

# Three Spiritual Festivals 2026

*The Art of Spiritual Balance*

*Common Sense and Humour  
on the Razor-edged Path*



[www.lucistrust.org/3sf](http://www.lucistrust.org/3sf) →

*“A perfect steadiness of inner poise is what the Masters need in those whom They seek to use. It is an inner poise that holds to the vision yet does its outer work on the physical plane with a concentrated physical brain attention which is in no way deviated by the inner receptiveness. It involves a dual activity.”*

***A Treatise on White Magic, p.66***

## Three Spiritual Festivals 2026

# The Art of Spiritual Balance

Dear co-worker,

According to the reminiscences of a senior figure in the theosophical movement, Helena Blavatsky was once approached by a young volunteer with an unresolved question from a group debate. The question was: *“What is the most important thing necessary in the study of theosophy?”* Blavatsky’s answer was, *“common sense”*. The volunteer then asked for the second most important thing to which Blavatsky replied, *“a sense of humour”*. When pressed further for the third most important thing, Blavatsky retorted, *“just MORE common sense!”*<sup>1</sup>

Apart from highlighting H.P.B.’s lively wit, her response holds the key to maintaining spiritual balance on the *“narrow razor-edged path”* that leads into the kingdom of the soul. But while most people have an innate understanding of what ‘common sense’ is, it becomes increasingly esoteric the more it is considered. The Alice Bailey writings refer to *“the ‘common sense’ of the mind”* and its function of *“analysing and synthesising the information conveyed by the five senses”*. But they also explain that the mind can be used as a sense organ in its own right, capable of perceiving things of a higher realm.

Esoteric development requires the mind to work in two directions so that the inner and outer realms of existence can be related to one another and perceived as a unified, balanced whole.

Common sense is invaluable in this process as the ‘analytical synthesizer of all stimuli’ – it denotes psychological balance and this is maintained by what Blavatsky considered to be the second most important thing in spiritual development – “*a sense of humour*”. As we know, humour often provokes laughter, when it is as if the ego is temporarily shaken free from its identification with form to experience a sense of freedom and the ability to see things from a more detached and expanded perspective. With regard to esoteric training, good humour is a vital balancing force that helps the aspirant to dissipate glamour and avoid the pitfalls of fanaticism.

Taking this a step further, the root meaning of ‘humour’ reveals much about its balancing power. The word evolves from the Latin for ‘body fluid’, and the ancient Greeks held that there are four main bodily fluids or humours associated with specific personality traits. The blending of these four states was thought to be responsible for a person’s general temperament – the root meaning of ‘temper’ being to “*mix or work up into proper condition, adjust or restore to proper proportions*”. From this perspective, illness was due to an imbalance of the four bodily fluids which required rebalancing in order to restore full health.

<b>Sanguine</b>	<b>Choleric</b>	<b>Phlegmatic</b>	<b>Melancholic</b>
Blood	Yellow Bile	Phlegm	Black Bile
Heart	Gall bladder	Brain	Spleen
Air	Fire	Water	Earth
Spring	Summer	Autumn	Winter
Hot and moist	Dry and hot	Moist and cold	Cold and dry
Jupiter	Mars	Moon	Saturn

Interestingly, the National Library of Medicine hosts an online exhibition examining how the language of these four humors pervades the literary works of Shakespeare: *And there's the humor of it.*<sup>2</sup> In Elizabethan times, 'humorism' as taught by the physicians of Ancient Greece was still the prevailing medical theory. According to the exhibition, the humours were thought to be "*connected to celestial bodies, seasons, body parts, and stages of life*". Carried by the bloodstream, they bred "*the core passions of anger, grief, hope, and fear – the emotions conveyed so powerfully in Shakespeare's comedies and tragedies*". The National Library of Medicine finds a connection between Shakespeare's age and our own in the common understanding that "*the emotions are based in biochemistry and that drugs can be used to alleviate mental suffering*".

While this perspective limits medicine to the realm of effects, a more causal approach to balancing the four human temperaments is practiced in Waldorf education in accordance with Rudolf Steiner's teachings. "*Temperament*", said Steiner, "*stands between the things that connect a human being to an ancestral line, and those the human being brings with him out of earlier incarnations*".<sup>3</sup> Waldorf education pays close attention to harmonizing the four temperaments into what might be regarded as a good and wholesome 'sense of humour' – the quality that H.P.B. considered to be the second most important thing necessary for esoteric training. And when this is combined with the first and third most important things – common sense – the disciple achieves that most important of goals on the path – spiritual balance – a dynamism that is wonderfully portrayed for us in the motion of the gyroscope.

