



Living Light / Luminesce News – October 2020

www.livinglight.com

Essence Friends,

For years now, when I've needed some deeper insights into situations or issues that have come up in my life, I've used Ralph Bloom's Runes as an oracle. Initially, I used the actual Rune stones, but then his Rune cards appeared with their beautiful illustrations done by a British artist, Jane Walmsley. This morning, when thinking about what to focus on in this newsletter I decided to use a 5-card spread to ask the Runes what needed to be said. I'm always amazed at the story and insights that the Runes give.

The news at the moment is full of the hypocrisy being perpetuated in the U.S. Senate after the death of Supreme Court Justice Ruth Bader Ginsberg. Her life had a profound impact on so many women. The flowers being placed in front of the Supreme Court since her passing are testament to that. In addition, the world waits with baited breath as to what the outcome will be in the U.S. election. As we live in a world that is now so connected, what happens in one country profoundly affects us all. To top it off, COVID-19 is still with us and the daily death rates are climbing once again in so many countries, with COVID fatigue setting in, with people challenging mask wearing and social distancing, students returning to university and then being put back onto online learning, and with schools reopening. Anxious and uncertain times!

Our October 2020 newsletter content:

- Runes & Oracles
- Essences to support us in these times
- Join us on Instagram!
- **Our Monthly Specials**
 - Living Light Essences
 - Bloesem Remedies Nederland
 - Spirit-in-Nature Essences
 - MPENZY
- October 2020 Astrological Insights & the Rays

Runes & Oracles

Accompanying the Rune Cards is Ralph Bloom's book, **The Book of Rune Cards**. In it he provides us with a poem and gives an explanation of each Rune. With my 5-card spread I was hoping to gain a deeper insight into what we needed to hear during this unsettled time. One of the things I really enjoy about these Runes is how positive and uplifting they can be despite everything.

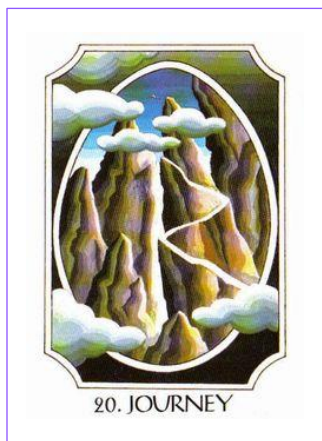
In a 5-card spread the cards are pulled from the deck in a row, not randomly. You pull the first card, then the one under it and so on. Here is what they represent:

1. *Overview of the Situation*
2. *Nature of the Challenge*
3. *Course of Action Called For*
4. *Sacrifice Required*
5. *New Situation Evolving*

Ralph Bloom suggests pulling a sixth Rune as well after you have read all the other Runes in the 5-card spread. He calls this Rune the *Rune of Summation*.

One of the neat things about Ralph Bloom's explanation of each Rune is a poem that sums up what the Rune represents.

So, what appeared in this spread???

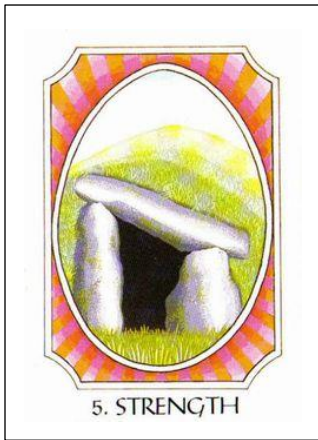


The Overview of the Situation we are facing: *Journey / Communication, Union, Reunion / Raido*

*The path grows steeper now,
The clouds lie far below.
I climb, no longer alone,
And yet no longer burdened
By what was left behind.
My heart is filled with gratitude.*

This Rune is all about communication, communication that involves both sides that come to the end of their journey. It represents "the soul's journey and has within it the element of Joy, for the end is in sight. No longer burdened by what you've left behind, Heaven above you and Earth below you unite within you to support you on your way. A simple prayer for the soul's journey is: I will to will Thy Will."

