

# “RETRO-KARMA”



## Time's Toggle Switch Moves Back-and-Forth

As more evidence comes to light about the real potential of the future to affect the past (known as *retro-causality*), researchers in different fields are exploring the ways we can put this information to practical use. While simultaneously being informed that time-travel may be less of a fantasy than we have previously been taught, as well as the advances made by physicists in understanding that the ‘cause-precedes-effect’ rule does not apply in the subatomic world, we should also be mindful of the dynamics of Karma.

I have written before about the idea that the [Future Already Exists](#) and how we might gain [Foresight](#) into it, but recently I have been prompted to look deeper into ways

that we might usefully employ the reconnection of future/past timepoints to our practical advantage – without violating the Law of Karma. Then, over the past week or so, I came across several relevant pieces of news in quick succession.

[Read the full article on Paul's blog at his web site  
southernsunlightcom.wordpress.com.](http://southernsunlightcom.wordpress.com)

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## **“God in the Sun of Life and Truth”**



# God In the Sun of Life

*"No matter in which phase of life one may be, young, adult, old, rich, poor, educated, or ignorant, they must be awakened. Who must awaken them? God must. Why? Because God is the Sun of Life. When this Sun awakens man, it will open his eyes, so that he may see and understand the world correctly and work in it.*

*"If you warm yourself on heat produced by wood, or on heat produced by coal, the effect on you in the two cases will be different. If you are sensitive, when you burn coal you will pass through all the stages it has passed; when you burn wood, you will experience the stages the oaks have passed through and feel them like living beings. The black color of the coal will produce quite a different effect on you from that which burning wood will. Contemporary culture must rid itself of the use of coal. That is why the future scientists must harness solar energy. We must provide for ourselves heat from the Sun. When we reach the stage of utilizing solar heat and energy, we shall be the cultured people humanity is expecting. At the present stage we cannot be called cultured people." ~[Biensa Douno](#)*

## Must Awaken

Yes, we must all "Awaken", but few even understand what that means. I've covered spiritual awakening [on this blog](#) and on the [Cosolargy blog](#) in depth, so I'll just cover it briefly here. Simply becoming aware that matter is not all that exists and the world of materialists is a failed paradigm is not a spiritual awakening. It is the first step of awakening, but many other steps must follow it. Only when the dormant soul has been awakened from its coma-like sleep can we say that we are truly awakened. But all of us must awaken if we are to gain eternal life in the spirit. It isn't something just for monks and fanatics. All must awaken sooner or later, so it is

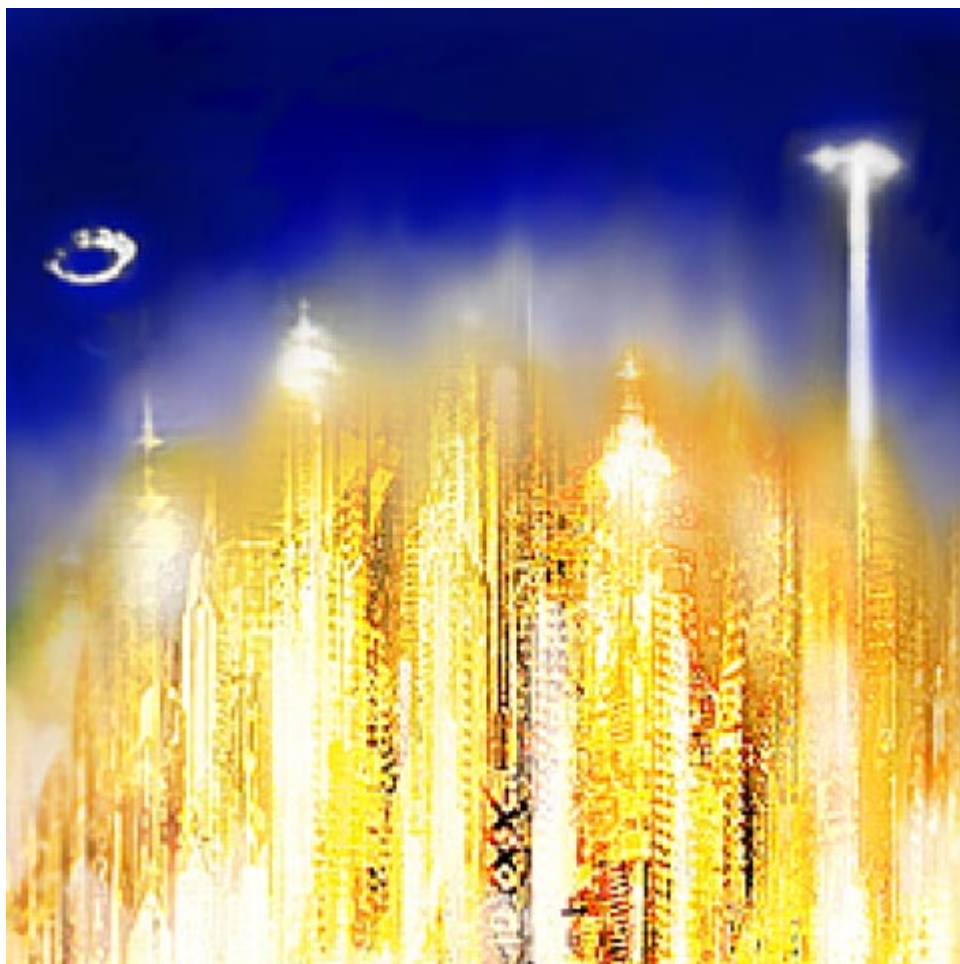
best to choose sooner.

