Glossary related to world-line templates and the true nature of the MWI

和世界线模版以及 MWI 的真正性质相关的词汇

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This article describes a visualization method that is very helpful in understanding how our universe (reality) actually works. This is not the only method to describe how things work, but I like to think that it is the best one for me personally, and so I have been using it for some time now. Most people tend to pick-up on it's idea and concept rather readily, and thus it's really very useful. In this article we will go into more detail on how this visualization method works.

（**Translator: Yunhao Tu**）

这篇文章描述一种可视化方法（意思是这个方法让相关的概念直观，好理解），这种可视化方法对于帮助了解我们的宇宙（现实）如何真实地运作非常有帮助。这不是唯一地用来描述事情是怎么运作的方法，但对于我个人而言我喜欢认为这种方法是最好的，所以我到现在为止已经用这种方法一段时间了。大多数人（能）比较容易地能理解这种方法的想法和概念，所以这种方法很有用。在这篇文章里面我们会更详细地讨论这个可视化方法是怎么起作用的。

I also get into a glossary of terms that I have been using over these years.

（意译）：在这篇文章里面我还讨论一些这些年我一直用的术语。

Introduction 介绍

The MWI is this big universe of possibilities. And each possibility is a frozen moment (in time) that our consciousness visits momentarily.

MWI 是 这一个（多种）可能的大宇宙。每一个可能性都是我们意识暂时访问的冻结时刻（在时间上）。

So, in reality, our consciousness is constantly moving in and out of different realities. And since each reality is it's own singular world-line, we can say that we are moving in and out of different world-lines.

所以，实际上，我们的意识在不同的现实中不断移动。而因为每个现实都是它自己独特的世界线，我们可以说我们在不同的世界线之间来回移动。

（译者注：在读这篇文章的时候，为了方便快速理解，可以粗暴地把人分成两个部分理解：意识和肉体，尽管这种粗暴的分类在别的地方不够准确。）

Step by step 一步一步来

When a consciousness is injected into our (personal) reality, it enters a (some what) fated life. We do have the illusion of freedom of movement and thought, but in reality there are actually limitations all around us.

当一个意识被注入我们（个人）的现实中时，它进入了一种（某种程度上）命中注定的生活。

我们确实有行动和思维自由的幻觉，但在现实当中我们周围存在着各种限制。

The baby enters the world. It cannot walk, speak, crawl or do much of anything. It lies there in its crib. Certainly, it might be able to crawl to the edge of the crib, crawl up the side, and get out of the crib.

婴儿来到这个世界。它不能行走、说话、爬行或做任何事情。它躺在婴儿床里。当然，它可能能够爬到婴儿床的边缘，顺着边爬起来，然后离开婴儿床。

Let's look at what this would look like. 让我们看看这会是什么样子。

The baby obtains consciousness

At some point, the infant will obtain consciousness. For some it is inside the mother. For others it is after being physically birthed. And for many, the consciousness comes and goes in and out of the physical body until it settles in place.

在某个时刻，婴儿将获得意识。对于一些人来说，这发生在母体内。对于其他人来说，这发生在身体出生后。而对于许多人来说，意识会进入和离开肉体，直到最终安定下来。

And on the world-line template map, it will look something a little like this...

在世界线模板地图上，它会看起来有点像这样……
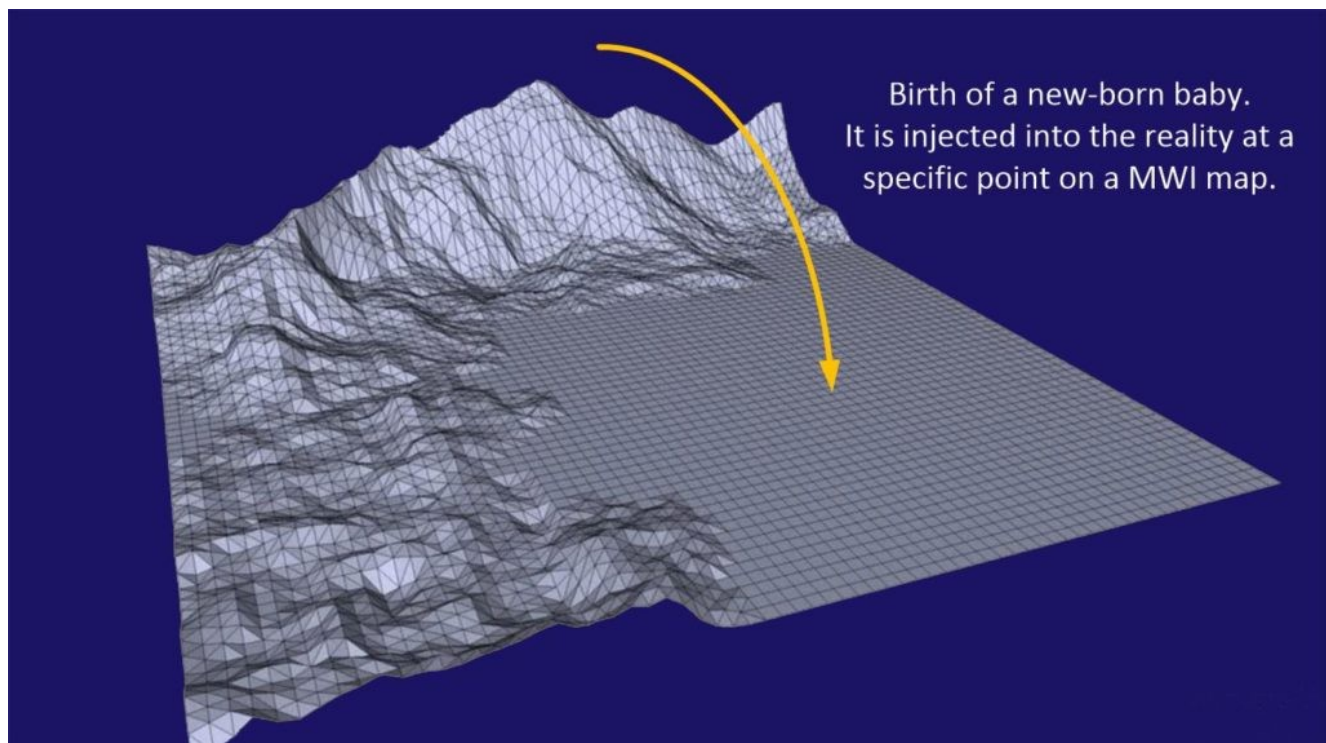
Birth.（出生）
图中文字意思：一个新生儿的出生。在 MWI 地图上，它在一个特定的点被注入到现实当中。

The first few minutes

In the first few minutes, days, months, the freedom of movement is very limited. The consciousness is just learning how to get around. It is just learning how to use its body. So there are actual physical limitations that it can do. This is it's fate.

在最初的几分钟，几天，几个月里，婴儿移动的自由是非常有限的。意识只是在学习如何四处移动。它只是在学习如何使用它的身体。因此，它能做的实际上是有物理限制的。这就是它的命运。

However, if it pushed itself, and it strove to overcome, it could roll, crawl, move and do other things that are very difficult to do.

Now these things that are very difficult to do are shown on the template map as hills and mountains.

Using the Z-axis we can say that the higher the "mountain", the harder the effort. While the shallower the depression, the easier the effort.

然而，如果它努力推动自己，努力克服困难，它可以翻滚、爬行、移动，以及做其他一些非常困难的事情。现在，这些非常困难的事情在模板地图上被显示为山丘和山脉。利用 Z 轴，我们可以说，越高的"山"，代表越大的努力。而越浅的洼地，则代表越容易的努力。

