

Essential Reiki Teaching By Diane Stein

An illuminating guide to one of the fastest-growing spiritual healing practices in the world and an essential tool for anyone ready to bring healing into his or her life. Perhaps the gentlest healing therapy in the world, Reiki originated in early twentieth-century Japan. In this indispensable guide to Reiki, one of the foremost experts traces the origin and development of the practice, detailing how and why it restores and renews the human body in ways we've only begun to understand. A pioneer in bringing Reiki into mainstream medical practice, Miles draws on her unique background to explain how this therapeutic technique, which involves a gentle laying on of the hands, complements conventional medical treatments and can hasten recovery from invasive surgical procedures, as well as ease the symptoms of cancer, insomnia, depression, anxiety, and other conditions. With compassion, wisdom, and the accumulated experience that comes from nearly twenty years as a Reiki practitioner, Pamela Miles empowers readers by showing how simple it is to take.

This book is for anyone about to start teaching Reiki, or established Reiki teachers who are interested in enhancing the quality of their courses. Read articles

Download File PDF Essential Reiki Teaching By Diane Stein

about Reiki teaching, including structuring your courses, creating course materials & supporting students. Read about Western & Japanese style Reiki and how to teach "Reiki Evolution" style Essential Reiki Teaching Manual A Companion Guide for Reiki Healers Crossing Press

This invaluable resource tells how to use nutrition, minerals, massage, herbs, homeopathy, acupuncture, acupressure, flower essences, and psychic healing for optimal health. Meticulously researched. Fully illustrated. Comprehensive guide to holistic healing methods. Extensive resource directory. Effective ways to reduce veterinary costs. The first comprehensive book on Karuna Reiki, an evolutionary healing technique that is sweeping the Reiki community worldwide. Includes techniques, meditations, symbol information, and anecdotal healing experiences.

Discover the wisdom of a 4,000-year old sacred oil tradition, shared for the first time in written form! Sacred oils are part of a mysterious and ancient art that dates back thousands of years. Their knowledge is passed from master to master - only a handful of people alive hold this knowledge. Among them is Felicity Warner, a healer and myrrhophore. In this book, Felicity guides you through a healing journey with 20 of the world's most treasured oils, including Elemi, Holy Basil, Palo Santo and Spikenard. Detailing their history dating back to Egypt and

Download File PDF Essential Reiki Teaching By Diane Stein

Babylon, she explains how to: * mix, dilute, blend and store the oils * perform sacred rituals of anointment * attune to the frequency of each oil through meditation, and by using mandalas as a pathway to deeper consciousness * use the oils to cleanse auras and heal the soul, for prophecy and to access past-life information.

"This book is for seekers. With writing that is both friendly to the layperson yet true to a deeper mystery, this is the book to which I refer my students who are interested in the esoteric wisdom and practices of the ancients." —Anodea Judith, author of Eastern Body, Western Mind

Although they are often misunderstood, the chakras are important facets of health and spirituality and when properly attuned can lead to happier and healthier lives. In *The Big Book of Chakras and Chakra Healing*, Dr. Susan Shumsky delves into the ancient Tantric and Vedic literature to uncover the veiled mysteries of the ages, where the most authentic information about the 7 chakras, 7 subchakras, and the subtle energy system can be found. By reading this valuable book, you will:

Discover your subtle body and energy field and how to heal blockages. Gain understanding of kundalini energy and the chakra system. Understand how to use visualization to access your chakras. Learn to maintain the health of your energy field. *The Big Book of Chakras and Chakra Healing* is perfect for novices and experienced practitioners alike and will

Download File PDF Essential Reiki Teaching By Diane Stein

lead you on a journey of discovery, balance, and enlightenment.

Fascinating stories of psychic occurrences by over 70 women, interwoven through the text, illustrate the powers available to you when you discover your psychic powers. **ALL WOMEN ARE PSYCHICS** is an inspiring book that will help you reclaim this innate gift. Learn how to: Travel astrally. See other people's auras. Regress to past lives. Interpret dreams. Test yourself for ESP. Predict the future. Contact your spirit guides. Dream lucidly.

This complete manual, in conjunction with traditional training, is an excellent guide to understanding Reiki and its spiritual practices.