We might equate the 'adaptive stability' of the gyroscope with the 'immovable will' of those spiritualised human beings who have achieved an inner calm at the centre of their being. Such people recognize their own centre in relation to the centre of others and so demonstrate a dynamic social awareness. They know how to share psychological space with others – holding all relationships in a state of joyful, spiritual tension.

And where we see the gyroscope demonstrating the maintenance of its orientation regardless of how the frame around it is moved – we see in advanced human beings an unswerving alignment with their spiritual source, no matter how much the buffeting forces of the surrounding environment may attempt to divert them.

With regard to the pure physics of gyroscopic motion, a great authority on the subject was Eric Lathwaite, who became known as the ‘Father of Maglev’ for developing the technology of magnetic levitation on which the high-speed, wheel-less trains of Japan, Korea and China run. He was, nevertheless, branded a heretic for maintaining that the gyroscope displays a “*levitational capacity*” that defies the laws of classical physics.<sup>4</sup> In more recent times, the physicist, Wal Thornhill suggested that the spin of the gyroscope offsets its atomic nuclei to the extent that “*it becomes more strongly influenced by ‘cosmic attractions’ than by Earth’s gravity, perhaps even repelled by the Earth*”.<sup>5</sup> This explanation is mentioned because it seamlessly bridges between exoteric and esoteric science; it also provides a key to understanding the subjective correspondences to levitation.

From the perspective of esoteric psychology, the ‘substance of the mind’ has to be brought into a state of rhythm or harmonious vibration. It is “*the attainment of the point of perfect balance and of equilibrium. This point of perfect balance then produces... [among other things]... the liberation of the essence which the form confines*”.<sup>6</sup> Through the reconciliation or balancing of the psychological forces and counterforces that operate on the lower planes of manifestation, consciousness is released along the ‘narrow razor-edged path’ (the noble middle path of the Buddha) that leads between the pairs of opposites into the kingdom of the soul.

Paradoxically, pilgrims on the path travel by standing still. Through meditation, study and service, the spin of all the atomic lives that comprise their bodies of manifestation is accelerated to the point that their hold on consciousness is offset. Then, in Alice Bailey's words:

*"When the point of rhythm or balance is reached... then the occupier of the form is loosed from prison; he can withdraw to his originating source, and is liberated from the sheath which has hitherto acted as a prison; and he can escape from an environment which he has utilised for the gaining of experience and as a battle ground between the pairs of opposites."*<sup>7</sup>

In this difficult transition period, humanity is faced with the collective challenge of balancing the pairs of opposites and safely moving into the Aquarian age. It is therefore heartening to know, that in this transition period through which the world is now passing, the influence of Libra – the sign of balance and equilibrium – is *"steadily coming into pronounced control and into a position of power in the planetary horoscope"*.<sup>8</sup>

As the forces of political polarization divide and ravage societies across the globe, let us take hope from this fact and trust that humanity will, in time, acquire the common sense and good humour needed to find its centre of spiritual balance, raise its vision into the light, and affirm the great keynote of this sign: *"I choose the way which leads between the two great lines of force."*

## ***In the companionship of the One Work*** **Headquarters Group** **Lucis Trust**

1. Sylvia Cranston, *H.P.B.: The Extraordinary Life and Influence of Helena Blavatsky*, p.337.
2. *And there's the humor of it*, National Library of Medicine, [www.nlm.nih.gov/exhibition/shakespeare-and-the-four-humors/index.html](http://www.nlm.nih.gov/exhibition/shakespeare-and-the-four-humors/index.html) →
3. *The Four Temperaments*. GA 57: Rudolf Steiner Archive.
4. [www.youtube.com/watch?v=NnonSwMn4Ig&t=53s](http://www.youtube.com/watch?v=NnonSwMn4Ig&t=53s) →
5. Wal Thornhill, *The Long Path to Understanding Gravity*, [www.youtube.com/watch?v=YkWiBxWieQU](http://www.youtube.com/watch?v=YkWiBxWieQU) →
6. A.A. Bailey, *A Treatise on Cosmic Fire*, p.158.
7. A.A. Bailey, *A Treatise on Cosmic Fire*, p.159.
8. A.A. Bailey, *Esoteric Astrology*, p.238.