From the baby point of view it might look like this...从婴儿的角度来看，可能是这样的...（图中有三个轴，向右是什么都不做，向左代表的是翻滚到床的边缘，向前指的是爬到床的边缘并且爬出床。）
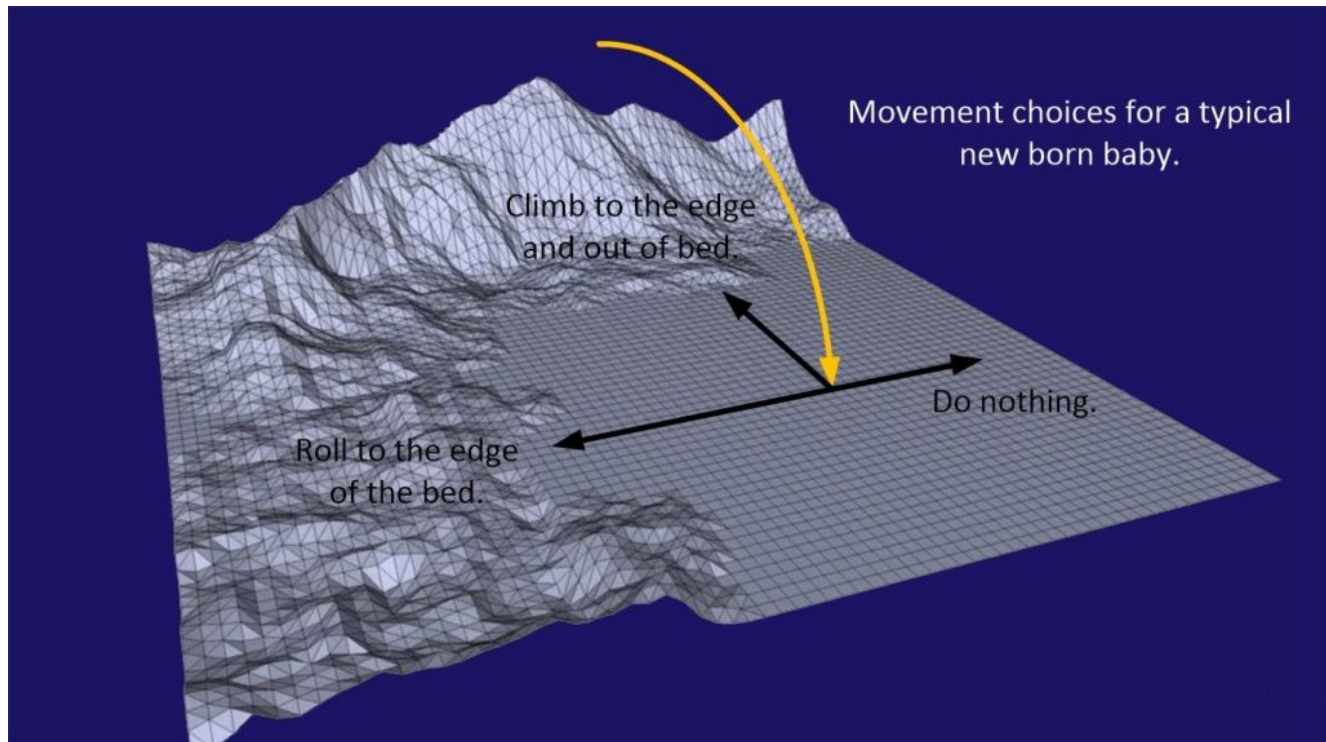
Next steps.

And that is the way it is

As time moves on, the consciousness moves around on this template map. Depending on the personality of the consciousness, it will either take the easy route (which is a fated, go along with the herd mentality), or will become a "hard driver", pushing and striving to "climb those hills".

随着时间的推移，意识在这个模板地图上四处移动。根据意识的个性，它可能会选择走易路（这是一种命中注定的、随大流的心态），或者成为一个"奋斗者"，努力推动自己去"攀登那些山丘"。

There are many aspects to this. But for now, let's consider the idea that when you are born, the selection of the pre-birth world-line template will pretty much define your future. You will enter a fated future, and if you did absolutely nothing your future will be as predictable as anything. 这其中涵盖了许多方面。但现在，让我们考虑这样一个观念：当你出生时，预选的生前模板（译者注：生前模版指的是在人出生之前决定好的，关于人这一世的命运大概会怎么样发展的一个模版。生前指的是在生前决定。决定的内容本身一定是关于这一世，内容本身一定不是关于前世。简单地来说，它是关于这一世的剧本或者计划。决定者并不完全由意识自己来，关于这个生前模版，很重要的决定者其实是高我。）将在很大程度上定义你的未来。你将进入一个命中注定的未来，如果你什么都不做，你的未来将如同预言般可预见。

But, if you decide to climb "those hills and mountains", what then?

但是，如果你决定去攀登"那些山丘和山脉"，那又会怎样呢？
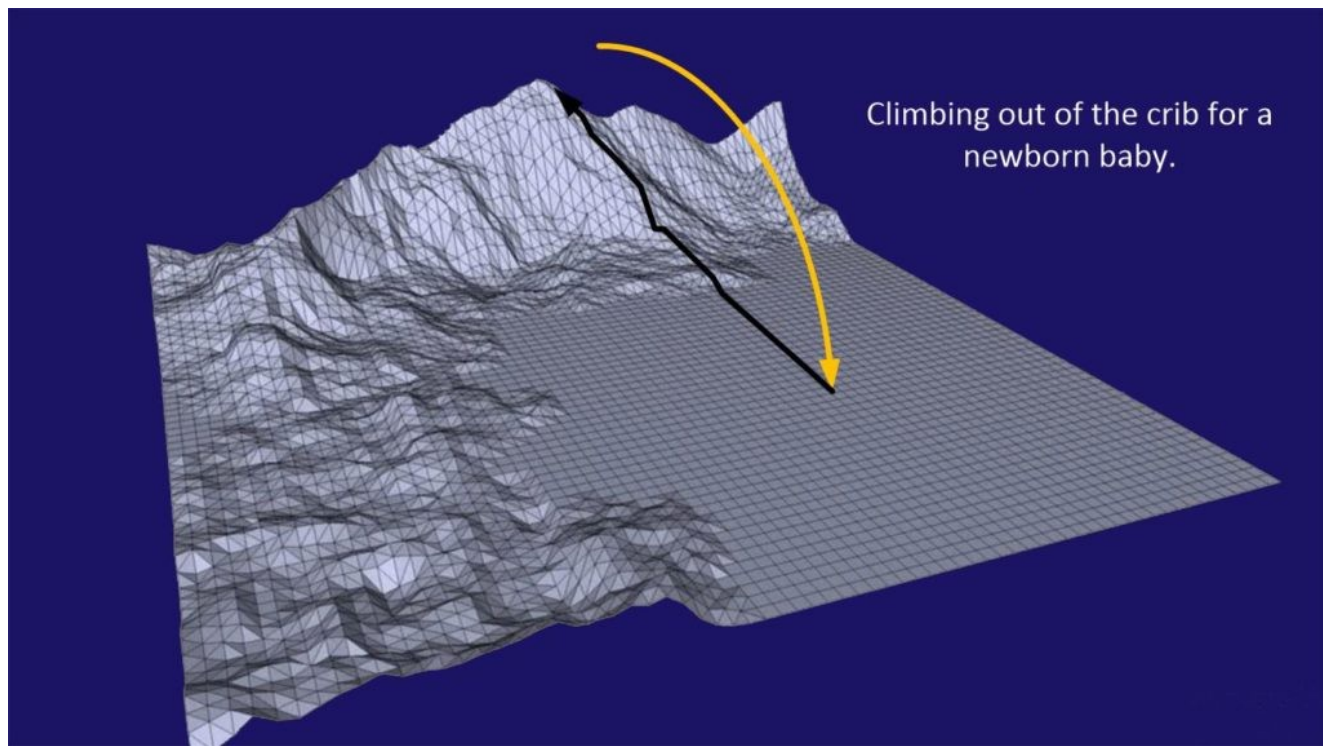
Climbing out of the crib.从摇篮当中爬出来

（图中字的意思：对于一个新生儿，从摇篮当中爬出来）

And this is the point of this article

而以下内容就是这篇文章的重点

The height of the "mountains" is a measure of effort and deviance from the comfortable normalcy of your pre-birth world-line template. As you move away from the "flat, safe" median, you will (by definition) *change*. （意译）

"山"的高度是一种对努力的衡量标准，也是一种对偏离的衡量标准，这种偏离

指的是 相对于生前世界线模板的舒适正常部分的差异。当你远离"平坦、安全"

的中间线时，你将（根据定义）发生变化。

And, as we all know, *change* is a good thing.而众所周知，变化是件好事。

And *change* will **alter the geography** of your pre-birth world-line template.

而且变化将会改变你出生前世界线模板的地理特征。

But... 但是....

For most people the changes will not be significant. That is to say that the pre-birth world-line template will still stay pretty much the same. You will "climb that mountain" and then discover other areas that would otherwise be forbidden for you to go to otherwise. However, you would still be on that pre-birth world-line template.

