Meditation Monthly International



Networkers' Letter

Dearest Friends,

Holiday Greetings from the WMEA staff and me as our 2009 year begins to wind down and plans for 2010 get underway. In creating this endof-year holiday letter, I want to give you our deep and humble gratitude for all the support you have given throughout the year, not only donating your time and energy to the group's ongoing projects and tasks but also for your financial contributions. The support you demonstrated this year enabled us to continue the ongoing labor. My gratitude is unending. I hope you can really "feel" these words, for, believe me, with the present economic crises that so many are experiencing, non-profits are no different. Most non-profits are dependent upon attracting dedicated and self-sacrificing volunteers to engage in the labor of the vision as well as for financial support. So, for me to tell you how grateful I am to each and every one of you is in no way an exaggeration.

In the Agni Yoga Teaching, the Master M. instructs: "We must work for unity, not by hymns and harps, but by labor and struggle. Few will strive to Our Brotherhood when they learn about the sweat of Our Labor." And, "Let those who strive to Us understand that the quality of labor grows through a feeling heart." The common understanding of labor is to engage in something burdensome and oftentimes thankless. But the higher meaning of the word "labor," is so beautiful because it means "to sing." It reminds me of the story of Snow White and the Seven Dwarfs, where Seven Dwarfs were observed singing as they engaged in their work.

Why is labor considered an action of singing? Because spiritually a great dedicated labor takes a team, a choir of talented artists engaged in projects and tasks dedicated to the Most High, to the Hierarch. Great labor cannot be carried on by oneself; it takes a team. The labor in which we are engaged today is labor for tomorrow and for the future. Such labor is not limited to the earthly plane, but the Supermundane as well. Such labor takes dedication, knowledge, skill, and endurance, as well as enthusiasm and sacrificial striving. The "choir" must be in tune with the Hierarchical Plan if it is going to graduate into higher levels of labor for the Hierarchy. Whatever we do on





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Cover art is Guga-Shohan by Nicholas Roerich

any level must really be in tune with the Plan of Hierarchy.

In January 2010, you will see the new edition of the WMEA website. Our present team is working diligently on the "new look"—a look which not only includes the latest technology for websites but is also beautiful and practical. One change that is presently ready for "upload" is our new version of the on-line bookstore: WMEAbookstore.com. Take some time to visit the bookstore. I think you will be impressed and perhaps will find some items that can be purchased for the holidays.

But there is more. So let me give you a little peek (not a big peek) into some new sections that you will be enjoying with the new edition of the website. A Next Generation section which will hold articles and themes from the Teaching as written by our younger generation, ages 20 through 35. The first article on "Karma" has been written by twenty-year-old Mariana Cresconi of Prescott, Arizona. Eduardo Ortiz, a college student living in San Juan, Puerto Rico, is presently preparing an article on spirituality and music. Other articles that will be published at the first of next year will include one by Zander May (as soon as his college semester ends). If you are between the ages of 20 and 35, please contact the WMEA office and let them know you are interested in writing an article that reflects the Ageless Wisdom Teachings, written in a way that will appeal to the Next Generation. On the new website there will also be calendars that will include the WMEA satellite groups in Florida, Puerto Rico, Ohio, and Colorado; so if you are moving to or traveling through the local areas of that state, you can drop in with a friendly "hello."

But there is more. There will be a

section dedicated to the writings of Helena Roerich, including materials that to date have not been published in this country. There is much to share in this realm: both unpublished and published materials that will inspire your striving as you increase your dedicated service to humanity and the Plan of Hierarchy. There will also be links to our White Mountain Education Association Facebook page and Agni Yoga Twitter page as well as to the Living Ethics Yahoo forum. In 2010, videos of my lectures will be available on YouTube and linked to our website—and vet, there is still more to come. The full announcement of our new projects and plans will be announced at the 27th Annual Living Ethics Conference in March of 2010. I guarantee that you will be surprised and excited

As I close this letter and wish for us all a healthy and prosperous New Year, let me again thank you for your support for this past year and ask you to continue to help with your donations. Thank you in advance for your end-of-year donations. I know the Great Ones will continue to love and bless each and everyone as we align our lives to the Plan of Hierarchy.