## An opportunity to prepare for the Full Moon of Wesak and the Christ's Festival

**The following extract, adapted from *The Externalisation of the Hierarchy* (pp.225–229), is an invitation to those who wish to extend their preparatory work and service over these two important Festivals:**

“The two Full Moons of May and June present to you a new opportunity to participate in the release of the planetary Life from the thralldom of the Forces of Materialism. If you are to do your share in this work of salvage, it will necessitate certain attitudes and activities on your part.

For the entire week prior to the May Full Moon and the June Full Moon:

- a.** Link up with all disciples, aspirants and men and women of goodwill throughout the world and in all nations, using the creative imagination.
- b.** Eliminate out of your consciousness all negativity, seeing yourself clearly as ranged on the side of the Forces of Light; you are, therefore, not neutral in thought. See to it also that when taking right action in the conflict against the forces of materialism you preserve ever a spirit of love for all individuals who have been swept into the vortex of their potency.
- c.** When meditating and invoking the Forces of Light, endeavour to forget entirely all your own personal difficulties, tragedies and problems. Disciples have to learn to carry forward their work for humanity in spite of personality stresses, strains and limitations.

For the two days prior to the Full Moon, on the day of the Full Moon itself, and for the two succeeding days (five days) endeavour at sunrise, at noon, at five o'clock P.M., and at sunset, plus the exact time of the Full Moon in your own land, to say the Great Invocation with the intent to invoke, precipitate and anchor in outer manifestation the waiting Potencies. Do this aloud when possible, and in group formation whenever feasible. It is the focussed power of your unemotional thought which will bridge the present existing gap and link more closely the two worlds of spiritual activity and of human demonstration.

In your own life of meditation and of discipline, in your speech with others and in the general tone of your intercourse with your environment, eliminate the negative and more selfish reactions and (for the sake of human welfare) temporarily, at least, live at your highest point of aspiration [for] the work you are asked to do at the coming two Full Moons, and during the less important full moons of the year, is not only related to the present emergency, but is also constructively related to the future faith of humanity.”

**The Tibetan urges us to understand that we do this work for the whole of humanity, for its present and for its future. The context in which he was writing was the Second World War. Today, we can still hear his call and relate it to our own time and to our understanding of the nature of today’s world crisis:**

“I call you to a period of clear thinking. I seek not to mould your political approach to life, but I do seek to aid you to see humanity and its welfare – not only in terms of your own nation or your own political group – but in terms of the whole, and as we, the teachers on the inner side, are forced to see it. I seek to see you decide for yourself where you, as a soul, must stand in this world crisis and on which side you will place the emphasis of any influence you may wield; I would have you note where your highest ideals will lead you and whether the springs of your life’s decisions and attitudes are truly pure and unadulterated.

I seek to draw your attention away from the many minor issues, the many clamouring voices, and from the widespread concentration upon the unworthy pasts and the undesirable aspects of all nations (without exception), and help you to see with clarity the major dualism which underlies the present world conflict. Then, having balanced these pairs of opposites within your consciousness, decide where your loyalty, your interest and your ability to serve will be placed, and then go forward to further the ends of one or other of the two groups, at no matter what cost, but knowing where you stand and why you stand there.”

## Three Spiritual Festivals Meetings

*The high point in the annual flow of spiritual energies is a potent time to invoke light, love and goodwill on behalf of all humanity.*

On the dates and times below, you are invited to join a full moon meditation meeting in person at the Lucis Trust office or by tuning in to the simultaneous audio broadcasts.