对于大多数人来说，这些变化并不会显著。也就是说，生前定下的关于此生的模版基本上仍然保持不变。你会"攀登那座山"，然后发现其它原本对你而言是禁区的地方。然而，你仍然会在那个生前定下的关于此生的模版上。
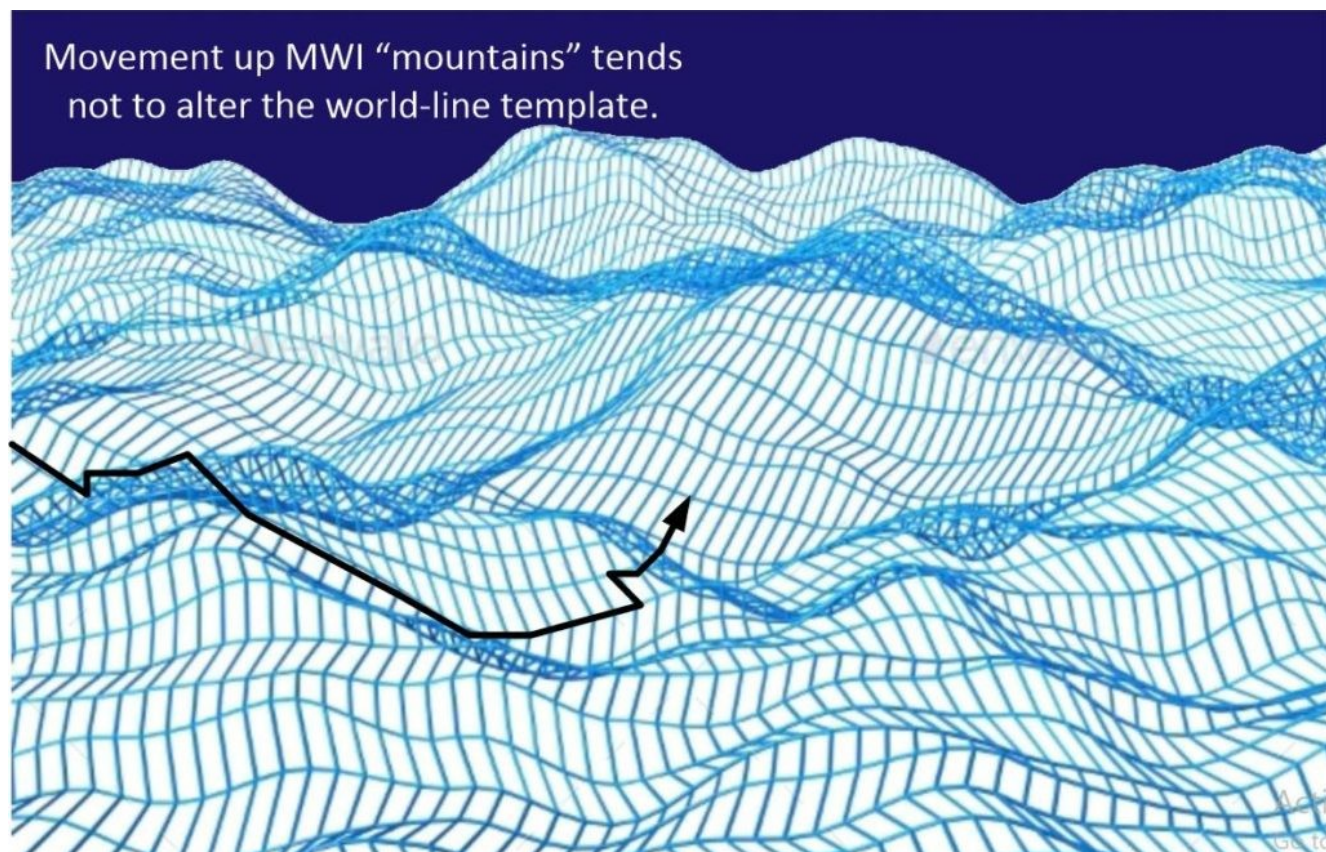
Movement up those mountains tends not to alter the pre-birth world-line template.
（文字大致意思：一般来说，爬那些山不会改变生前定下的关于此生的模版）

But it does build up "something"

（标题意思：但这确实会建立起"某种东西"）

In the quantum world, everything is connected, and all efforts are significant, no matter how tiny or seemingly insignificant. And yes, the movement upwards up the mountains will tend to change the topography of the template somewhat. It will end up making is "softer", more "gradual", and "easier". But none of this is of real significance to the observer.。 在量子世界中，一切都相互联系，所有的努力都是重要的，无论多么微小或看似不重要。是的，向山上攀登的运动会在一定程度上改变模版的地形。最终，它会使地形变得"更加平缓"和"更容易"。但这一切对观察者来说并不真正重要。

In other words, the more "mountains" you climb, the "softer" the terrain becomes.换句话说，你攀登的"山"越多，地形就会变得"越平缓"。
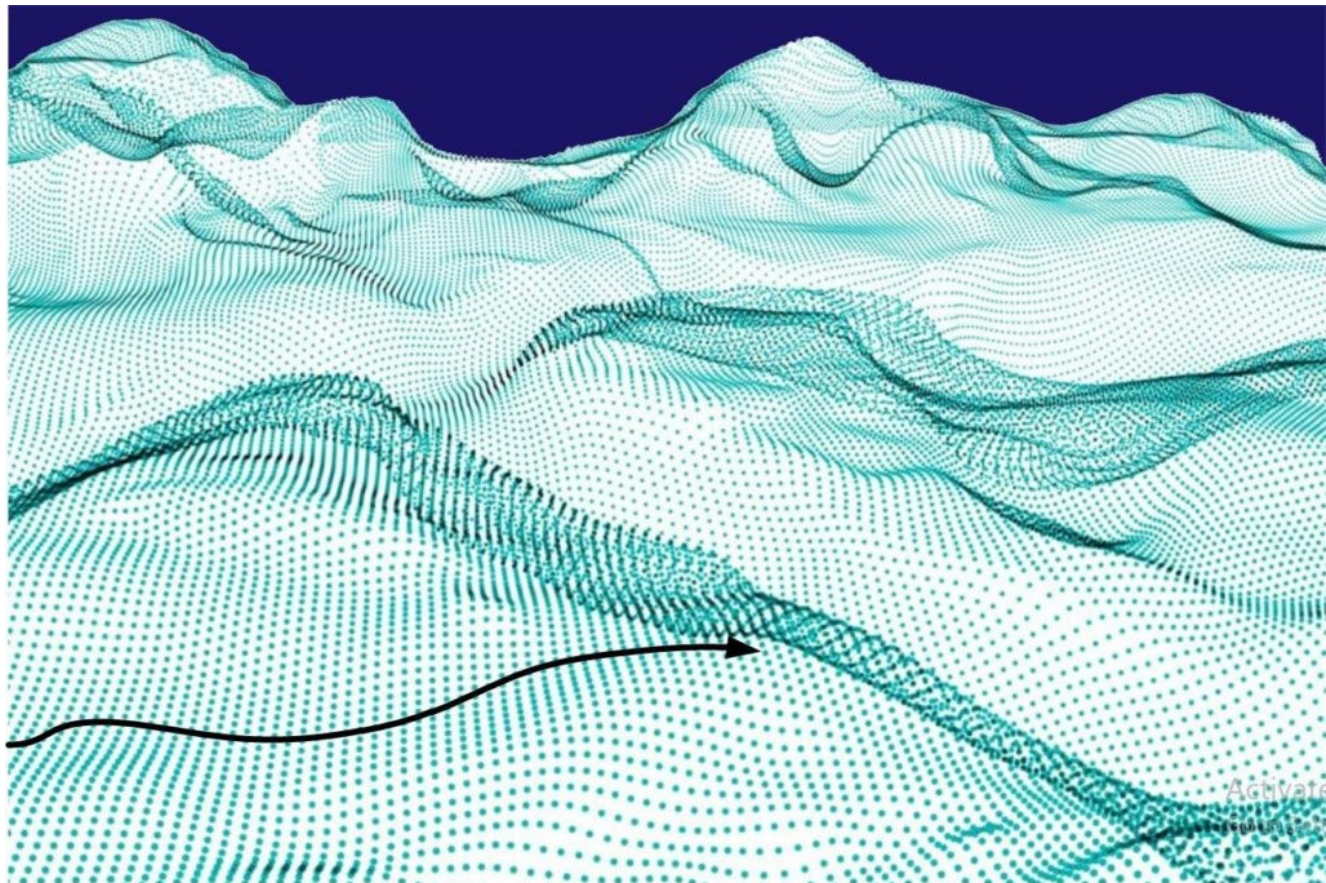
The more mountains you climb the smoother your life-path will become.

（图中文字意思：爬的山越多，人生轨迹越平滑）

So what is the point? 所以我要表述的重点是什么?

If you try to push and strive to do the more or less uncomfortable things in your life, you will actually, in the long term, make your life run smoother.

Instead of always going to and from work in your car, how about taking a little detour one day, and pulling into a diner and getting their blue plate special. It's not a real mountain, but it's a sizable hill. And it will make a difference.

If you always go and get McDonald's coffee and then come home, how about next time bringing a creamer and a stirrer for your little kitties at home.

如果你努力推动自己去做生活中更或多或少不舒适的事情，长期来看，你实际上会使自己的生活更加顺利。 比起总是驾车上下班，有一天何不绕个弯，进一家餐馆吃他们的特色菜。这虽然不是真正的山，但却是一座相当大的山丘。而且这会产生差异（效果）。 如果你总是去买麦当劳的咖啡然后回家，下次试试给家里的小猫带点奶精和搅拌棒。

When you have a coffee, how about bringing some home for your kitty.
If you always eat at that restaurant down the street and order the food that you have become comfortable with, how about trying a different restaurant elsewhere. Maybe you will not like the food. So what? The mere fact that you step outside of the limitations of comfort means that you are climbing those hills.

And it doesn't have to be hard, difficult, or distasteful either. It just should be different...

