

# Download Ebook Aryeh Kaplan Jewish Meditation A Practical Guide Read Pdf Free

**Jewish Meditation Meditation and Kabbalah Meditation and the Bible Increasing Wholeness Jewish Meditation Practices for Everyday Life Innerspace Be Still and Get Going *The Aryeh Kaplan Reader Meditation from the Heart of Judaism Inner Space* **Outpouring of the Soul Until the Mashiach The Bahir** **???? ?? ?????** One God Clapping Mindfulness **Three Gates to Meditation Practice** *Sefer Yetzirah* **The Handbook of Jewish Thought** *The Shambhala Guide to Kabbalah and Jewish Mysticism The Seven Beggars & Other Kabbalistic Tales of Rebbe Nachman of Breslov* A Call to the Infinite *Meditation from the Heart of Judaism* **Meditation in Judaism, Christianity and Islam** Waters of Eden **The Way of Flame Eye to the Infinite** *The Seven Beggars* **God in Your Body** **The Handbook of Jewish Thought** **Rabbi Nachman's Wisdom** **The Lost Princess & Other Kabbalistic Tales of Rebbe Nachman of Breslov** The Jew in the Lotus **Contemporary American Judaism** **Increasing Wholeness** The New Reform Judaism Everyday Kabbalah The Lost Princess **The Aryeh Kaplan Reader Does the Soul Survive? (2nd Edition)****

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Students of mediation are usually surprised to discover that a Jewish mediation tradition exists and that it was an authentic and integral part of mainstream Judaism until the eighteenth century. Jewish Meditation is a step-by-step introduction to meditation and the Jewish practice of meditation in particular. This practical guide covers such topics as mantra meditation, contemplation, and visualization within a Jewish context. It shows us how to use meditative techniques to enhance prayer using the traditional liturgy—the Amidah and the Shema. Through simple exercises and clear explanations of theory, Rabbi Kaplan gives us the tools to develop our spiritual potential through an authentically Jewish meditative practice. No longer controlled by a handful of institutional leaders based in remote headquarters and rabbinical seminaries, American Judaism is being transformed by the spiritual decisions of tens of thousands of Jews living all over the United States. A pulpit rabbi and himself an American Jew, Dana Evan Kaplan follows this religious individualism from its postwar suburban roots to the hippie revolution of the 1960s and the

multiple postmodern identities of today. From Hebrew tattooing to Jewish Buddhist meditation, Kaplan describes the remaking of historical tradition in ways that channel multiple ethnic and national identities. While pessimists worry about the vanishing American Jew, Kaplan focuses on creative responses to contemporary spiritual trends that have made a Jewish religious renaissance possible. He believes that the reorientation of American Judaism has been a "bottom up" process, resisted by elites who have reluctantly responded to the demands of the "spiritual marketplace." The American Jewish denominational structure is therefore weakening at the same time that religious experimentation is rising, leading to the innovative approaches supplanting existing institutions. The result is an exciting transformation of what it means to be a religious American Jew in the twenty-first century. Jewish meditation offers therapeutic psychological and physical benefits, including greater self-awareness and self-acceptance. While all the teachings of this book are designed to promote personal healing and well-being, some are intended to give spiritual fortitude to those who are undergoing particular hardships. Everyday Kabbalah is the first step-by-step manual integrating spiritual teaching and meditation lessons of the Musar, Hasidic and kabbalistic schools. It will also increase people's knowledge about Judaism and give them the means to live happier lives. Techniques explained by the masters—for today's spiritual seeker Meditation is designed to give you direct access to the spiritual. Whether it's through deep breathing during a busy day, listening to the quiet after turning off the car radio, chanting in prayer, or ten minutes of visualization exercises each morning, meditation takes many forms. But it is always a personal method of centering our spiritual self. Meditation has long been practiced in the Jewish community as a powerful tool to transcend words, personality, and ego and to directly experience the divine. Inspiring yet practical, this introduction to meditation from a Jewish perspective approaches it in a new and illuminating way: As it is personally practiced by today's most experienced Jewish meditators from around the world. A "how to" guide for both beginning and experienced meditators, Meditation from the Heart of Judaism will help you start meditating or help you enhance your practice. Meditation is a Jewish spiritual resource for today that can benefit people of all faiths and backgrounds—and help us add spiritual energy to our lives. Contributors include: Discover the hidden secrets of Torah and Kabbalah through the captivating stories of Rebbe Nachman of Breslov. "Rabbi Nachman's stories are among the great classics of Jewish literature. They have been recognized by Jews and

