

11th step prayer and meditation

11th step prayer and meditation play a crucial role in many recovery programs, particularly within the framework of the 12-step methodology. This step emphasizes enhancing conscious contact with a higher power through prayer and meditation, aiming to deepen spiritual growth and maintain sobriety.

Understanding the principles behind the 11th step prayer and meditation can provide insight into how individuals cultivate serenity, mindfulness, and inner peace. This article explores the meaning, practice, and benefits of the 11th step, alongside practical guidance for effective meditation and prayer. Additionally, the role of intention and the impact on personal development are discussed to offer a comprehensive overview of this spiritual practice.

- Understanding the 11th Step in Recovery
- The Role of Prayer in the 11th Step
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- Benefits of 11th Step Prayer and Meditation
- Techniques for Effective 11th Step Meditation
- Common Challenges and How to Overcome Them

Understanding the 11th Step in Recovery

The 11th step in recovery programs such as Alcoholics Anonymous focuses on improving one's conscious contact with a higher power through prayer and meditation. This step encourages individuals to seek spiritual guidance and strength in their daily lives, fostering a deeper connection beyond themselves. The essence of the 11th step lies in cultivating awareness, humility, and trust through consistent spiritual practice. It serves as a bridge between the earlier steps of admitting powerlessness and making amends, moving toward ongoing spiritual growth and maintenance of sobriety.

The Importance of Conscious Contact

Conscious contact refers to an intentional and mindful connection with a higher power or spiritual source. In the context of the 11th step prayer and meditation, it involves dedicating time and focus to this connection through regular practice. This conscious engagement helps individuals gain clarity, insight, and

strength to navigate challenges in recovery. The 11th step highlights that spiritual progress is an ongoing journey requiring dedication and openness to change.

Spiritual Growth through the 11th Step

The 11th step is fundamentally about spiritual development. By integrating prayer and meditation into daily routines, individuals nurture qualities such as patience, compassion, and resilience. This growth supports lasting recovery by reinforcing a sense of purpose and alignment with one's values. Over time, the 11th step prayer and meditation become tools for maintaining balance and perspective amidst life's difficulties.

The Role of Prayer in the 11th Step

Prayer in the 11th step serves as a means to communicate with a higher power, seeking guidance, strength, and wisdom. It is a personal and reflective practice that varies widely among individuals but remains a cornerstone of spiritual recovery. The nature of prayer in this context is not confined to any specific religion or doctrine but is inclusive and adaptable to different beliefs.

Types of Prayer Used in Recovery

Various forms of prayer are embraced within the 11th step, including:

- **Petitionary Prayer:** Asking for help or guidance in overcoming challenges.
- **Thanksgiving Prayer:** Expressing gratitude for progress and blessings.
- **Contemplative Prayer:** Silent reflection and listening for spiritual insight.
- **Affirmative Prayer:** Affirming faith and spiritual truths to reinforce commitment.

Integrating Prayer into Daily Life

Consistent prayer fosters a supportive routine and reinforces spiritual connection. Many practitioners of the 11th step prayer and meditation find it beneficial to set aside specific times each day for prayer, whether in the morning, evening, or moments of distress. This regularity helps establish a habit of mindfulness and reliance on spiritual resources.

The Practice of Meditation in the 11th Step

Meditation complements prayer by focusing the mind and cultivating awareness. It is a practice that encourages stillness and presence, enabling individuals to better listen to their inner selves and the guidance of their higher power. The 11th step meditation aims to quiet mental distractions and foster a state of receptivity and calm.

Common Meditation Techniques

Different meditation techniques are employed to support the goals of the 11th step, including:

- **Mindfulness Meditation:** Observing thoughts and feelings without judgment to enhance self-awareness.
- **Breath Awareness:** Focusing on breathing patterns to center the mind and reduce anxiety.
- **Guided Meditation:** Using recorded or live guidance to facilitate relaxation and spiritual connection.
- **Mantra Meditation:** Repeating a word or phrase to maintain focus and deepen concentration.

Creating a Suitable Meditation Environment

Setting up a quiet, comfortable space free from distractions can greatly improve meditation effectiveness. Many practitioners recommend a consistent location dedicated to spiritual practice to reinforce routine and focus. Lighting, seating, and ambient sounds may also be adjusted to enhance comfort and concentration during the 11th step meditation.