Let Diane Stein and **ESSENTIAL ENERGY BALANCING** show you how to be all that you can be. **Essential Energy Balancing®** is an ascension [enlightenment] process—one of total healing. The karmic suffering we're born with, for the most part, is implacable. Now it can be changed, lovingly, with a simple formula and the blessings of the Lords of Karma—the keepers of our souls' evolution. Part 1 of **Essential Energy Balancing®** teaches the easy self-healing methods that change suffering into wellness and inner peace. Part II is a series of ten energy reprogramming meditations that lead to ascension and bring out your Goddess-Within. Part III is a discussion of energy anatomy and of who we really are—a highly complex system.

Download File PDF Essential Reiki Teaching By Diane Stein

“Animal Reiki is a great introduction to the growing field of energy medicine. Written in an easy-to-read style, this book will be enjoyed by animal guardians and veterinarians alike.” --SHAWN MESSONNIER, DVM, author of *The Natural Health Bible for Dogs & Cats* “I learned a lot from *Animal Reiki* and highly recommend it to a wide audience.” --MARC BEKOFF, University of Colorado, author of *Minding Animals* and editor of the *Encyclopedia of Animal Behavior* “Fulton and Prasad have created a much needed guide to a method of helping animals heal that is gentle, intuitive, safe and powerful.” --SUSAN CHERNAK McELROY, author of *All My Relations: Living with Animals as Teachers and Healers*

WHETHER YOU'RE A NEWCOMER TO THE FIELD OF energy medicine, an experienced practitioner or an animal lover committed to learning everything you can about your companion's health, *Animal Reiki* will open your eyes to a new level of healing and well-being. From dogs and cats to horses and birds, this book is everything you need to understand and appreciate the power of Reiki to heal and deepen the bond with the animals in your life. Author and healer Diane Stein brings to the layperson psychic healing techniques once assumed to be too esoteric to use without highly specialized knowledge, years of training, and a paranormal gift. **ESSENTIAL PSYCHIC HEALING** helps us tap into the potent healing power of our own psychic

Download File PDF Essential Reiki Teaching By Diane Stein

energies. For the beginner, Diane offers theory and instruction in basic meditation, visualization, kundalini energy, chakras, and auras. Those at the intermediate level will learn to utilize spirit guides and angels, and how to use healing crystals, hands-on healing methods, emotional release work, and remote healing. An advanced program discusses healing karma and past lives, soul retrieval, releasing entities, spirit attachments, and understanding and aiding the death process. Whether you are new to or well acquainted with these principles, ESSENTIAL PSYCHIC HEALING is an indispensable primer.

Reiki is an ancient and profoundly simple system of “laying on of hands” healing derived from Tibetan Buddhism. In the West, Reiki has been kept highly secret for many years. ESSENTIAL REIKI presents full information on all three degrees of this healing system, most of it in print for the first time. Teaching from the perspective that Reiki healing belongs to all people, Diane Stein breaks new ground in her classic guide to this ancient practice. While no book can replace the directly received Reiki “attunements,” ESSENTIAL REIKI provides everything else that the healer, practitioner, and teacher of this system needs.

Focusing on self-training, a certified Usui Reiki master presents a guide to developing and using intuitive skills during Reiki sessions to enhance the

Download File PDF Essential Reiki Teaching By Diane Stein

effectiveness of the treatment. Original.

Sergio Magaña uncovers the prophecies from the Aztec calendar that reveal important insights about the years 2012, 2021 and 2026. The Aztec calendar marks 2012, 2021 and 2026 as years of great transition. Learn how to heal, thrive and embrace a new, awakened reality with Toltec wisdom. The Aztec calendar is divided into 'Suns', each lasting 6,625 years. The shift from the Fifth to the Sixth Sun started in July 1991 and will be complete in May 2021. In this book, renowned Mexican healer Sergio Magaña reveals Toltec prophecies and insights about the years 2012, 2021 and 2026 and how they will impact humankind and reveal a pathway to a new positive reality. Sergio guides us through the underworld we need to navigate in the next few years, so that we can overcome any challenges we face as we move towards the Sixth Sun. In this book, you'll discover:

- Breathing exercises and ancient practices to help you realign with the universe, the Earth, the elements, and with your highest nature
- How to heal pent up emotions such as fear and trauma
- A detailed explanation of the four movements involved in the shift from the Fifth to the Sixth Sun

Allow Sergio to accompany you on a journey to healing your consciousness, taking responsibility for the sacredness of life as you move successfully through the transition from the Fifth to the Sixth Sun.