[Read the entire article online at spiritsun.net.](https://spiritsun.net)

Original article posted by HAROLD BOULETTE on November 13, 2020

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# **“Golden City of Heaven Allegory”**



*“In this world of time and of chance, we have still, like the strayed animals or like the migrating birds, our homing instinct. We seek. That is a fact. We seek a city still out of sight. In the contrast with this goal, we live. But if this be so, then already we possess something of Being even in our finite seeking. For the readiness to seek is already something of an attainment, even if a poor one.”*

*“Further, in this seeking we are not wholly dependent on that homing instinct. For some, who have climbed to the hill tops, that city is not really out of sight. The mystics see it and report to us concerning it. Science and mysticism may do their best and their worst: but these pathfinders of the spirit never falter in their statements concerning the independent spiritual world which is the only goal of ‘pilgrim man.’ They say that messages come to them from that*

*spiritual world, that complete reality we call Absolute: that we are not, after all, hermetically sealed from it. To all who will receive it, news comes of a world of Absolute Life, Absolute Beauty, Absolute Truth, beyond the Bourne of time and place: news that most of us translate—and inevitable distort in the process—into the language of religion, of beauty, of love, or of pain.” ~[Evelyn Underhill](#) (inner quotes from “The World and the Individual” by [Josiah Royce](#))*

*“Then I saw “a new heaven and a new earth,” for the first heaven and the first earth had passed away, and there was no longer any sea. I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. 3 And I heard a loud voice from the throne saying, “Look! God’s dwelling place is now among the people, and he will dwell with them.” ~ Revelation 21 By St. John*

## **City of Heaven**

I have never read any writings of the mystics that talk about a city in Heaven, especially a city of Gold, which is usually how it is depicted (more on that later). I can say that I personally have never really thought of Heaven as having cities, or one city, in it. Cities are, after all, constructs of matter and the more materialistic a society is, the more likely it is to have great cities all over the landscape. So many in some places that it is hard to find more than tiny places of a natural environment. But I thought about it and decided that it makes sense in a symbolic way.

We have come to think of those living in primitive wildernesses, or even tiny villages made of mud huts, as primitive. On the other hand, those who live in cities are advanced, educating, learning, and growing. While I don’t think that analogy and generalization is true, it is widely accepted. For that reason, it can be used when allegorically

and metaphorically describing Heaven, which is the only way Heaven can be described to those who have not developed their spiritual side sufficiently to have visited the place. St. John in Revelation is not the only mystic to have used that metaphor. But why a Golden City of Heaven?

[Read the entire article online at spiritsun.net.](https://spiritsun.net)

Original article posted by HAROLD BOULETTE on November 14, 2020

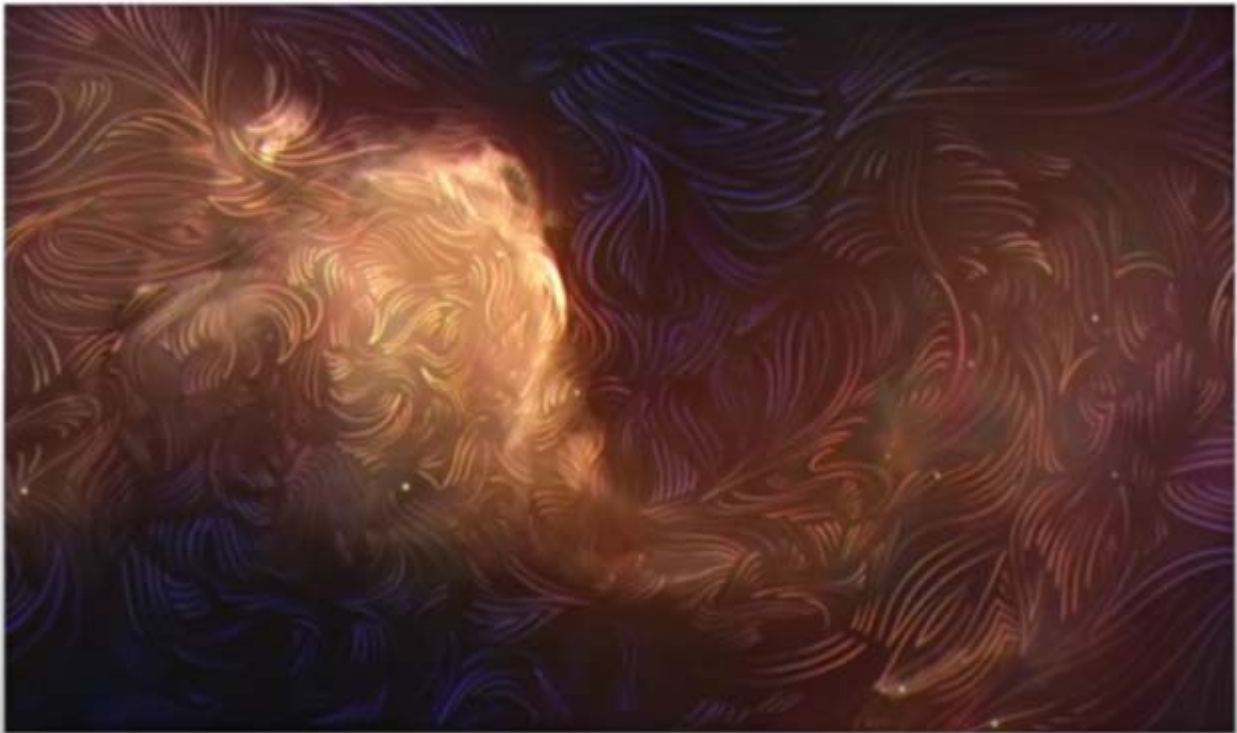
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## **“The Magnetic Universe”**

