

One that quickly runs across my mind is the twins ritual. About the twins ritual, in my culture, which is the Buganda culture, twins are seen as a blessing from God and then they are perceived to have certain supernatural powers. Like twins are not treated as normal children. When you produce kids, they have to be initiated to the goals or something like that. They have to make a special ceremony for the twins.

一個迅速閃過我腦海的是雙胞胎儀式。關於雙胞胎儀式，在我的文化，即布干達文化中，雙胞胎被視為上帝的祝福，被認為具有某些超自然的力量。就像雙胞胎不被視為正常的孩子一樣。當生雙胞胎時，必須要被引導到之一個目標或類似的東西上。他們必須為這對雙胞胎舉行一個特別的儀式。

一个迅速闪过我脑海的是双胞胎仪式。关于双胞胎仪式，在我的文化，即布干达文化中，双胞胎被视为上帝的祝福，被认为具有某些超自然的力量。就像双胞胎不被视为正常的孩子一样。当生双胞胎时，必须要被引导到之一一个目标或类似的东西上。他们必须为这对双胞胎举行一个特别的仪式。

It is believed that, for example, if the parents do not do such ritual for their children's, they can never be successful. In other words, it keeps on hunting their success, whether they are sick or they have random problems or even if they can die or something like that. In other words, that's taken as a must, if you produce twins in Uganda, they have to do certain rituals to initiate those.

人們相信，例如，如果父母不為孩子做這樣的儀式，他們就永遠不會成功。換句話說，它會讓他們的成功，無論他們是生病還是遇到隨機，或者即使他們會死或類似的事情。換句話說，這是必須的，如果你在烏干達生雙胞胎，則他們必須做一些儀式。

人们相信，例如，如果父母不为孩子做这样的仪式，他们就永远不会成功。换句话说，它会让他们成功，无论他们是生病还是遇到随机，或者即使他们会死或类似的事情。换句话说，这是必须的，如果你在乌干达生双胞胎，则他们必须做一些仪式。

Actually they are treated as like semigods, like living on Earth, the twins. Even the parents, like for example, if we're in a family and then we have twins, parents have this perception that they should make sure that the twins do not get angry or they're not felt in any way. Because they believe that when the twin gets angry, he can punish you spiritually either, some weird punishment that you can ever think of.

實際上，雙胞胎被視為生活在地球上的神的化身。即使是父母，例如，如果我們家中有雙胞胎，父母會認為他們應該確保雙胞胎不生氣或不會感到生氣。因為他們相信，當雙胞胎生氣時，他是在精神上懲罰你。

实际上，双胞胎被视为生活在地球上的神的化身。即使是父母，例如，如果我们家中有双胞胎，父母会认为他们应该确保双胞胎不生气或不会感到生气。因为他们相信，当双胞胎生气时，他是在精神上惩罚你。

Even the parents even if they're buying clothes, they buy things the same, if it's the color exactly the same, so that they don't feel like I'm treated less of my other twin. In other words, to make them not feel sad because if they feel sad, definitely they believe they'll punish you in any way or something like that.

父母在給他們買衣服時也會買同樣的衣服，這樣他們就不會相互嫉妒，猜疑。換句話說，不能讓他們不難過，因為如果他們難過，他們就會以任何方式懲罰你。

父母在给他们买衣服时也会买同样的衣服，这样他们就不会相互嫉妒，猜疑。换句话说，不能让他们不难过，因为如果他们难过，他们就会以任何方式惩罚你。

So that's one widely known important ritual in my culture. When you produce a twin, for example, when you produce twins, you're given a special title. For example, the twins in my language are called omulongo. When you produce twins, they no longer stop calling you your usual name, they give you a title. Most people yearn for twins to get that title because in community when you call that title, it's a privilege or something like...

這是我文化中廣為人知的重要儀式。在您生雙胞胎後，您將獲得一個特殊的頭銜，在我的語言中，雙胞胎被稱為 **omulongo**。人們不會稱呼您的名字，而是給您一個頭銜。大多數人渴望雙胞胎獲得這個頭銜，因為在社區中，這個頭銜時是一種特權...

这是我文化中广为人知的重要仪式。在您生双胞胎后，您将获得一个特殊的头衔，在我的语言中，双胞胎被称为 **omulongo**。人们不会称呼您的名字，而是给您一个头衔。大多数人渴望双胞胎获得这个头衔，因为在社区中，这个头衔时是一种特权...

Because also like it's seen as social brevity, carrying two kids in the same womb at the same time. It's seen as something strange or something extraordinary. So several people depending on...Several of them yearn to be to produce twins. However, others because of the culture rituals and other delicate, sophisticated way of raising twins, some of them hope not to have twins.

在同一個子宮中同時懷有兩個孩子被視為是一件奇怪或非凡的事情。因此一些人渴望生雙胞胎，但也有些人因為雙胞胎難以養育而不希望要雙胞胎。

在同一个子宫中同时怀有两个孩子被视为是一件奇怪或非凡的事情。因此一些人渴望生双胞胎，但也有些人因为双胞胎难以养育而不希望要双胞胎。

You should be very very diligent to fulfill their rituals. If you don't do that, you'll be like you'll be you regret why you had kids why you had twins.

如果你生下雙胞胎，你就必須嚴謹地完成這個儀式，否則你可能會後悔生了雙胞胎。

如果你生下双胞胎，你就必须严谨地完成这个仪式，否则你可能会后悔生了双胞胎。