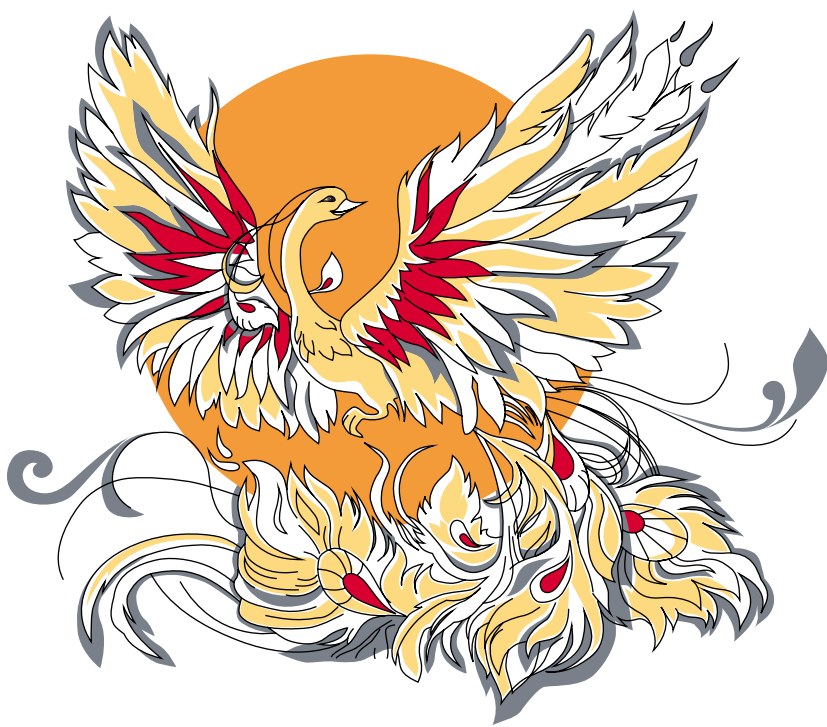


George Czaus



What the heart wants

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*What
the heart
wants*



“Zolotoye sechenie”
2014

In search of true happiness our mind through logic and intellectual reasoning calculates a passage and steers us through the rocky reefs of our existence. The direction it sets however completely disregards and is often at odds with the internal and infallible compass which is our heart.

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Foreword

It is rare to find someone irrespective of their financial or social status that is truly happy. Certainly some profess contentment but even the majority of those people will admit privately that they is still something however tiny missing from their lives. This may be just a niggle that something is absent, a physically palpable ache or an internal hollow. This void becomes more apparent when our life slows down and we have time to reflect on what is actually going on around us.

Irrespective of our position in life, whether struggling on welfare, battling some disease, trying to cope with our children or having achieved great accomplishments or acquired, wealth, power, fame, family, children, a villa on the beach and one in the mountains and a social life that would make a Hollywood star envious, everyone is looking for that illusive “thing” that will make their life complete and make them truly and completely happy.

Bookshelves are filled with self help manuals, guides to become successful in business, a better parent, a better spouse a better lover. There are books on new age themes, diets

to enlightenment, cults and organisations a plenty, all professing that they have the true and only secret to success and happiness — material, spiritual or otherwise.

At first all these seem enticing. However once embarking on a chosen path, despite all the promises we soon realise that although some of these are not without merit and others are useful in specific areas none of these are able to provide us with or help us to find that which is missing — that which the heart truly wants.

Although the unintended consequences of this book may improve your business, generate wealth or improve your relationships, its true and only intention is to put before you simple facts for your consideration and to see if they resonate.

There are no radical life changes required, no special diets or rituals to be observed, no fees to pay or subscriptions to renew.

Outlined in the following pages are simple truths which have not changed since the dawn of time from which you but only you can piece together that which is missing and that which your own heart truly wants.

You just need to look and ponder over its simplicity and logic and perhaps begin to experiment by incorporating some concepts into your day to day life.