### Venue for physical meetings

Lucis Trust Library, Suite 54, 3 Whitehall Court, London SW1A 2EF

### Broadcast

Simultaneous zoom audio broadcasts: [www.lucistrust.org/3sf](http://www.lucistrust.org/3sf) →

### Easter Festival

Aries full moon meeting, Wednesday, 1 April, 6.30pm BST\*

Peak time of full moon, Thursday, 2 April, 3.13am BST

*Keynote: I come forth and from the plane of mind, I rule.*

### Wesak Festival

Taurus full moon meeting, Friday, 1 May, **6.00pm** BST

Peak time of full moon is 6.23pm BST

*Keynote: I see and when the eye is opened, all is light.*

### Christ's Festival and Festival of Humanity/Goodwill

Gemini full moon meeting, Saturday, 30 May, 4.30pm BST

Peak time of full moon, Sunday, 31 May, 9.46am BST

*Keynote: I recognise my other self and in the waning of that self, I grow and glow.*

For a meeting in your area: [www.lucistrust.org/worldwide\\_network](http://www.lucistrust.org/worldwide_network) →

\* BST: British Summer Time (GMT plus 1 hour)

## Easter Festival: Aries

The Aries Festival, which occurs each year at the first full moon of spring, is known as the festival of the risen, living Christ. On this day, Christ stands as the head of the Spiritual Hierarchy of Knowers who work upon the inner side of life but also as “*the leader of angels and humanity*”. The keynote of this Festival is Love, which was so perfectly exemplified by the Saviour’s life and service. On this day, the fallacy of death is proclaimed as the livingness of the Christ life is poured forth. This livingness, which emanates from distant sources, is focalized by the Christ and distributed through the collective group of all those who love and serve and who carry the spark of divinity within their own hearts. This energy reaches down into the natural world, which suddenly emerges from its slumber as a burst of new life thrills through all the kingdoms of nature.

On this day, Christians throughout the world celebrate the wonder of the Resurrection. Two thousand years ago, this single event changed everything and cast out any doubt as to Christ’s divinity. Today the purpose and promise of Christ’s life, death and resurrection is on the verge of achieving consummation. A new kingdom is coming into being; a fifth kingdom in nature is materialising, which already has a living nucleus functioning on earth in physical bodies. Therefore let us welcome the striving and struggling of the present time, for it is a sign that the resurrection life is stirring. Through this lens, we can view the present upheaval and the chaos of our world as an indication that humanity is breaking out of the tomb of selfishness and materialism and becoming responsive to the living light which the Christ life brings. Together the discipleship group today can penetrate into this darkness with the light we collectively share, and visualize the dead bones of humanity coming to life.

## Wesak Festival: Taurus

It is said that the Wesak Festival is both a heavenly and an earthly event. At the highest level, the Festival concerns the transmission of God's blessing to humanity through the interaction between the Buddha and the Christ. On earth, legend tells of a remote Himalayan valley where the Masters of the Wisdom gather, together with thousands of pilgrims, to witness the Buddha bestow this blessing and the Christ receive it on behalf of humanity.

In either case, the descriptions point to the downpouring of a great spiritual force that embodies the Purpose and Will of God (Will-Wisdom), expressed through Love (Love-Wisdom). This is a remarkable planetary alignment, a deep experience of invocation and evocation, and, as Alice Bailey reminds us, a “*supreme moment of intensive spiritual effort*” that brings about “*the spiritual vitalisation of humanity*”.<sup>1</sup>

We are invited to participate in this annual event subjectively, as an inner ritual, engaging in it intelligently and employing the full power of our imagination. The group of all who are able to maintain “*an inner quietness and a focused esoteric attentiveness*” can then be “*swept into this tide of spiritual force*”<sup>2</sup> and thus act as the final link in the chain – receiving, interpreting, and transmitting these energies so that they may serve humanity in this present moment of crisis.

This, then, is our opportunity to stand poised in spiritual being, both as individuals and as cohesive groups of servers, and to enter consciously into the livingness of this planetary alignment. Through the invocation of Divine Light, Love, and Power, we can effectively extend the magnetic field through which these spiritual forces may make their impact.

As the Teachings repeatedly affirm, the spiritual responsibility of anchoring these energies in the world requires that we act, under the Law of Magnetic Impulse, as the unified channel we are meant to be.

1. Alice Bailey, *The Wesak Festival: A Technique of Spiritual Contact*, p.9.

2. Alice Bailey, *Esoteric Psychology*, p.685.

## Christ's Festival: Gemini

The Stage of the Forerunner has now come to an end and to better understand how we can now serve the Plan and Christ's return, we can look to the keynote of the sign of Aquarius for the energies seeking expression and the ideals seeking manifestation, to know the outlines of our work. The keynote of Aquarius, "*Water of Life am I, poured forth for thirsty men*", suggests that as the heart centre of the New Group of World Servers, we share all that we know and have with others. One way the group is doing this, is through our meditation on the Aquarian ideals of Goodwill, Group Consciousness and Right Human Relations and how they can manifest within humanity.

