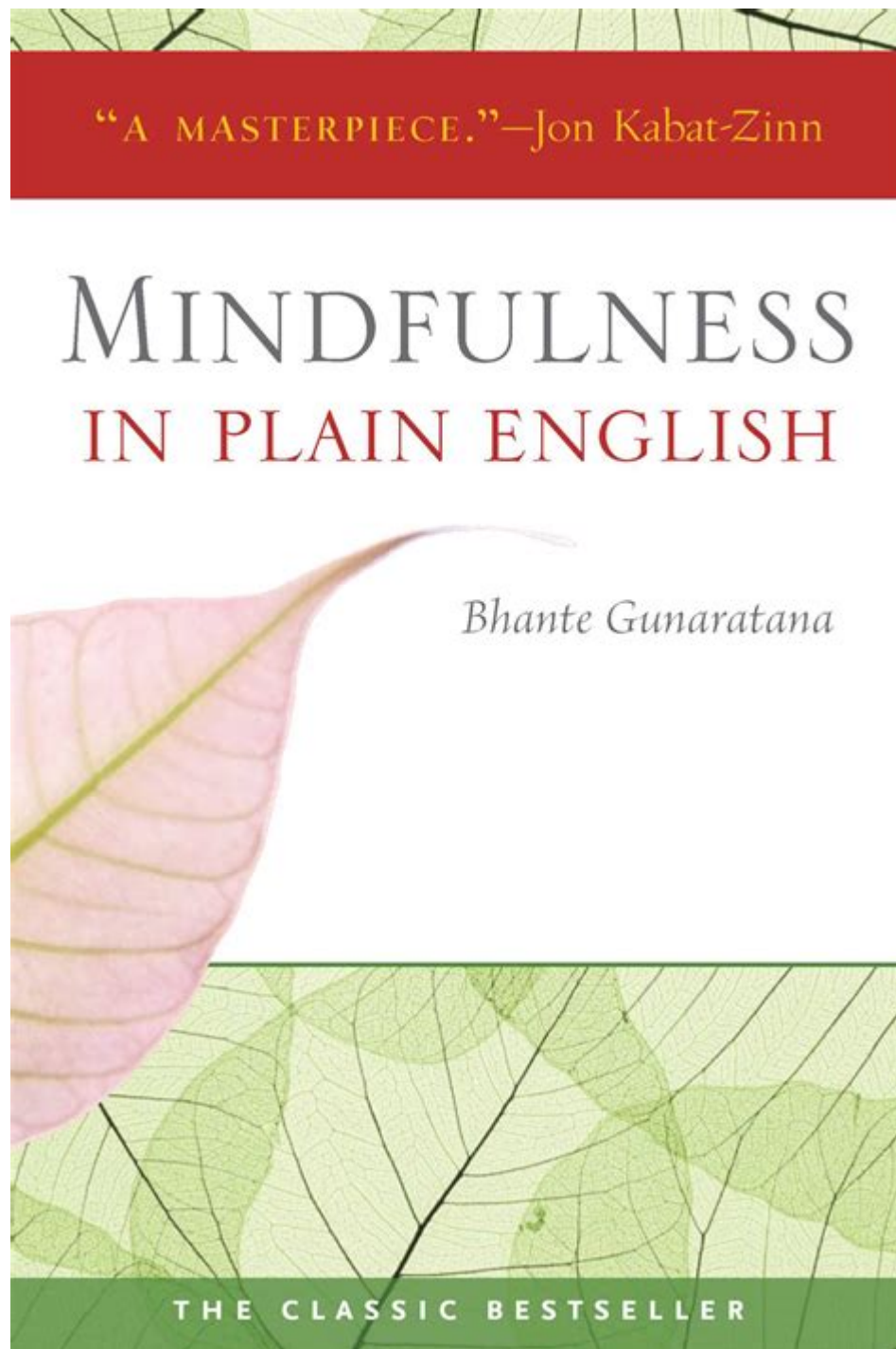


Mindfulness In Plain English



Mindfulness in Plain English: A Simple Guide to Finding Inner Peace

Feeling overwhelmed, stressed, or constantly distracted? You're not alone. In today's fast-paced world, many of us struggle to find moments of calm and clarity. This post breaks down mindfulness

in plain English, stripping away the jargon and offering practical techniques you can use immediately to improve your well-being. We'll explore what mindfulness truly means, dispel common misconceptions, and provide actionable steps to cultivate a more mindful approach to life.