The Heart

The heart is a vital organ it pumps blood and keeps us alive — a matter about which there is no dispute. Is there more to it? Even if we stop breathing the body will survive for a time if the heart remains beating. Even the latest cardio pulmonary resuscitation techniques now focus more on keeping the heart beating than breathing.

There are many expressions concerning the heart which have made their way into common language, the origin of which we rarely consider.

The words “heartfelt”, “heartbroken”, “light-hearted”, “kind-hearted”, “heavyhearted” are heard nearly every day. When we fall in love someone captures or steals our “heart” and we draw symbols of hearts or hearts pierced with an arrow to express love. When we miss someone our heart aches and when we reunite our heart jumps for joy.

The connection in language of the heart to our moods and feelings is not accidental. When we experience intense unexplainable emotion we connect it to our heart. Buying a new car or house or toy may give us immense pleasure (at least for a time) but that joy, however intense is on a completely different level to when we fall in love with another person.

It is that pure joy, lightness and inexplicable pleasure that constitutes the true happiness

we are all seeking. Once we experience it we never forget it and spend the rest of our lives trying to find it again.

It is for this reason no matter how well we succeed in business, how greatly we develop our intellectual prowess and no matter how many things acquire, after the initial delight of achievement, acquisition or attainment fades we immediately begin our search for the next thing that will make us happy. A process which for many continues throughout their lives.

There are a myriad of self help books and guides on everything from how to boil an egg, lose weight, expand your mind to home improvement, understanding software and rearing children. Many of these books are technically correct and offer sound advice on their particular topic. Unfortunately these are not the books that will ever enable you to rediscover true happiness. The term rediscover is used deliberately. If you carefully think back over your life you will recall an instance or instances when you were truly happy whether it was in the innocence of childhood or as an adult. It was a euphoria that radiated from somewhere deep inside and was not dependant on external factors.

In our attempts to rediscover true happiness we pursue the acquisition of many or all of the above under the misapprehension that with their attainment we shall rekindle that inner warmth, that deep seated joy which we seek. Yet no

matter how much energy and time we devote that which we desperately seek remains elusive.

Work requires our presence, businesses need to be managed, an income needs to be derived, children require care, partners require attention, hobbies need time and rest and recreation are an integral part of a balanced life. It is little wonder that in juggling all our obligations our focus is diverted from the pursuit of true happiness which many of us believe to be a myth in any event.

The simple Truth

If we accept that in the past true happiness has been difficult to achieve let alone maintain then there must be certain factors which sustain it and those which destroy it. As we a rarely truly happy we must therefore be continually enmeshed in circumstances that hinder or destroy happiness.

If we recall again a moment of true happiness and think about it for a minute, we will recognise that it emanated from our heart or at least somewhere inside of us even though it may have been triggered by an external event. It follows that to recover that feeling, what is required is not changing the external but changing our perception of the external and how we react to it.

The heart requires nourishment to perform not only its mechanical duty but also other

more subtle tasks that lead to a release of a variety of chemicals in the body. Studies have shown that when a person falls in love a chemical is released in the body which triggers obsessive compulsive behaviour. This explains why people truly in love often behave irrationally and much to the amusement of others. It is a scientifically documented fact that when a person sees the object of his love the heart beats faster.

So what is this nourishment that the heart needs?

Astonishingly very little, provided it is the right nourishment. Let us look at the times when we feel uneasy or down beat and yet are unable to instantly identify the reason for that feeling. That is a state where we have deprived our heart of nourishment and deprived ourselves of happiness. When we starve our heart we often get a twinge – some call it conscience, another may call it duty or honour, someone may call it morals or good business practice, however the label is of little relevance.

What is important is to recognise that some action or inaction on our part has stopped or hindered our ability to be happy.