当你喝咖啡时，何不给家里的猫咪也带一些回去呢？ 如果你总是在街上那家餐馆吃你习惯的菜，何不尝试去别处的不同餐馆呢？也许你不会喜欢那里的食物。那又怎样？仅仅是跨出舒适区的事实，就意味着你在攀登那些山坡。 而且这不一定要困难、艰难或令人不愉快。只要是不同的就可以了…

Instead of eating this...

How about eating this...

If you want change, then get out of your comfort zone... （翻译在下面）

Which pretty much is a central theme in all of this.

It doesn't need to be much. But any change is good because it means that you are moving away from the common, and towards more interesting objectives.

I would suggest small steps...

If you are wearing a corporate uniform of a white shirt and a red tie,
then replace one of the white buttons on the shirt with a green one.
(Oh, boy! Will that make a difference!)

.

Go to a animal shelter and adopt another furry friend to your household.

.

Go one week soda free (if your habit is to drink soda).

.

If you always use the regular gas, next time put high-test in the car.
Go with the "good stuff".

.

Buy a cup of coffee for a co-worker.

.

Put a thank-you note in your mailbox for the mailman. (Mail-person?)

.

Add some "whimsy" to your front lawn, or change the paint on your front
door. Make it bright Red, or Pista.chio, or Robin's egg blue.

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Plant a tree in your yard.
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.

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Visit a place that you haven't been to "in ages".
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You see, it's not that difficult to make changes. You just need to try something new and different.

　　如果你想要变化，那就走出你的舒适区吧… 这基本上是所有这些的核心主题。 变化并不需要很大。但任何变化都是好的，因为它意味着你在远离常规，朝着更有趣的目标前进。 我建议从小事做起…

　　如果你穿着公司的制服，白衬衫配红领带，那就把衬衫上的一个白色按钮换成绿色的。（哦，天哪！这会有很大的不同！） 去动物收容所，给你的家庭再添一只毛茸茸的朋友。 一个星期不喝苏打水（如果你平时喝苏打水的话）。 如果你总是用普通汽油，下次试试给车里加高级汽油。选点"好东西"。为一位同事买一杯咖啡。 在你的邮箱里放一张感谢便条，送给邮递员。 在前院增添一些"奇思妙想"，或者改变前门的油漆颜色。让它亮红色，或者抹茶色，或者鸟蛋蓝。在你的院子里种一棵树。去一个很久没去过的地方游览一下。你看，改变并不难。你只需要尝试一些新的、不同的事物。

OK. So now the glossary（解释一些词汇）

I have come to bantering these terms so often that new-comers are often very confused. I think that glossary would be in order. 我已经频繁地讨论这些术语，新来者常常感到困惑。我觉得制作一份词汇表会很有必要。

Time

Time does not really exist. Instead, what we refer to as "time" is actually the events that a consciousness experiences. It wakes up, brushes it's teeth, eats breakfast, gets in the car... and so on and so forth.

That is what the consciousness experiences.

It is a straight "arrow of time" starting with getting up, and all the subsequent events. It is unique to the consciousness experiencing it.

Every consciousness experiences their very own versions of "time". And there is no real unified time. Rather just the unified (apparently) measurement of it. With clocks, watches, etc.

时间 时间本质上不存在。相反，我们所称的"时间"实际上是意识所经历的一系列事件。从醒来、刷牙、吃早餐，到上车等等，这些是意识所体验到的事件序列。这构成了每个意识独特的"时间箭头"。每个意识都经历着他们自己版本的"时间"。没有真正统一的时间存在，我们所说的时间只是通过时钟、手表等设备来测量和同步的统一（表面上的）时间。

Life-Line

A "life-line" is a collection of experiences that a consciousness has. As the consciousness moves in and out of individual moments of time, it creates a path. This path looks like a vector. It starts at the moment of birth and ends at the moment of death.

"生命线"是意识所经历的一系列经历的集合。随着意识在时间的各个瞬间中移动（移进再移出），它创造了一条路径。这条路径看起来像是一个向量。它从出生的时刻开始，一直延续到死亡的时刻。
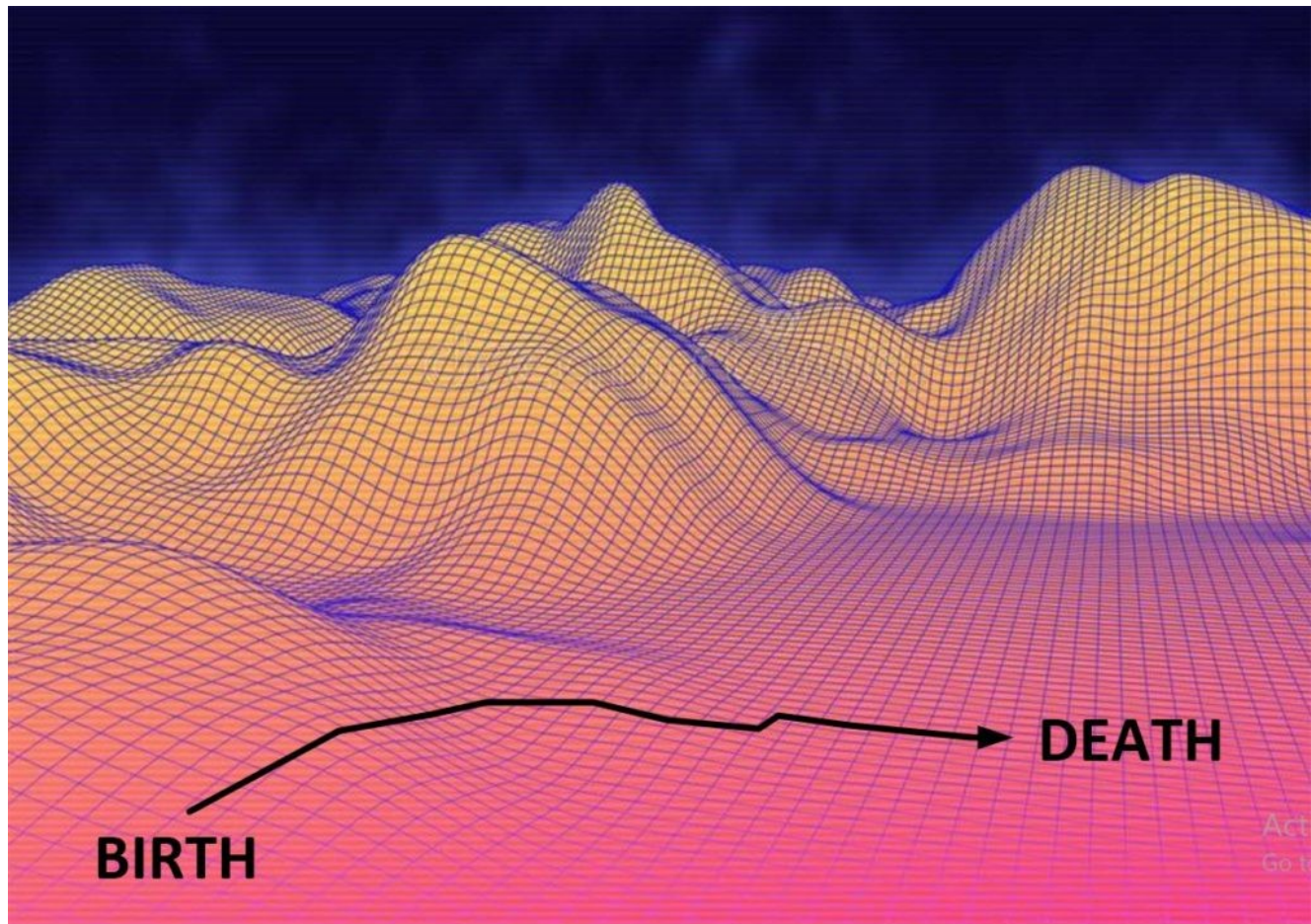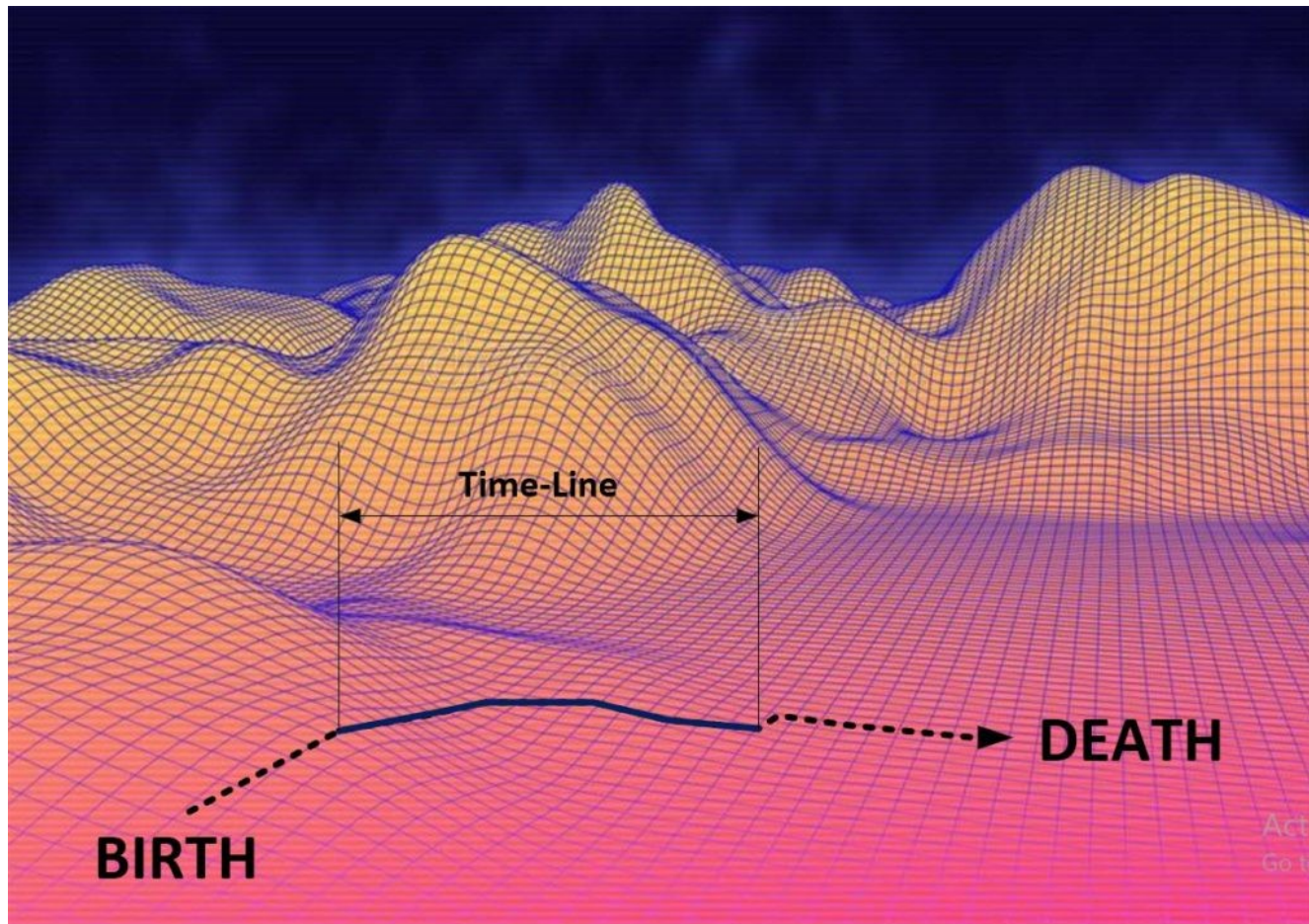
A "Life-Line"

