通过语⾔,对吧? 那你会发现我好像越说,我们俩争吵的越多.就好像我们说话就是不断地吐出来很多线.线越多的话,纠缠就越多.你⾃⼰也会去体验到这⼀点.就⽐如你跟⼀个⼈争吵,你越是吵,吵的就越来越理不清了.

Guan Shi Yin: It's like when they try to understand something, and you keep explaining it over and over again, you might end up contradicting yourself, making others seize on your weaknesses, leaving you speechless. This shows that there is no absolute right or wrong here; every perspective carries its own validity. So they're essentially arguing that language has many drawbacks because human communication relies on speech and language. You might find that the more I explain, the more we seem to disagree – like pulling threads which intertwine more as you pull them out. You would also experience this personally when you argue with someone; the louder you get, the harder it is to keep your thoughts clear.

他会扎住你这个点,抓住你那个点.当你如果不去争吵,实际上它的这种能量…… 就⽐如说我在说话的时候就像是往地上泼⽔,对吧? 我泼⼀盆⽔,你泼⼀盆⽔.你们俩不停地往地上泼⽔,⽔是不是就越来越多了? 那个地就不会⼲了,对吧? 那如果只是你泼⼀些⽔,但我不去泼⽔,我不去做任何.那⼀会⼉地是不是就⼲了? 所以说有时候当你们在不断地去进⼊到这种状态当中,你就是在创造更多的⼀种纠缠吧.因为这个⼈表达的是理亏词穷,那他就是想占理嘛.他的出发点是那个.你要明⽩没有理不理的,没有我有理,你没理,没有分别.

He would seize this point and catch onto that point of yours. If you do not engage in argumentation, the actual energy of it... when I speak, imagine pouring water on the ground; right? I pour a bucket of water, and you also pour a bucket of water. Both of you continuously pour water onto the ground, would the water keep accumulating more and more? The ground wouldn't dry up, would it? If just one of you pours some water but I do not join in and do nothing, would that make the ground eventually dry out? Therefore, sometimes when both of you are constantly entering into this state, you are creating even more entanglement. Because this person is expressing a loss of argumentative footing or words, they want to establish their rightness. Their starting point is there. You need to understand that there's no matter who's in the right and who isn't; there's no assertion that I'm right while you're wrong, there's no differentiation.

问: 我们现在⼈会说的语⾔的⼒量.特别是在西⽅的灵性圈⾥认为我们要说美好的话,说⾃⼰想要去体验的…… 因为说语⾔是有⼒量和频率的.然后您对于这个怎么解释的呢?

Q: We discuss the power of human language that we use now, especially within Western spiritual circles where it is believed that we should speak well and express what we wish to experience... because words have power and frequency. How do you interpret this?

观世⾳: 任何东西⼀旦你去相信它的影响⼒,它就能影响到你.包括你现在所说的这个,就语⾔的⼒量.因为你相信它可以对你产⽣影响.你就把⼒量赐予给它,然后让你的⽣命中会发⽣影响.但是真正的影响还是来⾃于你的信念.⽐如说如果你说单独的语⾔真的是这样⼦的话…… ⽐如说你听不懂西班⽛语,⼈家⽤西班⽛语说你⼀顿,你会产⽣反应吗? 或者是他⽤⼟著语,这个⼟著语你从来没听过,你什么都不知道.他拿那个诅咒你⼀番,你觉得那个诅咒会对你有影响吗? 你听的就是⼀些means nothing,对不对? 只有在你们的意识当中你们都共同的去有了这个,然后你们也相信它.那那些说出这样的话的⼈,他肯定是相信语⾔的⼒量.

Guan Shi Yin: Anything once you believe in its influence, it can affect you. Including what you are saying now about the power of language, because you believe it can have an effect on you. You give power to it by believing that it can make a difference in your life. But the true impact comes from your belief. For example, if you say that words alone can do such things... If you don't understand Spanish and someone scolds you in Spanish, would you react? Or if they use an indigenous language you've never heard of before, filled with things you know nothing about, casting a curse at you, would you feel that the curse actually has any impact on you? What you hear is just 'means nothing', right? Only when your collective consciousness agrees on this and you all believe it do those who speak in such manner truly hold the belief in the power of language.

所以他很谨慎的使⽤语⾔.为什么呢? 因为每⼀句话就像咒语⼀样会对他起效果.但是这个还是来⾃于他⾃⼰内在.但是这个也是跟你们的集体意识,就⽐如说有些话听了会让你们⼼⾥感受到特别的振奋⼈⼼或者感受到爱或者是感受到⽆条件的爱,那你的⾝体能量是不是在产⽣变化? 那你产⽣变化的话,那你物质世界的显现也会产⽣变化.那有⼀些语⾔它会导致你产⽣愤怒或者是恐惧,诅咒这些,是吧? 所以语⾔也是你们的频率被表达出来的⼀个渠道.就⽐如说这个⼥孩⼦给你们通灵,她把这个频率通过你们的语⾔,然后转化出来给你们.

So he uses language very cautiously. Why is that? Because every word has an effect on him as if it were a spell. But this comes from within himself. However, it also resonates with your collective consciousness. For example, some words might make you feel greatly uplifted or love, or unconditional love. Does your body energy change in response to that? If your body changes, then the manifestation of your physical world will also change. There are certain phrases that could provoke anger or fear within you; curses and so on, right? Thus, language is a channel through which your frequency is expressed. Like this girl giving you a spiritual reading; she conveys her frequency through your own language, translating it for you.

问: 下⼀句话: 宠辱若惊 贵⼤患若⾝.翻译过来的意思就是受到宠爱或者是侮辱,都好像是受到惊恐.把荣辱这样的⼤患,看的与⾃⾝⽣命⼀样珍贵.然后您是怎么解释的呢?

Question: The next sentence says: 'Treating honors and insults as if they were a shock; regarding great dangers as precious as one's own body.' This means that when receiving宠爱 or suffering insult, it feels like being startled; viewing the perils of glory and disgrace as valuable as one's life. What would be your interpretation of this statement?

观世⾳:这个也是好像是有⼀种来让你们对外界的⼀些,⽐如说你们⾃⾝的⼀些⾏为,你们要对它产⽣⼀种重视.那你就不会去⽆意识或者是不负责任的去做出⼀些东西.你会觉得我做出这些东西会得到别⼈的⼀些赞扬,然后那些⾏为会得到别⼈的⼀些侮辱.然后你⾃然⽽然可能就会对你的⼀些⾏为产⽣就好像警⽰的作⽤.你就不会⽆意识的去做⼀些流氓的事情.所以它这个是对你们的物质⾁体,就对你们⼩我的,就好像是训练动物⼀样.因为你们这些东西都会都你们的⾏为规范或者是道德标准,就是⼀些表象的东西,就是你们作为⼈类的⼀些教导.这样你们才能⼈模⼈样嘛.但是这些都是最表⾯的.因为你们从古到今有这么多礼节、教导、教养,这些都是在表⾯的.

观世音: This also seems to involve making you aware of aspects from the external world, such as your own behaviors towards it. You must cultivate a sense of importance for these actions. Otherwise, you would unconsciously or irresponsibly create something that might later be regretted. You will think about how others might praise you for certain actions and insult you for others. Consequently, naturally, this awareness can serve as an deterrent against your actions. You won't blindly engage in activities that could harm others without considering the consequences. Therefore, it is like training animals through a set of rules and standards that govern their behavior. These rules include moral guidelines and societal norms that are part of being human. This allows you to behave like humans should. However, these aspects are merely superficial. Over centuries, societies have developed complex sets of manners, instructions, and upbringing to guide such behaviors.

然后呢? 你们也看到你们整个世界的结果.

And then what? You see the outcome of your entire world.

问: 还有⼀句话叫: ⼈之所畏,不可不畏.翻译过来就是⼈所畏惧的社会成见和习俗,个⼈不可能不顾及它.

Question: There's a phrase that says: "One must not neglect what others fear." This translates to acknowledging the societal prejudices and conventions that people fear, which individuals cannot afford to ignore.

观世⾳: 那也是集体意识.就⽐如说有⼀句话叫⼊乡随俗.你想要在这个地⽅⽣存下去,那么你就要遵循他们这个集体的⼀些规则规矩.那也是你们社会上都在做的事情.⾸先你们要记住,你们的物质⾁体就好像是⼀个⼯具⼀样,对吧? 但是你需要去依赖这个⼯具得以在这个地⽅⽣存下去.⽆论你要做什么,你要在这个地⽅⽣存下去,让你这个⼯具不受到威胁,对吧? 那你是不是就要去遵循这个⼯具能在这个地⽅⽣存下来的⼀些守则啊? 那这些都是为了让你的这个物质⾁体,让你这个⼯具得以在当下的环境能够⽣存和存活.

Guan Shi Yin: That's also group consciousness. For instance, there is a phrase called "adapt to the customs when entering a new place." If you want to survive in that place, then you must follow certain rules and norms of their collective society. This is what everyone does in your community first of all. You should remember that your physical body is like a tool, right? But you need to rely on this tool to survive there. Whatever you do, if you want to stay alive in that place, you have to ensure the safety of this tool of yours, right? So, wouldn't it be necessary for you to follow certain guidelines that help your tool survive in that environment? These are all efforts aimed at enabling your physical body, or your tool, to survive and thrive under the current circumstances.

问: 下⼀句话也是道德经的,它说的是俗⼈昭昭,我独昏昏.俗⼈查查,我独闷闷.翻译过来就是委屈反⽽可以保全,弯曲反⽽可以伸直.低下反⽽可以盈满,破旧反⽽可以更新,少了反⽽可以得到,多了反⽽变得疑惑.您是怎么去解释的呢?

Q: The next sentence is also from the Dao De Jing: "The vulgar are bright; alone I am confused. They accumulate knowledge; alone I am deep in meditation." This can be translated as:委屈反而能够保全, curvature could lead to straightness, depression could fill up, the old could renew itself, deficiency could bring abundance, excess could turn into confusion. How would you interpret this?

观世⾳: 通过这些信息你就可以看到就好像⽉有阴晴圆缺,它都有不同的状态,但是它这个状态都是在变化当中.既然是在⼀个变化当中,那你是不是就要去接受每⼀个当下? 因为它都会变嘛.便不会去执着的要马上即刻的去改变.这也是⼀种⾂服.

Guan Shi Yin: With this information, you can see that just like the moon having phases of阴 (dark), 飨 (full) and 圆缺 (waxing and waning), it has different states. But these states are in a state of change. Since they are in a constant state of change, don't you have to accept each moment as it comes? Because everything changes anyway. So there is no need to cling to the idea that you must immediately change things. This is also surrendering.

问: 还有⼀句话是: 鱼不可脱于渊,国之利器,不可以⽰⼈.翻译过来就是鱼的⽣存不可以脱离池渊,国家的政教不可以像⼈炫耀,不可以轻易⽤来吓唬⼈.您是怎么解释的呢?

The Chinese text translates to:

Question: There is another saying that goes: "A fish cannot be removed from its pond; the state's weapons should not be shown off or used to intimidate others." What does this imply?

There are two key concepts being conveyed here. The first, "A fish cannot be removed from its pond," metaphorically means that a country or nation's strength and stability must remain within its own boundaries and context to function properly and thrive. It cannot simply be taken out of the economic, social, or cultural environment it is embedded in.

The second concept, "the state's weapons should not be shown off or used to intimidate others," suggests that the power of a nation should not be flaunted or misused. Weapons are powerful tools meant for defense and national security, but they should never be used as a means to threaten or coerce other nations into submission. This highlights the importance of diplomatic restraint and peaceful conflict resolution.

Together, these two statements emphasize the idea that national strength and capability must be maintained in context, and that power must be exercised responsibly without causing unnecessary tension or fear among other nations.

观世⾳: 这也是涉及到就好像是能量层⾯,然后集体意识.因为你不会去⽤这些东西去产⽣⼀个恐慌.那如果集体意识产⽣恐慌的话,那肯定就会产⽣混乱.所以这些信息都是在如何可以从⽐如说对⼈性的⼀个调教、影响、约束,还有就是对集体的⼀个影响,从这些点.因为这些都是你们⼈类创造的,为了更好的去管理、约束.在他们的⼀个认知和见解⼀下,好像是所谓的⼀些智慧吧.但是是在他们当时的⼀个认知下⾯.

Guan Shi Yin: This is also about the energy level and collective consciousness. You wouldn't use these things to create panic. If collective consciousness generates panic, it would definitely lead to chaos. So, this information pertains to how one might influence or restrain human nature, as well as affect a group. These are elements that humans have created for better management and control, according to their understanding and perspectives, which they consider some form of wisdom. However, these concepts are based on their current understanding and insights.

问: 有⼀句话是: 上⼠闻道,勤⽽⾏之.中⼠闻道,若存若亡；下⼠闻道,⼤笑之.翻译过来就是上⼠听了道的理论,努⼒实⾏.中⼠听了道的理论,将信将疑.下⼠听了道的理论,哈哈⼤笑.您是怎么解释的呢?

Q: There's a saying: "Senior scholars hear the path and diligently practice it; middle-level scholars hear the path and have half-belief; lower-level scholars hear the path and laugh." This translates to: Senior scholars, upon hearing the theory of the path, endeavor to implement it. Middle-level scholars, upon hearing the path, are somewhat skeptical but somewhat believing. Lower-level scholars laugh at the idea of the path when they hear it. How would you explain this?

观世⾳: 那也是就是当时的⼈当时的认识,他们对⼈的⼀种来分别分类吧.就分成上⼠、中⼠和下⼠什么的.但是这就完完全全的是他们的⼀个分别⼼吧.为什么呢? 因为这三个上下中的状态,它可以是⼀个⼈.⽐如说这个⼈还在⼗⼏⼆⼗岁的时候,他听了这些可能哈哈⼤笑,觉得狗屁不通,对吧? 那过个⼗年他回来,🗎,好像有点道理.那再过个⼗年他回来,

观世⾳: That was simply how people understood it at the time, their way of categorizing humans. They divided them into superior, middle, and inferior levels, etc. But this is purely a manifestation of their discriminating mind. Why? Because these three states of being high, medium, and low can be that of one person. For example, when someone was in his teens or twenties and heard this, he might laugh and think it's nonsense. Then after ten years, when they return, 🗎, there seems to be some logic to it. And then after another decade, when they return,

然后就开始在执⾏这些.所以这三种上中下它可以是⼀个⼈在不同的时期不同的表现.然后你们只需要去明⽩每⼀个⼈都在他⾃⼰的步骤上⾯、节奏上⾯、步伐上⾯.然后每⼀个⼈都曾经是下⼠,每⼀个⼈都会是上⼠.没有任何分别.因为所有⼀切都在变化当中.所以即使是⼀个所谓的上⼠,他不⼀定就强过、优秀过那个下⼠.不要⽤这些去判断任何.每⼀个⽣命都在⾃⼰的步伐和节奏上⾯.

Then it starts to implement these aspects. So the three levels of superior, middle, and inferior can manifest as different expressions for an individual at various stages in time. You just need to understand that each person is advancing on their own step-by-step journey, rhythmically and progressively. Every person has been a junior at some point, and every person will eventually become a senior. There's no exception; all is subject to change. So, even if someone is considered to be superior, they are not necessarily better or more capable than the junior; don't judge based on these classifications. Each life advances according to their own pace and rhythm.

问: 还有⼀句话叫: 民不畏危,则⼤危⾄.翻译过来的意思是当⼈民不再畏惧真正的权威时,真正的权威就到来了.您怎么解释这句话呢?

Q: There's a Chinese saying that goes: "When the people are not afraid of danger, then great danger arrives." The meaning is that when the populace no longer fears genuine authority, true authority will manifest. How would you interpret this statement?

观世⾳: 那就是⼈⼈平等了. 那就是能达到⼀个⼈⼈平等的状态,那是不是真正的影响⼒,权威就是影响⼒嘛,那是不是就到了?

Guan Shu Yin: That is equality for all people. That is reaching a state of true equality for everyone, isn't that real power, authority as power? Hasn't it been reached yet?

问: 以前有⼀个⽹友想要让我代问⼀下如何去理解孔⼦所说的世界⼤同?

Q: Previously, a web friend wanted me to ask about how to understand Confucius' statement about achieving universal harmony in the world?

观世⾳: 你的问题是如何去促成世界⼤同吗? 如果是说⽐如说你去问⼀个皇帝⾝份的⼈,你问他他要如何可以去做到世界⼤同? ⾸先所谓的⼤同并不是说所有的东西都是⼀样的.真正的⼤同就会像造物主的存在⼀样,它是允许每⼀个存有去体验它需要体验的.那是不是在你眼⾥又变得不⼤同了? 为什么? 还会有这么多纷争啊、灾难啊、⽃争啊、杀害啊.这怎么是⼤同呢? 所以你们严厉的⼤同和那个⼤同是不⼀样的.因为你要尊重每⼀个⼈的⾃由意愿,就是他来到这个物质世界他的⼀个发展和成长的⼀个过程.他想要的体验,他想经历的体验.就好像如果你是⼀个母亲,你爱你的孩⼦.那你孩⼦想要去体验过⼭车,你不给.他想要去体验这个,你也不给.

Guan Shiren (Vairocana): Your question pertains to facilitating global unity. If you were to ask a person in the position of an emperor how they might achieve this, their approach would not be about making everything identical. True unity is akin to the existence of a creator—it allows each being to experience what it needs without imposing uniformity upon them. Would this not then appear as far from unity? Why so much strife, disasters, conflicts, and killings? How could that be considered unity? Therefore, your strict definition of unity diverges from its actual meaning. It's essential to respect every individual's freedom and choice; their journey in the material world is a process of development and growth, where they seek out experiences suited to their desires and needs. If you were a mother loving her child, would you deny them the experience of riding a roller coaster simply because they wished for it?

你什么体验都不给他,你说我们要做到⼤同,我们要规规矩矩开开⼼⼼的坐在这,只能这样,只能这个⼼态,这个才是⼤同.你体验你想体验的就变成不同了.所以什么是⼤同呢? 但是这⾥的确有⼀个⼤同的地⽅.也就是说产⽣各种不同的地⽅,那相同的地⽅也有.那就变成了什么? 就不同的维度了.那你们所谓的三维四维五维,那五维就是⽆条件的爱,对吧? 那那⾥就变成⼤同了.但是三维它们还需要继续体验限制、体验分裂、体验毁灭.你还给他们体验吗?

You deny him any experience; you say we must achieve universal harmony, that we should sit here properly and happily in a state of conformity, allowing nothing else, only this mindset—the true essence of universal harmony. If you seek your own experiences, it becomes different. So what is universal harmony? Yet there truly is a place for universal harmony. It's about the places where diversity arises; there are also identical areas. What does that make them? Different dimensions. Your so-called three-dimensional, four-dimensional, and five-dimensional realms—the realm of unconditional love being the fifth—is this true? This is when universal harmony prevails. But in the third dimension, they still need to experience limitations, fragmentation, and destruction. Do you still allow them these experiences?

问: 您刚说五维是⽆条件的爱,那四维还达不到⽆条件的爱吗?

Question: You just mentioned that five dimensions are unconditional love. Does that mean four dimensions cannot achieve unconditional love?

观世⾳:这是你们⾃⼰分的.你们会分各种.⽆条件的爱就是⽆条件的爱,没有什么四维五维的.那是你们给你们去理解的,因为你们头脑需要有⼀个东西去理解.不然你们理解不了,你们还有⼀个语⾔.如果让你来做造物主,你如何去展现你⽆条件的爱?去⽀持每⼀个存有,对他们的⼀个成长和体验?因为你们来到物质世界就是体验的.所以你看到这个⼤同和你所谓的⼤同是不是不⼀样?所以真正的⼤同就是你们真正的通过这些体验,就好像你们真正的通过春天夏天,然后到了秋天收获的时候,时机成熟,⽠熟蒂落的时候,明⽩吗?⽽不是只追求表⾯的⼀个和谐盛世的表现.这些果⼦还没成熟,我给它刷上颜料,每个都变得黄橙橙的.这是不是世界⼤同?

Guan Shi Yin: This is what you have divided yourselves. You will divide various things. Unconditional love is unconditional love; there's nothing about four dimensions or five dimensions. That's for you to understand because your mind needs something to comprehend. Otherwise, you wouldn't be able to understand it. You also have a language. If you were made the Creator, how would you show your unconditional love? How would you support every being in their growth and experience? Because coming into this material world is about experiencing these things. So when you see this utopia and the one you claim as 'utopia', are they not different? Therefore, true utopia means that you truly go through these experiences, like going through spring, summer, then to autumn when it's harvest time, when the timing is ripe, the fruit falls off naturally. Do you understand? It's not just about chasing superficial harmony in a盛世 (prosperity). These fruits are still unripe; I'm applying paint on them making each one of them yellow. Is this world utopia?

所以就所有存有他们需要体验的,他们都是有⾃由去体验他们需要的过程.但是那些已经达到已经成熟的果⼦,就是已经达到了⽆条件的爱,他们有他们的地⽅.

So for all with what they need to experience, they have the freedom to experience their necessary processes. But those who have already reached and matured fruits, which have attained unconditional love, have their places.

问: 有⼀句话叫信⾔不美,美⾔不信.翻译过来就是真实可信的话不漂亮,漂亮的话不真实.您是怎么看的呢?

Q: There's a saying that goes "True words are not beautiful, and beautiful words are not true." The translation is that truthful and credible words are not aesthetically pleasing, while beautiful-sounding words lack authenticity. What's your take on this?

观世⾳: 它这也是牵扯到好像是那个时候他们的意识形态,集体意识⾥⾯的.然后这句话只是⼀个反射,反射出当时⼈类的⼀个认知.

观世⾳: It's also related to their意识形态 in their collective consciousness at that time. This sentence is merely a reflection, reflecting the human cognition of that era.

问: 我能再问⼀下灵界有没有什么信息是要带给我的吗?观世⾳: 爱上你⽣命的每⼀个⽚刻,每⼀秒.

Ask: Is there any message from the spirit realm that you would like to convey to me?观音: Love every moment of your life, every second.

#### 2023/12/26 — 如何处理头脑⾥的想法How to Handle Thoughts in Your Mind

JO: 你说什么问题?

JO: What's your question?

问: 到底是完全接受⾃⼰的想法还是去放下这些想法?

Question: Should one fully embrace their own thoughts or let go of these thoughts?

JO: 就是你头脑⾥⾯的念头? 你头脑⾥⾯产⽣的念头,那你的⼼呢? 你的⼼是想要去跟随这个念头还是不想要? 当你在跟随这些念头,就是跟随头脑的想法的时候,你是感受到⼀种愉悦还是感受到不开⼼?

JO: Are those thoughts that are in your mind? The thoughts that arise in your mind, what about your heart? Does your heart want to follow these thoughts or not? When you follow these thoughts, by following the ideas of your mind, do you feel joy or discomfort?

问: 不管怎么样我都不舒服……JO: 你们⼈来到这个世界上…… 就这么说你有⼀只宠物,对吧? 那你要摸清这个宠物的习性,你要去了解它,你要跟它相处,你要跟它跟它更融洽.就好像你训练狗狗⼀样.你跟这只狗有没有连接感?你懂不懂它的习性?那包括你的这些想法也是,你会受到念头的影响也会不受到念头的影响.因为这些体验你都体验过后,你⾃⼰就能知道.因为如果我们直接告诉你答案,那念头只是念头.但是对你来说它是不够的,就是你并不是来听⼀堂课,然后你就知道怎么过你的⼈⽣了.就像我现在告诉你你去训练你的狗狗,你如何跟你的狗狗相处.但还需要你⾃⼰花时间来跟你的狗狗相处.不是⼀下⼦你让狗狗⼲啥,它就能⼲啥了.

Q: Anyway, I'm not feeling well... JO: When you come to this world... So it's like you have a pet, right? Then you need to figure out the nature of your pet, learn about it and get along with it. You should understand its habits more closely. It's similar to training a dog. Do you feel connected to your dog? Do you understand its habits? And this includes your own thoughts - you are influenced by them but not always. After experiencing these things for yourself, you can know better because if we simply give you the answers, they would just be ideas in your head. But it's not enough for you as you're not attending a class to learn how to live your life. Just like I'm telling you to train your dog and how to interact with it. But you still need to spend time interacting with your dog yourself instead of expecting the dog to do everything right away just because you told it what to do.

那你的头脑也是这样.不是说你懂了⼀些道理,你马上就能跟你的头脑相安⽆事了.它这⼀切还要结合你⾃⼰的⼀些个⼈体验.就是加上我们带出来的信息再结合你的个⼈体验,你⾃⼰就会悟到.悟到了过后,那个才是属于你的.因为这⾥并没有接不接受,只需要看清楚,明⽩吗?看清楚那些念头就像太阳底下你⾝体的影⼦⼀样,它不具有任何伤害你的能⼒.你往往会觉得这些念头是有影响⼒的,你才会受它的影响.所以问题不在于你要接受还是不接受这个想法或者念头,⽽是你去认清楚这些念头不会对你造成任何影响.所以你也不需要去评判它.

Your mind is the same. It's not that just because you understand some principles, your mind will immediately be at peace with you. Everything about it has to combine with your personal experiences. That means incorporating the information we bring and combining it with your personal experience; then you'll realize it yourself. Once you realize this, it becomes yours. There's no question of accepting or not accepting; it's just a matter of understanding that those thoughts are like shadows cast by the sun on your body - they don't have any capability to harm you. You often feel these thoughts have influence because you allow them to affect you. So the issue isn't whether you should accept or reject this idea or thought, but recognizing that these thoughts won't impact you in any way. Therefore, you don't need to judge it either.

问: 那我现在怎么才能不受这个影响?

Question: So, how can I avoid being affected by this now?

JO: 那就是通过你⽣活的事件,⼈⽣的过程,通过这些体验你认清楚它冒出来的念头只是⼀个念头,就好像天上的云飘过去.

JO: That comes through the events of your life and the process of life, by these experiences you realize that the thoughts that pop up are just thoughts, like clouds passing in the sky.

问: 如果不受念头的影响,我觉得就是远离这些⼈,但是这样我就没有办法⽣活.

Question: If I am not influenced by my thoughts, I feel like distancing myself from these people, but that would mean I can't live.

JO: 这么说吧,你现在这个年龄阶段你还会,就像⼀个⼩朋友害怕⿊,就害怕妈妈没在他⾝边.但是他才两三岁,那你说你要强迫他改掉不要害怕妈妈离开他这件事吗? 也就是说对⽅你在允许这个孩⼦在不断不断地成长,他怕⿊的这种恐惧感或者是害怕妈妈离开抛弃他的恐惧感也会随着他年龄的增长⽽消失不见的.