Benefits of 11th Step Prayer and Meditation

The integration of prayer and meditation within the 11th step offers multiple benefits that support recovery and overall well-being. These benefits extend beyond spiritual growth to include improved mental and emotional health.

Enhanced Emotional Stability

Regular engagement in 11th step prayer and meditation helps regulate emotions by promoting calmness and reducing stress. This emotional equilibrium is crucial for individuals in recovery who often face

intense feelings related to addiction and healing.

Improved Focus and Clarity

Meditation sharpens mental focus, allowing for clearer decision-making and problem-solving. Prayer reinforces this clarity by aligning personal intentions with spiritual values, creating a balanced perspective on life's challenges.

Strengthened Resilience and Willpower

Connecting with a higher power through the 11th step prayer and meditation cultivates inner strength and perseverance. This spiritual support system enhances the ability to resist relapse and maintain long-term sobriety.

Techniques for Effective 11th Step Meditation

To maximize the benefits of the 11th step, employing effective meditation techniques is essential. Structured approaches can facilitate deeper spiritual engagement and consistency.

Establishing a Routine

Consistency is key in meditation practice. Setting a fixed time each day helps build a sustainable habit. Many find morning sessions beneficial for setting intentions, while evening sessions support reflection and gratitude.

Using Focused Breathing

Concentrating on the breath anchors the mind and reduces distraction. Techniques such as counting breaths or deep diaphragmatic breathing can enhance mindfulness and presence during meditation.

Incorporating Guided Prayers

Combining meditation with guided prayers specific to the 11th step can deepen spiritual connection. Listening to or reciting these prayers during meditation fosters intentional communication with the higher power.

Journaling Post-Meditation

Recording insights and experiences after meditation can reinforce learning and spiritual growth. Journaling helps track progress and recognize patterns in thoughts and emotions related to recovery.

Common Challenges and How to Overcome Them

While the 11th step prayer and meditation offer numerous benefits, practitioners may encounter obstacles. Recognizing and addressing these challenges is important for sustained spiritual practice.

Difficulty Maintaining Focus

Many individuals struggle with a wandering mind during meditation. Techniques such as counting breaths, using a mantra, or gently redirecting attention can help overcome this challenge.

Inconsistency in Practice

Life's demands may disrupt regular prayer and meditation routines. Creating a flexible schedule, setting reminders, and prioritizing spiritual time can improve consistency.

Feelings of Doubt or Frustration

Spiritual practices can sometimes lead to doubt or impatience. Seeking support from recovery groups, mentors, or spiritual advisors can provide encouragement and guidance through these periods.

Uncertainty About Prayer Content

Individuals may be unsure about what to say in prayer. Using traditional 11th step prayers, personal reflections, or simple expressions of intention can alleviate this uncertainty and make prayer more accessible.

Frequently Asked Questions

What is the 11th Step prayer in recovery programs?

The 11th Step prayer is a spiritual practice used in many recovery programs, focusing on seeking

knowledge of a higher power's will and the strength to carry it out. It emphasizes prayer and meditation to improve conscious contact with that higher power.

How does meditation relate to the 11th Step?

Meditation in the 11th Step involves quiet reflection and listening for guidance from a higher power. It helps individuals gain clarity, peace, and direction in their recovery journey by fostering spiritual awareness and inner calm.

Can I customize the 11th Step prayer to fit my beliefs?

Yes, the 11th Step prayer is often adapted to align with an individual's personal spiritual beliefs. The core idea is sincere communication with a higher power, so personalization is encouraged to make the practice meaningful and effective.

What are the benefits of practicing the 11th Step prayer and meditation daily?

Daily practice can enhance spiritual growth, reduce stress, improve decision-making, and strengthen resolve in recovery. It promotes mindfulness, emotional balance, and a deeper connection to one's higher power.

Is the 11th Step prayer only for people in 12-step programs?

While it originates from 12-step recovery programs, the principles of the 11th Step prayer and meditation can benefit anyone seeking spiritual guidance, mindfulness, or personal growth, regardless of program participation.

How long should I meditate during the 11th Step practice?