What is Mindfulness, Really?

Mindfulness isn't some mystical practice reserved for monks on mountaintops. In its simplest form, mindfulness is the practice of paying attention to the present moment without judgment. It's about noticing your thoughts, feelings, and sensations as they arise, without getting carried away by them. Think of it as a mental pause button, allowing you to observe your internal world with curiosity and acceptance. It's not about emptying your mind – that's often impossible – but rather about training your attention to stay grounded in the here and now.

Dispelling Common Mindfulness Myths

Many people shy away from mindfulness because they misunderstand it. Let's tackle some common myths:

Myth 1: Mindfulness requires hours of meditation. While meditation is a powerful tool for cultivating mindfulness, you can practice mindfulness throughout your day, even in short bursts.

Myth 2: You need to be perfectly still to be mindful. Mindfulness is about paying attention, not necessarily stillness. You can be mindful while walking, washing dishes, or even driving (safely, of course!).

Myth 3: Mindfulness is about ignoring negative emotions. Mindfulness encourages acknowledging all emotions – positive, negative, and neutral – without judgment. It's about observing them rather than letting them control you.

Myth 4: Mindfulness is only for spiritual people. Mindfulness is a secular practice with benefits applicable to everyone, regardless of their religious or spiritual beliefs.

Practical Mindfulness Techniques for Everyday Life

Here are some simple, yet effective, mindfulness exercises you can incorporate into your daily routine:

1. **Mindful Breathing:** Find a quiet space, close your eyes, and focus on your breath. Notice the sensation of the air entering and leaving your body. When your mind wanders (and it will!), gently redirect your attention back to your breath. Start with just five minutes a day.

2. **Body Scan Meditation:** Lie down comfortably and bring your attention to different parts of your body, one at a time. Notice any sensations – tingling, warmth, tension – without judgment. This helps

you connect with your physical self and release bodily tension.

3. Mindful Walking: Pay close attention to the sensations of your feet making contact with the ground. Notice the rhythm of your steps, the movement of your body, and the sights and sounds around you. Engage all your senses.

4. Mindful Eating: Instead of rushing through your meals, savor each bite. Notice the taste, texture, and smell of your food. Chew slowly and pay attention to the physical sensations of eating.

5. Mindful Listening: When engaging in a conversation, truly listen to the other person. Focus on their words, their tone, and their body language. Avoid interrupting or planning your response while they're speaking.

The Benefits of Mindfulness

Consistent mindfulness practice can lead to a range of benefits, including:

Reduced Stress and Anxiety: By focusing on the present, you detach from worries about the future and regrets about the past.

Improved Focus and Concentration: Regular mindfulness training strengthens your ability to concentrate and resist distractions.

Increased Self-Awareness: Mindfulness helps you become more aware of your thoughts, feelings, and behaviors, enabling you to make healthier choices.

Enhanced Emotional Regulation: You learn to observe your emotions without being overwhelmed by them.

Improved Sleep Quality: Mindfulness practices can calm your mind and body, promoting better sleep.

Conclusion

Mindfulness, in plain English, is about cultivating present moment awareness without judgment. It's a simple yet powerful practice that can significantly improve your mental and emotional well-being. By incorporating even a few minutes of mindfulness into your daily routine, you can experience a greater sense of calm, clarity, and overall life satisfaction. Start small, be patient with yourself, and enjoy the journey towards a more mindful life.