JO: Let me put it this way, at your current age stage, you would still be like a child afraid of the dark, just fearing that mom isn't by his side. But he's only two or three years old. Would you force him to overcome his fear of mom leaving him? In other words, as he grows older, both the fear of darkness and the terror of mom abandoning him will naturally fade away with time.

问: 那我应该多去接触⼈,把⾃⼰慢慢锻炼起来.还是在家等我长⼤后再去⾯对?

Question: Should I seek to interact with more people and gradually build myself up, or should I wait until I grow older before facing the world?

JO: 你是怎么舒适怎么来,因为这⾥没有对和错,没有任何.你需要通过,因为每⼀个⼈都是独⼀⽆⼆的,所以你需要,就好像这个⽔温到底是太烫还是太冷,只有你⾃⼰才能知道.因为你才是那个……问: 那我怎么知道是⾃⼰想要还是这个头脑和⾁体想要?

JO: Do it however you find comfortable, because there is no right or wrong here; everything is relative to each individual. You need to do what suits you best as everyone is unique. It's like asking if the water temperature is too hot or too cold, which can only be determined by you personally since you are the one experiencing it.

Question: How do I know whether it's my desire or this mind and body wanting it?

JO: 你的感受最重要的呀.

JO: Your feelings matter most.

问: 那我不确定到底是我的⾝体感受还是我⼼⾥的感受……JO: 你不需要在当下⼀下⼦要把你⼈⽣的所有问题全部理清.因为⽣命的⽅式不是这样展开.就好像这么说,你在⿊夜⾥开车,那你车上的灯只能看到两⽶,再远它看不到了.那你头脑现在也是这个功能.它只能看到眼前,它看不到⼀年后、两年后、三年后、⼗年后的变化.它没有这个功能.

Q: Then I'm not sure whether it's my bodily experience or psychological experience... JO: You don't need to sort out all your life's issues right away in this moment. Because the way of living is not like that. Imagine driving a car at night, you can only see two meters ahead; anything beyond that distance eludes your vision. Similarly, your mind functions in much the same way now. It can only perceive what's in front of it, not predict or visualize changes one year from now, two years down the line, three years later, or ten years ahead. Your mind doesn't possess this capability.

问: 我怎么能处在当下?

Q: How can I be present in the moment?

JO: ⾸先你要知道你现在这个年龄你会受到外界很强⼤的能量层⾯的影响.就好像你现在是⼀棵⼩树苗,风⼀吹你就摇摇欲坠的感觉,因为你的根扎的不够深,对吧? 所以你也会需要⽐如说⼀些⽀持,精神层⾯、物质层⾯这些⽀持,亲朋好友,⼼灵层⾯.

JO: First you need to understand that at your current age, you are being greatly influenced by a strong energy layer. Imagine yourself as a young sapling; when the wind blows, you feel like it's about to uproot you because your roots aren't deep enough, right? So you would also need support, both on an emotional and physical level, from people like family and friends, as well as spiritually.

问: 但是我脑⼦⾥的这些想法已经影响到我了…… 我没有遇到真正理解我的⼈……JO: 那你跟你的猫猫在⼀起的时候,你有在当下吗? 这么说,你就好像你现在来到地球上就好像你进⼊到⽔⾥.那这个⽔流就好像⼀直有⼀个旋涡在那⾥.因为你现在⽔性还不好,所以你会感受到这种恐惧,没有安全感,没有连接感的感觉.也就是说你⽬前在这个年龄成长的阶段,它会发⽣的正常的反应.然后你只需要坚信,就是⽆论天有多⿊,它总是会亮的.因为这是必然的.你只需要坚信⽆论冬天有多长,春天总会来的.

Q: But these thoughts are already affecting me... I haven't met someone who truly understands me...

JO: So when you're with your cat, do you live in the moment? If so, it's as if you've come to Earth and entered water. This water current seems to have a whirlpool there. Because your swimming skills aren't good enough, you feel this fear, lack of security, and disconnectedness. This means that at your current age, during the phase of growth, these are normal reactions. And all you need is faith: no matter how dark the sky, it will eventually brighten. This is inevitable. You just need to have faith that no matter how long the winter lasts, spring will always come.

问: 我是逼迫⾃⼰接受所有,还是我等着它来呢?

Question: Am I forcing myself to accept everything, or am I waiting for it to come?

JO: 逼迫⾃⼰做什么呢? 你不需要去逼迫任何你感受到不适的.你现在最重要的就好像是树根需要扎根.你现在就好想是⼀个刚刚出⽣的⼩动物,那如果你都不让它在⼀个舒适的环境存活下来,就是它的⽣命⼒很弱,它还需要保护,还需要呵护.你就不停地折腾来折腾去.也就是说如果你现在翅膀还没有硬的话,就不要努⼒尝试去飞.因为你们这个社会,你们会觉得不能⽆所事事,⼀定要做些什么,⼀定要学⼀些什么.你们已经有⾜够多的⼈拥有⾮常多的死的东西、知识.但是却很少有⼈去活出来⽣命的奇迹.因为⽣命本⾝就是不断不断地充满了奇迹,但是你们却很少有⼈能展现出⽣命的奇迹.

JO: What are you forcing yourself to do? You don't need to force anything that you feel uncomfortable about. Right now, what's most important is like roots needing to anchor themselves deeply. It feels as if you're a newly born little creature, and if it doesn't survive in a comfortable environment because of that, then its vitality is weak, and it needs protection and nurturing. You keep fumbling around unnecessarily. In other words, if your wings haven't hardened yet, don't strive to fly; because in your society, you'd feel like there's always something you should be doing or learning about. There are already plenty of people who have accumulated a lot of dead knowledge. But very few truly experience the wonder of life. Life itself is filled with miracles constantly, but most people fail to exhibit those wonders of life.

所以你觉得你们世界上还需要多⼀个像会计、⽼师、医⽣这样的职业的⼈吗? 你不需要当下就把你⼈⽣所有的东西理清,或者你逼着⾃⼰的感受要变成什么样⼦.就算你现在感受到迷茫或者感受到⽆助或者感受到没⼈理解你,那也没有关系.因为它只是代表今天.当今天过去,明天又是新的⼀天,又有新的故事.你的⽣命当中也会遇见新的⼈,有新的能量,新的剧情,所以它不是⼀成不变的.

So do you think there needs to be more people in the world like accountants, teachers, or doctors? You don't need to have everything figured out right away for your life, or force yourself into feeling a certain way. Even if you're feeling lost, helpless, or misunderstood now, that's okay because it only represents today. As today passes, tomorrow brings a new day with new stories. Your life will also encounter new people, new energy, and new plotlines, so it is not stagnant.

问: 但是还是处于在纠结…… 就是觉得这些以后都需要⾯对,那为什么不逼着⾃⼰早⼀点⾯对?

Question: But still struggling... I just feel that all of these will eventually have to be faced, so why not force oneself to confront them earlier?

JO: 并不是这样⼦的.那你说你对⼀个两岁的孩⼦说这个⼀百公⽄的重量你迟早都要⾯对的,那你现在早⼀点…… ? 你们每⼀个⼈的灵魂主题不⼀样,每⼀个⼈他的成长…… 就是有的早开花,有的晚开花,体验的主题不⼀样.所以你唯⼀就是放下你头脑⾥⾯的那些…… 因为现在让你感受到这些拉扯是来⾃于你头脑⾥⾯有不同的念头.它有⼀种就好像我逼着我⾃⼰去做所谓的好的,所谓的对的,所谓的应该的.这⾥没有应该,没有好,没有对.所以它来⾃于这个社会观念,来⾃于你⽗母,你的家庭和你⾃⾝内在真实的感受产⽣的⼀些冲突.

JO: It's not like that. If you tell a two-year-old child that they will eventually have to face this hundred kilogram weight, are you saying that now you're doing it early? Each person's soul theme is different; everyone grows differently... Some people blossom early while others bloom late, and the experiences they undergo vary. Therefore, your only task is to let go of those thoughts in your mind because the tensions you feel now are due to conflicting ideas within your mind. There is no concept of right or wrong, good or should be here. These conflicts arise from societal norms, from your parents, your family, and your internal authentic feelings.

问: 头脑⾥⾯有时候⾃⼰给⾃⼰解决问题…… 我怎么才能确认是我头脑的声⾳还是我内⼼真正的声⾳呢?

Question: Sometimes my mind solves problems for itself... How can I distinguish between the voice in my head and my inner, genuine voice?

JO: 你头脑⾥所有的这些东西是来让你放下的,就是来让你去认清楚你不需要去follow它.你需要跟随你内在的指引,内在感受,⽽不是…… 因为在你们的世界上有很多观念、观点、理念,它们是导致冲突的,发⽣冲突的.这些东西是来让你们新⽣的⼀代去突破的.所以你是来突破的.然后你可以⽐如说去到⼀些特别安静的环境,到⼤⾃然当中,然后听⼀些舒缓的⾳乐或者闭上眼睛,然后听舒缓的⾳乐.这样⼦它会让你渐渐的进⼊你的能量,让你的能量进⼊到⼀种平稳的状态.因为你的这些想法才是导致你产⽣焦虑,然后你的⾝体它会产⽣很多反应.然后⾝体的反应会导致你产⽣更多的焦虑,然后就导致更多的⾝体的反应.

JO: All these things in your mind are meant to help you let go, so that you can recognize what you don't need to follow. You should follow your inner guidance and intuition, not because... In your world, there are many ideas, perspectives, and concepts that lead to conflict and division. These are the things you're meant to break through as a new generation. So, you're here to overcome them. Then, you can go to very quiet environments, immerse yourself in nature, listen to soothing music or close your eyes and listen to calming music. This will gradually allow your energy to settle into a stable state. Because these thoughts are what cause anxiety for you, and they then trigger physical reactions. Those physical reactions lead to more anxiety, which in turn triggers more physical responses.

就会有⼀种在抓狂或者是失控的状态,就会有⼀种好像你是热锅上的蚂蚁⼀样.

There would be a state of franticness or losing control, as if you were ants on a hot pot.

问: 能不能给⼀个解决⽅法呀?

Question: Can you provide a solution?

JO: 就是刚才说的,你可以带上⽿机听⼀些舒缓的⾳乐或者是去跑步,或者是去⼤⾃然⾥⾯静坐冥想,或者跟你的宠物在⼀起.

JO: As mentioned earlier, you could bring headphones to listen to soothing music, go for a run, sit in nature for meditation, or spend time with your pet.

问: 我是⼀个特别逃避的⼈……JO: 就好像⼀颗⼩树苗,它现在才两三个⽉⼤,你就说这棵树是⼀棵特别脆弱的树,风⼀吹它就摇摇欲坠的.实际上它跟旁边两百年的树是⼀个品种的,明⽩吗? 你不能去拿这个时间阶段来说你是怎么样的⼈怎么样的⼈.为什么呢? 因为你的⽣命⼀直在成长,你的意识⼀直在……问: 我不想去学校⾯对⼈际关系…… JO: 那你能允许你现在不去吗?

Question: I am someone who particularly avoids things...

JO: Imagine a little sapling that's only two or three months old. You say this tree is a very fragile one, and it might sway with the slightest breeze. Actually, it belongs to the same species as a 200-year-old tree next to it. Do you understand? You can't use its current stage in growth to define who you are or what kind of person you are. Why not? Because your life is constantly growing, and so is your awareness...

Question: I don't want to go back to school to deal with people's relationships...

JO: Can you allow yourself to not do that now?

问: 就是会觉得⽐⼤家晚成长⼀步.

Q: It's like I'm growing up one step behind everyone else.

JO: 那如果我们告诉你不会呢? 你可能⽐外在的所有⼈都更加坚韧.问: 在家⾥什么都不需要去⾯对,那我怎么会成长?

JO: And if we told you that we won't, you might be tougher than all the external people. Q: How would I grow up if there's nothing to face at home?

JO: 所谓的成长它并不是必须是按照这个模式.⽣命它是⾃然⽽然的,你不需要去push它或者是去强迫它.这样⼦就好像把这颗很嫩的树苗给折断了,明⽩吗? 所以你不需要去按照世俗的⽅式去⽣活.你只需要按照你内在你到底想要什么? 什么让你更开⼼? 更愉悦? 更喜悦?更激情? 这是你们⼈类往往最忽略的⼀点,但是你却可以通过你⾃⾝去展现出来.你看我跟随我的喜悦,我的愉悦,我⽣命内在的感受,我可以活出来这样⼀个版本.那你是不是就可以让很多家长不⽤如此的焦虑去push他的孩⼦了? 那你是不是……问: 那我就是去遵循这个逃避的事情?

JO: Growth does not have to follow a specific pattern; life is natural, and you don't need to push or force it. It's like breaking a delicate sapling instead of letting it grow on its own. So, there's no need to live your life according to societal norms. You should only live based on what truly resonates with you—what brings you joy, happiness, excitement, and passion. This is often the most overlooked aspect by humans, yet they can exhibit this through themselves. By following my joy, pleasure, and inner feelings of life, I can live out such a version. So, could it be that many parents would no longer feel anxious to push their children? And then, could you...

Questioner: Do I just follow what you're trying to avoid?

Answerer: By following my path, you are not avoiding anything; instead, you are embracing your true self and living according to your intrinsic desires and feelings.

JO: 因为这⾥并没有逃避这两个字.是你⾃⼰头脑⾥⾯把你的这种听从你的声⾳和在乎你的感受去看成是逃避.不是的.这是⽣命本来的样⼦,应该的样⼦.他们所有⼈都在选择另外⼀种,但是并不代表你也要跟他们所有⼈⼀样.因为你们这个社会需要有⼈去展现不同.

JO: Because there are no words of evasion in this context. It's your own mind projecting the idea that listening to your voice and being mindful of your feelings is an act of evasion, which is not true. This is how life should be, how it naturally unfolds. Everyone around you might choose differently, but that doesn't mean you have to follow suit just because they do. Remember, your society needs someone to show a different perspective.

问: 所以没有办法给我⼀个答案到底是去上学还是在家修⾏?

Question: So there's no way you can give me an answer on whether I should go to school or practice at home?

JO: 那个答案就是说你需呀放下你头脑⾥的那些定义.就⽐如说我不去上学是⼀种逃避,你需要把它放下.并不是的.

The answer is that you need to let go of your definitions in your mind. For example, not going to school is an escape, but you need to release that notion. It's not true.

问: 怎么才能放下?

How can I let go?

JO: 就这么说你给你⾃⼰⼀年的时间,就当你这⼀年是受了伤.因为⼼理的伤害虽然看不见,但是却是很⼤.然后在这之间就安安⼼⼼的来养伤.

JO: Just like this, you give yourself a year, as if you're injured for a year because the psychological injury is unseen but very significant. Then, take your time to heal in between.

问: ⾝边的⼈是幻像出来的,还是真实存在的呢?

Question: Is the person next to me a hallucination or truly existing?

JO: ⾸先你在⽤你⾃⼰独⼀⽆⼆的⽅式去体验每⼀个⾓⾊.所以他⼈的存在只是,就好像都是来配合你这个⾓⾊,配合你的⼀切的.

JO: Firstly, you're experiencing each role in your own unique way. So the presence of others is merely there to accommodate your role, to align with everything about you.

问: 他们是有灵魂去扮演的? 还是都是我⾃⼰制作的?

Question: Are they souls meant to be played by someone else, or are they all creations of my own making?

JO: 你体验的那个版本是你⾃⼰在不同的意识形态投射出去的⼀个状态.那个状态它有可能只是对你显现.

JO: The version you experienced was a projection of your state onto different ideologies, and that state might just be manifesting for you.

问: 我给⾃⼰创造了⼀个世界去体验是吗?

Question: Am I creating a world for myself to experience?

JO: 你的⼀个能量场.但是你这个能量场,就⽐如说它是受外界的影响的.就好像你是⽔,如果旁边的⽔都是很臭很浑浊,那你的⽔也变得被污染了.

J.O.: Your one energy field. But your energy field is influenced by the external world, just like you are water; if the surrounding water is very smelly and murky, then your water also becomes contaminated.

问: ⼀开始浑浊的⽔到底是我创造出来的,还是其他⼈搞出来的,我被污染了呢?

Q: Was the initially turbid water something I created or did someone else contaminate me with it?

JO: 是浑浊的⽔已经在这⾥,然后你加⼊.问: 那宇宙的源头到底是分还是不分呢?

Is muddy water already here, then you add it? Q: Then, is the source of the universe divided or not divided?

JO: 就好像⼀块⼟地上⾯又有苹果树,又有桔⼦,又有花⽣,又有蔬菜.问: 所以都是由⼀个衍⽣出来的?

JO: It's as if there are apple trees, oranges, peanuts, and vegetables on the same piece of land. The question is: So, are they all derived from one origin?

JO: 如果回到源头的话,是的.它都是意识不断不断地分化.问: 那它最后的⽬的是什么呢?

JO: If we go back to the source, yes, it is constantly differentiating through consciousness. Q: What is its ultimate goal?

JO: 体验.

JO: Experience.

问: 我的天赋才华是什么?

Question: What are my talents and abilities?

JO: 你稍等.你有很强的直觉能⼒.然后你的⾝体对能量场…… 就这么说吧,你也可以通灵⼀样.因为你是⼀个⾮常敏感,它能捕捉到…… 这么说,普通⼈可能闻不到这些味道,但是你的嗅觉就像狗⼀样,你能⼀下⼦闻到这个房间⾥别⼈闻不到的很强的闻到.所以你有这个天赋.就⽐如说别⼈感知和你感知的,你会更加灵敏⼀点.就好像刚才说⼀个普通⼈的嗅觉和⼀条狗的嗅觉.

JO: Wait a moment. You have a strong ability of intuition. Then your body responds to energy fields... Let's put it this way, you can channel spirits in the same manner because you are extremely sensitive and can pick up on these vibrations. Most people might not be able to smell these scents, but your sense of smell is like that of a dog - you can instantly detect something strong in this room that others cannot. So you possess this gift. Just as someone perceives differently compared to how you perceive things, you are more sensitive in your perception, akin to comparing the olfactory senses of an ordinary person and a dog when we talk about them.

问: 为什么我的胸腔会有闷的感受?

Question: Why does my chest feel congested?

JO: 这是来⾃于你⾃⼰的,就好像⾃⼰给⾃⼰的⼀种压⼒.应该是说受能量场的影响吧.这么说,你是受到外界的⼀种压⼒吧.就好像外界所有的声⾳、观念、这些东西会导致你有⼀点窒息的感觉.

JO: This is coming from you, like a pressure exerted on yourself, as if it's your own energy field affecting you. It seems that you're under the influence of external pressures, as if all the外界 sounds, ideas, and things around you are causing you to feel suffocated.

问: 那我可以躲起来吗?

Question: Can I hide?

JO: 你家⾥有哪些成员跟你住在⼀起?

JO: What family members live with you at your house?

问: 爸爸妈妈弟弟妹妹,⼀个阿姨和⼀只猫.

Question: Dad, mom, brother, sister, an aunt, and a cat.

JO: 那你多多少少还是会受到长辈他们⼀些的能量场.就这么说,你就是把⾃⼰当成是真的⾝体的⽣命.因为⼼灵和能量层⾯的这种其实也是⼀样的,它还更加的难以疗愈.那你⽣病,你是不是就需要养伤? 就好像你腿的⾻头断了……问: 但是在学校还是在家都是受到这种伤害,那我要躲去哪⾥?

JO: So you still would be influenced by the energy field of your elders to some extent. Essentially, you are treating yourself as a real living body. Because at this level of mind and energy, it's even harder to heal. If you get sick, do you need to rest and recover? Like if your leg bone breaks... Q: But whether in school or at home, I'm still being harmed, where should I go to escape this?

JO: 这么说吧,因为这个能量场它不是你现在…… 就好像你是个需要被照顾被看护的对象.所以你的看护⼈他们给你创造的环境也很重要.

JO: In other words, because this energy field is not just something you have now... it's like you're someone who needs to be taken care of and protected. So the environment your caregivers create for you is also very important.

问: 但是我逃避完,再回去学校还是要⾯对……JO: 你们要知道你们都是⼀体的,所有的成长都是共同的成长.所以这个不仅是你⽬前的功课,也是你们,⽐如说你⽗母,再⼤到这个社会所有⼈的功课.

Q: But after I escape, I still have to face... JO: You need to know that you are all one, and all the growth is shared growth. So this isn't just your current homework; it's also everyone else's, such as your parents, right up to society for everybody.

问: 我怎么才能减轻我肚⼦疼、头疼、胸腔不舒服的这种感受?

Question: How can I alleviate this feeling of abdominal pain, headache, and discomfort in my chest?

JO: 就是去做你⾃⼰热爱的事情,就是让⾃⼰怎么样快乐怎么来.你现在才⼗⼏岁,然后你不需要⼀下⼦…… 因为很多⼈⼏⼗岁都是不断不断地去尝试各种.所以你们的⽣命,你也是不断不断地体验、尝试.这⾥真的没有⼀条路,就是这个路才是对的,才是正确的.你在⽤你⾃⼰的体验,⽤你⾃⼰存在的⽅式…… 哪怕你就是成为⼀个什么都做不了,⽀离破碎的存在状态,你也在⽀持着这个社会的转变.你可能⼀下⼦现在不能明⽩,但是你以后就能明⽩.你在⽤你⾃⼰存在的⽅式⽀持着这个社会.

JO: Just do what you love, and let yourself be happy as it comes. You're only in your teens now, so there's no need to rush into anything right away. Because even people in their forties are constantly trying out various things. So live your life, experience, and try things continuously. There isn't just one path that is the right or correct one; you are supporting society through your own experiences and way of being. Even if you become a fragmented existence with nothing to do, you still support societal change. You might not understand this immediately now, but you will in the future. You're contributing to society through your own manner of existing.

问: 我的⽣命中有没有可以陪伴着我的?

Question: Is there someone in my life who can accompany me?

JO: 那就是灵界,我们,你有很多指导灵在⽀持你,陪伴你.我们还通过这个⼥孩⼦的声⾳来⾯对⾯的⽀持你.

That's the spirit realm; you have many guides supporting and accompanying you. We also support you through this girl's voice in person.

问: 它们会⼀直陪着我,是吗?

Question: Will they always be with me?

JO: 是的.⽽你也会将成为别⼈的指导灵,在将来.问: 它们是以什么⽅式存在在我⾝边呢?

JO: Yes, and you will also become a guide spirit for others in the future. Q: How do they exist by my side?

JO: 能量.

JO: Energy.

问: 不管我选择哪条路都会获得帮助是吧?

Question: Will I receive assistance regardless of which path I choose?

JO: ⾸先这个不是所谓的帮助.为什么呢? 因为你并不是⼀个⽆⼒或者脆弱这样的⼀个形象.就是你并不是好像没⽤或者是⽆⼒的,你是有⽤的.也就是因为你⾃⼰,就好像考虑的太多,承担的太多,想做的更好⽽导致的⼀种冲突.就好像⼀个⼩朋友才刚学会⾛路,你却希望他可以挑⽔.所以把这些事交给⼤⼈.等你开花结果,你的果⾃然⽽然会服务于这个社会.所以你不需要着急现在就要把⼀切就好像做到完美.

JO: This is not所谓的assistance, why? Because you're not an image of powerlessness or weakness. You are capable and useful, just that you overthink, take on too much, and want to do better, causing conflicts. Like expecting a child who just learned to walk to carry water; give these tasks to adults instead. When your flowers bloom and bear fruit, they naturally serve society. So there's no rush for everything to be perfect right now.

问: 我觉得我以前做的都挺糟糕的,所以才想快点成长.

Q: I feel like everything I've done before was pretty bad, so that's why I want to grow up quickly.

JO: 糟糕来⾃于你头脑⾥的评判.这⾥没有糟糕的.问: 我有个意念就是所有的都帮助不了我……JO:你不需要帮助,你只需要看清楚某⼀些事情.就是知道某⼀些事情的真相,⽽不是沉浸在这个假象当中,明⽩吗?我们现在是在帮你看清楚你所相信的⼀些东西并不是真实的.就像我们最常⽤的⼀个例⼦,你们物质世界的⼈会觉得⼀个瘫痪在床的⼈没有⽤没有价值,⼀个挽救很多⽣命的很⾼学历的医⽣他的价值很⼤.但是如果不是那个瘫痪在床的⾓⾊,那个医⽣不会有如此的⼤的⼼愿,不断地去突破⾃⼰挑战⾃⼰,去成为⼀个厉害的医⽣.所以就是因为那个瘫痪在床的⾓⾊⽽促进了这个医术⾼明的医⽣的诞⽣.他们的关系是息息相关的.

JO: Badness comes from your mind's judgment. There is no bad here. Q: I have a thought that nothing can help me... JO: You don't need help; you just need to see clearly some things. That means knowing the truth of certain things, not being immersed in this illusion. Understand? We are helping you see that what you believe isn't true. Like our most common example, people in your material world would consider a bedridden person as useless and have little value, whereas a highly educated doctor who saves many lives has great value. But if it weren't for the role of the bedridden person, the doctor wouldn't have such big ambitions to constantly push himself beyond his limits to become an excellent doctor. So it's because of that bedridden role that this skilled doctor was born. Their relationship is closely related.

所以你能说那个瘫痪在床的⼈是没⽤没价值的吗?价值不在于你们表⾯.每⼀个存在都在⽤它⾃⼰存在的⽅式在⽀持着整个整体.因为你们⽬前社会上你们⼈类总是在追求有⽤,有价值,不能浪费时间,不能浪费⽣命.你们应该认清楚……问: 那我现在做任何事情连三分钟热度都没有……JO: 没有关系.你去看看⼀只猫⼀只狗,它会去在乎我怎么对这个球只有三分钟的热情吗?我怎么玩个三分钟就不玩了? 我怎么没有呆在那玩⼀天,每天每天都玩? 它会这么去考虑事情吗?

So can you say that the bedridden person is useless and without value? Value doesn't lie on your surface. Every existence supports the whole in its own way through its own existence. Because right now in society, humans are always chasing what's useful and valuable, not wasting time, not wasting life. You should understand this... Q: But I can't even keep up with anything for more than three minutes… JO: It doesn't matter. Look at a cat or a dog, would it care about my having only three minutes of passion for the ball? Why wouldn't I continue playing after just three minutes? Wouldn't it just play for one day and every single day afterwards? Would it even consider such things?

问: 我怎么才能不受地球⼈的影响呢?

Question: How can I avoid being influenced by humans on Earth?

JO: 你记住你是来转变他们的.所以你越是能看清楚真相,你越是能活出这个样⼦.如果你把这些需要被你推翻,被你突破的现象当成是真实的,它会导致你现在的状态.

