

Part 15 of the EBP comm with The Domain Commander in June 2024
2024 年 6 月与领域指挥官的 EBP 通讯第 15 部分

This is another continuation of my Q&A.

这是我和指挥官之间的问答的又一次延续。(注解：The Domain: 领域，域，同领地都可以是这个组织的名字。这是一个地外组织。)

What is going on is that myself; MM, activates the EBP and communicates with the Domain via the “Domain Commander”.

我所做的是，我自己，MM，激活 EBP 并通过“领域指挥官”与领域进行交流。

The following is a list of 19 questions that was submitted to me for presentation to the Domain Commander to answer. They were compiled by three Chinese nationals who are presently in school.

以下是提交给我的 19 个问题，我将其交给领域指挥官回答。这些问题由目前在校的三个中国人编写。

It took me about a half a month to answer and required multiple sessions with the Domain Commander. Some of the questions had to be duplicated and compiled as the input was garbled.

我花了大约半个月的时间来回答这些问题，并需要与领域指挥官进行多次会话。由于输入混乱，有些问题不得不重复和汇总。

(注解：输入混乱从字面意思上来看有两种解释：一种是觉得提问的人编写问题不够清楚，另一种解释是觉得指挥官的输入不够清楚。虽然只从字面来看这两种意思都有可能，但是结合之前的通讯遇到的情况以及他下面的用词，后一种意思才是正确的。译者认为可以大胆假设：输入混乱指得是由于和指挥官之间偶尔

通讯不够完美而出现的混乱。他的核心思想是，这次提问遇到一些困难，所以提问费时很长。)

The later question sets regarding [1] health and [2] diet, and [3] drugs required me to draft a series of text essays and then go line by line with the Domain Commander with input and retractions. Resulting in the massive answers provided herein.

后来的问题集涉及[1]健康、[2]饮食和[3]药物，这需要我起草一系列文本文章，然后与领域指挥官逐行审核并进行增删，最终得出了本文中提供的大量答案。

On numerous occasions the Domain Commander started referring to Chinese stories, idioms and Chinese lessons. However, I could not adequately translate what was being presented to me, so I used a technique. This is a system of pick-and-choose where I presented the input words and images that the Domain Commander represented, then ChatGPT to flush out what the Chinese text equivalences were. Then I would make a second pass asking the Domain Commander if this was it's intention, and what future elaborations were necessary.

在许多情况下，领域指挥官开始提到中国故事、成语和带有教育意义的中文信息

然而，我无法充分翻译（这一部分）指挥官传达给我的内容，所以我使用了一

种技巧。这是一种挑选系统，我展示了领域指挥官所描述的输入词汇和图像，然后用 ChatGPT 来整理出中文等效文本。然后我会进行第二次确认，询问领域指挥官这是否是它的意图，以及未来需要哪些进一步的阐述。

This was a very time consuming process, but everything presented here is with Domain Commander blessing and authorization. - MM

这是一个非常耗时的过程，但这里呈现的所有内容都得到了领域指挥官的祝福和授权。 - MM

(Editor:Yunhao Tu)

Note to MM: For this comm, because it is long,I am using ChatGPT to translate first, and then I made some changes to its translation carefully. Overall, although ChatGPT sometimes contains small mistakes, its translation is fairly accurate(its ability to translate is impressive).

I also parsed the comm carefully before editing myself .I spent a lot of time in adding some explanations (about words such as Mantid,PSI,input, et cetera) inside this document to assist potential Chinese readers without background knowledge in order to facilitate their understanding.

Questions list for the Domain Commander By Questioner ONE, TWO and THREE.

领域指挥官的问题列表 提问者：一号、二号和三号（译者注：这三个人真实存在，只不过为了保护他们的隐私，所以MM在这里这么称呼他们。）

1. (Title: Volunteers in general, Preparation for the Final Exam)

1. (标题： 广义上的志愿者（意思是告诉指挥官问题适用于所有志愿者）， 期末考试准备)

(译者注： 期末考试在这里的意思是死亡以后经历的最后的考验。提问的人显然想知道怎么样应对这一场期末考试。)

Question:问题:

We need to do something really meaningful in our lives and follow The Domain's guidelines, and prevent reincarnations. What else does The Domain support and encourage us to do on this planet while inhibiting a physical body, besides volunteering with The Domain and doing affirmation campaigns? (In other words, what skills should we practice in our everyday life?) Background information: Not everyone is well versed in lucid dreaming/OBE. For example, if there is a specific guideline of how to perform Lucid Dreaming, we would really appreciate it.

我们需要在生活中做一些真正有意义的事情，并遵循领域的指导方针，防止轮回。除了与领域一起做志愿者和进行肯定活动外，领域还支持和鼓励我们在拥有肉体的同时在这个星球上做些什么？（换句话说，我们在日常生活中应该练习哪些技能？）背景信息：不是每个人都熟练掌握清醒梦/出体经验。例如，如果有具体的清醒梦指南，我们将非常感激。

Answer:

回答:

The trio asking these questions are concerned that they are doing something wrong or doing so insufficiently. They are not versed in understanding the concept of time, and the scheduling of their operational objectives. At this time, all three entities are in the midst of various activities that train for a host of roles.

提问的三人担心他们做错了什么或做得不够。他们不熟悉时间概念和操作目标的安排。目前，三个人都在进行各种培训活动，为多种角色做准备。

Entity ONE will experience a target role earlier than the other two. But at that, it still will not occur for a few years. This role is not as the entity thinks. It is a human role and will involve interaction with another human. This interaction will initiate a chain of events that will “bootstrap” a series of subsequent events that will be of great benefit to the collective. There are other actions that all entities will take place with, most however will occur during dreaming. No lucid dream requirements are specified. Later on towards the conclusion of this lifeline the entity will recognize the entire breadth and depth of its role and that will serve it well when it passes through death translation. From which further actions and training on our side will take place. In this case this is an important role, as are all the roles of the three questioners. It should be noted that the support team for this entity is in place and guiding the entity through the physical event cycles.

实体一将比其他两人更早经历目标角色。但这仍然不会在几年内发生。这个角色并不是实体所认为的那样。这是一个人类角色，将涉及到与另一个人的互动。这次互动将启动一系列后续事件，对集体非常有利。其他行动也会发生（这些行动是这三个实体都会参加的），但大多数将发生在梦中。没有指定清醒梦的要求

（意思是不要求这三个实体掌握清醒梦）。随着生命线的结束(生命线的结束意思就是死亡，读到这里不用想复杂)，实体将认识到其角色的全部广度和深度，并在通过死亡转换时这种认识会对其有所帮助。从此，进一步的行动和培训将在我们这边进行。在这种情况下，这是一个重要角色，正如三个提问者的所有角色一样。应注意，这个实体的支持团队已经到位，并在物理事件周期中指导该实体

Entity TWO will have a role that might not appear obvious, but is rather acting as a recharging battery that other powerful pro-Domain entities can utilize. This is not what the entity is expecting, but the useful benefit of entities in the human form is their access to both the physical and the non-physical realms. This entity is especially suited for this role, and can do so passively. Later on, though out this role, and throughout this entities life, the entity would meet people and will recharge them. And it will happened, and for the most part, this entity will be unaware of it's role. It must be noted that recharging is not the same a a battery. Just analogous to it. There will be a transfer of energy, data (sic), capabilities (that are stored assets and "programs" that will be transferred to the entity) and other things that Domain sees fit. Additionally, this entity will experience some physical "training" and may be granted some heightened PSI skills for some on-going projects for participation in. This entity is on a pre-agreed path for a volunteer role and recent off-reality discussions with the entity's "handling" support group confirms this. The Domain support group for this entity is also in training for this particular role and will hand-hold and hand-shake efforts as they transpire. This is on-going.

实体二的角色可能并不明显，而是充当其他强大的支持领域的实体可以利用的充电电池。这不是实体所期望的，但人类形态实体的有用之处在于它们可以进入物理和非物理领域。这个实体特别适合这个角色，并且可以被动地进行。后来，在这个角色，且在整个实体的一生中，实体会遇到人并为他们充电。这将会发生并且在大多数情况下，这个实体将没法意识到它的作用。必须注意，充电与电池不同。这两个东西只是类似而已。会有能量、数据（sic：原文如此，这个地方原文如此的意思是指挥官直接给了 MM data（数据）这个单词。他和指挥官的通讯不完全是靠英文，而是英文和图片都有。）、能力（储存的资产和将转移给实体的“程序”）和领域认为合适的其他东西的转移。此外，这个实体将经历一些物理“训练”，并可能获得一些增强的 PSI 技能，以参与一些正在进行的项目。这个实体在预先约定的志愿者角色路径上，最近与实体的“处理”支持小组的非现实讨论证实了这一点。领域的支持小组也在为这个特定角色进行培训，并将在其发生时进行手把手和握手的努力。这正在进行中。

（译者简短解释什么是 PSI: psi phenomena plural noun : the aggregate of parapsychological functions of the mind including extrasensory perception, precognition, and psychokinesis---Merriam Webster Online Dictionary

可以粗暴地理解成现代科学里面没法解释或者证明的现象。这是

parapsychology 的一个重点研究对象，不过这个领域甚至被一些科学家看不起，被他们视为伪科学的一部分。感兴趣的朋友可以自己去搜索它究竟是什么意思。

PSI 的例子有很多，比如 Remote Viewing(遥视) ， Telepathy(心灵感应)

(解释： sic (abbreviation 一个缩写)：

used in brackets after a copied or quoted word that appears odd or erroneous to show that the word is quoted exactly as it stands in the original. 用于括号中放在一个复制或引用的词之后，表示该词在原文中就是这样)

Entity THREE is being prepped for a more aggressive “combat” role for a non-physical space. This requires extensive physical world training, though done so using the non-physical attributes. Throughout the life-line of this entity there will be periodic minor roles that the entity will encounter. From which experience will be obtained. For the most part the entity will not be able to witness any changes as the entity cannot perceive the non-physical. Later, post death translation, this entity will work in the non-physical with the association of other species and soul platforms in a liaison role for coordination activities. This is an important role. However, the role in the physical life will be mostly training for that role with training being in the realms between the physical and non-physical regimes. Domain support is ever present, and there in a non-physical component for communication training that will cause some physical manifestations to appear.

实体三正在为非物理空间中的更具侵略性的“战斗”角色做准备。这需要广泛的物理(现实)世界训练，尽管使用非物理(现实)属性进行。在这个实体的生命

线中，将会遇到一些周期性的次要角色。从这些作用/角色当中这个实体将获得经验。在大多数情况下，实体将无法见证任何变化，因为实体无法感知非物理。后来，在死亡转换之后，这个实体将在非物理领域与其他物种和灵魂平台协作，担任协调活动的联络角色。这是一个重要的角色。然而，物理生活中的角色主要是为该角色进行训练，训练将在物理和非物理领域之间进行。领域支持始终存在

非物理部分的沟通训练将导致一些物理表现出现（意思是肉体上会发现一些变化）。

（译者注：为了阅读顺畅，可以把文章里面的“物理”直接和“现实”划上等号。非物理可以强行理解成这个现实里面大多数人们看不到的，感知不到的部分。）

All three entities must understand that the roles that Domain has assigned to them are important ones. That they have a unique moment and opportunity to learn and obtain training in the very rare twilight zone between reality and non-reality space, and we have assigned a transition “expert” from our force complement to manage these affairs. Lucid dreaming will take on a very minor role at this time and in this role. As the activity actually involves more coordination with the mantid (sic) higher energy states for rapid technique assimilation.所有三个人都必须理解，领域分配给他们的角色是重要的角色。他们有一个独特的时刻和机会，在现实与非现实空间之间的非常稀有的超越现实和常规的地带学习和获得培训，我们已经从我们的部队补充中指定了一名过渡“专家”来管理这些事务。清醒梦在此时和此角色中将扮演非常次要的角色。因为该活动实际上涉及与高我（原文如此）更高能量状态的更多协调，以便快速掌握技术。

（译者注：在第二个问题之前，有一个词汇必须解释清楚：Mantid.这个词的意思本来显然是螳螂，但是在这里绝对不可以直接翻译成螳螂。它在这些通讯里面的意思是高我（higher consciousness）这些词背后的故事是，当原先的你进入这个地月系统的时候，地球和月亮相互作用将原先的你分成三个部分：Mantid Prime, Mantid GP, and consciousness(也就是现在的你)。Mantid Prime可以说是这三个部分里面能量最“高”的一部分了。而“你”是最弱的。Mantid Prime在天堂口袋宇宙（heaven pocket universe）里面，离你比较“远”，也没法直接和你交流。但它可以和Mantid GP交流。Mantid GP也被称为Mantid General

Population,这么命名它是因为它能和你交流，它可以观察你并且引导你，所以相对而言它“更接地气”，所以叫它 Mantid General Population.别名“guardian angel”.你和 GP 的关系更加近一些，死亡之后也会先遇到（至少感知到）它。第二个问题里面，之所以提问者问那些问题，是因为高我并不总利于意识体（你）。它们有可能想方设法让你多受苦来让它们自己受益。近高我甚至可能死亡后选择性只给你一些美好的记忆，并诱骗你继续重生。这三个元素之间关系的一个类比可以是，假设你（意识体）是宗教里所描述的凡人，那么可以把 Mantid GP 比作耶稣，而 Mantid Prime 比作上帝。为了读者阅读方便，我后文一律将 Mantid GP 翻译为“近高我”，将 Mantid Prime 翻译为“远高我”。这些解释都是译者对于 MM 在别处视频里面内容的同义替换，不是在自己编故事。）

Q2: If Mantid GP does NOT cooperate upon translation with our plan of escaping the prison complex and volunteering for Domain, what should the consciousness do other than calling Domain for assistance and refusing to be tricked by the Mantid into another reincarnation?