# The Hidden Magnetic Universe Begins to Come Into View

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*Astronomers are discovering that magnetic fields permeate much of the cosmos. If these fields date back to the Big Bang, they could solve a major cosmological mystery.*



Today in mainstream astronomical literature, we hear more and more about the “Magnetic Universe.” Thanks to great technological leaps, scientists have learned that vast magnetic fields pervade the cosmos, and increasingly, cosmologists view magnetism as important in the formation and evolution of structures at all cosmic scales.

However, gravity-centric cosmology did not predict such a critical role of magnetism. In this episode, the Thunderbolts Project explores why the so-called “Magnetic Universe” is in fact the clearest possible affirmation that the Universe actually is electric.

[Watch the entire episode posted online July 25, 2020 at youtube.com \(15:30\)](#)

link submitted by Robert Petrovich

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# **“Great Expectations”**

**For the Star Above the Christmas  
Tree**



**A total eclipse took place on 14 December – not visible from where I live – just a week before the Solstice and Great Conjunction due on 21 December. These fall in the same week as Christmas, so there are many people around the world looking forward to a period of brightness and joy, however brief, as respite during what has otherwise been a time of gloom and disappointment.**

For those observing the conjunction of Jupiter and Saturn in the night sky with their naked eye, it might appear as one bright star, reminiscent of the one that was said to have appeared as a guiding sign in the heavens at the birth of Christ. German astronomer, Johannes Kepler, wrote in 1614 that he believed the ‘star of Bethlehem’ in the Nativity story could have been a conjunction of Jupiter and Saturn.

A number of commentators who are respected in the 'new age' community believe that there will be a division of people, as the planetary Schumann resonance rises. That used to be pegged at 7.83 but has been rising and expected by some to settle permanently at over 110hz, separating humanity into two different vibrational frequencies. This sounds a bit like the "rapture" expected by some Christians, where *two men will be in a field, one is left behind while the other is "taken"* as if to move into a different dimension.

My personal view has always been that everyone needs to work on their own spiritual wellbeing, rather than wait on an external source to deliver ascension to them. Today, just like every other day, at least 150,000 people have died around the globe. For them, that is their personal "end time." Whatever your beliefs are, you need to put them into practice in the morning, because there is no guarantee you'll still be here in the evening.

[Read the full article on Paul's blog at his web site  
southernsunlightcom.wordpress.com.](http://southernsunlightcom.wordpress.com)

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# **"Secret Fire of the Alchemists and Mystics"**



*“IN H. P. Blavatsky’s ‘The Voice of the Silence,’ the secret fire of the Alchemists is described as ‘Kundalini,’ the ‘serpentine,’ or annular working power in the body of the ascetic. ‘It is an electric fiery occult or [Fohatic](#) power, the greatest pristine force which underlies all organic and inorganic matter’; and in another place the author says: ‘it is an electro-spiritual force, a creative power which, when aroused into action, can as easily kill as it can create.’*

*“This point is the reason why the secrets of Alchemy are not divulged to the curious, and why only those who have gained the power to control their own self will be told how that power can be aroused in man.*

*“In regard to this ‘secret fire,’ the Rosicrucians say: ‘The potentialities in nature are aroused by the action of the secret fire, assisted by the elementary fire. The secret fire is invisible, and is contained within all things. It is the most potential and powerful fire, with which the external visible fire cannot be compared. It is the fire with which Moses burned the golden calf, and that which Jeremiah hid away, and which seventy years after was found by the knowing ones, but which by that time had become a thick water.’*

*“Without the possession of this magic fire, no alchemical process can be accomplished.” ~[Franz Hartmann](#)*

## **Secret Fire of the Alchemists**

As has been explained in [several previous articles on this blog](#), the real purpose of alchemy was not to change one type of metal into another but to change the lead man of materialism into the gold man of spirit. So when Hartmann speaks of the secret fire of Alchemists, it could as easily be called the secret fire of spiritual awakening and spiritual development, or the secret fire of the mystics.

