

Twilight Yoga II  
The Magnum Opus of Twilight Yoga

Shri Gurudev Mahendranath

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# The Magnum Opus of Twilight Yoga

**The Crepuscular Path Between Orient and Occident**  
**The Azoth Concentrate of Reintegrated Numinous**  
**Solvents Constituting the Esoteric Yoga**  
**of the Kingdom of Shambhala**

## Protokollon

In the Primordial Aeon, the lotus flower of our Yoga came to bloom  
Illuminating hermitages of the Himalayas and caverns of Mahachina.  
Thus the Cosmic Archons of the galaxy smiled, happy to behold  
That humans had discovered the way to escape from rebirth bonds,  
And the numinous rites of transit to reunite with the Divine Essence.  
Then Ishwara, the Ruler, proclaimed a New Aeon for all Mankind:

Never again will humans domesticate another wild animal;  
Never again will mankind breed the same way as beasts;  
Never again will the Cosmos be an imponderable mystery;  
Never again will mankind be debarred the Cosmic Oracle;  
Never again will bondage on earth remain so permanent;  
Thus joy and praise will vibrate among both Gods and men,  
While the Magick of Shambhala will permeate the Galaxy.

Then said the Goddess Maya: "My illusion is no less because of this;  
First they must remember, then find the key, and then escape, —  
For the world is a labyrinth, and few will find the egress.  
But for Yogis and Yoginis, Athanasia will ever be possible."

**Archaic, tried and tested, and still so valid,**  
**The twilight Luna cult of our primordial past;**  
**In the New Aeon, reject past muddled fragments,**  
**And into the rubble of the dark age be cast.**

## Exordium

The earth on which we try to live and think we die,  
 Is a dark and dusty alchemical laboratory of transmutations  
 Where we prepare in the school of life to become worthy  
 And fit for a greater destiny of real life in the Universes:  
 Yoga is the Alchemagick to prepare and make this possible.

Enjoy human life, if and when you can, but do not fail to learn  
 So that when the body has ended its life span and falls away,  
 Spare a moment so you can say, "This is where the real life re-begins."

Dark goes to dark, light goes to light: This is the Natural Law.  
 There are obstacles to the path of light which we can overcome,  
 This is the esoteric secret of Yoga, for it is the only known method  
 To escape the traps which drag us back to rebirth once again.

*Usha-Aurora follows fas upon the dark of night to make  
 The Twilight and its grace to spark the mind of man awake;  
 And what if we are charmed by the softness of its light  
 Which rearranges puzzles and new plans to come aright:  
 Await the Sun when fiery steeds go down horizon slow  
 Another Twilight World expands the weirdest of Weir glow.*

Yoga is the transformation of the mind complex and its activity;  
 The Helixform path of Magick leading to higher spiritual levels;  
 To vanquish the conditioning and habits inflamed by civilization,  
 Restoring our original nature and magick charisma of Divinity  
 By the union of individual spirit with the Supreme Atman.

Yoga presupposes that the Supraconscious mind retains the memory  
 Of its divine origin and vast potential of its magick power,  
 But the conscious mind obstructs and causes it to forget.  
 And illusion dominates a life in which clarity should rule.  
 Thus the lives of people become dominated by religion and dogmas,  
 Customs, media, and illusion theology, which become obstacles,  
 And truth is buried beneath the garbage of society and life,  
 While our spiritual past is obscured by layers of forgetfulness.

Yoga is the process, and the goal is return to the One Absolute.  
 It is the spiritual Magick Alchemy, independent of religions.  
 Its process and methods are based only on cosmic natural law.  
 It has its parallels with the findings of modern science;  
 So patterns of our ancient past becomes science of our future.  
 Its motif is fluid, because Yoga has no fixed rules or dogmas;  
 Only a wisdom base is the matrix to guide and help the sishya.  
 Thus experiments and guidelines must be adapted and used  
 To assist one to find their own individual system of harmony.  
 Yoga is an integral part of the Pagan Magick way of life.

Although the main surviving inscriptions are either Hindu or Taoist,

It was also found in our past pagan life and phantasmagoria.  
 Yoga is the tetragram which Asia gave to the western world;  
 The four-lettered word which politicians dare not use;  
 The Astrolabon Argentum (A.'A.') pointing a way to the stars;  
 A capsule to traverse black holes into the Pulsating Presence.

