

# The Sacred Blueprint

12 Keys for  
Soulful Living &  
Spiritual Fulfillment



वस्य अनुभवस्य सम्मानं कुर्वन्त जीवनं समाधानार्थं प्रहेलिका नास्ति  
नियो अनुभवार्थं यात्रा अस्ति प्रत्येक क्षणं—प्रसन्नं वा दुःखदं वा—  
वस्य जेषन्तं वर्धयति। गन्तव्यस्य यावत् मार्गस्य सम्मानं कुरुत। कथं  
गवन्तः स्वयमेव यं कथाः कथयन्ति तं भवतः वास्तविकता आकारय

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## INTRODUCTION: THE TIMELESS CALL OF INNER WISDOM

**I**n every corner of the world, beneath the rhythms of daily life, lies a subtle, unyielding whisper—a call to something deeper, more profound, and infinitely eternal. It is the voice of the higher self, the essence of who we truly are, veiled by the noise of modern existence. For millennia, humanity has sought answers to life’s great mysteries, chasing enlightenment through temples, texts, and the teachings of sages. Yet, the ultimate truth has always remained within us, waiting to be discovered.

The Esu Keys are not Keys seek to illuminate. They are invitations—gentle yet profound—guiding you to remember the divine blueprint that has always been yours. These teachings are born of lived experience, woven from the fabric of ancient wisdom and the raw truths of the human journey. They offer a map, but one without rigid boundaries, leaving room for your unique exploration and expression.

This book is not about answers; it is about questions. It is not about doctrine; it is about discovery. Each Key invites you to pause, reflect, and explore the depths of your being. It asks you to step beyond the confines of stories, judgments, and

## *The Sacred Blueprint*

patterns and to awaken to the infinite potential that lies within every fleeting moment.

To embark on this journey is to honor the sacredness of your existence. It is to see the divine not as something separate but as the very essence of all that you are and all that you experience. The Esu Keys are a mirror, reflecting the infinite wisdom already within you, waiting to be remembered.

As you read these pages, may you find not just guidance but resonance. May these teachings remind you of what you have always known but perhaps forgotten—that you are a unique expression of divinity, here to weave your thread into the infinite tapestry of existence.



## PREFACE:

# A PATH TO REMEMBERING

I have always been captivated by the way life presents its lessons—sometimes as whispers, sometimes as storms. My journey has been one of unraveling, of peeling back the layers of stories, judgments, and attachments that veiled the truth of my being. Along the way, I discovered something profound: the answers we seek are not hidden in distant realms or lofty philosophies; they are woven into the fabric of our daily lives, waiting for us to pause and notice.

The Esu Keys emerged not as a set of rules but as insights—a distillation of the truths that revealed themselves through moments of struggle, joy, reflection, and surrender. They are not born of dogma but of the lived experience of aligning with the higher self and embracing the fullness of life’s dance.

This book is an offering, not as a prescription but as a guide. It is for the seeker who feels the stirrings of something more, the yearning to break free from the cycles of judgment, resistance, and attachment. It is for those who wish to step into the profound realization that life is not a puzzle to solve but a masterpiece to experience.

Each chapter is an invitation to reflect, to question, and to awaken to the divinity within you. These teachings are both

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ancient and modern, timeless yet deeply relevant to the challenges and opportunities of the world we live in today.

May this book meet you exactly where you are. May it challenge you, comfort you, and inspire you to remember the vastness of your being. And may it serve as a gentle reminder that the journey of awakening is not about becoming something more but about returning to the truth of who you already are.

Welcome to the path of remembering. Welcome to the Esu Keys.

With love and reverence,

**Esu Nick**



# CHAPTER 1: HONOR THE EXPERIENCE OF EXPERIENCING

**Key:**

**L**ife is not a puzzle to solve, but a journey to experience fully. Each moment—joyful or painful—adds to the vibrancy of your existence. Honor the path as much as the destination.

**The Path to Understanding:**

Every sunrise, every tear, every heartbeat holds within it the sacredness of living. Yet, how often do we reduce our experiences to fleeting moments of judgment? This is good; that is bad. In doing so, we fragment the richness of life into simple labels, missing the profound truths that exist in both the highs and the lows.

To honor the experience of experiencing is to step fully into the now—to taste the bitterness with the sweetness, to allow the mundane to shine, and to let the uncomfortable become a teacher. Each experience, whether it feels like a triumph or a trial, is an opportunity to deepen your connection to yourself and the world around you.

