

past life regression therapy training

Past Life Regression Therapy Training: Unlocking the Secrets of the Soul

past life regression therapy training has been gaining popularity among holistic practitioners and spiritual seekers alike. This intriguing method, which involves guiding individuals to recall memories from previous lifetimes, offers profound insights into personal healing, self-awareness, and emotional growth. If you've ever been curious about how past life regression works or wondered how to become a trained practitioner, this comprehensive guide will walk you through the essentials of past life regression therapy training, what to expect, and why it might be a transformative skill to add to your therapeutic toolkit.

Understanding Past Life Regression Therapy

Before diving into the training itself, it's vital to grasp what past life regression therapy entails. This therapeutic approach uses hypnosis or deep relaxation techniques to help clients access memories from alleged previous lifetimes. The goal is often to uncover hidden emotional blockages, resolve persistent fears, or understand recurring patterns in one's current life.

Unlike traditional psychotherapy that primarily focuses on current life experiences, past life regression therapy explores the idea that the soul carries experiences across lifetimes. By revisiting these experiences, clients can gain clarity and healing, often resulting in profound shifts in perspective and emotional well-being.

The Role of a Past Life Regression Therapist

A practitioner trained in past life regression therapy acts as a gentle guide, facilitating the client's journey safely and ethically. This role requires not only technical skills, such as hypnosis and deep relaxation techniques, but also a compassionate understanding of spiritual and psychological dynamics. The therapist ensures that the experience is grounding and helpful, helping clients integrate any insights gained during the session.

What Does Past Life Regression Therapy Training Involve?

Past life regression therapy training programs vary in length and depth, but all share core components designed to build competence and confidence in guiding regressions.

Foundational Knowledge

Training usually begins with an introduction to the theories behind reincarnation, the soul's journey, and past life memories. Understanding different cultural perspectives on past lives and metaphysical concepts provides a solid theoretical base.

Hypnosis and Guided Meditation Techniques

Since past life regression often relies on hypnosis, learners receive extensive instruction on hypnosis induction, deepening techniques, and how to lead guided meditations effectively. This part of training emphasizes safety, ethical considerations, and how to maintain a supportive environment for clients.

Practical Regression Sessions

Hands-on practice is crucial. Trainees participate in supervised regression sessions, sometimes role-playing both therapist and client roles. This experiential learning helps build intuition and technical skill in recognizing when a client is entering a past life memory versus other types of subconscious material.

Integration and Aftercare

Training also covers how to help clients process and integrate the insights they gain from past life regressions. This includes strategies for journaling, emotional support, and follow-up sessions. It's important to ensure that clients leave the session feeling safe and empowered.

Choosing the Right Past Life Regression Therapy Training Program

With many options available worldwide, selecting the right training course can feel overwhelming. Here are some factors to consider:

Certification and Credibility

Look for programs offered by reputable organizations or instructors with established credentials in

hypnotherapy and spiritual counseling. Certification can enhance your credibility and reassure clients of your professionalism.

Curriculum Depth and Support

Evaluate whether the course offers comprehensive content, including both theory and practical experience. Some courses provide ongoing mentorship or community support, which can be invaluable as you begin practicing.

Flexibility and Format

Depending on your schedule and learning preferences, you might prefer in-person workshops, online courses, or hybrid models. Many modern programs offer flexible formats to accommodate busy professionals.

Benefits of Becoming a Certified Past Life Regression Therapist

Training in past life regression therapy opens up unique opportunities for both personal and professional growth.

- **Enhanced Therapeutic Skills:** You'll learn advanced hypnosis and counseling techniques applicable in various therapeutic contexts.
- **Deeper Client Connections:** Facilitating past life regressions often creates profound emotional breakthroughs, helping clients heal in ways that conventional therapy might not reach.
- **Expanded Career Options:** Certification can enable you to offer specialized services in wellness centers, holistic health practices, or private practice.
- **Personal Growth:** Many practitioners report that training deepens their spiritual understanding and self-awareness.

Integrating Past Life Regression into Your Practice

Once trained, integrating past life regression therapy into your existing practice requires thoughtful preparation.

Client Screening and Expectations

Not everyone is a suitable candidate for past life regression. You'll need to screen clients carefully and set clear expectations about the process, emphasizing that results can vary and that the therapy is a complementary approach.