Humanity is currently in a great battle between materialism and spirituality, depicted in Gemini as two great lines of force in conflict, or as the "*quarrelling brothers*": Castor (mortal) and Pollux (immortal). Both are ultimately of the Father, but balance is needed between them so humanity can move beyond the present age of duality. It is through humanity's recognition of the Christ within that this will be accomplished. Christ, or the soul of humanity, is this unifying force which can heal all cleavages and unify all dualities and it will be when Christ is more truly manifested in the human heart, that these goals of the Aquarian Age will be achieved.

The Gemini full moon is also known as The Christ Festival, The Festival of Goodwill, the Festival of Unification and the Festival of Humanity. These names represent ideas which provide humanity with a spiritual road map to understand the cause of its current suffering, the path to overcome that suffering, and the part Christ consciousness can play to end this present suffering, restoring peace and harmony to the human kingdom.

During the full moon of Gemini we have a great opportunity to invoke and evoke these living energies of Christ which are available at this time of the spiritual year, so this "*water of life*" can help to restore the Plan on Earth.

## World Invocation Day, Sunday, 31 May 2026

World Invocation Day falls on the full moon of Gemini, Sunday, 31 May. On this day, people around the world will sound the Great Invocation with mental focus and heartfelt intent evoking the spiritual energies of Light, Love, and Divine Power so bringing them into fuller expression on Earth. These divine energies remain ever available and can be invoked on behalf of humanity and the world.

Invocation is an intelligent focusing of spiritual energy and the forces of love. It calls forth higher, divine powers and in turn, those powers respond; they are evoked and enter into living expression in form. Through intelligent, loving, and joint use of the Great Invocation, the unvoiced desire of all humanity is focused and lifted up, creating a *'way of approach'* between Humanity and the Higher Kingdoms in nature. This also becomes a *'way of solution'* to the many problems of our time. Amid the major crises confronting humanity and the natural world, solutions based on the fact of divinity, innate in humanity and nature, are urgently needed.

Since 1952, people have sounded the Great Invocation on World Invocation Day, participating in a united call to bring real and lasting changes to human consciousness through the intelligent use of this energy formula. Some choose to recite the Invocation aloud, others silently; some gather in groups, others work alone, linking subjectively with the inner group. There is no right way. *This year we invite you to use it at sunrise, noon, 5.00pm, sunset, and at the exact time of the full moon (9.46am BST) to add rhythmic potency to the work.*

Sounding the Great Invocation on this auspicious day – and indeed every day – we work for the benefit of all and for the restoration of the Divine Plan. [www.worldinvocationday.org](http://www.worldinvocationday.org) →

**The Great Invocation** is a world prayer, and when sounded with heartfelt intent, it draws humanity closer to the center of divine love from which the great agents of divinity have, down the ages, come forth. It expresses humanity's need and pierces through all difficulties, doubts, and despairs straight to the Mind and Heart of the One in Whom we live and move and have our being. The true power of this mantram lies in its potential to transform not just the individual consciousness but the consciousness of all humanity, and therefore the planet itself.

## The Great Invocation *(adapted)*

*From the point of Light within the Mind of God  
Let light stream forth into human minds.  
Let Light descend on Earth.*

*From the point of Love within the Heart of God  
Let love stream forth into human hearts.  
May the Coming One return to Earth.*

*From the centre where the Will of God is known  
Let purpose guide all little human wills –  
The purpose which the Masters know and serve.*

*From the centre which we call the human race  
Let the Plan of Love and Light work out  
And may it seal the door where evil dwells.*

*Let Light and Love and Power restore the Plan on Earth.*

## Meditation: Letting in the Light

**I. GROUP FUSION** We affirm the fact of group fusion and integration within the heart centre of the new group of world servers, mediating between Hierarchy and humanity:

*I am one with my group brothers, and all that I have is theirs.*

*May the love which is in my soul pour forth to them.*

*May the strength which is in me lift and aid them.*

*May the thoughts which my soul creates reach and encourage them.*

**II. ALIGNMENT** We project a line of lighted energy towards the spiritual Hierarchy of the planet, the planetary heart, the great Ashram of Sanat Kumara; and towards the Christ at the heart of Hierarchy.