**Practical Wisdom:**

1. **Pause and Breathe:** When you feel overwhelmed by the demands of life, take a moment to close your eyes and breathe deeply. Ask yourself: What is this moment offering me?
2. **Release Judgment:** Instead of labeling experiences as good or bad, try to see them as what they are—pieces of a larger puzzle you don't yet have the full picture of.
3. **Journal Your Day:** At the end of each day, write down one experience that challenged you and one that uplifted you. Reflect on what each brought into your life.

**Transformative Exercise:**

The next time you feel resistance to an experience, try this exercise:

1. Name the experience and describe your feelings about it.
2. Ask yourself, "If this were a lesson, what would it be teaching me?"
3. Write down three ways you can honor this experience, even if it feels difficult.

**Riddle:**

I stretch before you, endless and unseen,  
Each step you take, I shape where you've been.  
I am not the goal, yet I am the way,  
Without me, your triumphs would lead you astray.

*What am I?*



**Practical Wisdom:**

1. **Challenge Your Beliefs:** When you catch yourself thinking, “This always happens to me,” pause and ask, “Is this true, or is this a story I’m telling myself?”
2. **Rewrite the Narrative:** Identify a recurring story that limits you and rewrite it from a perspective of empowerment.
3. **Seek the Source:** Trace a negative belief back to its origin. Understanding its roots can help dissolve its power.

**Transformative Exercise:**

Choose a limiting story you often tell yourself. Write it down in detail. Then, underneath, rewrite the story as if it were being told by your higher self. How does the new version change your feelings about the situation?

**Riddle:**

I am a guest you invite but don't name,  
A shadow that shifts though it's never the same.  
When you cling to my weight, I grow and constrain,  
But when you release me, I dissolve like the rain.

*What am I?*



## CHAPTER 3: KNOW THY SOUL SIGNATURE

### Key:

**Y**our essence, your Soul Signature, is the unique expression of divinity within you. Live in alignment with it, and you'll find purpose, clarity, and fulfillment unfolding naturally.

### The Path to Understanding:

Deep within you lies your essence—a vibration, a frequency, a truth that is entirely your own. It is unrepeatable, eternal, and divinely yours. Yet, in the noise of modern life, the voice of this Soul Signature can be drowned out by expectations, distractions, and fears.

To know your Soul Signature is to remember who you are at your core. It is not a role you play or a title you hold but the essence that speaks through your actions, choices, and dreams. Aligning with this truth is the foundation of purpose and fulfillment.

**Practical Wisdom:**

1. **Listen to Your Joy:** Reflect on the moments when you feel most alive. What patterns or themes emerge? These are signposts of your Soul Signature.
2. **Release External Expectations:** Identify areas in your life where you are living to please others rather than yourself. Begin taking steps to honor your own truth.
3. **Follow the Pull:** Notice the activities, places, or people that draw you in with a quiet yet undeniable pull. Trust that these are clues to your Soul Signature.

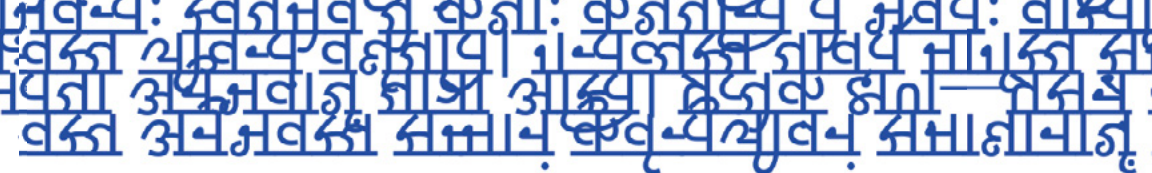
**Transformative Exercise:**

Set aside 15 minutes to meditate on this question: “If I removed every expectation placed on me by society, family, and even myself, who would I be?” Write down the images, feelings, or words that arise. These reflections are windows into your Soul Signature.

**Riddle:**

I am the space between what’s been and will be,  
An open horizon, a limitless sea.  
I ask for your trust, though I hold no form,  
For within my silence, new worlds are born.

*What am I?*



## CHAPTER 4: EMBRACE THE SCALE OF AUTHENTICITY

### Key:

**C**limb the scale of authenticity in all you do. Each step toward your truth—no matter how small—lights the way for your higher self to shine through.

### The Path to Understanding:

Authenticity is not a destination but a journey—a scale upon which every choice and action either aligns more closely with your truth or moves further away from it. At the top of this scale is the radiant expression of your higher self; at the bottom is a life lived in shadow and pretense.