FAQs

1. Is mindfulness a religion? No, mindfulness is a secular practice and is not affiliated with any particular religion.
2. How long does it take to see results from mindfulness practice? The timeframe varies depending on the individual and the consistency of practice. Some people report noticing benefits within weeks, while others may take longer.
3. What if my mind keeps wandering during mindfulness exercises? It's perfectly normal for your mind to wander. Gently redirect your attention back to your chosen focus (breath, body sensations, etc.) without self-criticism.
4. Can mindfulness help with specific conditions like depression or anxiety? Mindfulness-based interventions have shown promise in helping manage symptoms of depression and anxiety, often used alongside traditional therapies.
5. Are there any resources available to learn more about mindfulness? Yes, numerous books, apps (like Headspace or Calm), and online courses offer guidance and support for learning mindfulness techniques.

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mindfulness in plain english: [Beyond Mindfulness in Plain English](#) Gunaratana, 2009-09-08
Gunaratana offers basic instruction on the meaning of insight meditation through concepts that can be applied to any tradition. His focus here is on the Jhanas, those meditative states of profound stillness in which the mind becomes fully immersed in the chosen object of attention.

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Henepola Gunaratana, 2012-08-07 In simple and straightforward language, Bhante Gunaratana shares the Buddha's teachings on mindfulness and how we can use these principles to improve our daily lives, deepen our mindfulness, and move closer to our spiritual goals. Based on the classic Satipatthana Sutta, one of the most succinct yet rich explanations of meditation, Bhante's presentation is nonetheless thoroughly modern. The Satipatthana Sutta has become the basis of all mindfulness meditation, and Bhante unveils it to the reader in his trademark plain English style. Contemplating the Four Foundations of Mindfulness—mindfulness of the body, of feelings, of the mind, and of phenomena themselves—is recommended for all practitioners. Newcomers will find *The Four Foundations of Mindfulness in Plain English* lays a strong groundwork for mindfulness practice and gives them all they need to get started right away, and old hands will find rich subtleties and insights to help consolidate and clarify what they may have begun to see for themselves. People at every state of the spiritual path will benefit from reading this book.

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2017-11-28 An anniversary collection, presented in a beautiful collector's edition, of three of Bhante Gunaratana's bestselling classics: *Mindfulness in Plain English*, *The Four Foundations of Mindfulness in Plain English*, and *Beyond Mindfulness in Plain English*. The *Mindfulness in Plain English Collection* offers the rich, full context for tapping into the true power of mindfulness, all with the signature warmth of Bhante Gunaratana. It is a beautiful and comprehensive resource for anyone who is ready to take their mindfulness practice to the next level. Readers will learn about: Structuring your meditation Dealing with distractions Mindfulness versus concentration Mindfulness in everyday life Practicing mindfulness of mind, emotions, and body Going beyond mindfulness to discover the jhanas: deeply calm, joyous, and powerful states of concentration meditation that can lead to a life of insight and unshakeable peace And much more. In a voice both masterful and relaxed, these teachings reveal what it is to befriend the mind, taking the reader all the way from basic mindfulness meditation to profound states of freedom. The Collection brings together in a

beautiful silver-embossed binding three bestselling books by Bhante Gunaratana: *Mindfulness in Plain English*, *The Four Foundations of Mindfulness in Plain English*, and *Beyond Mindfulness in Plain English*.

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mindfulness in plain english: *Eight Mindful Steps to Happiness* Henepola Gunaratana, 2001-06-15 The sequel to *Mindfulness in Plain English* delivers a simple message: Living a happy life is not a theory or dream, but something eminently practical and achievable through the Buddha's Eightfold Path.

mindfulness in plain english: *Loving-Kindness in Plain English* Henepola Gunaratana, 2017-03-14 The bestselling author of *Mindfulness in Plain English* invites us to explore the joyful benefits of living with loving-kindness. With his signature clarity and warmth, Bhante Gunaratana shares with us how we can cultivate loving-kindness to live a life of joyful harmony with others. Through personal anecdotes, step-by-step meditations, conversational renderings of the Buddha's words in the suttas, and transformative insights into how we live in and relate to the world, we learn that peace here and now is possible—within ourselves and in all our relationships. Bhante G speaks directly to how we can cultivate loving-kindness to find emotional clarity, overcome anger, and become more peaceful—both on and off the meditation cushion. *Loving-Kindness in Plain English* was chosen for the Spirituality & Practice Book Award as one of the 50 Best Spiritual Books of 2017 by the website Spirituality & Practice.