Meditation duration varies per individual. Beginners might start with 5 to 10 minutes daily, gradually increasing as comfort grows. The key is consistency and focused, peaceful reflection rather than length.

What is a common 11th Step prayer used in recovery?

A commonly used 11th Step prayer is: 'God, I pray that I may know Your will for me and have the power to carry that out.' This prayer reflects the desire for guidance and strength to follow a higher power's direction.

Can the 11th Step prayer and meditation help with anxiety and stress?

Yes, engaging in the 11th Step prayer and meditation can reduce anxiety and stress by promoting mindfulness, calmness, and a sense of surrender to a higher power, which can alleviate feelings of

overwhelm and foster inner peace.

Additional Resources

1. *Eleventh Step Meditation: A Path to Spiritual Awakening*

This book delves into the practice of the Eleventh Step, focusing on prayer and meditation as tools for spiritual growth. It offers practical guidance on how to seek conscious contact with a higher power. Readers will find personal stories and exercises that enhance mindfulness and deepen their connection to spirituality.

2. *The Eleventh Step Prayer Guide: Connecting with Higher Power*

A comprehensive guidebook designed to support individuals in their Eleventh Step practice through structured prayers and meditations. The author provides various prayer formats and meditation techniques aimed at fostering serenity and clarity. This book is ideal for both beginners and those looking to deepen their spiritual routine.

3. *Living the Eleventh Step: Daily Reflections and Meditations*

This collection of daily reflections encourages sustained practice of the Eleventh Step prayer and meditation. Each entry offers thoughtful insights and prompts to nurture ongoing spiritual awareness. The book supports readers in integrating mindfulness into everyday life.

4. *Eleventh Step Prayer: Unlocking Inner Peace*

Focusing on the transformative power of prayer, this book explores the Eleventh Step's role in achieving inner peace. Through practical advice and heartfelt stories, it helps readers overcome anxiety and connect with a higher power. The meditation practices included are designed to calm the mind and spirit.

5. *Mindfulness and the Eleventh Step: Meditation for Recovery*

Combining principles of mindfulness with the Eleventh Step, this book offers meditation techniques tailored for those in recovery. It emphasizes awareness of the present moment while fostering spiritual connection. Readers learn to cultivate patience, acceptance, and serenity through guided practices.

6. *The Eleventh Step Workbook: Prayer, Meditation, and Reflection*

Structured as an interactive workbook, this title provides exercises and journaling prompts to deepen the Eleventh Step experience. It encourages active engagement with prayer and meditation, helping readers explore their spirituality in a personal way. The workbook format facilitates gradual and meaningful progress.

7. *Steps to Serenity: Embracing the Eleventh Step Through Prayer*

This book highlights the Eleventh Step as a pathway to serenity by emphasizing the power of prayer. It includes inspirational readings and practical suggestions for establishing a prayerful habit. The author shares techniques to overcome spiritual obstacles and maintain a steady practice.

8. *Quiet Moments: Meditation Inspired by the Eleventh Step*

Offering a collection of meditation scripts and calming exercises, this book is designed to accompany the Eleventh Step journey. It promotes quiet reflection and spiritual openness, encouraging readers to find stillness amid life's challenges. The meditations are adaptable for daily use.

9. *The Heart of the Eleventh Step: Prayer, Meditation, and Transformation*

This deeply reflective book explores how prayer and meditation within the Eleventh Step foster profound personal transformation. It combines theological insights with practical advice, making spiritual growth accessible to all. Readers are invited to embrace change through consistent spiritual practice.

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11th step prayer and meditation: Practicing the Here and Now Herb K, 2017-04-18 With Practicing the Here and Now: Being Intentional with Step 11, you'll learn to use prayer and meditation to work all the steps, so you can make contact with the Higher Power in a way that is yours and yours alone. Step Eleven Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. How do we unlock and experience the teachings of Step Eleven? Herb K. helps us realize that working—and living—this vital recovery “maintenance Step” doesn't have to be as challenging as commonly thought. With Practicing the Here and Now, you'll find guidance on using prayer and meditation to help you be present throughout each day, staying in contact with your Higher Power for ongoing inspiration and sustenance. By opening the connection to your Higher Power with what Herb K. calls “Intentional Consciousness,” prayer and meditation can help you fully experience the cumulative power of the Twelve Steps to deepen and sustain your recovery journey.