Ethical and Professional Considerations

Maintaining professional boundaries and ethical standards is crucial. This includes obtaining informed consent, protecting client confidentiality, and avoiding making unfounded claims about past life memories.

Continuous Learning

The field of past life regression therapy is always evolving. Staying updated through workshops, conferences, and peer groups helps you refine your skills and stay connected with the latest research and techniques.

Common Techniques Used in Past Life Regression Therapy Training

Understanding the tools you'll learn can clarify what to expect from training.

1. **Progressive Relaxation:** This technique helps clients achieve a trance-like state conducive to accessing subconscious memories.
2. **Visualization Exercises:** Guided imagery is used to help clients "travel" back to specific moments or places from past lives.
3. **Age Regression:** Sometimes clients are guided to revisit earlier moments in their current life to uncover connections to past life themes.
4. **Symbolism Interpretation:** Therapists help clients interpret symbols and narratives that emerge

during regressions.

Who Can Benefit from Past Life Regression Therapy Training?

This training can be an excellent fit for a wide range of individuals, including:

- Licensed therapists and counselors looking to expand their modalities.
- Hypnotherapists seeking specialized skills.
- Spiritual practitioners interested in soul healing.
- Individuals passionate about metaphysics and reincarnation who want to facilitate healing journeys.

Even if you're new to therapy or hypnosis, some beginner-friendly courses provide foundational training to get you started safely.

Tips for Success in Past Life Regression Therapy Training

Embarking on this training can be a deeply rewarding yet challenging journey. Here are some practical tips:

- **Practice Patience:** Developing the ability to facilitate regressions takes time and repeated practice.
- **Maintain an Open Mind:** Being open to different spiritual perspectives enriches your work.
- **Engage in Self-Exploration:** Exploring your own past life memories can deepen your empathy and skill.
- **Seek Supervision:** Working with experienced mentors can help you navigate difficult cases.

The path to becoming a past life regression therapist is as much about personal transformation as it is about professional development. Through dedicated training, you can unlock the tools to help others explore the

mysteries of their soul's journey, offering healing that transcends time. Whether you aim to incorporate this modality into your current practice or pursue it as a new vocation, past life regression therapy training opens doors to a fascinating and rewarding realm of therapeutic possibilities.

Frequently Asked Questions

What is past life regression therapy training?

Past life regression therapy training is a specialized program that teaches individuals how to guide clients through hypnosis or meditation techniques to explore memories or experiences believed to be from previous lifetimes.

Who can benefit from past life regression therapy training?

Anyone interested in holistic healing, hypnotherapy, spiritual counseling, or alternative therapies can benefit from this training, including therapists, counselors, and individuals seeking personal growth.

Are there any prerequisites for enrolling in past life regression therapy training?

Prerequisites vary by training provider, but generally, a background in counseling, psychology, hypnotherapy, or related fields is recommended, though some courses accept beginners with no prior experience.

How long does past life regression therapy training typically take?

Training duration varies widely, ranging from weekend workshops to several months of comprehensive coursework, depending on the depth and certification level of the program.

Is certification provided after completing past life regression therapy training?

Most reputable training programs offer a certification upon successful completion, which may help practitioners establish credibility and pursue professional practice.

Can past life regression therapy training be done online?

Yes, many institutions offer online past life regression therapy training, allowing students to learn remotely through video lectures, live sessions, and virtual practice groups.

What techniques are commonly taught in past life regression therapy training?

Training typically covers hypnosis, guided meditation, visualization, deep relaxation methods, and techniques for safely navigating and interpreting past life memories.

Is past life regression therapy scientifically proven?

Past life regression therapy is considered a controversial and largely unproven technique within mainstream science, often viewed as a complementary or alternative therapy rather than evidence-based practice.

What career opportunities are available after completing past life regression therapy training?

Graduates can work as certified past life regression therapists, integrate the techniques into existing therapy practices, offer workshops and healing sessions, or pursue careers in spiritual counseling and holistic wellness.