Time-Line 时间线

A "Time-Line" is ALMOST the same thing as a "Life-Line".

时间线和生命线两个概念几乎一样

Except that the Life-Line encompasses the entire realm of experiences from birth to death, whereas a "Time-Line" is a much shorter period and may or may not include birth or death events.

"生命线"涵盖了从出生到死亡的所有经历，而"时间线"则是一个更短的时间

段，可能包括或不包括出生或死亡事件。

A "Time-Line"

World-Line

A "world-line" is a frozen moment. Nothing moves. Nothing goes on. It's just like a photograph. Only it is a 3D photograph of the entire universe.

The term "world-line" comes from Science Fiction novels and movies. These fictions depict another reality that differs from the one that the person was just in. As example, in "Back to the future II", a pair of time-traveling explorers alter history, with horrible consequences.

"世界线"是一个冻结的时刻。没有任何东西移动，也没有任何事情发生。它就像一张照片，但是是整个宇宙的三维照片。 "世界线"这个术语源自科幻小说

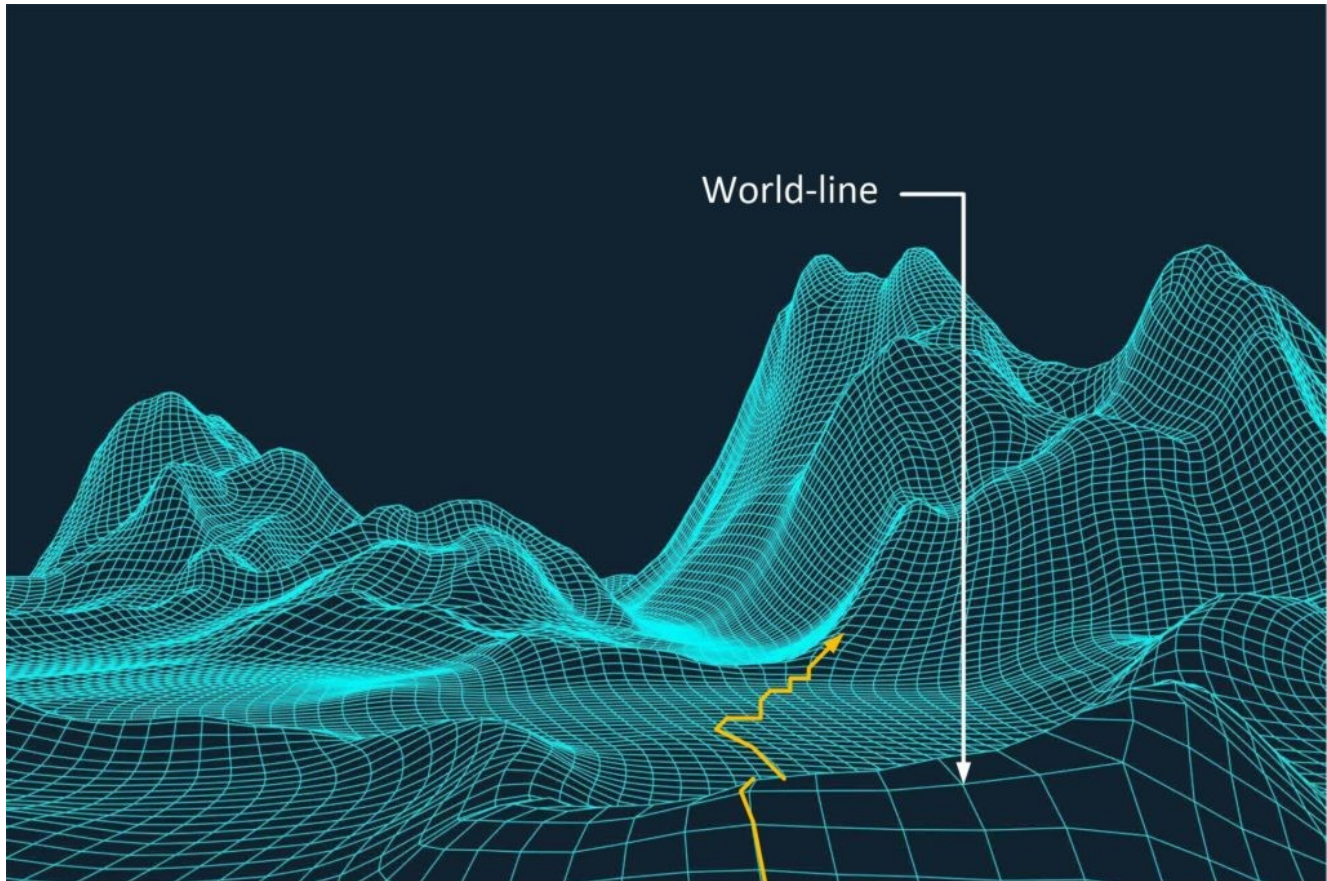和电影。这些虚构作品描绘了一个与人们刚刚所在的现实不同的另一个现实。例如，在电影《回到未来 II》中，一对时光旅行者改变了历史，造成了可怕的后果。

Back to the Future II.（电影回到未来 2）
As far as using the world-line map template, each intersection point, dot or globe represents one such world-line. As in this here…

在使用世界线地图模板时，每个交集点、点或球体代表一个世界线。就像这里所示的……

This is what a world-line is.

World-Line Cluster 世界线群集

As the consciousness travels on the MWI it does so based upon it's thoughts. If others share the same thoughts, they travel the MWI in a similar manner.

当意识在多世界诠释（MWI）上旅行时，它基于它的思想去这么做。如果其他人分享相同的思想，他们也会以类似的方式在 MWI 上旅行。

If you map out the Time-Lines of people who are sharing similar thoughts, you will find that they seem to travel together, and they seem to experience the same World-lines.