11th step prayer and meditation: Soul Silence Peter Amato, 2010-11 The millions of recovering addicts who attend Twelve Step programs around the world each day for issues ranging from alcoholism to overeating, codependence, gambling, and even chronic lateness quickly learn that

sobriety and abstinence hinge on a decision to turn over their will and life to a Power greater than themselves. They also learn, through the program's 11th Step, that prayer and meditation are vital tools for making this conscious contact with a Higher Power of their understanding.

11th step prayer and meditation: *Nar-Anon 36 (Steps 1-12)* Nar-Anon FGH, Inc, A workbook to guide members through Steps 1-12

11th step prayer and meditation: RECOVERY 2.0 Tommy Rosen, 2014-10-21 The feeling was electric-energy humming through my body. I felt like blood was pouring into areas of my tissues that it had not been able to reach for some time. It was relieving and healing, subtler than the feeling from getting off on drugs, but it was detectable and lovely, and of course, there was no hangover, just a feeling of more ease than I could remember. I felt a warmth come over me similar to what I felt when I had done heroin, but far from the darkness of that insanity, this was pure light-a way through. - Tommy Rosen, on his first yoga experience Most of us deal with addiction in some form. While you may not be a fall-down drunk, anorexic, or a gambling addict, you likely struggle with addiction in other ways. Workaholism, overeating, and compulsively engaging with technology like video games, texting, and Facebook are also highly common examples. And if you don't suffer from addiction, chances are you know someone who does. Through more than 20 years of recovery and in working professionally with others, Tommy Rosen has uncovered core elements of recovery and healing, what he refers to as Recovery 2.0. In the book, he shares his own past struggles with addiction, and powerful, tested tools for breaking free from the obstacles that stand in the way of a holistic and lasting recovery. Building off the key tenets of the 12-Step program, he has developed an innovative approach that includes • Looking at the roots of addiction; your family history and Addiction Story • Daily breathing practices, meditation, yoga, and body awareness • A healthy, alkaline-based diet to aid with detox, boost immunity, increase vitality, support your entire recovery, and help prevent relapse • Discovering your mission, living on purpose, and being of service to others Recovery 2.0 will help readers not only release their addictions, but thrive in their recovery.

11th step prayer and meditation: *The Psychology of the 12 Steps* Paul V.Z. Psy. D., 2021-04-15 How does a homeless, once employed chef, living in his car become a Doctor of Psychology and Licensed Therapist? By going to AA instead of driving his car off an oceanfront cliff. This book offers an insight into how the 12 step process and societal fellowship combine to provide an individual with many of the benefits that psycho-therapeutic procedures administered by psychologists and mental health clinics do as well. This book was written with the purpose of bridging the gap between psychology and the 12 steps in the hope of increasing treatment success. It was written for therapists who are not substance abusers or in recovery in the hope that it may provide insight into the mind of the alcoholic/addict, while providing a useable lexicon. This book is written for any and all who may have an interest in the world of substance abuse treatment, psycho-therapy, and a few of the other 12 step programs.

11th step prayer and meditation: *Life with Hope* Marijuana Anonymous, 2020-06-02 Similar to The Big Book of Alcoholics Anonymous, Life with Hope thoroughly explains the 12 Steps and 12 Traditions as they relate to marijuana addicts and those with cannabis use disorder. This is an essential resource for anyone seeking recovery through Marijuana Anonymous (MA). How can we tell you how to recover? We cannot. All we can do is share with you our own experiences and recovery through the Twelve Steps of Marijuana Anonymous. The text includes the 12 Steps and the 12 Traditions, fifteen personal stories from Marijuana Anonymous members, and the section, A Doctor's Opinion about Marijuana Addiction. Life with Hope is an essential resource for the marijuana addict and for anyone with a cannabis use disorder who is seeking recovery through Marijuana Anonymous (MA). The text is ideal for newcomers, people who are in active addiction, and anyone interested learning more about how marijuana addiction affects people's lives.