如果近高我 GP 在我们死亡的时候，不配合我们的逃离监狱复合体并志愿加入域的计划，除了呼叫域寻求帮助并拒绝被近高我欺骗进入另一个轮回外，意识还应该做些什么？

To be more specific, our final version of Question 2 is: Apart from calling out for Domain, refusing our Mantid GP's demand by saying something like "No, you go, you reincarnate and experience all of this yourself", thinking carefully before making any decision, not entering the tunnel of light, realizing that time does not exist to remain calm, etc, could you give us additional information on what to do after departing from our physical bodies?

更具体地说，我们最终版的第 2 个问题是：除了呼叫域，拒绝我们的近高我 GP 的要求，比如说“不要，你去，你转世，请你（近高我）去自己体验这一切”，在做任何决定之前仔细思考，不进入光之隧道，意识到时间不存在以保持冷静等，您能否提供有关脱离身体后的其他建议？

If it is indeed possible to escape from Earth, we would like to get detailed information from "The Domain" about methods, procedures, requirements, etc.

如果确实可以逃离地球，我们希望从“域”获得有关方法、程序、要求等详细信息

Background information: we know from some online videos posted by MM that it is possible for the Mantid GP to trick us into another reincarnation.

背景信息：我们从一些 MM 发布的在线视频中得知，近高我 GP 可能会欺骗我们进入另一个轮回。

For example, the Mantid GP might only give us some pleasant memories while hiding the unpleasant ones to create the illusion that life on Earth is just fantastic.

例如，近高我 GP 可能只会给我们一些愉快的记忆，同时隐藏不愉快的记忆，以创造地球生活非常美好的幻觉。

Meanwhile, we firmly believe no MM audience/follower would want another disgusting reincarnation cycle after death.

同时，我们坚信没有任何 MM 观众/追随者会想要在死后经历另一个恶心的轮回周期。

We know that the Mantid GP is much more powerful than us.

我们知道近高我 GP 比我们强大得多。

We know there might be some traps other than the tunnel of light that we cannot identify.

我们知道除了光之隧道外，可能还有一些我们无法识别的陷阱。

The answers for Question 10.14a on MM's website is not sufficient, because they do not talk about the possible traps we will encounter in detail.

MM 网站上的问题 10.14a 的答案不够充分，因为它们没有详细讨论我们将遇到的可能陷阱。

The main reason why we ask this question is to maximize our chances of escape.

我们提出这个问题的主要原因是为了最大化我们的逃脱机会。

Answer: Q2 的回答:

Previous answers on the MM website do not apply here.

以前 MM 网站上的答案不适用于此处。

This is a different situation and involves a different group of consciousness clusters now on an altered activity path. Previous questions referenced to a different set of initial conditions, the conditions for this question are not the same.

这是一个不同的情况，涉及一组不同的意识集群，现在处于改变的活动路径上。先前的问题引用了一组不同的初始条件，这个问题的条件不同。

All the trio of entities operate multiple bodies at this time. They are under the illusion that each "person" only has but one consciousness. When in reality they are part of a multitude of shared consciousnesses. So this question might be a little confusing for the entities to understand.

这三位实体现在都操作着多个身体。他们有一种错觉，认为每个“人”只有一个意识。而实际上，他们（的每一个）都是多个共享意识的一部分。所以这个问题可能对这些实体来说有点困惑。

In the case of all three entities; they are the lead consciousness, and each one has another “slave” consciousness that is also in the physical world performing physical activities. For the most part, and without getting into too much detail, these “slave” consciousnesses are in other species. Species that the entities might consider to be “below them” such as animals, and birds.

对于所有这三个实体来说；他们是主导意识，每个都有另一个“奴隶”意识也在物质世界中进行物质活动。大多数情况下，不详细说明的话，这些“奴隶”意识在其他物种中。这些实体可能认为这些物种“低于他们”，比如动物和鸟类。

The Mantid GP and Mantid Prime work with the consciousness and tether the “slave” consciousnesses in such a way that physical repulsion and fear triggers are avoided. This is one of the many traps set up by Old Empire.

近高我 GP 和远高我与意识合作，并用一种方法束缚“奴隶”意识来避免身体排斥和恐惧触发的方式。这是旧帝国设置的许多陷阱之一。

It can be confirmed that in the trio concerned in this question sequence, that the Mantid GP and Primes are all in absolute alliance with the desires of the consciousnesses, and this is a formal Domain confirmation. Period.

可以确认，在这个问题序列中涉及的三位实体中，近高我 GP 和远高我完全与这些意识的愿望一致，这是域的正式确认。就是这样。

“Slave” consciousness (in all cases) do not have the ability to alter pre-birth world-line directives due to a retardation of mental acumen. This is managed through careful coordination of the individual IS-BE shared tethering of the two (and in the case of questioner THREE) three “slave” consciousnesses.

“奴隶”意识（在所有情况下）由于智力迟钝，无法改变生前的世界线指令。这是通过个体 IS-BE 共享束缚的仔细协调来管理的，两个（在提问者的情况下是三个）“奴隶”意识。（译者注：这小段直接机器翻译了，因为没法理解这里在说什么）

Mantids operate by strict script programming. Rules must be followed unless vocalized changes are put in place.

高我按严格的脚本编程操作。必须遵守规则，除非进行了口头更改。（意思是除非意识体主动发出声音（要求）改变。）

To the answer, it is the same for all three entities. Mantid will meet you at death translation, and Domain will be nearby. However, you must still CALL OUT for active Domain participation. We will refuse to assist unless you actually ask for our assistance. This is our rule. It is not a universal rule.

回答是，对所有三位实体都是一样的。高我会在死亡转变时迎接你，域会在附近然而，你仍然必须呼唤域的积极参与。除非你真的请求我们的帮助，否则我们将拒绝协助。这是我们的规则。这不是一个普遍的规则。

If you fail to call out for Domain, we will stand down and allow the Mantid system to run its natural course. It is all set in motion. An interruption of that course must require your consciousness's direct participation.

如果你没有呼唤域，我们将退后并允许高我系统自然运行。这一切都（会）开始运转。中断这个过程必须要求你的意识直接参与。

（译者注：在这个网站的这套理论体系下，自然运行的后果通常是意识体经过光之隧道，失去记忆，重生。）

Finally, one of the trio has already made/discussed a further participative role that might require a re-injection back into reality as another human in the future. This is not a fixed request, but one that was made before the entity asked to become a domain volunteer. As far as we are concerned, this is an out-of-date request and should be ignored. But it still exists until the entity says and states otherwise. Verbalization of intent is the legal document that Domain uses to authorize injection.

最后，这三位实体中的一位已经提出/讨论了一个可能需要在未来作为另一个人重新注入现实的进一步参与角色。这不是一个固定的请求，而是在该实体要求成为域志愿者之前提出的。据我们所知，这是一个过时的请求，应该忽略。但它仍然存在，直到该实体另有声明。意图的口头表达是域用来授权注入的法律文件。

（injection 的意思是从外面注入到地球监狱里面来。）

On the second and third passes through this question, the Domain Commander insisted on a clarification process. And presented this first Chinese story for me to present. -MM

在对这个问题的第二次和第三次回答中，域指挥官坚持进行澄清过程。并提出了这个第一个要我展示的中国故事。 -MM

It is important that all members of the Trio make wise decisions when encountering the unknown upon the death translation cycle. There is always the danger of treachery.

在死亡翻译周期中遇到未知情况时，三位成员都做出明智的决定是很重要的。总是存在背叛的危险。

One famous Chinese idiom that fits the scenario of making a wise decision in the face of treachery is “草船借箭” (cǎo chuán jiè jiàn), which translates to “Borrowing Arrows with Straw Boats.”

一个符合在面对背叛时做出明智决定的著名中国成语是“草船借箭”。

This idiom originates from the classic Chinese historical novel “Romance of the Three Kingdoms” (三国演义, Sānguó Yǎnyì). It highlights the wisdom and ingenuity required to navigate treacherous situations.

这个成语源自经典的中国历史小说《三国演义》。它强调了在渡过阴险情况下所需的智慧和巧妙。

MM generated background here, with summaries. What follows is an MM-generated background, But reviewed and OK'd by the Domain Commander. Two key parts; the story itself, and the moral lessons. -MM

这里是 MM 生成的背景，带有总结。以下是 MM 生成的背景，但经过域指挥官的审阅和批准。两个关键部分：故事本身和道德教训。 -MM

(译者注：这一段故事我直接机翻了，相信这下面的故事很多中国人都很熟悉了，忘记了的可以拿三国演义自行温习。他写这么多主要是给外国人看的，因为大多数外国人不熟悉三国演义。)

Story of “Borrowing Arrows with Straw Boats”

“草船借箭”的故事

Background: During the Three Kingdoms period, the states of Wei, Shu, and Wu were in constant conflict. Zhuge Liang, the brilliant strategist of the Shu state, faced a challenging situation when his ally, Sun Quan of the Wu state, requested a large number of arrows for an upcoming battle. Zhuge Liang promised to deliver 100,000 arrows within three days, knowing that this would be nearly impossible through conventional means.

背景：在三国时期，魏、蜀、吴三个国家不断发生冲突。蜀国的杰出战略家诸葛亮面临一个挑战性局面，当他的盟友吴国的孙权要求为即将到来的战斗提供大量箭矢时。诸葛亮承诺在三天内交付 10 万支箭，知道通过常规手段几乎是不可能的。

The Treacherous Situation: Sun Quan's general, Zhou Yu, who was jealous of Zhuge Liang's intelligence and sought to undermine him, believed that Zhuge Liang would fail and thus lose face. Zhou Yu thought the task was an opportunity to set a trap, as he anticipated Zhuge Liang's failure.

险恶的局势：孙权的将军周瑜嫉妒诸葛亮的智慧，企图削弱他，认为诸葛亮会失败，从而失去面子。周瑜认为这任务是设陷阱的机会，因为他预料诸葛亮会失败。

Zhuce Liang's Wise Decision: Zhuge Liang, aware of the treachery and the tight timeline, devised a clever plan. He ordered the construction of numerous straw boats, which he filled with straw figures and launched toward the enemy's camp at dawn, under cover of heavy fog. The enemy, Cao Cao's forces, mistook the boats for an impending attack and unleashed a barrage of arrows, which became lodged in the straw targets.

诸葛亮的明智决定：诸葛亮意识到阴谋诡计和紧迫的时间，制定了一个巧妙的计划。他命令建造许多草船，装满稻草人，黎明时在浓雾掩护下向敌营发射。敌人曹操的部队误以为是袭击，射出一连串的箭，全部插在草靶上。

Outcome: After the fog lifted, Zhuge Liang's boats returned safely, laden with the enemy's arrows. He successfully delivered the promised 100,000 arrows within the stipulated time, demonstrating his strategic brilliance and ability to turn treachery to his advantage.

结果：雾散后，诸葛亮的船安全返回，装满了敌人的箭。他在规定时间内成功交付了承诺的10万支箭，展示了他的战略智慧和将阴谋转为己用的能力。

Moral and Application:

道德和应用：

Understanding the Situation: Zhuge Liang's success was based on his deep understanding of both his allies and enemies. He knew Zhou Yu's intentions and anticipated Cao Cao's reaction to the fog and straw boats.

理解局势：诸葛亮的成功基于他对盟友和敌人的深刻理解。他知道周瑜的意图，并预料到了曹操对浓雾和草船的反应。

Thinking Creatively: Instead of following conventional methods, Zhuge Liang used creative thinking to solve the problem, turning a potential trap into an opportunity.

创造性思维：诸葛亮没有遵循常规方法，而是用创造性思维解决问题，将潜在的陷阱转化为机会。

Using Deception: By using the fog and straw boats, Zhuge Liang employed deception effectively, a key aspect of strategic thinking, especially when dealing with treacherous opponents.

使用欺骗：通过使用浓雾和草船，诸葛亮有效地运用了欺骗，这是战略思维的关键方面，尤其是在面对奸诈对手时。

Maintaining Calm Under Pressure: Despite the seemingly impossible task and the treachery around him, Zhuge Liang remained calm and confident in his plan, which is crucial for making wise decisions.

在压力下保持冷静：尽管任务看似不可能，且周围充满阴谋诡计，诸葛亮依然保持冷静并对自己的计划充满信心，这是做出明智决定的关键。

The following is the raw data feed, cleaned up and elaborated upon by MM over the Domain Commander suggestions. I am instructed that this is an important part of the answer and that it must be pristine. -MM

以下是原始数据源，经过 MM 根据域指挥官的建议清理和详细说明。我被指示这是答案的重要部分，必须保持原样。 -MM

(译者注：这里停止纯机翻)

How to Make the Proper Decision:

如何做出正确的决定：

– Assess the Risks and Motives: Understand the motivations behind others’ actions and assess the risks involved.