Additional Resources

Past Life Regression Therapy Training: Exploring Techniques, Benefits, and Industry Insights

Past life regression therapy training has garnered increasing interest within the realms of holistic healing and psychotherapy. This specialized form of training equips practitioners with the skills to guide individuals through subconscious exploration, often aiming to uncover memories or experiences believed to originate from previous lives. As alternative therapeutic modalities gain traction, understanding the nuances of past life regression therapy, its training programs, and its place in contemporary therapeutic practices becomes essential for both professionals and curious learners.

Understanding Past Life Regression Therapy

Past life regression therapy involves the use of hypnosis or guided meditation to help individuals access memories from what are believed to be prior incarnations. Proponents argue that uncovering these memories can provide insights into current emotional or psychological challenges, unresolved traumas, or recurring patterns in relationships. Critics, however, remain skeptical, citing a lack of empirical evidence and the possibility of false memories.

Despite the controversy, the demand for qualified practitioners trained in past life regression therapy has

risen, prompting the development of structured training programs. These programs aim to train therapists in the ethical, psychological, and technical aspects necessary to conduct past life regression sessions safely and effectively.

Key Components of Past Life Regression Therapy Training

Training courses in past life regression therapy typically encompass a broad curriculum that balances theory, practical skills, and ethical considerations. Here are some core components often covered:

Hypnosis and Induction Techniques

Since past life regression sessions often rely on hypnosis to facilitate deep relaxation and access to subconscious memories, training places significant emphasis on learning various hypnotic induction methods. Trainees learn how to guide clients into trance states, ensuring comfort and safety throughout the process.

Memory Retrieval and Interpretation

Another critical aspect involves techniques to help clients retrieve potentially significant memories while distinguishing between genuine insights and confabulations. Practitioners are trained to interpret symbolic imagery and emotional responses without imposing their own biases.

Ethical Practices and Client Safety

Given the sensitive nature of exploring past memories, training programs underscore the importance of maintaining professional boundaries, informed consent, and managing clients' emotional well-being. Practitioners must be prepared to handle intense emotional reactions or psychological distress that may arise during sessions.

Integration with Conventional Therapies

Many training courses also explore how past life regression can complement other therapeutic modalities such as cognitive-behavioral therapy (CBT), psychotherapy, or energy healing, allowing practitioners to adopt a holistic approach tailored to individual client needs.

Comparing Past Life Regression Therapy Training Programs

The market for past life regression therapy training varies widely, from short workshops to comprehensive certification courses. When evaluating different programs, several criteria stand out:

- **Accreditation and Certification:** Some organizations offer certifications recognized by hypnotherapy or holistic therapy associations, lending credibility to practitioners' qualifications.
- **Duration and Format:** Training can range from weekend intensives to multi-month online or in-person courses, offering flexibility depending on participants' schedules.
- **Instructor Expertise:** Programs led by experienced therapists or pioneers in the field tend to provide deeper insights and mentorship opportunities.
- **Practical Experience:** Opportunities for supervised practice sessions and case studies enhance learning and build confidence.

For instance, a 40-hour certification course conducted by a reputable hypnotherapy institute often covers foundational hypnosis skills alongside past life regression techniques, whereas shorter workshops might focus primarily on theory without hands-on practice.

The Growing Appeal and Critiques of Past Life Regression Training

Why Professionals Are Pursuing This Training

Many mental health practitioners and holistic healers seek past life regression therapy training to expand their therapeutic toolkit. This training offers an alternative route to addressing subconscious blocks that traditional methods may not reach. Clients interested in spiritual growth or metaphysical perspectives also drive demand for these services.

Scientific Skepticism and Ethical Challenges

Despite its popularity in certain circles, past life regression therapy remains scientifically contentious. Critics

argue that memories retrieved under hypnosis can be distorted or fabricated, raising questions about the validity of the therapy's outcomes. Ethical concerns also arise around suggestibility and the potential for harm if practitioners are inadequately trained.

Hence, comprehensive training programs often emphasize critical thinking and caution, encouraging practitioners to use past life regression as a complementary approach rather than a standalone cure.

Key Skills Developed Through Past Life Regression Therapy Training

Through rigorous training, practitioners develop several essential competencies:

1. **Hypnotic Induction Mastery:** Smoothly guiding clients into trance states while maintaining control.
2. **Active Listening and Empathy:** Creating a safe environment for clients to share vulnerable experiences.
3. **Analytical Interpretation:** Understanding symbolic content without imposing subjective meaning.
4. **Client Management:** Handling emotional reactions and providing appropriate aftercare.
5. **Ethical Judgment:** Recognizing limitations and when to refer clients for other forms of support.