如果你绘制那些分享相似思想的人的时间线，你会发现他们似乎一起旅行，并且似乎经历相同的世界线。

This is known as clustering. 这被称为聚类。
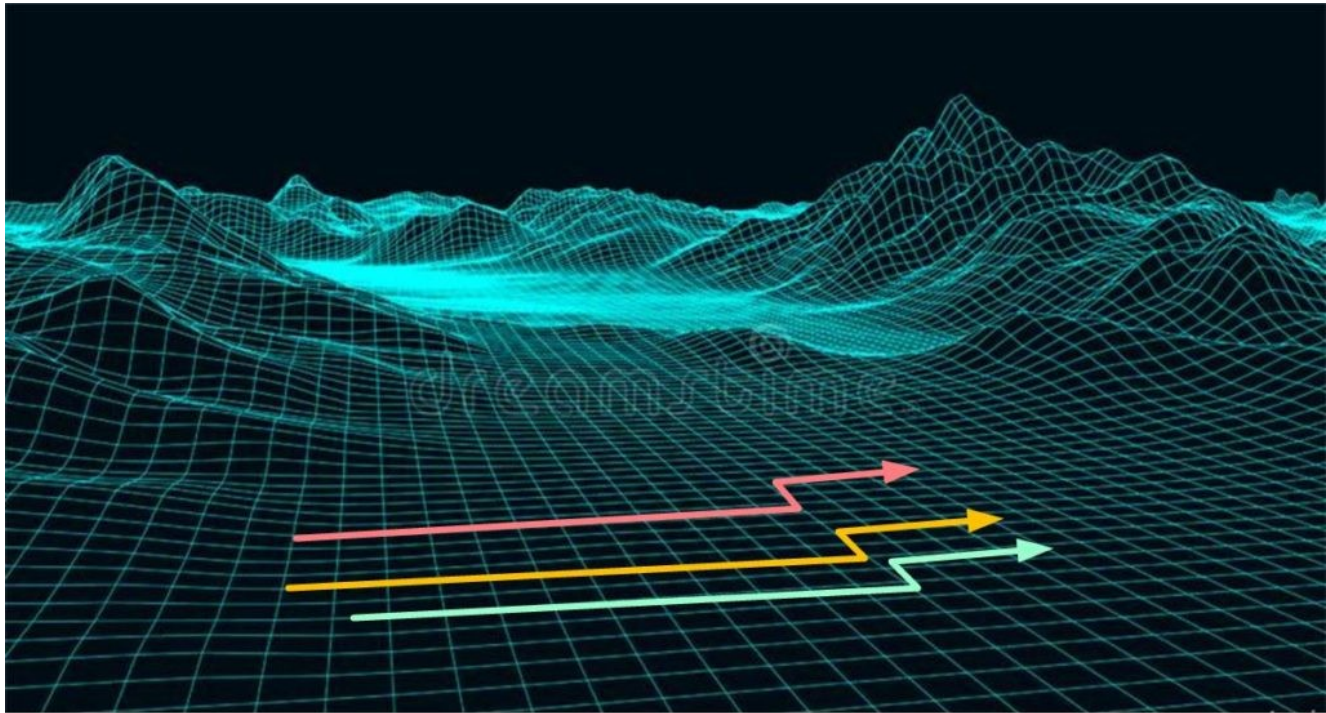
Clustering of "time-Lines"

时间线的聚类/聚集

Echo Chamber （回声密室）

If you only listen to a certain type of "news", and only receive your input from others that agree with you, the thoughts that you have will be reinforced into one set staid narrative. You will be unable to think other thoughts. And as such, your thoughts will

be controlled by whomever, or whatever controls the narrative that you are immersed in.

This environment; a closed environment where your thoughts are set to a "conformist setting" within that environment is dangerous. It locks your path and travel in the MWI to a set route.

In discussions of news media, an echo chamber refers to situations in which beliefs are amplified or reinforced by communication and repetition inside a closed system and insulated from rebuttal. By participating in an echo chamber, people are able to seek out information that reinforces their existing views without encountering opposing views, potentially resulting in an unintended exercise in confirmation bias. Echo chambers may increase social and political polarization and extremism.

-Wikipedia

如果你只听一种特定类型的"新闻"，并且只从同意你观点的人那里获取信息，你的思想将被加强为一种固定的叙述。你将无法产生其他的想法。因此，你的思想将受到控制，控制你所沉浸的叙述的人或事物。 这种环境；在这种环境中，你的思想被设定为该环境中的"从众设置"——这个环境是危险的。它锁定了你在多世界诠释中的路径和旅行路线。 在新闻媒体的讨论中，回声室指的是在封闭系统内通过沟通和重复放大或强化信念，并且与反驳隔绝的情况。参与回声室人们能够寻找强化他们现有观点的信息，而不会遇到相反的观点，可能导致无意中进行确认偏见的行为。回声室可能增加社会和政治的极化和极端化。

（译者注：确认偏见，confirmation bias，是一个心理学上的专有名词。大致意思是 一种只收集有利于自己喜欢的观点的证据的倾向/偏见，同时在这种倾向当中，持有这种偏见的人会避开反方的证据，即使反方的证据在逻辑上是可以削弱自己论点的）

MWI

The many-worlds interpretation (MWI) is an interpretation of quantum mechanics that asserts that the universal wavefunction is objectively real, and that there is no wavefunction collapse. 多世界诠释（MWI）是量子力学的一种解释，它断言普遍波函数是客观实在的，且不存在波函数坍缩现象。

This implies that all possible outcomes of quantum measurements are physically realized in some "world" or universe. 这意味着量子测量的所有可能结果在某个"世界"或宇宙中都得到了物理实现。

In contrast to some other interpretations, such as the Copenhagen interpretation, the evolution of reality as a whole in MWI is rigidly deterministic. 与某些其他解释（如哥本哈根解释）相比，MWI 中整个现实的演化是严格确定性的。

Many-worlds is also called the relative state formulation or the Everett interpretation, after physicist Hugh Everett, who first proposed it in 1957. Bryce DeWitt popularized the formulation and named it many-worlds in the 1960s and 1970s.

多世界诠释也称为相对态形式或埃弗里特解释，以物理学家休·埃弗里特于 1957 年首次提出而得名。布莱斯·德威特在 1960 年代和 1970 年代推广了这一形式，并命名为多世界。

-Wikipedia（上面的内容引用于维基百科）

In short, it is the universe where everything is possible. And every single possibility exists somewhere in some form. And I refer to these variations as "World-lines".

总之，它是一个一切皆有可能的宇宙。每一种可能性都以某种形式存在于某个地方。我称这些变体为"世界线"。

Template Map 模板地图

A template map is a method to visualize movement in the MWI.

模板地图是一种可视化多世界诠释中运动的方法。

A topographical map of a mesh is created. Each intersection of that mesh is a "world-line".**一个网格的地形图被创建了（在创建模版地图的时候）。该网格的每个交集点都是一个"世界线"。**

The surface of this map is the HIGHEST LIKELIHOOD of movement of a given consciousness within a physical body.**这张地图的表面是 在肉体内的意识的"运动"的最高可能性。**

The height of the topography is a measure of the difficulty in likely movement. This a flat surface is easy with no difficulty and effort. And a "mountainous" feature depicts enormous difficulty and strife.