Politics today, which affect our lives so much, whether we like it or not, have become so polarized that cross aisle communication seems to belong to the age of dinosaurs. Politicians rant at each other, and the populace who supports one side of a belief system rants at those who don't hold the same values or beliefs. Perhaps we need this polarization to awaken us to the fact that in this world of ours it is OK to disagree, not a 'sin'. Disagreement is what makes this world unique and interesting. It actually helps to keep a balance. When we can discuss and debate, and then walk away friends, that is the test. It is OK to agree to disagree!



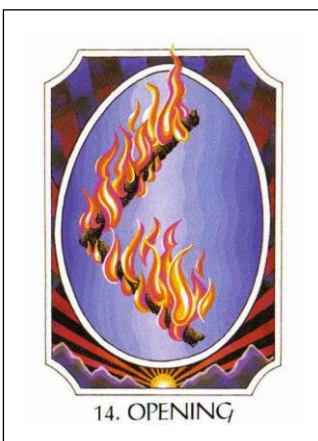
The Nature of Our Challenge: Strength / Manhood, Womanhood, the Wild Ox / Uruz

Honour your passage
Into darkness.
Honour the dying.
The new life holds promises
Unimagined by the old.

This Rune is about termination and new beginnings. It indicates “that the life we have been living has outgrown its form. That form must die so that life energy can be released in a new birth, a new form... Learn to adapt yourself to the demands of such a creative time. Firm principles attach to this Rune, and at the same time humility is called for, since in order to rule you must learn how to serve. This Rune puts you on notice that your soul and the universe support the new growth.”

Heartening news! Notice that this Rune’s name mentions the masculine and the feminine as well... the polarities. The interesting thing is that polarities don’t have to be adversarial. They can actually help us gain a deeper understanding of each other and the things that matter in our lives. Dealing with our polarities is what it is all about at this time – male vs female, coloured vs white, conservative vs liberal, right vs left, light vs dark, anarchy vs order, freedom vs oppression, isolationism vs openness, authoritarianism vs democracy...

As a child growing up in India, I was exposed to all of the world’s great religious traditions – Hinduism, Islam, Buddhism, Jainism, Parseism, Sikhism, Christianity and Animism. I learned that perspective is everything. What we perceive to be ‘true’ might not be ‘true’ to someone else who was brought up in a different country, culture, tradition or religious belief. It is our diversity that makes this world an interesting place. When we can come to terms with this, the polarities fade in importance and a Oneness begins - “unimagined by the old.” After all, who are we to say that our ‘truth’ is THE TRUTH?



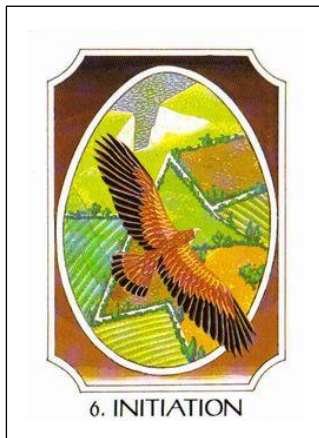
The Course of Action Called for: Opening / Fire, Torch / Kano

Fire is Heaven’s light
in its palest hue.
That fiery branch
burning at the heart’s centre
claims its kinship
with the sun.
What his itself in shadows
Is clear to me now.

It all starts with YOU! This is the Rune of “opening, renewed clarity, dispelling the darkness that has been shrouding some part of your life. You are free now to receive and to know that joy of non-attached giving... The more Light you have, the better you can see what is trivial and outmoded in your own conditioning... Recognize that while on the one hand you are limited and dependent, on the other you exist at the perfect centre where the harmonious and beneficent focuses

of the universe merge and radiate. You ARE that centre. Simply put, if you have been operating in the dark, there is now enough light to see that the patient on the operating table is yourself.”

What we put out, what we radiate, what we believe, what we think, how we act is what we bring to ourselves and our reality. Yes, we are part of a greater whole, but that whole is created by YOU. The more of us who shine our Light, the greater the light in the room. It only takes a candle to illuminate a dark room. Just imagine if there were millions of Lights! The Hundredth Monkey theory suggests that when enough INDIVIDUALS act and shine the Light, it then shifts the collective.