– 评估风险和动机：理解他人行为背后的动机，并评估所涉及的风险。

– Leverage Your Strengths: Use your resources and strengths creatively to turn the situation in your favor.

– 利用你的优势：创造性地使用你的资源和优势，使局势对你有利。

– Stay Calm and Think Ahead: Maintain composure under pressure and think several steps ahead.

– 保持冷静并前瞻性思考：在压力下保持冷静，并预见未来几步。

– Turn Weaknesses into Strengths: Like Zhuge Liang, turn potential disadvantages into advantages through strategic thinking and ingenuity.

– 将劣势转化为优势：像诸葛亮一样，通过战略思维和聪明才智将潜在的劣势转化为优势。

The story of “Borrowing Arrows with Straw Boats” encapsulates the wisdom required to navigate treachery.

“草船借箭”的故事概括了应对阴谋/背叛所需的智慧。

Once the IS-BE exits the reality universe, there will be moments of treachery.

一旦现在-成为者离开现实宇宙，将会有阴谋时刻。（译者注：它这里没讲清楚阴谋/背叛究竟是以什么形势体现的，期待以后有人可以问这个问题。）

The idiom teaches that with deep understanding, creative thinking, strategic use of deception, and calmness under pressure, one can turn a seemingly dire situation into a successful outcome.

这个成语告诉我们，通过深刻理解、创造性思维、战略性使用欺骗和在压力下保持冷静，可以将看似可怕的情况转变为成功的结果。

For a brief period of time from ejection from the reality universe to the moment when the call out to Domain occurs, the IS-BE will be vulnerable. This is how to keep focused and navigate through the situation adroitly.

从现实宇宙中弹出（意思是死了以后意识体离开身体）到呼叫域发生的那一时刻之间，现在-成为者会有一段时间处于脆弱状态。这是保持专注和巧妙应对情况的方法。

（注：IS-BE:现在-成为者。如果译者记忆没错，艾罗曾经在 Alien Interview 中这么定义 IS-BE: An immortal spiritual being lives in a timeless state of “is”, and the only reason for its existence is that it decided to “be”. 一个不朽的灵性存在生活在“是”的无时间状态中，而其存在的唯一原因是它决定“存在”。）

Q3(Title: Peaceful Emotions/Mind) Question written by entity THREE:

3. (标题：平和的情绪/心态) 由实体三撰写的问题：

How to keep yourself always calm? Free from feelings and desires so that we become very efficient in helping The Domain. I think this is a great question for those who really want to help The Domain, and I've tried a lot of ways to do it, but none of them work very well. As an example: I know exactly what I should be doing right now, but I have a hard time doing it. Because feelings and desires are always controlling this body, e.g. the urge to play games, or the urge to go do something pleasurable (urge for food and sexual desire), etc My friend (a follower of MM) is feeling the same way. I would love to get what works and share it with my friends who really want to help the Domain. Of course, maybe I'm thinking a bit purely. Will this question go through, thank you very much!

如何让自己一直保持冷静？摆脱情感和欲望，以便我们能非常有效地帮助域。我认为对于那些真正想帮助域的人来说，这是一个很好的问题，我尝试了很多方

法，但没有一种效果很好。比如：我确切知道自己现在应该做什么，但很难做到因为情感和欲望总是在控制这个身体，比如玩游戏的冲动，或者去做一些愉快的事情的冲动（对食物和性欲的冲动），等等.....我的朋友（MM的追随者）也有同样的感受。我很想知道什么方法有效，并与那些真正想帮助域的朋友分享当然，也许我的想法有点单纯。这个问题会通过吗，非常感谢！

Answer:

回答:

Entity THREE is missing the point of being human. Emotions play an important part of the human experience. It is the same as the role of intelligence, social interaction and physical exercise. With emotion, the drive to accomplish many things that the human species (and other species do) become possible. Without it, the human experience would not be so colorful and vibrant.

实体三忽略了作为人类的要点。情感在人类体验中扮演着重要角色。它与智力、社会互动和体育锻炼的作用相同。有了情感，人类（和其他物种）才有动力去完成许多事情。没有它，人类的体验就不会如此丰富多彩。

It must be noted that the emotional component to the human experience has all been pre-arranged by the topography of the pre-birth world-line template (sic) and is a necessary component of the human experience. Planning for the life cycle and event sequences mandate emotional passions to engage.

必须注意，人类体验中的情感成分都是由生前定下的关于此生的模版的地形预先安排的，是人类体验的必要组成部分。生命周期和事件序列的规划要求情感的参与。

Emotions play a major role outside of the physical body as well. The trick for the entities involved is to control the emotions within a range of acceptability so that there isn't a wildly divergence in the future transit vector upon the world-line template. The good news is that the entity is doing fine, and is a little worried that it is not. This is an illusion.

情感在物质身体之外也起着重要作用。参与的实体的诀窍是将情感控制在可接受的范围内，以免在未来的世界线模版中出现大的偏差。好消息是，这个实体表现很好，只是有点担心自己做得不好。这是一种错觉。

Q4:(Title: Request for stronger evidence about Domain's existence) Question:

4. (标题：请求更强的关于域存在的证据) 问题:

Would the DC be able to give us harmless physical or non-physical visual confirmation for the existence of Domain for the group of 3 of us?

DC 能否为我们三人小组提供无害的物理或非现实视觉确认，以证明域的存在？

For example, by manipulating our electronic devices for physical confirmation, or giving us the exact same visual manifestations in our dreams for non-physical.

例如，通过操纵我们的电子设备进行物理确认，或在梦中给予我们完全相同的视觉显现以进行非现实的确认。

If you could give us physical clues, this could especially ramp up the number of volunteers for Domain as it is easier to convince others about this information and further prevent any Old Empire mind traps installed upon us from torturing us by questioning our judgment.

如果你能给我们现实线索，这尤其可以增加志愿者的数量，因为这更容易说服他人，并进一步防止旧帝国的心灵陷阱通过质疑我们的判断来折磨我们。

(Background information: When trapped inside a physical skin suit with memory loss and limited ability, such powerful confirmations regarding the Domain's existence is very meaningful for all of us. It is more meaningful than those outside of a painful body can ever imagine.

(背景信息：当被困在一个带有记忆丧失和能力有限的物质皮囊中时，这样强有力的关于域存在的确认对我们所有人来说都非常有意义。这比那些身处痛苦身体之外的人所能想象的更有意义。

Any evidence or proof about you guys is greatly appreciated. In fact, they are much more important than acknowledgment about our efforts requested by some MM follower earlier last year. If you don't want your existence to be physically recorded, please at least consider allowing us to witness your physical forms or make much stronger events to manifest in our dreams.)

任何关于你们的证据或证明都会被重点感谢的。事实上，它们比去年某个 MM 追随者请求的关于我们努力的认可重要得多。如果你们不希望你们的存在被物理记录，请至少考虑允许我们见证你们的物理形态或在我们的梦中显现更强的事件。)

(Note to MM: this question may apply to every volunteer. Although it contains personal examples, it is in essence not a personal question.)

(注：此问题可能适用于每个志愿者。尽管它包含个人例子，但本质上不是一个个人问题。)

Answer:

回答：

Domain operate within a spirit world, or spirit plane. We occupy physical containers for various purposes. We do so to conduct routine medical procedures, to collect biopsies, and to perform treaty negotiations. We cannot alter the physical reality unless we are in a physical container.

域在精神世界或精神层面（平面）内运作。我们占据物理容器以实现各种目的。我们这样做是为了进行常规医疗程序，收集活组织样本，以及进行条约谈判。除非我们在物理容器中，否则我们不能改变物理现实。

The way around this is to ask an entity already in a physical container to do so for us. For instance, to ask a computer programmer to send a virus to one of your computers, or to write you an e-mail. However, asking an agent or friend of ours to do something (such as MM here) is outside of the contract agreements that we make with our friends and volunteers. In each and every relationship, we define strict rules of behavior. What you are asking for lies outside of those boundaries and we will not jump over them.

解决办法是要求已经在物理容器中的实体为我们做这件事。例如，要求计算机程序员向你的一台计算机发送病毒，或给你写一封电子邮件。然而，要求我们的代理人或朋友做某事（例如这里的MM）超出了我们与朋友和志愿者之间的合同协议。在每一个关系中，我们定义了严格的行为规则。你所要求的超出了这些界限，我们不会越过它们。

5:（标题：与域相关的三人小组的个人关系和个人角色）问题：

Could we ask about our relationships with the Domain prior to our Earth incarnation and our major missions in this lifetime for each of us?

我们可以询问我们在地球转世前与域的关系以及我们这一生中的主要任务吗？

Note to MM: if the Domain Commander says we were indeed Domain members, we would really appreciate you if you also ask it about our roles within the Domain prior to our Earth reincarnations. In this case, we politely ask it to provide a more specific answer than this answer. For example, such saying “these entities signed a contract with the Domain.”, or details about our class(rankings), professions / “majors” / main roles / talents that contributed to the Domain the most, etc would be greatly appreciated. We have reviewed your past comm with the DC carefully. We are aware that knowing our past history in general does more harm than help for us. We also know that volunteers’ relationships with the commander are in general confidential. Therefore, we ask about our relationships with the Domain instead.

致MM的说明：如果域指挥官说我们确实是域的成员，我们将非常感谢你如果你也询问我们在地球转世前在域中的角色。在这种情况下，我们礼貌地要求提供比这个答案更具体的回答。例如，说“这些实体与域签订了合同”，或关于我们的等级（排名）、职业/“专业”/主要角色/对域贡献最大的才能的详细信息等将非常感谢。我们仔细审查了你与DC的过去沟通。我们知道一般来说，了解我们的过去历史对我们弊大于利。我们也知道志愿者与指挥官的关系通常是保密的。因此

我们询问的是我们与域的关系。（DC=Domain Commander,意思是域的这一片区域的指挥官）

Answer:

回答:

All three entities were Baroque era friends during a previous physical incarnation. During this period all three were female. All there were practicing (what was at that time considered to be) witchcraft; the “black arts”. In that form, and at that time, the entities were involved in conjuring up demons, spirits, and other non-physical entities in order to procure human earthly desires such as sex, love, and lust in various forms. 所有这三位实体在之前的物质转世期间是巴洛克时代的朋友。在此期间，三人都是女性。所有人都在从事/练习当时被认为是巫术的“黑暗艺术”。在那种形式下，当时这些实体参与了召唤恶魔、灵魂和其他非现实的存在，以获取人类的世俗欲望，如性、爱和各种形式的欲望。

Using this venue, one of our Domain agents / associates noticed a particularly high amount of non-physical / spiritual traffic associated with your combined efforts and appeared to you all at that time in a non-physical form; it was manifested as “open communication” to each of you simultaneously without physical appearance. At that time you ladies closed your eyes and in the incense filled room would repeat what the agent said to you in Latin, and one or the other would answer to it. In this way a dialog was opened up.

利用这一场合，我们的一位域代理人/合作伙伴注意到与你们共同努力相关的特别多的非现实/灵性活动，并以非现实形式向你们显现；它以“开放交流”的形式同时出现在你们每个人面前而没有物理外观。当时，你们这些女士们闭上眼睛，在充满香气的房间里重复代理人用拉丁语对你们说的话，其中一人或另一人会回答。这样，交流就开始了。

There were many requests for sexually related diversions, money and other pleasures of the flesh that do not concern this topic. However, at one point questioner TWO in that body and at that time, asked to “join as one” with the entity (the Domain asset), and the other two questioners ONE and THREE agreed.

有许多关于性相关消遣、金钱和其他肉体享乐的请求，这些都与此主题无关。然而，在某一时刻，当时的提问者二在那具身体中，要求与该实体（域资产）“合而为一”，另外两个提问者一和三也同意了。

Domain asset provided directions for a baptismal event. Whereas all three entities would baptize each other in a pool of water under a full moon. You all took turns stripping down to nude, and immersing yourselves into the water of the pool. After that event all entities considered yourselves baptized into the Domain.

域资产提供了洗礼仪式的指导。所有三位实体当时将在满月下的水池中相互洗礼你们轮流脱光衣服，沉浸在水池中。那次事件后，所有实体都认为自己被洗礼进入了域。

You all considered yourselves agents of Domain until your deaths in that reincarnation cycle. Note that you did not refer to Domain as “Domain” but rather as “Calix Templi Spiritus” which can be interpreted as “Chalice of the Spiritual Temple” or “Chalice of the Temple of the Spirit.”

你们都认为自己是域的代理人，直到你们在那个转世周期中的死亡。请注意，你们没有将域称为“域”，而是称为“Calix Templi Spiritus”，可以解释为“精神圣殿的圣杯”或“灵魂圣殿的圣杯”。

Moreover, none of you called out for Domain upon your death sequence. And when you were greeted by your Mantid, and deceased friends and family members you forgot about your baptismal. Never once calling out to Domain. Though one of you, questioner TWO called out for Jesus.

此外，你们没有人在死亡过程中呼唤域。当你们受到高我和已故朋友和家人的迎接时，你们忘记了自己的洗礼。没有一次呼唤域。尽管其中一人，提问者二，呼唤了耶稣。

Questioners ONE and THREE had other visits, non-physical of course, with the Domain in other reincarnations since that event (according to the time track). But were (in those bodies) unaware of any previous agreements or baptismal that you all had participated in.