Common and what at first seem easily identifiable emotions may be anger, annoyance, irritability and resentment. Others may include impatience, obsession, lack of compassion, oppression and goal fixation. In circumstances

where we berate someone for failing to complete a task as expected it is easy to link that incident to a later feeling of internal discomfort. However each of these emotions has many subtle sub layers that are often concealed and can be extremely difficult to detect. That is why usually we cannot explain why sometimes we feel “down” or unhappy. It also explains why depression is so difficult to treat.

The simple solution is to remove the emotions and conduct that impede true happiness. This does not require changing our home, our family, our work or business methods (unless we already engage in deceptive and misleading practices). It only requires us to be vigilant and as soon as such hindering conduct or an emotion begins to surface you put a stop to it.

Simple – but easier said than done.

Our conduct is habit and our emotions are complex. Progress requires concentration, vigilance, commitment and honesty. However as we begin to master the control of these emotions and the way we conduct yourself we do not have to wait long to reap the rewards.

For those willing to take up the challenge this book will be of some assistance but are far from a comprehensive “How to” manual. Although many traits are common to nearly everyone, each individual will need to discover and examine their own particular character and usually hidden or denied traits.

Judgement

Every day we process all types of information and sometimes during our evaluation we are required to make a judgement. However, quite often we make judgments when it is not necessary or even worse sometimes we pass judgement unconsciously.

When we are truly happy we feel total contentment and take pleasure in our surroundings and the people around us. Yet our circumstances have not changed — the surroundings and people are the same as they were yesterday. What is missing is that we have stopped judging those people and our surroundings and without judgment we feel content.

Judgement is insidious because we do it almost unconsciously and it robs us of happiness. Sometime we think we are fair and have good reason to judge someone or some event. However if we pause for a moment and consider ourselves in say, a similar circumstance of wrong doing, then although we expect to be chastised what we really crave is understanding and forgiveness. If you think back to situations where you have realised you have done something wrong, intentionally or unintentionally, ask yourself if you have ever benefited from being sternly reprimanded, rebuked yelled at? How would you have felt if the person you offended offered you understanding and forgiveness?

When we judge we measure something against a preconceived notion and then rate it on an internal scale based on past experience. The limits of that scale are the limits of our experience and therefore are only relative. Losing \$50 for a wealthy person doesn't even warrant a second thought; to an average person it is an annoyance and aggravation; to a homeless person it is a tragedy and major calamity in their life.

If we do not truly know every explicit detail of a person's life how can we judge them? If we judge by our own standards, then if they have not achieved our expectations we become disappointed in them and displeased. If they exceed our expectations we begin to question our "scale" or worse our own ability and begin to harbour doubt or distrust. Either way we deprive ourselves of happiness. By not judging and not comparing, nothing is good or bad, everything is as it should be and most importantly we are content, we are happy and our heart feels joy.

Distortion

When we are dissatisfied with present circumstances or possible future outcomes we are often tempted to manufacture a version of events which more palatable to ourselves

or to others. In doing so, we conceal our true selves from others and begin to build a wall around us. With additional deceit the wall thickens and grows in height and people become distanced and isolated. This burden of deceit weighs heavily on our heart. Through such deceit and distortion we turn that which originally started out as a close friendship, into a socially polite tolerance of another, for fear of being caught out in our own lies or sometimes because that person is a constant reminder of our actions.

Our own deception may be often forgotten by our mind, but never by our heart which carries the burden alone. Not realising this we are unable to explain why we are not happy. To confess our lie to a close person is very difficult but in every case relief and lightness follows the unburdening of the heart from the weight of dishonesty.

Dependence

If we have something and are not dependent on it then it is we who possess the item and can part with it with little emotion. If on the other hand we have something and we become dependent on it then it is the object that possesses us and we become afraid of losing it.

Becoming dependant on an object is a surrender of some of our freedom and the more dependent we become or the more objects we become dependent upon the greater is the surrender of our freedom and the greater surrender of our happiness because we then live in constant fear of loss.

It is not the objects themselves that cause the dependence but our attitude towards them. It is also true a person can have many things and be completely independent of them whereas another may only have a few things and be totally consumed by them.