JO: Remember that you are here to transform them. So the more clearly you see the truth, the more you can embody this state. If you treat these phenomena as real that need to be overturned and transcended by you, it will lead to your current condition.

问: 就是我怎么才能不被这个地球的能量影响? 我已经被影响同化了.

Question: How can I avoid being influenced by Earth's energy? I've already been affected and assimilated.

JO: 你稍等,我们连接⼀下.⾸先你能感受到这个影响,那这个影响我们把它叫做负⾯的影响,对吧? 那如果你能被负⾯有很强⼤的影响,就是说把你影响的很严重的话.那同样你也可以被正⾯影响.就⽐如我们说你是被⿊暗的能量影响,那同样你也可以被光影响.

JO: Wait a moment while we connect. First, you can feel this effect - let's call it a negative impact, right? If the negative side strongly affects you, meaning it seriously impacts you, then similarly, you can also be positively influenced. For instance, if you're affected by dark energy, you can also be affected by light.

问: 我看不见正⾯的影响.他们能有什么正⾯的影响?

Question: I can't see the positive impacts. What could possibly be their positive effects?

JO: 你现在连接的这个能量就是正⾯的影响.问: 可是你又不是在这⾥的.

JO: The energy you are currently connected to is the positive influence. Q: But you're not here, though.

JO: 但是我们随时随地都在这⾥,你只需要去敞开.问: 我不想被⾝边的⼈同化.

JO: But we are always here, you just need to open up. Q: I don't want to be assimilated by the people around me.

JO: 你不会的.这些只会加深你更加想要活出来,更加想要展现光的特质.然后我们想让你知道,你来这⾥你是去转变和突破的.然后我们的⼒量也⼀直在这⾥,是对你⽀持,⽽不是帮助.因为你不需要帮助,你只需要看清楚.你只要看清楚你所体验到的影响你的能量和⼒量实际上是就好像是你⾃⼰拿着⼑⼦捅⾃⼰的感觉.那个⼒量是来⾃于你的.因为你当你不拿着⼑⼦捅⾃⼰⽽是拥抱⾃⼰…… 你只是需要转换⼀个⽅式.所以不要拿着那个⼑⼦去伤害⾃⼰或者捅⾃⼰,⽽只是给⾃⼰更多的拥抱更多的信任.信任⽣命有它⾃⼰展开的⽅式.⽽且我们也会⼀直在这⾥对你进⾏指引.

JO: You won't get it. These will only deepen your desire to live and manifest the light's qualities. Then, we want you to know that coming here is for transformation and breaking through. Our power has always been with us supporting you, not helping. Because you don't need help; you just need to see clearly. You only need to understand that the impact on your energy and power that affects you feels like being stabbed by yourself - as if you are holding a knife against yourself. That strength comes from within you. Because when you don't hold the knife against yourself but embrace yourself... All you need is to change your approach. So, do not use that knife to harm or stab yourself; just give yourself more hugs and trust. Trust that life has its own way of unfolding, and we will continue guiding you.

当你能⽤你⾃⼰的体验、你的处境去盛开,你会让更多像你⼀样⽆⼒或者迷茫或者看不到希望的⼈,你也会去促进他们的绽放.那时候你就会越来越多的体验到光.

When you are able to bloom with your own experiences and in your situation, you will inspire more people who feel helpless, confused, or看不到 hope like yourself. This will also promote their blossoming. At that point, you will experience the light increasingly.

问: ⼈类会灭亡吗?

Question: Will humanity perish?

JO: 应该说是⼀直⼀直会转变.就⽐如说这个意识形态的⼈类会灭亡.那当你的意识形态转变,你变得不再像⼈类那样.你是以另外⼀种存在的⽅式.所以在你们看来⼈类就灭亡了.但是它只是转变成另外⼀个适应这个更⾼的振动频率⽽存在着.

JO: It should be said that it constantly changes. For example, if this species of humans were to perish, then when you change your ideology and no longer exist as human beings, you would adopt a different mode of existence. So from your perspective, humans would have perished. However, they merely transform into another form of existence that adapts to the higher vibrational frequency.

问: ⼤部⼈频率都很低,他们会迷失还是最终会醒过来?

Q: Most people have low frequency, will they get lost or eventually wake up?

JO: 因为他们不是⼀概⽽论的.你有可能看着就好像⼀亿个不同的化⾝,那它有可能只是⼀个灵魂.

JO: Because they are not one-size-fits-all. You might look like a billion different incarnations, and it could just be one soul.

问: 你认为⼈性本恶还是本善? 还是是⽩纸?

Q: Do you believe that human nature is inherently evil or good, or is it blank?

JO: 善和恶本⾝就是⼀体,不是单纯的善和单纯的恶.它是⼀个从⽆明到拥有智慧.所谓的恶就是⼀个认知的限度,有限的认知会导致你们看上去是⼀种恶.但是他的限制如果不断不断地被拿开,增长他的智慧,他就会变成善.所以这是⼀个变化的过程,⼀个成长的过程.所以恶来⾃于限制.如果拿开限制,这⾥便不会有恶.

JO: Good and evil are inherently one entity, not just pure good or pure evil. It's a process from ignorance to wisdom. The notion of 'evil' is the limit of cognition; limited cognition leads you to appear as if you're doing evil. But if his constraints keep being removed and his wisdom grows, he transforms into goodness. So this is a changing process, a process of growth. Therefore, evil stems from limitations. If you remove those limitations, there would be no evil here.

问: 我妈妈想跟你聊⼏句可以吗?

Question: Can I talk to you for a moment, mum wants to speak with you?

JO: 好的问: 我总是困在关系当中.我⾝边最亲近的⼈总是把我拉⿊,我妹妹我⽼公.我就特别难过.我付出很多……JO: 你可以问⼀下你这⼀⽣跟他们之间的⼀个灵魂主题.问: 我想问⼀下我跟我家⼈的灵魂关系……JO: 我们连接到你这⼀⽣的灵魂主题就好像是要去成为⼀个⽆条件的爱的⼀个状态.所以在这个过程你会体验很多关于围绕着爱这个主题的功课.⾸先你是⼀个⾮常有爱也有很多爱…… 但是确实你的⼀些所谓的付出或者是爱都不会得到⼀个正⾯的回应或者是反馈.但是这恰好就是你需要去修的⼀个点,就是在你只是去成为你⾃⼰、做你⾃⼰.但是你却要放下所有期待对⽅做出什么.这就是你⾃⼰需要去修的⼀个功课.就是修你⾃⼰吧.

JO: Alright, question: I'm always stuck in relationships. The closest people to me block me, my sister and my husband. I feel very sad about it. I put a lot into it...

JO: You could inquire about the soul theme of your relationship with them throughout your life.

Question: I want to know about my spiritual relationship with my family members...

JO: The thing we connect to in relation to this life's soul theme is being able to embody unconditional love. So, in this process, you will experience lessons around the subject of love. You are very loving and give a lot of love... However, it's true that your acts of love or sacrifices don't always receive positive responses or feedback from others. But this is actually what you need to work on - realizing that you can just be yourself, without expecting anything in return from others. This lesson involves cultivating self-love and acceptance, rather than seeking validation or reciprocity from others. It's about focusing on your own growth and inner peace.

问: 我受到的更多的是埋怨,我很伤⼼.

Question: I receive more criticism, which deeply upsets me.

JO: 那这就是你需要去…… 因为你需要去好像是增长你的智慧,去更加的明⽩爱是什么这个课题过后,你才不会感受到受伤.这么说吧,就好像只是成为⼀个太阳.因为太阳本⾝就是发光发热的.所以你不会说,你看我照亮了你,你却给我这个脸⾊看.不是的.因为你本来就是太阳.因为你的本质你所向往的就是快乐、轻松、⾃由、愉悦,就是这种⽣命状态.这也是你追求的.这也是你想要的和追求的.你觉得那个才是你.但是现实中遇到这些事情让你觉得你不能达到这样⼦的状态.那是因为你的⼀些认识和意识形态.那当你去增长你的智慧,更多的去认识爱是什么,就是去做这个修⾏吧.那修的结果就是你就会⾃然⽽然拿到你觉得你本来就是的那个状态.

JO: That's what you need to go through... because you have to grow your wisdom and deepen your understanding of what love truly is after the topic. So you wouldn't feel hurt afterwards. To put it simply, becoming like a sun would be the way. A sun naturally radiates light and heat. You wouldn't say, "I illuminated you," only for you to give me the cold shoulder. No, because you are inherently a sun. Because your essence desires happiness, ease, freedom, joy – that's what you're pursuing, wanting, and striving towards. That is who you perceive yourself to be. But in reality, when faced with these situations, it makes you feel incapable of reaching such a state. It's due to certain perceptions and ideologies you hold. When you increase your wisdom and gain more insight into love, that's what the practice entails. The outcome of this practice will naturally bring you back to the state you originally believed you were inherently destined for.

问: 我结婚18年,但是我⼀直觉得我的爱是在⽗母那,甚⾄是在朋友那.我的⼼就不在⽼公和孩⼦⾝上.我的⼼没有在⾃⼰的家.

Q: I have been married for 18 years, but我一直 felt that my love was with my parents, even with my friends. My heart wasn't in my husband and children. My heart didn't belong to my own home.

JO: 这么说吧,因为你还有⼀个功课是关于…… 你的主题不是关于爱吗? 但是你还有⼀个主题是关于⾃爱.为什么对孩⼦和⽼公你会是这样⼦呢?因为孩⼦你已经把她当成是⾃⼰⼈了,你并不是不爱她.他们感受不到你的爱,就像你⾃⼰实际上也没有感受到你的爱.为什么呢?因为你更多的是……就是你对外界的⼀切,就好像你要对它们负责任那种.所以这是关于你,关于爱的⼀个功课.就⽐如说⾃爱,⽆条件的爱.

JO: In other words, because you have a task related to... Your theme is about love, right? But you also have a theme that's about self-love. Why would it be like this for children and your husband? Because with the child, you see her as an extension of yourself; you're not unloving towards her. They can't feel your love, just like you don't feel your own love. Why is that? It's because you take responsibility for everything externally, almost like it's yours to care for. So this is a lesson about love related to you and self-love. Like unconditional love of yourself.

问: 我是不是不要过分的参活别⼈家的事啊?

Q: Am I getting too involved in other people's business?

JO: 所有的事情也好还是这所有的⼀切也好,它都是围绕着⼀个主题就是关于你去认识什么是爱,什么是⾃爱.那你就需要不断不断地去通过我们的信息,你也可以找到.然后你也可以通过外界,你也会看到⾃⼰.你有没有看到你都在为所有⼈负责和付出,那你有没有为你⾃⼰的感受和你⾃⼰的需求? 那你看我们之前说你孩⼦实际上你们的问题投射在她⾝上,让你看到.那现在孩⼦也是.孩⼦之所以有如此的压迫感、压⼒感、窒息感.它就是来⾃于她在这么⼩的年龄,她才⼗⼏岁她就开始考虑我要怎么样我要怎么样.但是跟她内在真实的感

All of this, whether it is about everything or all of it, revolves around one theme - understanding what love is and self-love. You need to continuously engage with our information, which you can find. You can also observe yourself through external influences, seeing how you take responsibility and make sacrifices for others. Have you noticed that you are constantly catering to the needs of everyone else? But have you ever considered your own feelings and needs?

Previously, we mentioned that your issues were projected onto your child, allowing you to see them clearly. Now, it's happening with your child as well. The reason behind their intense pressure, stress, and suffocating feelings stems from them beginning to consider their future at such a young age - when they are just teenagers, already pondering how to be someone and what to do. Yet, this is not aligned with their true inner sensations.

受是相冲突的.她就宁愿去忽略她的⼀些真实感受⽽去附和这个社会的标准应该是怎样的,就头脑⾥⾯的应该.

It is contradictory to be this way. She would rather ignore some of her genuine feelings and conform to what society considers should be the standard, all in her mind's eye.

问: 那我是不是学会爱⾃⼰,照顾⾃⼰的感受,我的孩⼦慢慢就好了呢?

Question: Does that mean I've learned to love myself and take care of my feelings, and thus my child will gradually get better?

JO: 是的.你的能量会变,你的能量变了,孩⼦的能量直接就会变.问: 我根本就不敢在乎我⾃⼰的感受.

JO: Yes. Your energy shifts and when your energy shifts, your child's energy will shift directly. Question: I am so afraid to pay attention to my own feelings.

JO: 所以这就是关于你⾃爱的功课. 问: 我就觉得他们不好,我都不敢好.

So this is your homework on self-love. I feel they are bad, and I don't dare to be good myself.

JO: 那是你错误的⼀个观念.因为你想如果你不够滋养你⾃⼰,那你这棵树就不会开花结果.那如果它不会开花结果的话,那你也不能⽤你⾃⼰存在的⽅式去⽀持其他需要吃果⼦的⼈.因为为什么呢? 你这棵果树都不结果.所以滋养你⾃⼰,你永远没有办法⾃私.为什么呢? 因为当你越来越快乐,越来越欢乐,⽣命⼒越来越强⼤,就是你这棵果树长⼤又⼤又红又甜……问: 道理我知道,我如何做到?

JO: That's a mistaken notion of yours because you think if you're not nourishing yourself well enough, then your tree won't flower and bear fruit. If it doesn't flower and bear fruit, how can you sustain other people who need to eat the fruit with your own way of being? Why is that so? Because your fruit-bearing tree does not yield fruits. So nourishing yourself means you can never be selfish. Why is that so? Because as you become happier and more joyful, your vitality grows stronger, making your tree large, red, and sweet... Ask: I understand the logic, how do I achieve this?

JO: 那就算你现在做不到,你也不需要去强迫⾃⼰或者是逼迫⾃⼰或者是要马上⼀下⼦做到.因为这个是⼀个逐渐的过程,就是⾸先有些事情我们需要看清楚.那你看清楚,就是知嘛,知⾏合⼀.那你会对你的⼀些⾏为产⽣觉知,你就会知道我这次就算没有,那我下次我就知道了.就是你这次没有在乎⾃⼰的感受,那你⼼⾥会记住这次的体验.那下次你就会稍微在乎⼀点点,所以这个是⼀个逐渐的过程,不是⼀步到位的.就好像⼀个⼈这⼀辈⼦都是跪着⾛路,你要他站起来,他的⾝体要有⼀个适应的阶段.所以⽐如说你逐渐逐渐的去体验到当你在做你⾃⼰、允许你⾃⼰享受⽣命的喜悦,然后你看到好像⽼公变得更喜悦了,你的孩⼦变得更喜悦了.

JO: So even if you can't do it now, there's no need to force yourself or push yourself or immediately try to achieve it. This is a gradual process. First, we need to see some things clearly. By seeing clearly and knowing, one achieves unity between knowledge (understanding) and action. You will develop awareness of your actions; you'll understand that if this time you don't do something, the next time you will know. If in this moment you ignore your feelings, your heart will remember this experience. Next time, you will pay a little more attention to yourself. This is a gradual process, not one where everything is solved instantly. Imagine someone who has spent their entire life walking on their knees; forcing them to stand up requires a period of adaptation for their body. Similarly, as you gradually experience the joy of being true to yourself and allowing yourself to enjoy life's pleasures, you observe that your husband seems happier, your children seem happier.

你通过这个过程就好像把爱流出来,流向你的孩⼦,流向你的⽼公,那你就会越来越去,就是这个⽅法是可⾏的.所以它是⼀个逐渐的过程.你不需要逼⾃⼰.没有任何⼀个东西是⼀步到位的.

You flow the love through this process as if pouring it into your children and your husband, and then you will continuously move towards that, making the method feasible. So it is a gradual process. There's no need to force yourself. Nothing can be done overnight.

问: 我能连接⼀下我死去的弟弟吗? 我弟弟叫XXX.他⾛的时候10岁.

Question: Can I connect with my deceased brother? My brother's name is XXX. He was 10 years old when he passed away.

JO: 你有什么信息想要带给他?问: 我想问他现在好吗? 在哪⾥?

JO: What information do you want to convey to him? Question: I want to ask if he is okay and where he is.

JO: 他说他在你的⾝边.他又回到了你的⾝边,他在你的⾝边.就是他已经回到你的⾝边.我们不知道他是以什么⽅式,他或许是以你的指导灵或者是在你的宠物⾝上或者是在你的孩⼦⾝上.我们不知道.但是他说他在你的⾝边.

JO: He says he is by your side. He has returned to be by your side; he is by your side. It means that he is already back by your side, and we don't know how he does it—he may be through your guide spirit or in your pet or with your child—or we just don't know. But he says he is by your side.

问: 我以前有求让他做我的⼉⼦,但是我不知道是不是他回来了.

Question: I once asked him to be my son, but I don't know if he has come back.

JO: 他说他在你⾝边,这是他带给你的信息.但是需要你⾃⼰去感受.

JO: He said he is by your side; these are the messages he brings to you. But they need to be felt by you yourself.

问: 那他现在幸福吗?

Question: Is he happy now?

JO: 他在你⾝边,那他就是幸福的.所以你对他有这么强的连接感也是来⾃于他对你有很强的连接感.所以他在你⾝边.

Jo: He's by your side, so he's happy. Therefore, the strong connection you feel towards him comes from his strong connection to you. So, he's by your side.

问: 他那么⼩⾛,是他那⼀世该经历的吗?

Question: Is he experiencing this because it was destined for him in a past life?

JO: ⾸先你是说他为什么会那么早⾛吗? 我们连接⼀下.他说他⾛是个意外,所以他又回来了.

JO: First, you're asking why he left so early? Let's connect. He mentioned it was an accident that made him leave, so he came back.

问: 那我想知道他哥哥能好吗? 因为他哥哥背负着把他带出去没有带回来的内疚感.

Q: I wonder if he can be alright, considering that his brother carries the guilt of not bringing him back.

JO: 他哥哥需要跟我们连接.这就是为什么他说这是个意外,所以他又回来了.因为不是他要⾛的本意.他在你⾝边.你⾃⼰可以连接到,就是你⾃⼰会知道.

JO: His brother needs to connect with us, which is why he said it was an accident and came back, because it wasn't his intention to leave. He's by your side. You can connect to him yourself; you will know for yourself.

问: 我知道,但是我不确认.

Q: I know, but I'm not sure.

JO: 你知道,那你就确认了.就是你⼼⾥是知道的.他哥哥可以找我们连接.

JO: You see, that confirms it. You know in your heart that his brother can connect with us.

#### 2023/12/29 — 集体通灵问答Collective Spirit Channeling Q&A

第⼀个⼈:JO: 你们可以提问了.

First person: JO: You may ask questions now.

问: 我⼤姨夫快死了,请问就这个有没有什么信息可以带给我吗?

Question: My aunt's husband is dying, could you provide me with any information about this?

JO: 你稍等.⾸先关于他⾃⼰,你可以不⽤去担⼼.为什么呢? 因为灵界会有指引,就是他会有指引.所以他不会孤独或者是孤单或者是不知所措的.他会被妥善的安排好.那关于信息带给你们的,因为每⼀次死亡都会是你们⼀次重⽣的机会.因为死亡是⼀件好像让你们可以清醒⼀下的时间.你们平时可能都会⼊戏很深,就是进⼊到你⽬前的⼀些外在的事件或者思绪、恩怨或者和他⼈关系的恩怨.死亡就好像有⼀次机会来让你看到这些到底对你重要吗?它会在那⼀瞬间就好像把你所有的东西……⽐如说你会有好像很多墙⼀样在你的外在.那别⼈的死亡就好像这堵墙⼀瞬间崩溃⼀下,就⽡解⼀下.你可能当下就会看清楚⼀些关于你⾃⼰的⽣命的⼀些事情.

JO: Wait a minute. First of all regarding himself, you don't have to worry about him. Why? Because there will be guidance from the spiritual world; he will receive guidance. Therefore, he won't feel alone or lost, and everything will be arranged for him properly. As for the information it brings to you, because each death is a chance for rebirth for you. Death seems like a time for clarity, allowing you to step back from your current external events, thoughts, grievances, or relationships with others. Death provides an opportunity for you to reassess whether these things truly matter to you. It can be compared to having many walls around you in your outer world. The collapse of someone else's death could temporarily dismantle those walls, allowing you to gain clarity on aspects of your own life at that moment.

也就是说就好像给你敲了⼀次警钟,让你们有机会进⼊到河看到每⼀个个体的⽣命都会结束.那如果是在这样⼦的情况下,到底对你来说什么是重要的,但是你还没有去做? 那你的⽣命有没有被真真切切的展开? ⽽不是被外在的⼀切拉扯? 所以你听到的消息或者是看到的或者是你⾝边的⼈,他们的死亡的事件都会是对你们,就好像是让你们来重⽣.你们要抓住这个机会,⽽不是只是把它当成⼀件拒绝、难以接受或者是悲惨或者是恐怖的事件.因为它是⼀种⽣命的转化.所以这个重启的键到底会把你带向哪⾥? 它可以把你推的很远很远,它可以把你推的很⾼很⾼.所以去抓住那个重启的键.

It's like you've been given a wake-up call, allowing you to delve into the river and witness each individual life coming to an end. So, under this circumstance, what really matters to you but you haven't acted on? Have your lives truly unfolded or are they just being pulled along by external forces? Thus, the messages you hear, the events you see, or the deaths of people around you serve as rebirths for you. Seize this opportunity instead of rejecting it or finding it unbearable, sad, or terrifying. It's about transformation. So where does that reboot button lead you to? It can propel you far and high. Hence, seize the chance to reboot your life.

问: 我很喜欢的⼀个韩国演员⾃杀了.能否看⼀下韩国的能量状态吗?

Question: I really liked a Korean actor who committed suicide. Can you check the energy state of Korea?

JO: ⾸先你不能说他们国家,因为对你们⼈类来说实际上没有多⼤的区别,没有特别⼤明显的⼀个区别.你可能可以说他们有⼀些共同的,或者是你们有⼀些共同的.但是总体来说你们都是⼀个共同的,就是对你们的⾝份的⼀个知晓.因为基本上所有的问题都来⾃于你们在把你们只是当成⼀个⾓⾊在活着.但是这个⾓⾊只是你的⼀亿个管道⽽已,只是你通过这个⾓⾊去创造去展现⽆限⽽已.然后你们却都被这个⾓⾊给困住了.然后都是肆意的任这个⾓⾊的⼀些有限的认知和观念都在⾥⾯…… 你如果仔细的去探索你们⾃⼰,你会发现你们头脑⾥⾯的那些观念或者是束缚这些东西,你们抓住的这些东西都是笑话.你们只是没有去好好地看⽽已.

JO: Firstly, you cannot say their country because there's actually no significant difference for you humans; there is not a particularly big distinction. You might say that they have certain commonalities or similarities with what you share, but overall, you are one entity in terms of self-awareness about who you are. Most problems stem from the fact that you see yourself merely as a role in life. Yet this role is just one of your billion channels through which you create and manifest infinity; yet you become trapped within this role. And you allow its limited knowledge and perceptions to restrict you... If you delve deeply into yourselves, you will discover that many of your concepts or constraints – the things you are holding onto – are merely amusing, and you're just not giving them the attention they deserve.

但是你们就把这些笑话抓的死死地,把它当成⼀切.所以说单纯的在你⾃⼰的⾓

But you hold onto these jokes tightly, treating them as everything. So it's just about clinging to your own perspective.

⾊⾥⾯,你⾃⼰去观察你⾃⼰,然后观察你的周围,观察这⼀切,你就能发现你⾃⼰⽬前是⼀个怎么样⼦的状态.所有的这些东西都是来让你们,就是让能量过来把它们冲⾛的.就⽐如说我们现在是源头的能量,对吧? 那你们这些陈旧的东西,都是来让这股洪⽔来把它洗刷掉的.因为这才是⽣命.那不然的话,你去看哪⼀个⽣命是没有更新的? 哪棵植物? 包括你⾃⼰.所以说允许它不断不断地更新.因为这样你才能真正的体验到⽣命存在的奇迹和意义或者是amazing,就是精彩的事情.为什么你们会产⽣很多的疾病或者是冲突或者是关系的冲突或者是任何的⼀切?

In the color realm, observe yourself within and then observe your surroundings, examining everything around you. By doing this, you will realize what state you are currently in. All these elements serve to facilitate the passage of energy through which they can be washed away. For instance, we are now at the source of energy; right? Your old stuff is here to be cleansed by this tidal wave. This is life because there would be no point looking for a living being that doesn't undergo renewal. What about any plant? Even you yourself. So allow constant renewal to happen. Because only in this way can you truly experience the wonders and significance of life, or what one might call amazing, interesting events. Why do you develop many diseases, conflicts, relationship issues, or anything else?

这就好像你们在死死的⽤你们的观念或者是物质头脑的东西在抓住,在试图去stop去阻碍这个洪⽔.那你知道洪⽔或者风,它们是有强⼤的能量的,对吧? 你说那个⼈站在洪⽔⾥⾯说: 我要阻碍你,我不让你冲⾛.那你说这对他内在是多⼤的冲击⼒啊?他多崩溃啊? 他为什么会感受到吃⼒呀? 因为你试图在和⽣命的⼒量作对呀.那你说如果你

It's like you're desperately trying to hold onto, or block the flow of this flood with your ideas or material minds. You know that floods and winds have powerful energy, right? If a person stood in the midst of the flood and said, "I want to stop you; I won't let you carry me away," how much force does that exert on their inner self? How devastated would they be? Why would it feel so challenging for them? Because you're trying to go against the force of life. If you

们这些⼈类有多愚蠢? 就好像是在⽤你们的⾁体在洪⽔那⾥,然后说你这个⽔,我不要让你往那边冲.它不符合道德规范,它不符合我⼼⽬中的⼀些…… 它不符合社会规则.那你之后被冲的粉⾝碎⾻了,明⽩吗? 所以就像是这样⼦的⼀个做法⼀样.那如果你站在岸边上呢?不去和那个洪⽔对抗呢? 只是去欣赏这个洪⽔的壮观呢? 那你也知道洪⽔也会随着它的⽔量增⼤或者是减弱,对吧? 这些都是在变化当中的.

How foolish are we humans? It's like trying to stop a flood with your own body and then saying you don't want it going that way. That goes against moral principles, it doesn't fit my mental standards... it breaks societal rules. So when you get crushed by the force of it, do you understand? Hence, this is akin to such an approach. If instead you stood on the bank, not fighting the flood, just admiring its grandeur, wouldn't you also realize that the flood's intensity would increase or decrease with its volume, right? These changes are part of the process.

问: 关于我下⼀步的⼈⽣⾛向,灵界有什么信息可以带给我吗?

Question: Can the spirit realm offer me any information about my future path in life?