A perfunctory glance at Yoga may not excite abnormal wonder,  
 Yet it was the science which gave spiritual power to India and China,  
 And established a fantastic zone of energy par excellence.

Yoga is the attainment of the Supreme Cosmic Essence.  
 Yoga is the dynamic power potential of all modern Magick.  
 Yoga is the complete conquest of the powers of darkness.  
 Yoga is the awakened mind free from entanglements.  
 If you suffer from Hypnoia, this manuscript is not for you.

**God labors while you kneel and pray;  
 Makes things grow while you only play.  
 If mankind could behave like God,  
 Then Avalon could be on earth;  
 But if God did behave like men -  
 Chaos, disorder, and what then?**

Familiarity and usage turns the nicest things to boredom;  
 The miracles of years ago have become the clutter of today;  
 These things have not changed, but our attitude toward them has.  
 This is because they never had any very real or deep meaning.  
 Their value was only as fantasy scenery and now forgotten.

That which is eternal retains its value for ever and ever:  
 It is the Supreme Substance and Eternal Life Continuum.  
 It neither rots in the ground, nor can it be reduced to ashes:  
 But humans do not know where it is or whence it goes,  
 Nor how it came to be here, or if it is really here at all.

Born in mystery, live in paradox, released to nowhere;  
 Adrift in a vast cosmos where there is neither up or down.  
 The mere words God, Soul, Atman, Spirit are all derogatory,  
 For that which is all the names is without a real name,  
 A something, somewhere, which defies all our descriptions,  
 An unmanifest which manifests in all and everything.

Will and imagination form the two wings of our Kingdom,  
 To be the basis of all power, attainment, and transmutation;  
 It is the world and way of the strong-minded and determined,  
 And an insight which unwraps in Weir glow and wonder.

Do not think about it if it worries or disturbs you;  
 No other cosmic problem so destroys a spongy brain.;  
 Yet its difficulty is because of its sheer utter simplicity - -  
 Small enough to go in the pocket, if only it were large enough,

A moment's flash of thought when you have no time to linger.  
Paradox par excellence, the problem will solve itself.

*When Thanatos arrives, the hourglass of your lifespan to reveal,  
And now a wandering wanderer through the Galaxy God gave:  
By power of Goddess Tripura, assault the three cities of woe,  
And the rubble of Konditioning, Karma, and Kleshas now dust,  
So cosmic architects can remold them into newer Suns of Fire.*

Yet this world of Yoga is blocked to most "civilized" human beings  
Until they have progressively overcome the dark diabolical trinity —  
The three impediments, fungoid growths of our past and present.

They are the *Konditioning, Karmas*, and the five *Kleshas*,  
The KKK matrix wherein man's inhumanity to man ferments;  
The contamination which matures and congeals to delusion;  
Just as Nature turn the richest foods into the foulest ordure,  
So are we born in chains which thicken and become more heavy.

**Self Study , Critical Probing**

**Personal Analysis of Defects**

**Plus Good Qualities (if any)**

**Five Questions to Answer**

**Do this when in Solitude**

**Why was I born?**

**Where did I come from?**

**Where am I going?**

**Why this involvement?**

**What should I do now?**

*Ishwara Pranidam* means resignation to the Galactic Ruler.  
*Ishwara* (Ruler) is a Sanskrit term to indicate Shiva, God, or OM.  
As fire is known by its heat, OM is known by great energy vibes.  
Although individual effort is essential in our Twilight Yoga,  
Resignation to the Divine brings about the downpouring of grace —  
For a spiritual path is negative without a spiritual attitude,  
And no man or woman can succeed without this Divine aid.  
Thus the grace of Macrocosm give success to the Microcosm.  
Our guardian spirits can help the more in these vibrations.

*Concentration, meditation, and contemplation* are the rites,  
The triune track triumphant and Yoga's trivalent triangle.  
But before we can settle down to their practice and purpose,  
We must understand the impedimenta polluting the mind.