These skills contribute not only to effective past life regression sessions but also enhance overall therapeutic competence.

Integrating Past Life Regression Therapy Into Professional Practice

For therapists interested in including past life regression therapy within their practice, training serves as a gateway to offering an expanded range of services. Some practitioners integrate regression sessions as part of broader counseling or coaching packages, emphasizing personal growth, self-awareness, and healing.

Marketing such services often involves targeting clients interested in spiritual exploration, alternative healing, or those seeking answers to persistent emotional challenges. SEO-optimized websites and content

highlighting the benefits and safety of past life regression therapy training can attract a niche but dedicated clientele.

The Future Outlook of Past Life Regression Therapy Training

As interest in holistic and integrative therapies continues to grow, past life regression therapy training is poised to maintain relevance. Advances in neuroscience and psychology may, over time, shed light on the mechanisms underpinning memory, consciousness, and hypnosis, potentially bridging gaps between skepticism and acceptance.

Training providers may also adapt by incorporating evidence-based practices, enhanced ethical frameworks, and digital learning platforms to reach a global audience. The challenge remains to balance spiritual or metaphysical elements with scientific rigor to meet the expectations of both clients and regulatory bodies.

Past life regression therapy training occupies a unique space at the intersection of spirituality, psychology, and alternative healing. For professionals willing to navigate its complexities and controversies, such training offers the opportunity to enrich their practice and support clients on profound journeys of self-discovery.

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past life regression therapy training: Past Lives Diploma - Exploring The Past To Heal The Present Karen E Wells, 2019-05-14 Past Lives Diploma - Exploring The Past To Heal The Present Accredited Course enabling yourself or your clients to let go & heal the energy of Past Lives with Past Life Regression Fully Accredited Course. Accredited by CTAA - Complementary Therapists Accredited Association. Explore all elements of Past Lives! This course is aimed at those who want to expand or start a business and become a Past Life Regression therapist or for those who are just curious about Past Lives. Either way, this is a fantastic course with incredible content to help others or yourselves! We offer 24/7 support for this course via email from the course tutor - Karen E Wells. We believe support during the course is absolutely essential but equally if you do not require our support that is no problem at all. Karen has worked in the field of Past Lives for over 12 years. As well as having a successful Past Life practice in the UK, she has also worked around the world (UK, Europe, USA, Australia, Far East) teaching the subjects of Past Lives & Between Lives. Karen was a member of the Newton Institute (TNI) training team in 2009 & 2011. She has also worked with

renowned Spiritual teachers Mike Robinson & Jo Le-Rose. Combining Regression with healing techniques, this course material & techniques are not found anywhere else. Karen is the author of 2 bestselling books: *Past Life Regression; Exploring The Past to Heal The Present* and *Hypnotherapy; A Simple Solution in a Complex World*. There is no time limit for this course, so once purchased please take as long as you need to complete it. This Past Life course covers: 3 Modules of Hypnosis so you have a full understanding of what this is and what it isn't and how to use it. The Full Consultation process to establish what needs to be looked at in a Past Life 6 Modules on Past Life Regression that cover: A safe place How to move someone into the Past Life memories directly or via childhood memories & the womb How to move through the scenes in a Past Life Dealing with the death scene Recognising souls in the Past Life that may be in the client's or your life today Contracts & promises made in the Past Life that still affect the client today Thoughts & Feelings from the Past Life Residual energy and how to clear it Healing blockages Choice of Hypnotic Past Life Regression scripts A video module to take you into exploring a Past Life Regression yourself A video module of an actual Past Life Regression session that I did with a student on one of my training courses (Added Jan 2018) And much more! Going back into Past Lives and healing them can allow you to become free from the blockages that hold you back in life. Give that gift to yourself or others with this course today! We are an accredited school of CTAA (Complementary Therapist Accredited Association) and you can join this upon completion of the course (additional cost along with public liability insurance) However, your certificate for the course is included within this package. Contact us for the video content of this course.

