The True Story of Jesus and His Wife, Mary Magdalena
Shedding Light on History's Most Monumental Deception

The Secret to Joy
What the Dead Want Us to Know

Ascension + Contact
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Book Reviews • Music Reviews

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Letter from the Publisher

Hello Newlifers,

Welcome to another issue of NEWLIFE Magazine with the most awesome book reviews, music reviews and articles to feed your soul. Two of my dearest friends, Deva Premal and Steven Halpern’s new music will electrify your being. Our authors Karen Berg, the founder of the Kabbalah Center, Anna Raimondi, the female James Van Praagh. David Young, musician, artist and writer extraordinaire, and alien researcher Tracey Ash will also be lecturing at the NEWLIFE EXPO on Oct 26-28. For info go to www.newlifeexpo.com.

Thank you for allowing me to serve you with NEWLIFE Magazine & Expo for all these years.

Om Sholom.

Mark Becker

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BOOK REVIEWS

50 Letters From Spirit
A Call to Awaken
By Patricia McDowall
AUSTIN MEALEY PUBLISHING

50 Letters from Spirit is a book which reaches out to your spiritual self, to your soul. A channelled book by the author’s spiritual guide, Marsilio, with his words and her hand. He lived in Renaissance Florence, and was a theologian, priest, philosopher, translator, academic, astrologer, healer and musician.

Marsilio believed in the immortality of the soul and the ability of humanity to reach its unlimited potential. In the book he urges the reader to explore their own divine spark within and to awaken to the importance of this connection in order to create positive change in the world.

He speaks of a new spiritual renaissance where each person connects to their soul, living daily form this connection, enabling the challenges of life to be seen as opportunities for healing and learning.

Marsilio through the 50 letters addresses everyday concerns that humanity faces, he reviews the complexity of the emotions involved in grief and asks us with the passage of time to celebrate that we have loved and to move forwards in hope and with compassion for self.

He talks of choice, a tool we all have at our fingertips, to direct our lives. He reminds us not to limit ourselves with negative dialogue. He directs us to be conscious of our thoughts and how we can change our lives one thought at a time.

He describes the era of spiritual awakening, a new renaissance and invites the reader to awaken to their spirit within, to grasp their soul gifts and to move forwards in hope.

Marsilio believed in the immortality of the soul and the ability of humanity to reach its unlimited potential.

This book gives insight into some of the biggest topics challenging the world today. These transcripts offer a journey through the age of social and global reorganization without the censorship of mainstream media. They reveal the power of alternative media and the voices that helped free minds worldwide.

The Art of Mindful Meditation
The Heart of Yoga Nidra
By Ed Shapiro

It seems pretty clear, at least for most of us, that stress is the biggest issue we have to deal with, especially as it permeates pretty well everything we do.

In his latest book, The Art of Mindful Relaxation, Ed Shapiro assures us that stress is not a new phenomenon, for even cavemen encountered stressful situations when confronted with wild animals and the resulting fight-or-flight dilemma.

The stress-producing factors may be different nowadays but they have the same debilitating effect in our body. It’s quite amazing that after thousands of years we still need to learn to relax!

Shapiro points out that we take being stressed for granted until it becomes unmanagable. We think we can relax with distracting activities, such as binging on tv or shopping. But ever noticed how mental chatter goes on endlessly, flitting from one subject to another, as we get lost in memories, create fantasies, or act out dramas? Such is our ‘normal’ state of being!

Shapiro’s understanding of relaxation includes mindfulness, as relaxation will stay both superficial and temporary if we don’t bring mindful awareness to it. Mindfulness is paying attention and focusing awareness. When we mindfully relax, therefore, we are consciously aware of letting go on a deeper, more profound level.

The practice of relaxation Shapiro teaches in this book is Yoga Nidra, which comes from the ancient yoga sutras. The long-lasting effect of Yoga Nidra is a mindful relaxation that influences our everyday thought, word and action; it enables us to let go of repetition and compulsiveness; we begin to respond confidently and clearly, and have more positive attitudes.