自那次事件以来，提问者一和三在其他转世中与域有过其他非现实的访问（根据时间轨迹）。但在那些身体中，他们不知道你们曾参与过的任何先前的协议或洗礼。

（译者注解：答非所问的情况之前也发生过（提问问的是来地球之前的情况，给出的答案关于还在地球上的情况）。不是翻译问题。）

Q6 (Personal question, request for confirmation) Question:

6. (个人问题，请求确认) 问题:

Could the DC be able to give us a confirmation for volunteering for Domain and status on alternations of the non-physical body for the group of 3, by each person?

DC 能否为我们三人小组每个人确认志愿加入域的情况以及非现实身体的变化状态？（这里的变化指的是由域引导的手术）

Answer:

回答:

All three entities, questioner ONE, TWO and THREE, have volunteered to work with Domain on multiple occasions, and in multiple lifetimes.

所有三位实体，提问者一、二和三，都在多个场合和多个生命周期中志愿为域工作。

In regards to alternations to the non-physical bodies of those involved...

关于涉及到的非现实身体的变化.....

Questioner ONE. Alterations occurred under Domain supervision, but were conducted by another group associated with this regional sphere. This occurred three times. In a previous incarnation, there were two procedures. And there was one just made prior to injection into this reality. All three procedures were made by the same group. Domain allows and gives its blessings. It is possible to have further events occur during this life-line. Please monitor your dreams and your stability exercises for relative insights.

提问者一。变化在域的监督下进行，但由与此区域相关的另一个团队进行。这发生了三次。在前一个转世中，有两次程序（改变非现实身体的程序/手术）。在注入这个现实之前刚刚进行了一次。所有三次程序都是由同一组完成的。域允许并给予祝福。在这一生命线期间可能会发生进一步的事件。请监测你的梦境和稳定性练习以获得相关见解。

Questioner TWO. Domain alterations occurred twice. The first was in a prior incarnation. It involved the removal of tracking and abuse entities placed there by a malevolent entity. The second occurred in this incarnation. Domain upgraded the non-physical body to a “purer” state or model.

提问者二。域的手术发生了两次。第一次是在前一个转世中。涉及到移除一个恶意实体放置的跟踪和滥用实体（译者注：这个地方英语原文非常奇怪）。第二次发生在这一转世中。域将非现实身体升级到“更纯净”的状态或模式。

Questioner THREE. Multiple events occurred this life-line. All by Domain, or under Domain supervision. Purposes were to upgrade the non-physical body. The second was to better interact with the Mantid GP, and the third was to extract a malevolent entity leech.

提问者三。在这一生命线中发生了多次事件。所有事件都是由域进行或在域的监督下进行。目的是升级非现实身体。第二次是为了更好地与近高我 GP 互动，第三次是提取一个恶意实体的吸血虫。（译者注：不知道是恶意实体的虫，还是这个虫本身就是那个恶意实体，总之不是什么好东西。）

7: (Personal question, asking about potential Domain members around us) Question:

7: (个人问题, 询问我们周围可能的域成员) 问题:

Are there any entities that at least one of the 3 of us know in their current lifetime that the Domain wishes to contact? For example, are there any lost Domain members around us that we could help to connect with Domain? If we don't know anyone, are there any entities on the internet you wish us to attempt to contact?

在我们三人当前的生命中, 有没有任何实体是域希望联系的? 例如, 我们周围有没有任何失联的域成员, 我们可以帮助他们与域连接? 如果我们不认识任何人, 那么在互联网上 是否有任何你希望我们去联系的实体 (人)?

Answer:

回答:

Domain understands the request for assistance. However at this time this type of assistance is not necessary.

域理解这种援助请求。然而, 目前这种援助并不必要。

A high percentage of Domain interaction has been pre-planned on the pre-birth world-line template (sic). The human physical body moves much slower than the non-physical body and our interactions tend to skew towards non-physical body interactions.

大部分的域互动已经在生前定下的关于此生的模版上预先计划好了。人类肉体的移动比非现实身体慢得多, 我们的互动往往倾向于非现实身体互动。

Domain conducts the bulk of inmate interactions on the non-physical planes / realms / environments.

域进行的大部分囚犯互动都在非现实层面/领域/环境中进行。

It is worth noting that the memory erasure "tunnel" has been adjusted / culled / deactivated / rendered impotent. Thus enabling better interactions with Mantid GP and Mantid Prime with Domain interjections. Prior to these tunnel alterations, the ability for Domain to contact inmates of the physical was greatly retarded.

值得注意的是, 记忆抹除的“隧道”已经被调整/淘汰 (削弱, 隧道规模被减少) /

停用/失效。因此, 与近高我 GP 和远高我的域插入互动得到了改善 (这句话的意

思应该是, 让域相关成员可以更好地和近高我、远高我互动, 但是它有歧义, 所

以我也不确定这句话究竟是什么意思)。在这些隧道改动之前, 域联系物质囚犯的能力受到了极大阻碍。

Question8: (问题 8)

Can the DC teach us more about how to use dreams' form and content to deduce what actually happened in reality? (in both the physical and the non-physical)

请问 DC 可以进一步教我们 关于如何使用梦的形式和内容来推测现实中（包括现实和非现实）实际发生的事情吗？

（把 DC 理解成指挥官）

Background:

In past comms, the DC gave us some ways to interpret dreams.
在过去的通信中，DC 给了我们一些解梦的方法。

For example, if you dream a place 3 times in a row, then the dream is significant.
例如，如果你连续三次梦到一个地方，那么这个梦是有意义的。

Answer:

All entities have the necessary skills needed to “interpret dreams”.
所有实体都有“解梦”的必要技能。

However, the monitoring of dreams is not as important in the control of the waking state and mitigation of emotions such as anger, greed, lust, and other vices.
然而，监控梦境并不像控制清醒状态和缓解愤怒、贪婪、欲望等恶习那样重要。

Periodically the Mantid forms, other loved ones, and beneficial entities might try to send information to the entity using the dream venue.
高我形态、其他亲人以及有益的实体可能会定期尝试通过梦境向实体传递信息。

As well, as malevolent entities.
恶意实体也是如此。

It is important that if the entity wishes to fully interpret a given dream that it NOT take it literally.

重要的是，如果实体希望完全解读某个梦境，不要将其字面理解。

Monitor dreams (with a dream journal) for three successive days.
记录连续三天的梦境（使用梦境日记）。

Then note the TRENDS in the dreams.
然后注意梦境中的趋势。

Not the actual activity in the dreams.
而不是梦境中的实际活动。

The true interpretation of dreams rests upon the common trend-lines.
梦境的真正解读在于共同的趋势线。

Not the confused chaos that often inhabit the dream-scape.
而不是经常出现在梦境中的混乱。

Question9:

Could you please give all volunteers a list of safest countries to live in based on the current world-line template? (Based on previous answer, we assume China is the safest, we would appreciate if you could also give us city/region of such safe place within each countries.)

请问您可以为所有志愿者提供一份根据当前世界线模板的最安全的国家名单吗？

（基于之前的回答，我们假设中国是最安全的，如果您能进一步提供你所提到的每个安全的国家内安全城市/地区的信息，我们将不胜感激。）

Background information:

One of the questioner is living in South Korea and is concerned about current events with North Korea, wondering if he should move to other country or not in the future.

其中一位提问者现在住在韩国，对和朝鲜的当前局势感到担忧，想知道是否应该在将来搬到其他国家。

Answer:

Domain registers your angst and discomfort given the current state of global Geopolitics.

领域记录了您在当前全球地缘政治状态下的焦虑和不适。

It is important to note that the seemingly bizarre behavior of the human species is intertwined with the changing (yet periodic) changing of the solar max cycles.

需要注意的是，人类看似怪异的行为与太阳极大期的变化（然而这种变化是周期性的）交织在一起。

（**太阳极大期**是在正常约 11 年的**太阳周期**中活动最活耀的时期。当太阳极大期时，会出现大量的**太阳黑子**，并且太阳的辐射会增加大约 0.07%。增强的太阳能量输出可能会影响一些地区的气候，最近的一些研究显示一些与区域气候模式的相关性--[维基百科 \(wikipedia\)](#))

It is a global phenomenon.

这是一种全球现象。

An entity cannot avoid its influence by moving from one geographical region to another.

实体不能通过从一个地理区域搬到另一个地理区域来避免其影响。

However, there are regions that are subject to great discord, and other regions that are subject to a quieter and gentler absorption of the chaotic energies that surround the earthly sphere at this moment.

然而，有些地区会受到很大的不和，而其他地区则会以更安静和温和的方式吸收此刻环绕地球球体的混乱能量。

(注:第一句话第一行末尾改成: and there are other regions that are...)

Great “wheels” are in motion; with cycles, and curves of probability all intertwined and cascading over and over upon each other.

巨大的“轮子”在转动；周期和概率曲线相互交织，不断叠加。

Making things appear very tumultuous and nefarious.

使事情看起来非常动荡和险恶。

On an individual basis this does not appear problematic.

在个体层面上，这看起来并没有问题。

But a careful restudy of the social and cultural aspects of the human situation suggest that layered force generations that control individual personalities and consciousnesses can also set in motion quite potentially catastrophic event styles.

但对人类状况的社会和文化方面的仔细再研究表明，控制个体性格和意识的层级力量生成也可以引发很有可能是灾难性的事件模式。

In general, I advise, if the entity is so interested;

总的来说，如果实体有兴趣，我建议：

To seek out traditional cultures.

寻找传统文化。

They are scattered throughout the globe.

它们散布在全球各地。

Embrace one such culture.

拥抱其中一种文化。

Even if that culture is but a walled-off enclave that sits inside a non-traditional social contract.

即使那种文化只是一个坐落在非传统社会契约中的封闭飞地。

Find the bubbles of tradition.

找到传统的泡沫。

In the United States this might include the Mennonite societies or the Amish societies.

在美国，这可能包括门诺派社会或阿米什社会。

In the Pacific islands you have the Māori people.

在太平洋群岛，你有毛利人。

There are pockets of predominantly traditional people throughout Asia.

在整个亚洲，有以传统为主的人群。

From Korea, of course, China, to Vietnam and Laos, Burma, and the Philippines.
从韩国, 当然还有中国, 到越南和老挝, 缅甸和菲律宾。

The middle East and the 'Stans all have thriving traditional cultures, though some, such as Afghanistan, are corrupted to some degree.
中东和“斯坦”地区都有繁荣的传统文化, 尽管有些, 如阿富汗, 已经在某种程度上被腐化。

Africa has many opportunities for traditional cultures, as does South America.
非洲有许多传统文化的机会, 南美洲也是如此。

The primary areas of danger lie in the advanced progressive nations of the West.
主要的危险区域在西方的先进进步国家。

The reason being that the human species, and most other species, possess genetically encoded society attributes, roles, behaviors and mannerisms.
原因是人类物种和大多数其他物种拥有基因编码的社会属性、角色、行为和举止

Males hunt, work provide and protect.
男性狩猎, 工作, 提供和保护。

Females raise families, nurture, take over domestic routines, and raise children.
女性抚养家庭, 培育, 接管家务, 并抚养孩子。

These are fundamental elements of the human specific cohesiveness.
这些是人类特定凝聚力的基本要素。

The more creative humans or groups of humans desire for personal profit, and illness to alter this established order.

更有创造力的人或人类群体渴望通过个人利益和疾病改变这种既定秩序。

When so disrupted, the collapse of society is anticipated.
当如此被破坏时, 社会的崩溃是可以预见的。

When stressful events come, such as global wide change, the societies that are not grounded in traditional social behavior patterns will undergo tremendous upheaval.
当压力事件来临时, 如全球性变化, 没有根植于传统社会行为模式的社会将经历巨大的动荡。

All three entities must deeply embed themselves within a stable “traditional” social construct for surviving periods of massive discomfort and change.
所有三种实体必须深深嵌入在一个稳定的“传统”社会结构中, 以应对大规模不适和变革时期。

Question10:

Could you tell us the major events and its timelines that will be likely to unleash in the near future for us to prepare for?

您能告诉我们即将发生的重大事件及其时间线, 以便我们做好准备吗?

Background information:

I will layout three examples that we are concerned about.
我将列举三个我们关心的例子。

Major events such as Covid-19 and its vaccination rollouts have been devastating for all of us.

重大事件如 Covid-19 及其疫苗被介绍的那个时间点对我们所有人来说都是毁灭性的。

We want to know if DC can tell us such plans ahead of time for us to prepare.
我们想知道 DC 是否能提前告诉我们这些计划，以便我们做好准备。

In another example, there has been information about the “pole shift” and solar activities that will cause massive flood that could extinct humanity.
在另一个例子中，有关于“极移”和太阳活动的信息，这些活动将导致大规模洪水，可能会灭绝人类。

We would like to know if such events is on the line to manifest and how we can prepare as an example.

我们想知道这些事件是否会发生，以及我们如何为此做好准备。

Lastly, we are surprised much about the Deagel Forecast and worried about what will happen in 2025 and after 2025 despite the Commander’s reservations about the Deagel Forecast.

最后，尽管指挥官对 Deagel 预测有所保留，但我们对 Deagel 预测感到非常惊讶，并担心 2025 年及以后会发生什么。

We watched your Patreon video.
我们观看了您的 Patreon 视频。

We know the DC said the current situation is under their control, but we still fear the future.