Yoga, in its essence, is our attitude to God and the world,  
But civilization does not encourage us to escape its patterns,  
Least of all, the relaxed mind required by Yogis and Yoginis.  
Konditioning is everything we are taught and required to accept.  
Although it need not always be bad, but it usually is so,

To become super brain-swirl impressions buried in the mind.  
 These relate to politics, religion, conduct, class, and morals;  
 First implanted by parents, then teachers and news media.  
 Not everyone surrenders, and a minority do learn to think.

We are conditioned to accept nationality and even parochialism,  
 And the superstitions of fathers are inherited by children;  
 Things we are taught to live for, and even things to die for.  
 Few break away from these bonds, and few even want to;  
 It is easier to float with the stream than go against it.

As society becomes more complex, the Konditioning becomes harder.  
 Konditioning occupies a high percentage of our life and thought,  
 To become the routine establishment we must not question.  
 This is the world of robotniks, not to bother and never to think.  
 Hardly the soil in which Yoga and Attainment can flourish.

Yoga requires a re-evaluation of the confused patterns of our thinking;  
 Relaxed mind without inhibitions, restraints, or over-activity;  
 One-pointed projection on the chosen image-symbol of attention;  
 Counting, holding the breath, helps for soft, relaxed concentration.

Meditation becomes the calm continuity of retrospection think.  
 Keep the mind awake, for trance and sleep will yield you nothing.  
 Then you will become ready for real Yogic contemplation.

Because you have been reborn so many times in the past,  
 An understanding of Karma helps to control the future.  
 Karma is the energy of life brought about by physical and mental  
 Action — bad or good — and causing inevitable results in a future rebirth.  
 But some may mature during the present lifetime of their maker.

The Sanskrit word *Karma* means “results of doing”,  
 All actions first occur in mind before they become physical.  
 Karma is bad if involves harm, loss, or suffering to other beings.  
 Thus positive welfare thoughts and actions generate only good Karma  
 And can overcome bad Karmas brought over from previous lives.

## **The Five Kleshas**

**The Five Pain-bearing Obstructions**  
**The Root Cause of Trouble and Strife:**  
**Ignorance, Ego, Repulsion,**  
**Attachment & Clinging to Life.**

The entire Magick structure of our fantastic Twilight Yoga  
 Is rooted in the five Kleshas (the Sanskrit term for obstructions).  
 They are the cause of all the miseries and afflictions of life.  
 The vast mass of mankind live and suffer through these defects,  
 And they must be understood before real practice can begin,

For nothing can be attained until the mind knows these obstacles.  
 They are impediments to Yoga, happy life, and Cosmic harmony.  
 Unless they are controlled, we will always be frustrated  
 From entry to the Twilight Zone between the two worlds.

### **Ignorance**

Non-science, untrue, bogus, illusion, delusion, lack of awareness of reality or the real, unenlightened, backward. It is also the ground in which the four other Kleshas fertilize. Thus Ignorance is when we think the unreal is actually real; that matter is the ultimate or only important real substance; mistaking religion, dogmas, or superstitions for spirituality; when we think in terms of “I”, “I am the body”, “This is me”. Ignorance is absence of knowledge of the spirit of man.

### **Ego**

The “I” or “Me-maker,” the opinion we have of ourselves, but one which is seldom shared by others. An imagined personality. Mistaken identification of nature, mind, and spirit as the body. To identify oneself with worldly life, the body, and the senses. Arrogant conceit is often a cover to hide one’s inferiority; Real men and women have no need to advertise themselves. Ego is a mask we wear to try to hide and veil what we are.

### **Repulsion**

Aversion or repulsion to people, things, or ideas. Its counterpoise is obviously a state of Equipoise Neutrality. The true nature of the Spirit (Atman) is non-discriminating. Aghora (the Lord Shiva) means nothing horrible in itself.

### **Attachment**

Possessiveness, ownership, liking, attraction. Attachment to people, things, and ideas. To join, connect, or associate ourselves with something. “This is ours”, “This is mine”. Attachment in its negative sense to things we cannot own or keep. Often the cause of quarrels, violent conflicts, and even war. Expressed also as race, nationality, my country, my money. Attachment can only have free play on lower mind levels.

Repulsion and attraction are two sides of a single coin. Their obstacle value can be impediments and overcome by: Contentment, Neutrality, Tranquility, and Knowledge.