Download File PDF Essential Reiki Teaching By Diane Stein

The definitive text on Reiki-for students, practitioners, and Masters alike-from one of the most respected Reiki teachers today. Reiki is a holistic system for balancing, healing, and harmonizing all aspects of the person-body, mind, emotions, and spirit-encouraging deep relaxation and the release of stress and tension, and promoting awareness and spiritual growth. This comprehensive manual provides much-needed support for students and teachers who want to follow the best practices. Covering Reiki levels 1, 2, and 3, this book conveys information in an accessible, structured, and interactive way to enhance the reader's understanding, knowledge, and experience of the practice. The final section of the manual contains reference material specifically for students who wish to become professional practitioners, and for Masters who want to broaden their training. This section also offers the foundation for additional courses or workshops on topics such as health and safety and managing a successful practice. The Reiki Manual can be used: as student preparation before a Reiki class; as a textbook during Reiki courses; as post-course reading, or for reviewing what has already been learned (it includes revision questions and revision activities); by Reiki practitioners to help them practice in the best, most professional way; and by Reiki Masters as a guide to devise and deliver a Reiki course. More extensive

Download File PDF Essential Reiki Teaching By Diane Stein

than any other Reiki book on the market, *The Reiki Manual* will be referred to by lay readers as well as devoted students for many years to come!

Translated to English for the first time, Dr. Usui's hand positions and healing techniques can now be studied directly.

In this updated and expanded edition of her alternative-health classic, Eden shows readers how they can understand their body's energy systems to promote healing.

Reiki Meditations for Beginners is a complete guide to the practice of meditation and shows how these two practices are in fact an integral experience for anyone wishing to cultivate inner peace and happiness in daily life. Far from being abstract ideas, the methods presented in this book make meditation readily accessible for the reader, whether they are a complete novice or seasoned practitioner.

The author of "Essential Reiki" transforms pendulums from a party game into a serious psychic and healing tool that works with the light to help one's everyday life.

The Natural Remedy Book for Women is every woman's self-help guide to holistic health care. Part 1 presents ten natural healing options in depth—vitamins and minerals, herbs, naturopathy, homeopathy, cell salts, amino acids, acupressure, aromatherapy, flower essences, gemstones and emotional healing. Part 2 describes fifty common

Download File PDF Essential Reiki Teaching By Diane Stein

health issues and diseases and provides a complete list of natural remedies for each illness. As in her previous books, Diane Stein emphasizes self-healing, simplicity, and a return to the ways of the earth.

From master Reiki teacher Lisa Champion comes *The Art of Psychic Reiki*, a one-of-a-kind, step-by-step guide for learning the sacred art of Reiki while cultivating the psychic and intuitive skills crucial to this healing energy work. Reiki is a gentle yet powerful, hands-on energy healing method from Japan that's been gaining in popularity over the last century—not only with bodyworkers and massage therapists in the West but also with medical professionals who can attest to its healing power. Born from the author's decades of experience with Reiki healing and her own methods, *The Art of Psychic Reiki* provides everything you need to know about this healing art, including the critical psychic development and empathy training that prepares healers to go out and do the work they were meant to do. If you're drawn to the healing art of Reiki, you might be a highly sensitive person, with high levels of empathy, intuition, and latent psychic abilities (a combination of intuition and inner knowing, plus the ability to connect with higher wisdom). And since Reiki is a form of energy healing, many new practitioners may experience what's called a psychic opening as they learn or practice. For this

Download File PDF Essential Reiki Teaching By Diane Stein

reason, it's important that every Reiki practitioner master the ability to navigate their empathic and psychic sensitivities while engaged in this work—and this book can help. Whether you're new to Reiki or you're a practitioner seeking to deepen your knowledge and enhance your skills, with this guide you'll learn how to use Reiki to heal yourself and others, cultivate and trust your natural intuition, develop your empathic and psychic abilities, work with your spirit guides, and ground and protect yourself as a practitioner of this sacred healing art. A step-by-step guide to hands-on and psychic healing, this comprehensive book presents a complete program of soul development for self-healing, healing with others, and Earth healing. Advanced skills include healing karma and past lives, soul retrieval, releasing entities and spirit attachments, and understanding and aiding the death process.

