



The Kybalion and Sanatana Dharma: A Dialogue of Universal Wisdom

Description

This article explores the profound connection between The Kybalion's Hermetic philosophy and Sanatana Dharma, two ancient traditions from different cultures that converge on universal truths. By examining the Seven Hermetic Principles—Mentalism, Correspondence, Vibration, Polarity, Rhythm, Cause and Effect, and Gender—alongside key teachings from Sanatana Dharma, such as Brahman and Atman, the cyclical nature of time, and the law of Karma, we uncover the shared wisdom that guides individuals towards self-realization and spiritual mastery. Both philosophies emphasize the oneness behind all diversity and offer practical guidance for personal growth, inner harmony, and navigating life's challenges. By integrating these timeless teachings into our daily lives, we not only enhance our spiritual journey but also contribute to the greater good, aligning our actions with universal principles.



Exploring the Universal Wisdom of Hermeticism and Sanatana Dharma

Purpose of the Article

The ancient teachings of Hermeticism, as presented in *The Kybalion*, offer profound insights into the workings of the universe through the articulation of seven core principles. These Hermetic principles are not just abstract philosophical concepts but practical tools for understanding and navigating the complex realities of life. Simultaneously, the timeless wisdom of Sanatana Dharma—the foundational philosophy of Hinduism—

echoes similar truths about the nature of existence, consciousness, and our role in the cosmos.

This article aims to delve deep into these two traditions, exploring the striking parallels between Hermeticism and Sanatana Dharma. By examining the seven Hermetic principles and aligning them with corresponding teachings in Sanatana Dharma, we will uncover the universal truths shared by both philosophies. These truths are not bound by geography or culture, but transcend time and place, providing practical and spiritual guidance for individuals seeking harmony and self-realization in the modern world.

Intended Audience

This exploration is intended for spiritual seekers and students of both Eastern and Western philosophy. Whether you are familiar with Hermeticism or Sanatana Dharma, this article will serve as a bridge between the two traditions, offering a unified perspective on universal wisdom. Additionally, this article speaks to individuals who are interested in metaphysics, personal growth, and self-mastery. The teachings presented here can guide those looking to deepen their understanding of life's fundamental principles and how they can apply these insights to foster inner peace, spiritual evolution, and a greater sense of purpose.

Key Message

At their core, both Hermeticism and Sanatana Dharma point toward a single profound truth: the universe operates according to immutable laws, and by understanding and aligning with these laws, individuals can achieve a state of balance, fulfillment, and ultimate self-realization. Hermeticism, as captured in *The Kybalion*, presents seven principles that explain the structure of the universe and the mind's role in shaping reality. Similarly, Sanatana Dharma offers a deep philosophical framework centered on the unity of all existence and the journey toward *moksha*—liberation from the cycle of birth and rebirth.

Both traditions assert that the universe is not a chaotic or random entity but a well-ordered system governed by laws that can be understood and applied for personal and collective transformation. In this article, we will explore how these teachings, though expressed in different cultural contexts, converge on the same universal principles. By studying and applying these insights, readers can cultivate a deeper connection with the universe, develop inner mastery, and align their actions with higher spiritual truths.

Hermeticism: the nexus between science, philosophy and spirit â The spaced-out scientist

1. Overview of The Kybalion and Hermetic Philosophy

Historical Context

The Hermetic tradition, from which *The Kybalion* draws its wisdom, traces its roots to the ancient figure of Hermes Trismegistus, a legendary blend of the Greek god Hermes and the Egyptian god Thoth. Hermes Trismegistus was revered as the "thrice-great" master of wisdom, credited with imparting knowledge about the divine, the cosmos, and the human mind's interaction with both.

Hermeticism emerged as a body of esoteric teachings during the Hellenistic period, blending Greek philosophy with Egyptian spiritual traditions. These teachings were said to have been passed down through secret texts, known as the Hermetica, which outlined principles regarding the nature of reality, the universe, and the path to spiritual enlightenment. Over centuries, Hermeticism influenced Western esoteric movements, including Gnosticism, alchemy, and the Renaissance's philosophical revival. Its core tenets have been preserved and reinterpreted through time, with *The Kybalion* (published in 1908) being one of the most accessible modern expositions of these ancient principles.