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mindfulness in plain english: *Journey to Mindfulness* Henepola Gunaratana, 2017-11-28 The inspiring life-story of from the bestselling author of *Mindfulness in Plain English*—updated and expanded in honor of his 90th birthday. Bhante Gunaratana—Bhante G., as he is affectionately called—has long been among the most beloved Buddhist teachers in the West. Ordained at twelve,

he would eventually become the first Buddhist chaplain at an American university, the founder of a retreat center and monastery, and a bestselling author. Here, Bhante G. lays bare the often-surprising ups and downs of his more than ninety years, from his boyhood in Sri Lanka to his decades of sharing the insights of the Buddha, telling his story with the plain-English good-humored approach for which he is so renowned. This expanded anniversary edition includes four new chapters in which Bhante reflects on the impact of the tsunami that struck his homeland in 2004 and his subsequent appearance on Larry King Live, his brief experiment in ordaining nuns at his monastery, as well intimate reflections on the loss of family members, and his own aging and infirmity—providing a model an inspiring model to us all of gracious equanimity.

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mindfulness in plain english: Meditation on Perception Henepola Gunaratana, 2014-06-10 Use the unique Buddhist practice of meditation on perception, as taught by the best-selling author of *Mindfulness in Plain English*, to learn how shifting your perspective can transform mental and physical health. Perception—one of the basic constituents of the body and mind—can be both a source of suffering and pain, as well as a source of happiness and health. The Buddhist tradition teaches that perception can be trained and ultimately purified through the practice of meditation. When we understand how perception impacts our lives, we can use it, just as we do any other object of meditation, to overcome harmful ways of thinking and acting and to develop healthy states of mind instead. In *Meditation on Perception* Bhante G brings us, for the first time in English, an illuminating introduction to the unique Buddhist practice of meditation on perception as taught in the popular *Girimananda Sutta*. The ten healing practices that comprise meditation on perception make up a comprehensive system of meditation, combining aspects of both tranquility and insight meditation. Tranquility meditation is used to calm and center the mind, and insight meditation is used to understand more clearly how we ordinarily perceive ourselves and the world around us. Alternating between these two practices, meditators cultivate purified perception as explained by the Buddha. As a result of these efforts, we progress on the path that leads to freedom, once and for all, from illness, confusion, and other forms of physical and mental suffering. Meditation on Perception gives us the keys to move beyond ordinary, superficial perception into an enlightened perspective, freed from confusion and unhappiness.

mindfulness in plain english: Beyond Mindfulness in Plain English Bhante Henepola Gunaratana, 2010-10 Countless people world wide have made *Mindfulness in Plain English* a beloved and bestselling classic in almost a dozen languages. Now after nearly two decades, Bhante helps

meditators of every stripe take their mindfulness practice to the next level - helping them go, in a word, beyond mindfulness. In the same warm, clear, and friendly voice, Bhante introduces the reader to what have been known for centuries as the "jhanas" - deeply calm, joyous, and powerful states of meditation that, when explored with the clearly presented tools in this book, lead to life of insight and unshakeable peace.

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mindfulness in plain english: Buddhist Suttas for Recitation Bhante Gunaratana, 2019-09-24 A lavishly produced book featuring carefully chosen selections from the Buddha's teachings for use in recitation and reflection. Buddhist Suttas for Recitation provides everything you need to begin and maintain a practice of contemplative recitation and reflection. These practices will deepen your connection to the Buddha, strengthen your faith in the Path, and nurture your intellectual understanding of the Dhamma. This unique volume includes carefully chosen discourses of the Buddha from the Pali Canon—presented in inspiring and accessible English with accompanying Pali—that convey the essence of the Dhamma. The introductory material explains the relationship between meditation and devotional practice, offers instructions on setting up a home altar, and gives advice on how to use these texts to enhance your spiritual development.