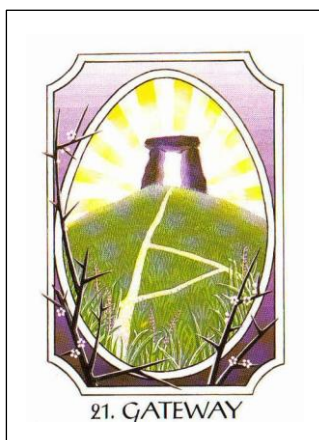


The Sacrifice Required: *Initiation / Something Hidden, A Secret Matter / Perth*

*Rise and soar on wings
of renewed spirit.
What looked familiar before
will seem strange,
what seemed strange, familiar.*

This Rune “has associations with the phoenix, that mystical bird which consumes itself in the fire and then rises from its own ashes. Its ways are secret and hidden... On the side of human nature, this Rune is symbolized by the flight of the eagle. Soaring flight, free from entanglement, lifting yourself above the endless ebb and flow of ordinary life to acquire broader vision—all this is indicated here. This is the Rune of questing... Nothing less than renewal of the Spirit is at stake.”

Sometimes there are forces at work that are unknown to us. As Gandalf said to Frodo in The Lord of the Rings, when Frodo wished the things that were happening to him and his world had never happened, “So do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us. There are other forces at work in this world, Frodo, besides the will of evil. Bilbo was meant to find the ring. In which case, you also were meant to have it. And that is an encouraging thought.”



The New Situation Evolving: *Gateway / Pace of Non-Action, The God Thor / Thurisaz*

*Be a lover of gateways.
Approach them softly.
For once you pass through
there will be changes
and much that you
will gladly lay aside.*

This Rune indicates that “There is work to be done both inside and outside yourself. Arriving here is a recognition of your readiness to contact the numinous, the Divine, to illuminate your experience so that its meaning shines through its form... Here you are being confronted with a clear reflection of what is hidden in yourself, what must be exposed and examined before successful action can be undertaken... Deep transformational forces are at work.

Observe it all, bless it all, release it all. For in letting go of the past you reclaim your power. Step through the gateway now.”

What do we want the new situation evolving in our lives, in our families, in our communities, and in our countries to look like? That very much depends on us... on YOU.



The Rune of Summation: Signals / Messenger Rune, The God Loki, Heyeohkah / Ansuz

And still the waters rise,
Crossing the deeps,
a messenger brings
the promise of new life unfolding.
Oh Ancient of Days,
may the beauty of your intention
show in our faces.

When you draw this Rune, “expect the unexpected: The message is always a call, a call to new life... that focus directly upon the mechanism of self-change—and, as such, addresses your need to integrate unconscious motive with conscious intent... You are asked to “experience the inexhaustible wellspring of the Divine in your nature... At the same time, you are reminded that you must first draw from the well to nourish and give to yourself. Then there will be more than enough to nourish others. A new sense of family solidarity invests this Rune.”

Pretty amazing isn't it that these Runes all lined up one after the other providing this message for this time! The change to the collective begins with the Self... with YOU.

Essences to support us in these times

If you read Dale Osadchuk's astrological post for October, you will see that she mentions two main Rays at work just now:

- ✚ **The 7th Ray**, which represents Freedom and Transformation, the Violet Transmuting Flame. She notes, “The 7th Ray of Awakening has been very active all year and is again in October. Archangels Zadkiel and Amethyst, are guardians of the Violet Flame of Transmutation and freedom.”
- ✚ **The 1st Ray**, which represents Divine Power and Will, “with Archangels Michael, protector and guide on the spiritual quest, and Faith, trust and belief in the Divine Self.”
- ✚ **Other Rays mentioned are the 3rd, 4th and 5th Rays (see below).**

In light of this, our Monthly Specials will be reflective of the support we need while these Rays are active.

Join us on Instagram!