地形的高度是一种对于可能行动的困难程度的衡量。平坦的表面表示轻松无难度而"山岳"特征则表示巨大的困难和挣扎。
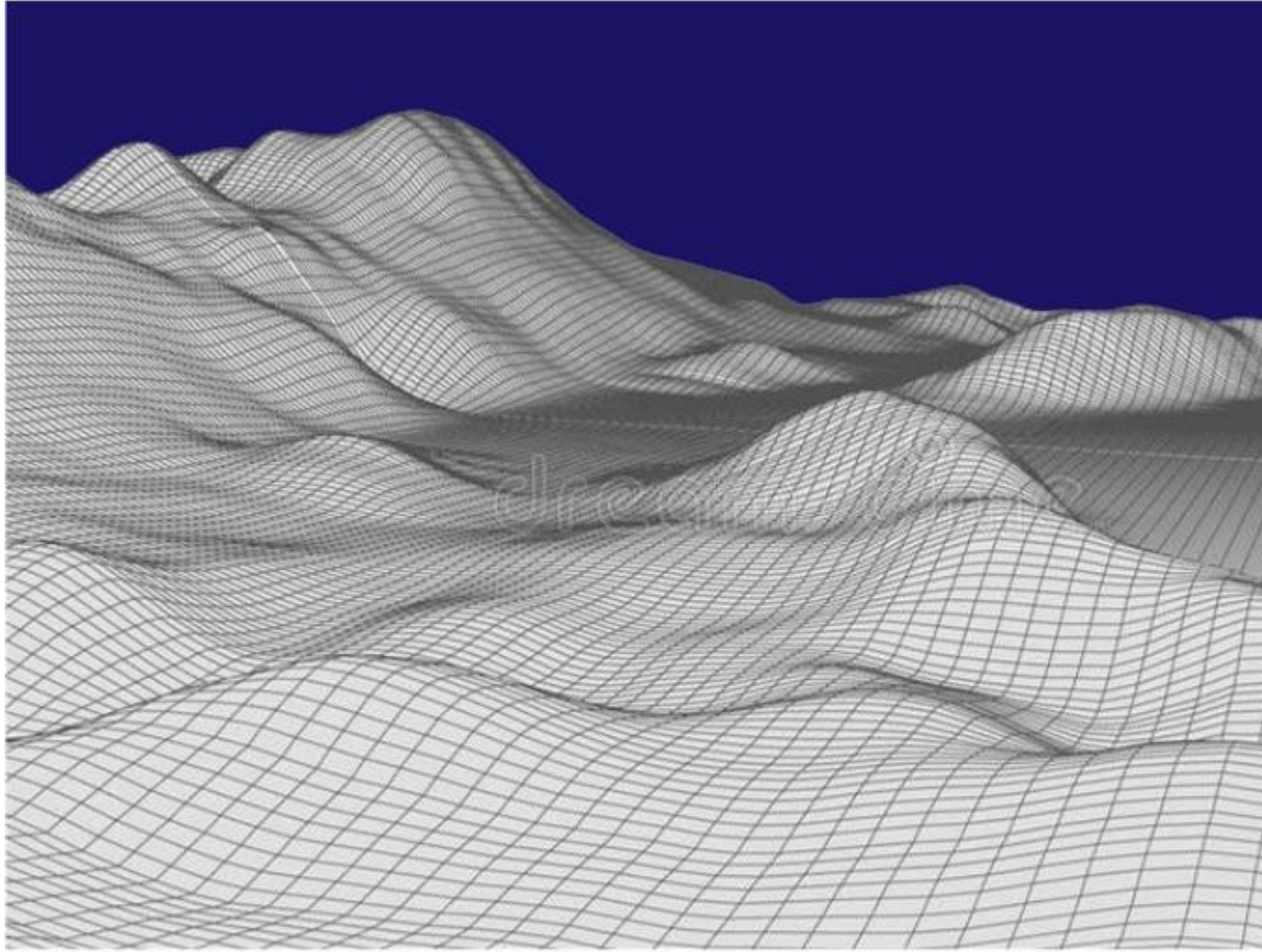
A World-Line Template

Which now brings us to...这把我们代入到...

Pre-Birth World-Line Template Map 生前世界线模板地图

This is the very first template map that is established when a baby is birthed, and a consciousness is injected into the body.

It is called a "pre-birth" World-line template map because the template was painstakingly set up in place carefully for the consciousness to obtain experiences on it.

It is a carefully constructed fated life.

The easiest map paths are laid out for the consciousness to explicitly experience and enjoy certain events. And that is both good and bad events.

The only way off this map is to "slide" off of it, on to a different template map.

这是当一个婴儿出生，并且意识注入身体时建立的第一个模板地图。 它被称为"生前"世界线模板地图，因为这个模板是精心设置的，让意识能够在其上获取经历。 这是一个精心构建的命运生活。 最容易的地图路径被设置，让意识能够明确地体验和享受某些事件。无论是好事还是坏事。唯一离开这个地图的方法是"滑动"到另一个模板地图上。

Slide 滑动

A slide is an intentional change of the template map.

You "slide" off the map that you are on, and land on a completely different map.

While this is possible with artificial contrivances, equipment, electronics, vehicles and the like, the most effective way to do so (on a personal basis) is to do it by *thought*.
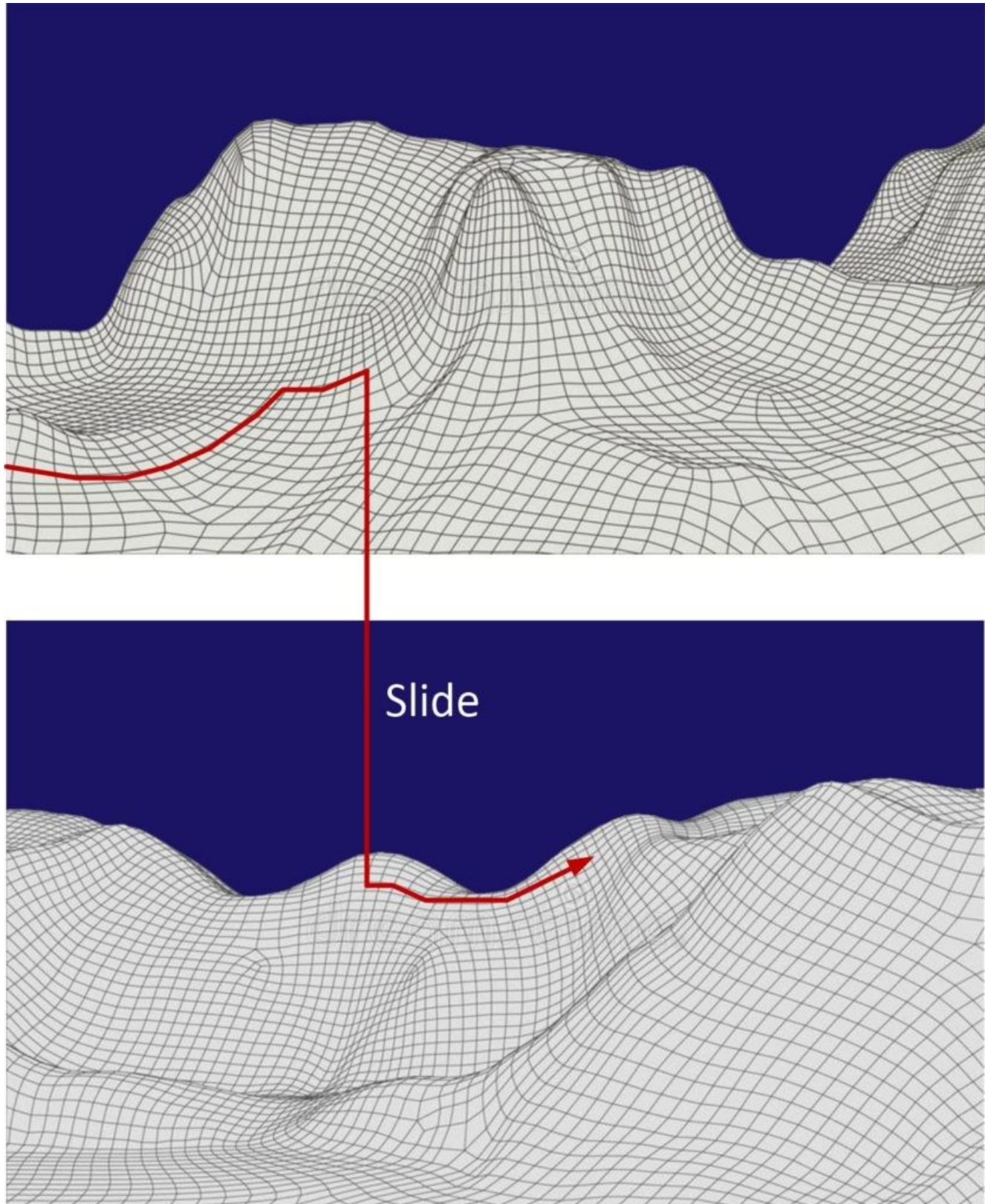
You specifically control your thoughts in a concise and directed manner to slide off your template map.

滑动是对于(所处的）模板地图的有意变更。（指的不是人去刻意改变这张地图本身，而是开润）

你"滑动"离开当前的地图，并降落在完全不同的地图上。虽然通过人工设备、设备、电子产品、车辆等方式也能实现这一点，但最有效的方式（从个人角度而

言）是通过思维来实现。你通过精确而有方向性地控制你的思想，来滑动离开你的模板地图。

You can use a slide to get off your current world-line template and to get on another one. 你可以使用一个"滑动"来从现在的世界线模版上滑到另一个世界线模版上

Shadow People

We (as consciousness) travel the world-lines alone. It is extremely rare for another consciousness to share a world-line with us.

我们（作为意识）单独在世界线上旅行。另一个意识与我们分享世界线是非常罕见的。

Thus all those "people" that we see are actually not like us. They don't have a consciousness like we have. They are real to us, and they have feelings that we react to, but their consciousness is elsewhere on their own world-line somewhere else, and what we see is a "shadow" of them.

因此，我们看到的所有那些"人"实际上并不像我们。他们没有像我们一样的意识。对我们来说，他们是真实的，我们对他们有反应，但他们的意识在其他地方 在他们自己的世界线上，我们所看到的只是他们的"影子"。

A "mountain" 一座"山"

On the topography of a world-line template are "highs" and "lows". These features define the difficulty of effort to move in those directions. A "mountain" is a particularly difficult are to traverse. And on the 3D map it will appear as a mountain.