This book gives insight into some of the biggest topics challenging the world today. These transcripts offer a journey through the age of social and global reorganization without the censorship of mainstream media. They reveal the power of alternative media and the voices that helped free minds worldwide.
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Deva Premal

**Deva**

**WHITE SWAN RECORDS**

**DEVA.** Devotional music star Deva Premal’s latest album is a celebration of this unique and influential artist that marks a milestone two decades since she first stepped onto the world stage, when her debut album The Essence became a staple for music fans and yoga & meditation devotees around the globe.

Deva Premal’s unusual voice possesses a real power to calm mind and soul with its soothing, velvet quality and sustained vibrato. On this mature and thoughtful new album, her voice is as potent and lovely as ever and the musical directions she takes with Nepalese bansuri virtuoso Manose, and producer and multi-instrumentalist Joby Baker are diversely rewarding. The album offers Sanskrit mantras in one of the most delicious vehicles yet. It’s fresh, tuneful and rhythmic, and the sacred mantras are lovingly handled and elegantly showcased within its framework.

The Gayatri Mantra, the most beloved track on her 1998 debut release, has been ubiquitous ever since in yoga studios, meditation retreats, bookstores, music playlists and concert venues around the globe. This new album opens and closes with a long form of the adored song, the Seven Chakra Gayatri, with an original melody composed by Deva.

The album’s most up tempo gem is the epic Sarva Mangala, a groove-laden, lilting interpretation that delivers devotion within a framework of gorgeous instrumentation with subtle inflections of reggae and Caribbean sunshine. The languorous Prabhujee opens into such relaxing inner landscapes that the heartbeat seems to palpably slow. Anoushka Shankar contributes beautiful sitar detail on this rich, unfolding piece and the flute parts by Manose are nothing short of perfection.

Deva’s golden voice on this album is recorded with great intimacy - you can hear the very breath on her lips as she takes us on a healing journey of musical delights and inner renewal.

— CHERYL McENANEY

---

Stephen Halpern

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It is said, if we knew how truly perfect life is, we would look up at the sky and laugh. If we are open to it, this revelation can be ours.

It is true that when we look around the world, we can see all of its beauty. We can marvel at the sky, the sun, the animal kingdom, the fish in the sea, and the many kinds of humans creating a glorious tapestry. Albert Einstein once said, “There are only two ways to live your life: As though nothing is a miracle, or as though everything is a miracle.”

Each day, hundreds of thousands of new souls in new bodies are born with beautiful delicate intricacies like eyes, little toes, fingers, organs, and beating hearts. Each day, the sun rises and all beings around the globe wake to create a symphony of these beating hearts and thinking minds -- all blessed with the ability to live another day. Life is good. Love is all around us. Miracles do abound. There is a Divine perfection weaving through your life.

If we try, we can see our lives perfect as they are right now without any doubts, judgements, worries, or regrets. Each morning, take a deep breath. Start to think about the whole of your life, meditating upon all your blessings, talents, and gifts – the many treasures, you possess. Are you including the breath of life? The gift of having another day in which to live, to love, and to learn? Are you including those you love? The sky, the sun, the moon, and
the warm eyes of a friend? You have people in your life who care for you. You have hands to give and to sustain others. Feel the life you are living and feel gratitude for all of your blessings.

You see, the secret of joy is knowing that you are receiving exactly what you need to at each moment. Your life is the most perfect system possible -- designed especially for you. When we come into this world, our soul chooses the precise environment and family to help our karma be resolved. We chose the parents we have, and even the way we look. Everything is designed for our own best interest. The pain of looking at another with jealousy is really believing the Creator doesn’t know what He is doing. Jealousy is the greatest destroyer of joy. As I have often said, the punishment of jealousy is just that -- being jealous. Joy is knowing that everything in our lives is exactly as it should be.

Perhaps, if you can, find time this week to take a walk and bathe in all the glory of your life. Tilt your head up to the sky and laugh. How rich you truly are! Focus and see all the treasures in your life, the people who love you, and the people who need your love. Each one of us is a survivor, and a mighty ruler over our own lives. This week, let us rejoice in this and all that is good.

Karen Berg is the founder of the Kabbalah Center worldwide. She will be speaking at the NewLife Expo in New York City, October 26-28.
INTENSE would be the word to describe her.