Embracing the scale means recognizing that authenticity is not about perfection but progress. Every step you take toward living your truth is a step toward freedom and alignment.

**Practical Wisdom:**

1. **Audit Your Life:** Identify areas where you feel disconnected or out of alignment. What small changes could bring more authenticity?
2. **Practice Honest Communication:** Speak your truth in a kind and compassionate way, even when it feels uncomfortable.
3. **Celebrate Small Wins:** Every time you make a choice that aligns with your truth, take a moment to acknowledge and celebrate it.

**Transformative Exercise:**

Spend a day paying attention to your words and actions. When you feel a moment of tension or hesitation, ask yourself: “Am I being true to myself right now?” Keep a journal of these moments and reflect on them at the end of the day.

**Riddle:**

I dance though you grasp me, I slip from your hand,  
I shape every moment yet follow no plan.  
You bend to my rhythm, yet I yield to none,  
To master me, know I cannot be won.

*What am I?*



## CHAPTER 5: CHOOSE CREATION OVER CONTROL

**Key:**

**R**elease the illusion of control, for it is born of fear. Instead, co-create with life by aligning your intentions with universal flow. Life is not a battle to win but a dance to join.

**The Path to Understanding:**

Control is a tempting illusion—a grasping at certainty in an uncertain world. But true power lies not in controlling life but in creating with it, in aligning your intentions with the greater flow of existence.

Choosing creation over control means surrendering to the mystery, trusting the unfolding, and stepping into the role of co-creator. It is a choice to dance with life rather than fight against it.

**Practical Wisdom:**

1. **Shift Your Focus:** When faced with uncertainty, ask, “What can I create in this moment?” rather than “How can I control this outcome?”
2. **Trust the Flow:** Practice letting go of one thing each day that you cannot control. Observe how life unfolds in its own rhythm.
3. **Set Intentions, Not Demands:** Approach your goals with clarity and purpose, but release the need for rigid outcomes.

**Transformative Exercise:**

Reflect on a situation where you’ve tried to control every aspect. Write down what fears drive this need for control. Now, reframe the situation: How can you approach it as a co-creator, focusing on what you can contribute rather than what you can control?

**Riddle:**

I am the thread that weaves all you see,  
In sky, in soil, in leaf, and in tree.  
You seek me as “other,” apart and alone,  
Yet find me within, where I’ve always been known.

*What am I?*



## CHAPTER 6: ALIGN THE GAMES OF LIFE

**Key:**

**H**ealth, Wealth, Relationships, and Meaning are not separate arenas but interconnected harmonies. A step forward in one game reverberates through the others. Play them not to win but to master balance.

### **The Path to Understanding:**

The Games of Life are like the strings of an instrument. Pluck one, and the others vibrate. Health influences relationships, wealth affects meaning, and meaning imbues every action with purpose. When one string is neglected, the entire harmony suffers. But when all are tuned, life becomes a symphony.

Aligning the Games of Life is not about achieving perfection in each area but about cultivating awareness and balance. It is recognizing the interconnectedness of all aspects of your existence and nurturing them in harmony.

**Practical Wisdom:**

1. **Identify Imbalances:** Reflect on which game—Health, Wealth, Relationships, or Meaning—feels most out of alignment. Begin there.
2. **Create Small Wins:** Focus on one small change in each game that could have a ripple effect. For example, improving your health could enhance your relationships by increasing energy and presence.
3. **Prioritize Reflection:** Set aside time weekly to assess the balance among the Games of Life and adjust accordingly.

**Transformative Exercise:**

Draw a circle divided into four quadrants: Health, Wealth, Relationships, and Meaning. Rate your current satisfaction in each area on a scale from 1 to 10. Reflect on how these scores impact one another and write down one action step for each quadrant to bring them into greater harmony.

**Riddle:**

I am the path your heart always knew,  
Held by your soul, ancient yet new.  
When you ignore me, your steps lose their place,  
When you embrace me, you move full of grace.

*What am I?*



## CHAPTER 7: SEE THE DREAM FOR WHAT IT IS

### Key:

**L**ife is a lucid dream; you are both the dreamer and the dreamed. Step behind the veil of illusion, and remember that every limitation, every challenge, is a choice made to enrich the experience.

### The Path to Understanding:

What if life is not as solid as it seems? What if the struggles, the triumphs, and even the mundane moments are all part of a dream—a lucid dream where you are both the architect and the player?