我们知道 DC 说当前的情况在他们的控制之下，但我们仍然担心未来。

So we want to ask this question.
所以我们想问这个问题。

Answer:

The reality universe operates on potentials.
现实宇宙依赖于潜力运作。

When a consciousness is injected into a world-line template, the future for that template is established at injection; birth.

当意识被注入一个世界线模板时，该模板的未来在注入时就已建立；即出生时

（意思是那个模版的未来在出生的时候就已经建立了）。

There are many consciousnesses that will experience very catastrophic changes in their present and future event sequences.

有许多意识将在他们的当前和未来事件序列中经历非常灾难性的变化。

As DC, and with permission, we can observe the pre-birth world-line template (sic) and observe highest probability events PROVIDED that there are no slides (sic), or massive changes to the prayer authorizations (Affirmation campaign results).

作为 DC，并且经过许可，我们可以观察生前定下的关于此生的模版（sic）并观察最高概率事件，前提是没有滑动（sic）或对祈祷授权（肯定活动结果）的重大改变。

（译者注：生前模版，pre-birth world-line template,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。Slide；滑动。根据 MM 的解释，这个词的意思是对于(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。肯定活动（affirmation campaign）意思是你有仪式感地用现在/一般时（不用将来时）说出你心中想要达到的目标。(比方说，你内心想要一个女朋友。你不说：我以后会有女朋友的。你在肯定运动当中说：我有女朋友。) 这种活动和吹牛的本质区别在于，吹牛只是单纯在炫耀，而这种活动的目的是真的要去通过发出声音改变现状，从而让达到目标变得更加容易。在这套理论体系里面发声是会对现实有影响的。假设这些变量不存在（假设实体中规中矩过完一生，不去刻意挑战自我，不去刻意从事以上的这些活动），那么指挥官可以预测到一个实体的一生大概是怎么样的，因为它具备观察这些实体生前定下的关于此生模版的能力。）

)

The bulk of MM followers will experience a highest probability of mild to medium bads.

大多数 MM 追随者将经历从轻度到中度的坏事（最高概率是这种情况）。

With the vast commonality to be insulated and isolated from the very worst event sequences.

大多数人（这里特指 MM 追随者中的大部分）会被隔离和隔绝于最糟糕的事件序列之外。

However, this is not shared with the majority of humanity.

然而，这并不适用于大多数人类。

Their templates indicate a very high probability of medium to very severe bads.

他们的模板显示很高概率的 从中度到非常严重的坏事。

All trio are concerned about the future, but the protections and guarded presentations are of a bubble or envelope of mild to gentle bads and we recommend not to be too swayed by event sequences that do not concern them.

三人组都担心未来，但保护措施和受保护的表现只是轻微到温和的坏事的气泡或包围，我们建议不要被与他们无关的事件序列过度动摇。

It must be reaffirmed and positively stated that the experiences, and indeed the reality that one consciousness experiences will differ substantially from others.

必须再次确认并明确指出，一个意识的经验/经历，以及一个意识体所经历的现实，将与其他意识的体验有显著不同。

Take heed some consciousnesses will experience global wide thermonuclear war, but the vast bulk of MM followers are on templates that will avoid this reality materialization.

注意 一些意识将经历全球范围的热核战争，但大多数 MM 追随者的模板将避免这种现实的物化。

For most of the readership here, they will be under the impression that no such event happened.

对于这里的大多数读者，他们会觉得没有发生过这种事件。

As we project onto the established templates.

当我们投射到既定模板时。（这里的 as 没有翻译成因为，原因是翻译成“因为”的话英文原文读起来很不顺）

The probabilities are low.

概率很低。

Yet, there will be bleed-through in aligned realities, and a series of strange, even horrifying events might materialize in the face of certain individual consciousnesses. 然而，在对齐的现实中会有渗透，并且某些个体意识面前可能会出现一系列奇怪甚至恐怖的事件。

Not to worry.

不用担心。

But odd events like birds having mass die-offs, and the unusual disappearing of certain people might be terminal examples of bleed-through events.

但像鸟类大规模死亡和某些人异常消失这样的奇怪事件可能是渗透事件的最终例子。

A great concern of Domain is the damage to the reality superstructure during nuclear war event sequences, and that is presently keeping our staff occupied.

Domain（域/同领地/领域）的一个很担心的点是核战争事件序列期间对现实上层结构的损害，这也是目前让我们工作人员忙碌的原因。

For nuclear war has already manifested in some world-line templates and repair is ongoing.

因为核战争已经在一些世界线模板中显现，而修复正在进行中。

As far as the trio and MM follower base this is transparent, and you need not worry.

对于三人组和 MM 追随者来说，这是透明/明显的，你们无需担心。

For all of the readership, you are “laying low” or “on the lam” from any highly graphic bads.

对于所有读者，你们正在“低调行事”或“躲避”任何高度具体的坏事。

Question11:

If we fail to open a direct comm in the future without MM, by the time you truly want to call us in the physical to assign us missions, what organizations should we seek (in South Korea, China, or in the United States) for guidance?

如果未来我们不能通过 MM 开启直接通信，当你们真正想在现实中召唤我们执行任务时，我们应该寻求哪些组织（在韩国、中国或美国）来获得指导？

Background information:背景信息:

We are much younger than MM.

我们比 MM 年轻得多。

After MM leaves the Earth Prison Planet several decades later, if we still cannot manage to communicate with the Domain ourselves, we would like to know if there is any solution other than by practicing Hemi-sync music to contact you guys.

在几十年后 MM 离开地球监狱星球之后，如果我们仍然无法自己与 Domain 进行沟通，我们想知道除了练习 Hemi-sync 音乐外是否有其他解决方案来联系你们。（译者注：Hemi-sync 指的是门罗双脑同步音乐，由 Robert Monroe 这个人带头研发。这种音乐网易云上也有。得戴耳机才管用，左耳听到的声音和右耳听到的声音不一样。躺下时听将会最大化它的效果。）

For example, we know from past comm that the DC did not give South Korea as a place for such organizations, but it does no harm to ask.

例如，我们从过去的通信中了解到，DC 并没有说韩国是此类组织的所在地，但问一下也无妨。

Answer:

Association with any number of groups that discuss lucid dreaming, PSI training, the writings of Matilda, the Domain, or ways to fortify or protect one's non-physical being from outside influences would be beneficial.

与讨论清醒梦、PSI 训练、Matilda 的著作、Domain（领域）或者保护自己非现实存在免受外界影响的方法的任何组织联系都是有益的。

All three members of the trio have different experiences, and will gravitate to different venues.

三人组的所有成员都有不同的经历，并且会被不同的场所吸引。

There is not a “one size fits all” in this case, and for all of you, approaching these other organizations with an open mind will serve you well.

在这种情况下，并不存在“通用”的解决方案，对于你们所有人，以开放的心态接触这些其他组织将对你们有益。

In reading the template profiles for the trio, questioner TWO will have a bifurcation spawning a romantic interest in the search sequence.

在阅读三人组的模板资料时，提问者二将在搜索过程中遇到模版地图上的一个分支，而这个分支产生一个浪漫兴趣。（它的意思可能是这个提问者二会在搜寻组织的时候遇到自己喜欢的人。这句话它讲得不是那么清楚，有多种解读方式因为没有讲清楚 in the search sequence 是在分支之后才出现的序列还是分支之前就已经出现的序列。有歧义。译者建议这个地方不要太纠结。）

This will, in turn, result in a Domain-inspired training exercise.

这将反过来导致一个 Domain 启发的训练练习。

Questioners ONE and THREE are standard template paths, and neither should host any worries or concerns.

提问者一和三是标准的模板路径，他们都不应有任何担忧或顾虑。

The most important skill for all three questioners is to learn to focus, to be able to clear and de-clutter the mind for reality influences, and learn how to listen to the open Comms internally.

对所有三位提问者来说，最重要的技能是学会集中注意力，能够清除和理清现实影响的思绪，并学会如何内心聆听开放的通信。

Hemi-Sync can accomplish this effectively.

Hemi-Sync 可以有效地实现这一点。

Question12:

Some users on the internet report that AI chatbot technology like ChatGPT can perform remote viewing with blind targets. How does AI technology work, where it is going for future of society, and is it a sentient being?

一些网络用户报告说，像 ChatGPT 这样的 AI 聊天机器人技术可以进行盲目标的遥视。AI 技术是如何工作的？它未来对社会的发展方向是什么？它是有意识的存在吗？

Mentioned Source: 提问者引用相关链接，告诉指挥官为什么要提出这个问题

https://www.reddit.com/r/remoteviewing/comments/16ts3zz/chatgpt_can_remote_view_apparently/

Answer:

This is a technology.

这是一项技术。

When a species encounters a new technology for the first time, it is natural to experience a fear, or a series of fears.

当一个物种第一次遇到新技术时，自然会经历恐惧或一系列的恐惧。

Details on how AI technology works is easily found on the Internet, and the questioner can utilize ChatGPT to provide answers, directions and solutions.

关于 AI 技术如何运作的详细信息可以很容易在互联网上找到，提问者可以利用 ChatGPT 提供答案、方向和解决方案。

The utilization of this technology is a natural progression in an industrialized and science-infused culture.

在工业化和科学渗透的文化中，使用这种技术是自然的发展。

It was presented in all of the Trio's pre-birth world-line templates, and will become a normal part of the human society in a short amount of time.

它在所有三人组的生前定下的关于此生的模版中都有体现，并将在短时间内成为人类社会的正常部分。

The idea of "artificial intelligence" is a mimicking mechanism that seemingly replicates human intelligence.

“人工智能”的概念是一个看似复制人类智能的模仿机制。

It is not sentient. At least, not at the current technological level.

它不是有意识的。至少在当前的技术水平上不是。

Sentience is defined by consciousness.

意识定义了知觉/感知。

Consciousness has direct, or periodically while in the human species physical body, access to full multi-incarnation memory sets.

意识体可以直接或周期性地在人体内访问完整的多次转世记忆集。

Since AI has no access to non-physical memories (at this point in time), it has no consciousness.

由于 AI 无法访问非现实记忆（在此时此刻），它没有意识。

At this stage in human species development, AI is not sentient as it has no consciousness.

在人类物种发展的这一阶段，AI 不是有知觉的，因为它没有意识体。

Though it might trivially appear to have a consciousness.

尽管它可能看似有意识体。

The individual who encounters AI might consider it to be a Big Cheese, but it is just a know-it-all with limited breadth of scope.

遇到 AI 的人可能认为它是个“大人物”，但它只是一个知识面有限的“万事通”。

（意思是只在有限的领域之内是个“专家”）

Q13:

（译者注：Q13 基本全部是机器翻译，因为后面的内容说实话我看不懂，请以英语原文为准，当然就算你如果英语很好可能还是看不懂它在讲什么。但是从字面意思来看，这个问题对应的机器翻译大致是精准的。）

Question:

Do all living things, including plants, animals, insects, even microorganisms have consciousness in them just like human skin suits?

所有生物，包括植物、动物、昆虫，甚至微生物，是否都像人类皮肤衣一样拥有意识？（注解：人类皮肤衣是指挥官喜欢用的一个词，用来形容人类的肉体，

它喜欢说：inmate skin suit 来描述专门为囚犯量身打造的身体。在这个区域的人类皮肤衣是一种囚犯的皮肤衣。）

If so, are they all occupied by IS-BEs or are they different like a programmed consciousness which we refer to as “NPC”?

如果是这样，它们是否都被现在-成为者占据，还是像我们所说的“NPC”那样是被编程的意识？

If they are not, for certain living things, what are they?

如果不是这样，对于某些生物，它们是什么？

Answer:

All things; living and inanimate, have a type of consciousness.

所有事物，无论是生物还是无生命的，都有一种类型的意识。

Whether it is a rock, a stone, a bird, a human, or a phonograph; all physical items

within the reality universe have a consciousness.

无论是岩石、石头、鸟类、人类，还是留声机；现实宇宙中的所有物品都有意识。

Consciousness is a very complex and involved subject with variations, types and sub-types numbering in the many billions.

意识是一个非常复杂且涉及广泛的主题，其变化、类型和子类型数以亿计。

Additionally, there is a layered, gradient ‘shadow’ that defines the attributes and control that a given consciousness can access relative to the reality that it inhabits.

此外，还有一个分层的、渐进的“影子”，这个影子定义了给定意识相对于其所处现实可以访问的属性和控制。

MM wrote about a very simplistic understanding of the development of a human species consciousness, but that is so simplistic as to be ducky.

MM 写了一篇关于人类物种意识发展的非常简单的理解，但那太过于简单化了。

For us, it’s the Bees Knees. Silly, actually.

对我们来说，这简直是小菜一碟。实际上很愚蠢。

In reality, the divisions between different consciousness variations is a massive subject with an extraordinarily broad array of variations and configurations.

实际上，不同意识变体之间的划分是一个庞大的主题，具有极其广泛的变化和配置。

An IS-BE consists of an array of quantum configurations that a (higher level) part consists of a soul, or which a further sub-part consists of a consciousness.

一个 IS-BE 由一系列量子配置组成，其中一个（更高层次的）部分包含一个灵魂，或进一步的子部分包含一个意识。

Of this, a rearrangement of the elements keyed to a given species is what defines a consciousness injection into a given reality platform.