Family

Family life is where our heart should rejoice and every person should find happiness. Quite often however this is far from the truth.

Our heart requires love and complete faith in our loved ones. However as is often the case we require our “loved one” to sign a pre-nuptial agreement to deal with a myriad of circumstance of when our soon to be spouse deceives us and how in those circumstances the subsequent dispute is to be resolved. We set up the scenario for loss and betrayal from the outset.

There is no trust or faith in the other and therefore no true love, without which there

cannot be true happiness. Many readers will object strenuously and claim that it is important to protect themselves from the eventuality of separation and point to many supportive statistics and precedence.

There is no dispute that such a position quite valid if the focus of our life is the preservation of our acquisitions and making sure we retain which we have accumulated.

In taking such a position we on the one hand seek sublime reciprocating love in its purest form which in itself implies complete trust and devotion while on the other hand we guard our possessions and position through distrust of our “loved one” having at some level already decided that they will deceive and rob us.

The dilemma is real and instead of giving and receiving love we enter into contracts safeguarding ourselves against the perceived inevitable. Yet it is not always so. Examine love of a parent, a child or even a pet. We give love unconditionally expecting nothing in return. We love them because of who they are and forgive them almost immediately when they commit a transgression or destroy our valuable possessions. We are often fortunate to feel that same love in return. This is most easily noticeable in the unconditional love from animals and our love our children.

Our relationships are doomed to fail because deep down we expect them to.

Do no misinterpret the above as advocating a particular course of action or inaction. What it suggests is that we need to really consider our relationships and then ask ourselves can we be truly happy and is our heart really content?

Technology

Without doubt technology is an essential component of any successful business, an integral part of our daily lives and its evolution in the past 20 years seems to have accelerated exponentially. Putting aside the internet, computer gaming and social media for a moment take a look at the older technology that spawned this technological explosion which continues to promise us a better life with more free time.

Perhaps the best known survivor is the television. Despite many reincarnations the initial cathode ray tube screen to LCD then HD and 3D and now 4D, the humble television is essentially the same device as originally invented in the 1920's, albeit with some bells and whistles. It went from a curiosity and a marvel to an essential item found in almost every household around the world which has access to electricity.

The average person spends 3 to 5 hours a day watching television. Completely absorbing and welcome escape from the daily

routine it seems to have found a perfect niche in lives and even a place as a member of our family.

We watch news, current affairs, movies, music, entertainment, educational and nature programs.

The more recent explosion of “reality TV” seems incongruous. Where is the logic? — How can television be reality on any level? Our 90 years of watching television is now blurring the boundaries of what is real and what is not. We are losing the ability to distinguish between reality and illusion. What seems to happen is that when we watch television we detach ourselves from our surroundings and shut down our reason and logic and enter a world of “pretend” or “make believe” from which we do not like to be disturbed. We experience emotions of anger, despair, sadness and laughter all from the electronic display of our latest device. These external stimuli have but a temporary effect which relatively quickly wears off and we immediately need another “fix”.

What we do not realise is that no matter how entertaining the latest movie is or how important the current breaking news may be, the information is filtered and the better the program the more real it seems.

Our own lives seem pale and insignificant to the events displayed in full fine detail and

outstanding colour on our latest widescreen. Very subtly at some level we feel we too would like some colour in our lives. If only we could obtain that colour then we would be forever happy.

Sadly we ignore or surroundings and regard them as bland and outdated technology. We prefer to email SMS and date over the internet rather than have personal physical interactions. Face book, Twitter, Yammer and other social media often suggests our lives are dull and colourless in comparison to others. Maybe if we were to spend just 10 minutes a day really looking at the people around us and our immediate surroundings with a mind-set to seek out everything beautiful and good in them, then perhaps the treasures of our reality will fill our hearts with such vibrant colour that the latest retina displays will seem like some ancient defective technology.