Love and Joy to all,

Jdeen) Ju Bain

Notes

- 1 Supermundane, Book One, sutra 7. © 1994 Agni Yoga Society, Inc.
- 2 Ibid., sutra 13.

Agni Yoga and Life

by Joleen Dianne DuBois

Life is about education and learning. Life on this planet is a school. Agni Yoga is a Teaching that educates the soul and gives us direction so we can graduate from this Earth school into graduate school—the Higher Worlds.

Throughout the Agni Yoga Teaching, you will find many instructions on how to graduate with honors. The keynote for graduation into the Supermundane life is Self-perfectment. Self-perfectment is Light. The opposite of Self-perfectment is "self-indulgence." Self-indulgence is darkness. Man either creates or destroys.

We have one of two life-direction choices. One choice leads to a dead end—to self-indulgence. M. M. says, "One can so build one's life that each day will, as it were, be the end."

The second choice—the choice of Self-perfectment—is, of course, the choice of preference, where "one can so illumine one's life that each hour will be a beginning."²

This instruction in Agni Yoga reminds me of the question: "Is the glass half full or half empty?" The first choice of self-indulgence is to build one's life where the glass is seen as half empty; the second choice is to live life in such a way that the glass is half full. We approach our life either destructively and negatively or creatively and constructively.

As we read the books of Agni Yoga, we discover that at the heart of this Teaching, there is an emphasis upon *fire* and upon *evolution*. Fire is about the creative life; evolution is about Infinity.

Fire is life. The Fire of Space is the source of all life in any form. The ancient writings instruct, "Fire is creative." Cre-

ative Fire permeates all Space. In some Teachings the creative Fire is called *Kriyashakti:* the life-giving, divine Fire in all forms of life.

When we draw from the life-giving Fire in the Universe, we direct our consciousness to the path of Self-perfectment. It is the flame in our heart that links us with the creative Fire in Space, with the Heart of the Universe. This same creative Fire is also located within our own nature: "As above, so below."

We each have a Divine Spark, a seed of life. The fiery seed of life is our spirit. It is indestructible because it is sacred. This is a very important point to remember. Your spirit is sacred and as such is indestructible. However, the radiation of the fiery seed changes depending on the growth, or expansion, of our consciousness. The energy around our fiery seed is consciousness.

This fiery seed is sometimes called the human soul. The human soul has a purpose, which is perfectment. It is through Self-perfectment that the fiery seed will evolve. The purpose of each incarnation is to evolve on the path of Self-perfectment.

We must each evolve, progress, and advance. As our consciousness expands, our fiery seed will evolve and strive toward Infinity. The human soul, plus the vehicle with which it is identified, becomes the command post from which the soul operates. It is this identification that creates the tests and traps for the evolving human soul. It is from this command post that we construct our glamors, desires, illusions, and vanities, building our life in such a way that each day will, as it were, be the end. After



They are Waiting by Nicholas Roeric

the soul constructs a glamor, a habit, a vanity, it believes that is who it is. It says, "I am that." It becomes the glamor, it becomes the illusion, it becomes the vanity or the habit or the prejudice, or this or that.

However, by making a conscious decision to travel the path of Self-perfectment and to illumine his or her life in such a way that *each hour will be a beginning*, the person creates an environment for his or her soul to evolve, to strive toward perfection, to strive toward graduation into the Supermundane life—the life of an Agni Yogi.

The Supermundane World is in the higher strata of the Universe; it is also within us if we know how to contact this level of fire. All strata of the Universe are permeated with fire. The Subtle World is a world of fire, but this world reflects the Earth and is a Fire by Friction. The Supermundane is the highest world of Creative Fire, Electric Fire.

If one wants to travel beyond this earthly plane of existence, beyond the school of pain and suffering, beyond the tests and trials, we are told that it requires breaking through and transforming the identifications the soul has constructed. It requires dis-identification from one's habits, from one's old outworn beliefs and ideologies, from one's fanaticism,

pride, and vanity. Until this "awakening" occurs, the soul will be trapped and each day will, as it were, be the end, for the soul loses its freedom by identifying with the not-self, with its maya, glamor, and illusions.