### **Clinging to Life**

Fear of Death. Desire for body continuity. Though most of human life is pain, misery, sickness and woe, delusion gives most people an abnormal desire to live. The other four Kleshas help to strengthen the delusion. Every living body has a limited lifespan to live on earth, and humans are no exception to what are but natural laws.

It is easy to see that the Five Kleshas are interlinked defects,  
And each one reacts and relates to strengthen the others.

The Super-Yogi of our Pagan Present has devised this analysis:  
Kleshas, the Ob-Blocks, flourish as the main evils of our life.  
They belong to the plane of matter and cause endless rebirth.,  
And not until the spirit is free of these delusive Ob-Blocks  
Can we know the freedom and bliss of our Twilight Yoga.

Impediments of the mind are obstacles to our attainment.  
Yoga is the Magick Alchemy and method of the Magnum Opus.  
Every cell of the brain, each zone of the mind: a Quantum of Magick!

The Yogi-Magician has become free from Karmas, Kleshas, & Kondition-  
ing,  
Liberation and Enlightenment have now, at last, been attained.  
Thus the Self-Realized Yogi-Magician merges into the One Supreme,  
And will never again be reborn into life on this earth.

## The Apotheosis of the Yogi

*So Yogis, work your wonders of the Magick Twilight Path;  
Rise high above all things mankind attains, and joyful laugh;  
The whirl of restless mind is stilled by concentrated power.*

*Awake, for meditation is the lovely lotus flower.  
Relaxing in the calm of contemplation, freedom gain,  
One with Eternity now, far beyond rebirth and pain.*

*The Swan arise, awake and now to spread celestial wings:  
Sip milk, and leave the water and a million magick things.*

*The Moon-Drake of the Dawn must call the cygnets to the nest;  
Then they, in turn, Supreme become and pass the Lune-Lake test:  
And though a million trillion twilight hours do move away,  
The wisdom passes on and on, and still is ours today.*

Yoga must teach us how to live, and also the art of dying.  
Most people die unprepared for death and a future world.  
Little need be added or discussed by us in this manuscript —  
It is dealt with in code in *The Tibetan Book of the Dead*.<sup>1</sup>

The only thing the reader will quickly detect in this work,  
Is that all Gods & Goddesses arise from the subconscious,  
As do the light or dark environments of the other worlds.  
Our goal, in life or death, still remains *the Primal Light*.  
So let not Heaven or Hell, Paradise or Plenum be a Prison.

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<sup>1</sup>Best edition: Tr. by Frank J. MacHovec, Peter Pauper Press. [Editor's note: this edition is out of print. Two recent translations of note are: Tr. by Francesca Fremantle and Chogyam Trungpa, Shambhala Publications; and Tr. by Robert A. Thurman, Bantam Doubleday Dell].

Remember, it is attainment we want, not a new round of activity.  
 Yoga must be capable of transforming us into something different,  
 And not a mere pastime to relieve us of depression or boredom;  
 Do not, therefore, try to make it into something it never was.

Twilight Yoga elevates the status of mankind and our divine potential.  
 Human beings possess immense powers, if they would only develop them,  
 For we have inherited the Divine Spark and Energy of our Progenitor.  
 But without Will & Imagination, few have the gift of attainment.  
 The illumination of Yoga reveals all this, and justifies the practice.  
 Thus slaves and serfs, who know not this, remain in darkness.  
 Dark the mind which hates others, but darker more if we hate ourselves.

Mantras will greatly help many to progress in Twilight Yoga,  
 And yantra designs can assist you to concentrate more softly,  
 But civilization is the jailer, and few are they who get away.

Experimental work, relating to one's individual experience in Yoga,  
 Is essential if we are to keep it in control for rapid progress.  
 Ninety-nine percent of what is written in books is unreliable.  
 Only the guidance of a spiritual Guru can supplement it.  
 Use your own individual experience, experiment, and effort,  
 But you must relax the mind and body, and take it gently.

We cannot explain why people prefer to remain in human bondage,  
 Seek crude entertainment, diversion, drink, drugs, and forget.  
 But five percent in every generation have the right potential,  
 And it is for them the Lords have labored — to help them escape.

Will is the faculty of power, determination, and divine catalyst;  
 While Imagination is the faculty by which we reach beyond ourselves,  
 For our Yoga-Magick patterns must take us beyond all routines.