Extend the line of light towards Shamballa, the centre where the Will of God is known.

**III. HIGHER INTERLUDE** Hold the contemplative mind open to the extra-planetary energies streaming into Shamballa and radiated through Hierarchy. Using the creative imagination, endeavour to see the three planetary centres – Shamballa, Hierarchy, and Humanity – gradually coming into alignment and interplay.

**IV. MEDITATION** Reflect on the applicable seed thought:

Easter Festival: *I come forth and from the plane of mind, I rule.*

Wesak Festival: *I see and when the Eye is opened, all is light.*

Christ's Festival: *I recognise my other self and in the waning of that self, I grow and glow.*

**V. PRECIPITATION** Using the creative imagination, visualise the energies of Light, Love and the Will-to-Good pouring throughout the planet and becoming anchored on Earth in prepared physical plane centres through which the Plan can manifest. (Use the six-fold progression of divine Love as the sequence of energy precipitation – Shamballa/Hierarchy/the Christ/the new group of world servers/men and women of goodwill everywhere in the world/physical centres of distribution.)

**VI. LOWER INTERLUDE** Refocus the consciousness, as a group, within the periphery of the great Ashram. Together sound the affirmation:

*In the centre of all Love I stand. From that centre I, the soul, will outward move. From that centre I, the one who serves, will work. May the love of the divine Self be shed abroad, in my heart, through my group, and throughout the world.*

Visualise the downpouring spiritual inflow released from Shamballa through the Hierarchy and streaming into humanity through the prepared channel. Consider how these inpouring energies are establishing the “Pathway of Light” for the coming World Teacher, the Christ.

**VII. DISTRIBUTION** As the Great Invocation is sounded, visualise the outpouring of Light and Love and Power from the spiritual Hierarchy through the five planetary inlets (London/Darjeeling/New York/Geneva/Tokyo) irradiating the consciousness of the whole human race:

*From the point of Light within the Mind of God  
Let light stream forth into the minds of men.  
Let Light descend on Earth.*

*From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.*

*From the centre where the Will of God is known  
Let purpose guide the little wills of men –  
The purpose which the Masters know and serve.*

*From the centre which we call the race of men  
Let the Plan of Love and Light work out  
And may it seal the door where evil dwells.*

*Let Light and Love and Power restore the Plan on Earth.*

OM OM OM

## Arcane School Conference, 2026

You are warmly invited to attend the Arcane School Conference which will be held by the three centres – New York, Geneva and London. In all locations the conference will be a physical and an online event.

The events will include talks, meditations, visualisation and discussion inspired by the Keynote:

*Let the fires of the group life destroy the veil hiding the Father's face.*

### Arcane School Conference, New York

**Venue:** 3 West Club, 3 W 51st Street, New York, NY 10104

Saturday, 2 May, 2.00pm – 6.00pm EDT\* (7.00pm – 11.00pm BST\*)

Sunday, 3 May, 2.00pm – 6.00pm EDT (7.00pm – 11.00pm BST)

### Arcane School Conference, Geneva

**Venue:** Université Ouvrière de Genève, Place des Grottes 3, 1201 Geneva

Saturday, 23 May, 1.30pm – 5.30pm CEST\* (12.30pm – 4.30pm BST)

Sunday, 24 May, 1.30pm – 5.00pm CEST (12.30pm – 4.00pm BST)

### Arcane School Conference, London

**Venue:** Lucis Trust, Suite 54, 3 Whitehall Court, London SW1A 2EF

Saturday, 30 May, 2.00pm – 4.30pm BST (9.00am – 11.30am EDT)

followed by *Gemini Festival*, 4.30pm – 5.30pm (11.30am – 12.30pm EDT)

Sunday, 31 May, 2.00pm – 5.30pm BST (9.00am – 12.30pm EDT)

\* EDT: US Eastern Daylight Time; BST: British Summer Time (GMT plus 1 hour);  
CEST: Central European Summer Time

To view all programmes and to register for the physical or Zoom events, please go to our website: [www.arcaneschool.org/conference](http://www.arcaneschool.org/conference) →





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