As a spiritual and philosophical framework, Hermeticism has profoundly influenced Western thought, particularly in the fields of metaphysics, mysticism, and the occult. It forms the foundation of many modern spiritual movements, including New Thought and Theosophy. Hermetic teachings continue to be relevant, offering a bridge between ancient wisdom and contemporary spiritual exploration.

Core Teachings of The Kybalion

The Kybalion, written by three anonymous authors under the pseudonym "The Three Initiates," presents seven Hermetic principles that encapsulate the core of Hermetic philosophy. These principles serve as a blueprint for understanding the nature of reality, the mind, and the laws governing the universe. The seven principles are:

1. Mentalism:

This principle posits that the universe is a mental construct, and all reality is shaped by thought. Everything that exists, from the cosmos to the individual's personal experiences, originates from a vast, universal mind. The individual mind, being part of this larger universal consciousness, has the power to shape its reality through

thoughts and beliefs.

2. **Correspondence:**

Often summed up by the phrase "As above, so below," this principle highlights the relationship between different levels of existence. The macrocosm (the universe) reflects the microcosm (the individual), and vice versa. Understanding one level of reality provides insights into others, suggesting that the same fundamental laws govern all planes of existence—spiritual, mental, and physical.

3. **Vibration:**

The principle of vibration asserts that nothing rests; everything moves, vibrates, and is in constant motion. At the most fundamental level, everything is energy vibrating at different frequencies. This concept parallels modern scientific understandings of matter and energy, as well as ancient metaphysical teachings that emphasize the vibrational nature of reality.

4. **Polarity:**

This principle teaches that everything has its opposite, and opposites are simply different degrees of the same phenomenon. For example, light and dark, hot and cold, love and hate, are not opposites but variations on a single continuum.

Understanding this law enables one to reconcile seemingly contradictory aspects of life and existence.

5. **Rhythm:**

The law of rhythm states that life and the universe move in cycles, with an ebb and flow similar to the tides. Periods of progress are followed by periods of decline, and everything rises and falls. Recognizing these natural cycles allows individuals to navigate life's fluctuations with greater ease and understanding, knowing that every rise will eventually lead to a fall, and every fall will rise again.

6. **Cause and Effect:**

This principle asserts that nothing happens by chance; everything in existence is the result of a preceding cause. Every action, thought, and event is linked to a chain of cause and effect. By mastering this principle, individuals can become active agents in shaping their destiny, recognizing how their thoughts and actions influence outcomes.

7. **Gender:**

The principle of gender holds that everything contains both masculine and feminine energies, which are necessary for creation and balance. This is not limited to biological gender but refers to the metaphysical and psychological aspects of life, where the masculine principle represents action and will, while the feminine principle represents intuition and nurturing. Harmony comes from the balance of these dual

forces.

These seven principles form a holistic framework for understanding reality and navigating the spiritual and material worlds. Together, they offer a roadmap for personal and cosmic transformation, helping individuals align with the laws of the universe.

Connection to Perennial Wisdom Traditions

Hermetic philosophy, despite its roots in ancient Egyptian and Greek traditions, shares common ground with other perennial wisdom traditions, including Sanatana Dharma. These wisdom systems recognize universal truths about the nature of reality, the mind, and spiritual evolution, transcending cultural and geographical boundaries.

Sanatana Dharma, like Hermeticism, is rooted in the understanding that the universe is governed by fundamental laws and that the individual can attain spiritual liberation by aligning with these truths. The concept of *Brahman* (the ultimate reality or universal consciousness) in Sanatana Dharma closely parallels the Hermetic principle of Mentalism, where the universe is seen as a mental construct shaped by the divine mind. Similarly, the law of karma in Hinduism aligns with the Hermetic principle of Cause and Effect, where every action has a corresponding result.

Both traditions emphasize the interconnectedness of all things, the cyclical nature of existence, and the pursuit of self-realization as a means of transcending the limitations of the physical world. Whether through the Hermetic "As above, so below" or the Hindu belief in the unity of *Atman* (individual soul) and *Brahman*, these teachings provide a framework for understanding the cosmos and our place within it.