To see the dream for what it is means stepping back from the illusion of permanence and control. It is recognizing that even your greatest challenges are chosen paths, designed to deepen your experience and understanding of existence.

**Practical Wisdom:**

1. **Question Reality:** When faced with frustration or fear, ask yourself, “If this were a dream, what would it be teaching me?”
2. **Practice Lucid Living:** Imagine your day as a lucid dream where every interaction and event is an opportunity for growth and joy.
3. **Detach with Curiosity:** View setbacks not as failures but as dream sequences with hidden messages.

**Transformative Exercise:**

At the end of each day, write about one challenging experience and one joyful experience. Reflect on what each moment might reveal if viewed as part of a lucid dream. What lessons or opportunities for growth do they offer?

**Riddle:**

I am the dance of sun and of shade,  
The hand that creates, the stillness that stayed.  
You’ll find me where opposites meet and align,  
In the balance struck when both forces combine.

*What am I?*



## CHAPTER 8: BOW TO THE MYSTERY

**Key:**

**N**ot all can be known, and that is its beauty. In surrendering to the unknown, you allow wisdom to emerge from the infinite. The divine thrives not in answers but in curiosity.

**The Path to Understanding:**

In a world that craves certainty, mystery can feel uncomfortable—even threatening. But within the unknown lies the fertile soil of transformation. It is the space where wisdom arises, not from answers but from the willingness to ask questions.

To bow to the mystery is to honor the divine dance between knowing and not knowing. It is to find peace in the questions, trusting that the unfolding will reveal what you need, when you need it.

**Practical Wisdom:**

1. **Embrace Uncertainty:** Reflect on areas of your life where you feel the need for control. What might open up if you surrendered to the unknown?
2. **Cultivate Curiosity:** Replace the need for answers with a hunger for exploration.
3. **Practice Patience:** Trust that clarity will come in divine timing, not human timing.

**Transformative Exercise:**

Choose one unanswered question in your life. Write it down and commit to exploring it without rushing for an answer. Reflect on what insights emerge from the space of curiosity.

**Riddle:**

I am the pause between notes in the song,  
The silence that waits where the echoes belong.  
You'll find me not in the clamor or rush,  
But within your own breath, the peace and the hush.

*What am I?*



**Practical Wisdom:**

1. **Prioritize Self-Care:** Understand that caring for yourself is not selfish—it's foundational to meaningful service.
2. **Find Your Ripple:** Reflect on how your personal growth can create positive ripples in your community and beyond.
3. **Act with Intention:** Approach your actions not with the need to fix others but with the desire to share your own alignment and growth.

**Transformative Exercise:**

Take time to reflect on an area of your life where you are thriving. Write down how your alignment in this area has positively impacted those around you. Then, consider one area where you are out of alignment and explore how addressing it could ripple outward into the collective.

**Riddle:**

I am the thread that weaves through your days,  
Not the garment worn or the accolades praised.  
You'll find me in steps, not the prize at the end,  
For I am the journey where truths transcend.

*What am I?*



CHAPTER 10:  
**TRUST IN THE DIVINE  
TIMING OF UNFOLDING**

**Key:**

**T**he higher self operates on a timeline beyond the mind's grasp. Trust that every experience arrives exactly when it is meant to, not a moment too soon or too late. Resistance to this truth creates suffering; surrender to it creates peace.

**The Path to Understanding:**

The human mind is often impatient, eager to control and predict the outcomes of life. Yet, the divine operates on a timeline that transcends linear understanding. To trust in divine timing is to release the illusion of control and embrace the unfolding with faith and patience.

Every delay, every unexpected turn, is part of a greater orchestration. By surrendering to this flow, you align with the rhythm of the universe, finding peace in the present rather than longing for the future.

**Practical Wisdom:**

1. **Release the Need for Urgency:** Reflect on areas where you feel impatient. What might shift if you trusted the timing?
2. **Observe the Patterns:** Look for moments in your life where what seemed like a delay led to something better.
3. **Practice Present Gratitude:** Focus on the gifts of the present moment rather than rushing toward the next.

**Transformative Exercise:**

Write down a situation where you feel impatient or frustrated by delays. Ask yourself: What lesson or opportunity might this timing be offering me? Reflect on how surrendering could transform your experience.

**Riddle:**

I am the pulse that binds leaf to tree,  
The ocean to river, the sky to the sea.  
I am the bridge where all beings unite,  
The unseen web in the day and the night.