This secret fire is not a fire in the material sense, and most modern spiritual schools prefer to call it Light or Spiritual Light rather than fire. Because it is a spiritual thing, it is impossible to accurately describe in languages created to describe the physical world. So fire, light, energy, force, and others are all reasonable accurate, but not exact. And the secret fire is secret in two ways. One, it is invisible, unnoticed, by materialistic people. Two, when you look at others, unless you are very advanced in your spiritual studies, you cannot tell how much spiritual fire, if any, a particular individual may have.

## **Occult Fohatic Power**

Blavatsky adds that the secret fire is an occult or fohatic power. Fohat, according to Blavatsky, is an old Tibetan term for this force or energy. The importance of that word being used is that Fohat is defined as being active. It isn't just a secret fire that doesn't do anything. It is an active force that is working all the time. The work it is doing is to awaken and develop souls and converting (or transforming) matter back into its original state as spirit. This is all happening under the direction of God, of course, but we have a part in it also.

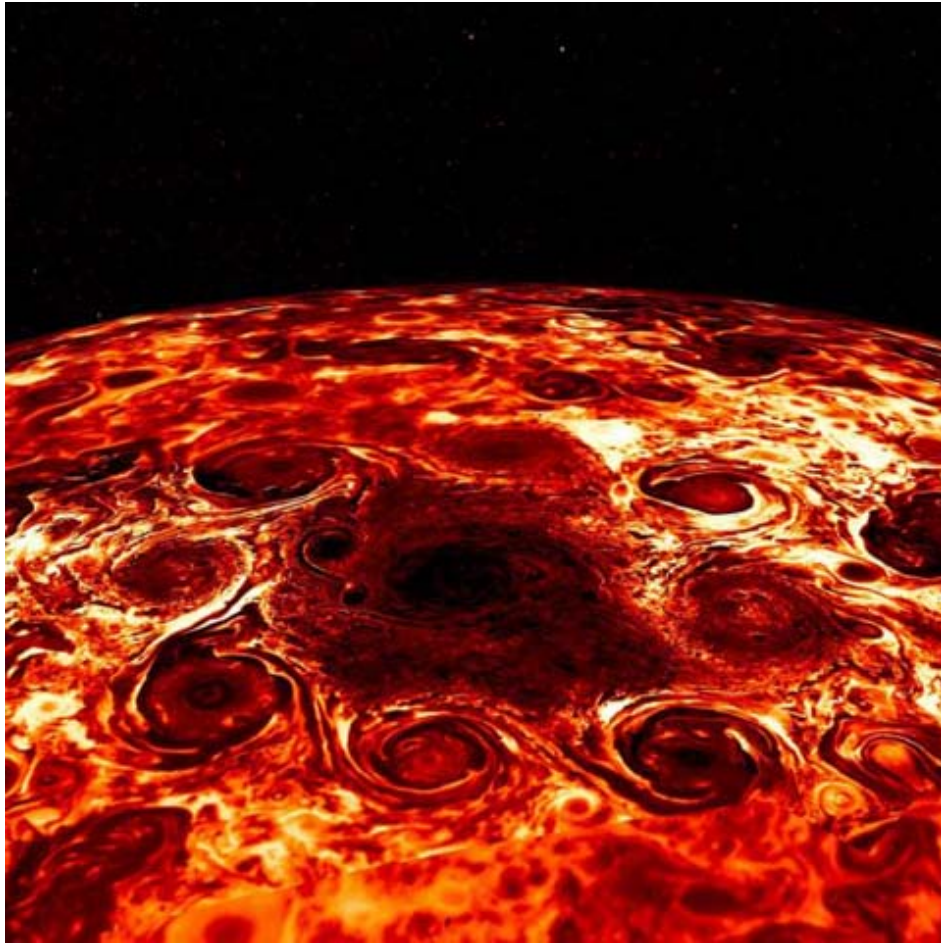
God made us to be co-creators with Him. That doesn't mean we are free to puff up our egos and arrogantly create whatever we feel like creating, as in the manifesting practices that have become so popular in recent years. It means that we are to create and transform with God's Great Plan in mind at all times. And we create with the energy of the secret fire that is around us at all times.