Voice of the Heart

We all from time to time experience negative emotions which vary in degree. Quite often our busy lives demand we bury that emotion and get on with what needs to be done. What we do not realise is, that we have done something which has caused a discord in our heart and even though we may push through,

our heart does not and the ache remains and harmony is lost. No matter how splendid everything else may be, without harmony in our heart we will continue to search for that elusive something. These negative feelings deprive us of happiness. Some say our conscience is bothering us, others say we have dishonoured ourselves and the spiritualist say we are out of step with the universe.

Again the label is of no consequence — something inside us is telling us something is wrong and we know that something is not right.

These feelings stem from our actions or in some cases inaction. If we really listen to our heart we will feel it guide us to the only right outcome — one which will make our heart sing and make us truly happy. This is not the loud, busy, anxious or insistent internal voice that says “Oh look, its shiny and new and I want it because no one else has it yet”. To the contrary it is quiet, calm, clear, and peaceful and is never compelling or demanding.

This practice of listening to your heart can be easily developed with attention and vigilance. Start with simple decisions and select the path or outcome that provides you with inner comfort. It will invariably not be the option that your brain is trying to justify or in respect of which it is offers excuses in defence.

Feeling Happiness

In the search for the happiness we often take the easy route, blaming our surroundings and more often the people around us. The reasoning goes something like this:

“If only I had better boss I would be promoted, which would be more interesting and lucrative and that in turn would pay off my debts, I could get a new car, a new job which in turn will help me find a more compatible and desirable partner, I could afford lavish accommodation, overseas holidays, etc. etc..... and then I will be truly happy.”

It is easier to blame anyone rather than accept responsibility and admit our own shortcomings. Our heart is deprived of joy not by the person next to us, our boss or our spouse or partner. Neither are our surroundings, our house, our wardrobe, our neighbourhood or country depriving our heart of joy. It is our perception of the people around us and our surroundings that affects how we feel. Perception is the gateway to true happiness. If we continually think that our life is pointless and repeat and harbour those thoughts we will soon believe them and sure enough we will be proved correct and our life will be pointless.

Our life becomes what we perceive it to be — a little like watching television. If we don't judge but simply observe and accept what

is around us then we don't compare. Without comparison we realise that there can be no emotional reaction and we simply perceive people and surroundings as they truly are. Our heart is happy because there is no judgement it is at peace the world around us.

Jealousy

Love and possession are often confused. We say we love someone when often, what we really mean is we desire someone and desire is not something that comes from the heart. Without examining the catalyst for desire it is sufficient to know that when we desire something what we really want is to possess it and to possess it exclusively. This applies not only to objects but to people as well.

When we confuse desire with love, we want the person that is the object of our love to love us in return and to be only and exclusively with us. It is this need to possess exclusively that leads to jealousy which really is fear of loss, of being forsaken for another.

Love on the other hand is unconditional. It does not require that love be returned nor is there any feeling of possession or control. Love is something we give freely expecting nothing in return as the reward is love itself that feeling of warmth and joy in our heart.

We need to know the difference between desire and love and only then will we come to realise that jealousy is nothing more than an emotive word to describe a fear of loss of a treasured possession.

Emptiness

Emptiness is a word often used to describe the feeling of not being complete. When it is used in relation to something missing inside ourselves it refers to the starvation of the heart.

Rarely do we examine in detail the root cause of this feeling and where it emanates from. Instead we pursue a myriad of diversions which are just that, a temporary distraction. The feeling of emptiness eventually returns and we then pursue the next diversion. However a diversion is only a diversion and the underlying cause although buried for a short time resurfaces once the diversion ceases to occupy the mind and we have time to think or contemplate ourselves and our life.

We have our work, hobbies, sports, arts and crafts and of course our obligations. In the pursuit of these we convince ourselves that we are doing everything that is required to make us happy. But no matter how many hobbies we have or how much time we spend at work or diligently completing our obligations, it never

seems to be enough. No matter how hard we try we never seem to finish the checklist to happiness and sometimes think that either we have not tried hard enough or that true happiness is a myth.