In this light, Hermetic philosophy is not an isolated school of thought but part of a broader, universal tradition that spans cultures and eras. The wisdom it offers is timeless, resonating deeply with other spiritual traditions like Sanatana Dharma, which similarly guide individuals toward spiritual enlightenment and harmony with the cosmos.



2. The Seven Hermetic Principles and Parallels in Sanatana Dharma

In this section, we will explore the seven Hermetic principles as outlined in *The Kybalion*, and then align each principle with corresponding teachings found in Sanatana Dharma. This comparison reveals the universality of these metaphysical laws, emphasizing how both traditions offer profound insights into the nature of reality and spiritual growth.

Mentalism (The Universe is Mental)

- **Hermetic Teaching:** The principle of Mentalism posits that the universe is a mental construct. Everything that exists originates from a universal mind, and the reality we experience is shaped by our thoughts and perceptions. The mind is the source of creation, and by understanding this, individuals can harness the power of their thoughts to influence their reality.
- **Sanatana Dharma Parallel:** In *Advaita Vedanta*, the concept of *Brahman* (universal consciousness) and *Atman* (individual consciousness) closely parallels the Hermetic idea of Mentalism. According to *Advaita Vedanta*, the material world is a projection of the mind, and the true nature of reality is non-dual. *Maya* (illusion) is the deceptive appearance of the world, and only by realizing the oneness of *Atman* and *Brahman* can one transcend this illusion. Just as Hermeticism teaches that the universe is mental, Sanatana Dharma teaches that the universe is a projection of the divine mind.

Correspondence (â??As Above, So Belowâ??)

- **Hermetic Teaching:** The principle of Correspondence is encapsulated in the phrase â??As above, so below; as below, so above.â?? This principle suggests that there is a direct relationship between the various planes of existenceâ??spiritual, mental, and physical. Understanding one level of reality can provide insight into another, as they reflect each other.
- **Sanatana Dharma Parallel:** The idea that the microcosm reflects the macrocosm is deeply embedded in Sanatana Dharma, particularly in the relationship between *Atman* (the individual soul) and *Brahman* (the universal soul). The phrase *Tat Tvam Asi* (â??You are Thatâ??) from the Upanishads expresses this correspondence, teaching that the essence of the individual is the same as the essence of the cosmos. By understanding the self (*Atman*), one can comprehend the universe (*Brahman*), mirroring the Hermetic teaching of Correspondence.

Vibration (Everything Moves)

- **Hermetic Teaching:** According to the principle of Vibration, everything in the universe is in constant motion and vibrates at various frequencies. Nothing is at rest, and all phenomena, whether physical, mental, or spiritual, are manifestations of vibrational energy.
- **Sanatana Dharma Parallel:** In *Kashmir Shaivism*, the concept of *Spanda* (vibration) refers to the dynamic, vibrating nature of the cosmos. The sacred sound *Om* is

regarded as the primordial vibration that creates, sustains, and ultimately dissolves the universe. This aligns with the Hermetic principle of Vibration, as both traditions emphasize the vibratory nature of existence. Everything in the universe, from the subtlest spiritual plane to the gross material world, is in a state of constant motion and transformation.

Polarity (Everything Has Its Opposite)

- **Hermetic Teaching:** The principle of Polarity teaches that everything has its opposite, but these opposites are merely different degrees of the same thing. For example, hot and cold are not fundamentally different but represent varying degrees of temperature. This understanding allows individuals to transcend apparent dualities by recognizing their essential unity.
- **Sanatana Dharma Parallel:** The balance of opposites is a recurring theme in Sanatana Dharma, particularly in the philosophies of *Dvaita* (dualism) and *Advaita* (non-dualism). The interplay between *Purusha* (the masculine, conscious principle) and *Prakriti* (the feminine, material principle) mirrors the Hermetic concept of polarity. Furthermore, in *Advaita Vedanta*, the ultimate realization is that all dualities, such as good and evil, hot and cold, are reconciled in the unity of *Brahman*. This non-dual perspective corresponds with Hermetic teachings on polarity.