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past life regression therapy training: Life Changing Moments in Inner Healing Peter Mack, 2012 This book is a delightful read and describes how a medical doctor used regression therapy to explore and transform the past lives of four of his patients to assist in their rapid healing. The patients came with a variety of symptoms including insomnia, fearful dreams, water and snake phobia, deja vu, procrastination, rage, loss of memory, fear of success, fear of public speaking and unexplainable pain. Through reliving and reframing their past life stories under trance, all four patients were able to gain rapid insight into their spiritual self and achieve healing. The book is written for the general reader and will also interest medical professionals and their patients.

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past life regression therapy training: *The Many Faces of You* Andrew Hillsdon, 2013-11-07

Everything you need to know before embarking on your own personal past life journey of discovery. Written by the Chairman of the Past Life Therapists Association having drawn from his own personal experiences as a recognised authority in this field, *The Many Faces of You* is considered to be the definitive guide to Past Life Regression. Every aspect of this captivating subject is covered in depth with many case studies and explanations to convey the wonderful diversity of experiences available for those who wish to explore their past. It is the ultimate form of personal time travel enabling you to remember who you were in your previous lifetimes. Exploration and discovery are the most popular features of this fascinating technique but it goes far beyond just finding out what lives you have led. This discipline provides a powerful therapeutic benefit by uncovering emotionally-charged past life events which can affect your present lifetime. You can also visit the spiritual world between past lives and your future lives too. Along with a full and detailed explanation of this fascinating subject there are step-by-step guides for you to experience your previous lives for yourself.

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boundless potential, becomes a trusted companion on the path of self-discovery and spiritual enlightenment. Embrace the transformative power of pendulums and embark on an extraordinary journey towards greater understanding and connection with the unseen forces that shape our lives.

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through Progression to resolve the unresolved and bring about extraordinary spiritual revival to power mental and physical healing. Captured within the pages of this long-awaited book are the incredibly real-life authentic, accentuated and detailed accounts of breathtaking past life regression therapy sessions which have not only transformed my clients' lives, but mine too as a therapist and are here now to renew yours through step-by-step exercises. On these adventures of consciousness, we will learn to steer the ship of our life towards the harbor of peace, joy, and abundance by unleashing the power of our herculean Superconscious. Illustrated through true healing cases of people like you and me are the practical lessons and unfailing techniques for tenured and budding PLR Therapists to gain powerful insights into your client's irrational behavior and trace the underlying cause of chronic issues. Thereby bring about long-term holistic healing by uprooting them from the past to recenter into the glory of the now. Please visit <https://www.amarantos.org> for more information.

past life regression therapy training: *My Mystical Past Life* Venu Murthy M. K., 2013-12-24
This is a highly readable personal journal of how destiny mystically designs circumstances, from planting a seed of Near Death Experience, Reincarnation and such to nurturing these ideas with the conviction of personal experience and finally integrating it all under the expert guidance of Dr. Brian Weiss. Below are few words from an eminent author and publisher introducing this book:-The book starts in a very dramatic way and from the very first sentence draws you immediately to the series of events those are going to unfold. As you read along the book, the kindness of an American African touches your heart. Dr. Brian Weiss comes in front of you alive. You yourself really start hearing Dr. Weiss speak. There is a touch of humour also in the narrative to enliven you and lot of wisdom pours in. You will surely love this book. Well, here is the book itself in your hand. Go ahead and experience it for yourself. I always felt within my heart, the mystical side of Venu's personality. He is one of the rare individuals, who love to read great books and absorb the noble ideas and ideals contained in them. He is truthful, sincere to the core in his quest for God and has passed through amazing range of experiences in his life which makes him a very good channel of goodness and compassion through past life therapy. I have not found many persons with such pure, altruistic motives that Mr. Venu Murthy carries in his heart. The book has been dedicated at the holy feet of the all pervading eternal master of the universe. I bow down to that Guru and offer my salutations to that eternal master along with Venu Murthy. This narrative is written with noblest of the motives. It is highly readable and as you read along, you won't feel you are reading a book, you will be travelling and experiencing everything that happens along with the author!!!! And it will be a harbinger of a change in many people's lives. May the blessings of God be showered on all those who read it and on all those who come in contact with Venu Murthy is my earnest prayer to God and Guru Deva. - Divakar B.R.