In depth Reiki training manual for our times.

Reiki is a unique system of healing that allows you to harness and transmit energy through your hands, restoring balance and harmony within the body and bringing relief to a wide range of physical and emotional problems. This book, by renowned Reiki teacher Richard Ellis, illustrates all the hand positions used for the first level of Reiki, but it goes much further and shows them in their relation to the seven chakras. Chakras are the main energy points

Download File PDF Essential Reiki Teaching By Diane Stein

of the body and provide the anatomy of energy healing. These are different for everyone, and so to practise Reiki effectively you need to understand a person's chakras, which will in turn explain the type of person they are and the health problems they are vulnerable to. For example, one person may have an excessive first chakra, making them prone to obesity or digestive problems, and to pessimism, while another may be deficient, making them vulnerable to anorexia and restlessness. You would therefore approach these two people differently. Reiki and the Seven Chakras captures the feeling of wonder that surrounds Reiki, but it is also an immensely practical guide. So many of the current books on Reiki are very dry, following a formula of detailing the history of Reiki healing and then showing you how to do it. This one breaks the mould and is written from a very personal point of view, which makes it incredibly interesting to read and also very accessible – essential if you are to understand the true nature and potential of Reiki.

Whether you are looking to ease the effects of chronic illness or would like to have more energy on a daily basis, the age-old wisdom of Reiki offers the help you seek. Reiki is a form of touch healing with its roots in Buddhist Sanskrit scriptures. The Power of Reiki is filled with easy-to-follow instructions, accompanied by helpful photographs.

Often people seek healing, recovery and happiness

Download File PDF Essential Reiki Teaching By Diane Stein

everywhere, in fact, all of there is in her. all it takes is the courage to travel to the self, to find awareness and alignment the body, mind and soul. we were created perfectly, including the self-healing mechanism and reiki is one way of healing themselves. This simple book is dedicated specifically for readers who are interested in learning, deepen and enhance their knowledge and ability in basic reiki healing techniques. "Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food. But to eat when you are sick, is to feed your sickness." Hippocrates Greek physician (460 BC - 377 BC)

Women are naturally healers. Throughout time, they have performed curative roles as mothers, midwives, caregivers, and wisewomen, but modern medicine has suppressed this important tradition. Ancient women healers knew that the body is more than what is seen: through body, emotions, mind, and spirit, we can connect with the Goddess and actively choose to heal ourselves and others. By relearning and using ancient skills like aura and chakra work, creative visualization, meditation, laying on of hands, psychic healing, and working with crystals and gemstones, women can prevent or transform many dis-eases of the body and spirit before they become

Download File PDF Essential Reiki Teaching By Diane Stein

matters for modern medicine. In *THE WOMEN'S BOOK OF HEALING*, Diane Stein, author of the best-selling *ESSENTIAL REIKI*, demystifies, explains, and teaches these skills in ways that modern women can learn and use. She first introduces basic healing, then applies those skills to healing with crystals and gemstones—a beautiful, effective, and empowering aspect of the ancient woman's healing methods. A comprehensive guide from a knowledgeable healer, *THE WOMEN'S BOOK OF HEALING* proves that well-being is within a woman's choice and natural abilities, and reaffirms her timeless role as healer of herself and others.

- An affirmation of woman's traditional role as healer, speaking to a national trend toward alternative medicine and natural healing methods.
- Demystifies, explains, and teaches the healing capabilities of auras, chakras, laying on of hands, crystals, gemstones, and colors.
- Thoroughly revised and updated, with a new introduction.
- Diane Stein's books have sold more than 600,000 copies.

The traditional symbols of the Usui System of Reiki take a key position in this unique tradition. Without them and their mantras, Reiki is not possible. The dedication rituals necessary for the practice of Reiki as well as the complex healings can only be accomplished on the foundation of Usui symbols with the certainty and effectiveness one expects from Reiki. Written in a remarkably precise and lucid

Download File PDF Essential Reiki Teaching By Diane Stein

style by two foremost authors on Reiki, this compendium reveals indispensable information of tremendous spiritual value.

A guide to focusing the energy of Reiki--traditionally used for healing the body--towards healing the spirit, from Reiki master Brett Bevell--Provided by publisher.