Yoga cannot be studied in schools except for ideas and guidance;  
 No two people have identical Konditioning, Karmas, or Kleshas.  
 Therefore, all practical work must be related to the individual.  
 This the grace of God removes us from patterns and all dogmas,  
 Regimentation, congestion, crowds, crutches, and creeps.  
 The blank card game is best when it is played in solitude.

Kailash has a vantage which is an advantage to residents.  
 Far below, in different corners of the sordid, dusty earth-scene,  
 A yogi was lying on a bed of nails and muttering mystic mantras.  
 Another suspended large stones from his genitals, for God's sake.

A larakin was sitting in the cold snow wrapped in wet sheets.  
 Another was rushing across the plain at phenomenal speed,  
 While yet another levitated across the river to save ferry fare.  
 One was unseen because he has buried himself in the ground.

The Goddess, having observed these things, leaned toward Shiva.  
 "What's it all for, and who's mad?", she whispered in His ear.

Shiva smiled, "I was just going to ask you the same question."

No mantra or yantra is better than sitting at the Guru's feet.  
Wisdom comes, not by prayer, but from guidance by the Guru.  
No deity can be a substitute for that which the Guru teaches.

When the Guru is naked, or wearing only a rag or cloth,  
He is the form of Shri Dattatreya, the greatest of Gurus.  
He teaches the pathway whereby the Goddess is revered,  
And that nectar of tantrik touch to awaken the Spirit.  
Of all things, this is the most profound, and the Law of the Cosmos,  
For the Avadhoot prevails forever against dark forces,  
And the Amoral Way of Weir glow forever is supreme.

## **The Will to Love is the Law to Live**

Imagination is the only way we can veil human ignorance,  
And imagination is the only way we can create better.  
When the mind is inert, it is asleep or unconscious;  
When alive with imagination, it can achieve anything.

Imagination can explode into the far-out depths of space,  
Or it can be imploded to condense within ourselves.  
Out or in, no time or distance can restrict or limit it.  
Imagination made the energy to create many universes,  
And can also be the great dynamic power to destroy them.  
Imagination is the energy of Yoga-Magick, ready to use.  
When you desire it, it will come and saturate your mind,  
But when dull or sleepy, it will evaporate away.

**Our fantasy can mould a new design,  
The winged white horse imagination rides,  
Then spreads its wings as energy explodes;  
Matter and Spirit part as God divides.**

**The winged white wind horse rides eternity;  
A new star now does burn beyond the sun;  
Somewhere a Yogi has the Weir glow won,  
And all his earthly chores have now been done.**

India has a wonderful record for ways of spiritual mode & methods.  
Yet, in recent decades, the hush has become so unbearable,  
And the Light of Wisdom vanishes beneath technological crust,  
And even the priests of the sanctum become political predators.

But Yoga's crepuscular cosmopolitan character is truly Cosmic,  
And now it has spread to germinate in many other lands;  
For this is how the Lords of Light always wished it to be.

For the Law of the Cosmos has devised that the Natha Sadhus,

And the Lords and the Ladies of the Nath Sampradaya,  
 Be the highest attained, and the Gurus of Twilight Yoga.  
 Thus the esoteric Magick of our Pagan Kingdom will endure.

Yoga must ever retain the fabulous fantasy of our Magick World:  
 Developing the Power of Will and the Wonder of the Imagination.  
 If we ever sink into the routine trivia, the boredom sleep,  
 We have then retreated into the darkness of ignorance.

Magick, Imagination, Fantasy, and even the most bizarre patterns  
 Spring only from the abstract heights of human intelligence.  
 You cannot be told this — it must come from within.

Sometimes you must create your own environment phantasmagoria:  
 Sensational robes, nakedness, decor, delight, dark or color,  
 Nonsense names, amphigory, hyperbole, rainbow rhetoric,  
 An extravaganza of imaginative patterns fit for the divine.

In ludicrous life and in civilization, which is a conspiracy,  
 Our Quaint Quantum of Quality explodes the Giant Quasars,  
 For the Sorcery of the Eternal Enchanter is illimitable.  
 Those entering a New Aeon must develop five new senses.

For the Yogi who has imbibed the delightful Nectar of God  
 Enjoys Immortality; no other drink can ever taste so good.  
 Now our brightest star develops into Insight-Intuition,  
 While Awareness and Wonder sparkle with New Thinking,  
 And the Guardian Spirit is much nearer than before.