To graduate to the Supermundane World, you must go through Solar Fire, the Fire of the spiritual Hierarchy. This means you must create an environment where the fiery seed of the human soul can make contact with the spiritual Hierarchy of Earth.

What is the Hierarchy? In the biblical sense, the "Ladder of Jacob" symbolizes the Hierarchy. Each fiery seed, each human soul, is impregnated, imbued by a Ray of the Hierarch, which gives the soul a "knowingness" about its life direction. When the soul makes contact with the Ray, she will have a yearning to change her life, to find her Teacher. She will search for the Mountain. The Mountain in Agni Yoga is a symbol of the Teacher. When we reflect upon the Hierarchy, we think about the Brotherhood, about the Christ and His disciples. Agni Yoga calls the Hierarchy of Illumined Souls, the "Guiding Hand."

The task of the Teacher is to "instruct only within the boundaries of what is permitted. He uplifts the disciple, cleansing him of outworn habits. He warns him against all kinds of treason, superstition, and hypocrisy. He tests the disciple, openly and in secret. The Teacher unbars the gates to the next step with the words, 'Rejoice, brother.' He may also bar them with the words, 'Farewell, passer-by.'" "Friends, if you wish to approach Us, choose a Teacher on Earth and place your guidance in His care.... Each one should have a Teacher on Earth."

When you make a contact with the Christ or Master in your heart, you may remember having a dream where you attended an inner plane classroom, or you

may remember being in an Ashram. You may recall speaking to someone, teaching someone, listening to a lecture. Such an experience will give you deep joy.

Striving toward Self-perfectment, creating an illumined environment for your soul to evolve, making a contact with the Hierarchy and the Teacher will give you a fiery inspiration to dedicate yourself in service to all whom you meet. As Christ said, "Let the greatest among you be the servant to all."

When we study Agni Yoga, we study life, beauty, culture, and creativity. We study how to improve the life, how to heal, how to love, how to build right human relations. Some religious and spiritual Teachings prepare you for death, but they don't teach you how to "live." Agni Yoga believes in the continuity of life, in the continuing life of the spirit. It teaches us how to release the spirit that is enslaved in its past.

We are striving to the future, building a new consciousness, building new viewpoints, building new bodies in which to strive into the future to the Supermundane Worlds.

The Agni Yoga Teaching is the Teaching of Life applied to each necessity. It provides a solution to daily problems. It does not teach self-indulgence; it inspires us toward Self-perfectment.

When you meet an Agni Yogi, you will know it. This is a person of decision, of commitment, of responsibility, of integrity. You will not meet an Agni Yogi who says, "maybe yes" or "maybe no," "perhaps it is this, perhaps it is that," or "could be," or "for the time being this is what I believe." There is no indecisiveness found in an Agni Yogi. When an Agni Yogi says yes, he means it. When he says no, he really means it.

A person whose soul has become identified with a life of maya, glamor, and illusion is a person who is indecisive. He will change his mind, saying "yes" today and "no" tomorrow. Such a person has not yet gained control over his lower nature; the lower nature is controlling the soul.

To strive on the path of Self-perfectment, to create a path of illumination for your soul to follow, where *each hour will be a beginning*, you can begin with these six aspects:

1. The first aspect is self-exertion. This means that in all you do, you will strive to be real; you will strive to put the Self into all that you do. Each action you take will be an action of illumination. Most people labor through their glamors, illusions, self-interest, vanities, and so forth. They consciously or unconsciously hurt others with their manipulations, their bias, their "superiority" and impositions, and then at the end of the day, they will say, "I have done my job well." Each day will, as it were, be the end. But for the life of an Agni Yogi, each hour will be a new beginning, for she is striving to become a new beauty; her actions are infusing new creativity, new ideas, new ideals into her labor, creating new pathways for herself and her community.

2. The second aspect is the right use of time. So many people in today's society have the burden, the restriction, the concerns of time. They hurry here and there, from waking up and eating a quick bite to running out of the house to get to work "on time." They do not have time for creative endeavor or to give quality work to their employers or coworkers, but for a hurried labor that leads to sloppiness, failure, and extensive financial costs to the company and consumer.