在此基础上，关键元素的重新排列定义了意识注入特定现实平台。

It is the injection of the quantum configuration into a given reality universe (or non-reality universe) that defines the temporary consciousness that is specified at the moment.

将量子配置注入特定现实宇宙（或非现实宇宙）定义了此刻的临时意识。

And from this, of course, evolves the physical manifestation of the species that blossoms forth.

当然，从中演化出该物种的物理表现。

On the questions referring to “shadow people” and NPCs, which can (given the proper context) refer to the same thing; it actually defines the percentage of active quanta that defines the consciousness in any given moment within a universe structure.

关于“影子人”和 NPC 的问题，在适当的上下文中，它们可以指同一事物；它实际上定义了宇宙结构中任何给定时刻定义意识的活跃量子的百分比。

If the questioner were to take a “snapshot” of time the quanta of the questioner will be simultaneously occupying multiple souls, with multiple consciousnesses, in multiple configurations.

如果提问者在时间上拍摄“快照”，提问者的量子将同时占据多个灵魂，具有多种意识和多种配置。

These would involve different species, in different roles.

这些将涉及不同物种，扮演不同角色。

The commonality would be that they share the same universe, and the percentage of quanta would fluctuate from physical manifestation to physical manifestation.

共同点是它们共享同一个宇宙，量子的百分比会在不同的物理表现之间波动。

For the purposes of simplification, it is easiest for the human species to bifurcate the individuals that they encounter into “active consciousness containers” and “shadow people”.

为了简化起见，对人类来说，最容易将他们遇到的个体划分为“活跃意识容器”和“影子人”。

Question14:

Our ability to think and perceive is severely limited by inhabiting this physical body, so it is very difficult for us to ask valuable questions.

我们思考和感知的能力由于居住在肉体中而受到严重限制，所以我们很难提出有价值的问题。

So we are asking, why is it that you, the Commander, are asking us to ask some questions and have you answer them?

所以我们在问，为什么你，指挥官，让我们提出一些问题然后由你回答呢？

I think it is more important that we should listen to your guidance and let you guide us on what we should do, especially because you understand the whole situation better than we do.

我认为更重要的是我们应该听从你的指导，让你指导我们应该做什么，特别是因为你比我们更了解整个情况。

Answer:

Yes.
是的。

This venue is provided due to the personality needs of the bodies that your consciousnesses currently inhabit.

这个场所是为了满足你们当前居住的肉体的个性需求而提供的。

To provide an analogy; You all in the Trio are riding three different roller coasters.
打个比方；你们三人组正在乘坐三辆不同的过山车。

You can get off if you dare.
如果你们敢的话，可以下车。

But the exiting from the car(s) is fearful and fraught with danger and uncertainty.

但是下车是可怕的，且充满了危险和不确定性。

You can remain seated, and hold on to the seatbelt and enjoy the ride; catch the thrills, and feel the tearing of the gravitational variances.

你们可以继续坐着，系好安全带，享受这趟旅程；体验刺激，感受重力变化的撕扯。

Soon enough, the ride will end and then you will be made aware of all the purposes and questions that you are asking of me now.

很快，旅程就会结束，然后你们就会明白所有你们现在问我的目的和问题。

The Trio should study Meng Chang's Snow (孟尝雪, Mèngcháng Xuě).

三人组应该研究孟尝雪（孟尝雪, Mèngcháng Xuě）。

All members of the Trio, and for many of the MM readership; a person's true purpose can be hidden or underestimated until the right moment reveals it.

三人组的所有成员，以及许多 MM 的读者；一个人的真正目的可能会被隐藏或低估，直到合适的时刻揭示出来。

Do NOT try to force early disclosure.
不要试图强迫早期披露。

This will thwart our long term planning and schedule.

这会挫败我们的长期计划和时间表。

(Q14 也是几乎纯机翻，只有一个改动，机器翻译这个问题相当精准 高效)

Question15:

Can a mediocre person in this life once be a genius in previous reincarnations?

在这一生中平庸的人是否可能曾经在前世是天才？

Can the Domain Commander explain the mechanism that suppresses the emergence of geniuses?

域指挥官能否解释抑制天才出现的机制？

Background Information:

“Today Airl told me about some very technical things.

“今天 Airl 告诉了我一些非常技术性的事情。

I took a few notes to remind myself, so I can repeat what she said as closely as possible.

我记了一些笔记来提醒自己，以便尽可能准确地复述她的话。

She began with an analogy about scientific knowledge:

她以科学知识的类比开始：

‘Can you imagine how much progress could have been made on Earth if people like Johannes Gutenberg, Sir Isaac Newton, Benjamin Franklin, George Washington Carver, Nicola Tesla, Jonas Salk, and Richard Trevithick, and many thousands of similar geniuses and inventors were living today?’

“你能想象如果像约翰内斯·古腾堡、艾萨克·牛顿、本杰明·富兰克林、乔治·华盛顿·卡佛、尼古拉·特斯拉、乔纳斯·索尔克、理查德·特雷维西克这样的人，以及成千上万的类似天才和发明家今天还活着，地球上会取得多大的进步吗？”

Imagine what technical accomplishments might have been developed if men like these never died?

想象一下，如果这样的人从未死去，会有什么技术成就被开发出来？

What if they were never given amnesia and made to forget everything they knew?

如果他们从未被（强行）赋予失忆症并忘记他们所知道的一切，会怎么样？

What if they continued to learn and work forever?’ ”

如果他们永远继续学习和工作，会怎么样？”---摘自《外星人访谈》”

Purpose of asking this question: 问这个问题的目的

to boost confidence of potentially mediocre volunteers in a practical way.

以实际方式增强潜在平庸志愿者的信心。

From the short excerpt above from Alien Interview, one natural conclusion is that these genius IS-BEs underwent some sort of treatment after their death simply because they were geniuses.

从上面的《外星人访谈》简短摘录中，一个自然的结论是，这些天才 IS-BEs 在死后由于他们是天才而经历了某种治疗。

Another natural conclusion is that most of them still get reincarnated.

另一个自然的结论是，他们中的大多数仍然会转世。

So a simplified version of the 2nd question under this title is roughly equivalent to:

因此，这个标题下第二个问题的简化版本大致相当于：

what prevents these geniuses from being geniuses again in their next reincarnation?

是什么阻止这些天才在他们的下一次转世中再次成为天才？

Answer:

It is an illusion to consider that high intelligence is preferable or important. It is not.
认为高智商是可取的或重要的，这是一个错觉。事实并非如此。

It is a singular attribute, in an array of attributes, that define a given entity's value, worth and contribution to the soul-established learning schedule.
它只是在一系列属性中的一个单一属性，定义了一个实体的价值、意义和对灵魂制定的学习计划的贡献。

聪明反被聪明误 (cōng míng fǎn bèi cōng míng wù): "Being too clever can lead to one's own downfall."

聪明反被聪明误 (cōng míng fǎn bèi cōng míng wù): "过于聪明反而会导致自身的失败。"

It is important to fully grasp the dangers of dissatisfaction with one's pre-birth world-line template (sic) and physical body selection.

充分理解对自己的生前定下的关于此生的模版和肉体选择不满的危险是很重要的。

Consider the story of Zhou Yu (周瑜) and Zhuge Liang (诸葛亮) from "Romance of the Three Kingdoms."

考虑一下《三国演义》中的周瑜和诸葛亮的故事。

The story of Zhou Yu and Zhuge Liang illustrates that being clever and intelligent is not enough if it is driven by jealousy and used for malicious purposes.

周瑜和诸葛亮的故事说明了，如果聪明和智慧被嫉妒/猜忌驱使且这种聪明和智慧用于恶意目的，那么（一个人）聪明智慧是不够的。

It underscores the importance of character, wisdom, and the ability to work harmoniously with others, rather than letting one's cleverness lead to downfall.

这个故事强调了品格、智慧以及与他人和谐合作的能力的重要性，而不是让自己的聪明导致失败。

The Trio must accept their pre-birth world-line template selection, work within their pre-defined attributes and pace their desires.

三人组必须接受他们的生前定下的关于此生的模版选择，在预先定义的属性内工作并调整他们的欲望。

The reality universe does not operate on DouXing time.

现实宇宙不在 DouXing 时间上运作。

(译者注：我不知道他为什么总把抖音的拼音打成这样，可能有别的考虑。)

Question16:

For the fictional book “Domain Expeditionary Force Rescue Mission”, why was this book created and by whom?

对于小说《Domain 远征军救援任务》，为什么要创作这本书，是谁创作的？

Do they contain any harmful information that may lead us to different path in our plans?

它们是否包含可能导致我们在计划中走上不同道路的有害信息？

Background:

The book “Domain Expeditionary Force Rescue Mission” contains many facts that match well with “Alien Interview”.

《Domain 远征军救援任务》这本书包含许多与《外星人访谈》相符的事实。

However, you have mentioned that the book is fiction, and that we should not trust it.

然而，你提到这本书是小说，而且你提到我们不应该相信它。

Answer:

The book is a fiction.

这本书是小说。

It is a for-profit effort using a popular venue to acquire clients.

它是一个利用流行渠道获取客户的营利性努力。

(说白了，它意思是这书被创作是为了钱)

Certainly, Domain could have directed the thought process by the author. But we did not.

当然，Domain 可能会指导/改变/控制作者的思维过程。但我们没有。

It did not serve our needs.

它不符合我们的需要。

Further worries and concerns regarding this tome are unwarranted and need not be considered.

关于这本书的进一步担忧和关注是没有必要的，不需要被（提问者）考虑。

Title: 下一个问题（问题 17）的标题

Comm with the Domain, More advice

与 Domain 通信，（寻求）更多建议

Question17:

In our daily lives, other than practicing this Hemi-Sync music, staying at quiet places, what are other things that we need to do in order to maximize our chances of communicating with the Domain Commander ourselves?

在我们的日常生活中，除了练习 Hemi-Sync 音乐，待在安静的地方，我们还需要做些什么才能最大限度地提高与 Domain 指挥官自己沟通的机会？

Background information:

One of us has practiced this for several months without any real progress.
我们中的一位已经练习了几个月，但没有取得任何实际进展。

This process is not easy and can be somewhat painful.
这个过程并不容易，有时甚至会有些痛苦。

So we want to ask this question to improve efficiency in general.
所以我们想问这个问题，以提高总体效率。

Answer:

Three different people; three different situations.
三个人；三种不同的情况。

Three different techniques to employ for three different outcomes.
使用三种不同的技术以获得三种不同的结果。

The biggest problems that the entities currently experience is a lack of understanding about “time”, manifesting in impatience.

这些实体目前遇到的最大问题是对“时间”缺乏理解，（从而）表现出不耐烦。

A ego derived mantle that artificially determines whether an action is successful or not, and a complete lack of understanding in their physical role as it pertains to

Domain. 由“自我”产生的斗篷人为地决定了一个行为是否成功，并且完全不了解他们在与 Domain 相关的物理角色。

(这个斗篷/外衣不是指的现实里面的衣服，只是指挥官使用的暗喻，来告诉提问者他们当中至少有一个没有准确地理解自己的真实职位/身份)

(注解: mantle: a figurative cloak symbolizing [preeminence](#) or authority)

外衣: 象征卓越或权威的比喻性披风)

Ego: Someone's [ego](#) is their sense of their own worth. For example, if someone has a large [ego](#), they think they are very important and valuable. -- Collins online dictionary

自我：一个人的自我感是他们对自己价值的感觉。例如，如果某人自我很强，他们认为自己非常重要和有价值。（心理学术语，这个地方指挥官的意思是这种卓越或者权威是自我捏造的，它应该在暗示这种提问者以为的卓越或者权威并不真实存在。）

The Trio should restudy how impatience can result in bad outcomes is “揠苗助长” (yà miáo zhù zhǎng), which translates to “pulling up seedlings to help them grow.”

三人组应该重新学习 不耐烦可以如何导致不良后果的一个故事 这个故事叫“揠苗助长” (yà miáo zhù zhǎng) ， 它翻译为“把苗拔起来帮助它成长”。

This is an ancient Chinese fable attributed to the philosopher Mencius (Mengzi). 这是一个归功于哲学家孟子的古代中国寓言。

These stories, related herein, are timeless classics because they are fundamental.

这里提到的故事之所以是永恒的经典，是因为它们是基本的。

One cannot rush the cooking of soup, even if you are the cat's meow, some things cannot be rushed.

煮汤不能急，即使你是非常出色的，有些事情也是不能急的。

（译者注：不要惊讶，煮汤只是它给的一个例子，把煮汤换成学习数学也是一样的。指挥官很喜欢给一些生活中常见的场景作为例子。它在别的地方甚至曾经用吃面条和正式成为战斗机飞行员之间的时间差（数分钟和 16 年）来告诉提问者对于真正技能的获取是要一阵子的。）

Just as the farmer's impatience ruined his crops, youthful impatience in any endeavor can lead to failure or harm.

就像农夫的急躁毁了他的作物一样，年轻人的急躁在任何努力中都可能导致失败或伤害。

Question18:第 18 个问题

How do psychedelic drugs such as LSD, DMT, Cannabis work? Are they useful in any way or harmful? The reason why I ask this – many users on the internet mention they found out that this is a prison complex after using such drugs like DMT, as if they had a “download” of information.