She was born a sufi,
grew up with a sufi master
and became a spiritual leader.

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As a born medium, I have been communicating with those on the other side for as long as I can remember. I have learned through the years that their need to connect with their loved ones has nothing to do with me. I am the vessel through which they pass on their messages and love. As the conduit of this profound love, it is my purpose to relay the messages exactly as I hear them. I am dedicated to doing my best to help others connect with their loved ones on the other side.

Yet, there is so much more that those on the other side want to pass on to all of us. Through their messages, and views on their own lives, we can learn how to live and find happiness in our lives. Their messages are about life not death. They hardly ever want the focus to be death; that is just a momentary transition for them. Their focus is always on the life that they lived. They speak of their mistakes and their successes in a way that we can all learn. There are so many pieces of advice that they have passed onto me and their loved ones about the journey of life. Yet, the seven most important rules to live a good life that they have passed on are:

- Live life

Really live, don’t just exist. Live each moment with joy with eyes wide open. Break up the monotony of life and look at it as one big adventure. Life is short; fill it with as much fun and happiness as possible. Recognize what is important and put your energy into those things that make your heart soar. Open your eyes to the miracles around you; don’t take them for granted. Feel the energy of God in the blooming of a single pale pink rose on a warm day in the spring or in the soft pitter patter of the rain drops as they fall onto the moist earth.

- Love yourself and other people

For love is the fulfillment that our souls yearn. Take care of yourself; mind, body and spirit, with compassion. If you can do that, you can do the same for other people. Smile more and belly laugh loudly. Be kind, even when you are angry. Connect with other people; listen to the them. Find relationships that are in balance.

- Forgive yourself and others

Don’t hold onto the past. Recognize that we are all novices in this life, no matter how old our souls. Of course, forgiveness doesn’t mean you have to forget… Yet, don’t let the energy of non-forgiveness affect and block where your happiness lays.

- Learn

Yes, life is truly a classroom! Some of the lessons are difficult while others easy. Learn from the all. Every situation helps to allow your soul to evolve and for you to grow as a human being. Don’t question why, the answers may not always be available. Yet, sit back and recognize what you are to learn. If you do that, the lessons won’t have to be repeated!!

Recognize that you are a child of the highest vibration and energy in the universe. This energy, God, created you in pure love to live in abundance. You carry the divine spark within your soul. Connect with God in a way that is good and perfect for you and also see the spark of God in other people. It will bring you great peace.

- Don’t fill your days and nights with anxiety

Consciously move out of the fear and know that your life and days are fleeting. Trust in the universe and in God. Know that you are protected and never ever alone. This will help you to change your perception. Breathe in the love that is God.

- Connect to your love ones on the other side

They will never abandon you. Love is the strongest energy in the universe and goes on into perpetuity. Feel them as you speak to them. Be conscious of the signs that they send to you. They love you.

These rules may seem simplistic, because they are! As Mary says in my book, Conversations with Mary – Messages of Love, Healing, Hope and Unity for Everyone (October, 2017, Simon & Schuster) “… God wants people to look at love and life in a simple way.” As humans we complicate so much. If you can uncomplicate and look at life and love in an uncomplicated way, you will recognize the goodness of your journey and find fulfillment and peace. We have a need to over process and figure everything out; sometimes it is okay to just enjoy the ride. Have fun on all your adventures. Live life.

As a motivational speaker, teacher, intuitive and author, Anna’s mission is to give others the tools they need to live their lives in joy, while following their souls’ mission. Anna through her gift of intuition she brings wisdom and healing in from heaven as she provides others with insight, guidance and direction. Among other accreditations, she holds a BA in Clinical Psychology, a M.B.A. and is a Hypnotherapist, Grief Counselor and Spiritual Counselor. Her path has led her to teach, work with clients, facilitate retreats and present at seminars. Anna was the host of a radio show on the Cox Radio called “Messages from Heaven.” She recently was a guest on the “Dr. Oz Show,” many national radio shows and has been written about in many publications. She has been touring around the country speaking about her latest book, Conversations with Mary, published on October 17, 2017. Anna will be lecturing at the NEWLIFE Expo in New York City, October 26-28.
The death and resurrection of the “Biblical” Jesus is one of the most compelling and widely-known stories of all time. For Christians, it is the crux of their faith, the essential element of their entire belief system. Even for non-Christians, the depiction of Jesus’ agony and ecstasy exerts a profound fascination.