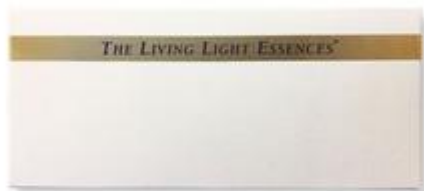
If you follow Instagram, join us at [Living.Light.Essences](https://www.instagram.com/Living.Light.Essences) and follow the posts about our essences. It's a quick, visual way to get to know what the Living Light Essences are all about.

Our Monthly Specials

Living Light & Living Essences

For the next month we are offering 25% off the essences listed below. At the checkout enter the discount code **LIVINGLIGHT-25**. Please note, unless you enter the code, you will not receive the discount.

The Living Light Divine Flames Set



This series is the most uplifting and transformative of the Living Light Essences. They help us connect with, understand and appreciate Love, our innate inner Wisdom, and Truth. These essences are the world's first essences representing the Seven Rays.

This set of seven Divine Flame Essences is presented in a white box with a booklet providing some information about essences, how the Living Light Essences work, and explaining each of the seven Living Light Divine Flame Essences:

- **Divine Will** - First Divine Flame
- **Inner Wisdom** - Second Divine Flame
- **Unconditional Love** - Third Divine Flame Essence
- **Pure Harmony** - Fourth Divine Flame Essence
- **Knowledge** - Fifth Divine Flame Essence
- **True Peace** - Sixth Divine Flame Essence
- **Freedom & Transformation** - Seventh Divine Flame Essence



The Seventh Divine Flame Essence - Freedom & Transformation

As the caterpillar becomes the butterfly and spreads its wings, it lifts itself up to experience the freedom of its transformation. The **Living Light Seventh Divine Flame Essence - Freedom & Transformation** - represents the violet transmuting flame, which enhances our capacity to open to the endless possibilities freedom and transformation can bring.

*Have you ever felt as though you were not living up to your potential, or have you wanted to develop your potential further? **Seventh Divine Flame Essence** helps you aspire to greater heights of human potential and freedom. It is the most uplifting of the Living Light Essences.*

The **Seventh Divine Flame** is the **violet transmuting flame** from which the **Seventh Ray** of Freedom & Transformation / Organization & Ceremonial Magic emanates.



Archangel Zadkiel / Forgiveness

The **Living Light Archangel Zadkiel Essence - Forgiveness** - helps you forgive yourself and others, becoming more tolerant and finding an easiness of spirit. Helps you reprogram those denser energies into Light. Forgiveness is Love in action. It is a greater healer. Coming from Love, it brings freedom and transformation.

After going through a difficult experience, forgiving those 'at fault' is not always easy. Many times, we do not realise how great a burden we carry with us over the years, due to not forgiving ourselves and others for the pain that has been caused. You may be able to forgive others who have caused you grief, but have you forgiven yourself for the grief that you may have caused? Forgiveness is truly one of the greatest healers.

Archangel Zadkiel is an invaluable aid in the healing process.



Releasing / Holy Amethyst

The **Holy Amethyst Essence – Releasing** - helps you let go of things - old habits, beliefs, attitudes, fears, anger, anxiety, experiences, situations, relationships, clutter, control..., opening the door to new possibilities.

Sometimes letting go is the hardest thing to do. Holy Amethyst helps us to let go of hurts and past relationships. An invaluable tool for those who have difficulty relinquishing control. When the garage is filled with everything but the car, or your basement is still holding treasures from the early 1900's. Holy Amethyst helps release the beliefs, habits and things you no longer need.



First Divine Flame / Divine Will & Power

The **Living Light First Divine Flame Essence - Divine Will** - brings you into alignment with your Higher purpose, so that your intent is clear and you are able to live with strength and vitality; centred in your own True power. Leads you to a place where you can unconditionally accept the Power with you. You are a living expression of the Divine in all that you are and do.

There are always times in our lives when we feel we are without direction and purpose. Are you unsure which way to go or what you should be doing in your life? You do not have to be without direction. This essence works to help you find your true path in life, and strengthens your will to follow that path every day.