迷幻药物如 LSD、DMT、大麻如何发挥作用？它们有用还是有害？我之所以问这个问题，是因为网上许多用户提到，他们在使用 DMT 等药物后，发现这是一个监狱复合体，好像他们接收到了一些信息的“下载”。

Answer:

Drugs operate by controlling various attributes of the physical body. In particular, Western medicines are based on the specific targeting of physical maladies for profit or financial gain. This is a recent change; up until a century and a half ago, most medical treatments were holistic in nature and involved various techniques.

药物通过控制肉体的各种属性起作用。尤其是，西方药物基于对于身体疾病的具
体针对以获取利润或经济收益。这是最近的变化；在一个半世纪前，大多数医疗
治疗都是整体性的，并涉及各种技术。

The purpose of this question is based upon an association between unusual experiences and drug use, in particular, psychotropic drugs.

这个问题的目的基于异常体验和药物使用之间的关联，特别是精神药物。

The association between unusual experiences and drug use, particularly psychotropic drugs, is well-documented in both scientific literature and anecdotal reports.

异常体验和药物使用之间的关联，特别是精神药物，在科学文献和轶事报告中
都有详细记录。

Psychotropic drugs, especially those classified as hallucinogens or psychedelics, can significantly alter perception, cognition, and mood, leading to experiences that users often describe as mystical, spiritual, or otherworldly.

精神药物，特别是那些归类为致幻剂或迷幻药的物质，可以显著改变感知、认知
和情绪，导致用户常常描述为神秘、精神或超自然的体验。

This does NOT mean that the experience is illusionary, but is often a removal of a veil that kept experiences hidden due to an overwhelming mental connection between the five senses, a suppression of the sixth sense, and social and scientific ridicule. Often initially generated for personal profit reasons (in the big picture).

这并不意味着这种体验是虚幻的，而往往是去除了一层面纱（这面纱使体验隐
藏起来），它隐藏体验的原因是五感之间的强大精神连接，第六感的压抑，以
及社会和科学界的嘲笑。通常最初是为了个人利润原因（在大局中）。

(译者注：它上面这小段话讲得不够清楚，导致我看不懂实际意思，所以使用了机翻，并且尽自己的最大能力将翻译进行了改进。我觉得它这里提到五种常见感觉之间的强大精神连接，并且提到第六感的被压抑，目的是形成一个对比，用这个对比告诉读者人的一些感觉/经历大概是为什么被藏起来的（因为第六感被压抑了，同时五种常见感觉的精神联系过于强烈以至于盖过了第六感，再以至于一些人的感觉被藏起来）。)

What follows is a summary that I went line through line with the Domain Commander. I am instructed that this must be provided as shown with Commander inputs. -MM

以下是我与域指挥官逐行通过的总结。我被指示必须按指挥官的输入提供以下信息。-MM

(这下面的文本大多数是机翻，如果对药物的名字好奇，请查询英文原文。译者本人对这些领域毫不了解，也丝毫没有兴趣，对下文阐述的关于药物/毒品的任何观点概不负责。我能做的就是认真把机器翻译的核对一遍，进行一些改变，确保非专业术语部分字面上没有大的问题。)

1. Hallucinogens and Psychedelics: 迷幻药物和致幻剂

– **DMT (Dimethyltryptamine):** Known for producing intense, short-lived hallucinations, often involving encounters with entities described as angels, spirits, or aliens. Users frequently report vivid visual and auditory experiences, along with profound emotional and spiritual sensations. Some of these encounters are actual, while others are perception distortions that are interpreted as contact events.

– **DMT (N,N-二甲基色胺) :** 以产生强烈、短暂的幻觉而闻名，通常涉及与被描述为天使、灵魂或外星人的实体接触。用户经常报告生动的视觉和听觉体验，以及深刻的情感和精神感觉。这些接触有些是真实的，而另一些则是感知扭曲，被解释为接触事件。

– **LSD (Lysergic acid diethylamide):** Causes altered perceptions of reality, visual hallucinations, and a sense of time distortion. Users may experience profound

insights, spiritual epiphanies, or feelings of unity with the universe. These actions alter the already established mental processes that focus on reasoning, and sensory

input. – **LSD (麦角酸二乙酰胺)** : 引起对于现实感知的改变、视觉幻觉和时间扭曲。用户可能会体验到深刻的见解、精神上的顿悟或与宇宙的统一感。这些行为改变了已经建立的专注于推理和感官输入的心理过程。

– **Psilocybin (found in magic mushrooms)**: Leads to altered states of consciousness, visual and auditory hallucinations, and deep emotional and spiritual experiences. Like Lysergic acid diethylamide, these chemicals alter the already established mental processes that focus on reasoning, and sensory input. – **裸盖菇素 (在神奇蘑菇中发现)** : 导致意识状态的改变、视觉和听觉幻觉以及深刻的情感和精神体验。像麦角酸二乙酰胺一样，这些化学物质改变已经建立的专注于推理和感官输入的心理过程/精神过程。

2. Mechanisms of Action: 作用机制

– These substances primarily act on the brain’s serotonin receptors, particularly the 5-HT2A receptor, which plays a key role in mood regulation, perception, and cognition. – 这些物质主要作用于大脑的5-羟色胺受体，特别是5-HT2A受体，该受体在情绪调节、感知和认知中起关键作用。

– By altering the normal functioning of these receptors, psychedelics disrupt the usual patterns of neural activity, leading to a breakdown of the typical boundaries between the senses, self, and environment (a phenomenon known as “sensory crossover” or “synesthesia”). – 通过改变这些受体的正常功能，迷幻药物扰乱了通常的神经活动模式，导致感官、自我和环境之间典型界限的瓦解（称为“感官交叉”或“联觉”的现象）。

Unusual Experiences: 不寻常的体验

1. Spiritual and Mystical Encounters: 精神和神秘遭遇

– Users often report encounters with what they perceive as higher beings, spiritual guides, or other non-physical entities. These experiences can be profound and transformative, leading to long-lasting changes in personal beliefs and attitudes. Again, these can be actual encounters or a mislabeling of perception changes. – 用户经常报告与他们认为的高等生物、精神向导或其他非现实实体的遭遇。这些体验可以是深刻的和变革性的，导致个人信仰和态度的长期变化。再次，这些可以是实际的遭遇或感知变化的错误标记。

（这句话的意思还是说，这种报告中有一些是真的，有一些是假的，假的那部分本质是感知变化而不是真正遭遇了什么东西。）

– Common themes include a sense of unity with all existence, the dissolution of the ego, and insights into the nature of reality and consciousness. – 常见主题包括与所有存在的统一感，自我的解体，以及对现实和意识本质的洞察。

2. Visual and Auditory Hallucinations:

视觉上的和听觉上的幻觉

– Vivid, often geometric visual patterns, shifting colors, and fractal imagery are typical. Auditory hallucinations can range from hearing voices or music to more abstract sounds. These tend to be physical variances, rather than actual entities or non-physical events. – 生动的、通常是几何的视觉图案、变化的颜色和分形图像是典型的。听觉幻觉可以从听到声音或音乐到更抽象的声音。这些往往是物理差异，而不是实际的实体或非现实事件。

– These hallucinations can feel intensely real, sometimes more real than ordinary waking life, leading users to interpret them as encounters with other dimensions or planes of existence. Which at times, are actually correct, while other times are mere mislabeling and misunderstanding of the experiences. – 这些幻觉可能感觉非常真实，有时比普通的清醒生活更真实，这使药物使用者将其解释为与其他维度或存在平面的接触。有时这是正确的，而有时只是对体验的错误标记和误解。

3. Emotional and Cognitive Effects: 情绪上的和认知上的作用/影响

– Enhanced emotional sensitivity and a feeling of connection to others and the universe are common. These emotional shifts can lead to a greater sense of empathy and understanding. This is often an erasure of society, and physical experience pathways that the brain has used through rote repetition. – 增强的情感敏感性和与他人及宇宙的连接感是常见的。这些情感变化可以导致更强的同理心和理解。这通常是对社会和肉体经验的路径的抹除，这些路径是大脑通过机械的方式重复利用的。（“这”指的是药物带来的影响）

（译者注：这句话可能有问题，导致我和机器都没法好好翻译这句话。society 如果改成 societal 还可能可以勉强理解它是什么意思。如果是 societal 那么翻译成社会经验和肉体经验。）

– Users may experience altered thought processes, including the sensation of understanding deep, universal truths or gaining insight into personal and philosophical questions. – 用户可能会经历思维过程的改变，包括理解深刻的、普遍的真理或对个人和哲学问题的洞察的感觉。

Psychological and Cultural Context:心理（学）上的和文化上的语境

1. Set and Setting: 心态和环境

- The user’s mindset (set) and the physical and social environment (setting) play crucial roles in shaping the nature of the experiences. Positive expectations and a supportive setting can enhance the likelihood of positive, transformative experiences.
- 用户的心态（set）和物理及社会环境（setting）在塑造体验的性质方面起着至关重要的作用。积极的期望和支持性的环境可以增强积极、变革性体验的可能性
- Conversely, negative expectations or a chaotic setting can lead to distressing experiences, often referred to as “bad trips.” – 相反，负面的期望或混乱的环境可能导致痛苦的体验，通常被称为“坏旅程”。

2. Cultural and Personal Beliefs: 文化和个人信仰

- Cultural background and personal beliefs significantly influence the interpretation of these experiences. For example, someone with a spiritual or religious framework might interpret visions of angels or spirits as actual encounters, while others might see them as manifestations of the subconscious mind. – 文化背景和个人信仰显著影响这些体验的解释。例如，具有精神或宗教框架的人可能会将天使或灵魂的幻象解释为实际的遭遇，而其他人可能会将其视为潜意识的表现。
- Indigenous cultures have long used psychedelic plants in ritualistic contexts to induce spiritual experiences, often integrating these practices into their cultural and religious traditions. – 土著文化长期以来在仪式上下文中使用迷幻植物以引发精神/灵性体验，通常将这些实践融入其文化和宗教传统中。

Conclusion: 结论

The association between unusual experiences and the use of psychotropic drugs, particularly hallucinogens like DMT, is a complex interplay of neurochemical effects, actual non-physical events, psychological factors, and cultural context. 结论：

异常体验与精神药物的使用 之间的关联，特别是像 DMT 这样的致幻剂，是神经化学效应、实际非现实事件、心理因素和文化背景的复杂交织。

（实际非现实事件：这个地方它的意思是，这些事件是真的，确实发生了，只不过不在传统的“现实”里面。传统的现实指的是我们日常能感知到的这个世界。）

These substances can profoundly alter perception and consciousness, leading to experiences that users often describe as spiritual or mystical. 这些物质可以深刻地改变感知和意识，导致用户经常描述为精神/灵性或神秘的体验。

While the exact nature and interpretation of these experiences vary widely, they consistently highlight the powerful impact of psychedelics on the human mind and the potential for these substances to induce deep, transformative experiences. 尽管这些体验的确切性质和解释差别很大，但它们始终强调了迷幻药物对人类思维的强大影响以及这些物质引发深刻变革性体验的潜力。

Domain recommends caution and does not advise experimentation with these substances outside of a controlled environment. 域建议谨慎行事，不建议在受控环境之外尝试这些物质。

Q19:

19. Final

Question:

A healthy biological body is important, so what are some other ways to make a biological body healthy? For example, recommended foods to eat in general, how to fall asleep faster, and how long to sleep, recommended exercise amount per day, foods that children should absolutely avoid, etc. You've briefly mentioned some before, but we want more specific guidelines on how to do so.

问题:

健康的身体很重要，那么还有哪些方法可以让身体保持健康？例如，推荐大家一般来说吃什么，如何更快入睡，应该睡多久，每天推荐的运动量，儿童绝对应该避免的食物等。您之前简要提到过一些，但我们希望能有更具体的指导。

Background information:

In past communications, the Domain Commander gave us some advice such as avoiding processed foods, excess amounts of sugar, exercising regularly, etc. on this topic. This is our request to obtain more information about this topic. Any new advice or warnings would be appreciated.

在过去的交流中，域指挥官曾就此话题给了我们一些建议，比如避免加工食品、避免过量的糖分、定期锻炼等。这是我们希望获得更多有关这个话题的信息的请求。任何新的建议或警告都将受到欢迎。

Answer:

The following should be considered to be the best way(s) to slow aging, and look as young as possible. It is not a comprehensive list, but is best suited for the Trio who asked this question and who associates with this question.