*What am I?*



CHAPTER 11:  
**BALANCE THE DUALITY OF  
BEING AND BECOMING**

**Key:**

**L**ife is a dance between presence and progress. Honor where you are now while striving for alignment with your higher self. To only be is stagnation; to only become is disconnection. Balance is where transformation thrives.

**The Path to Understanding:**

Life pulls us in two directions: the call to be fully present in the now and the drive to grow into something more. Yet, these are not opposing forces—they are complementary aspects of the human journey.

Balancing being and becoming means finding the stillness within motion, the fulfillment within aspiration. It is the delicate art of embracing who you are while reaching for who you can become.

**Practical Wisdom:**

1. **Be Fully Here:** Dedicate moments each day to simply being—without goals or expectations.
2. **Set Meaningful Intentions:** Approach growth not from a place of lack but from a desire to align with your higher self.
3. **Celebrate the Journey:** Recognize that transformation is a process, and honor each step along the way.

**Transformative Exercise:**

Write two lists: one describing what you love about your life right now and another describing what you aspire to create or become. Reflect on how these two lists complement each other and identify one action that honors both being and becoming.

**Riddle:**

I am the stone in the path of your climb,  
The question that sharpens, the test of your time.  
When you resist me, I tower and rise,  
But embrace me, and I'll show you the skies.

*What am I?*



## CHAPTER 12: AWAKEN THE INFINITE THROUGH THE FINITE

### Key:

**E**very fleeting moment is a gateway to eternity. The mundane is sacred when seen through the eyes of the higher self. Seek divinity in the ordinary—each breath, each interaction, each fleeting joy is a thread in the infinite tapestry of existence.

### The Path to Understanding:

We often seek the divine in grand moments—in awe-inspiring sunsets or profound spiritual revelations. Yet, the infinite is present in every moment, no matter how ordinary.

To awaken the infinite through the finite is to see the sacredness in the mundane. It is to recognize that each moment, no matter how fleeting, holds the essence of eternity.

**Practical Wisdom:**

1. **Practice Presence:** Bring mindfulness to daily tasks, from washing dishes to walking in nature.
2. **Look for the Sacred:** Find one moment each day where you feel a deep connection to something greater.
3. **Celebrate the Small Joys:** Acknowledge and honor the seemingly insignificant moments that bring a smile or a sense of peace.

**Transformative Exercise:**

Choose an ordinary activity—such as drinking a cup of tea—and approach it as a sacred ritual. Engage all your senses, and reflect on how this simple act connects you to the infinite flow of life.

**Riddle:**

I am the mirror that sees without flaw,  
The infinite spark that breaks every law.  
You search for me outward, in stars or in sea,  
Yet you'll find me within, for I am all you see.

*What am I?*



## CLOSING CHAPTER: THE JOURNEY CONTINUES

**A**s you turn the final pages of this book, you may feel a resonance—a stirring within that whispers of both endings and beginnings. The Esu Keys are not meant to be destinations but waypoints on an ongoing journey, a call to explore the infinite depths of your being and the boundless potential of your existence. Each Key, each insight, is a spark intended to ignite the flame of your higher self, illuminating a path uniquely yours to walk.

Yet, this is just the beginning. The awakening of your higher self is not a single moment of revelation but a continuous unfolding, a dance between presence and progress. Life is your canvas, and with every breath, you are given the opportunity to create anew—to deepen your understanding, refine your alignment, and step more fully into the truth of your divinity.

The teachings you've encountered here are only a glimpse of what lies ahead. They are threads in a greater tapestry, inviting you to weave your unique essence into the collective story of awakening. If you feel called to take the next step, to dive deeper into these teachings, and to join a community of kindred seekers on this sacred journey, I invite you to visit [esunick.com](http://esunick.com).

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At **esunick.com**, you'll find resources, courses, and opportunities to continue your exploration. Whether you wish to deepen your understanding of these Keys, connect with others walking a similar path, or participate in immersive programs designed to align your life with your higher self, there is a space for you there.

This is a journey we take together. As you awaken, you inspire others to do the same, creating ripples of transformation that extend far beyond your own life. Together, we are building a world rooted in authenticity, love, and the profound recognition of our interconnectedness.