Once the basis for all religion, the Goddess is resurfacing and being reclaimed by women in their quest for inner development and wholeness. Here you will learn of the deceptions of history and the hidden secrets of our past. Also learn the techniques of ritual, group structure, individual work, healing, crystals, tarot and I Ching, the discovery and development of power from within, and much more.

"I'm a Reiki teacher & I use this book all the time. In fact that is a gift I give my students when they graduate."--Connie, Verified Purchaser This book is designed for students, practitioners, and teachers. It will enrich the classes that current teachers are giving and gives the new teacher confidence and pride when providing that very first class.

Practitioners will have a greater understanding of how to apply Reiki and what is actually happening during a session. You will never again be afraid or even worried about teaching a Reiki class or giving the attunement. You will be pleased and your students will be grateful for the rich content in your classes. "The Reiki Teacher's Manual" is a precise

Download File PDF Essential Reiki Teaching By Diane Stein

step-by-step guide to instruct all three levels or degrees of Reiki. br • A concise manual that is user friendly; • A quick reference to answer student's questions; • Consecutive steps with time approximations to make sure you teach all the information and still have plenty of time for the hands on practice sessions; • How to get the most for your students during their hands on practice; • How to increase the power of your attunement; • How to teach the attunement to others; • Goals for different segments of each class; • Detailed descriptions and uses for the symbols; • 15 handouts that are concise, informative, and can be copied from the book; • Complete written explanations for each handout; • A list of supplies for each level and suggestions for your classroom environment; • Guidelines in opening your own Reiki practice; • Information regarding state licensing needs; • How to avoid issues with physicians and the medical community. "This book is helping me to avoid 'reinventing the wheel' as I start teaching Reiki. The author's suggestions are complete with fabulous examples....What a time saver as I prepare to teach!" - M. O'Connor, Verified Purchaser

The classic text suitable for Reiki beginners and masters alike—now revised and updated with the latest findings and techniques into this arcane energy healing practice An exciting and comprehensive handbook, *Reiki for Life* contains

Download File PDF Essential Reiki Teaching By Diane Stein

everything readers need to know about the healing art of Reiki, including basic routines, details about the power and potential of each level, special techniques for enhancing Reiki practice, and helpful direction on the use of Reiki toward spiritual growth. Comparing the origins and development of Reiki in the West and the East, revealing methods specific to the original Japanese Reiki tradition, and suitable for beginners, experienced practitioners, and teachers alike, this book: * Explains what Reiki is and how it works. * Gives detailed instruction in First and Second Degree techniques. * Illustrates how to perform Reiki on yourself, as well as on others. * Advises on how to become a Reiki master/teacher. * Includes special advanced methods for working with Reiki. Complete with illustrations and a useful section of resources, Reiki for Life is a must-have for seekers anxious to learn about this fast-growing healing practice.

The most comprehensive book on the system of Reiki ever published, this book will become an invaluable asset for Reiki novices, students and teachers alike. Bringing together every important piece of information that has been taught, discussed or written about Reiki since its development in the early 1900s, it includes information from sources such as living students of the Reiki teachers, Mikao Usui, Chujiro Hayashi and Hawayo Takata.

The art of Reiki has the power to heal our minds,

Download File PDF Essential Reiki Teaching By Diane Stein

bodies, and spirits in ways few of us can imagine. The first Reiki master to practice in an operating room under the supervision of Dr. Mehmet Oz, author Raven Keyes tells moving stories of giving Reiki to rescue workers at Ground Zero, as well as PTSD survivors, professional athletes, trauma patients, and those suffering from crippling emotional pain. Keyes offers an abundance of inspirational experiences, sharing the joys and pains of working with patients, their loved ones, and their communities. Through stories and meditations, readers are filled with hope and a sense of good will. Helpful exercises are included to provide direct application of the material and the opportunity to engage with healing energy more deeply. Praise: "My gift is surgery. Raven's gift is energy healing."—Mehmet C. Oz, MD "I recommend this book to anyone wanting a deeper understanding of Reiki and how it can work with conventional medicine."—William Lee Rand, President of the Center for Reiki Research "Raven Keyes is a Reiki rock star angel!"—Elaine D'Farley, SELF Magazine "To heal oneself means to heal the world." With this starkly simple statement, Diane Stein draws upon the great mystical traditions, including Kundalini yoga, Wicca, Taoism, and more. In the final installment of her ENERGY BALANCING trilogy, she discusses 24 processes for healing individual and collective karma on the cosmic level. The much-