As a person striving to "live" his or her life, we must make right and creative use of our time to inspire others with culture, with beauty, with a vitality that will uplift and inspire with creative energy. Nicholas Roerich said, "We are asking our friends each day to think, to pronounce and to apply the understandings of Beauty and Culture." He also said, "[W]e are not dreamers at all, but workers for life, and our apostolate above all is content in that we are striving to say to the people, 'Remember Beauty. Do not exile its image from life, but also actively call others to this feast

of joy!""6"In constant labor, we have no time for agitations. We construct. In positive affirmation and realization we aspire to make earthly life more sensitive and more beautiful."

Every day needs to be a day of improvement. We cannot transform ourselves if we are always in a hurry. Those who are in a hurry may be trying to "get there in time," but at the expense of improvement, culture, beauty, and Self-perfectment.

Each time you engage in a labor, you are striving to manifest an aspect of your Self—this is striving toward Self-perfectment. If you do anything less than that, you are building a life of slavery for your soul.

When you are preparing a lecture, your friend or family member wants you to hurry so you can go to the movies. What do you do? Do you throw something together, which you later call a "lecture on the Ageless Wisdom," but instead it is simply a presentation of words written and presented without thought? If so, you are misusing your time and energy, and deceiving those who are going to attend your lecture.

When a disciple gives a lecture, she will take a whole day or longer to consider her one-hour talk. She will meditate on the subject; she will think of those who will be attending the talk and think about their needs and different levels of consciousness. She will think about how she can deliver the

talk in a way that the Teaching will heal someone's heart or inspire a depressed person. She will consider how she can bring joy into the atmosphere of her talk. She is not in a hurry; she is not going to "hurry up and get it done." She will spend all the time she needs to perfect her talk. Each time she presents a lecture or writes a paper, she will strive toward



Tibet by Nicholas Roerich

Self-perfectment, in all humility.

3. The third aspect of striving toward Self-perfectment, in blazing a path of illumination for your soul to evolve, will be to overcome the downward pull of the personality nature, the downward pull of the past.

Here is a simple example. Let's say you are registered in a one-hour class that meets weekly at seven o'clock in the evening. At six o'clock you say to yourself, "You know, I'm really not feeling very good. I'm tired. I've had a long day. I'd like to go home and lay on the couch and watch some TV." If you give in to the manipulation of your lower mind, you will call a classmate or the Teacher and say, "I would really like to come to class tonight, but I just don't feel very well." The command station of your soul (i.e., glamor, illusion, vanity) tells you, "It is just too much for me to attend class tonight, or to attend the full

moon meditation service, or to attend the Sunday service," and you escape.

You see what is happening? Your habits, glamors, and illusions are tricking you, causing you to put up resistances, preventing you from Self-perfectment. It is really amazing all the excuses the personality nature devises to prevent the fiery seed from striving each hour

toward Self-perfectment. Your glamor says, "I already know all about the subject of the lecture." Or in the case of a group meditation, your glamor says, "I already know how to meditate. I don't have to meet with the group this month. Next time I'll attend." But, of course, this one time gives way to another and another. We have engaged in self-indulgence and the day has ended.

It is also interesting to see how one's emotional nature puts up resistances. It will tell you,

"You know, the person in that class really hurt you last week, so why should you go to a class and try to be better? He needs to be in that class, not you!" Maybe that person who hurt you last week was really trying to help you do things better, but because of the glamor of self-importance, of knowingness, you failed to hear with the ears of Self-perfectment, listening instead with the ears of self-indulgence. In so doing you have constructed another resistance that prevents the soul from advancing.

The mind too creates many kinds of resistances that keep a person from striving on the path of Self-perfectment: for example, vanity. Vanity is a very sneaky thing the mind uses to keep us from progressing. We think we are too good to do this or that. The Teacher tells us to perform a job. "Often the Teacher finds himself in a very difficult relation with his pupil. The pupil promises to follow

all the Commands of the Teacher, but no sooner is one received than immediately reasons are found to alter it." We will either find reasons to alter the request of the Teacher, thinking that we know more (are too evolved to perform such a tedious task), or we will reject the job or do it without joy, without enthusiasm, and without a willingness to do our best.

