$$\mathcal{F}\left[E_{3}\left(x,y,z\right)\right] \approx \frac{\chi_{\text{eff}}\omega_{3}^{2}}{c^{2}} \cdot \sum_{l_{z}=-\infty}^{+\infty} C_{l_{z}} \cdot \left[\frac{\mathcal{F}\left[M_{\text{eff}}\left(x,y\right) \cdot E_{1}\left(r\right)E_{2}\left(r\right)\right] \cdot e^{ig_{l_{z}}z} - \mathcal{F}\left[M_{\text{eff}}\left(x,y\right) \cdot E_{10}E_{20}\right] \cdot e^{ik_{3z}z}}{\left(\overline{k_{1z}} + \overline{k_{2z}} + g_{l_{z}}\right)^{2} - k_{3z}^{2}}\right]$$

新公式, 无视 晶体长度, 一步到位

## 耗时 < 1 s