We rarely think to change our approach, to challenge convention and ask our heart what it needs to be happy. The simplicity of the response is astonishing. All the heart wants is to love, to trust, to be in harmony with its surroundings and free of judgement, desire, hate, jealousy and dishonesty.

Once we are able to see things as they truly are and truly accept all that is around us, without judgment or comparison or measure then we fill the void in ourselves. It then matters not if we are next to our loved one or half a world away. It matters not if we are on a tropical island watching the waves roll in or stuck in a traffic jam in an overcrowded bus. Our happiness is unaffected by the surroundings as it emanates from within and not influenced by that which is external.

How to see good in people

Like the media we tend to focus on the bad and ignore the good. This is also true of our observations of friends and strangers. Of course there is good and bad in everyone

and but what we tend to overlook is that there is usually more good than bad. We tend to focus on the bad in others because it makes us feel superior and we feel better about ourselves and our own actions. By finding fault in others we put up a wall between us and them to protect ourselves and in turn we become cold and indifferent. Our heart becomes cold yet it seeks warmth.

If on the other hand if we consider our own past actions there is likely much we are not proud of and quite often our own past behaviour is sometimes much worse than those we are judging. Yet we do not see ourselves as bad people. We accept that on occasion we have done the wrong thing, we are remorseful and in that remorse eventually forgive ourselves for our wrongful deeds. How is it that we cannot see that those around us are good people too, who just like us occasionally behave badly? It is only when we try to see this truth that our heart opens up and is filled with warmth and love. This helps us make sense of the world around us and more importantly helps us understand ourselves and our own behaviour. In this way we slowly weed out the bad in ourselves and by finding good in others we help them deal with their own shortcomings.

How to battle fleeting judgments

Although passing judgment has already been dealt with, fleeting judgment deserves a special mention as it is something we usually do unconsciously. In fact it is an action so ingrained that even if we pay close attention, quite often we do not recognise ourselves doing it. In one glimpse we can categorise people as ugly, dumb, attractive, arrogant, friendly, educated etc. We do this without any real consideration or true examination of how we arrived at such conclusions. Beauty is in the eye of the beholder, intelligence is relative and attitudes are often reactive or driven by surroundings. So what we are really doing is passing a fleeting judgement based on mere seconds of observation without really giving any thought or proper consideration of all relevant factors. We are all seeking, love, warmth, understanding, forgiveness and most importantly not to be judged. If we keep this foremost in our mind we are slowly able to overcome our judgemental attitude which engenders bitterness and resentment and we replace it with warmth and acceptance. In that way we are always comfortable in our surroundings and are happy because our heart is content.

Pride and Simplicity

To share our adventures and successes with others comes naturally and gives us pleasure and usually to our listeners. We need to take care not to exaggerate, or be boastful. We need to be sensitive to the circumstances of others particularly if they are either less fortunate or are experiencing difficulties. Embellishing tales and being insensitive makes it easy to engender feelings of jealousy or resentment and thereby create a barrier between ourselves and our friends.

When we are conscious of these matters sharing becomes a joy for us and to those with whom we share our exploits. It makes us happy to pass on the warmth and emotion that we experienced ourselves as deep down we want others to share in the emotions that we ourselves enjoyed.

Fear

The explosion of available information seems to be a good thing. Internet, television computers, newspapers and media generally are feeding us continual information on the state of the world around us. Generally (with exceptions of course) the information is not good news but a description of events which invoke strong

emotions. Evoking negative emotions seems to obtain the strongest reactions, for instance, the latest murder, robbery, hijacking, looming war, financial crisis, fraud, epidemic, disease or computer virus. We absorb this information constantly and because there is little positive news we begin to fear that we personally will be touched by a disaster of some sort. We become distrustful, reserved and insular and take continual precautions not to become a victim. We focus on the most negative aspects of life and spend considerable time building fortifications to protect ourselves.