[Read the entire article online at spiritsun.net.](http://spiritsun.net)

Original article posted by HAROLD BOULETTE on November 6, 2020

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## **“Plasma Vortex”**



Multiple whorls at Jupiter's South pole.  
PHOTO CREDIT: NASA/JPL

### **Various plasma instabilities are found on Jupiter.**

NASA launched the [Juno](#) spacecraft on August 5, 2011. Its primary mission includes analyses of Jupiter's massive plasmasphere: how do its electromagnetic influences affect the Jovian system. Since Jupiter radiates more energy than it receives from the Sun, astronomers think that some kind of internal dynamo, acting like a generator, "must be" creating the excess. However, there are processes occurring on Jupiter that are now coming to light.

Jupiter is an electrically active world, far more so than computer simulations predicted. Based on what was surmised about Jupiter, a 5 gauss magnetic field was assumed to exist. When Juno entered orbit and began its scientific measurements,

levels as high as 9 gauss were found. Compare those readings to Earth's .5 gauss field and the enormity of Jupiter's electromagnetic energy can be deduced. Its field is also irregular, leading some astrophysicists to suggest that there is an anomalous structure in Jupiter's core.

[Read the entire article by Stephen Smith posted online September 28, 2020 at thunderbolts.info](#)

link submitted by Robert Petrovich

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## **“Intuitive Consciousness and Attaining It”**



*"In many temperaments of the unstable or artistic type, the intuitional consciousness of the Absolute becomes ungovernable: it constantly breaks through, obtaining forcible possession of the mental field and expressing itself in the 'psychic' phenomena of ecstasy and rapture. In others, less mobile, it wells up into an impassioned apprehension, a 'flame of love' in which the self seems to 'meet God in the ground of the soul.' This is 'pure contemplation': that state of deep [orison](#) in which the subject seems to be seeing, feeling, and thinking all at once. By this spontaneous exercise of all his powers under the dominion of love, the mystic attains that 'vision of the heart' which, 'more interior perhaps than the visions of dreams or ecstasy,' stretches to the full those very faculties which it seems to be holding in suspense; as a top 'sleeps' when it is in a fast spin. ... This act of contemplation, this glad surrender to an overwhelming consciousness of the Presence of God, leaves no sharp image on the mind: only a knowledge that we have all been lifted up, to a veritable gazing upon that which eye hath not seen." ~[Evelyn Underhill](#)*

## **Artistic Types**

I would first like to disagree with Ms. Underhill in lumping together the artistic and unstable types. While it is true that some great artists have been mentally unstable, I think they are a minority. Most artistic types are perfectly sane. But they do tend to be more sensitive than the average person, and they may well be what makes them artists. Maybe she meant autistic types and the book has a typo. In any case, she is correct in saying that the intuitive power generally comes to people in one of two ways, and affects each type differently.

## **Ungoverned Intuitive Consciousness**

When intuitive consciousness breaks through to one without being sought, or without being understood, it may do it in a forceful and undesirable way. It may cause unexplained joy and ecstasy, or it may cause fear of something for no known reason. In more extreme cases, it may cause such psychic phenomena as a type of speaking in tongues where the person suddenly starts speaking in a language they do not know. Or it may cause a person to levitate, or glow with an inner light. Many think such phenomena is desirable, but it is rarely useful when uncontrolled.

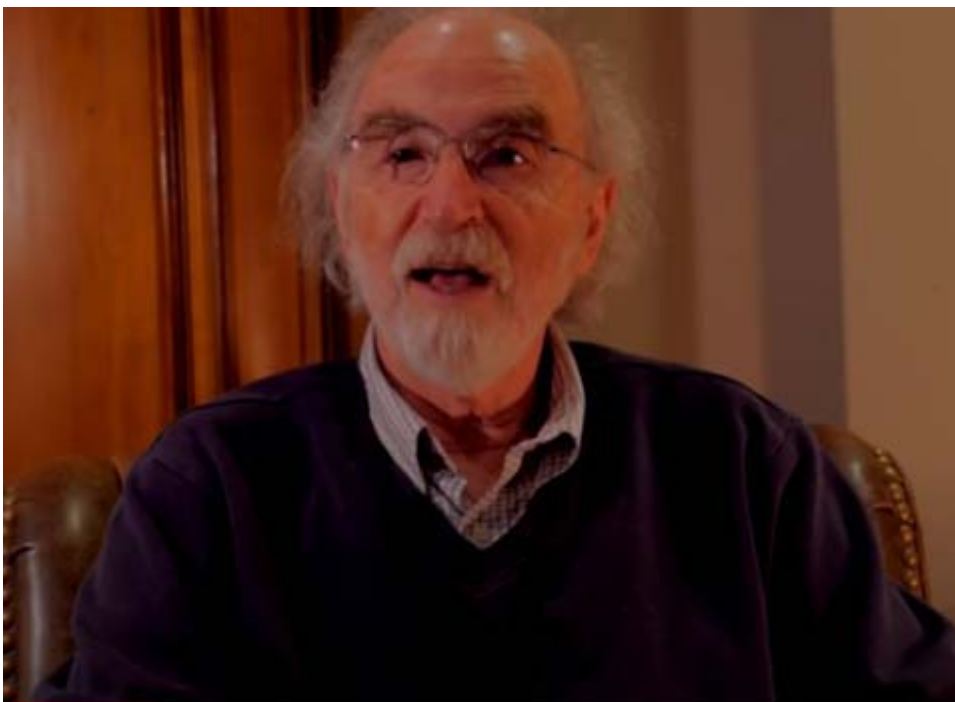
In the case of unexplained fears, it may be useful but isn't always. We have all heard the stories of people who suddenly felt that they should skip a flight they were scheduled to take, or a cruise they were supposed to go on, and later the plane crashed or the ship had an emergency at sea. That is all great. It is a good thing those people get that warning. But what you never hear of is the people who suddenly became fearful and canceled their flight or their cruise, and nothing happened. While I haven't done a scientific study on it, I bet such people outnumber those who got a real premonition by at least ten to one. So this type of intuitive consciousness is unreliable when not developed with discipline.