Although many scholars acknowledge the actual historicity of the Bible, it must be remembered that the Gospels were written many years after the life of Jesus, which they purport to document. So, what if the accepted history is wrong? What if the resurrection never actually occurred, and the corporeal Jesus was rescued and removed from the tomb as a living man? What if Mary Magdalena – the only person mentioned in all four Gospels as being present at the resurrection – what if she, as the fabled “apostle to the apostles,” whom Jesus loved more than any of his other followers – what if she spirited Jesus away, taking him on a two thousand-mile journey to safety?

And what if they were married and had children? After all, there are many mentions of how Jesus (whose birth name was Yeshua) was called “rabbi,” and marriage is a prerequisite for obtaining that status. Mary Magdalena herself addresses him as “rabboni,” one of only two occasions in the Bible when that word is used.

This is at the heart of David Young’s provocative new book, “The True Story of Jesus and his Wife Mary Magdalena.” The book is not about religion; indeed, Young is not a Christian, and he points out that neither were Jesus nor John the Baptist, and that Mother Mary was not Catholic. These attributions, together with the addition of the Virgin Birth, all descended from the First Council of Nicaea, overseen by the Roman Emperor Constantine in 325 A.D. – more than three centuries after the Bible was originally written.

Young is primarily known as a musician and spiritual healer. But he is also a painter, and over a period of four years, he produced what he calls “evidentially channeled artwork.” As time went on, he realized these paintings revealed messages from Jesus and Mary Magdalena that ultimately guided him toward the hidden truth of the world’s most monumental historical deception.

Through inner dialogue, through professional channelers, and through his visionary artwork, Young found himself becoming intimately aware of the true story of Jesus and Mary Magdalena. He reports that he wasn’t actively looking for “the true story” but was being drawn more deeply into it to find the details of what really happened AFTER the crucifixion.

This quest eventually led him up a breakneck mountain path to a mysterious grotto in the mountains of Sainte-Baume (which means Holy Cave) in the south of France. There he had a profound realization: His artwork depicted the journey of a Jesus who survived the
crucifixion and escaped to France with his beloved wife, Mary Magdalena, with whom he had three children.

The trail that Young follows is filled with details that read like an adventure story that becomes increasingly real with every new synchronicity and revelation. The descriptions of how Mary Magdalena smuggled Jesus past the Roman guards, how they trudged through dangerous occupied territory, how Mary Magdalena had to care for a man whose body had been severely tortured and brutalized, how the couple survived on whatever fruits and berries they could cull from the land – all of this, and much more, weave a deeply personal narrative.

These two characters, universally renowned but, as Young says, widely misunderstood, are brought to life through direct, channeled communications that are extensively quoted. The details they supply challenge the accepted wisdom of history. Jesus and Mary Magdalena also spring to life as a couple devoted to each other, to their family, and to their spirituality. Mary Magdalena's bones were later found close to that cave in the year 1279 after she appeared to a French nobleman in a dream and guided him to the village of St. Maximin near the mountains where they lived.

There's more than just the central story here, of course. There's a parallel exploration of how Young went on his own journey to that distant cave, which has been decorated over time with statues and how, along the way, he was repeatedly guided and reassured by many messages and symbols.

One of the most startling moments was when he looked out of the cave where Mary Magdalena and Jesus finally settled, and which is now one of the most revered places of pilgrimage on the planet. He saw, with stunning insight, how his own paintings from years before revealed the exact same landscape!

Whether your viewpoint is that of someone who subscribes to the Gospels' recounting of events, or whether you accept the notion that history took a very different turn on that third day after the crucifixion, there's no doubt that the story of Jesus and Mary Magdalena is one of survival and hope.

With the information and ideas in this new book's narrative, another message has been delivered: That humanity and divinity are irrevocably intertwined.