JO: 我们以前信息就告诉过你,你⽆论往那边⾛,你都会⾛上灵性的这条路.⽐如说你不⾛这条路,你去做个传统的⼯作,你还是会回到这条路.那这就是你的⼈⽣⾛向.但是为什么你会觉得你没有在这条路上呢? 你是在这条路上的.所以你的头脑⾥⾯到底…… 你可以问你⾃⼰,明⽩吗? 因为当你去问你⾃⼰,你就会知道为什么我会去…… 需要外界的确认? 或者是需要⼀个明确的指引的信息? 到底是什么? 是来⾃于我内在的不坚定? 或者是来⾃我头脑⾥⾯的…… 所以通过你的提问,我们并不是直接给你⼀个回答,⽽是说通过你问题的本⾝,我们想让你⾃⼰去看到你⾃⼰的…… 就是what bothers you? 就是你被什么困住.

JO: We've already given you this information before that no matter which path you take, you are on the spiritual path. For example, if you choose a traditional job, eventually you will still end up on this path anyway. This is simply your life's direction. However, why do you feel like you're not on this path? You are indeed on it. So where exactly in your mind is... You can ask yourself and understand this. Because when you ask yourself, you'll realize what drives me to... Seek confirmation from the outside or need a clear guidance? What is it that I'm looking for? Is it due to my inner inconsistency or just something within my mind? Therefore, instead of giving you a direct answer through your question, we want you to look inward and see what troubles you, essentially, what binds you.

因为被困住的这些东西都会是阻碍⼀样,让你的能量不够,就好像这个⽔,你放了⼀⼤块⽯头在那堵着.让你不能淋漓尽致的吧,让你不能畅快,明⽩吗? 所以这些东西你也可以去知道是哪些想法,是你内在的哪些东西…… 因为当你把这些拿开过后,你就在加速了.因为你没去阻碍它.你就在更加加速了,因为你想加速嘛.你已经是了,你已经在了.是你⾃⼰还在这⾥觉得,就是有⼀种…… 这是来⾃于你⾃⼰内在的.所以通过这个提问你去看到它,⽽不是单纯的来找⼀个答案.因为你会看到什么阻碍在那⾥,明⽩吗? 反问你⾃⼰.

Because these things that are trapped will be obstacles, causing your energy to be insufficient; it's like water when you place a large rock in the way, preventing you from enjoying it fully and freely. Do you understand? Therefore, you can also figure out what those thoughts are, which of them are within you... Because once you remove these barriers, you're accelerating yourself by not obstructing its flow. You're increasing your speed even more because that's what you want - you've already done so, you've already taken action on this. It originates from within you; hence, by asking this question, you see it rather than just seeking an answer. You'll be able to identify the obstacles holding you back, understand? Question yourself again and again about these inner elements that are hindering your progress.

问: 请问我的JO和指导灵还有什么信息要带给我吗?

Question: Could you ask my guide and JO if they have any messages for me?

JO: 没有,都在⾥⾯.

No, everything is inside.

第⼆个⼈:问: 我如何能活出来⽆限?

Second person: Q: How can I live out infinity?

JO: ⾸先你们都是⽆限的.那你们体验⼀些限制也是来就好像雕刻你,雕塑你吧,就对你这个存有,这个⼈格⼀种独⼀⽆⼆的雕刻.所以你看到很多⽐如说你们做⼀个模具,对吧? 然后你在浇泥进去的时候,那是不是那个泥就受到限制了? 那就因为那个限制,是不是就可以让它呈现出独⼀⽆⼆的风格和特质了? 所以说你经历的所有 ‘限制’,它都是来助你成为⽆限的.所以去感激每⼀次限制.为什么呢? 因为每⼀次限制都是你表达⽆限的机会.你说如果你是⽆限,你通过什么去表达你是⽆限呢? 那就是通过各种不断地限制,然后去展现出来,看,我是⽆限,对吧?

Firstly, you are all infinite. Experiencing some limitations is like carving you, sculpting you, shaping your being and individuality into a unique form. So when you see something akin to making a mold, then pouring clay in – isn't the clay limited by that mold? And because of this limitation, doesn't it allow it to manifest its unique style and characteristics? Therefore, every 'limitation' you experience is meant to help you become infinite. Thus, appreciate each instance of limitation. Why? Because each limitation provides an opportunity for you to express your infinity. You wonder how you can express your infinity if you are already infinite? It's through these various iterations of limitations that you manifest and showcase, "I am infinite," isn't it?

所以说每⼀次限制都是你们⽣命中的机会,好像你的show time,好像你去展现就是现在轮到你上舞台了,你来.

So every limitation is an opportunity in your life, like your moment to shine, like it's your turn to step on the stage, you're up.

问: 我的灵魂主题是什么? 我叫XX.我80年的.

Question: What is my soul theme? I am XX. I was born in 1980.

JO: 你稍等.你的灵魂主题是关于很多关系,是关于关系.这么说,关系就好像是⼟壤⼀样,然后你是那颗种⼦,就是那棵树.然后你的树需要不断不断地去往关系⾥深深的扎根,然后它才可以让你的这棵树长的很⼤很稳.然后你的灵魂主题就是你如何可以去不断地扎根和不断地成长.为什么呢? 因为在你眼⾥,你的⽬标,就是树的外在的成长⼤过于扎根.所以这会是你的⼀个挑战和平衡.因为你会忽略或者忽视或者是看清往地底下扎根的,就是往关系⾥⾯扎根.因为在你的灵魂的前世,就是你来突破它,就会有⼀个印记,就是在你的⾥⾯,你还会有很多分别或者是对⽐或者是评判或者是捡优,就是捡好的,把坏的去掉.

JO: Wait a moment. Your soul theme is about many relationships, which are essentially relationships themselves. This means that relationships serve as the soil, and you are the seed, the tree growing from it. For your tree to grow large and stable, it needs to deeply root itself into these relationships. Consequently, your soul theme revolves around how you can continually deepen your roots and grow. Why is this so? Because in your perception, your goal lies more in outward growth as a tree than in rooting yourself deeply. This will present both a challenge and balance for you since you might overlook or undervalue the importance of sinking into the ground, i.e., deeply anchoring yourself within relationships.

In your soul's past lives, when you attempted to transcend these, there was an imprint left that within you still harbors distinctions, comparisons, judgments, or favoritism—favoring what is good while discarding the bad.

你会有这种,就是我要把那些破的坏的都扔掉,我只要完美.完美会导致你在有些关系⾥,你⼼底会是排斥的.那当你在排斥,你就好像说我不要⼟壤,⼟太臭了.就是会产⽣这种.所以这就是你⼈⽣的⼀个主线⼀样.因为你不断地去往上成长的时候,不断地就感受到内在没有根或者是抓不住你.可能树长的很⼤,但是你⼼⾥没有那种踏实感.但是你又不断地让你的树长的越来越壮,然后下⾯的⽀撑⼒就很薄弱.所以就导致你会好像有⼀个看上去这棵树长的好⼤好好,但实际上它很浅,它在⼟的表⾯上,⽐如说本来可以100%进⼊⼟,但是你只占了20%,明⽩吗?所以说加深你与任何关系,可以从你最反感或者是最看不起,⼼⾥⾯最排斥的关系,去进⼊它们.

You might have this tendency to get rid of the broken and the damaged, only wanting perfection. Perfection can lead you in relationships where your subconscious is repulsed. When you're resistant, it's like saying "I don't want soil; dirt is too stinky." This creates a sense that you're always striving for something that feels out of reach. As you grow and strive higher, you might feel an inner void or instability – even if the tree grows tall, your heart lacks a solid grounding. You continue to make your tree stronger but the foundational support remains weak. As a result, you perceive this grand tree as flourishing well on the outside, yet it's shallow, sitting superficially in the dirt, like it can only penetrate 20% when it could go full depth of 100%, making it clear that deepening connections requires even entering those relationships that you most despise or have no regard for.

这些都是你们的surprise,这些都是你们的惊喜,这些都是你们的礼物.你们⼤多数⼈会因为你⼼⾥⾯产⽣的好恶或者是对它的⼀些评判或者是你的头脑会去抓取information,它会去抓取信息.它抓取了信息,然后你就给它分类贴上标签,这个是臭的,那个是坏的,这个是残缺的.你说如果⼀个艺术家之⽆限的,他不会扔掉任何⼀个东西.他会把它融⼊进去.即使是残缺的,他都能在残缺上⾯把它创造成⼀件⾮常独特的艺术品,明⽩吗?所以我们想让你们每⼀个⼈知道,如果你的头脑学会给它……⽐如说你的头脑说这个⼈真恶⼼,然后你马上stop,停下来.来⼀个,这个⼈真可爱,你⼀定要把恶⼼变成这个⼈真可爱啊.

These are all your surprises, these are all your joys, and these are all your gifts. Most of you would judge based on your preferences or prejudices, or let your mind grab information, classify it, label things as bad, defective, or disgusting. You believe that an artist without limits wouldn't discard anything; they would integrate everything, even the imperfect, turning it into a unique artwork. Right? Therefore, we want each of you to understand: if your mind learns to change its judgment – when it says someone is disgusting, immediately stop and think about it differently. When you say someone's adorable, make sure that 'disgusting' becomes 'adorable'.

哇,越是你恶⼼的⼈,你越是要跟他谈恋爱.真正让你想跟他谈恋爱的

Ah, the more nauseating someone is to you, the more you want to date them. The ones that truly make you want to date them are...

⼈, 你不需要去⼲啥, 明⽩吗? 因为当你发现, 我这么爱你,然后你发现你就是⼀个 bullshit,你就是⼀个rubbish,是不是? 你们很多⼈是不是⼀开始很爱,但是最后发现他是⼀个恶⼼的⼈.就是在你们⼈类的爱情⾥⾯.也就是说,那你还相信你头脑的判断吗? 当初牵着我的⼿⾛上结婚礼堂的⼈,最后却是把我送上刑场,天天折磨我把我推下悬崖的那个⼈,明⽩吗? 那你就知道实际上你们的头脑是不可靠的.不然的话你去问⼀下那些结婚⼏⼗ 年的,在关系中最开始爱的要死的⼈,我们说的是你们普通的⼈类.然后你们就发现那个⼈会变成你最讨厌的⼈.那当你在最开始有反应,就是这个⼈是我最讨厌的⼈,然后给它从新定义.

Human, you don't need to do anything, understand? Because when you realize how much I love you, and then you find out that you're just a bullshit, you're just trash, right? Many of you start with love but later discover he's a sick person. This is in your human relationships. In other words, does this mean that you no longer trust your own judgment when it comes to the head? The person who initially walked down the aisle with me ends up being the one to send me to the gallows, tormenting me every day and pushing me off a cliff. Understand that your mind is unreliable in reality. Otherwise, ask those who have been married for decades, the people who loved each other to death at the beginning of their relationships – we're talking about ordinary humans. Then you'll realize this person becomes the one you hate most. When you first respond with an answer: This person is my most hated person, and then redefine it.

他是我的爱⼈,我爱他,我要跟他谈恋爱.重这个⾓度,你的头脑才会开始…… 就这么说,这部戏给了你⼏个亿,你必须要去演它.那对⽅这个⾓⾊,你必须要跟他谈恋爱.你可能最开始排斥他或者是什么什么,但是你必须要⼼理暗⽰你⾃⼰爱上他.通过这个不断地暗⽰,你要知道你们的⾝体是接受你的指令.你下的什么指令呀? 当你给它下了指令过后,你会发现他越来越顺眼,慢慢喜欢上他了,真的爱上他了.这就是在突破你们的…… 就⽐如说有⼀类型的⼈你已经爱了,就是那个⾓落已经被你扩展了.我们说有⼋个⾓,对吧? 那那个⾓已经被你扩展到那边,被扩展的很长很长了,扩展了⼀百⽶了.但是这个点呢?这个你最抵触最厌恶的这个点,它还是原地不动.

He is my love interest; I adore him and want to embark on a relationship with him. From this perspective, your mind will begin to understand... If this play offers you billions, you must perform it. The character you're paired with requires that you fall in love with him. Initially, you might reject or have negative feelings towards him, but you must psychologically convince yourself to love him. Through continuous persuasion, you should realize that your body is receptive to your commands. What commands are being given? After issuing a command, you'll notice that he becomes increasingly agreeable and eventually grows on you, truly capturing your heart. This is about overcoming the barriers between us... For instance, there's a type of person you've already loved; this corner has been expanded by you. We talk about eight corners, right? That particular corner is now stretched far out, extended for many meters. But what about this point? The most resistant and disliked aspect remains unchanged.

那如果你不能把⼋个⾓,每个⾓都扩展⼀百⽶.你怎么成长,你告诉我?你成长了吗?你是失去平衡的呀.所以往往就是那些,你们头脑⾥⾯最那个什么的,那个才是真正能扩展你们的⾓的⼈.然后把你们的⼈⽣当成是像玩游戏⼀样.把你们这些⾓⾊当成是演戏⼀样.然后当剧情结束过后你会发现你真的可以拿到⼀个好⾼的报酬.那就是造物主隐藏的礼物给你们,你们不要把它推开.因为你们的头脑会去选择,就是你们的头脑会进⼊到⼀种我选择好的,我喜欢的、舒服的.但是确实是那些让你产

If you can't extend each angle by one hundred meters from the eight angles, how do you grow? Tell me, have you grown? You're losing balance. So often, it's those people in your mind, the ones who are really capable of expanding your angles, that can actually help you grow. Then see life like a game and portray these roles as if they were performances. And after the story ends, you'll realize that you can indeed receive a high reward. That's a gift from the creator hidden for you; don't push it away. Because your mind will choose to go with what feels good, what it likes, what is comfortable. But truly, those experiences are what shape and grow you.

⽣不适的,才是需要你去那个什么的.⽽且他们只是⾓⾊⽽已,当你对他的态度变了,就⽐如说把你的恶意或者嫌弃,变成你对他喜欢欢喜,哇塞,他也会喜欢你不得了.所以你会感受到好像很难得事情⼀下⼦就突破了⼀样.它并不难.难的是你⾃⼰突破你⾃⼰⼼理的那⼀关,明⽩吗?

If it doesn't bother you, then that's what you need to do something about. And they are just characters after all, so when your attitude towards him changes, like turning from hatred or disgust into liking and appreciation for him, oh my god, he will suddenly start liking you too. So you'll feel like an incredible thing has been achieved instantly. It isn't hard at all. The difficulty lies in overcoming the psychological barrier within yourself, do you understand?

问: 我岳母⼼脏疼痛……JO: ⾸先我们说⼀般你们⼈的⾝体产⽣的⼀些疼痛都是来⾃于你的能量层⾯,⽐如说你长期的不快乐,长期的压抑,长期的把很多很多外在的相真的变成…… 你们的五官会吸收外在的相,对不对? 它吸收了这个相就把它当成是⼀块⽯头把它存进去.你想你们的⾝体不断地在吃⽯头啊.那迟早经过长年累⽉,你们的⾝体都会出⽑病的.为什么呢? 你给它塞了很多⽯头.所以说外在的相不断地变化,你就像看着它,然后不要把它变成⽯头塞到你的⾥⾯去,明⽩吗? 你不需要把它变成⽯头塞到⾥⾯去.你可以通过这个相去看到,哦,我又升起了评判⼼.仅此⽽已.

Q: My mother-in-law is experiencing chest pain...

A: First, we talk about the usual pains that arise in your body, which come from your energy level, such as prolonged unhappiness, long-term stress, and constantly transforming many external appearances into... Your senses absorb these external appearances, correct? They take this appearance and store it like a stone inside. Imagine your body continuously eating stones. Eventually, after years of doing so, you are bound to develop some sort of illness. Why is that? You have been filling yourself with stones. Therefore, the constantly changing external appearances cause you to look at them without turning them into stones within you. Do you understand? There's no need to turn these appearances into stones inside you. You can see through this appearance and realize, oh, I've raised my judgment again, nothing more than that.

问: 如何能开通⽼⼈……JO: 他们的疾病或者是疼痛,上当你看到了,实际上是你的功课.你不要觉得是他的功课,想把他的疼痛拿⾛,明⽩吗? 他在⽤他的体验的过程也在推动着你们⼈类的意识进⾏⼀个蜕变.那你看⼀下你们⽬前世界上发⽣的所有这些痛苦、这些东西,实际上都是他们在承受在推动⼈类集体意识的⼀个蜕变.就是这些东西必须要有⼀个承载体的.这么说,你们物质世界是⼀个镜⼦.这个相你投射出去,你映射出去这个相,它必须有⼀个⾓⾊把那个相是什么样⼦给呈现出来的.那⾄于这个⾓⾊是谁去承担呢? 那就又牵扯到很多了.关于他们⾃⼰的⼀个believe system,信念.

Q: How can one start addressing the illnesses or pains of elderly people... JO: Their ailments or pain is actually your homework when you see it. Don't think that it's their task to take away their suffering. Understand? They are using this experience to drive the evolution of human consciousness, and by observing these occurrences in today's world, you can see that all the suffering they endure is pushing for a collective transformation of human consciousness. There needs to be an entity to bear this burden. In essence, your physical world acts as a mirror where the projection you send out must find a role that reflects its true nature. As for who bears this role, it involves delving into their own belief system.

因为你给出什么,你的振动频率,如果你是特别恐惧的,你就会把那些恐惧的能量吸引到你⾝上,然后投射出来给你⾃⼰给⼈类看到,明⽩吗? 那你现在把这个问题提出来了,带出来这些信息,它是不是来推动着你们的? 所以这个东西是你们集体意识,就是这个能量状态投射出去,它必须反射出来的.这是必然的.那怎么样可以真正的去让⼈类脱离这个痛苦的呢? 那就是转变你们的意识频率.如果你们投射出去的都是爱,那反射回来的就是不断地爱呀,不断地体验到⽣命的惊喜喜悦.那你怎么样才能达到这种状态呢? 那就是我们的信息在帮你们看清楚⽣命运⾏的原理和⽣命的真相,关于你⾃⼰的⼀个真相,那就是智慧的增长.

Because what you give off determines your vibration frequency; if you are particularly afraid, you will attract that fear energy to yourself and project it back to yourselves and for others to see. Now, by raising this question and bringing out these pieces of information, is it pushing you forward? Therefore, this entity is a reflection of your collective consciousness—the state of the energy being projected outwards must be reflected back. This is inevitable. So how can humanity truly escape from this suffering? By transforming your awareness frequency. If what you project outward is love, then the reflection returned will constantly be love and constant experiences of life's surprises and joys. But how do you achieve such a state? Our information helps you to understand the principles behind your fate and the truth about life, particularly about yourself—that is, the growth in wisdom.

因为当你的智慧增长了过后,你内在变不会有恐惧.这么说吧,你们都是像原始社会⾥⾯的⼈.你们都不会⽤电.然后电线放在地上,⼀碰就电死⼀个⼈,⼀碰就电死⼀个⼈.把你们吓的要死,再也不敢去碰那个电了,对吧? 那我现在是个电⼯,是⼀个专业的⼈来告诉你这个电要如何安全的使⽤.那你们是不是就增长了智慧? 在我的教导下有的⼈他去演⽰了,他敢碰电了.发现没事.然后其他⼈也敢碰电了.那在你们的集体意识当中你们是不是都敢使⽤电了? 那当你们都能安全的使⽤电了,那你们是不是就不会产⽣恐惧了? 这就是这样⼀个过程⽽已.为什么你们的⼈⽣那么多的痛苦? 又是疾病又是分裂,就是这种事情发⽣?

Because once your wisdom increases, there will be no fear within you. Imagine, you are all like people in the原始society. You don't use electricity. Then, if wires are laid on the ground and someone touches them, they die; touching them kills someone. It terrifies you not to touch that electricity, right? Now, I am an electrician, a professional telling you how to safely use electricity. Does this mean you have grown in wisdom under my teaching? Some people did demonstrations and dared to touch the electricity, finding it was fine. Others also dared to touch the electricity. In your collective consciousness, do you all now dare to use electricity? When you can use electricity safely, will you not produce fear anymore? This is simply how this process works. Why does human life contain so much suffering? With illnesses and divisions happening, these are just examples of such occurrences.

那是因为是你们对你们⾝份的⼀个不知晓.你们会觉得你们需要很多很多的物质,你们会觉得你们需要外在的东西来让你们变得有安全感或者变得有价值.那我们只是来帮你看清楚,让你知道你是个⽆限的创造者,你可以创造任何.就⽐如说你可以点⽯成⾦,你可以把⽯头碰⼀下就变成⾦⼦了.你还需要去跟别⼈抢⾦⼦吗? 还需要去跟别⼈抢的头破⾎流,需要把⾃⼰的⾝体健康啊都搭进去吗? 你会吗? 你就不会了呀.所以当你都知晓你们的⾝份,你们可以拥有、创造⼀切你们想要体验的.你们便不会⽤这种你死我活的⽅式,这种强迫⾃⼰强迫他⼈的⽅式去⽣活.因为你们不需要呀.

That's because you're unaware of your identity. You might think you need a lot of material possessions or external things to make yourself feel secure or valuable. We just want to help you see clearly that you are an unlimited creator, capable of creating anything. For example, you could turn rocks into gold with just a touch. Do you still need to compete with others for gold? Or risk breaking your own health and wellbeing in the process? Would you do that? No, you wouldn't. So when you understand who you really are, you can have and create everything you desire. You won't live life through this competitive, forced manner where everyone is against each other because you don't need to anymore.

问: 我和我爱⼈,我爱⼈很涵容我.我们之间的灵魂协议是什么? 我爱⼈叫XXX.

Q: I am with my beloved, who包容s me very much. What is the soul agreement between us? My beloved's name is XXX.

JO: 你稍等.我们刚才说你的灵魂主题…… 那你爱⼈就是你⾃⼰的⼀个灵魂主题需要去突破的.为什么呢? 因为她⾝上有很多很多发光或者是美好的⼀⾯还没被你翻开.就是好像翻牌⼀样,你把那些点没翻开.然后你现在看到的都是⼀些是你⾃⼰觉得它是⼀个不⾜或者是需要改善或者是需要变得更好的⼀些地⽅,明⽩吗? 所以这会是你⼀个挑战的对象.为什么呢? 她⾝上就有像⾦⼦的⼀⾯,但是这需要你⾃⼰不断地不断地去发现的⼀个过程,明⽩吗?你如果越是发现她就好像是⼥神⼀样或者是像神⼀样的存在,那就说明你就修的越⾼了.你越爱她,就是好欣赏她,好爱她,就好像她在发光⼀样.你就知道你现在修的还是挺⾼的.

JO: Wait a moment. We were discussing your soul theme just now... Your partner is one of the areas that you need to overcome in your soul theme. Why is that? Because there are many shining and beautiful aspects within her that have not been uncovered by you yet. It's like turning over cards; you haven't revealed those points. What you see now are some areas where you feel it is lacking, or needs improvement or enhancement, which you understand? So she will be your challenge. Why is that? She has a golden side to her, but this requires you to continuously discover these aspects in yourself. Understandably, the more you uncover and appreciate this within her, the higher your spiritual growth. The more you love her, by admiring and loving her like she's shining, reveals that you are making significant progress spiritually.

她会是你⾝边的⼀个像是同修⼀样.所以我已经看到你们俩笑的很开⼼的样⼦.所以当你和她,你们都修的特别那个什么的时候,然后你们会发现你们如此的爱对⽅,如此的欣赏对⽅.就是发现真的是像两束光照耀着彼此的感觉吧.所以她对你的存在是这样⼦的.那我再看⼀下你对她的存在,你稍等.这么说,你对她,她的样⼦是随着你来变得.就如果⽐如说你的评判⼼很重,就是进⼊到这种模式的话.她会变得,就是你会觉得她像冰块⼀样.然后当你内在没有评判⼼了,她就像⽔⼀样.所以她的状态真的就是随着你的能量变化⽽变化的.我跟你讲,她就是来像镜⼦⼀样来投射你的,就是来帮助你修⾏的,就是来完全反射你的⼀个能量.

She would be like a fellow practitioner by your side, so I've already seen how you both are laughing and enjoying each other's company. When you're together with her, when you both delve deeply into this practice, you'll realize just how much you love and appreciate each other. It's like discovering the feeling of two beams of light illuminating one another. This is how she perceives your existence. Now let me observe how you perceive hers. Wait a moment. When it comes to her, you find that her presence evolves based on yours. If for instance, you have a heavy judgmental mindset, then she might seem cold and distant to you. But when you rid yourself of judgments internally, she becomes warm and welcoming, like water instead. Her state truly shifts with your energy. Let me tell you, she comes into your life as a mirror reflecting you back, aiding in your practice by fully echoing the essence that is you.

当你特别,就是⽐如说你的能量很低,她会变得真的是像⼀个冰块⼀样.就是怎么敲都敲不动的感觉.就是这扇门怎么打都打不开,这堵墙怎么过都过不了.就是你没有办法⽤,就是当你的频率降低到⼀个点,然后去⽤⼒的撞开她,你真的没有办法.你只有去转变你的频率,在你的频率到⼀个⽐较⾼的状态下,那就没有墙了,它就不见了.她好像完全又变了⼀个⽼婆⼀样,变了⼀个对象.所以你没有办法在你⾃⼰头脑⾥⾯有很多声⾳的时候去打开她这扇门,你真的没有办法,⽆论你怎么撞击.她像个铁球⼀样.

When you are particularly low in energy, she becomes really like an ice block - it's impossible to budge no matter how hard you try. It feels like you're trying to open a door or pass through a wall that won't yield; there's simply no way to break through. When your frequency drops to a certain point and you try to forcefully push past her, you truly can't do it. You need to shift your frequency into a higher state of being, then the wall disappears - she isn't there anymore. It's as if she completely transformed into another wife or object. So, when there are many voices in your own mind trying to open this door, you simply cannot manage to push past her; you can't do it no matter how hard you try. She feels like an iron ball.

问: 我现在⾛的是以宽恕为主的路线……JO: ⾸先我们跟你说外在没有任何东西需要你们宽恕的,明⽩吗? 你这么想,你在不同的频率就进⼊不同的房间.不同的房间⾥⾯有不同的对象和不同的事件.虽然是同⼀个⼈,明⽩吗?外在没有任何你需要宽恕的.如果你觉得有需要你宽恕的,你会觉得外在那的那个⼈真的是⼗恶不赦的.我告诉你,你遇到那个⼗恶不赦的⼈,他在⼀个固有的房间⾥⾯.那个房间只有你的频率在,⽐如说你的频率在100,你才能体验到那个⼗恶不赦的⼈.当你的频率在1000的时候,你是在另外⼀个房间.在那个房间,那个⼗恶不赦的⼈是你的救命恩⼈或者是你的⽼师,他是你的⼀个助⼒,明⽩吗?