Rhythm (Everything Flows)

- **Hermetic Teaching:** The principle of Rhythm suggests that life moves in cycles, with periods of expansion followed by contraction, growth followed by decay, and rise followed by fall. These rhythmic patterns are present in nature, in our personal lives, and in the cosmos. By understanding and aligning with these rhythms, individuals can better navigate the fluctuations of existence.
- **Sanatana Dharma Parallel:** The concept of cosmic cycles is deeply ingrained in Sanatana Dharma. The doctrine of the *Yugas* (cosmic ages) describes the cyclical nature of time, moving through periods of creation, preservation, and destruction. Similarly, the cycle of *Samsara* (birth, death, and rebirth) reflects the rhythmic flow of existence on an individual level. The Hermetic understanding of rhythm aligns with the Hindu view of time and existence as inherently cyclical, governed by universal rhythms.

Cause and Effect (Law of Causality)

- **Hermetic Teaching:** The principle of Cause and Effect asserts that nothing happens by chance; every action has a corresponding reaction. This law governs all realms of existence, from the spiritual to the material, and by mastering it, individuals can consciously shape their destinies.
- **Sanatana Dharma Parallel:** The law of *Karma* in Hindu philosophy is a clear parallel to the Hermetic principle of Cause and Effect. *Karma* teaches that every action, thought, and intention produces consequences that shape one's future, not only in this lifetime but across multiple incarnations. Just as Hermeticism emphasizes the importance of understanding cause and effect in shaping one's reality, Sanatana Dharma teaches that one's actions create their destiny through the law of *Karma*.

Gender (Masculine and Feminine Principles)

- **Hermetic Teaching:** The principle of Gender states that everything in existence contains both masculine and feminine energies. These energies are necessary for creation and balance, and their interaction gives rise to all phenomena.
- **Sanatana Dharma Parallel:** The interplay between masculine and feminine energies is central to Hindu cosmology, particularly in the relationship between *Shiva* (masculine) and *Shakti* (feminine). This divine union represents the fusion of consciousness and energy, which is essential for the manifestation of the universe. The concept of *Ardhanarishvara*—a deity who is half-Shiva and half-Shakti—beautifully illustrates the Hermetic principle of Gender, symbolizing the balance and unity of masculine and feminine forces.

This comparison of the seven Hermetic principles with their counterparts in Sanatana Dharma demonstrates that, despite their cultural differences, both traditions share a common understanding of the universe and the spiritual laws that govern it. These universal truths offer profound insights into personal and cosmic transformation, guiding spiritual seekers toward a deeper realization of their true nature and place within the universe.



3. Deeper Exploration of Parallels Between Hermeticism and Sanatana Dharma

Unity in Diversity

Both Hermeticism and Sanatana Dharma teach that beneath the diversity and multiplicity of existence lies an underlying unity. In Hermeticism, the principle of *Mentalism* teaches that the universe is a creation of the mind, and all things are interconnected as

manifestations of the same divine mental force. This implies that there is no true separation between the self and the cosmos, reinforcing the concept of unity in diversity.

In Sanatana Dharma, the idea of non-duality (*Advaita*) asserts that the apparent separations between individuals, objects, and experiences are illusory. Everything is ultimately a manifestation of *Brahman*, the singular, infinite consciousness that underlies all existence. The diversity of the world is seen as *Maya* (illusion), and true spiritual knowledge reveals the unity behind all things.

Aligning Consciousness for Enlightenment:

Both traditions encourage aligning one's individual consciousness with the universal consciousness to achieve spiritual enlightenment. In Hermeticism, mastery of the mind and aligning with the universal mental force is key to spiritual progress. Similarly, in Sanatana Dharma, self-realization (*Atman-Brahman Aikya*) occurs when the individual realizes their oneness with *Brahman*, transcending the ego and the material world. This profound alignment is the gateway to liberation in both traditions.

Self-Realization and Spiritual Mastery

Both Hermeticism and Sanatana Dharma regard self-realization as the ultimate goal of spiritual evolution. In Hermeticism, this self-realization comes through the mastery of mental forces and understanding the laws that govern existence. The *Seven Hermetic Principles* guide individuals toward spiritual mastery by helping them gain control over their thoughts, actions, and understanding of the universe's structure.

In Sanatana Dharma, self-realization (*moksha*) involves realizing one's true self (*Atman*) as non-different from *Brahman*. This realization is the culmination of spiritual practice and liberates the soul from the cycle of birth and death (*Samsara*). The path to moksha can be achieved through knowledge (*Jnana Yoga*), devotion (*Bhakti Yoga*), or selfless action (*Karma Yoga*), all of which reflect the same underlying principle of spiritual mastery.