non-Jews alike for their depth and insight into both the human condition and the realm of the mysterious.” —from Aryeh Kaplan’s Translator’s Introduction For centuries, spiritual teachers have told stories to convey lessons about God and perceptions of the world around us. Hasidic master Rebbe Nachman of Breslov (1772–1810) perfected this teaching method through his engrossing and entertaining stories that are fast-moving, brilliantly structured, and filled with penetrating insights. This collection presents the wisdom of Rebbe Nachman, translated by Rabbi Aryeh Kaplan and accompanied by illuminating commentary drawn from the works of Rebbe Nachman’s pupils. This important work brings you authentic interpretations of Rebbe Nachman’s stories, allowing you to experience the rich heritage of Torah and Kabbalah that underlies each word of his inspirational teachings. A highly radical interpretation of the Bible demonstrating the methods of meditation used by the Prophets to attain their unique states of consciousness. First English translation from ancient unpublished manuscripts, with commentary. Balance and integrate the components of your inner life in order to become more present, joyful and effective. "At our best, we may experience a taste of completeness infused with gratitude that prompts expressions of compassion and justice. At our best we are most alive: loving those around us and transcending our own personal needs, attuned to a caring, dynamic Presence intertwined with the whole of creation. The goal of this book is to enable you to live more frequently at your best." - from the Introduction In a multitasking culture, we often are distracted from attending to what is most significant in our lives. Rabbi Elie Kaplan Spitz, a widely respected teacher and spiritual guide, shows how to nurture the four components of the inner life - body, heart, mind and spirit - in order to embrace your whole self. Rabbi Spitz brings timeless wisdom into the modern age, combining Jewish texts and traditions with contemporary psychology and world spiritual writings. This book is for everyone - Jews and non - Jews, experienced meditators and novices - yearning for greater inner calm and strength so as to more fully enjoy life, effectively relate to others and enhance spiritual awareness and connection. Interactive - includes immersive videos that can be accessed instantly by the provided QR codes or links. Combines Jewish tradition, contemporary sciences and world spiritual writings with practical contemplative exercises. Will help you balance and integrate mind, body, heart and spirit, reach out to the Divine, and be more fully present and effective in your life. "When the summer begins to approach, go out to meditate in the meadows. When every bush of the field begins to return to life and grow, they all

yearn to be included in your prayer." Rebbe Nachman emphasized the greatness of spontaneous, improvised prayer uttered in one's own language and springing from the heart -- hitbodedut. This handbook of his teachings on prayer includes Rabbi Kaplan's scholarly introduction setting hitbodedut in its context in the history of Jewish prayer and meditation. Collected essays on Jewish themes. Awaken your heart and mind to see your own capacity for wisdom, compassion, and kindness. "When we awaken to our own light, it becomes possible to develop real wisdom about our life. As wisdom allows us to see clearly, our hearts break open with compassion for the struggles of our own lives and the lives of all beings. Awakened with wisdom and compassion, we are impelled to live our lives with kindness, and we are led to do whatever we can to repair the brokenness of our world." —from the Introduction At last, a fresh take on meditation that draws on life experience and living life with greater clarity rather than the traditional method of rigorous study. Based on twenty-five years of bringing meaningful spiritual practice to the Jewish community, well-known meditation teacher and practitioner Rabbi Jeff Roth presents Jewish contemplative techniques that foster the development of a heart of wisdom and compassion. This contemporary approach to meditation—accessible to both beginners and experts alike—focuses on using the distilled wisdom of Buddhism and Judaism as a way to learn from life experience. By combining these two traditions, he presents a model that allows westerners—both Jews and non-Jews—to embrace timeless Eastern teachings without sacrificing their birth traditions. "EYE TO THE INFINITE", a Jewish Meditation Guidebook - How to increase your Divine awareness, now newly revised and expanded. Over 280 pages packed with meditations, techniques and esoteric secrets, and over a dozen diagrams and tables. Fully annotated with over 600 footnotes. "A great step-by-step walkthrough of key concepts, with an easy to understand, non-technical approach. An excellent work on Jewish meditation and focusing on God for everyone! Beautiful work. " Reb Akiva, editor of Mystical Paths "Rabbi Rubin's work not only continues in the trailblazing path of Rabbi Aryeh Kaplan's ZT"L work, but actually and practically builds upon it." Dr. Elliot Cohen, Director of the Ohr Menorah Centre for Jewish Meditation. Have you ever wondered if there an authentic Jewish system of meditation? How is it practised? How different is it from other disciplines? Can life be dramatically improved through Jewish meditation? These questions and many more are addressed in this unique guide to Jewish meditation. Join the author on an exciting learning adventure to discover the secrets of Judaism's