11th step prayer and meditation: *Addiction—God'S Healing* Duly Noted, 2018-02-21 I was just your run-of-the-mill alcoholic who God saw fit to rescue! For close to forty years, I struggled with addiction, and as time went on, it always got worse quicker and got more intense after any period of clean time. It was not until this unprofessional writer put God like I never had him before

in my life and also after a proven twelve-step program that I was able to get and stay sober one day at a time. I was bankrupt in all ways financially, emotionally, mentally (at times I couldn't remember my name), and almost spiritually. I turned a perfectly good life into a perfect mess by choice. Why? I ended up at a few homeless shelters. Family and friends were asking (begging) me to get out of my hometown, Buffalo, New York, because I was going to die as the whole city turned into a people, places, and things place that people are warned about in recovery. Today I tell God, people at recovery meetings, family, and friends, I have the best life of anybody I know, and I believe it! God gets and deserves all the glory, all the honor, and all the praise that my family and friends give to me. God blessed me with one grandchild (daughter) and another one on the way. At recovery meetings, they say, Rarely have we seen a person fail who has thoroughly followed our path. That is so true! According to Matthew 6:33, Seek first the kingdom of God and His righteousness and all these things will be added onto you. Thank you! God bless you! Glenn

11th step prayer and meditation: Narrative Means to Sober Ends Jonathan Diamond, 2012-01-27 Working with clients who abuse drugs or alcohol poses formidable challenges to the clinician. Addicted persons are often confronting multiple, complex problems, from the denial of the addiction itself, to legacies of early trauma or abuse, to histories of broken relationships with parents, spouses, and children. Making matters more confusing, the treatment field is too often splintered into different approaches, each with its own competing claims. This eloquently written book proposes a narrative approach that builds a much-needed bridge between family therapy, psychodynamic therapy, and addictions counseling. Demonstrated are innovative, flexible ways to help clients form new understandings of what has happened in their lives, explore their relationships to drugs and alcohol, and develop new stories to guide and nourish their recovery.

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11th step prayer and meditation: Shadows of the Cross Craig Cashwell, Pennie Johnson, Patrick Carnes, 2015-02-25 This book is a Christian companion to Facing the Shadow. It provides an early spiritual focus to recovery for those who are beginning to use the Patrick Carnes 30 task model of recovery from sex addiction. Addresses issues of sexuality in a non-shaming way using Biblical scripture to encourage long-term recovery. Shadows of the Cross: -Includes interactive exercises and tasks that complement Facing the Shadow. -Applies world renowned Dr. Patrick Carnes' research-based thirty task model with a Christian twist -Has a Christian approach that tackles the shame that often accompanies sex addiction -Provides readers with suggested Biblical verses to assist in their long-term recovery -Provides a much needed spiritual focus to early recovery

11th step prayer and meditation: Why Can't Church Be More Like an AA Meeting? Stephen R. Haynes, 2021-10-26 Do Christians need recovery? Or is recovery something needed by the church itself? Addiction—whether to a substance or to a behavior—is a problem within faith communities, just like it is everywhere else. But because churches are rarely experienced as safe places for dealing with addiction, co-addiction, or the legacy of family dysfunction, Christians tend to seek recovery from these conditions in Twelve-Step fellowships. Once they become accustomed to the ethos of vulnerability, acceptance, and healing that these fellowships provide, however, they are often left feeling that the church has failed them, with many asking: why can't church be more like an AA meeting? Inspired by his own quest to find in church the sort of mutual support and healing he discovered in Twelve-Step fellowships, Stephen Haynes explores the history of Alcoholics Anonymous and its relationship to American Christianity. He shows that, while AA eventually separated from the Christian parachurch movement out of which it emerged, it retained aspects of Christian experience that the church itself has largely lost: comfort with brokenness and vulnerability, an emphasis on honesty and transparency, and suspicion toward claims to piety and respectability. Haynes encourages Christians to reclaim these distinctive elements of the Twelve-Step movement in the process of “recovering church.” He argues that this process must begin with he calls “Step 0,” which, as he knows from personal experience, can be the hardest step:

the admission that, despite appearances, we are not fine.