The **First Divine Flame** is the source from which the **First Ray**, the Blue Ray of Will and Power emanates.



Archangel Michael / Truth

The **Living Light Archangel Michael Essence - Truth** - helps you strengthen your inner convictions and integrity. Acts to help you see and release beliefs you have come to accept as 'truth' which are not. This essence is about 'Being True to Yourself'. You are either in your Truth or out of it...there is no in-between.

At different times in our lives, we give in to the demands or requests of others, knowing in our hearts that following through with such an action is not truly in our best interest. How many times do we make choices that do not really resonate with our inner truth?



Starry Sapphire / Focusing the Will

Starry Sapphire Essence helps you stay centred, increasing your ability to concentrate, focus on and complete what is at hand. Helps you maintain inner discipline. Strengthens your determination and perseverance.

There are times when we simply feel overwhelmed or too scattered, and don't even know where to start. Living Light Starry Sapphire Essence helps us overcome those feelings and restores inner discipline so that we can to begin to make the changes we need to gain greater control of our lives.

One of our Special Essence Set is Melchizedek, a somewhat mysterious character mentioned in the Old Testament. He was 'the king of Salem', which is traditionally identified with JerUSAlem. He is associated with 'righteousness' and 'justice'. When this word was given for this essence it seemed a bit archaic, so I asked 'Who are the righteous?' The response was, "Those who gather the Light."



Melchizedek Essence – Righteousness

The **Living Light Melchizedek Essence** brings you the wisdom and the courage you need to live by the Higher ideals of Truth and Justice. Helps you reach your Higher potential, so that you can deal successfully with life's challenges and changes, and experience Peace. Also deals with childhood issues, helping to connect with the Light of the Divine Child within.

*Having the courage and conviction to uphold those higher ideals of truth, freedom and wisdom for your fellow human beings are qualities that are to be respected and admired. **Melchizedek** inspires in you the courage and conviction to live with those qualities more in your daily life and uphold those higher virtues and ideals for the greater benefit of humanity.*

One wonders whether it might be a good idea to send some Melchizedek Essence into the world's ethers right now.

For more information about these essences, checkout our website:
<https://livinglight.com/collections/living-light>

[Bloesem Remedies Nederland \(Flower Essences of the Netherlands\)](#)

Check our website for our special discount on these items. Please note, you must enter the **discount code Bloesem-15** at the checkout to receive your discount.

In the Bloesem Repertory, which you may download for free [here](#), there are a number of essences suggested for dealing with 'change'. We will feature three of them here:



session with clients in this way.

Field Scabious Essence grounds and supports, especially when you have the feeling not to belong. Field Scabious brings transformation and wisdom. Quiets the thinking and purifies unnecessary thoughts through the earth. Positive thinking. Helps us to handle things better, to be more perceptive and open to others and the environment. Connects us to the higher, serene, spheres and be able to reflect them back out and into the surroundings so the support and warmth of others can be received. Very good for purifying the aura. Putting two drops of the remedy in the palms of your hands and holding them within the aura purifies it and dispels even the most ancient and tenacious memories. It is good to begin a



Clematis Essence is not only for awakening but gives a clearer picture of your actions. Clarifying the thought processes, it improves our capacity for thought and helps us to obtain a more conscious insight into the handling of our affairs.

It also helps with the forming of the as yet unformed and assists in the forming process. Gives more insight, an overview of the cause and effect process and more clarity to the unconscious. Working in and for the Light and manifesting it in the world around you.



Rainbow Combination Essence is a bridge between Heaven and Earth. The Rainbow Essence brings creativity, development and opens for the new and helps releasing the old. While the flower essence "Terra" helps us make the vertical connection to the earth, the Rainbow essence also works horizontally; it brings expansion and new impulses; stimulates new activities; opens all chakras and helps break barriers that block our development; brings awareness to the process of development.