Download File PDF Essential Reiki Teaching By Diane Stein

anticipated culmination of Diane Stein's definitive three-volume investigation into the realm of multidimensional energetic healing. Illuminates the cosmology explored in the earlier books and provides 24 new applications for readers seeking the most advanced levels of spiritual growth. Diane Stein's books have sold more than 600,000 copies. Quantum-Touch is the touch-based healing technique that uses the chi of both practitioner and client, bringing them into harmony to allow the body to heal itself. Quantum-Touch differs from other healing techniques because it does not require long years of study and presents none of the common hurdles of understanding or application; anyone can learn to use it to become a healer, both of others and of self. In this new edition of his best-selling guide, Richard Gordon leads the reader step by step, clearly explaining how to use breathing and body-focusing techniques to raise one's energy levels. Once that is achieved, the healer can correct posture and alignment, reduce pain and inflammation, help balance emotional distress, and even heal pets. Above all, Quantum-Touch can be used in tandem with all other healing modalities, including Western medicine, and its efficacy has been attested to by physicians, acupuncturists, chiropractors, and other healing professionals. Explains what Reiki is, how it works, and how it can be used to heal yourself and others.

Download File PDF Essential Reiki Teaching By Diane Stein

A fun and super-practical guide to getting healthier and happier by tapping into the incredible power of energy healing. The author is a qualified Reiki Master with a mission to make the healing power of Reiki, and energy healing in general, accessible to all. Fun and easy to use, this book enables everyone to take advantage of the healing and empowering energies gifted to us by the Universe, and to take their wellbeing into their own hands. Reiki Master Athena Bahri has developed an approach to energy self-healing that combines simple Reiki techniques that anyone can use with a range of different healing modalities, from crystals to lunar rituals. The book is aimed at all those people who are looking for ways of improving their lives that aren't too complicated and can be done without spending time and money on expensive courses. It includes a straightforward process of Reiki self-attunement that will enable readers to access the simple Reiki healing powers and combine these with the other techniques described. The emphasis is on empowering readers to use these tools to create a vibration-raising practice of their own, that they can then use in a range of different situations, from dealing with physical pain to ridding themselves of stress and lingering emotional upset to improving the vibes of their surroundings at work and at home.

Reiki master and best-selling author Diane Stein has been a dedicated hands-on healer since 1988. Stein

Download File PDF Essential Reiki Teaching By Diane Stein

believes strongly that this powerful healing art, once a closely guarded secret tradition, should be accessible and available to all. Since she began teaching in 1990, Stein has initiated thousands of students in all three levels of Reiki healing. Through these efforts she developed a comprehensive teaching method that encompasses the fundamentals of this ancient system. The ESSENTIAL REIKI TEACHING MANUAL equips the Reiki initiate with the practical tools needed for launching a Reiki healing practice, leading a Reiki workshop, and becoming a more effective Reiki practitioner. This hands-on instructional guide together with the digitally re-mastered DIANE STEIN'S ESSENTIAL REIKI WORKSHOP DVD is the next best thing to a personal teaching session with Diane Stein herself.

Reiki is the Japanese word for universal life energy, and in this important book authors Muller and Gunther explain how this remarkable healing method sends energy through the hands of a practitioner into the body of a receiver. Reiki healing works on all levels: physical, spiritual, and emotional. It removes barriers, balances chakras, rebuilds harmony, encourages self-healing to strengthen health and recharge energy, and flows in an unlimited quantity. In sum, it is an immeasurable gift. Dr. Mikao Usui rediscovered this lost healing art in the late nineteenth century. After learning that Buddha had

Download File PDF Essential Reiki Teaching By Diane Stein

the power to heal, he spent years searching for any original Buddhist writings that contained the key to healing. Finally, Usui located the formula, the symbols, and the description of how the Buddha healed written down in a 2,500-year-old Sanskrit document by one of Buddha's disciples, and he set out on a long, successful quest to turn this newfound wisdom from the Buddha into the power to heal.

[Copyright: 3982afc6f405b2070123049fa9b34e09](#)