[Read the entire article online at spiritsun.net.](http://spiritsun.net)

Original article posted by HAROLD BOULETTE on November 21, 2020

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## **“Gerald Pollack: The 4th Phase of Water”**



In this video, learn a bit about how the structure of EZ water builds from light.

One of the most discussed topics at EU2013: The Tipping Point

was the electrical component of biology. One of the conference speakers who shared new research was Gerald Pollack, a professor of bioengineering at the University of Washington.

Dr. Pollack studies structured water, a relatively unknown fourth phase that his team has found to be a common component of life as we know it. In this interview, he discusses new findings that hint at an electric function of this crystalline water that may be related to photosynthesis, but within the human body.

[Watch the video posted online February 2, 2013 on YouTube.](#)  
[\(3:07\)](#)

link submitted by Robert Petrovich

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# **“Vibrational Healing with Sonatherapy®”**

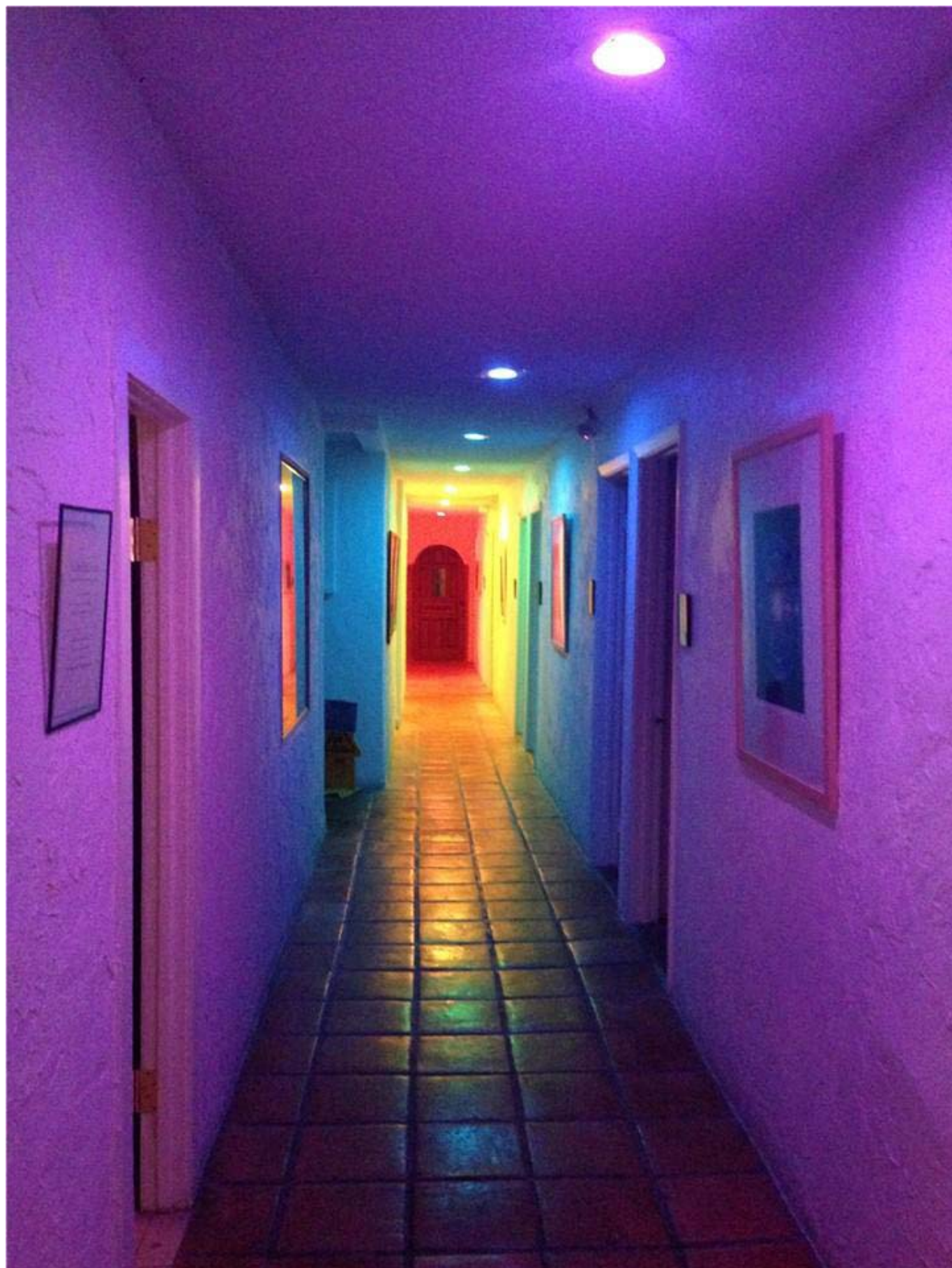
By Paul V Young and Dr Gary R Buchanan © 2020