Q: I am currently on a path of forgiveness... JO: Firstly, we tell you that there is nothing outside for you to forgive. Understand? If you think this way, you enter different rooms based on different frequencies. Each room contains various entities and events. Even though it's the same person, understand? There is nothing you need to forgive outside. If you feel like you have something you need to forgive, you might believe that the person outside is truly irredeemable. I am telling you that when you encounter this seemingly irredeemable person, they are inside a fixed room. This room only accommodates your frequency, for example, if it's at 100, you would experience that irredeemable person. When your frequency rises to 1000, you're in another room. In that room, the seemingly irredeemable person might be your savior or your teacher, acting as a positive influence, understand?

如果你发现有阻⼒的话,那是因为你的频率在 100.所以你觉得⽣命⾥还有东西是需要你宽恕的吗?外⾯没有⼀个固定的,这是你们需要记住的.所以你们不需要去改变外在的任何⼈.因为你即使体验到了别⼈的⼀些能量,⽐如他们是怎么样⾏事⾏为或者任何,但是你不需要去产⽣评判.你知道他们的意识程度在那⾥就⾏了.就是你看到就⾏了,但是你不需要⼼⽣任何声⾳跑出来,这个⼈怎么样怎么样.为什么呢? 因为当你在做这件事情的时候,你就在把这个相…… 我们说⾸先外⾯的相就像⼀个烟雾弹⼀样,当你在产⽣这个的时候,你就把外⾯的烟雾⾥加⼊了泥,它就凝固了.然后就会变得越来越活⽣⽣的.

If you find any resistance, it's because your frequency is at 100. So do you feel like there are still things in life that need your forgiveness? Remember outside there is no fixed one; this is what you should keep in mind. Therefore, you don't need to change anyone on the outside. Even if you experience someone else's energy, such as how they behave or anything else, but you don't need to generate judgment. You just know where their consciousness level is. It's enough to see it. But you don't need any voice coming out, saying this person like this, like that. Why? Because when you do this thing, you are putting that image… we say the outside image is like a smoke screen; when you generate this, you add mud to the outside smoke, making it solidify. And then it becomes increasingly vivid.

然后你就把它变活,把它变得在你的⽣命当中跟你形影不离,它就跟你交⼿.因为你不断地在给它注⼊能量呀,你把你的能量不断地注⼊给它,然后让它跟你互动.然后你想要去创造你美好的⽣活或者是事业.你的能量呢?都给了那个恶魔,把它变活了来跟我演戏.那你就没能量了.

Then you bring it to life, making it inseparable from your existence and engaging in a battle with it as you continuously infuse it with energy, transferring your vitality into it for an interactive experience. You aim to create a blissful life or career. However, all your energy is channeled towards the demon, bringing it to life for a theatrical performance that leaves you depleted of energy.

问: 我有五年就是⾃⼰关闭⾃⼰.我⼀直没找到⾃⼰的激情.现在还是没有找到……JO:这么说吧,你们的兴趣点会通过你们⾃⼰把你们⾃⼰⼈⽣主题给突破,因为那是你的限制,你的⼈⽣主题,那些就是你的限制.我们刚刚说你这个⾯积,⼀个点扩展了⼀百⽶,还有其它五六个点都等着你去扩展呢.那当你扩展了过后,你就能感受到你⽣命的⽆限、喜悦、激情、⽣命⼒,就是你就会感觉你的⽣命被展开了.当你的⽣命被展开了,你⾃然⽽然就会……你的喜悦不是通过你去做某件事情才能喜悦,明⽩吗?就是我要去做个⽼师,我才喜悦.我要去做个什么什么,我才喜悦.它不是这样⼦的.⽽是说你的喜悦会让你在做任何事情都喜悦,明⽩吗?

Q: I have been closing myself off for five years and haven't found my passion. I still can't find it... JO: Let me put it this way, your points of interest will push the boundaries of your life's themes because those are what restrict you, they're your limitations. We talked about that area just now, expanding a point out to one hundred meters, and there are six more areas waiting for you to expand on them. Once you do expand, you'll feel the boundlessness, joy, passion, vitality of your life; you'll sense that your life has been unfolded. When your life is unfolded, naturally... Your happiness isn't dependent on doing something specific to be happy, right? Like I need to become a teacher for me to be happy. I need to do some other thing for me to be happy. It's not like that. Instead, it's when your happiness allows you to feel joy in any action; you understand?

就⽐如说我在台上讲课,我是喜悦的.然后我回家⾯对孩⼦,我是喜悦的.就是你在任何状态你都是喜悦的.⽽不是说我的喜悦是什么?我只有在讲课我才是喜悦的,⼀回到家我就愁眉苦脸的.那个不是的.那我天天让你讲课,你很快也会不喜悦的.那你本质不是喜悦呀.你的本质是什么制作的?是选择,是分别,明⽩吗?你最终会体验到那个分别.所以如果你本质是喜悦的话,你⽆论在哪⾥你体验的都是喜悦.就好像你是⼀块泥做的,你怎么样打开,把你拆开再分解分解,它都是泥.所以你的喜悦,⽆论你去做什么,怎么⾏动,在哪⾥,它都是喜悦.并不是说去追求⼀个激情的事情,我就是去做那个.你会发现你会死在⾥⾯的.

It's like when I am on stage teaching, I am joyful. Then, when I return home to face my children, I am still joyful. You see, you can be joyful in any state. It's not that my joy is limited; I'm only joyful when teaching and become gloomy as soon as I get home. That's not how it works. If I force you to teach every day, you'd quickly lose your joy too. Your essence isn't joyful if that's the case. What makes your essence? It's choice and differentiation, understand? You'll eventually experience that differentiation. So, if your essence is joyous, no matter where you are, you experience joy. Imagine yourself as clay; however you manipulate or break it down, it remains clay. Therefore, regardless of what actions you take or the places you're in, your joy remains constant. It's not about pursuing passionate activities and just doing them; you'll realize you get lost within that process.

你说你喜欢唱歌,我让你⼀天24⼩时在那唱,你唱唱看.就是你们可以去通过这个来知道它的本质后⾯是什么.当你是喜悦的本⾝,⽆论你选择做什么,你都会是喜悦的.当你需要去选定⼀个特定的,那你就变成⼀个是有条件的.那你体验的就是有条件的.也就是说当你们突破你们⼈⽣的主题,⼈⽣的功课,你就会体验那种⽆限吧.

You said you like to sing; let me have you singing for 24 hours straight and see what you make of it. This way, you can understand the essence behind it. When you are pure joy itself, whatever you choose to do will remain joyful. But when you need to choose a specific thing, then you become conditional, experiencing life through conditions. So, as long as you surpass your life's theme and lessons, you'll experience boundless freedom.

问: 我想请我的⾼我⿎励我⼀下.

Question: I want my higher self to give me a boost of encouragement.

JO: 你不需要任何的⿎励,你经历的所有⼀切都是成就独⼀⽆⼆的你.这⾥并没能任何否定的.哪怕你去体验五年不见任何⼈,这也是⾮常宝贵的,就是是你的宝贝.你没有任何东西是⽩⽤功或者是不应该或者是错误⽅向,没有任何.都是在对的时间.

JO: You don't need any encouragement; everything you've experienced has shaped the unique you. There's no negation here. Even experiencing five years without seeing anyone is incredibly valuable, it's your treasure. You have nothing that is wasted effort or shouldn't be or in a wrong direction, there's none of that. Everything was happening at just the right time.

问: 我此⾝就畅快淋漓了吗? 创业也失败了……JO: 你们不⽤去担⼼.因为当你真的在每个点都扩展到⼀百⽶过后,你⾃⾝就是那个舞台,明⽩吗? 就像明星⼀样.明星他是靠名⽓,他⾃⼰就是⼀个吸引⼒.那你⾃⼰就是.所以你会发现到处都是机会,所有⼈都想靠近你.那你在这种状态,你还担⼼什么创业吗? 那些会到你的眼前,不是你去找的.所以你刚才说的那个你已经死掉了,是你的⼀步台阶,你已经跨上去了.所以不需要再回头看了.

Q: Am I satisfied with my life right now? My business venture has also failed...

JO: You don't need to worry about that. When you truly expand to a hundred meters at every point, you become the stage itself, understand? Just like celebrities, they rely on their fame; they are an attraction in themselves. So are you. Therefore, you will realize opportunities everywhere, everyone wants to be close to you. In this state, why worry about entrepreneurship? Those opportunities come to you, not the other way around. The "you're dead" statement you mentioned earlier was your stepping stone; you've already taken it. So there's no need to look back.

第三个⼈:问: 我的灵魂主题是什么? 我叫XXX.28岁.

Third Party:

Q: What is my soul theme? I'm XXX, 28 years old.

JO: 你稍等.你的灵魂主题就好像是来拿体验,拿经验,然后不断地让你⾃⼰变得有可塑性.因为从你⾃⼰来看,这⼀世它的可塑性…… ⽐如说你可能⽬前只能把你变成⼀个⽅的或者是圆的.但是你需要不断地把你拆解,把你变成各种形状.椭圆形,长⽅形,就是各种形状.所以就是⼀种意识的扩展.因为你会发现你的⽣命中遇到很多让你,就好像是碰撞吧,就是撞墙碰壁的事情.就是感觉怎么都挺碰壁的.就是⽐如说⼈际关系发展的也不是怎么…… ⼯作⽅⾯、事业⽅⾯,就是各⽅⾯就有⼀种往前⾛就撞到墙的感觉.所以你这⼀次就是把这堵墙不断地往外扩,推推推.你想⼀下你现在的你就好像在⼀个五平⽶的房间⾥⾯.

JO: Wait a moment. Your soul's theme is about acquiring experiences and gaining knowledge constantly to make you more adaptable. From your perspective, the adaptability of this lifetime... For example, at present, you might only be able to transform yourself into something square or round. But you need to continually dismantle yourself, transforming into various shapes—ovals, rectangles; any shape imaginable. It's essentially an expansion of consciousness because you'll realize that in your life, there are numerous instances where things feel as if they're constantly hitting walls or barriers. You encounter situations where everything feels like a setback. Whether it's personal relationships, professional development, or career advancement—every aspect seems to have a sense of progress being obstructed by walls. This time around, you're expanding those walls further and pushing them outward. Imagine yourself currently confined within a five-meter square space.

然后你这⼀⽣就好像需要把你这五平⽶不断地推,往外推.推成五⼗平⽶,推成⼀百平⽶.所以它对你就像是⼀种历练,⼀种扩展.

Then for your entire life, it's as if you have to keep pushing this five-meter area continuously outward, expanding it from five square meters to fifty, and then to a hundred square meters. So it feels like a sort of practice or training for you, an expansion process.

问: 那具体要怎么样扩展?

Question: How exactly do you expand on that?

JO:你会发现⽆论是在哪些⽅⾯,其实都会有点受限.就⽐如说你想处对象,就发现婚姻中怎么这么多问题,爱情中怎么这么多问题.⼯作⼀下,发现⼯作中怎么这么多问题.就像是这种⼀样,明⽩吗?那如果你只是不断地去换个对象,发现对象还是有问题.那这样⼦不断地换对象,就好像怎么都不好⼀样.然后换个⼯作也是,怎么样都那个什么.那我们现在信息带给你了,你需要去通过任何,通过婚姻、爱情、关系或者是⼯作这些,因为都是关系嘛,通过这些投射出来的障碍,它都是你⾃⼰需要去突破的点.那就是需要你推的时候.那我们如何才能有效的去推呢?那就通过你不断地去学习我们的信息,或者是任何你觉得感兴趣的信息,你也可以学.

JO: You will find that no matter in which area, there are actually limitations. For example, when you want to date someone, you realize how many issues there are in marriage and love. When it comes to work, you discover how many problems there are at your job. It's like this - do you understand? If you just keep changing partners, you'll still find that the people you choose have their own issues. This constant change feels like never being able to settle down. The same goes for jobs; no matter what you do, it always seems unsatisfactory. Now, we are providing information to help you see that these obstacles in marriage, love, relationships, and work - because they all involve connections between people - reflect points where you need to grow and overcome your own limitations. You must push through these barriers yourself. How can you effectively navigate this process? By continuously learning from our content or any other information that interests you, you can gain insights and make progress.

因为多多少少都能学到⼀点.但是就⽬前来看的话,那些东西它们都会有⼀定的⾼度的.就是到了⼀定的⾼度,它都会有⼀定的限制的.但是我们的信息是没有限制的.所以就看你要学习哪⼀种.并不是说那些东西不能滋养你,只是不能滋养你到⼀定的程度.就好像你这个护肤品护理⽪肤,它吸收到⼀定程度,它就吸收不了了.因为它⾥⾯的⼀些成分只能给你做⼀个保湿的效果.如果你要抗皱紧致的话,你就需要更多的成分,就是更⾼科技的成为在⾥⾯了,明⽩吗? 所以你根据你⾃⼰当下的⼀些需求.就是你知道⽐如说你遇到情感关系的⼀些问题,那么我去看看市⾯上的书啊、信息啊或者是看别⼈的分享啊,它都会是⼀个来扩展你的认知的渠道.

Because you can learn something from all of them, but at the current level, these things will have a certain standard. There's always a ceiling to their effectiveness. Our information source, however, is limitless. So it depends on what aspect you wish to study further. It doesn't mean that they cannot nourish you; they just can't do so to an extent where it addresses every single need. Imagine using skincare products. They can only moisturize your skin up to a certain point before they stop absorbing due to the limitations of their ingredients, which are primarily designed for hydration.

If you want deeper benefits like anti-aging or tightness, you'd require more potent formulas with higher technology components – just like how different ingredients serve specific purposes in skincare. It's similar here; depending on your current needs, such as navigating emotional relationships, seeking advice from books and information available online can expand your understanding.

In essence, choose according to what fits your immediate needs - be it self-improvement guidance or deeper insights into specific areas of interest – you can always find resources that help broaden your horizons.

但是所有外⾯的信息都是有限的,它对你的⽀持都是有限的,你要明⽩.然后你不要把那个有限当成是唯⼀.因为这样的话,你又进⼊到⼀个死的,就是钻⽜⾓尖了.它只能是⼀步⼀步的台阶,它是你的这⼀步台阶,但是你还需要继续⾛呀.不是⼀步台阶就可以满⾜你所有的.

But all the information from outside is limited; its support for you is also limited - you need to understand this. Then don't treat that limitation as definitive; because if you do, you'll fall into a trap of being overly specific and narrow-minded, akin to going down a blind alley. It must be step by step, each step being your own journey, but you still have to keep moving forward - not just one step will satisfy all your needs.

问: 我想去旅游,我感觉外⾯风景好.但是我看灵性资料说⼼灵的风景.这个概念是⼀个什么样的意思?

Q: I want to travel and feel that there is beautiful scenery outside. But when I read spiritual materials, they talk about the landscape of the mind. What does this concept mean?

JO: 我们说你现在这个年龄,你就是体验你想体验的.因为就算别⼈说了,你还需要体验.因为你来到这个物质世界,你最需要的就是体验.那是不是告诉你⼈⽣是什么样⼦,给你说⼀通,你就可以不去过了? 你就可以了,好了,可以死掉了? 为什么? 都听透了.你还需要你⾃⼰的体验.所以如果你真的想要去旅游的话,你可以去旅游.你不知道你在旅游的过程中会发⽣什么,会收获什么.如果是你真的想要去做的事情,你就去做,明⽩吗? 当你想要去做,你千万不要跳出来: 我没钱(这个想法).那你看你们世界上很多⼈在⽤他的资源,⽐如说边⾛边给别⼈打⼯啊.⽐如说我给你洗⼀个⼩时的碗,你给我提供⼀餐饭.

JO: We say that at your current age, you should experience what you want to experience. Because even if others tell you about it, you still need to experience it. You see, when you come into this material world, the most important thing for you is experiencing life. Does it mean that just by telling you how life is and explaining everything to you, you can simply live through it? Can you just say "done" and then die off? Why would that be enough? You need your own experiences. So if you really want to travel, go ahead. You won't know what will happen or what you'll gain during the process. If there's something you genuinely want to do, just do it, understand? When you feel like doing it, don't let a thought like "I don't have any money" stop you. Observe how many people in your world utilize their resources, for example by working while traveling. Like washing dishes for an hour and getting a meal provided as compensation.

或者是我搭你⼀程车,还有租别⼈的沙发这种.都有.你必须要open yourself,就是把你⾃⼰打开.然后你允许你⾃⼰,就是各种资源来⽀持你.⽽不是说我只是去想钱的⽅法,如果你只是去想钱的⽅法,那你就把其它的门给关掉了.因为钱是⽤来⼲什么的? 钱是⽤来⽀持你们在物质世界体验你们想体验的,但并不是只有钱才能⽀持你们.⽐如说你想体验美⾷.你看,多少⼈想请别⼈吃饭呀,对吧? 那些街头试吃的也很多呀.那你是不是就体验到了,对吧? 所以你有太多体验美⾷的⽅式⽅法了.你可以⾃⼰种菜,⾃⼰做.然后有很多教程.那你想要体验漂亮的⾐服,那你也可以去店⾥⾯试穿呀.那你可以去买那些别⼈闲置的呀.那你想旅游,那你

Or it could be something like I give you a ride, or rent someone's couch. There are ways. You have to open yourself up, which means being vulnerable and allowing all sorts of resources to support you instead of just focusing on financial solutions. If you only think about money, you're closing other doors because money is used for what? Money is used to facilitate your experiences in the physical world that you want to experience, but there are many more ways than just using money. You could grow your own vegetables and cook them yourself. There are plenty of tutorials out there. If you want to experience nice clothes, you can try them on at stores or buy second-hand items. If you're looking for travel experiences,

可以边旅游边拍视频.你就跟别⼈说,别⼈可能会发个红包⽀持⼀下你.这都是有可能的,所以需要你们⾃⼰去敞开.不是把你们想要去体验想要去做的事情只能通过⾦钱去⽀持你.我告诉你,你们物质世界是不需要⾦钱的.

You can travel and film videos along the way. Just tell others, they might send red envelopes to support you. This is possible, so you need to open up yourselves. It's not that you have to rely on money alone for what you want to experience or do. I'll tell you, your material world doesn't require money.

问: 我这个观念就是挺根深蒂固的……JO: 那这就是你的墙啊,你需要去推它啊.就是你这⼀⽣.因为你想你就是去旅游你都会撞很多墙,你会说我没钱.那就是撞到墙了.那刚才我跟你说的这些是不是就把你的墙给推开了? 推的空间更⼤⼀点? 因为你的空间⼩就是来⾃于你的限制.那我们刚才是不是就把你的空间推⼤了? 因为你的头脑下次就会⽤这种⽅式去想问题了,它不会再⽤你旧有的⼀个模式,就是只能⽤钱来⽀持.

Q: I hold this idea pretty firmly... JO: So, this is your wall that you need to push. It's something you've encountered throughout your entire life. Even when you go on a trip and meet with many obstacles, you might say "I don't have the money." That's hitting a wall. Did the examples I just gave you help in moving your wall? Open up more space for you because of your limitations defining your space? Did we just expand your perspective just now? Because your mind will start considering problems this way next time, using a new pattern instead of sticking to the old, money-oriented approach.

问: 总会有负⾯⼲扰我进⼊低频的状态.怎样才能不受这些事物的影响?

Question: There will always be negative interference that disrupts my entry into a low-frequency state. How can I avoid being affected by these things?

JO:⾸先就是说你就好像是在拉扯.我们的信息就可以让你进⼊到⼀种愉悦或者是快乐的状态.那回到⽣活当中,你又回到现实⽣活中⾯临的这些问题,然后就好像又回到了负⾯的,明⽩吗?这么说,我们的信息就好像是⽼师给你讲课.讲了过后,你还需要课下做练习.那就把那个当成是你在做练习,⽽不是真实的事情.你把它当成真的,就是你看我爸爸讨厌我,恶⼼我,他不喜欢我,他骂我,他不爱我,你就把它当成是⼀个真的事情.那如果说你把这个当成是练习呢?我们来练习刚才JOJO⽼师说的怎么样去爱上⼀个⾃⼰嫌弃或者是恶⼼的⼈.因为你⼀旦你松动你的信念,就是把它当成是你在演戏或者是你在做练习或者是你只是做⼀些调查、体验社会.

In the Chinese text provided, JO seems to be describing a process that involves translating information or guidance from one state of enjoyment or happiness into practical application in everyday life. This process is likened to receiving lessons from a teacher and then practicing those lessons through exercises instead of taking them at face value as reality. JO further explains that if this practice is approached with flexibility of beliefs, it can involve seeing situations like interactions with one's father (viewed as disliked, nauseating, or unloved) as merely fictional scenarios rather than actual occurrences. The text also hints at a workshop setting where individuals might learn to love someone they find unlikable through exercises that challenge their preconceived notions and beliefs.

JO: First of all, you're like being pulled between states. Our information can guide you into a state of pleasure or happiness. Then, when you return to your daily life facing these issues, it's as if you fall back into negativity. Essentially, think of our information akin to lectures by JOJO the teacher. After listening, there are exercises you need to do after class - just consider this practice rather than real occurrences. You take it too seriously: my dad hates me, he makes me feel sick, he doesn't like me, he scolds me, and he doesn't love me; you treat these as factual realities. However, if you see them as exercises or practices: learning to love someone who dislikes themselves through activities that challenge your preconceptions about reality. This process encourages letting go of fixed beliefs by treating it all as a form of 'acting' or practice rather than actual truths.

就⽐如说你是个皇帝,你知道你皇帝的⾝份.那你去体验民⽣民情,你的⼼情是不⼀样的,明⽩吗? 所以记住你的⾝份.

It's like you're a king and you know your royal status. When you go to experience the lives of ordinary people, your feelings are different, right? So remember who you are.

问: 就相当于做作业⼀样吗?

Question: Is it like doing homework?

JO:对,你是我的对⼿,我需要⼀个陪练.那你这个对⼿演的这么逼真.那他这么逼真,你就被吓到了.你的振动频率就会降低了.就是当你的振动频率没有被它吓到,你知道他是个演员,他是来吓你的.就好像你进了⼀个⿁屋,你知道它只是⼈扮演的,来吓唬你的.和你把它当成真的⿁,是不⼀样的.你可能会被吓到⼀下,但是你知道它是个⼈,然后⼤笑⼀声,哈哈哈哈.你也体验到了被惊吓的刺激感,然后你又不会被吓死.因为你被吓死了,你就没有⼒量了,明⽩吗?所以你又既可以去……因为你们所有的智慧都通过外在的体验,就是你的观察、你的体验、你的觉察,再借助我们让你看到的这些,你就能明⽩.

JO: Yes, you are my opponent. I need a sparring partner. Your performance is so convincing that it has frightened you. You're vibration frequency has thus decreased. When your vibration frequency isn't shocked by it, even if you know he's an actor coming to scare you, like entering a haunted house where you're aware it's just people pretending to scare you versus assuming it's real ghosts, the experience is different. You might be startled once but knowing it's human, you laugh off afterwards, 'haha'. You've experienced the thrill of being frightened without getting hurt because if you were dead from fear, you wouldn't have any strength left. So you can go through this kind of experience using all your intelligence via external experiences, your observations, your experiences, and awareness guided by what we show you, which helps you understand.

不然的话,这么说吧,把你扔到⼀个原始森林⾥⾯,他们的风俗、语⾔,什么东西你都不懂.你说你要怎么去跟他们互动,产⽣体验呀?产⽣不了.你就必须要懂得你在这个物质世界,它们的⼀些运⾏的规则、法则或者它们的⼀些观念、他们的⼀些风俗民情.明⽩吗?你知道了过后,你才能在这个地⽅扎根呀.你扎根过后,你才能真正的去创造呀.你连存活都存活不下来,你创造啥?所以当你头脑把它当成是你在做练习题的时候,它便不会进⼊到⼀种被吓死的感觉.你只是被惊吓⼀下,马上可以回过神,我只是在演戏,明⽩吗?

Otherwise, let me put it this way: if you were dropped into a primitive jungle, without understanding their customs, language or anything else about them, how would you interact with them and have any experience? You wouldn't. You need to understand the rules that govern their world in the physical realm, including laws, concepts, traditions, and social norms so you can connect with them. Once you know these basics, you can truly settle into your environment. Only when you are able to survive here do you start creating anything meaningful. How could you create something if you can't even sustain life? When your mind perceives this as a practice question instead of a potentially overwhelming experience, it doesn't generate the sense of being frightened. You're just momentarily startled, but quickly realize it's just part of the act, understand it.

问: 很容易忘记……JO: 没关系.因为它不是⼀步到位.它不是说今天⼀天你就要把我们所有的信息全部吸收完.不是的.因为你会有很多台阶,每⼀步你都会感受到⽣命的喜悦.你说就好像⼀个美⾷

Q: It's easy to forget... JO: That's okay. Because it doesn't happen overnight. It's not that you have to absorb all of our information in one day today. No, because there are many steps involved, and with each step, you would feel the joy of life. You know, like a feast

⼀样,你是吃⼀⼜,好了,没机会吃了.还是说你可以每⼀⼩⼜,就好像微风吹到你的脸上,每⼀次都会让你舒服⼀点,舒服⼀点,这种感觉.就像美⾷,它每⼀⼜都能让你体验到那种美味,⽽不是说你⼀⼜吃掉.这就是过程.你来这个物质世界就是来体验这个过程.这就是你们⽣命中最美好的,你们来体验这个过程.那你说你们吃饭的时候,⼲嘛吃那么多⼜啊?过程才是最美的呀.那就好像你跟你最爱的⼈约会,你想见⼀下就结束了?还是想慢慢的跟她聊天,谈情说爱,明⽩吗?你会觉得每⼀分钟每⼀秒钟都很甜蜜,你不想快进直接到结果.

Same, you take a bite, done, no chance to eat anymore. Or could it be that with each little bite, like the微风吹拂 on your face, every time brings a bit of comfort, a bit more comfortable, this feeling? Like a delicacy, where every bite allows you to experience its deliciousness, not just consuming it in one bite. This is the process. Coming into this material world is to experience this process. This is the most beautiful part of your life, experiencing this process. So when you ask why eat so many bites during meals? It's the process that's the beauty. Like meeting with someone you love, do you want it to end immediately after one glance? Or would you rather slowly chat, express affection, get it? You'd feel every minute and second sweet, not wanting to skip ahead directly to the outcome.

问: 如果我在接受你们的信息,我的状态⼀定会往上⾛? 还是有可能会往下⾛?

Question: If I am receiving your information, does my status have to go up? Could it also go down?