contemplative traditions. Revel in life-changing meditation exercises adapted from ancient texts of Kabbalah, the Talmud and Jewish theology. *EYE TO THE INFINITE* is a hands-on Jewish spiritual guidebook that beautifully explains fundamental introductions to the metaphysical worlds, and presents techniques, visualisations and authentic meditations, with clear, step-by-step instructions, enabling you to derive immediate benefit, wherever you are in your spiritual journey. The *Sefer Yetzirah* is perhaps the oldest and most mysterious of all kabbalistic texts. In this landmark work of mystical studies, Rabbi Aryeh Kaplan brings the text's theoretical, meditative, and magical implications to light. The book explores the dynamics of the spiritual domain, the worlds of the sefirot, souls and angels. Rabbi Kaplan explains that when properly understood the *Sefer Yetzirah* becomes an instruction manual for a very special type of meditation meant to strengthen concentration and to aid in the development of telekinetic and telepathic powers. Through the use of various signs, incantations, and divine names, initiates could also influence or alter natural events. This translation includes the meditation in five dimensions, the transition from binah to chokmah consciousness, the point of infinity, kabbalistic astrology, Ezekiel's vision according to the *Sefer Yetzirah*, and the mystery of the 231 gates. Also included is a digest of all major commentaries on the text of the *Sefer Yetzirah* and a bibliography of many of the major kabbalistic works that discuss it, as well as extensive notes regarding the various aspects of the translation. Rabbi Kaplan's translation is based on the Gra version of the text, which is thought to be the most authentic. Also included is the short version, the long version, and the Saadia version, making this volume the most complete work on the *Sefer Yetzirah* available in English. While accompanying eight high-spirited Jewish delegates to Dharamsala, India, for a historic Buddhist-Jewish dialogue with the Dalai Lama, poet Rodger Kamenetz comes to understand the convergence of Buddhist and Jewish thought. Along the way he encounters Ram Dass and Richard Gere, and dialogues with leading rabbis and Jewish thinkers, including Zalman Schacter, Yitz and Blue Greenberg, and a host of religious and disaffected Jews and Jewish Buddhists. This amazing journey through Tibetan Buddhism and Judaism leads Kamenetz to a renewed appreciation of his living Jewish roots. Meditative practices have flourished in widely different parts of Eurasia, yet historical research on such practices is limited. Research to date has focused on contexts rather than actual practices, and within individual traditions. For the first time in one volume, the meditative practices of the three traditions of