At other times, we may engage in a task, but find that the Teacher does not acknowledge us with praise. In reaction, we may fall into self-pity and then self-indulgence. One can build one's life in such a way that each day will, as it were, be the end.

An Agni Yogi is very careful when his Teacher praises him, for if he is being praised, he knows he did not do his best. If the Teacher says, "It wasn't bad, but you could have done a better job," then you know that your Teacher is encouraging your striving on the path of Self-perfection.

Some people won't do anything unless they know they will receive applause for their labor.

Here is a beautiful Teaching I once heard: We are told that the most beautiful flowers unfold and bloom in the deserts, canyons, and gorges. No human being ever sees them, no human hand touches them, but they bloom their perfection and become the joy of Nature. They become flowers in the symphony of life and the joy of the stars. This is Self-perfectment!

4. The fourth aspect is joy. All that you do you must strive to do in joy. When I walk into a department store or grocery store, it is sad to observe so many unhappy people working there. They don't realize that if they would do their work in joy, they would be promoted. In joy we increase our health. In joy we deepen our love. In joy we contact the Fire of Space and ignite the fiery seed of the creative life within us. In that awakening we cannot accept anything less than striving on the path of Self-perfectment. Even if we fail, we will find joy

in the failure.

Some people will say, "But I cannot live in joy, for there is no joy, no love in my life." Then you must do something about it! Don't say, "I am a victim of my choices." Change your thinking, change your choices, start a little bit at a time. Just a little bit. Each morning say, "I am going to put a little joy into my life today." Do any of you feed the birds that stop by your house for a visit in the morning? Try it. Feeding the birds will bring you joy. They will sing so many beautiful songs for you in appreciation. If you don't have a bird feeder, make one—for that action can bring you joy. Why? You are doing something selflessly for another little spark of life.

Later you can do other things, bigger things, more challenging things that will give you joy. Pretty soon, you will find your life changing, eventually finding the Master in your Heart. You will find a new meaning to the word "life."

5. The fifth aspect that will lead you to Self-perfectment is faith. Faith can never be taken from you when you make contact with your Soul. When you contact the light, the love, the beauty within yourself, you will always have the resource of faith to lead you into the next day, the next year, the next life of unfolding Self-perfectment. When you make contact with the fire of love, the fire of beauty, the fire of light within your nature, you will always have faith in your future, in the Infinity of life. You have tasted your future and will do all that you can do to manifest it; you understand your destiny and you are striving toward it, the destiny of Self-perfectment. You have faith in your divinity and the divinity of Hierarchy and the Supermundane Worlds. Your faith will put you on the path of vour Divine Self.

6. The sixth aspect is Beauty. As you strive toward perfection, as you strive to purify your life, you will find beauty in the flame of your heart. You cannot see beauty with your brain. Your brain may analyze the beauty in something, but only your heart can recognize true beauty. Beauty inspires you; beauty uplifts you; beauty heals. Beauty inspires you to strive toward the Supermundane life. When you see a most beautiful and amazing sunset, do you analyze it or do you feel the rays of beauty? When you listen the to music of the masters, do you analyze the music or do you feel the power of its beauty?

We are living today in a most judgmental and negatively critical world. We put ourselves in such states of glamor and illusion that even though we may never have studied and performed music or may never have painted a masterpiece work of art, we still designate ourselves as the artist's critic. We must see with the eyes of the heart, hear with the ears of the heart.

As a man thinketh in his heart, so is he.

There are many wondrous experiences in life awaiting us as souls. We must strive to find the path of Self-perfectment and then dedicate ourselves to that path. We must find a way to release our fiery seed from its prison and help it to advance, to evolve. Let us strive on the Path of Self-perfectment with each hour being a new beginning.

Notes

- Excerpted from Fiery World I (1933), 2nd ed., sutra 308.
 91943, 1969 Agni Yoga Society, Inc.
- Ibid.
- 3 Agni Yoga, 5th rev. ed., sutra 103. ©1952 Agni Yoga Society, Inc.
- 4 Ibid.
- 5 Nicholas Roerich, Realm of Light, p. 21. © 1931 Nicholas Roerich Museum
- 6 Nicholas Roerich, *Himavat Diary Leaves*, J. K. Sharma, ed., p. 24. First published in 1946 in Kitabistan, Allahabad.
- 7 Ibid., p. 25.
- 8 Agni Yoga, 5th rev. ed., sutra 278. © 1952 Agni Yoga Society, Inc.