*Editor's note: The following article was put together jointly between myself and Gary Buchanan during 2020, following my visit to the healing center late last year.*

*Sadly, Dr Buchanan passed away at the age of 72 at his*

*residence at Steamboat Hot Springs in Reno, Nevada in the early morning of October 16, 2020.*

*The article is published here in his memory, with respect and gratitude for his life of service.*



Are you aware that the vital life-force energy proceeds from, and is dependent upon, wave fronts of light and sound (photons and phonons) for its existence? Your life energy can become disharmonized when your system is out of balance, manifesting in any number of physical ailments.

A welcome remedy is to be found in the form of **Sonatherapy®** which, having its technology based scientifically on sound and vibrations, reduces this dissonance and helps boost and stabilize the body's vital energies. With the use of acoustic wavefronts called *Sonations*, programmed around the holistic needs of the individual, a Sonatherapy treatment invariably results in improved health, both physiologically and psychologically.

Based in the USA, Sonatherapy has affiliates in Japan, South Africa, Dubai, Israel, Europe and Britain. While there are no Sonatherapists practising in Australia as yet, they do offer a one-year online Training Course which is primarily directed toward students with a background in alternative healing, therapy or medicine, but is open to all interested parties. (See contact details at foot of this article).

Sonatherapy has its headquarters in Reno in the high desert of northwestern Nevada, at the Steamboat Geothermal Hot Springs. Steamboat is a nationally recognized historical landmark that was given its name by Mark Twain. The springs are known to have been enjoyed by early pioneers of Nevada in the 19<sup>th</sup> century when a sixty-foot geyser was a major attraction. In 1861 a 34-bed hospital was constructed at the site to treat patients using the natural healing properties of the hot springs.

The founder and driving force behind Sonatherapy is Dr Gary Robert Buchanan, whose first passion has always been in music as a conductor, composer and teacher. He is also certified in Cymatic Therapy and is part of a global network, which includes his Japanese colleague, Yukinori Matsushita. They

conduct monthly on-line 'self-healing sessions' with clients around the world. In-residence, Dr. Buchanan has treated hundreds of clients and compiled a myriad of successful case studies over the past two decades.

The use of sound and vibration as healing techniques dates back to antiquity. Notably, Pythagoras and his successors taught and employed music and sound therapy at the Temples of Asclepius in ancient Greece. The present-day modality continues that tradition by combining sound, light, colour, water, sacred geometry and subtle energies, and is fast becoming recognized as the healing technology of our time, and of the future.

The facility at the *Steamboat Hot Springs & Healing Center* in Reno consists of an outdoor hot pool, steam room, dry sauna, individual massage rooms and private mineral tubs. The first thing the visitor notices once inside the complex is the hallway leading to the treatment rooms, which is bathed in all the colours of the rainbow by overhead lights. Each light unit is wired with the *Sona-Lite* system that places sound (or music) on the light beams (modified Li-Fi). The frequencies/music are not heard, although the effect upon those beneath the beams, while subtle, is real and measurable.

Temperature-controlled geothermal hydrotherapy is offered in the ample-sized tubs, and clients presenting for Sonatherapy treatment are encouraged to first bathe in their waters, so that the body is warm and moist prior to initial inductions. Sonations are also sounded in the baths and pools for increased absorption (sound travels 4.3 times faster in water). The unique geothermal water of Steamboat Hot Springs contains: calcium carbonate, magnesium, sodium sulphate, sulphur, lithia, soda, and a high level of silica. (The only water known to be comparable is found at Cajamarca in Peru).

In Dr Buchanan's Sonatherapy treatment rooms, the client may not be familiar with all the electronic gadgetry on his desk,

but will find the ambience immediately soothing as they notice the line of chakra-coloured lamps on the ceiling in a row above the sound-table.

In therapy, sound arrays are applied to form wave fronts directly upon and within the body and its enveloping morphogenetic fields for healing. The sound array may help stimulate areas of low energy, lack of sensitivity, or weak physical strength. It may also aid in self-healing functions. Specially designed *Wave Front BIOresonance™* combinations are utilised to nurture the individual's inherent vibrational processes and functions at their 'optimal' or 'signature' rates. The key to such acoustical combinations lies in the fact that the Sonations are synergetic, as well as coherently harmonic, and are readily absorbed by the body and its enveloping quantum fields.