Judaism, Christianity and Islam are examined. They are viewed in a global perspective, considering both generic and historical connections to practices in other traditions, particularly in India and East Asia. Their cultural and historical peculiarities are examined, comparing them both to each other and to Asian forms of meditation. The book builds on a notion of meditation as self-administered techniques for inner transformation, a definition which focuses on transformative practice rather than notions of meditative states and mystical experiences. It proposes ways of studying meditative practice historically, and concludes with an essay on the modern scientific interest in meditation. Rejoice in the stories of Rebbe Nachman of Breslov—for their insight into the human condition and the realm of the mysterious. When Rabbi Nachman first started telling his stories, he declared: "Now I am going to tell you stories." The reason he did so was because in generations so far from God the only remedy was to present the secrets of the Torah—including even the greatest of them—in the form of stories. —from the Preface For centuries, spiritual teachers have told stories to convey lessons about God and perceptions of the world around us. Hasidic master Rebbe Nachman of Breslov (1772–1810) perfected this teaching method through his engrossing and entertaining stories that are fast-moving, brilliantly structured, and filled with penetrating insights. This collection presents the wisdom of Rebbe Nachman, translated by Rabbi Aryeh Kaplan and accompanied by illuminating commentary drawn from the works of Rebbe Nachman's pupils. This important work brings you authentic interpretations of Rebbe Nachman's stories, allowing you to experience the rich heritage of Torah and Kabbalah that underlies each word of his inspirational teachings. Discover the hidden secrets of Torah and Kabbalah through the captivating stories of Rebbe Nachman of Breslov. "Rabbi Nachman's stories are among the great classics of Jewish literature. They have been recognized by Jews and non-Jews alike for their depth and insight into both the human condition and the realm of the mysterious." --from Aryeh Kaplan's Translator's Introduction For centuries, spiritual teachers have told stories to convey lessons about God and perceptions of the world around us. Hasidic master Rebbe Nachman of Breslov (1772-1810) perfected this teaching method through his engrossing and entertaining stories that are fast-moving, brilliantly structured, and filled with penetrating insights. This collection presents the wisdom of Rebbe Nachman, translated by Rabbi Aryeh Kaplan and accompanied by illuminating commentary drawn from the works of Rebbe Nachman's pupils. This important work brings you authentic interpretations of Rebbe Nachman's



stories, allowing you to experience the rich heritage of Torah and Kabbalah that underlies each word of his inspirational teachings. The late Aryeh Kaplan was one of the most creative personalities to bless the Jewish scene in the last generation. At his death he left many unpublished articles and other works. This collection contains some of his most provocative insights, combining ancient Kabbalistic teaching with the discoveries of modern science. Among the topics covered in this volume are such basic concepts as the Jewish and Kabbalistic view of immortality, resurrection of the dead, the age of the universe, and astrology. All are published for the first time. The book also includes a translation of Rabbi Israel Lipschitz' 1845 article on resurrection, which deals in part with the paleontological discoveries of the first half of the nineteenth century. It is thus one of the earliest such treatments by an Orthodox thinker, one which Rabbi Kaplan referred to and uses as a precedent for his own views. From Zen Buddhist practitioner to rabbi, East meets West in this firsthand account of a spiritual journey. Rabbi Alan Lew is known as the Zen Rabbi, a leader in the Jewish meditation movement who works to bring two ancient religious traditions into our everyday lives. One God Clapping is the story of his roundabout yet continuously provoking spiritual odyssey. It is also the story of the meeting between East and West in America, and the ways in which the encounter has transformed how all of us understand God and ourselves. Winner of the PEN / Joseph E. Miles Award Like a Zen parable or a Jewish folk tale, One God Clapping unfolds as a series of stories, each containing a moment of revelation or instruction that, while often unexpected, is never simple or contrived. One God Clapping, like the life of the remarkable Alan Lew himself, is a bold experiment in the integration of Eastern and Western ways of looking at and living in the world. Near-death experiences? Past-life regression? Reincarnation? Are these sorts of things Jewish? With a blend of candor, personal questioning, and sharp-eyed scholarship, Rabbi Elie Kaplan Spitz relates his own observations and the firsthand accounts shared with him by others, experiences that helped propel his journey from skeptic to believer that there is life after life. From near-death experiences to reincarnation, past-life memory to the work of mediums, Rabbi Spitz explores what we are really able to know about the afterlife, and draws on Jewish texts to share that belief in these concepts—so often approached with reluctance—is in fact true to Jewish tradition. “The increasing interest and faith in survival of the soul may grow into a cultural wave that is as potentially transformative for society as the civil rights movement and feminism. A renewed faith in ‘the soul’s

journeys' will call for a reassessment of our priorities, and will enable traditional religions to renew and transform their adherents." —from the Introduction