Practical Techniques for Spiritual Growth:

Both Hermeticism and Sanatana Dharma offer practical techniques for achieving self-realization. Hermetic practices often include meditation, visualization, and the conscious shaping of thought to align with higher truths. Similarly, in Sanatana Dharma, meditation, reflection on sacred texts (*Svadhya*), and yogic practices such as *Jnana Yoga* and *Dhyana* (meditation) are key tools for attaining spiritual wisdom and mastery. Both traditions emphasize the importance of mindfulness and inner focus as means to evolve

spiritually.

4. Practical Applications of Hermetic and Sanatana Teachings

Personal Growth and Inner Mastery

Both Hermetic and Sanatana Dharma teachings provide a practical framework for personal growth and inner mastery. Applying these spiritual principles in daily life can lead to greater harmony, self-awareness, and personal evolution.

Mindfulness and Meditation:

Both traditions encourage mindfulness as a means to mastery over one's mind and environment. Hermeticism teaches the importance of mental discipline and the power of thought, while Sanatana Dharma offers various yogic paths such as *Dhyana* (meditation) and *Karma Yoga* (selfless action) to purify the mind and align with the divine. Practicing mindfulness, meditation, and self-reflection helps individuals stay aligned with universal truths, leading to inner peace and spiritual evolution.

Positive Mental Affirmations:

In Hermeticism, the mind's power to create reality is a central tenet. Positive mental affirmations and conscious thought patterns help individuals reshape their experiences. Sanatana Dharma echoes this idea through practices like *Sankalpa* (setting intentions), where one's thoughts and intentions shape one's path in life. By cultivating positive thoughts, both traditions suggest that individuals can elevate their spiritual and material realities.

Navigating Life's Cycles

Life is full of cycles—ups and downs, periods of growth, decline, and renewal. Both Hermeticism and Sanatana Dharma provide frameworks for understanding and navigating these cycles.

The Hermetic Principle of Rhythm:

Hermeticism teaches that all life moves in rhythmic cycles, such as the cycles of nature, personal success, and inner transformation. Understanding this rhythm allows individuals to flow with the natural tides of existence, rather than resisting them.

Sanatana Dharma's Yugas and Samsara:

Similarly, in Sanatana Dharma, the cyclical nature of time is understood through the

concept of *Yugas* (cosmic ages) and the cycle of *Samsara* (birth, death, and rebirth). Just as the universe goes through cycles of creation, preservation, and destruction, individuals experience these cycles in their own lives. Recognizing the ebb and flow of existence, and understanding that every rise is followed by a fall, and every fall by a rise, helps practitioners maintain equanimity during life's challenges.

Spiritual Practices for Alignment

Aligning oneself with higher spiritual truths is central to both Hermetic and Sanatana teachings. Practical spiritual exercises from both traditions can help individuals connect with the divine and elevate their consciousness.

Hermetic Visualization Techniques:

In Hermeticism, visualization is a powerful tool for aligning with universal forces. Practitioners use mental imagery to attune themselves to higher vibrations and influence reality according to their will. By visualizing desired outcomes, individuals can manifest their intentions and bring about positive changes in their lives.

Yogic Practices in Sanatana Dharma:

In Sanatana Dharma, yoga is the primary means of aligning with the divine. Different paths of yoga—such as *Jnana Yoga* (path of knowledge), *Bhakti Yoga* (path of devotion), and *Karma Yoga* (path of action)—offer various ways to achieve this alignment. Each path encourages individuals to transcend egoic limitations, realize their connection with *Brahman*, and live in harmony with universal laws.

Bringing Both Traditions Together:

For modern spiritual seekers, combining Hermetic visualization techniques with yogic practices from Sanatana Dharma can offer a powerful means of self-transformation. Visualization exercises can help individuals sharpen their mental focus and manifest their spiritual aspirations, while yogic practices cultivate inner discipline, wisdom, and devotion to the divine. Together, these practices help practitioners align their thoughts, actions, and energy with universal truths, leading to profound personal and spiritual growth.