WMEA Study Group meets at 9:30 a.m., on alternate Thursday mornings in Sarasota. Please call Ginette Parisi at (941) 925-0549 for complete information.

The Ohio (Marysville) WMEA group meets monthly for Sun Festivals and classes. Please call Kathy O'Conner at (937) **642-5910** for complete information.

The Puerto Rico (Cataño) WMEA Groups meet weekly to study the Teachings. Please call Jennifer Santiago at (787) 649-3817 for complete information.

The Puerto Rico (Morcelo) WMEA Groups meet weekly to study the Teachings. Please each month for New & Full call Pedro Serrano at (787) **789-8692** for complete information.

The Colorado (Longmont WMEA Study Group meets Moon meditation gatherings. Please call **Doreen Trees** at (303) 651-1908 for complete information.

December 2009

- Wed. 2 Sagittarius Solar Festival Meditation and Lecture, with Rev. Joleen DuBois, 7-8:30 p.m., WMEA Center
- Sun. 6 Sunday Service: Meditation, Singing, and Lecture "Eight Energies of Christ" with Lewis Agrell, 10:00 a.m., Creekside Center
- Wed. 9 Class: New Dimensions in Healing, 7–8 p.m., WMEA
- Sat. 12 WMEA Annual Holiday Party and fundraiser for local charities – contact the office for details
- Sun. 13 Sunday Service: Meditation, Singing, and Lecture "Teachings About Christmas" with Carol Woodard, 10:00 a.m., Creekside Center
- Wed. 16 Class: New Dimensions in Healing, 7–8 p.m., WMEA Center
- Sun. 20 Christmas Service & Holy Communion: Meditation, Singing, Lecture "The Birth" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 23 No Class Holiday Vacation
- Sun. 27 Capricorn Solar Festival Meditation and Lecture with Rev. Valarie Drost; guest soloist: guitarist Eduardo Ortiz 10:00 a.m., Creekside Center
- Wed. 30 No Class Holiday Vacation

January 2010

- Sun. 3 Sunday Service: Meditation, Singing, and Lecture "Agni Yoga & Heart" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 6 Class: **The Chalice**, 7–8 p.m., WMEA Center
- Sun. 10 Sunday Service: Meditation, Singing, and Lecture "Fear and the Subconscious Mind" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 13 Class: The Chalice, 7–8 p.m., WMEA Center
- Sun. 17 Sunday Service: Meditation, Singing, and Lecture "Fear and the Subconscious Mind II" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 20 Class: The Chalice, 7-8 p.m., WMEA Center
- Sun. 24 Sunday Service: Meditation, Singing, and Lecture "Agni Yoga and Purity" with Rev. Valarie Drost, 10:00 a.m., Creekside Center
- Wed. 27 Aquarius Solar Festival Meditation and Lecture, with Rev. Joleen DuBois, 7-8:30 p.m., WMEA Center
- Sun. 31 Sunday Service: Meditation, Singing, and Lecture "Agni Yoga and Beautiful Thoughts" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center

Ask about Sunday classes for kids and teens.

All Sunday lectures from Prescott are available on CD. CDs are \$7.00 plus \$5.00 for postage and handling (increase due to new postal rates). Please send your order to: WMEA, 543 Eastwood Drive, Prescott, AZ 86303.

WMEA Center: 543 Eastwood Dr., Prescott – Phone: (928) 778-0638 for information. Creekside Center: 337 N. Rush St., Prescott (Mail for WMEA will not be accepted at this address.)

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Meditation Monthly International are tax exempt.

White Mountain Education Association is now publishing

Meditation Monthly International on the Internet.

Look for it on the World Wide Web

http://www.wmea-world.org

If you are in the following areas, you are welcome to call for information about the local White Mountain Study Group:

In Sarasota, Florida (941) 925-0549

In Longmont, Colorado (303) 651-1908

(787) 649-3817

In Puerto Rico (Catano) In Puerto Rico (Morcelo) (787) 789-8692

In Marysville, Ohio (937) 642-5910

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