The Bahir is one of the oldest and most influential of all classical Kabbalah texts. Until the publication of the Zohar, the Bahir was the most widely quoted primary source of Kabbalistic teachings. The Bahir is quoted in every major book on Kabbalah, the earliest being the Raavad's commentary on Sefer Yetzirah, and it is cited numerous times by Rabbi Moshe ben Nachman (Ramban) in his commentary on the Torah. It is also quoted many times in the Zohar. It was first published around 1176 by the Provence school of Kabbalists; the first printed edition appeared in Amsterdam in 1651. The name Bahir is derived from the first verse quoted in the text (Job 37:21), "And now they do not see light, it is brilliant (Bahir) in the skies." It is also called the "Midrash of Rabbi Nehuniah ben HaKana," particularly by the Ramban. The reason might be that Rabbi Nehuniah's name is at the very beginning of the book, but most Kabbalists actually attribute the Bahir to him and his school. Some consider it the oldest kabbalistic text ever written. Although the Bahir is a fairly small book, some 12,000 words in all, it was very highly esteemed among those who probed its mysteries. Rabbi Judah Chayit, a prominent fifteenth-century Kabbalist, writes, "Make this book a crown for your head." Much of the text is very difficult to understand, and Rabbi Moshe Cordevero (1522-1570), head of the Safed school of Kabbalah, says, "The words of this text are bright (Bahir) and sparkling, but their brilliance can blind the eye." One of the most important concepts revealed in the Bahir is that of the Ten Sefirot, and careful analysis of these discussions yields much of what will be found in later kabbalistic works, as well as their relation to anthropomorphism and the reason for the commandments. Also included is a discussion of reincarnation, or Gilgul, an interpretation of the letters of the Hebrew alphabet, the Thirty-two Paths of Wisdom, and the concept of Tzimtzum. This is the book that American Jews and particularly American Reform Jews have been waiting for: a clear and informed call for further reform in the Reform movement. In light of profound demographic, social, and technological developments, it has become increasingly clear that the Reform movement will need to make major changes to meet the needs of a quickly evolving American Jewish population. Younger Americans in particular differ from previous generations in how they relate to organized religion, often preferring to network through virtual groups or gather in informal settings of their own choosing. Dana Evan Kaplan, an American Reform Jew and pulpit rabbi, argues that rather than focusing

on the importance of loyalty to community, Reform Judaism must determine how to engage the individual in a search for existential meaning. It should move us toward a critical scholarly understanding of the Hebrew Bible, that we may emerge with the perspectives required by a postmodern world. Such a Reform Judaism can at once help us understand how the ancient world molded our most cherished religious traditions and guide us in addressing the increasingly complex social problems of our day. For centuries, spiritual teachers have told stories to convey lessons about God and perceptions of the world around us. Hasidic master Rebbe Nachman of Breslov perfected this teaching method through his captivating and entertaining stories which are fast-moving, richly structured, and filled with penetrating insights. This collection presents Rebbe Nachman's beloved teachings, translated by Rabbi Aryeh Kaplan and accompanied by illuminating commentary drawn from the works of Rebbe Nachman's pupils. With a preface by Rabbi Chaim Kramer, this important work brings authentic interpretations of Rebbe Nachman's stories to English-speaking readers, allowing them to see the rich heritage of Torah and Kabbalah that underlies each word of his teachings. (Previously published in hardcover by Breslov Research Institute as *Rabbi Nachman's Stories* [ISBN 0-930213-02-5].) Based on a series of lectures that Rabbi Aryeh Kaplan gave to a small group of students in Brooklyn in 1981, this contains transcripts of the series on the Kabbalistic system, and testifies to his wonderful ability to transmit profound ideas in a readily-graspable way. Although this is an introductory text, it contains many perspectives that are expressed in a unique way, so it would be quite valuable even for the more advanced student of Jewish mysticism. Jewish mystics from biblical times to the present have explored the hidden secrets of the Torah in quest of a single goal: to lose the self in the Infinite "No-thingness" (Ein Sof) and be at one with God. In language accessible to the layperson, this *Shambhala Guide* provides a detailed introduction to the complex world of Kabbalah and Jewish mysticism. With an extensive background in meditation practice, Perle Besserman emphasizes Kabbalah's spiritual disciplines, grounded in righteous living, devotional practices, and meditation. She discusses the Kabbalistic universe, including the four worlds and ten sefirot; Jewish meditation techniques and instructions for beginning meditation; mystics and teachers from Rabbi Akiva and the Baal Shem Tov to Aryeh Kaplan; the often uneasy relationship between Kabbalah and mainstream Judaism; and applying the ancient wisdom of Jewish mysticism to life in the world of today. This powerful guide to Jewish meditation incorporates philosophy and story