Light and colours are also applied during the non-invasive therapy sessions – using light organ attachments – with the light pulsing and panning in synchronicity with the audio signals. This pulsative approach allows for dramatically greater absorption of irradiations. Applicators (stereo speakers or transducers) are placed at the area lacking in energy, for example, at the solar plexus. The sound is never loud, as it only needs to be “felt.”

For the technically-minded, Dr Buchanan eschews the use of digital sound in favour of analogue technology. The frequencies applied vary according to the needs of the individual, however the range of 90 to 111 hertz is notable for being the range that releases endorphins in the brain; 40 hertz is often the frequency intoned in Buddhist chants and is favourable for certain applications.

Acoustic footbaths are sometimes part of the Sonotherapy treatment. During such a session, the Sonations are also played through the water and synchronized with the light and colour applications, in a very precise manner.

Each treatment generally lasts one hour or less. More time is needed when geothermal bath and/or consultation with staff physician are added in. Adjuncts might include sessions with aura colour reading, relaxing on the sound table while receiving further light/colour irradiations, or other tailor-made treatments.

Conditions that are treated typically include bones, nerves, muscles, and joints; inflammation, pain, and circulatory problems; organic, respiratory, and digestive disorders; simple strains, fractures, bruises, along with skin conditions; and a host of common ailments that conventional medicine rarely addresses. Post-surgical sessions can also speed the healing of wounds, reduction of scar tissue, and restoration of movement. All kinds of issues, including arthritis and gout, for example, are treated with good outcomes.

In addition to Sonatherapy, Steamboat Hot Springs offers a full menu of healing services, such as therapeutic massages (including those using CBD oil and promoting lymphatic stimulation), detoxifying mud wraps, exfoliation scrubs, and Ayurveda consultations.

Steamboat Hot Springs & Healing Center in Reno and Sonatherapy® are both subsidiaries of **Cosolargy® International**, which has been introducing students to the arts, sciences and technologies of its System via a global training program since its inception almost sixty years ago.

The philosophy behind the Cosolargy teachings is that all life is engendered, sustained, and eventually transmuted by wave fronts of Light emanating from our parent Sun. The Sun is the master Cymatic organism in our part of the galaxy, constantly pulsing and emitting complex patterns of photon and phonon waves. Cosolargy incorporates sun-gazing (photo-syntotics); light, sound and colour irradiations; activation of the third-, fourth-, and fifth-dimensional fields, all of which lead to

increased absorption of what are known as Information Factors contained in the solar and cosmic fields.

## **Certification in Sonatherapy®**

Steamboat Healing Centre offers Certification and Training in the technologies and treatments of Sonatherapy. Those interested should contact Dr. Gary Robert Buchanan in the United States (Cymatics Sonatherapy <gary.buchanan1011@gmail.com>). Students who would like to set-up a home system, or who have a professional background and/or practice (such as physician, nurse practitioner, chiropractor, massage therapist, sound healer, or other) into which they would like to include elements of Sonatherapy are eligible for immediate “basic” certification.

During the training course students will use the Analog Box program that accompanies the text, *SONA: Healing with Wave Front BIOresonance™*, as their main application system on the computer. (Programs and files are designed for Windows XP, 7, 8, or 10. MAC users can download “Virtual Windows” online). By the end of that year, students will have compiled a complete library of Sonations applicable for most general conditions.

For more information about the one-year Training Course in Sonatherapy, visit:

<http://sonatherapy.com/certification-training/>

The basics of Sonatherapy may be found in three books authored by Dr Gary Robert Buchanan: *SONA: Healing with Wave Front BIOresonance™* (2008); *Sonatherapy®: Healing with Light, Color, Sound, Water & Subtle Energies* (2012); *Vibrational Healing: Wave Front BIOresonance™ and Sonatherapy®* (Ebook) (2019). Some of these are available on Amazon, or directly from Dr Buchanan, via the Sonatherapy website.

To learn more about the organizations mentioned here, visit:

Sonatherapy: <http://sonatherapy.com/>

Steamboat Hot Springs & Healing Center:  
<https://steamboatsprings.org/>

Cosolargy International: <https://cosolargy.org/>

*Disclaimer: Sonatherapy® is not meant to replace any other medical or diagnostic system. Rather, the technology is designed to provide complementary assistance in more rapid and complete healing of conditions, which in many cases traditional and alternative approaches do not address.*

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**Dr Gary R Buchanan** is an internationally recognized composer & conductor. His qualifications include H.S. & BM, N.C. School of Arts; MFA, Univ. of N.C.; DMA Can., Univ. of WA.; Hon. DMA, Queensland Conservatorium, Brisbane, Australia. Director Wave Front BIOresonance™ Research & Development, Steamboat Healing Center; Cosolargy® International Ord., Admin., Lect.



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