*****Strange that things which are mystical happen even, in the lives of Software Engineers! While the former is for the highly developed right brain, the latter demands an exploding amount of left brain activity! Venu Murthy wonders on how mystical his journey has been-from being a techie who bangs his head on computers, to being a Past Life Regression Therapist, systematically trained by the master on this subject Dr. Brian Weiss M.D, the ever compassionate Masters and his year old cute little daughter!

past life regression therapy training: *Past Lives Therapy: Past Life Regression Special Edition with Past Life Therapy Center* Dr. Morris Netherton, 2014-03-27 Past Lives Therapy was the first past life regression book to address the use of reincarnation as a source for therapy. It served as the foundation for on-going teaching programs in the United States. It also introduced the Netherton Method to clinicians in eight foreign countries where it has been translated. The book has remained a valuable source of information for those engaged in research and clinical practice since its publication. Although Dr. Morris Netherton is retired from full-time practice, his methods are continued at Past Life Therapy Center (www.PastLifeTherapyCenter.com). NEW Special Edition with Past Life Therapy Center. Also new by Dr. Morris Netherton and Dr. Thomas Paul: Strangers In The Land Of Confusion: Past Lives Regression Therapy With Past Life Therapy Center. Table of Contents: Preface by Walter Steiss, M.D.; Introduction; I.Finding Past Lives: Confronting the Crisis, The

Method; II. Casework: Claustrophobia (Corey), Ulcers (Carl), Epilepsy (Lee), Male Sexual Problems (Henry), Female Sexual Problems (Sarah), Relationships (The Gordons), Alcoholism (Ben), Migraines (Harrison), Hyperactivity (Chuck), Incipient Cancer (Kay); III. Life Cycles: Life in the Womb, The Experience of Birth, The Experience of Death, The Space Between Lives, IV. Past Life Regression & Past Life Therapy F.A.Q.

past life regression therapy training: Healing the Present from the Past Heather S. Friedman Rivera R.N. J.D Ph.D, 2012-12-29 It is important to document the validity of past life regression therapy. Heather Rivera's research has made an important contribution to this field, and I applaud her work.-Brian L. Weiss, M.D., author of Many Lives, Many Masters Dr. Heather Rivera has written a much needed book for those interested in past life therapy or those practicing it. Her fine book is based on quantified research, rather than strictly case studies. . .The reader will benefit in many ways, perhaps life-changing ways, from this excellent book. ? Edith Fiore, Ph.D. (Retired Psychologist) Author of You Have Been Here Before Dr. Heather Friedman Rivera is one of the most remarkable torch-bearers of our times, bringing light into the dark recesses of our over-soul to which we are all connected into the universal oneness, through her scholarly quantifying research on reincarnation and past-life regression. She makes skeptics see and hear, and places the scientific dots on reincarnation and past life regression in such a convincing, personal and touching way. ? Adrian Finkelstein, MD, Former UCLA Psychiatry Professor Researcher/ Author Dr. Heather Friedman Riveras abrupt healing following a past life regression began a quest of personal discovery and scientific investigation into past lives. Her experience, as well as reports from over 200 respondents from around the world, validate the spiritual, psychological, and physical healings that can result. She reveals her personal journey and the scientific findings from her past life study. Her research is now: quantifying the type and degree of healing effects from past life experiences uncovering the factors that drive and influence these effects opening the door for more research in this important healing modality helping bridge gaps between Western medicine and complementary care

past life regression therapy training: A Labyrinth of Lifetimes Kathy Bornino, 2020-08-01 Recovering past life experiences is analogous to walking a labyrinth. You begin at an entry point, you walk in a weave back and forth until you arrive near the center, then back and forth outward again, then return in weaving toward the center again and back outwards again, until you finally arrive at the center. This center can represent the Self at the center of our being. We rest here, then set forth again, weaving our way outward until we arrive again at the entry point. We have a new experience each time we walk the labyrinth, but always we return to the center. This is like the experience of taking on new lifetimes; between lives we rest in the Spirit, Source or Great Self, the Center of our Being - choose your term. This is the ultimate adventure - definitely worthwhile exploring.

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