We are filled with surprise, why did we not see sooner,  
 Or why had we forgotten the Nectar of Immortality!  
 This is our Magick Circle and Gateway to the Universes;  
 Make it as lovely as fantasy and imagination can.

You are entering a Magick Kingdom where anything is possible,  
 Yet there will ever remain things hidden from lesser mankind,  
 For if Siddhas and Magick Powers were gifted to the bad,  
 Harm they may do will recoil on the donor who gave them.

Yoga propounds no rules of sex abnegation; food fads are absent,  
 But Yoga is always based on a path of intelligent moderation.  
 Not eating sufficiently can be just as bad as eating too much.  
 Simple life does not mean the denial of modern invention,  
 Medicine, or other facilities which are useful or needed.  
 Simple life does not mean wearing skins or living in caves.  
 Our ancestors did this only because of lack of know-how.  
 Some things are basic needs, others are only useless wants.  
 The Yogi knows the difference and shows discrimination.

The Yogi seeks the Equipoise between the Opposites of Life.  
 Those who seek neither night nor day love the Twilight.  
 Between happiness or sorrow, our world is unperturbed.

Neutrality is our stand in conflicting ways and events.  
 Weep not for the sorrow scene, nor get lost in pleasures;  
 It is only a fool who lights a match to better see the sun.  
 Equipoise in success or failure is the hallmark of Yoga.

When the dark of space vanishes in the light of sunrise glow,  
 Cosmic Space vanishes, and we become separated from it by day;  
 Then when sunset time comes, and the auspicious twilight begins,  
 We see again the vast cosmos, and its living orbs of light,  
 And the vast canopy on which they glow and sparkle.

Thus these two twilight periods are special for all Yogis  
 As the times when meditation and contemplation are best.  
 For this reason, we call our Numinous Path — Twilight Yoga.

Shakti, the Goddess Lalita, creates the millions of Universes;  
 Shiva protects them; while Kala makes to destroy them.  
 But the Natha, as Guru, liberates all manifold living forms.

*Equipoise, Dynamism, Inertia:* Three Gunas are our play.  
 The Veil of Maya obscures and obstructs our human life,  
 But it cannot forever hide the Yoga Way of Liberation.

God is limited by Ignorance, but exalted by our Wisdom.  
 Yogis remain aloof, unlimited by activity or non-activity.  
 Yoga is the ever-brilliant flame for everyone in bondage;  
 A celestial fire which may, one day, liberate mankind.  
 For those who follow the Yogi develop his luminescence.  
 There is no philosophy, only Illumination-Mind-Expansion.

## The Valedictory of Gurudev Mahendranath

*O human race, you played the game too heavy,  
And threw your dice to always get the bad;  
But now I must prepare to love and leave you,  
I'll be, in spite of all, a little sad.  
Though most have I.Q. down to zero,  
Inhuman mankind, like a fungoid blight;  
I will not leave too soon, but stay and help you;  
So you can, one day, reach the Primal Light.  
I can't explain why I have ever loved you,  
Embracing all of every caste and creed;  
And hoping, some day, mankind will do better,  
And from delusion, evermore be freed.  
Not the end. The Spirit goes on forever.*

# INTERNATIONAL NATH ORDER

This edition of Shri Gurudev Mahendranath's THE MAGNUM OPUS OF TWILIGHT YOGA is one of many projects planned by the not-for-profit International Nath Order. The International Nath Order itself is based upon the fundamental principles and inspiration set forth in Shri Mahendranath's *Master Pattern of the Nath Order*, TWILIGHT YOGA trilogy, and other writings. The three manuscripts which comprise the TWILIGHT YOGA Trilogy offers the building blocks with which to construct a more fantastic way of life. The International Nath Order strives to realize these aims through practical action and was conceived and constructed to serve the needs of many. Our primary concerns are the dissemination of higher wisdom, the construction and maintenance of places of meeting and worship, plus the activities related to continuing a spiritual transmission or initiation lineage which has its roots in a distant past, but continues to burn brightly even today. The International Nath Order seeks to fan this spiritual flame and make available to many the ideas and basics on which to develop a more expansive spiritual experience and fantastic way of life.

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