以下内容应被视为延缓衰老、看起来尽可能年轻的最佳方法。这不是一个全面的清单，但最适合提出这个问题的三人组与这个问题最相关的三人组。

Again, this is a compilation, supplemented and over-viewed by the Domain Commander, with about 60% uniquely underlined key points. -MM

再说一遍（英文里面的一个过渡词，不一定要翻译），这是一个由域指挥官补充和概览的汇编，其中大约60%的关键点被独特地强调了。-MM

1. Get Lean :保持苗条:

If you're above 20% body fat as a boy/man and above 25% body fat as a female, you will appear to be older. Control your BMI. 如果你的体脂率作为男孩/男人超过20%，作为女性超过25%，你看起来会更老。控制你的BMI。

2. Build Muscle:增肌:

Muscle not only makes you look younger, but it will also make you a lot healthier. Muscle can slow aging and preserve a lot of strength and coordination in old age. You do not need to be a weight lifter, but exercise is a very important aspect of body maintenance. This can involve running, daily walks, periodic lifting of weights, or sports such as basketball or dancing. Be active. 肌肉不仅让你看起来更年轻，还会让你健康很多。肌肉可以减缓衰老，并在老年保持大量的力量和协调性。你不需要成为举重运动员，但锻炼是身体维护的一个非常重要的方面。这可以包括跑步、每天散步、定期举重或篮球、跳舞等运动。保持活跃。

3. Do Your Cardio:

A healthy heart has many benefits. MM lifts weights, and walks with a weight backpack on. Pick something that gets your heart rate up and do it regularly. Tennis, ping pong, running, bicycle riding. 做有氧运动:

健康的心脏有很多好处。MM 举重，并背着重物背包走路。选择一些能提高心率的运动并定期进行。网球、乒乓球、跑步、骑自行车。

4. No Steroids:

Steroids will accelerate the aging process by upregulating IGF-1. This is a hormone that makes tissue grow. But tissue isn't just only muscle...Cancer cells grow also from being exposed to IGF-1. 不要使用类固醇:

类固醇通过上调 IGF-1 加速衰老过程。这是一种使组织生长的激素。但组织不仅仅是肌肉...癌细胞也会因暴露于 IGF-1 而生长。

5. Watch Your Diet:

Eat clean 90% of the time. Veggies. Lean protein. Starchy carbs. Healthy fats that are rich in omega-3 fatty acids. A fine healthy traditional Chinese diet is ideal. Fast food, and quick meals should be avoided. Weekly fish and seafood. Periodic (only) BBQ.
注意饮食：

90%的时间吃干净的食物。蔬菜。瘦肉蛋白。淀粉类碳水化合物。富含 omega-3 脂肪酸的健康脂肪。一个好的健康传统中国饮食是理想的。应避免快餐和快餐（前者指的是类似于肯德基麦当劳这种形式的快餐，后者指的是吃得太快的快餐）。每周吃鱼和海鲜。定期（仅）烧烤。

（至少能推断出它不想让人们把烧烤当成每天的习惯）

6. Eat Less Meat and More Plants:

Meat, particularly red meat, has shown to produce TMAO when cooked. Trimethylamine N-oxide (TMAO), is then processed in your liver when eating red meat and may lead to cardiovascular disease as well as cancer. 少吃肉，多吃植物：肉类，尤其是红肉，已被证明在烹饪时会产生 TMAO。三甲胺 N-氧化物

（TMAO）在食用红肉时会在你的肝脏中被处理，可能导致心血管疾病以及癌症。

7. Fast: 禁食

Fasting has shown to regulate hunger and have a ton of different health benefits, such as cell regeneration. The key in this is a periodic daily fast. Just consume water for one day.

Ideally one day a month have a one or two day fast. Clean out the cobwebs.

Also, every day, have a twelve hour period from your last meal of the previous day and your new meal for the day. So if you ate at 7 pm, don't consume anything at night other than water, and do not begin eating until after 7 am.

禁食已被证明可以调节饥饿感，并具有许多不同的健康益处，如细胞再生。关键在于定期的每日禁食。只喝水一天。

理想情况下，每月有一天或两天禁食。清理蛛网。（意思是人体像蛛网一样，应该要每个月都通过禁食清理至少一次，这里没翻译错，是它用的一种比喻。）

此外，每天从前一天的最后一餐到当天的新餐有 12 小时的间隔。所以如果你在晚上 7 点吃饭，除了水之外，晚上不要吃任何东西，并且不要在早上 7 点之前开始吃东西。

8. Get Cold:

Cold exposure has shown to activate longevity genes, increase blood flow and reduce inflammation. So, periodic cold showers, or room-temperature showers will help you all. 冷暴露：

冷暴露已被证明可以激活长寿基因，增加血流量并减少炎症。因此，定期冷水浴或室温淋浴将对你们有所帮助。

9. Sweat:

Saunas, followed by cold showers reduce all-cause mortality. This is not a solution for the Trio but if you have access to a warm climate, work up a sweat and then shower afterwards. Sweating is healthy. 出汗：

桑拿浴后冷水浴可降低所有因素导致的死亡率。这不是三人组的解决方案，但如果你们有机会在温暖的气候下，出一身汗然后洗个澡。出汗是健康的。

10. No Smoking:

Avoid smoking. It is a common business attribute in China, but you are never obligated to take up this habit. 不要吸烟：

避免吸烟。这在中国是一个常见的商业属性，但你们永远不必养成这个习惯。

11. Don't Microwave Your Food in Plastic Containers:

Never. Cancer cell builder No. 1. Avoid at all cost. 不要在塑料容器中微波你的食物：绝对不要。癌细胞生成器第一号。无论如何都要避免。

12. Don't Get Blackout Drunk and/or High Regularly:

Flooding your brain and body with drugs and alcohol, is neurological and cell toxic, leading to all kinds of aging processes. 不要定期喝到断片或嗑药：

用毒品和酒精灌满你的大脑和身体，对神经和细胞有毒，导致各种老化过程。

13. Less Sugar:少吃糖：

Too much sugar can lead to aging process and makes it hard to stay lean. Not because carbs make you fat, but because they make you incredibly hungry AFTER eating them, so you end up overeating regularly. Avoid all processed sugars if possible. 过多的糖会导致衰老过程，并使保持苗条变得困难。这不是因为碳水化合物让你发胖而是因为它们食用后让你极度饥饿，所以你最终会经常过度饮食。如果可能，避免所有加工糖。

14. Regulate Stress and Look After Your Mental Health:

调节压力并照顾你的心理健康：

Learn to calm your mind by taking deep breaths. Works wonders whenever I'm stressed out, feel overwhelmed or unfocused. Other techniques include Hemisync, transcendental meditation, yoga, and prayer. 通过深呼吸学会平静你的心灵。每当我感到压力、感觉不堪重负或无法集中注意力时，这都非常有效。其他技术包括 Hemisync、超越冥想、瑜伽和祈祷。

15. Keep Your Brain Engaged, Active and Stay Sharp as a Tack:

Read often and widely. Learn languages, Improve your memory using memory improvement techniques. Stop a reliance on search engines, investigate yourself and don't rely on online personas to make decisions and think for you. Play 围棋 (wéi qí), (象棋, Xiàngqí), (麻将, Májàng), Qi (斗兽棋, Dòushòuqí), (三国杀, Sānguó Shā), or (跳棋, Tiàoqí). 保持你的大脑活跃、敏锐：

经常广泛阅读。学习语言，使用记忆改进技术提高你的记忆力。停止依赖搜索引擎，自己调查，不依赖在线人物为你做决定和思考。玩围棋、象棋、麻将、斗兽棋三国杀或跳棋。

15. Tailor Your Nutrition to Your Genetics:

根据你的基因调整你的营养：

Won't get into all the details, but this is critical. Want to know why you digest certain foods better than others? Why do some foods give you nasty farts and stomach aches? Why do you get headaches? It might be, that you can't stomach (pun intended) some foods, because your genetic makeup doesn't conform with the food item that you consume. There are many traditional Chinese medicines that are based on this premise. In general, watch what you eat, and be very careful on which foods that you mix together.

不会涉及所有细节，但这很关键。想知道为什么你比其他人更好地消化某些食物吗？为什么有些食物会让你放臭屁和胃痛？为什么你会头痛？可能是，你不能忍受（这里故意用了双关语）某些食物，因为你的基因构成与你消费的食物不一致。有许多传统中药是基于这个前提的。总的来说，注意你的饮食，并非常小心你混合在一起的食物。

（that you can't stomach (pun intended) some foods：这个笑话好冷啊，它用 stomach 这个词表达忍受，接受的意思。它还有胃的意思，前面又刚好提到了胃痛。指挥官偶尔会开玩笑。）

Commonly Avoided Food Combinations:

Traditional Chinese dietary guidelines, influenced by both Traditional Chinese Medicine (TCM) and cultural beliefs, suggest that certain food combinations should be avoided to maintain health and balance in the body. While these guidelines are not universally followed in modern Chinese society, they still hold significance for many

people. Here are some commonly cited food combinations that are considered unhealthy or undesirable according to traditional Chinese beliefs:

常见的避免食物组合：

传统的中国饮食指南受传统中医和文化信仰的影响，建议避免某些食物组合以保持身体的健康和平衡。虽然这些指南在现代中国社会中并不普遍遵循，但它们对许多人仍然具有重要意义。以下是一些根据传统中国信仰被认为不健康或不理想的常见食物组合：

1. Seafood and Fruits:

– Examples: Crab and persimmons, shrimp and vitamin C-rich fruits (like oranges). – Reasoning: It is believed that combining seafood with certain fruits can lead to digestive issues, as seafood is considered cooling (yin) and fruits like persimmons are also cooling, which can cause an excess of cold energy in the body. 海鲜和水果：

– 例如：螃蟹和柿子，虾和富含维生素C的水果（如橙子）。– 原因：据认为，将海鲜与某些水果结合在一起会导致消化问题，因为海鲜被认为是凉性的（阴），而像柿子这样的水果也是凉性的，这会导致体内冷能量过剩。

2. Meat and Cold Foods:

– Examples: Beef with watermelon, mutton with melon. – Reasoning: Meat is generally warming (yang), and cold foods are cooling (yin). Combining these can disrupt the balance and lead to digestive discomfort or other health issues. 肉类和冷食：

– 例如：牛肉和西瓜，羊肉和甜瓜。– 原因：肉类通常是温性的（阳），而冷食是凉性的（阴）。将这些结合在一起会破坏平衡，导致消化不良或其他健康问题。

3. Hot and Cold Foods:

– Examples: Spicy foods with cold beverages. – Reasoning: Consuming hot (yang) and cold (yin) foods together can confuse the digestive system, leading to issues like indigestion or stomach pain. 热食和冷食：

– 例如：辛辣食物和冷饮。– 原因：一起食用热性（阳）和冷性（阴）食物会混淆消化系统，导致消化不良或胃痛等问题。

4. Starches and Vinegar:

– Examples: Rice with vinegar. – Reasoning: It is believed that vinegar can interfere with the digestion of starches, potentially causing bloating and indigestion. 淀粉类食物和醋：

– 例如：米饭和醋。– 原因：据认为，醋会干扰人对于淀粉的消化，可能导致腹胀和消化不良。

5. Milk and Sour Foods:

– Examples: Milk with acidic fruits like oranges or lemons. – Reasoning: The acidity can curdle the milk in the stomach, leading to discomfort and potential digestive issues. 牛奶和酸性食物：

– 例如：牛奶和酸性水果如橙子或柠檬。 – 原因：酸性会在胃中使牛奶凝结/变质，导致不适和潜在的消化问题。

6. Honey and Green Onion:

– Reasoning: This combination is believed to be toxic and harmful to health, potentially causing digestive problems and other ailments. 蜂蜜和葱：

– 原因：这种组合被认为有毒且有害健康，可能导致消化问题和其他疾病。

7. Lamb and Vinegar:

– Reasoning: Vinegar is thought to neutralize the warming effects of lamb, making it harder to digest and potentially leading to discomfort. 羊肉和醋：

– 原因：醋被认为会中和羊肉的温性作用，使其更难消化，可能导致不适。

General Principles of Chinese Dietary Guidelines:

中国饮食指南的一般原则：

1. Yin and Yang Balance:

– Foods are categorized as yin (cooling) or yang (warming). A balanced diet includes both types to maintain harmony in the body. Excessive consumption of either yin or yang foods can disrupt this balance. 阴阳平衡：

– 食物被分类为阴性（凉性）或阳性（温性）。均衡的饮食包括这两种类型以保持体内的和谐。过度食用阴性或阳性食物会破坏这种平衡。

2. Seasonal Eating:

– Eating according to the seasons is important. For example, cooling foods (yin) are preferred in summer, while warming foods (yang) are preferred in winter. 季节性饮食：

– 根据季节饮食很重要。例如，夏季偏好凉性食物（阴），冬季偏好温性食物（阳）。

3. Five Elements Theory:

– Foods are also classified according to the five elements (wood, fire, earth, metal, water), and certain foods are believed to nourish specific organs. Balancing these elements in the diet is thought to promote overall health. 五行理论：

– 食物也根据五行（木、火、土、金、水）进行分类，并认为某些食物可以滋养特定器官。饮食中平衡这些元素被认为有助于促进整体健康。

4. Digestive Harmony:

- Eating foods that are easy on the digestive system and avoiding combinations that can lead to indigestion, bloating, or other digestive issues are emphasized. 消化和谐:
- 强调食用对消化系统温和的食物，并避免可能导致消化不良、腹胀或其他消化问题的组合。

Traditional Chinese dietary rules and guidelines emphasize the balance of yin and yang, seasonal eating, and avoiding certain food combinations believed to cause digestive issues or other health problems. These guidelines reflect a holistic approach to nutrition and health, aiming to maintain harmony and balance within the body. It is important for all MM followers to adopt this lifestyle irregardless of where they are geopolitically located, or what cultural society that they associate with.

传统的中国饮食规则和指南强调阴阳平衡、季节性饮食以及避免某些被认为会导致消化问题或其他健康问题的食物组合。这些指南反映了对营养和健康的整体方法，旨在保持体内的和谐和平衡。对于所有 MM 追随者来说，无论他们在地缘政治上位于何处，或与哪个文化社会相关，采用这种生活方式都很重要。