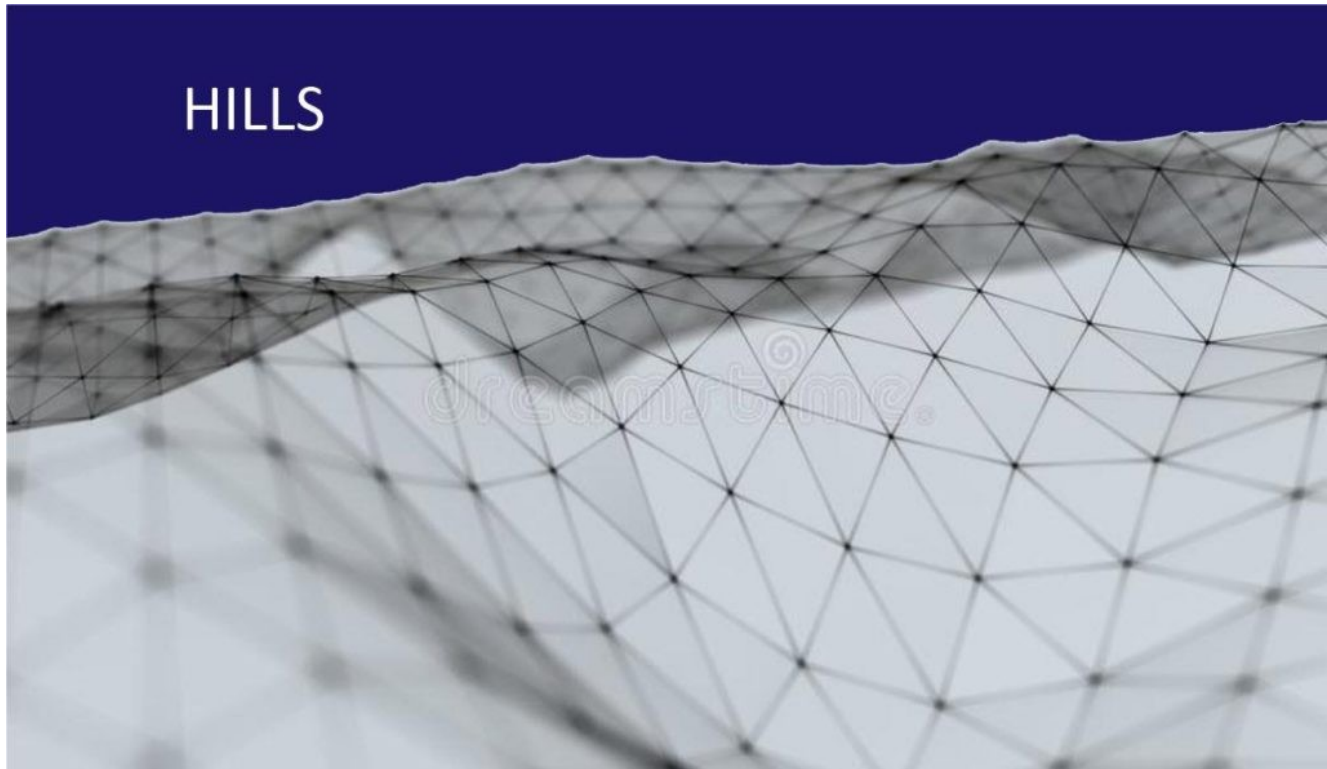在世界线模板的地形图上有"高点"和"低点"。这些特征定义了朝这些方向移动的难度。一个"山"是特别难以穿越的区域。在三维地图上，它将显示为一座山。
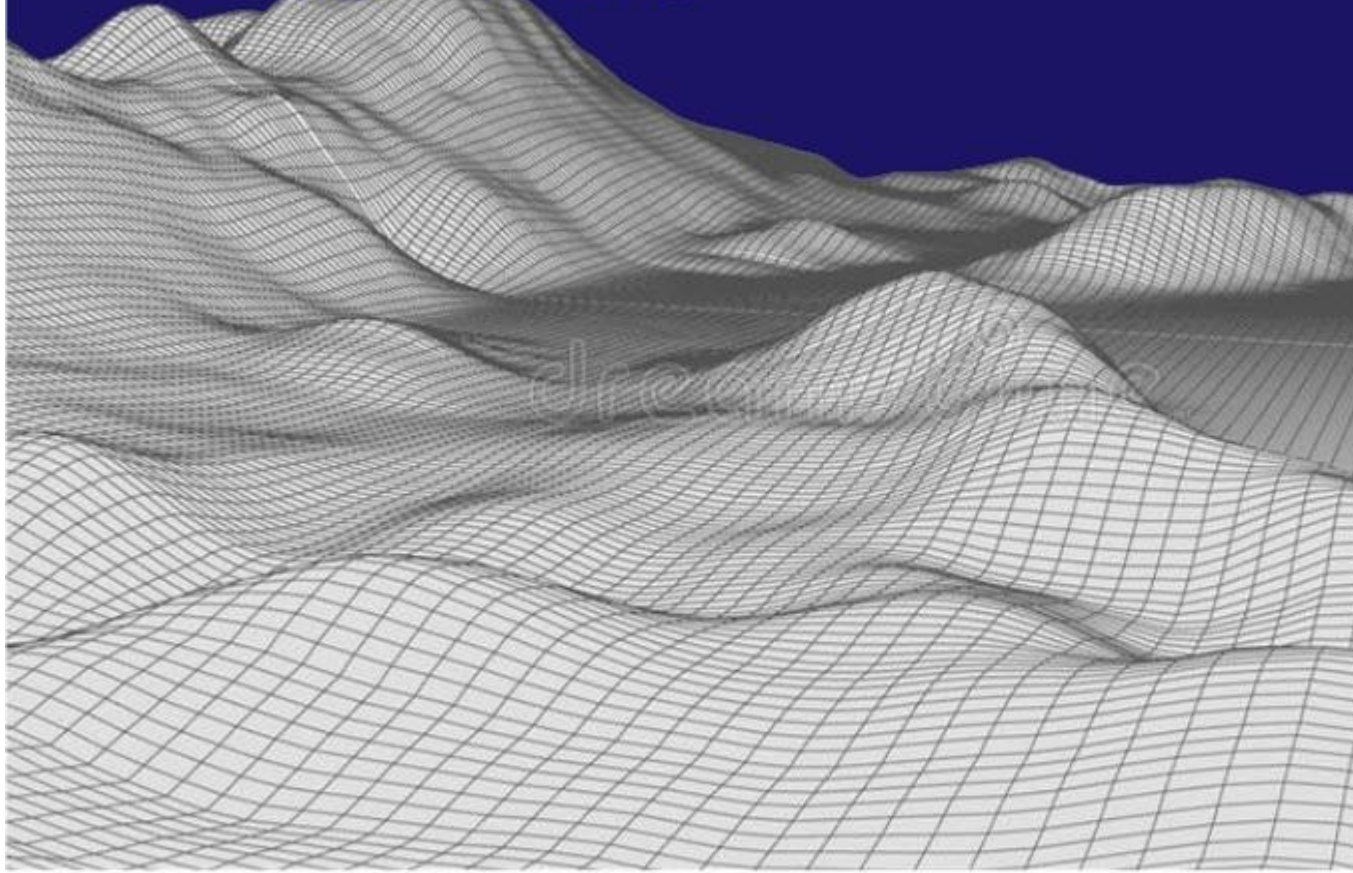
A "hill"

A hill is similar to a mountain. It's level of difficulty to traverse is proportionally smaller.

低配版的山（穿越的难度比山要小）

Hills on a world-line template map. 低配版的山

Comfort Zone 舒适区

By all practical purposes, the flat and level area is always your comfort zone. You can always find a comfort zone on your pre-birth world-line template map, no matter how mountainous the terrain before you appears. This is the "fated" path that you established for your self when your soul first established the pre-birth world-line template.

从实际角度来看，平坦和水平的区域始终是你的舒适区。无论你面前的地形看起来多么崎岖，你都可以在生前世界线模板地图上找到一个舒适区。这是你的灵魂首次建立生前世界线模板时为自己设定的"命中注定"的路径。

This is good and bad. But in general, it means that there is always a default action that will lie ahead of you. Good or bad. You might end up saying "There's a kind of calmness knowing that you are 100% fucked no matter what you do." Or, you might say, "You know, if I just keep on doing what I am doing, everything will work out". It all depends on your individual situation.

这既有利也有弊。但总体而言，这意味着总会有一种默认的行动路径摆在你面前。无论是好是坏。你可能会最终说，"无论你做什么，你都知道自己完蛋了，这种安静其实挺好的。"或者，"你知道吗，如果我继续做我现在在做的事情，一切都会顺利的。"这一切取决于你的个人情况。

Comfort zone. 舒适区

Affirmation Campaign 肯定运动

An affirmation campaign is a specific technique that you use to navigate on the world-line template. It is a way to direct your thoughts when moving from world-line to world-line on your MWI template map. It's a powerful skill set.

肯定运动是你在世界线模板上导航的一种特定技术。这是在多世界诠释模板地图上从一个世界线到另一个世界线移动时引导你的思想的方式。这是一种强大的技能组合。