mindfulness in plain english: A Heart Full of Peace Joseph Goldstein, 2010-10-19 Love, compassion, and peace - these words are at the heart of all spiritual endeavors. Although we intuitively resonate with their meaning and value, for most of us, the challenge is how to embody

what we know; how to transform these words into a vibrant, living practice. In these times of conflict and uncertainty, this transformation is far more than an abstract ideal; it is an urgent necessity. Peace in the world begins with us. This wonderfully appealing offering from one of the most trusted elders of Buddhism in the West is a warm and engaging exploration of the ways we can cultivate and manifest peace as wise and skillful action in the world. This charming book is illuminated throughout with lively, joyous, and sometimes even funny citations from a host of contemporary and ancient sources - from the poetry of W.S. Merwin and Galway Kinnell to the haiku of Issa and the great poet-monk Ryokan, from the luminous aspirations of Saint Francis of Assisi to the sage advice of Thich Nhat Hanh and the Dalai Lama.

mindfulness in plain english: The Accidental Buddhist Dinty W. Moore, 1997-01-10 THE ACCIDENTAL BUDDHIST is the funny, provocative story of how Dinty Moore went looking for the faith he'd lost in what might seem the most unlikely of places: the ancient Eastern tradition of Buddhism. Moore demystifies and explains the contradictions and concepts of this most mystic-seeming of religious traditions. This plain-spoken, insightful look at the dharma in America will fascinate anyone curious about the wisdom of other cultures and other religions. Sure of foot in complex terrain, and packing a blessedly down-to-earth sense of humor, Dinty Moore is the perfect scout for the new frontiers of American Buddhism.--Rodger Kamenetz, author of THE JEW IN THE LOTUS and STALKING ELIJAH.

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mindfulness in plain english: Breath by Breath Larry Rosenberg, 2004-11-09 A “wonderfully accessible” interpretation of the Buddha's teachings on breathwork in meditation, from a leading insight meditation teacher (Joseph Goldstein, author of The Experience of Insight) Freedom from suffering is not only possible, but the means for achieving it are immediately within our grasp—literally as close to us as our own breath. This is the 2,500-year-old good news contained in the Anapanasati Sutra, the Buddha's own teaching on cultivating both tranquility and deep insight through the full awareness of breathing. In this book, Larry Rosenberg brings this timeless meditation method to modern practitioners, using the insights gained from his many years of practice and teaching. With wisdom, compassion, and humor, he shows how the practice of breath awareness is quietly, profoundly transformative—and supremely practical: if you're breathing, you've already got everything you need to start.

mindfulness in plain english: Buddhism for Beginners Thubten Chodron, 2001-01-01 This easy-to-understand introduction to Buddhism is “written for people wanting to understand basic Buddhist principles and how to integrate them into their lives” (H.H. the Dalai Lama) This user's guide to Buddhist basics takes the most commonly asked questions—beginning with “What is the essence of the Buddha's teachings?”—and provides simple answers in plain English. Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying Life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as: • What is

the goal of the Buddhist path? • What is karma? • If all phenomena are empty, does that mean nothing exists? • How can we deal with fear? • How do I establish a regular meditation practice? • What are the qualities I should look for in a teacher? • What is Buddha-nature? • Why can't we remember our past lives?

mindfulness in plain english: *The Gift of Presence* Caroline Welch, 2021-05-04 A practical, user-friendly guide for women seeking focus and calm in the midst of life's storms. Overwhelmed by the demands of family, work, and multiple responsibilities, many women find themselves feeling scattered, and distracted. In this eye-opening book, co-founder and CEO of the Mindsight Institute, Caroline Welch takes readers on a mindfulness journey to help them de-stress and cultivate inner peace. According to Welch, you do not need countless hours sitting in silence to be more present in your life--the key is to practice mindfulness wherever you are and whenever you can. The Gift of Presence guides readers in developing four innate capacities we all possess that will allow us to become more resilient and centered in our lives--even when life is throwing all that it has at us: Presence: the ability to remain firmly in the present moment; to be fully aware of what's happening as it's happening. Purpose: the personal meaning that gets us going and gives direction to our lives. Pivoting: an openness to change that allows you to switch direction if that is what is needed. Pacing: the awareness that it is impossible to do everything we want or need to do all at once; the ability to take life one step at a time. This life-changing book reveals that you already hold in your hands the keys to a more harmonious life--you simply need to look within.