with ideas for daily living, including suggestions for setting up your own meditative practice, and invites you to wander an extraordinary and compelling path of the heart—hitlahavut, the way of flame. "It has been called the secret of Jewish survival - a mystical connection to the Garden of Eden. What is the Mikvah's fundamental connection to birth, marriage conversation and death? How does a Mikvah purify? How can a proper understanding of Mikvah bring happiness, freshness and fulfillment to your life? Waters of Eden is a revealing book that explores old myths and prejudices and offers insights never before available to the English reading public. The author Rabbi Aryeh Kaplan, gathers concepts from the Bible, Talmud, Midrash, Kabbalah, Zohar, Rashi, Rambam, Ba'al Hatanya, Hirsch and many others.. Waters of Eden is the first attempt to explore the ancient Jewish practice of spiritual purification and immersion, lucidly and attractively in contemporary English." -- Back cover

Your body is the place where heaven and earth meet. The greatest spiritual achievement is not transcending the body but joining body and spirit together. But to do this, you must break through assumptions that draw boundaries around the Infinite and wake up to the body as the site of holiness itself. This groundbreaking book is the first comprehensive treatment of the body in Jewish spiritual practice and an essential guide to the sacred. With meditation practices, physical exercises, visualizations, and sacred text, you will learn how to experience the presence of the Divine in, and through, your body. And by cultivating an embodied spiritual practice, you will transform everyday activities—eating, walking, breathing, washing—into moments of deep spiritual realization, uniting sacred and sensual, mystical and mundane. Meditative methods of Kabbalah. A lucid presentation of the meditative methods, mantras, mandalas and other devices used, as well as a penetrating interpretation of their significance in the light of contemporary meditative research. Techniques explained by the masters--for today's spiritual seeker Meditation is designed to give you direct access to the spiritual. Whether it's through deep breathing during a busy day, listening to the quiet after turning off the car radio, chanting in prayer or ten minutes of visualization exercises each morning, meditation takes many forms. But it is always a personal method of centering our spiritual self. Meditation has long been practiced in the Jewish community as a powerful tool to transcend words, personality and ego and to directly experience the divine. Inspiring yet practical, this introduction to meditation from a Jewish perspective approaches it in a new and illuminating way: As it is personally practiced by today's most experienced Jewish meditators from

around the world. A "how to" guide for both beginning and experienced meditators, *Meditation from the Heart of Judaism* will help you start meditating or help you enhance your practice. Meditation is a Jewish spiritual resource for today that can benefit people of all faiths and backgrounds--and help us add spiritual energy to our lives. Contributors include: Sylvia Boorstein - Alan Brill - Andrea Cohen-Keiner - David Cooper - Avram Davis - Nan Fink - Steve Fisdell - Shefa Gold - Lynn Gottleib - Edward Hoffman - Lawrence Kushner - Alan Lew - Shaul Magid - Daniel C. Matt - Jonathan Omer-Man - Mindy Ribner - Susie Schneider - Rami M. Shapiro - Shohama Wiener - Sheila Peltz Weinberg - Laibl Wolf - David Zeller

Written in a warm, accessible, and intimate style, *Be Still and Get Going* will touch those who are searching for an authentic spiritual practice that speaks to them in their own cultural language. Lew is one of the most sought-after rabbis on the lecture circuit. He has had national media exposure for his dynamic fusion of Eastern insight and Bible study, having been the subject of stories on ABC News, the McNeil Lehrer News Hour, and various NPR programs. In the past five years there have been national conferences on Jewish meditation in San Francisco, Los Angeles, and Miami where Lew has been a featured speaker. Lew's first book, *One God Clapping*, was a San Francisco Chronicle bestseller and winner of the PEN Josephine Miles Award for Literary Excellence. Publishers Weekly hailed him as "a perceptive thinker" for his "refreshing and sometimes startling perspective" in his last book, *This Is Real and You Are Completely Unprepared*. This guidebook to Sufism, Buddhism, and Judaism shows how practicing within more than one spiritual tradition can lead to a true spiritual path. In *Mindfulness: A Jewish Approach*, Dr. Jonathan Feiner does a masterful job educating our minds and hearts in the understanding and practice of Jewish mindfulness. In an age of distraction and fragmentation this book uses Jewish wisdom, coupled with secular approaches in an integrated manner that serves as a road map to living life with greater awareness, purpose, and ability to live more fully in the present.

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