David Young is a public speaker, a teacher of over 350 meditation workshops, and a musician who has recorded 60 albums that have sold over a million copies. He has twice been nominated for a Grammy Award. He is also a healer and an evidential channeler. His music, well-known for its therapeutic properties, is a staple in hospitals, healing centers and spas throughout the world. He travels extensively hosting his signature workshops, “A Portal Between Heaven and Earth,” which combine his music with guided meditations.

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ASCENSION + CONTACT

What is happening...

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Rebalancing is essential as toxic programs are revealed and cleared. This can be intense if inner-space is not honoured for more balanced evolution. Here reviewing your own unhealthy and outdated conventional attachments is necessary. Genuine inner work, meditation, creative processes, conscious earth connections, sacred connections both power-sites and sacred inner space, skywatching and contact. Here you may become aware of greater vision of mission and purpose, earth and humanity. Here you may question superficial previous attachments and this overhauls your previous awareness, perception and reality. You may become more resourceful, more harmonised with evolutionary values and ideals of peace and equality. Ascension Initiation includes a deconstruction and rebuild of old self. This can be shocking or embraced. Again generous inner work eases ascension transitions.

Conventional sleep patterns overhaul as a potential new frontier of life force resource supports and enhances biology, DNA and energy systems in revolutionary new ways, emotional rebalance and overhaul, psychological evolution. Please note your life force activation and conscious practices and living will ease ascension initiation.

LAW OF EVOLUTION: We are gifted formidable miracles of healing and intelligence. Here we meet extraordinary new ascension journeys, life experiences, sacred love, sacred destiny, inter-dimensions and contact. Here you experience time-bends and stunning synchs. This level of new evolution reveals highest good, sacred intelligence and education that revolutionises who we are and what reality can be. This is genuinely embodied not misfired in what we claim to superficially know or imitate.

LAW OF CONTACT: We can initiate and progress evolution to experience higher* intelligence. How we consciously increase evolution, ascension and contact. Here we enter genuine ascension that can be accelerated. We do not misinterpret who we are in false perspectives, initiations and low frequency. Instead we choose to listen to our sacred destiny and deep respect. This unlocks unprecedented light and resource.

THE ASCENSION PROCESS

We must first resolve outstanding contracts and wounds. This entails careful listening, acknowledgement and healing. There is no other way to overhaul your frequency and timeline despite what you have been led to believe in mainstream superficial spirituality. Dedicated, deeply embodied inner-work processes is essential. This takes us into reviewing conventional spiritual and transformational processes.

SACRED EVOLUTION + STAR- GATES: Here you heal in the purpose of completion: weaving wounds and dreams, time-lines and dimensions. You progress the ascension process by working with wisdom keepers of sacred evolution. You can progress the ascension process by working with star-gates and sacred-sites. Star-gates are revolutionary ascension and time-lines technologies designed to assist the quantum evolutionary jump right now.

SACRED RESONANCE: Our resonance is generated and mirrored in our reality. Unresolved wound results in compromised frequency and wound resonance contracts. Genuine sacred resonance gifts access to new sacred intelligence, new ascension dimensions, new journeys, new timelines and twin-flame contracts. This is Highest Ascension Initiation. You restore life force and The Weave that initiates true ascension, unprecedented contact and sacred reality. Conventional learning methods are often unreliable, inconsistent and redundant. These are the signposts to trust. We move into the unknown.

INCREASED AWARENESS: We are being sacred called to acknowledge our superficial stories and false attachments as individuals and humanity. When we finally heal and surrender unremarkable stories then we finally initiate beyond empty stereotypes and superficial values to fully embody sacred. World evolves. Even in our spirituality arena, what we superficially know and

By Tracey Ash
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Patricia was born in Birmingham and moved to London when she was nine and was educated there. She studied with the Open University while in her forties, gaining a BSc covering various subjects in health and social care, psychology and philosophy.

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50 Letters from Spirit by Patricia McDowall is published by Austin Macauley Publishers and can be purchased via Austinmacauley.com and Amazon and all good booksellers.
what we create will indeed conflict and create a chaos that slows evolution. Here we usually fail in fine-tuning our inner-awareness and deep healing commitment. This inner-work is our life practice and the revolutionary key to transforming our relationships, communities and world. Our incredible practice is to weave inner and outer world. This requires deep work.