JO:这没有上和下的,即使是往下⾛,它也是为了帮助你往上⾛.所以你的每⼀步都是⼀个台阶,明⽩吗?没有所谓的往下.因为你就算⼀直在所谓的下下下,当你在成为⽆限的时候,那些都会是你的礼物,就好像都是你收获的⼀个⼯具.所有的体验都是礼物.所以体验没有分这个是上的下的,那个是好的坏的.都是礼物.你现在可能还没有进⾏创作的时候,你可能还感受不到.但是你以后会的.然后通过你⾃⼰所有的⼀切,你也在服务着集体意识,服务着整体.所以尽情的去⽣活.

JO: There is no up or down here; even when you go downwards, it's to help you ascend. So every step of yours is a step on the stairs, understand? There is no such thing as downwards. Because all that you perceive as being 'down' will be gifts to you when you become infinite - like tools for your harvest. All experiences are gifts. Therefore, there are no distinctions of ups and downs or good and bad in experiencing them. They are all gifts. You might not currently appreciate this aspect of creation, but you will eventually. And through every part of yourself, you serve collective consciousness and the whole. So live freely.

第四个⼈:问: 我想问⼀下我今⽣的天赋是什么?

Fourth person: Asking: I wonder what my gift in this lifetime is?

JO: 你可以先问⼀下你的灵魂主题.因为当你的灵魂主题没有突破的时候,天赋它是不会展现出来的.

JO: You could start by asking about your soul theme. Because until your soul theme breaks through, talent will not manifest.

问: 上次问过我的灵魂主题了,说我像定海神针⼀样.但是我没有问过我的天赋.我叫XXX.27岁.

Question: I was asked about my soul theme last time and was compared to a定海神针. However, I haven't been queried about my innate talents. My name is XXX, 27 years old.

JO: 你稍等.我们可以说你的天赋就是你的反应会慢半拍吗? 就是你的头脑在处理事情的时候会⽐平常⼈要慢⼀点.就可能别⼈看到⼀个事情后,马上就爆了.你还在那,你在爆什么呢?好像没有什么事情.所以说你的头脑⽐普通⼈会迟缓⼀些,就是有个缓冲.⽐如说别⼈是没有缓冲的,他直接是撞击.然后你正好有个缓冲.你的与⽣俱来的优势,我们说是优势,但是可能在你们的⽣活中,你们就觉得就好像有点傻或者是慢,就是不聪明吧.会有这种感觉,但是不是的.实际上它会对你有⼀个⾮常好的保护.让你可以有⼀个玻璃球⼀样,就是外在的能量对你的冲击不会是……就这么说,别⼈被洪⽔⼀冲,他没有保护,马上被淹死了.你还能在那边游⼀会⼉.

JO: Wait a moment. Could it be that your gift is that you react half a beat slower? That means when you process things, it takes longer compared to others. When everyone else reacts immediately, what are you reacting about, as if there's nothing happening? So, perhaps your brain processes information more slowly than most people, giving you a buffer. Others might not have any buffer and just react right away. You have that advantage, which we see as an advantage, but in your daily lives, it feels like being slow or even silly, like you're not smart. This is how you perceive it, but that's not the case. In reality, this trait protects you very well. It acts like a glass ball – external forces won't hit you directly. When others are overwhelmed by floods and have no protection, they drown instantly, whereas you can still swim for some time.

也就是说你对外界的⼀些相,⼈家可能会很着相.你不会如此的……你⽜好像有⼀个玻璃球保护着你,然你可以有⾃⼰的⼀⽚⼲净的天地.你还是很幸运,你就好像是被造物主保护了⼀样,就是给你设了⼀个屏障让你不受外界太多的影响和⼲扰,因为它会导致你内在很混乱.因为实际上你是⽐较脆弱,就不是那种很强悍或者很强⼤,就是坚韧的.所以说这对你是⼀个⾮常好的缓冲或者是保护.这个就是你与⽣俱来的天赋吧,就像是⼀个礼物⼀样.这么说吧,你的确是就好像造物主给你⼀个礼物或者是你与⽣俱来带来的⼀个礼物,让你不被这个能量…… 就好像我们说地球是有毒⽓的,对吧? 你戴了伊特防毒⾯具.然后让你这朵花可以绽放.

That means you are sensitive to certain appearances from the outside world; others might be overly influenced by them. But not you - you seem to have a protective layer like a glass ball around you, allowing you to maintain your own clean space. You're indeed quite fortunate; it's as if you're under divine protection, shielded with a barrier that keeps you largely unaffected by external influences and disturbances because they could cause chaos inside you. Given that you are somewhat vulnerable, not particularly strong-willed or powerful like others who might withstand such storms, but rather resilient. This is thus a very beneficial cushion or safeguard for you – akin to an innate gift. In essence, it's as though you've been gifted with something by the Creator, protecting you from this energy, just like how Earth has poisonous gas and one wears an Et gas mask to protect their flower.

其它的花可能都枯死了,你这朵花还能让⼈看到希望.所以你就像是让⼈有⼀种让⼈看到希望看到美好,能让⼈知道另外⼀个⽣命的状态

All other flowers may have withered away, but this flower of yours still brings hope to people. So you are like a source of hope and beauty that inspires people to know the state of another life.

吧.不是都是被折磨死、被⼲枯死的状态.所以这可能就跟上次跟你说你是什么定海神针吗?就像是这样⼦,就好像有⼀个不会倒下的,就没有被毒倒的.你们地球的毒⽓太浓了,然后你与⽣俱来就给你⽣了⼀个防毒⾯具在你⾝上.所以有时候你感觉好像跟别⼈没在⼀个世界的时候,其实是好的.

There's not just the state of being tortured to death or withering away. So this might be akin to when I told you last time that you were like a pillar holding back the sea? It's as if there's something that doesn't topple, hence it hasn't been poisoned. Your Earth is saturated with toxicity and you naturally have an anti-toxin mask on your body. So sometimes, when you feel like you're not in the same world as others, it actually works well for you.

问: ⽐如说我妈就会说我脑⼦反应太慢了.

Q: For example, my mom would say I'm too slow in thinking.

JO: 对,你说我戴了防毒⾯具呀.不会被毒到呀.你们⼀直在毒⽓⾥⾯.

JO: Yes, you said I wore a gas mask so I wouldn't be poisoned. You've been in the gas the whole time.

问: 我有⼀天突然看到赛⾥⽊湖冰潜的视频.就觉得被击中了,⼼安的感觉.我想知道为什么?

Question: I suddenly came across a video of ice diving at Saerimun Lake one day and was struck by the sense of peace it conveyed. I want to know why this happened?

JO: 就是如果它会让你对这个项⽬产⽣你想要去继续探索的冲动或者是愿望,那你就去.那你就⾃然⽽然能发现为什么了.

JO: Just go with it if it inspires you to want to explore or continue this project, and then naturally you'll figure out why.

问: 后⾯我去学了⾃由潜⽔,但是是泳池课程.但是静态闭⽓,两分钟后就觉得⾃⼰要死了.我就⽼是突不破那个点.我的问题是为什么我对死亡会那么恐惧吧?

Q: I then learned free diving, but it was a pool course. But during the static apnea, after two minutes, I felt like I was going to die. I just couldn't break that barrier. My question is why am I so afraid of death?

JO: 只是这是你⾝体本能的⼀个反应.它会把这个信号当成是死亡的⼀个信号.但是这些专业知识,你可以跟专业的⼈跟他们多交流.跟那些同专业的⼈.因为这是你⾃⼰⼀步⼀步的去…… 越是专业的引导,那你越会建⽴⾃信,越来越明⽩每⼀步它会发⽣什么事情.

JO: It's just your body's natural response to this situation which it interprets as a signal of death. However, you can gain more insight and confidence by interacting with professionals in the same field, discussing these issues with them. The more specialized guidance you receive, the more confident and knowledgeable you will become about each step and what happens during that process.

问: 但是我感觉这件事情没有什么进展呢?

Q: But I feel like there's been no progress on this issue?

JO: 问题在于你头脑⾥会产⽣进展两个字.因为这⾥没有进不进展的,只有你想不想要的体验.这⾥只有体验,明⽩吗? 因为你们会觉得你们的⼈⽣是建⽴在昨天的,⼀步⼀步,这是进展.但是实际上不是的.你们在每⼀个当下是⼀个全新的体验,全新的世界.所以哪来的进展啊? 如果你是去看进展的话,那你头脑⾥理解它是⼀个线性的,⼀步⼀步,⼀⼆三四五,这个才是进展,对吧? 但是并不是的.你们每⼀个当下是⼀个⽚刻.所以没有进展这回事.但是对你们的⾁体来说,它会需要反复的去做,它会产⽣⼀个记忆.所以在你们来看,你们会觉得那个是进展.就好像学⾛路⼀样,⼀步⼀步的.它是物质⾁体的⼀个那个什么.

JO: The issue lies in your mind creating the concept of progress because there is no notion of progression or not; only experiences that you desire or do not desire. Here, there is only experience, understand? You perceive life as being built upon yesterday's steps, progressing step by step. However, this isn't accurate. Every moment you are experiencing a new world, a completely fresh experience. So where is the progress coming from? If you're looking for progress, then your mind conceptualizes it as linear progression, step by step, numbered and sequential: one, two, three, four, five...this constitutes progress, right? But that's not the case. Each moment is an instant. Hence, there is no concept of progress. Yet, from your physical body's perspective, repetition necessitates memory formation. Thus, you perceive this as progress - akin to learning how to walk step by step - which involves material bodily processes and repetitions that create lasting impressions or memories.

因为物质⾁体需要这种不断地重复去产⽣⼀个⾁体的记忆.因为你需要物质⾁体这个⼯具,所以是它的⼀个…… 但是对于你们的存在来说,每个当下都是⼀个新的⽚刻.就是这是狗的事.就好像你旁边有⼀只警⽝,你的进展是来⾃警⽝它的⼀个熟练度.这个所谓的警⽝.但是对于你这个⼈来说,每⼀个⽚刻都是新的,明⽩吗?

Because the physical body needs this continuous repetition to generate a physical memory. You need the physical body as a tool, so it's one of its... However, for your existence, every moment is a new instant. It's about the doggy thing. Like you have a puppy by your side, and your progress comes from the puppy's proficiency. The so-called puppy. But for you as an individual, every moment is new, understand?

问: 那放下头脑的批判,就可以进⼊每⼀个⽚刻? 就是去信任宇宙,每⼀步就会越来越好吗?

Q: Can we enter every moment by letting go of our mind's judgment? Is it about trusting the universe, and with each step, getting better and better?

JO: 其实没有任何东西需要你放不放下的,你只需要去认识的.我们常举的⼀个例⼦,就是说⼀个⼩孩⼦⾛到太阳底下,你吓得要死.你说妈妈我怕,我怎么样放下我的恐惧? 我怎么样去放下那个影⼦跟着我? 那随着你的年龄增长,你会发现每个⼈都有影⼦.影⼦是太阳照下来,对你没有任何影响和伤害.你在做事的时候不会影响到你的,明⽩吗? 所以只是需要你去看清楚⽽已,只是需要你去认清.但是随着你不断地去跟你的⼼连接的话,你会越来越发现头脑的功能是什么.所以你不会去…… 因为你明⽩它的功能是什么的话,你便不会对它产⽣恐惧呀,就不会产⽣的.所以当你还会觉得头脑,就是你受它的影响.那就说明你对它的功能不了解.

JO: There's nothing for you to let go of in reality; all you need is awareness. A common example we often give is that a child walks into the sun and you're terrified. You say to your mother, "I'm scared," how do you let go of your fear? How do you let go of that shadow following you? As you grow older, you'll find out that everyone has shadows. Shadows are cast by the sun with no impact or harm on you at all. They don't affect what you're doing when you're working, understand? So it's just about seeing clearly, just recognizing. But as you continue connecting with your heart, you will gradually realize what your mind's functions are. Therefore, you won't... because if you understand its function, you wouldn't be afraid of it and thus there would be no fear. So when you still feel the influence of your mind, it means that you don't understand its function well enough.

所以不是说你要降服它.这个念头我到底跟不跟随? 怎么不要它来影响我,怎么不要⽣念头…… 念头只是⼀个念头⽽已.就好像你的影⼦⼀样,它只是⼀个影⼦⽽已.

So it's not about dominating it; the question is whether I should follow this thought or not? How do I prevent it from affecting me, how do I avoid having thoughts... Thoughts are just thoughts. They're like your shadow, they're simply a shadow.

问: 吸引⼒法则不是说感觉很重要吗? 但是我觉得有些时候我的感觉已经很到位了.为什么这些事情还没有发⽣呢?

Q: Isn't the Law of Attraction about how important feelings are? But I feel like my feelings are already on point, why haven't these things happened yet?

JO: 那就是你的头脑⾥会有⼀个为什么这个事情还没有发⽣呢? 对呀.这就是你的问题呀.你的问题就来⾃于为什么这个事情还没有发⽣,明⽩吗? 你已经在了,你已经是了,你还在那…… 这么说,你已经在⽔⾥⾯了,你只需要去enjoy这个⽔就好了.然后当你说这件事情为什么还没有发⽣呢? 你就离开⽔了.那你离开⽔了.你又说我的⽔在哪⾥呢? 你刚不是离开它了吗?

JO: That's because you're wondering why this thing hasn't happened yet, right? Yes, that's your issue. Your problem lies in asking yourself why this thing hasn't occurred, do you understand? You are already there, you are already immersed, you're still... So, if I were to say you are already in the water, all you have to do is enjoy it. Then when you ask yourself why this hasn't happened yet, you step out of the water. Then you leave the water and you ask where's my water? Didn't you just step away from it?

第五个⼈:问: 我的使命是什么? 我叫XXX.50岁.

The Fifth Person:

Question: What is my mission? I am XXX, 50 years old.

JO: 我们看⼀下你的灵魂主题.我们也可以说你的灵魂主题就好像是我想来到这个世界上是来展现光,展现爱,就是来付出,来给与.就好像有⼀种像是妈妈,像是这种⾓⾊,就是来关爱更多的孩⼦的这种.所以如果你说你的灵魂主题的话,它更多的像是去关爱他⼈吧,就是给出去你的爱吧.所以说你的灵魂主题会有⼀种给,⼀种付出,⼀种奉献,⼀种像蜡烛⼀样.所以说关于⽐如说⼀些⽆私奉献或者是以爱为基调或是⾏动⽽去做的⼀些东西,它会吸引你,它会让你进⼊到⼀种很舒服或者是你很喜欢的⼀个状态.

JO: Let's look at your soul theme. We could also say that your soul theme is like my intention to be here in this world to shine light and express love, which means giving and being generous. It's like having a motherly role or a character that cares for more children. So if you were to describe your soul theme, it would be more about caring for others, about giving out your love. Therefore, the things that attract you in terms of some form of selfless service or actions based on love will make you feel comfortable and enjoy being engaged in those activities.

问: 那我的天赋呢?

Q: But what about my talent?

JO: 你的天赋还是有⼀种看护⼈或是是监护⼈或者像是奉献或者像是⽆私的关爱这种.你的挑战会来⾃于你会把⼀些苦难,你会看的⾮常的重.你不忍⼼让⼈们去经历⼀些苦难.⽐如这么说吧,你是个母亲吧,你在教育孩⼦的时候,你可能想要去帮孩⼦承担⾟苦.然后你会不想要他们承担太多的⾟苦,有⼀种想要去拿开痛苦或者是帮他们承担或者是这种.然后会有这样⼦需要你去突破的⼀个点.就是需要你去看到,看到你所谓的苦难,实际上是你们如何去转化它.⽽它本⾝也是礼物的.但是你还需要⼀双慧眼去看到它是怎么样以礼物的⽅式存在,⽽不是⼀个你需要去把它消灭掉或是被你吃掉,被你拿掉,被你承担掉这种.⽽是去转化它.

Your gift lies in being a caretaker, guardian, or someone who devotes themselves to selfless care and love. Your challenge comes from your tendency to place great weight on suffering, not wanting others to endure it. For example, if you are a mother, when educating children, you might be inclined to take the hardship upon yourself instead of allowing them to bear too much. You want to shield them from pain or relieve it for them, which can be seen as needing to surpass this point. This requires you to recognize that what you consider suffering is actually about how you transform it. It is a gift in disguise. But you also need the wisdom to see it as a gift rather than something to destroy, consume, or bear, but to transform it instead.

所以它就需要你的智慧的⼀个增长.因为当你去看到太多的苦或者是经历太多的苦的话,它会让你的频率变得很低.当你的频率变低的话,你的⽣命⼒会弱.你的⽣命⼒弱的话,你不会有很强⼤的能量去做你想要去做的事情.它就会导致你内在产⽣⼒🗎的感觉,产⽣⾟苦或者是累,就是⽣命不愉快、不愉悦、不轻松的那种感觉.就会有⼀种沉重、⽆⼒、悲痛,就是⽆⼒感吧.就让你不能成为你⾃⼰.所以需要你不断地去认识⽣命和⼒量,认识转变的⼒量.⽽不只是去承担承受.

So it requires an increase in your wisdom because when you see or experience too much suffering, it lowers your frequency. When your frequency drops, your vitality weakens. If your vitality is low, you won't have strong energy to do what you want. This can lead to a sense of inner struggle, difficulty, or exhaustion within yourself - feelings that life isn't enjoyable, uplifting, or easy. It creates heaviness, powerlessness, and sorrow - a feeling of being unable to be oneself. So it's necessary for you to continuously understand the essence of life and strength, as well as the transformative force, rather than just bear through it.

问: 还有其它的课题吗?

Question: Are there other topics?

JO: 你们关于⾃⾝的课题,它都会通过不同的,就⽐如说通过关系啊、婚姻啊、家庭啊、⽗母关系啊、与孩⼦的关系啊、社会关系、⼯作关系…… 它会通过很多⾯给你体现出来.然后就会导致你会觉得你的⽣命中还有其它的课题,但是实际上它都是⼀个,就是你对⽣命的⼀个认知.

JO: Your issues about yourselves will be manifested through various aspects such as relationships, marriage, family, parent-child relationships, social relations, and work connections. This makes you feel like there are other issues in your life, but in reality, they all stem from the same root – a misunderstanding of life itself.

问: 最近⼀段时间董宇辉⾮常的⽕.他的⽕是地球正能量的上升吗?

Q: Dong Yuhui has been very popular recently. Is his popularity a sign of increasing global positive energy?

JO: 他只是你们好像是集体意识,就是你们这群⼈的意识⽔平就在那⾥,然后就会对这个有关注.就是你们的认知就在那⾥,觉得他是⼀个什么什么的.你们把你们的关注⼒都放在他⾝上去了.就是投射嘛,就是你们意识形态的⼀个投射,明⽩吗? 就⽐如说你们集体意识是⼀个什么东西,它都会通过⼀个反射给投射出来.那如果把他放到国际上⾯呢? 把他放到美国呢? 放到英国呢? 他不⼀定就会⽕起来,明⽩吗? 所以就是中国那群⼈,你们那个⼩村庄⾥⾯的集体意识了.你们的关注点.因为你们每⼀个⼈的关注点不⼀样.

JO: He's just like your collective consciousness, the level of awareness for this group is there, and that's where you pay attention to him. It's about what you think he is or something similar - you all focus your attention on him. It's projection, a projection of your ideological framework. Understand? Such projections emerge from your collective consciousness, like reflections of it. For instance, if this concept were to be applied globally – say in America or Britain – it might not necessarily gain traction there. So, we're talking about the collective consciousness within your small village community and how you each direct your focus differently.

问: 如果我们碰到⼀个不好的原⽣家庭,JO你说我们会有⼀个限制,然后我们会找⼀个这样的⼈来……JO: ⾸先我们要说每⼀个⼈的灵魂主题都不⼀样.你⾸先要记住这句话.那有的⼈他就是来体验我就要成为⼀个受害者,⼀辈⼦都被他控制.他们俩有⼀个灵魂主题和⼀个灵魂关系.它不能⼀概并论的.每⼀个⼈都有独⼀⽆⼆的灵魂主题.

Question: If we encounter a bad native family, JO says we will face limitations, and then we might seek out someone like this... JO: First of all, it's important to understand that each person's soul theme is unique. You should remember this statement. There are individuals who come into this life with the experience of always being a victim, controlled by others for their entire lives. They have a specific soul theme and relationship in this context. It cannot be generalized; everyone has an individual and singular soul theme.

问: 但是还有⼈说它是⼀些⿊暗者和光明者打架.到底哪个说的是正确的呢?

Question: But some say it's like a fight between dark ones and light ones. Which one is correct?

JO:都来⾃于你们⾃⼰……⾸先在你们物质世界没有所谓的哪⼀个是正确的,哪⼀个是错误的.为什么呢?因为你们每⼀个个体都会投射出⾃⼰的世界.那在他的世界⾥⾯,他就是这样⼦的.但是从更⾼的层⾯来说,每⼀个灵魂的灵魂主题都是独⼀⽆⼆的.所以当你发现可能好多家庭都会是这样⼦的,每⼀个灵魂主题都是独⼀⽆⼆的,你就没有办法去说哪⼀个是对的,哪⼀个是错的.它不是⼀概并论的⼀个东西.但是你们不会被任何⼈控制.你们有可能会体验⼀些被控制的阶段.就⽐如说像迈克尔杰克逊⼩时候被他⽗亲……对吧?最后他也成为巨星.他虽然有⼀个很痛苦的经历,但是那也是他成为⼀个巨星的前提条件.

JO: They all come from yourselves… Firstly, in your physical world, there is no right or wrong; why not? Because each individual projects their own reality into the world, which they are. However, on a higher level, each soul's theme is unique and singular. So when you realize that many families might have this dynamic where each soul theme is unique, it becomes impossible to say what is correct or incorrect. It isn't a universally applicable concept. But you aren’t controlled by anyone else; you could experience phases of being controlled. Like Michael Jackson, for example, who was under his father's control… right? Yet he eventually became a superstar, despite having gone through a very painful experience. This was indeed a prerequisite for him to become a star.

所以说如果是我们对那些⾝处在被控制当中的⼈,我们想告诉他们,这个世界不会是永远的.为什么?我不管那个控制的⼈有厉害,他总会死掉的.那你总会长⼤的,对吧?那当你长⼤了,你就是⾃由的.因为你长⼤了,你就有能量把以前的⼀些痛苦变成⼒量.就⽐如说你⾃⼰的⼀些经历啊、体验啊,你可以写成书.你可以把它往⼼理学⽅⾯研究.你也可以通过它去激发你的慈悲⼼,去帮助那些受控的孩⼦,或者是给那些有控制欲的⽗母,给他们做⼼理教育.这些你都可以把它们变成来,就是去转化它,就是成为⼀个有利的体验.如果你是要分类的话,没有办法给你分任何类.

So the message we want to give those who are under control is that this world won't last forever. Why? No matter how powerful the controller may be, they will eventually die. You will grow up, right? When you grow up, you become free. Because as you grow, you gain the power to transform past pains into strength. For instance, you can write about your own experiences and insights, study psychology, or use it to cultivate compassion and help children under control or educate controlling parents with psychological guidance. You can turn these experiences into beneficial ones for transformation and personal growth. There's no classification needed for this message.

如果你的⼼⾥会吸取别⼈的⼀些,就觉得这个地球是光明的、⿊暗的、战争,那这就是你会去遇到和看到和接触到这些信息,因为这是你关注的,明⽩吗? 所以这⾥没有⼀个客观的.因为你们都在独⼀⽆⼆的⼀个世界⾥⾯.你的频率产⽣了⼀个世界,那是你的世界.

If you feel that the world can be seen as bright, dark, or in conflict through absorbing others', then this is what you would encounter and see information about, because these are the topics that interest you. So there isn't an objective perspective here since you all exist within your unique realm. Your frequency generates a world that is yours alone.

问: 我的JO还有什么话想对我说的吗?

Question: Does my JO have anything else to say to me?

JO: 你稍等.⾸先所谓的⼀个⿊暗的能量,它也是你们这个集体意识的意识程度、它的⼀个认知、它的⼀个频率产⽣的⼀个果,来让你们深陷在果⾥⾯,明⽩吗? 所以还是来⾃于你们的集体意识.那当你们的意识不断地提升转变,你们的果也会从⼀个沉重的变得越来越对你们没有束缚.就是从像是⼀个泥潭⼀样动也动不了,然后慢慢变得越来越松动.慢慢变的像雾⼀样,虽然你们能感到,但是对你们没有影响.它慢慢变得没有任何影响.所以它这是⼀个过程.但是它并不是说有⼀个真正的⼒量缠着你们让你们不可以脱⾝.然后是你们拉出来的屎粘在你们⾝上,明⽩吗? 它都来⾃于你们的内在.为什么呢?

JO: Wait a moment. The so-called dark energy is the manifestation of your collective consciousness – its awareness, its frequency, producing this fruit that traps you in it. It originates from your collective consciousness, right? Thus, when your consciousness elevates and transforms constantly, your fruit will gradually lose its constraints on you. It's like being stuck in quicksand and then slowly becoming less bound as time goes by. Gradually, it becomes like fog; though you can feel it, it has no real impact on you anymore. This is a process, but it doesn't mean there's a force actually holding onto you to prevent your escape. Similarly, the feces you pull out sticks to you – understand? Everything comes from within you. Why is that so?

因为往你们的内在看你们的⼼⾥⾯,它还有分裂,还有分别⼼,它还有你死我活或者是物质不够,我必须要摧毁它或是我必须要成为⼀个怎么样的.还有这种产⽣.所以它会产⽣这个果来让你们体验到⼀些所谓的⿊暗.但是并没有⼀个你们是受困的,你们是⽆辜的,你们是被困住的.不是外在来困住你们,你们这些⼈都是⽆辜的⼈,不是的.它都来⾃于你们需要去整合的,你们是来整合的.

Because when you look within yourselves, your minds are still divided, there is still a sense of duality, and it feels like there's a battle or lack of resources, making you feel like you must either destroy or become something specific. This generates the results that allow you to experience what you perceive as darkness. But you're not trapped, innocent souls in bondage; it's not external forces holding you back. You all are innocent souls, no exception. The feelings of being trapped come from your need to integrate and reconcile within yourselves.

#### 2023/12/30 —如何成为照亮⾃⼰的明灯How to Be Your Own Lighthouse

JO: 你说什么问题?

JO: What question did you say?

问: 这个通灵的⼥孩⼦今天⼀直感觉脑袋都是嗡嗡的.她想问⼀下为什么会这样? 有没有什么信息是需要她知道的?

Q: This spirit channeling girl has been feeling a buzzing in her head all day. She wants to know why this is happening and if there's any information she needs to be aware of?