This section demonstrates how the philosophical principles of Hermeticism and Sanatana Dharma offer not just abstract metaphysical ideas, but practical guidance for everyday life. By applying these teachings, individuals can navigate life's cycles with grace, master their inner world, and align themselves with the higher truths that govern the cosmos.



5. Conclusion: Universal Truths and Their Relevance Today

Timeless Wisdom for Modern Life

The teachings of both Hermeticism and Sanatana Dharma offer profound insights that remain deeply relevant in today's fast-paced, materialistic world. The *Seven Hermetic Principles*, such as *Mentalism* and *Rhythm*, provide a framework for understanding the nature of reality and our place within it. Similarly, the core concepts of Sanatana Dharma, such as *Atman-Brahman unity* and the law of *Karma*, teach us that the universe operates according to timeless laws that govern both our spiritual and material lives.

By understanding these principles, individuals can navigate modern-day challenges with greater clarity, emotional balance, and resilience. Whether facing personal struggles, global crises, or moments of uncertainty, these teachings remind us that inner harmony and spiritual growth come from aligning with universal truths. They guide us towards self-mastery, inner peace, and a deeper connection with the universe.

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Beyond personal growth, these universal truths call upon us to contribute to the greater good. The Hermetic principle of *Cause and Effect* and the Sanatana Dharma concept of *Seva* (selfless service) emphasize the importance of our actions in shaping not only our individual destinies but also the collective well-being of society.

The MEDA Foundation is committed to creating self-sustaining ecosystems that empower individuals, especially those with autism, to lead fulfilling lives. Just as these universal teachings encourage us to serve others, the foundation's mission is built on the belief that helping people help themselves creates lasting change. We encourage readers to support this mission by donating or participating in our programs, aligning their actions with the principles of interconnectedness and service.

Book references:

Hermeticism:

1. *The Kybalion* by The Three Initiates

- This classic work offers a detailed explanation of the Seven Hermetic Principles and serves as a foundational text for anyone interested in Hermetic philosophy. It explores the mental, spiritual, and universal laws that govern existence.

2. *Hermetica: The Greek Corpus Hermeticum and the Latin Asclepius* translated by Brian P. Copenhaver

- This translation of the *Corpus Hermeticum*, a collection of philosophical and spiritual texts, provides a broader context of the Hermetic tradition's influence on Western esotericism.

3. *The Emerald Tablet: Alchemy for Personal Transformation* by Dennis William Hauck

- This book connects Hermetic teachings with alchemical traditions and offers practical insights into applying the principles for personal transformation and spiritual growth.

Sanatana Dharma:

1. *The Upanishads* translated by Eknath Easwaran

- A profound exploration of the core philosophical concepts in Sanatana Dharma, such as Brahman (universal consciousness) and Atman (individual soul). The Upanishads are a foundational source of wisdom in Hindu philosophy.

2. **â??The Bhagavad Gitaâ??** translated by Swami Sivananda

- This sacred text offers guidance on yoga, duty, and self-realization, presenting practical teachings on how to align oneself with divine principles and live a life of purpose and spiritual fulfillment.

3. **â??Crest-Jewel of Discrimination (Vivekachudamani)â??** by Adi Shankaracharya, translated by Swami Prabhavananda

- A key Advaita Vedanta text, this work emphasizes non-duality and the path to spiritual liberation, offering insights that closely parallel the Hermetic principle of mentalism and the unity of all existence.

Embrace Universal Principles

As we move forward in our spiritual journeys, let us integrate these Hermetic and Sanatana Dharma principles into our lives. By embracing these teachings, we can achieve both personal transformation and contribute to a collective awakening. These universal principles serve as a roadmap for realizing our highest potential, helping us cultivate compassion, wisdom, and balance in our interactions with others and the world.

CATEGORY

1. Ancient Wisdom
2. CxO 101
3. Spiritual Not Religious
4. Tacit Knowledge

POST TAG

1. #Atman
2. #Brahman
3. #consciousliving
4. #CosmicCycles
5. #EasternPhilosophy
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8. #InnerHarmony
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10. #MedaFoundation
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15. #SanatanaDharma
16. #SelfRealization
17. #SpiritualMastery
18. #SpiritualWisdom
19. #TheKybalion
20. #UnityInDiversity
21. #UniversalTruths
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