For more information about these essences, check out our website:

<https://livinglight.com/collections/bloesem>

Spirit-in-Nature Flower Essences

We continue to offer some of the Spirit-in-Nature flower essences for half price due to expiry dates. Remember, technically, flower essences don't really have 'expiry dates' and will last for years if stored correctly, so this is a good bargain. We also have the last 30 ml bottles available... while quantities last. **Please note, you must enter the discount code SiNE-50 at checkout to receive your discount.**



Apple Essence (Malus domestica)

Healthfulness. For more inner peace amid life's swirl of activity. To be always 'calmly active and actively calm'. For clarity, receptivity and healthy attitudes. For inharmonious states of mind, including hypochondria, worry and doubt, and recurring negative emotions such as anger and fear. Helps bring clarity, receptivity and joy. Restores a sense of well-being to one's thoughts and outlook on life. Unlocks the spring of true health and vitality, providing the motivation to take better care of oneself.

(Written by founder Lila Devi and used with permission from 'The Practitioner's Encyclopedia of Flower Essences'.)

AFFIRMATION

With a crisp, clear attitude toward life I view my problems with ever fresh solution-consciousness.

For additional information about this essence check out our website:

<https://livinglight.com/collections/spirit-in-nature>

MPENZY – Organic Skincare

Try out our specials for the month and receive a 25% discount for MPENZY Body Oil. Please note, you must enter the **discount code MPENZY-25** at checkout to receive your discount.



MPENZY Body Lotion

Get the super-soft skin of your dreams with this non-greasy lotion.

We could all use a little more self-care to our daily routine, and this beautifully moisturizing yet non-greasy body lotion is a simply natural and luxurious way to do just that. It's incredibly fast-absorbing because we know you don't have all day to get dressed. Yet, thanks to the rich, organic ingredients, you'll feel your skin getting softer with each use.

We worked super hard to create a formula that works almost as hard as you do. In addition to luscious moisture, it also relieves daily aches and soothes even the most sensitive skin (even for those with psoriasis and eczema).

Made with superior ingredients chosen for effect—not fluff—including mango seed butter, moringa oil, hemp oil and avocado oil, along with healing arnica, calendula, birch, aloe vera and viola to protect, nurture and provide essential vitamins and nutrients.

Just wait until your senses are hit with this uniquely gorgeous, aroma-therapeutic fragrance. Soft and subtle (and totally gender neutral) it includes top notes of lime and blood orange, a bay St-Thomas middle note and base notes of myrrh and frankincense. It's fresh and earthy with some hints of sweet goodness and tart attitude—just like you.

October 2020 Astrological insights and the 7 Rays

from astrologer Dale Osadchuk



[All times listed are Eastern Daylight EDT]

The planetary dance in October is busy and can feel very intense at times. But it is the opportunity to become more empowered within our Sacred Centre. That has been the theme since the beginning of 2020 and continues to end the end of the year and beyond. The 7th Ray of Awakening has been very active all year and is again in October. Archangels Zadkiel and Amethyst, guardians of the Violet Flame of Transmutation and freedom continue to guide us this month. It is about opening our Cosmic Consciousness and understanding the Oneness of All. Much of the energy this month was activated in August when Mars in Aries (spiritual warrior and I Am Self) squared (finding new ways of doing things) Jupiter, Pluto, and Saturn in Capricorn (transformation of society).

October is the second wave. Both Aries and Capricorn are 7th Ray signs. They are also found on the 1st Ray of Divine Power with Archangels Michael, protector and guide on the spiritual quest, and Faith, trust and belief in the Divine Self. But each time any planet enters a new astrological sign it activates the Ray energies of that sign. Here is the October line-up.

The Sun- At Equinox Sept 22 Sun entered Libra, finding inner balance and peace. Libra is 3rd Ray of Divine Mind and Unconditional Love. Our Archangel guides are Chamuel, healing through Divine Love, and Charity, gratitude and giving. Our Animal Totem guides are Crow, Sacred Law and justice and fairness for all, and Raven, entering the magic of the mysteries. On Oct 22 the Sun enters Scorpio, entering The Mysteries, healing and transformation. Scorpio is 4th Ray of Harmony through conflict or peace. Our Archangel guides are Gabriel, inner transformation and renewal, and Hope, never giving up. Scorpio's Animal Totem guides are Snake, shedding the old, and The Phoenix, rebirth. The Sun visits Scorpio until Nov 21.