JO: ⾸先从你们的物质⾁体来说她是因为最近感染的⼀些病毒导致⾝体产⽣的⼀些症状.但是⾝体⾃⼰会有⼀个⾃动修复和调节的功能,所以她不需要去做任何或者是担⼼或者是要去怎么样.就好像是有⼀阵风吹来,那这阵风过了,就好了.所以她不需要做任何.那在你们⾝体感受不适的时候,因为你们需要这个物质⾁体在这个物质世界上.那当她在体验⼀些不适感的时候,正好是你们提升的⼀个功课.因为⾝体上的⼀些不适感也会把你内在的⼀些,就好像平时没有被你看到的⼀些阴暗的⾓落,因为当你的⾝体在产⽣这些,你内在可能会有⼀些负⾯或者是有⼀些阴暗⾯或者是你平常,因为你在另外⼀个状态下你可能看不到嘛.

Jo: Firstly, from her physical body's perspective, she is experiencing symptoms due to recent viral infections. However, the body itself has an automatic repair and regulation function, so she doesn't need to do anything or worry about it. It's like a gust of wind passing by; once it's gone, everything is fine again. So there's no need for any action on her part. When you experience discomfort in your body because you require this physical body in the material world, experiencing discomfort is actually an opportunity for improvement. Because physical discomfort also reveals parts of you that are not usually visible to you - the darker corners that you might overlook when you're in a different state.

那当你在这样⼦的⼀个状态下,它就会浮起来.所以说你们会通过⾝体产⽣的不适感也会发现很多⽐如说⼼理层⾯这些⽅⾯的⼀些,⽐如说⼀些负⾯的想法和念头,任何这些东西也会被带出来.所以也是⼀次很好的去清理⾃⼰的⼀个机会.就⽐如说你⾝体不舒服,那你⼼情可能会烦躁.那你⼼情烦躁的背后是为什么呢? 那会通过这些,因为你⼼情烦躁的话,你背后⼀定是有某⼀些东西是平时没被你看到的.但是在这个时候就浮出来了.就好像以前是在⽔底下的,然后现在浮到了⽔⾯上,然后你就可以对它进⾏清理,就是看清楚吧.

When you're in such a state, it will rise to the surface. Therefore, through the discomfort generated by your body, you will discover many things on various levels, including negative thoughts and ideas, which are also exposed during this time. This is indeed a good opportunity for self-cleaning. For instance, if your body feels uncomfortable, your mood might become agitated. But why might your mind be agitated? Through these discomforts, because when you're agitated, there must be something behind that has not been visible to you in your daily life but emerges during this period. It's like what was previously underwater is now floating on the surface; then you can clean it by understanding clearly.

所以你⾝体产⽣的⼀些不适感,它也是⼀⾯镜⼦⼀样开帮助你映射到你平时觉察不到的⼀些东西或者是你潜意识被压抑掉被忽略掉⽆视掉的⼀些东西.这么说吧,就⽐如说⼀个⼈他在顺风顺⽔,运⽓特别好,什么都特别好的时候,他可能⼈就很好,对吧?那当他遇到⼀些灾难或者是痛苦,就是⼈⽣很低⾕的时候,其实才是他才能真正的看清楚他的⼒⽓到底有多⼤,明⽩吗?所以通过你⾃⼰产⽣的⼀些不适感也是⼀次很好的让你们可以内观,可以意识到⾃⼰的⼀些负⾯信念.这些东西也会随着你产⽣的不适感被带到⽔⾯上来被你们看到.

So the discomfort your body produces is like a mirror reflecting things you're not aware of in your daily life or the things buried deep within you that you've overlooked and ignored. Imagine someone who has been going smoothly with everything perfect, living well due to great fortune. They seem fine under such conditions, right? But when they face disasters or suffer from pain, which marks a low point in their life, it's then when they can truly understand how much power they possess. Thus, experiencing discomfort within you is an opportunity for introspection and realization of your negative beliefs. These issues will surface with the discomfort, becoming visible to you as well.

问: 如何成为照亮⾃⼰的明灯?

Question: How can one become their own guiding light?

JO: 这又回到你的智慧.就这么说智慧就好像⼀个农民没有播种.如果你有播种的话,那它⾃然⽽然就会长出庄家来.如果你从来没有去播种的话,那它就不会有庄家.所以说通过你们在⽣活中的⼀些体验、观察和充满觉知.然后再通过我们信息的引领,你的智慧它才会产⽣.产⽣过后,它才会像有⼀个灯⼀直在那⾥.就是⽆论你在哪⾥,那个灯就⼀直在那⾥.那如果那个等从来没有被你点亮过的话,那你还会反反复复的经历很多东西,但是你不⼀定是看的透的.所以结合你们的⼀些物质体验,然后再结合你们从信息当中摄取的好像是种⼦⼀样.让你们得以发⽣转变.这就好像是⼀个镜⼦的功能.你离开镜⼦,你没有办法去看到.

JO: It's back to your wisdom again. Just like saying wisdom is like a farmer without planting seeds. If you have planted the seeds, then naturally crops will grow. But if you never go to plant them, there won't be any crops. So through your experiences and observations in life with awareness, coupled with our guidance, this wisdom of yours will come about. Once it emerges, it's like having a light that stays on permanently wherever you are. No matter where you are, the light is always there. But if that light has never been lit by you, you'll continuously experience many things but might not see them clearly. So combining your physical experiences with insights gathered from our information, akin to seeds being sown, it allows for transformation. This mirrors the function of a mirror; you can't see without leaving its presence.

这样⼦的话,你便不会是在⼀个⿊灯瞎⽕的状态下了.这样你就能看的清楚⼀点.你看的更清楚⼀点,你就更能从所有的体验当中去受益.你便不会困在其中.你既可以产⽣体验,但是你又不被困.⽬前如果没有所谓的照亮的话,你可能会被那些体验困住.它对你来说更多是加深你内在的恐惧和束缚,就是让你的振动频率处于在⼀个⾮常低迷的状态.它就会投射出更多的恐惧给你,导致你很难⾃⼰从⼀个状态当中出来.但是好在你们⽆论是从物质层⾯的⼀些引领还是从灵界层⾯的⼀些引领,你们都有很多引领.那些引领都会给到你们,就根据每个⼈他⾃⼰不同的状态.

In this way, you wouldn't be in a pitch-black state. This would allow you to see more clearly. The clearer you can see, the more you can benefit from all experiences. You wouldn't get trapped in them. You could generate experiences without being confined by them. Without any form of illumination currently, you might get trapped by these experiences. They deepen your inner fears and bindings for you, keeping your vibrational frequency at a very low state. This casts more fear upon you, making it hard to break free from one state. However, fortunately, whether through physical-level guidance or spiritual-world guidance, you have received many guidances. These guidances would be given according to each person's unique state.

问: 如何拥有安静的⼼境?

How can one have a peaceful mind?

JO: ⾸先我们是说你们每个⼈都拥有安静的⼼境.到底是什么让你体验不到那个安静的⼼境?那就来⾃于你进⼊到⼀个叽叽喳喳,就是很吵闹的头脑⾥⾯去,就是你钻进去了,你钻进头脑⾥⾯去了.并不是你没有安静的⼼境,是每个⼈都有的.因为你们的运⾏都会过多的去依赖和依靠你们的物质头脑.你们给它很⼤的权限和信任度,就你信任你的头脑,信任你头脑⾥⾯的⼀些东西.然后如果头脑是脑海,那它就真的像海⼀样.那你们的所有脑海都是连在⼀起的.那也会相互的影响.就⽐如说别⼈的⼼情,别⼈产⽣的恐惧也会让你产⽣恐惧,你们就互相的影响.别⼈的欲望让你产⽣欲望,明⽩吗?所以你们就在⼀种相互的影响⾥⾯.

JO: Firstly, we're saying that everyone has a peaceful state of mind. What prevents you from experiencing that peace? It comes from entering into the loud and noisy space of your own mind - you go inside it. You aren't lacking peace; each person possesses it. But because your operations rely too heavily on your material minds, you grant them great authority and trust in their guidance. You believe in your minds and in certain things within them. If your mind is like the ocean, then indeed, all of your minds are connected together. They influence each other. For example, someone else's mood or fear can induce fear in you, affecting one another. Other people's desires can stimulate yours. Understand? So you're experiencing mutual influences.

然后导致有⼀点都不知道莫名其妙怎么产⽣的,然后有⼀点脱离不来的感觉.所以这也需要你们⾃⼰去认清楚你们是怎么样的存在.因为如果你们把你们当成是单独的⾁体和头脑去存在的话,和你知道其实你的⾁体和你所有的⼀切其实只是你的意识投射出去的产物⽽已.那根据你的意识不断地扩展,你才可以去产⽣体验,然后去体验你⾃⼰.所以这种是不⼀样的.那你到底是把你⾃⼰看成什么?那你如果是把你的物质⾁体,把你头脑把所有的⼀切当成是你和把它只是当成你的频率产⽣的果.那那个果是随着你频率的变化⽽变化的,这是不⼀样的.就是这个东西你到底是怎么去使⽤它,这个是不⼀样的.

The result leads to a bit of confusion about how it originates, and there's a sense of being detached from it. This means you need to understand clearly who you are as individuals. If you consider yourselves as separate bodies and minds existing independently, it differs from realizing that your body and everything else you possess is merely the product of your consciousness projection. Based on the constant expansion of your awareness, you can generate experiences, which then allow you to experience yourself. This highlights a difference in perspective. So, how do you perceive yourself? If you view your physical body, mind, and all else as manifestations of your frequency, the outcome evolves with changes in your frequency. The approach to utilizing this concept varies significantly depending on these factors.

问: 如何从关系中成长?

Question: How does one grow from a relationship?

JO: 它又涉及到你到底对关系是怎么样的⼀个理解? 因为你们⽬前把关系当成是什么? 就⽐如说你跟你⽼公的关系,你跟你孩⼦的关系……你是不是把你⽼公当成是⽤来满⾜你的欲望,满⾜你的安稳的⽣活或者是物质条件啊.然后你的孩⼦呢,你是把他当成是去满⾜你的梦想……所以你需要明⽩你到底是把关系当成什么?是填满你⾃⼰、满⾜你⾃⼰,你⼜渴了给你喝⽔,⼀个满⾜你⾃⼰的渠道呢?还是你允许你⾃⼰的状态通过关系去投射出你的状态,像镜⼦⼀样可以让你去进⾏⼀种⾃我成长?就好像前⾯那段信息说,这个东西你是怎么⽤的呀.这个⼑你是⽤来切⾁还是⽤来杀⼈的?它产⽣的果不⼀样.你⽤来切菜的话,你分享美⾷.

JO: It touches on how you understand relationships. What are you currently making of them? For instance, your relationship with your husband or your children – do you see him as meeting your desires for emotional satisfaction, stability in life, or material conditions? And your child, are they a dream fulfillment to you? Therefore, you need to understand what type of relationship you're engaging in. Is it about filling yourself up and satisfying your own needs – like water when you're thirsty - or is it allowing your state to be projected through relationships as if mirrors for self-growth? Like the information mentioned earlier: how do you use this thing? Is this knife used for slicing food or killing? The outcomes differ. When you use it to slice vegetables, you share delicious food experiences.

你⽤来杀⼈的话…… 所以那个关系你是怎么⽤它的呀? 那也来⾃于你的认知啊.因为当你们普遍的集体意识都认为关系是来满⾜我的,那你知道这个关系已经不能满⾜我了,我重新找⼀段关系.他不能满⾜我,我重新去…… 你这样产⽣什么? 不断去索取索求,不断地去压榨要求.

You use it to kill... So how do you utilize this relationship? It also stems from your awareness, because when your collective consciousness universally regards relationships as means to satisfy myself, you know that the relationship can no longer satisfy me. I then seek out a new relationship. When he cannot satisfy me, I start anew... What does this produce? Constantly demanding and extracting satisfaction, relentlessly imposing expectations.

问: 那当⼀个⼈在⼀段关系⾥很痛苦的时候……JO:⾸先你们没有任何⼈会在关系⾥痛苦的,你要记住这句话.关系不会让你痛苦,是你对关系的⼀个定义和认知.那个痛苦是从你这⾥产⽣的,⽽不是从关系本⾝产⽣的.为什么呢?因为就算在这段关系当中,你不断地感受到对⽅在虐待你或者是压榨你或者是任何,就是对你产⽣的⼀些仇恨,就是对你做出的这些.因为你们很难从,⽐如说你是个受害者,你们真的很难从你是个受害者的⾝份去想到产⽣这个果的⼀些根本原因.因为你们都只会好像是把事情拿出来⼀个⼀个孤⽴起来.但其实所有事情它发⽣,它不是孤⽴的.所以你们有⼀句话叫冰冻三尺⾮⼀⽇之寒,对吧?

Q: What about when someone is suffering in a relationship... JO: First of all, no one suffers in relationships; you need to remember this statement. The relationship does not make you suffer; it's your definition and understanding of the relationship that causes the pain. This pain originates from you, not from the relationship itself. Why is this so? Because even if you continuously experience that they are mistreating you, exploiting you, or harboring hatred for you, all of which are directed towards you, it's hard to trace back the fundamental cause of these effects when you consider yourself as a victim. You find it difficult to understand why such things happen because you tend to isolate events rather than seeing them as interconnected parts of a whole. But in reality, everything happens due to interconnectedness; it doesn't occur in isolation. That's why there's an old saying that "the ice on the river doesn't freeze overnight," right?

然后你要知道对⽅会产⽣⼀个这样的反应,它跟你们平时的积累有关系.还有更⼤的是根据你们俩个⼈的灵魂主题有关系,还根据你⾃⾝的振动频率有关系.那如果你不只是单⼀的从受害者来看的话,从各种,就⽐如说从你⾃⾝的振动频率,你的信念系统,包括你们之间的灵魂主题这些,就是你能从更⾼的⾓度,从最根本的⾓

Then you need to understand that there will be a response from them that is related to your accumulated knowledge. There's more depth in relation to the soul themes of both of you and your personal vibration frequency. If you look beyond just seeing yourself as a victim, considering all aspects like your own vibration frequency, your belief system, including the soul themes between you two, allows you to view things from a higher perspective, based on fundamental principles.

度去看的话.你才能真正的去了解这是什么,明⽩吗?⾸先你不会被任何,就是如果当你还是有限制的话,就算你不被这段关系限制,你也会被其它关系限制.不是这个⼈,你也会遇到其他⼈.总之你⽬前就是限制的.只是说就好像这个频率就会锁定这些⼈把这些来呈现给你.当你变成了,因为你们会通过⼀些限制来变成⽆限,对吧?当你真的蜕变成⽆限的状态的话,你就没有任何限制,当然也包括关系⾥⾯的限制.因为它没有办法.你想象⼀下⼀个分贝很⼩的和⼀个分贝很⼤的.我们就说它能量的⾼低,对吧?那你说分贝⼩的声⾳能盖住分贝⾼的声⾳吗?那也就是说低频的⼀些频率可以去影响到你⾼频的状态吗?因为你的振动频率不⼀样啊,就你们的能量级别不⼀样啊.

To truly understand this, you must look closely. Do you see? Firstly, you are limited in any way - even if the relationship doesn't restrict you, other relationships will. You'll encounter others regardless. Essentially, you're currently limited. It's like your frequency locks onto these people and presents them to you. When you transform through limitations into infinity, right? Once you truly become unlimited, there are no more restrictions, of course, including those in relationships. Because it simply can't happen. Imagine a low decibel sound versus a high decibel sound. We're talking about the energy levels here, right? Can a low decibel sound overpower a high decibel one? Similarly, can lower frequency sounds affect your higher frequency state? Your vibration frequencies are different; thus, so are your energy levels.

那你说⼀个能量级别⼀百的⼈如何去限制⼀千的⼈,这是不可能的.所以你觉得你体验到⼀些被限制,那也是因为你降低了你的振动频率,体现就是对⽅有能⼒去控制你.也来⾃于你⾃⾝对⾃⼰的⼀个定义,然后你内在没被清理掉的恐惧,然后你的振动频率.所以你就能看到实际上它并不是单纯的⽐如说关系让你痛苦或者是怎么样怎么样.

So if you're trying to limit a person with an energy level of one hundred compared to a thousand, it's simply not possible. Therefore, when you experience limitations being imposed upon you, this is because you've lowered your vibration frequency, manifesting in the other party having the capability to control you. It also comes from your self-definition and inner unprocessed fears, which are all tied to your vibration frequency. So what you can observe is that the pain or difficulties you face aren't simply due to the nature of relationships alone, but encompass a variety of underlying factors influencing your experience.

问: 如果我们想要结束⼀段关系的话,算是⼀种逃避吗?

Q: Is it considered as running away if we want to end a relationship?

JO:⾸先你们⾃⼰⼼⾥产⽣这个想的话,其实你们都会有⼀点.你到底为什么会产⽣这个想法?你如果是在想要去结束⼀段关系的话,你肯定是觉得这段关系给你带来了⼀种不⾃由感.但是这种不⾃由它来⾃于哪⾥?它来⾃于你⾃⼰.你的不⾃由,内在的限制是通过这个关系给你投射出来⽽已.所以它并不是关系的本⾝.就⽐如说有⼀些⽗母会限制孩⼦,对不对?⾸先我们想要说所有的事件它并不是永久的都是同样的存在⽅式,同样的状态.就算你什么都不去做.ok,就算这个⽗亲限制孩⼦,对吧?那就算你什么都不去做,你也不去抵抗,你也不去反抗,你也不去试图改变.但是那个⽗亲迟早会死掉,对不对?那个孩⼦迟早会长⼤,对不对?

JO: First of all, you might have this thought within yourselves, and everyone does to some extent. Why do you have this idea? If you are considering ending a relationship, it's because you feel that the relationship has imposed an element of lack of freedom upon you. But where does this sense of lack of freedom come from? It comes from within yourself—the internal constraints are projected onto the relationship, rather than being inherent to the relationship itself. For instance, some parents might limit their children—right? We want to clarify that not all events or situations remain static and constant over time. Even if you do nothing, okay, even if this father limits his child—yes, even if you don't do anything, won't resist, won't fight back—there will come a point where the father dies, right? And eventually, the child grows up, doesn't he/she?

那他们的关系是不是就发⽣了变化?所以又回到了就算你什么都不去做,实际上事态也会是⼀直在变化当中,明⽩吗?有时候你们只是需要允许这棵树慢慢的长⼤.因为你们⽣命中多数时候感受到⼀种吃⼒或者是怎么样,它都来⾃于你们没有在⼀种允许的状态下.就好像你刚才播种,你就迫不及待的想要开花.就好像⼀棵⼩树它刚刚才发芽,你就迫不及待的要吃果⼦.所以允许你们的关系在不同的时期、不同的状态,然后不同的……就没有任何农民在种庄稼的时候,他会期待⼀夜之间播的种⼦要全部结果,对不对?所以当你们去允许的话,所有的⼀切并不会对你有任何的影响和限制.

Their relationship might have changed, right? So it goes back to the idea that even if you do nothing, circumstances will change anyway, understand? Sometimes all you need is to allow that tree to grow slowly. Because most of the time when you feel exhausted or otherwise, it comes from not being in a state of allowance. Like when you just sowed your seeds and couldn't wait for them to bloom. Or like when a little tree has just started growing leaves and you can't wait to eat its fruit. So allowing your relationship to change during different periods and states, without any farmer expecting their planted seeds to all bear fruit overnight, right? When you allow this, everything won't have any impact or restriction on you.

只有你没有在⼀个允许的状态下,你内在的频率才会导致你所说的那种想法吧,就是想要从⼀个状态到另外⼀个状态.

Only when you are in an allowed state would your inner frequency cause the kind of thought that wants to go from one state to another.

问: 思考是局限吗? 如何让思考帮助我们,⽽不是限制我们?

Question: Is thinking a limitation? How can we use it to help us rather than limit us?

JO: 你⼀思考的话,你需要借助你的头脑去思考,对不对? 那你思考的那些东西都会有⼀些⽴场吧.它都会有⼀些你的概念、理念、观念这些东西.那实际上这些东西本⾝都是局限.但是通过这些局限,你也可以进⼊到⼀种⽆限,明⽩吗? 所以说思考是不是局限又来⾃于你⾃⼰的,就是你这个⼈的意识形态吧.就是你可能创作,你只有这⼏把刷⼦.但是有的⼈可能可以通过这⼏把刷⼦,不断不断地创造,创造⽆限.所以就像⼀块⼟地,如何在这块⼟地上去创造去建设,就看你⾃⼰了.

JO: When you think, you need to use your mind to think, right? And whatever you're thinking about will have some standpoint, won't it? It will involve concepts, ideas, and viewpoints. These things themselves are limited, but through these limitations, you can also access infinity, do you understand? Therefore, the limitation of thinking is indeed a product of your own ideology as an individual. You might only have certain tools for creation, but others could use those same tools to continually create something boundless. Just like a piece of land, how you choose to build or construct upon it depends entirely on you.

问: 如何通过关系去觉察到⾃⼰的内⼼?

Q: How can we perceive our inner self through relationships?

JO: 就像前⾯的信息说的,在你的⼼⽬中你到底是觉得关系是⼀个外在的存在呢? 还是关系它只是来帮助你,把属于你的⼀些东西给带出来.因为有两种不⼀样的认知,当然会有不⼀样的体验和结果,对不对? 所以你⾸先要认识到关系对于你们来说就像是⼀个反射的效果.那当你知道了,你⾃然⽽然就会朝这个⽅向去想去看了.就⽐如说从关系中任何你产⽣的⼀些东西,然后你都把它带向内展现.⽽不是说这个⼈怎么这样,那个⼈怎么那样.

JO: As stated in the previous information, do you see relationships as external entities, or are they merely tools that help bring out what is yours? Different perceptions lead to different experiences and outcomes, right? So, recognize that for both of you, relationships function like a mirror. Once you understand this, it naturally guides your perspective towards introspection. For instance, instead of judging others based on their actions or traits, reflect on how those interactions are a manifestation of yourself internally.

问: 如何意识到⾃⼰内在的混乱?

Question: How can one become aware of their inner chaos?

JO: 当你们不能完全的在当下的时候,就跟当下发⽣连接的时候,就⽐如说你不能好好地吃⼀顿饭,不能好好地睡觉,你也不能好好地在沙发上听个⾳乐,也不能好好地跟孩⼦互动,也不能安静的坐在你爱⼈的⾝边的时候,就是当你不能跟当下发⽣连接的时候,你就是在⼀种混乱的状态当中.那当你没有在当下,因为你真的进⼊到当下的时候,你就发现是⼀⽚宁静,⼀切都很美,这样⼦的⼀个状态.那当你不能进⼊到那样⼦的状态,那就好像是你内在的混乱⼀样.

When you are not fully present in the moment or when you disconnect from it, for example, if you cannot enjoy a meal properly, have an undisturbed sleep, listen to music on the couch without distraction, playfully interact with your children, or sit quietly beside your loved one, that is when you are in a chaotic state. When you aren't present, because when you truly enter into the moment, you discover tranquility and everything becomes beautiful, such a state. But when you cannot achieve that state, it's as if there's chaos within you.

问: 如何可以清空思绪?

Question: How can one clear their thoughts?

JO:⾸先就是说也需要你们,就像刚才说的当你不能和当下去发⽣连接的时候,你就是进⼊到⼀种混乱当中,对吧?然后当你想要从混乱当中去脱离出来的时候,那你是不是就需要去跟你的当下扎根呀?所以说进⼊到你眼前,进⼊到你的当下的话,那也是⼀种就好像清空你头脑⾥思绪的⼀个途径.但是因为你们会有⼀个⾁体的影响.因为⾁体会根据外界的⼀些刺激产⽣⼀些反应.所以你们也可以去放⼀些舒缓的⾳乐啊,或者把你的头脑专注在⼀件事情上,就⽐如说你在那捡树枝或者是不停的挖地,就是这种动作.其实慢慢慢慢逐渐也会把你,因为你把头脑锁定到⼀个地⽅嘛.这个就好像你们在打坐冥想的时候,你们会把你的注意⼒挡灾呼吸,就是有这样⼦的⽅法.

JO: First of all, it's also about you, like what I just mentioned when you can't connect with the now, you enter into a chaotic state. Right? And when you want to get out of that chaos, then you need to connect with your present reality, don't you? Therefore, entering into your current situation and focusing on the now is also a way of clearing your mind. But because of the influence of your physical body. Your body reacts to external stimuli, so you can listen to calming music or concentrate your mind on one thing like picking up sticks or continuously digging the ground; these actions actually help gradually direct your thoughts into a specific area. This is similar to when you are meditating and directing your focus on your breathing. There are methods like this.

就⽐如说你们去做催眠的时候,催眠师会要求你们关注某⼀个点的时候,其实就是在帮你做这样⼦的⼀个动作.

For example, when you are being hypnotized, the hypnotist asks you to focus on a certain point - that's essentially what they're doing for you.

问: 我昨天在做梦的时候,梦⾥⾯有⼈和我接吻.然后他突然把⾆头伸到了我的⾝体⾥⾯⼀直到我的肋⾻,最后我是疼醒来的.醒来后那个部位也疼了好⼏个⼩时.我想问为什么会产⽣这样的体验?

Q: Yesterday when I was dreaming, someone kissed me in my dream. Suddenly, he reached inside my body and explored until his tongue touched my ribs. It hurt so much that I woke up from the pain. After waking up, that area of my body still ached for several hours. Could you explain why such an experience occurred?

JO: ⾸先你要认清楚其实你们的意识并没有在你们的⾝体⾥⾯.因为如果你觉得意识在你的⾝体⾥⾯的话,那你会觉得只有在你的⾝体,它才会产⽣⼀些…… 然后你的这种体验更多是能⼒层⾯的⼀种,能量层⾯会让你的⾝体产⽣⼀个相应的体验.

JO: First, you need to realize that your consciousness is not actually inside of your body. If you felt that the consciousness was inside your body, then you would feel that it only produces something... And your experiences are more about ability levels; energy will allow your body to have a corresponding experience.

问: 对,很明显的体验.

Question: Yes, very obvious experience.

JO: 是的.所以它这个就是从你的能量层⾯.那个能量是什么呢? 就是你的意识,就是你的意识、你的能量层⾯连接到⼀个东西.然后它转化成⼀个⾝体的信号被你收到.

Yes. So it's from your energetic level. What is this energy? It's your consciousness, your consciousness and your energetic level connecting to something, then it transforms into a bodily signal that you receive.

问: 这种是没有恶意的对吧?

Question: Is this without malice?

JO: 如果有恶意的话,这个恶意也是来⾃于你内在还会有⼀些恐惧的信念或者是恐惧的东西,就是你这⾥还有垃圾吧.所以会有苍蝇或者是会有什么.但是你们永远都是安全的.你们虽然有体验,哪怕你们物质⾁体体验到很多痛,但是你们也是安全的.然后所有的这些体验只是体验.⽽且没有任何体验是持续不断永远的状态,它都是在不断不断地变化的.因为随着你们意识的扩展,你们在能量层⾯会更加的敏感.所以你们的⼀些体验也会更加的丰富.会体验到很多曾经没有体验过的,但是这些都是你的意识的扩展.