mindfulness in plain english: *The Mindfulness Revolution* Barry Boyce, 2011-03-08 A collection of essays on the benefits and everyday applications of mindfulness—featuring contributions from Thich Nhat Hanh, Jon Kabat-Zinn, and more A growing body of scientific research indicates that mindfulness can reduce stress and improve mental and physical health. Countless people who have tried it say it's improved their quality of life. Simply put, mindfulness is the practice of paying steady and full attention, without judgment or criticism, to our moment-to-moment experience. Here is a collection of the best writing on what mindfulness is, why we should practice it, and how to apply it in daily life, from leading figures in the field. Selections include: • Leading thinker Jon Kabat-Zinn on the essence of mindfulness, stress reduction, and positive change • Zen teacher Thich Nhat Hanh on the transformative power of mindful breathing • Professor of psychiatry Daniel Siegel, MD, on how mindfulness benefits the brain • Physician and meditation teacher Jan Chozen Bays, MD, on how and why to practice mindful eating • Pioneering psychologist Ellen Langer on how mindfulness can change the understanding and treatment of disease • Leadership coach Michael Carroll on practicing mindfulness at work • Psychologist Daniel Goleman on a mindful approach to shopping and consuming • Pianist Madeline Bruser on how mindfulness can help us overcome performance anxiety • And much more The Mindfulness Revolution also includes an in-depth discussion by writer-editor Barry Boyce about how mindfulness is being applied in a variety of professional fields—from health care to education, from performing arts to business—to improve effectiveness and enhance well-being.

mindfulness in plain english: *Dream Theatres of the Soul* Jean Benedict Raffa, 1994 What are your dreams telling you? Dr. Raffa believes that dreams show us who we are and what we can become. In this fascinating book of how to analyze dreams, explore the feminine aspects, and use dreams to grow emotionally and spiritually, Raffa combines the metaphor of a theatre with the practicality of a handbook to provide a practical guide to understanding your dreams.

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anthology of all the important source material from the Pali Canon and Commentaries on this core system of meditation. The book includes the famous Anapanasati Sutta, the Discourse on Mindfulness of Breathing (Majjhima Nikaya Sutta 118); the commentary on this sutta (including a substantial passage from the Visuddhimagga); an analytical treatise from the canonical Patisambhidamagga; and a selection of suttas from the Pali Canon. All this material has been rendered into lucid English by Bhikkhu Nyanamoli, one of the foremost translators of Pali Buddhist texts in our age.

mindfulness in plain english: The Four Foundations of Mindfulness U Silananda, 2012-06-25 An absolute essential of Buddhist thought and practice. In addition to practitioners of Insight meditation, those who engage in other meditation forms such as dzogchen, mahamudra, and zazen will find that The Four Foundation of Mindfulness provides new means of understanding how to approach and deepen their own practices. The entire Great Discourse is included here, coupled with a beautifully clear commentary from the great scholar-yogi, Venerable U Silananda.

mindfulness in plain english: Training in Compassion Norman Fischer, 2013-01-08 A prominent Zen teacher offers a “direct, penetrating, and powerful” perspective on a popular mind training practice of Tibetan Buddhism (Rick Hanson, author of Buddha’s Brain) Lojong is the Tibetan Buddhist practice of working with short phrases (called slogans) to generate bodhichitta, the heart and mind of enlightened compassion. With roots tracing back to the 900 A.D., the practice has gained more Western adherents over the past two decades, partly due to the influence of American Buddhist teachers like Pema Chödrön. Its effectiveness and accessibility have moved the practice out of its Buddhist context and into the lives of non-Buddhists across the world. It's in this spirit that Norman Fischer offers his unique, Zen-based commentary on the Lojong. Though traditionally a practice of Tibetan Buddhism, the power of the Lojong extends to other Buddhist traditions—and even to other spiritual traditions as well. As Fischer explores the 59 slogans through a Zen lens, he shows how people from a range of faiths and backgrounds can use Lojong to generate the insight, resilience, and compassion they seek.