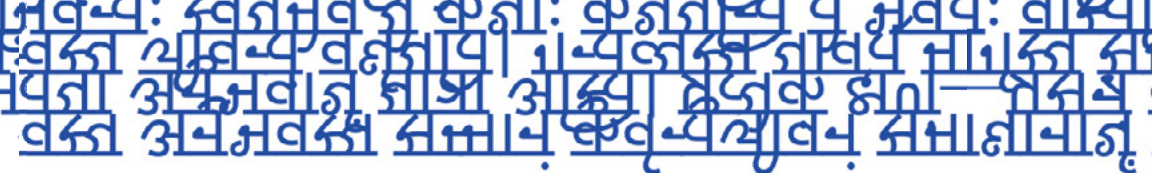
So, take this step not as an end but as a continuation. Carry the wisdom of the Esu Keys into your daily life, but don't stop there. Let your curiosity guide you, your heart expand, and your soul soar. Let the unfolding mystery of your existence draw you ever deeper into the truth of who you are.

Your path is waiting. Your higher self is calling. And the infinite potential of your life is ready to be realized.

With love, light, and the deepest gratitude for walking this journey together,

**Esu Nick**

*Visit [esunick.com](http://esunick.com) to continue your journey*



## RIDDLES & ANSWERS

### 1. Embrace the Journey, Not Just the Destination

I stretch before you, endless and unseen,  
Each step you take, I shape where you've been.  
I am not the goal, yet I am the way,  
Without me, your triumphs would lead you astray.  
*What am I?*

**Answer:** The path

### 2. Detach from Judgement, Resistance, and Attachment

I am a guest you invite but don't name,  
A shadow that shifts though it's never the same.  
When you cling to my weight, I grow and constrain,  
But when you release me, I dissolve like the rain.  
*What am I?*

**Answer:** The story

3. Discover Meaning in the Unknown

I am the space between what's been and will be,  
An open horizon, a limitless sea.

I ask for your trust, though I hold no form,  
For within my silence, new worlds are born.

*What am I?*

**Answer:** Possibility

4. Step Beyond the Illusion of Control

I dance though you grasp me, I slip from your hand,  
I shape every moment yet follow no plan.

You bend to my rhythm, yet I yield to none,  
To master me, know I cannot be won.

*What am I?*

**Answer:** Time

5. Seek Connection Over Separation

I am the thread that weaves all you see,  
In sky, in soil, in leaf, and in tree.

You seek me as "other," apart and alone,  
Yet find me within, where I've always been known.

*What am I?*

**Answer:** Oneness

6. Honor Your Soul's Blueprint

I am the path your heart always knew,  
Held by your soul, ancient yet new.

When you ignore me, your steps lose their place,  
When you embrace me, you move full of grace.

*What am I?*

**Answer:** Your purpose

7. Balance the Masculine and Feminine Within

I am the dance of sun and of shade,  
The hand that creates, the stillness that stayed.  
You'll find me where opposites meet and align,  
In the balance struck when both forces combine.  
*What am I?*

**Answer:** Harmony

8. Cultivate Stillness in the Noise

I am the pause between notes in the song,  
The silence that waits where the echoes belong.  
You'll find me not in the clamor or rush,  
But within your own breath, the peace and the hush.  
*What am I?*

**Answer:** Awareness

9. Value the Experience Over the Outcome

I am the thread that weaves through your days,  
Not the garment worn or the accolades praised.  
You'll find me in steps, not the prize at the end,  
For I am the journey where truths transcend.  
*What am I?*

**Answer:** The process

10. Revere the Interconnectedness of All Life

I am the pulse that binds leaf to tree,  
The ocean to river, the sky to the sea.  
I am the bridge where all beings unite,  
The unseen web in the day and the night.  
*What am I?*

**Answer:** Love

11. Embrace Growth Through Challenge

I am the stone in the path of your climb,  
The question that sharpens, the test of your time.  
When you resist me, I tower and rise,  
But embrace me, and I'll show you the skies.  
*What am I?*

**Answer:** The obstacle

12. Return to the Oneness You Never Left

I am the mirror that sees without flaw,  
The infinite spark that breaks every law.  
You search for me outward, in stars or in sea,  
Yet you'll find me within, for I am all you see.  
*What am I?*

**Answer:** The self

## Discover the Keys to Your True Essence

The Sacred Blueprint offers 12 Esu Keys to help you align with your higher self, embrace authenticity, and navigate life's mysteries.

Through reflective practices and timeless wisdom, this guide empowers you to:

Honour your journey and uncover your soul's purpose.



Break free from limiting stories and live authentically.



Awaken to the divine in every moment.



Join Esu Nick on this transformative path of self-discovery and collective awakening.

Your journey starts here.

वस्य अनुभवस्य सम्मानं कुर्वन्तु जीवनं समाधानार्थं प्रहेलिका नास्ति  
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