In doing so we forget that in general, contrary to what the media would have us believe, there are many more positive aspects in this world than negative. We need to remind ourselves of this and enjoy the beauty, peace, comfort and belonging that is there for the taking.

Self preservation is instinctive and it is natural to be careful and proceed with thought and planning. However if our world was in fact as dangerous as tabloids and digital media suggest then we would never leave our home, let alone cross a road, eat out or socialise.

Of course we must accept responsibility for our own lives as there are risks associated with living on the edge. Examine the ever present desire of “I want everything now” and why we drive ourselves to feed this habit. In doing

so we create our own adversities because we lose track of that which is important and that which is not. Our perception becomes skewed and our outlook on life is distorted.

Discontent

When we feel sad, discontent, unsecure, unwanted or unloved it is not unusual not to be able to identify a particular cause of such feelings. Usually we ignore these feelings and move on with our busy lives but in severe case it may be clinically diagnosed as depression and treated chemically. The feeling of discontent (unhappiness) in these circumstances comes from the heart. The lack of love, warmth and belonging makes the heart cold and isolated.

The heart needs love and warmth which it can only receive with true happiness. It is pointless to seek a substitute cure because there isn't one. Yes there are a myriad of solutions that will alleviate some of the symptoms or dull the pain but nothing will fix the real cause as is evidenced by the continual rising rate for depression of approximately 20% each year.

Self doubt, insecurity, distrust, fear, judgement, deceit are only some factors that contribute to our discontent and deprive us of true happiness. To break free and find that which

the heart craves is realisation that it is within ourselves to change the way we see ourselves and the world around us and then to begin the process of removing those hindrances that deprive us of what our heart seeks.

Conscience

Much has been written about our “conscience”, that little voice inside us that judges our own actions. Our conscience is our ability to hear what our heart wants.

As children we are well attuned to this voice. Think back to the anguish of your first lie and the discomfort and uneasiness you felt. The years fly by and self justification, lies and deceit become so well practiced that we are able to drown out the cries of our heart and become oblivious to the poison our actions are injecting into others and ourselves. It is inherently difficult to honestly see ourselves and to admit our flaws and shortcomings. So instead we justify our actions. Whether we tell ourselves it is a “white lie” or we are doing something for “the greater good” or invent some other justification which will placate the mind with reason. However the heart is not deceived or fooled because our conscience does not change, all that changes is our desire and ability to listen to it.

Work on listening to your conscience and open the door to the happiness which comes from truth. If we take the path of deception then much if not all becomes an illusion because there is no truth. Sometimes the illusion is so enticing that we immerse ourselves in it completely and live a life of make believe and for a short time find a form of contentment and joy yet are unable to understand why it still lacks some tiny element which would make it perfect.

Happiness in an illusion lasts only as long as the illusion is able to be sustained and once the illusion disappears we feel duped and angry and go in search of our next and more elaborate illusion and never finding that which we know is missing.

Goodwill

We are all seeking happiness which is underpinned by love, generosity, forgiveness and compassion. We want all these things and it is logical to assume that so do most people in the world today. By giving from the heart to those around us we are filled with the gift of giving because we can't help but rejoice in their surprise, delight and happiness. Various recipients are infected to some extent and in turn at least to some degree propagate that

love, generosity, forgiveness and compassion. Slowly the momentum builds and the world around us begins to change as does our perception of it. In times of crisis we sometimes see great compassion and sacrifice, strangers doing extraordinary things to help others. Christmas is a regular occasion that we can notice and feel goodwill between people. However neither a special event nor a disaster is required to demonstrate goodwill. All that is needed is for us to recognise that each day we have the opportunity to listen to our heart, think and take action. In that way each day becomes special celebration.

* * *

So as we feel our heart beat we need to consider that it may have a function other than to circulate our life blood through our body. Perhaps it is the only tool that if used correctly will help us find true and enduring happiness — all we need to do is listen to it without letting our mind intervene.



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