The ultimate new spirituality redefines our purpose and world. This brings unprecedented insight, deep and lasting spiritual and transformational experiences that break the bonds of enslavement and perceived limitations. These we place upon ourselves and others unless we commit to Program Detox and evolution found in a life-long dedication to our sacred destiny.

**REVOLUTIONARY SPIRITUALITY** is sacred - honours life lessons and journeys. We are free to live it. We dissolve the walls of limitations and the wounds of programming. Our consciousness is the revolutionary key. It is won by dedicated inner-work training to know love. Ascension is revolution. We are then enlightened in sacred values.

We then choose sacred journeys. These are the journeys that aid exceptional quality of life and contribution to a new earth and humanity. We fully commit to that reality. We are the sacred warriors. Ascension releases within us a new, vast creative, sacred resource that can not be hijacked or enslaved. Here we unlock meta-physics. The gold of previous alchemists. We redefine sacred love and sacred destiny. We experience eternal soul flame and soul flames. We initiate astonishing love and magic for daily life.

In this ascension phase you are now living in a radical overhaul of reality where ascension or awakening as prophesied by ascension pioneers and ancient wisdom is taking place.

**ULTIMATE PROGRAM DETOX:** We assist the ascension process powerfully with dedicated self-awareness, meta-physical healing practices, and conscious paths of evolution. We earn greater ascension when we commit to solving separation of self and world.

Your mentor must be an awake aid and ally on your ascension journey. This genius goes beyond AI and generic strategies. Your ascension initiation is found in transmitted sacred-knowledge in teacher/mentor experiences. There has been a revolution of internet information. We must now learn to be more discerning and less naive in what it entails to evolve.

**ASCENSION VALUES:** The foundations of genuine ascension start with truth, self-acceptance and willingness to go beyond. We have been led to believe. This brings dedication to revolutionising our inner-world journeys. This journey is unprecedented and brave. The safety zone of fear and separation does not permit outstanding ascension and reality.

This brings an opportunity to question and transform the superficiality of our enslaved and highly manipulated existence. We progress to detect and detach false gods and desires created by toxic elite power agendas. We stop mistaking. We love.

This brings an opportunity to question and transform program implants that are cleverly engineered to limit our value. These programs are rigidly locked in fear to slow evolution in generation after generation. Here attachment to false values and stereotypes, lifestyles can be persuasive and locked as reality patterns in DNA through successive generations. This hijacks our sovereign right to health and happiness, love and evolution.

**THE FALSE MATRIX:** Elite power agenda controls you as human resource in maintaining the hold of The False Matrix. Elite power majority-controls via mass reality manipulation. Thoughts, emotions, programs created in our words are frequency. We get locked in the 3D time-line. Frequency overhauls reality and time-lines.

Unresolved wound is metaphysically generated and impacts future generations. AI is being implemented as a power-device of enslavement. The most genuine ascension pioneers are urging us to return to sovereignty of love, humanity and earth. Here we have access to highest frequency that revolutionises our existence. Our greatest challenge is maintaining ascension and evolution. Dedicated inner-work is the answer to ensuring ascension.

Ascension consciousness contact and training pioneer, Tracey Ash works at premier power-sites and conferences. EMOTO recognized & PSI JAPAN honorary member. Her latest filming of UFO Fleet at Mt. Shasta is regarded as the best live real footage in the world. Est.1999 Ascension Training, Contact School, 5D Training, Sacred-Woman, Celestial Healing, Sacred-Destiny, Channelling School, Mystery School Egypt, Mystery School Japan + Mystery School Online. www.traceyash.com Tracey will be lecturing at the newLife Expo in New York City, October 26-28.

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Layne founded The Dream Interpretation Center in 1997. She lectures at Concordia University in Montreal and is a member of the International Association for the Study of Dreams. Combining insights from Freud, Adler, Jung and Paré, Layne’s focus is introducing the general public to the value of understanding their dreams.

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