11th step prayer and meditation: I'll Take God Irene M. Tomkinson MSW, 2018-01-13 Ill Take God-Hold the Religion is compelling, funny, raw and wise. This Jewish girl loves what this Catholic girl wrote and the way she wrote it. I came home to parts of my own story in a new way. We all have a relationship with this experience called Life. Irene challenges us to live our experience by choice not by default. Nancy Slonim Aronie Author, Founder Chilmark Writing Workshop, NPR Contributor. For anyone grappling with separating religion and God, or religion and spirituality, Ill Take God-Hold the Religion is a must. This amazing human being sharing her wisdom and experience from her own spiritual journey has helped me discover and learn to live from my still small voice. Yes, I have found my own deep sense of KNOWING. At 72, I am finally learning to trust myself. Dr. Stephen C. Smith Retired dentist and Vietnam Veteran. Picture loving grandmother, meets samurai warrior, meets stand-up comic that is Irene Tomkinson Uma Abrami Voice Coach Ill Take God-Hold the Religion is more than a memoir. While Irene authentically shares the ups and downs of her lifes journey, she also invites us to join her through questions found at the end of each chapter. You see, she has this knack a KNOWING for asking questions or making comments that precisely cut through the thickness of life down to that which is more essential Rev. Dr. Paul Hasselbeck, Author and Speaker

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11th step prayer and meditation: A Roadmap Through Early Recovery E.M. Evoli , 2024-12-26 Hello there! My name is Evoli and I am an alcoholic. This isn't my real name, but in the need to remain anonymous, I chose a name which spelled backwards is "I Love". And today, this is my mantra. I am a former drunk, puke 'n rally, and sometimes blackout bed-wetter. Frequenter of coyote ugly one-night stands who put the Ass in Class! For years I was a blackout binge drinker and at times a daily drug user. Eventually, I became a daily "functional" drinker. It worked (I thought) until it didn't. I'm a professional Interior Designer and business owner. I now know I don't need alcohol and drugs to cope with life and to have a good time. I've had more fun and created more memories in my sobriety than I ever thought possible. My sober journey has been one of immense and gradual changes in the way I approach life. I found the two most important things; a sense of belonging and purpose. Today, I don't just exist.... I Live! I Love myself! And you can too!

11th step prayer and meditation: *The 20 Most Misunderstood, Misinterpreted, Mistakes* Danny Falcone, 2016-02-28 After traveling the world doing workshops on the steps and Big Book studies for over twenty years, Danny has realized how many people have no real understanding of the program of recovery. The national recovery rate of 15 percent success is a far cry from the statistics of 75 percent presented in the Big Book. This book outlines the most common mistakes and misunderstandings that happen daily with the recovering population. If you want a new understanding of the 12-Step Program, this book is a must-read.

11th step prayer and meditation: 11 Sherolynn Braegger, 2009-11 I found God in the stillness. This book is a testimony to the incredible healing power and the promises of the Twelve Step Recovery Program. As a recovering alcoholic I quickly worked through the Twelve Steps with a sponsor. Step 11 states that we must seek through prayer (asking God,) and meditation (listening to God,) to form conscious contact with the God of our understanding. I practiced this step faithfully.

On May 15, 2005 to my utter amazement a dialog with God began whom I now lovingly refer to as My Holy One. There is one major reason I do believe that I established this communication, I BELIEVED THAT GOD WOULD ANSWER ME IF I ASKED! Enclosed in this book are some of the questions I always wanted to ask God such as: Creation, Souls, Heaven, evolution, the physics of the Universe, Biblical accuracy, the devil, war, poverty, Mary and Jesus, and much more. I also discovered that God has needs. He needs us to listen to Him. This extraordinary contact is not for the special or for the chosen ones. Anyone can do this if they truly desire it. It is our birthright. We All inherited this ability from God. God also wants us to know that He does not exist in a far away corner of the universe, He exists everywhere. He is even in the dirt that we walk upon. He assures us that We Are One. There is no separation between Us. God lives and breathes with us. He experiences our life journeys by way of an exchange of information with our souls. As spiritual entities we were ALL born in One Holy Moment of Creation and when we leave this earth we will surely return to Our Divine Nature once again. If you are searching to fill a void in your heart when or if all other Gods have failed, if you are looking for a Higher Power who can be a mentor, a friend, and a Father, I humbly ask you to give this One a try. As I was taught in AA..... God is either EVERYTHING, or He is NOTHING.

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