Mercury- The planet of our thoughts and perceptions has been in Libra, the sign of relationship, since Sept 05 activating the 3rd Ray. On Sept 27th he entered Scorpio activating the 4th Ray. He will retrograde Oct 13 at 11 degrees Scorpio the same day Mars Rx in Aries, inner conflict, opposes (tug of war) the Sun in Libra, inner balance creates harmony in relationship. This will be the theme for the Mercury Rx journey. He retrogrades back into Libra on Oct 27, moves forward Nov 03, and re-enters Scorpio on Nov 10. We are already feeling this energy. Mercury entered his retrograde shadow Sept 23 and clears it Nov 18. The shadow period is the beginning of the Mercury lessons.

Venus- The planet of creative expression, self-love, and awareness of others, has been in Leo since Sept 06. Leo is the compassionate heart and the 5th Ray of healing with Raphael, the healer, and Mary, unconditional love. Venus has been working with Mars to activate Loving Kindness although not everyone has gotten the message. From Oct 02 to 27 she will be visiting Virgo, crossing the Rainbow Bridge of Healing into Wholeness. Virgo is found on the 6th Ray of devotion, with Uriel, peace and love, and Aurora Grace, harmony and balance. Oct 27 Venus enters Libra with the focus on inner harmony which creates harmony in relationship.

Mars- The planet of motivation and action went Retrograde in Aries, new inspired beginnings, on Sept 09 activating feelings of anger, and conflict. But also the 7th Ray of awakening. We have said before Mars does not like being retrograde. It frustrates his forward focus. But it is the opportunity to heal and resolve inner conflict. He will repeat his First Quarter Squares (decision to break free) to the Capricorn Planetary cluster that occurred August 04 to 24. But Mars is retrograde so it is review and revision time. He squared (finding new ways of doing things) Saturn in Capricorn (limitation and restriction) Sept 29 the day Saturn moved direct. But stay focused on what you want to transform. Oct 04 he activates Eris in Aries, discord and conflict or purposeful action, Oct 09 he squares Pluto in Capricorn (transformation of society) Oct 10 Mars sextiles the Gemini North Node (choosing to unite in Love) Oct 13 he opposes the Libra Sun (finding inner balance or not) and Oct 19 Mars squares Jupiter in Capricorn (revising your Soul Purpose Path). We can say that is just the tip of the iceberg because Mercury is in Scorpio and as we mentioned Retrogrades on Oct 13. Find your inner strength and stay calm.

The Moon-The Aries Full Moon is Oct 01. Listen to your inner knowing and focus on creating balance within. The Libra Super New Moon is Oct 16 continue to focus on inner balance and harmony. The month of October is all about that inner balance.

Namaste Dale

For more details on the Lunations you can join Dale's free Moon list. She is also available for Telephone Astrology sessions. Contact her at daleosadchuk@rogers.com

Amethyst

Freedom & Transformation - Seventh Divine Flame

As the caterpillar becomes the butterfly and spreads its wings, it lifts itself up to experience the freedom of its transformation. The **Living Light Seventh Divine Flame Essence - Freedom & Transformation** - represents the violet transmuting flame, which enhances our capacity to open to the endless possibilities freedom and transformation can bring.

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Amethyst is the gem associated with **violet transmuting flame** from which the **Seventh Ray** of Freedom & Transformation / Organization & Ceremonial Magic emanates.

If you wish to continue receiving our news about once a month, don't forget to add us to your contacts list so that we don't end up in your SPAM box. If you no longer wish to receive our newsletter you may UNSUBSCRIBE at any time. We value your privacy and will never share your personal contact information with anyone. Please feel free to pass this newsletter on to others you feel might find it interesting and useful.

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