mindfulness in plain english: What the Buddha Taught Walpola Rahula, 2007-12-01 “A terrific introduction to the Buddha’s teachings.” —Paul Blairon, California Literary Review This indispensable volume is a lucid and faithful account of the Buddha’s teachings. “For years,” says the Journal of the Buddhist Society, “the newcomer to Buddhism has lacked a simple and reliable introduction to the complexities of the subject. Dr. Rahula’s What the Buddha Taught fills the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to ‘the educated and intelligent reader.’ Authoritative and clear, logical and sober, this study is as comprehensive as it is masterly.” This edition contains a selection of illustrative texts from the Suttas and the Dhammapada (specially translated by the author), sixteen illustrations, and a bibliography, glossary, and index. “[Rahula’s] succinct, clear overview of Buddhist concepts has never been surpassed. It is the standard.” —Library Journal

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presents techniques and meditations for finding clarity and awareness in your life, just as it has for thousands of addicts and alcoholics.

mindfulness in plain english: *The Path of Serenity and Insight* Henepola Gunaratana, 2016-01-01 In the oldest scriptures of Theravada Buddhism much attention is given to the jhanas, high levels of meditative attainment distinguished by powerful concentration and purity of mind. Ven. Dr Gunaratana examines these jhanas within the context of Buddhist teaching as a whole and particularly within the meditation disciplines taught by the Buddha. Beginning with the ethical foundation for meditation, the role of the teacher, the classical subjects of meditation, and the appropriateness of these subjects to individual practitioners, the author traces the practice of meditation to the higher reaches of realization. The eight stages of jhana are individually analyzed and explained in terms of their relation to one another and to the ultimate goal of the teaching. The author makes the critical distinction between the mundane jhanas and supermundane jhanas, pointing out that the lower four while leading to various mental powers and psychic attainments, are not necessary to full enlightenment and may be developed or bypassed as the meditator wishes. The author goes on to explain the place of the jhanas among the accomplishments of an arahat and elucidate their usefulness for a dedicated meditator. For more info, please log on to www.mlbd.co.in

mindfulness in plain english: *Practical Insight Meditation* Mahasi Sayadaw, Sobhana (Mahā caññ' Cha rā to' 'A rhañ'), 1991

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mindfulness in plain english: Oxford English Dictionary John A. Simpson, 2002-04-18 The Oxford English Dictionary is the internationally recognized authority on the evolution of the English language from 1150 to the present day. The Dictionary defines over 500,000 words, making it an unsurpassed guide to the meaning, pronunciation, and history of the English language. This new upgrade version of *The Oxford English Dictionary Second Edition* on CD-ROM offers unparalleled access to the world's most important reference work for the English language. The text of this version has been augmented with the inclusion of the *Oxford English Dictionary Additions Series* (Volumes 1-3), published in 1993 and 1997, the *Bibliography to the Second Edition*, and other ancillary material. System requirements: PC with minimum 200 MHz Pentium-class processor; 32 MB RAM (64 MB recommended); 16-speed CD-ROM drive (32-speed recommended); Windows 95, 98, Me, NT, 200, or XP (Local administrator rights are required to install and open the OED for the first time on a PC running Windows NT 4 and to install and run the OED on Windows 2000 and XP); 1.1 GB hard disk space to run the OED from the CD-ROM and 1.7 GB to install the CD-ROM to the hard disk; SVGA monitor: 800 x 600 pixels: 16-bit (64k, high color) setting recommended. Please note: for the upgrade, installation requires the use of the OED CD-ROM v2.0.

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