JO: If there is any malice, it stems from the fearsome beliefs or fears residing within you; maybe you have some trash still lingering around here. Hence, there might be flies or something else. But you are always safe. Even though you may experience pain through your physical bodies, you remain protected. All these experiences are merely moments of experience. Moreover, no experience is ever a permanent state—it's all constantly changing. As your consciousness expands and your sensitivity to energy increases, your experiences will become more diverse. You'll be experiencing things you've never felt before, but they're all manifestations of your growing consciousness.

问: 我的姨夫是今天早上⾛的,请问我的祖先对这个有没有什么信息要说?

Q: My aunt's husband passed away this morning. Could my ancestors have any information about this?

JO: ⽬前没有问: ⼀般⼈死后多久会是⼀个⽐较清明的状态?

JO: Currently, there is no question about how long after death a person would be in a somewhat clear state?

JO: 这个没有⼀个时间.更多的是你们之间需要有这⼀次交流吗.更多的是有这个需要吗.因为如果有这个需要的话,他们⾃⼰就能建⽴这个通道这个渠道,他们会⽤⾃⼰⽅式来给你传递信息.因为他们会⽐你们更⾃由.

JO: There's no specific time for this. More so, is there a need for communication between you two? Is there more of a need for this? Because if there is a need, they can establish this channel and pathway themselves, conveying information to you in their own way, as they would be freer than you are.

问: 我连接上的能量⽬前有没有什么信息是要带给我的吗?

Question: Is there any information that the energy I am connected to currently wishes to convey to me?

JO: ⾸先你需要去放下头脑⾥⾯对连接⼀股新的能量的定义和想法.需要去放下.因为如果说连接的话,实际上你们⼀直是连接的状态呀.只是当你们把⾃⼰完完全全的沉浸在物质世界的时候,你们就觉察不到.所以当你不把⾃⼰完完全全的⼀头栽进去的那种感觉的话,你就能时时刻刻体验到那种连接感了.

Jo: First you need to let go of your mind's definition and ideas about connecting to a new energy. You need to let it go because when you say connect, in reality, you are always connected. It's just that when you fully immerse yourselves in the material world, you don't notice this connection. So, by not getting completely absorbed into that sense of immersion, you can experience the feeling of connection continuously.

问: 昨天带给我的信息说我明年会有更多交流的状态.能不能再有多⼀点的信息透漏给我?

Question: The information you provided to me yesterday indicates that I will have more interaction next year. Can you give me a bit more detail about this?

JO:⾸先就是说当你越来越去进⼊到⼀种敞开,就是头脑没有声⾳,因为你头脑如果有太多的⼲扰,就⽐如说想法啊、记忆啊、评判啊、你对事情的⼀个定义的话呢,它就会有⼀种你觉得需要什么时候才能发⽣?但是实际上它已经在了,明⽩吗?它已经在那⾥了.所以不要去有任何定义,也不要有任何旧有的,因为它这⾥⾯没有任何旧有的东西,你旧有的观念啊,怎么样怎么样才能产⽣.并不是.因为更多的是⼀种意识的交流嘛.那如果当你的头脑参与的太多的话,你就会把这个交流给阻碍掉了.

JO: Firstly, when you delve deeper into a state where your mind is quiet without any noise, because if your mind is too cluttered with disturbances like thoughts, memories, judgments, or defining things, it creates an expectation of when something should happen. However, in reality, it already exists; understand? It's already there. Therefore, refrain from placing any definitions and avoid old notions since this state contains nothing old, no outdated ideas that dictate how certain things can arise. Rather, it is more about the exchange of consciousness. When your mind is overly involved, you are obstructing this communication.

问: 那根据我⾃⼰⽽⾔,我怎么样可以更好的让我的头脑安静下来?

Question: How can I better calm my mind according to myself?

JO: 这么说,你的头脑是你的⼀个将军或者是⼠兵吧.那你要不要给它赋予这么⼤的权限呢?你如果什么权限都交给它的话,⼀有事马上就跳出来.还是你让它安静的给我坐着.这是不⼀样的.因为这是你⾃⼰给你⾃⼰的,就是这是你们之间的事.因为没有快和慢.那如果你真的需要更多这样的体验的话,那这个体验对你来说就是好的.那如果你不需要的话,你⾃然⽽然就不需要了,把你逼到那边去产⽣这个体验都产⽣不了.

JO: So, your mind is either a general or a soldier in this scenario. Would you then grant it such extensive authority? If you hand over all the permissions to it, it'll immediately intervene whenever something arises. Or would you prefer for it to remain quiet and just sit there, which is different? Because this is something that's happening between yourself and your own self; there's no concept of speed or slowness involved. So if you truly need more experiences like these, then such an experience would be beneficial for you. If you don't need them, you naturally won't seek it out, even if forced into the situation where you should generate this kind of experience but can't.

问: 请问我的JO和指导灵还有什么别的信息带给我的吗?

Question: Could you tell me what else my JO and guiding spirit have to share with me?

JO: 你稍等.我们想要你们进⼊到⼀种更加的信任、允许和放⼿的⼀个状态.然后所有你们产⽣的这种不适感或者是被束缚的感觉,所有这些都来⾃于你们⾃⼰对⾃⼰,对⽣命的不够允许.就好像我们刚刚说你们如果是农民的话,你播了种.那你有没有允许它去发芽,去开花结果,对吧? ⽽不是说马上第⼆天就要结果⼦就要吃,明⽩吗? 因为⽣命如果你能越让它慢下来的话,你能品尝到的就越多.你想快速达到某⼀个果的话,那你就错过了很多.所以你想要错过吗?

JO: Wait a moment. We want you to enter into a state of greater trust, permission, and letting go. Then all the discomfort or feeling of being restricted that you produce comes from your own lack of permission towards yourselves, towards life. It's as if we just said that if you were farmers, you planted seeds. Have you allowed them to germinate, to bloom, to bear fruit? Not expecting immediate results the very next day, right? Because if you can slow down life, you can taste more. If you want to reach a certain fruit too quickly, then you miss out on much. So do you want to miss out?

#### 2023/12/30 — 灵魂主题之全⾯发展 Holistic Development of Soul Themes

JO: 你说什么问题?

English: JO: What question did you say?

问: 我这⼀世的灵魂主题是什么? 我叫XXX.38岁.

Question: What is my soul's theme in this life? I am XXX, aged 38.

JO: 我们连接到你这⼀⽣的灵魂主题最主要会围绕着⼀个就好像全⾯发展吧.因为你有很多想要去展现的,就你内在有很多想要去展现出来的东西.就⽐如说有很多美好的梦想或者是愿望,就是这种东西.就是你有很多东西想要展现给这个物质世界.然后在这个展现的过程中你需要不断地去清理.为什么呢? 因为你想要展现的基本上都是⼀些美好的东西.那在这个过程当中,就⽐如说有些东西不能让这朵花不能开的更加的鲜艳或者艳丽.就⽐如说让这朵花枯萎.所以就需要你⾃⼰去整合,需要你⾃⼰去探索为什么这朵花不能盛开的很艳丽很美丽⽽是枯萎的⼀个状态,好像就是不够鲜活吧.因为你想展现出很美好的⼀⾯.所以就需要你不断不断地去成长去学习去探索.

JO: Our connection to your life's soul theme primarily revolves around a comprehensive development. Because you have many things you want to express; there are many aspects within you that you wish to manifest in this world. For instance, you may have numerous beautiful dreams or desires - these are the expressions you seek for. You aspire to showcase various elements of yourself in the material world. As part of this process, you need to continuously clean and refine what you present because your intentions are generally noble ones. In doing so, there might be certain constraints that prevent a flower from blooming more vibrantly or vividly - things like causing it to wither. This requires self-integration as you explore why the flower cannot flourish beautifully but instead appears wilted. It seems as though it lacks vitality. You wish to present the best version of yourself, hence the need for constant growth, learning, and exploration.

因为在这个过程中你就好像能把你⽣命的作品展现的更加的美,就是你会有很⾼的要求.就⽐如说你要做⼀个项⽬或者你要做⼀个产品,你会对这个产品有很⾼的要求.你觉得应该这样那样.这个才是符合美的,就这种.所以从能量层⾯就会迫使你,你也需要去不断地清理和提升去达到⼀个更好的,就是你觉得那才是对了的那种状态.因为这样你才能去展现出你⾃⼰想要展现的状态.

Because in this process, you are able to showcase your life's masterpiece more beautifully, meaning you will have very high standards. For instance, if you're working on a project or developing a product, you'll set high expectations for that product. You believe it should be done in such a way that it aligns with beauty. This is the essence of it. Consequently, from an energetic perspective, this will compel you to continuously clear and elevate your standards to achieve a better state, one where you feel it's right. Only then can you exhibit the state you wish to display.

问: 我的前世有什么未了的⼼愿?

Question: What unfinished business did I have in my previous life?

JO: 你稍等.前世对这⼀世的影响的话,⾸先这个也算是正⾯的影响也算是负⾯的影响.⾸先你会有⼀种要求完美,就很⾼标准吧.就是你的标准就会⽐普通⼈⾼吧.就是普通⼈觉得这个已经可以了,已经⾜够了,但是你还会有更⾼的⼀个标准.所以它这个能量⼀直在你这⼀世影响着你,让你不得不去做的更加完美⼀点吧.然后这应该说是那股能量还在影响着你,让你把这个状态会呈现的更……还有⼀点就是会导致你会有⼀点不轻松,在别⼈眼⾥就会觉得你有⼀点不是如此包容或者是有⼀点太多要求,让他们产⽣⼀种不是如此舒适的状态.所以这⼀世从关系⽅⾯来说的话,要调整到⼀个舒适度的话,也是你的⼀个挑战.

JO: Wait a moment. The impact of past lives on this life includes both positive and negative effects. Firstly, you have a tendency to strive for perfection with high standards. This means your standards will be higher than those of ordinary people. While others may consider something satisfactory or enough, you would still seek a higher standard. Thus, these energies from past lives continue influencing you throughout this lifetime, compelling you to aim for greater perfection. Secondly, that influence still affects you, making your state more pronounced... Additionally, it might cause some tension, as others perceive you as lacking in inclusiveness or having too many demands, leading them to feel uncomfortable around you. Therefore, adjusting to a comfortable relationship dynamic in this life is also a challenge for you.

问: 就是对家⾥⼈的要求⽐较⾼是吧?

Question: Aren't you expecting more from your family members?

JO: 不是.是基本上跟你有牵扯的关系,就⽐如说对另⼀半或者是对孩⼦或者是对什么,你都会有⼀点好像是期待或者是要求.然后让对⽅在这段关系当中没有产⽣很⾃由和舒适的⼀个状态.因为你就是这么要求你⾃⼰的,所以你就⾃然⽽然的会放在他们的⾝上.我突然想到⼀个明星,就好像是贝克汉姆的⽼婆.她就会是想时时刻刻都呈现的很完美.因为她想展现美,对⾃⼰要求很⾼,对⽼公孩⼦的要求也很⾼.但是这种要求会导致对⽅怎么样都会产⽣⼀种不适感,就是不是特别舒服的感觉.然后通过你⼼中对美的⼀种重新的定义,⽐如说残缺的美或者是不⼀样的美,从不同的⾓度去发现的话,也能让你和对⽅都会产⽣⼀种舒适和轻松的感觉.

JO: No, it's more about having a relationship with someone, like your partner, child, or something else. You might have certain expectations or demands that create an uncomfortable and uneasy state for the other person in the relationship because you're imposing these standards on yourself and them naturally. I suddenly thought of a celebrity, like Victoria Beckham. She wants to always look perfect all the time. She sets high standards for herself, her husband, and her children. However, this kind of behavior would inevitably make others feel uneasy or uncomfortable, not in a pleasant way. Through your redefined concept of beauty in your mind, such as imperfect or diverse beauty seen from different angles, it can lead to both you and the other person feeling more comfortable and relaxed.

问: 你刚才是说怎么样才能产⽣更舒适的感觉?

Question: Did you mean how one can generate a more comfortable feeling?

JO: 就是⼼中对美,对完美的⼀个定义,对它的定义.就⽐如说残缺美,⽐如说它每个阶段有不同的美.

JO: It's a definition of beauty and perfection in one's heart, a definition for it. For example, there is beauty in imperfection, and each stage has its own beauty.

问: 我好像对美对家⼈和⾃⼰的要求也并不⾼.

Question: It seems like my expectations of beauty towards both family and myself aren't particularly high.

JO: 那那个就好像是你⼼中的梦想吧.就是你⼼中的愿景吧.那就是好像你⼼中有好多想要去展现的东西.

JO: That's like your dream in your heart, or your vision within you. It feels like there are many things you want to express from the depths of your heart.

问: 我的⼈⽣⽬前是属于什么阶段?

Question: What stage of life am I currently at?

JO: 你稍等.这么说,就好像你有⼀个梦想,你想要建⼀座城市.那你现在就好像在建城市⾥⾯的⼀个房⼦,你想要去建造它.就像这样⼦的⼀个阶段.

JO: Wait a moment. This is like saying you have a dream to build a city, and now you're trying to construct a house within that city. It's akin to this stage of the process.

问: 我需要如何去达成愿望?

Question: How do I go about achieving my desires?

JO: ⾸先你已经在做.只是能在这个过程中如何让你做的更愉悦? 或者是如何在做的过程中让参与其中的⼈也会更愉悦? 就是让在这个过程中不是好像在⼲活,⽽是⽣命的⼀种创造和享受的状态.因为两个状态散发的能量是不⼀样的.那散发的能量不⼀样的话,那体验感和产⽣的果也是不⼀样的.就是改变你在这个过程当中的⼀个状态.如何改变这个状态呢? 它就来⾃于你⾃⼰的⼀个意识形态.

JO: Firstly, you are already doing it. The question is about how to make this process more enjoyable for you or those who are participating in it. It's about transforming the experience from one of laborious work into a state of life creation and enjoyment. The energy emitted by these two states is different. If the energy differs, so will the experience and the outcomes. This transformation comes from your own mindset.

问: 那就是要觉察⾃⼰的意识状态? 要调整到⽐较轻松愉悦的状态?

Q: Is it about being aware of one's state of consciousness? To adjust to a more relaxed and happy state?

JO: 如果你是说调节的话,就说明你的核⼼的观念或者是信念,这些东西它是不变的.实际上这⾥没有所谓的调节,它只有转变你⾃⼰的好像是核⼼信念吧.因为⼀旦你核⼼信念变了的话,它就是⼀种允许和enjoy的状态,明⽩吗? 所以这个才是最主要的.然后怎么要才能转变最核⼼的信念? 那就是通过⽣活的这⼀⾯镜⼦,然后把这些东西个带出来给你看到.然后你就有了⼀个处理它的渠道了吧.不然的话,你都看不到.所以就是允许通过⽣命的这⾯镜⼦,然后把这些东西给你呈现出来带出来.然后你去清理.因为⾸先你们⼈在你们⽣命的过程当中,它是⼀个逐渐的,就好像⼀步⼀步解锁,⼀步⼀步解开限制.

JO: If you're talking about regulation, it means that your core concepts or beliefs are unchanging. Actually, there is no real regulation here; it's only a shift in your core self-beliefs. Because once your core belief changes, it becomes an enabling and enjoyable state, do you understand? So this is the main point. Then how do you change the most fundamental belief? That's by looking at life as a mirror, bringing these aspects out to show you. This then provides you with a channel to deal with them. Otherwise, you wouldn't be able to see them. Therefore, it's about allowing yourself to see through the mirror of life, presenting these aspects to you and then addressing them. You go through the process of cleaning them up. Because during your life journey, as humans, you are gradually unlocking step by step, freeing yourselves from limitations.

它是这样⼦的⼀个状态,每⼀个⼈都会是这样⼦的状态.我不管你现在是做到了国家领导还是公司总裁,你总会有你的限制,你总会有你的天花板.然后不断不断地去突破和扩展,那就是让你的意识达到⼀种扩展.然后这种意识形态的突破和扩展和变化,它都会投射在你的⽣命当中.就⽐如说你创造了⼀番事业,它的⼀个发展.然后你创造了你⾃⾝这个⼈的发展,还有你的关系,所有这⼀切,它都会映射出来你的⼀个天花板,就是那个点在哪⾥.

It's a state that everyone is in; regardless of whether you are currently at the helm of a nation or as CEO of a company, there will always be limits and boundaries for each person. This constant pursuit of breaking through and expanding these boundaries is how one achieves mental expansion. The breakthroughs and expansions in ideology then manifest within one's life. For example, when you establish a venture and see it grow, alongside your personal growth and the development of relationships, everything will reflect your ceiling - the point where you reach the limits.

问: ⾸先就是要意识扩张,然后外在去突破?

Question: First, it's about consciousness expansion, then externally breaking through?

JO: 当你的意识得到扩展过后,它投射出来的东西就没有需要突破的,明⽩吗? 所以⼀切都是在内在,外在只是⼀个映射⽽已,只是⼀个反射⽽已.就⼀个反弹出来的果给你体验到.

JO: Once your consciousness expands, there's nothing to break through because you understand? So everything is within, and the external is merely a reflection, just an echo, it's simply a reflection back at you.

问: 我跟我爸爸前世有什么样的姻缘? 他叫XXX.

Question: What kind of karmic relationship do I have with my father in our previous lives? His name is XXX.

JO:我们看到就是有⼀种就好像他有没有完成的⼼愿或者是梦想,可能他会激发出你很多梦想,就是你有很多事情你想要去做,因为他的原因.就⽐如说如果他给你创造了⼀个遗憾吧,然后就会导致你会想要去把这个遗憾给弥补掉.所以他会是⼀个变相的你的⼀个动⼒⼀样.就⽐如说你会觉得⽣命应该去展现和创造很多作品出来的那种感觉.⽐如说他的这个⽣命的状态让你产⽣⼀个……就⽐如说你觉得我的⽗亲他这⼀辈⼦什么都没⼲好或者是你觉得他的作品完成的不应该是这样⼦.你就会觉得你想要去呈现出来你觉得应该是的样⼦和⽅式.

JO: We observe that there might be a sense of unfinished business or a dream he had, which could inspire you to have many aspirations and things you want to accomplish because of him. For example, if his actions create a regret for you, it may lead you to want to resolve that regret. So, he can act as an indirect source of motivation for you. You might feel like life should be about creating and showcasing many works. His life state could induce feelings such as thinking your father's lifetime was not well-utilized or his creations shouldn't have been this way. This could lead you to want to present what you believe it should look like and how it should be done.

但是他的存在的⽅式会激发出你内在的……这么说吧,如果你是⼀个事业⼥强⼈的话,那他就是以他存在的⽅式,不是说他⼀定有那个意图,就是存在的⽅式就会导致你会有成为⼀个事业⼥强⼈的⼀个特质.因为很多你们⽣活中⾓⾊的存在他并⼀定是他⾃⼰想要的,他只是在⽤他⾃⼰的那种⽅式来做着这件事情.他是⽆意识的.

But the way he exists will inspire something within you… let me put it this way, if you're a career woman, then in the way that he exists – not because he has an intention to do so – his existence inherently leads you to have qualities suitable for becoming a successful career woman. Many roles in your life might be existing in ways that are not necessarily what they want them to be; they just do it their own way without conscious thought.

问: 我跟我⽼公的灵魂关系.他叫XXX.他39岁.

Q: About my soul relationship with my husband. His name is XXX. He is 39 years old.

JO:你⽼公其实也是跟你爸的⾓⾊有⼀点类似,他就好像也是来把你推向好像是事业⼥强⼈.他⽤他存在的⽅式来让你成为⼀个事业⼥强⼈.所以我们今天的能量捕捉到你有很强烈的⼀个去做事业的能量状态.就是你对事业的⼀个追寻是很⼤的,就事业⼼吧.就⽐如说很多⼈可能沉迷于情情爱爱啊,就⼥孩⼦、⼥性,或者是家庭孩⼦啊.但是你更多的是个⼈的梦想的追求和呈现和实现.所以就算你创造出⼀个满意的作品,就⽐如说你的事业做好做成功了,你也会去再去创造另外⼀个.就这样⼦的状态.

JO: Your husband actually plays a role somewhat similar to your dad's. He seems to push you towards becoming a successful career woman in the way he exists and interacts with you, making you strive for success in your professional life. Therefore, our energy has captured this strong drive within you that is focused on your career path. It's not just about ambitions; it's more about pursuing personal dreams, achievements, and manifestations.

While many might get lost in love or relationships, especially for women or mothers, you are driven by individual aspirations and their realization. Even if you create something satisfying like a successful career, you would still seek to create another one, maintaining this dynamic state of constant creation and improvement.

问: 我的具体的梦想是什么?

Question: What is my specific dream?

JO: 就是独⽴,就是能够完全的独⽴、完全的掌控,完全的成为⼀个有话语权的⼈,就是在事业上可以有⼀席之地吧.就⽐如说你在这个江湖上要有你的⼀个地位,你的⼀个名称,就是你的⼀个⼀席之地吧.所以会是⼀个去达到这样⼦的⼀个⽅向、⽬标、追求.

Joey: It's about independence, being completely independent, having complete control, and becoming someone with a voice. Essentially, it means having a place in your career, establishing your status, name, or position in the professional world. This pursuit aims to reach that direction, goal, and aspiration of self-sufficiency and recognition.

问: 那什么样的事业会更适合我呢?

Question: What kind of career would be more suitable for me?

JO: 如果是说事业的话,⾸先它⼀定是需要是你成为那个领导者,就是你决定着这个公司的⽅向、发展和什么.就是你会需要好像做boss,就是第⼀把交椅的那个⼈吧.你决定着这个船要开向哪⾥.这是你的⾝份的…… 因为只有这样⼦你才能完完全全的展现出你内在的⼒量.那你问具体是哪个领域的话,其实领域还没有限制.因为就算你这个领域取得了⼀定了成绩,你还会跑到另外⼀个领域去.所以这个是对你没有限制.我们看看你最⼤的限制是来⾃于哪⾥.只能是说⽬前,因为我们看到这种限制你会去突破的.那如果⽬前来说给你的限制,你可能会有⼀点盲从,就是⽬前.就是你可能看市场上或者是看别⼈怎么说,就是受到外界的影响吧.

JO: If it's about career, then certainly you need to be the leader, determining the direction and development of the company. It's like being a boss, at the top position, making decisions on where the ship should go. This is your identity because only in this way can you fully exhibit your internal power. As for what specific field it is, there are no restrictions as such since you might excel in one area and then move to another. So, the limitation doesn't apply here.

We'll look at what your biggest limitation comes from. It's important to note that currently, based on our observation of how you respond to these limitations, we can identify areas for improvement. If I were to mention a limitation based on your current situation, it seems like there might be some tendency towards conformity or obedience. At the moment, you might be influenced by market trends or what others say, being somewhat swayed by external factors.

但是这个只能说是你现在这个阶段.因为以后你逐渐的会摆脱这种受外界的影响,去坚定的跟随⾃⼰的⽬标.这样⼦的⼀个状态.

But that can only be said about where you are now. Because in the future, as you gradually free yourself from external influence and steadfastly pursue your own goals, you will enter a state of self-determination.

问: 我有三个孩⼦,两个⼥⼉,⼀个⼉⼦.我想问我跟他们的灵魂关系.我和我⼉⼦,他叫XXX,8岁.

Question: I have three children, two daughters and one son. I would like to ask about the spiritual relationship between me and my children. Specifically, me and my son, whose name is XXX, aged 8.

JO: 我们看到你的⼉⼦实际上他会吸收很多你的特质,就是很独⽴很要强,就是有⽐较⼤的⼀个成功的欲望吧,就是追求事业上的⼀个成功.你们之间的灵魂关系更像是彼此给彼此加油的那种状态.因为在他以后的成长过程当中,你会对他有很多推动,就是有很多加油吧.然后在你的发展的过程当中,你也会想要给⼉⼦创造出⼀个更强⼤的妈妈的形象吧.所以你们彼此就好像是⼀个战友⼀样,彼此给对⽅加油打⽓、扶持.所以这个是⼒量的来源,就是你们两个⼈彼此⼒量的来源.

JO: We observe that your son actually absorbs many of your characteristics, such as being independent and strong-willed, with a significant desire for success, particularly in his career pursuits. Your relationship at soul level is akin to both of you encouraging each other, like teammates cheering and supporting one another. You will play an influential role in his growth, constantly motivating him throughout the process. Conversely, during your development, you also aim to present yourself as a stronger mother figure for your son. Therefore, you are like teammates, boosting each other's spirits and providing support. This mutual encouragement is the source of strength between both of you.

问: 我的⼩⼥⼉叫XXX,2岁.

My daughter's name is XXX, she is 2 years old.

JO: 你们之间的关系,她是属于⽐较崇尚⾃由、追寻⾃由,所以说她会对你对她的⼀些管束和影响,如果从将来来看的话,会产⽣很⼤的⼀个反应.所以这是她⾃由的去探索和成长,会是你们彼此受益的⼀种⽅式.就是你必须去尊重她⾃由探索,⾃由灵魂,⽽不是把⾃⼰的世俗或者是应该怎么样,或者是把⾃⼰对⼈⽣的⼀些观念强加于她.

JO: The relationship between you two is characterized by her valuing and seeking freedom. This means that any restrictions or influences you might place on her will have significant repercussions in the future. Consequently, allowing her to explore and grow freely will benefit both of you as it fosters an environment where respect for her autonomy and her free spirit prevails over imposing your own worldly norms, expectations, or life philosophies upon her.

问: 我的⼤⼥⼉XXX,10岁.

Question: My elder daughter XXX, she is 10 years old.

JO:她会有⼀种好像需要把你往家⾥⾯带的那种⾓⾊吧,就⽐如说可能会更加需要你的 attention,你的⼀个关注.所以会让你成为⼀个事业或者是⼯作的⽅向和家⾥⾯的⽅向,就好像是⼀种调节平衡的⼀种关系.所以其实这三个孩⼦都不同的在你的⽣命当中给你有⼀种,就好像是让你的⽣命体验更加的多元化.因为它就不局限于任何,它也不是死板的或者是固执的状态.

JO: She would assume a role that makes her seem to need you to bring her home, perhaps needing more of your attention and concern for her. This can lead to a situation where your career or work direction intertwines with being at home, acting as a balancing act between professional life and personal commitments. Essentially, all three children contribute differently to making your life experiences richer and more diverse because they don't confine you to any specific role; they're not rigid or stubborn states.

1. 初始版本，欢迎大家共同校对：https://kdocs.cn/l/chExDDP0oFAJ [↑](#footnote-ref-0)