

MASTERING SOUL TRAVEL
OMNIPRESENCE

Companion Workbook

★ *BecomeALivingGod*

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Credits

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INTRODUCTION

This e-book is intended as a workbook to accompany the Soul Travel Course.

In it are the reference materials which will allow you to work along with the course program in real-time.

What This Course Will Do For You

The Mastering Soul Travel Training Course will provide you with every secret piece of hidden knowledge that will allow you to leave your body, to travel through this world as a being of light, and to Ascend above the physical plane into various worlds of spirit.

While these teachings can be used to access your Astral Body of Light, this is just where Soul Travel begins.

You'll learn that the Astral Plane is just one of many spiritual planes, and that even the greatest heavens and the most fiery hells on the astral plane are dim compared to the unspeakable sights you'll encounter in the worlds beyond duality.

This course will take you to each of these worlds. It will provide you a road map, directions, and personal guides who will ensure that you will safely make your way to the

highest states and planes that you are ready for. While you Soul Travel, instead of just sightseeing around these different dimensions, I'm going to show you how to get straight to the point: In this course, you will learn how you can Master each of these planes as you progress through each section and chapter.

You'll meet Ascended Masters – people who have lived normal lives, have survived countless incarnations, and have finally left the wheel of death and rebirth to live in these planes. They have taken up the mission of waiting in Temples of Light for spiritual adventurers like you to come through, so that they can help you in whatever way you may need.

I'll take you to their Temples, and I'll tell you the secrets of gaining full access to their teachings, so that you can know all that they know and you can do what they can do.

This course will take you beyond the realms of the spirits and the gods, beyond the cycle of souls, and higher, to worlds so brilliant that the imagination literally cannot perceive it. I'll show you how to get there safely, how to attune yourself with each of these dimensions, and how to get back to your body whenever you wish.

In the process, you'll uncover aspects of yourself that you never knew existed!

I'll take you to the Hall of Akashic Records, where you can experience any part of any of your possible past lives that you want to see.

I'll teach you how to Master your various subtle bodies while on these planes, allowing you greater control not only of yourself, but of the world around you on every level.

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You'll learn things like shapeshifting, dream-walking, and thought-catching. You'll uncover your ability to shape the fabric of the spirit worlds around you, and you'll see how your world back home changes dramatically for the better!

Most importantly, though, you'll learn that you are Limitless. You'll discover, first-hand, your own True Nature as an Eternal, Omnipresent being, as a Living God, unique in who you are, and boundless in what you are!

PART 1:

NECESSARY MATERIALS

Soul Travel has been practiced in the most ancient civilizations in every part of the world, by different names, but for the same reason: the Attainment of Godhood!

There is very little that you will need to be completely successful as a Soul Traveller.

In this course, I use simple devices such as an indigo candle, a handheld timer, and a piece of chalk.

Most of these devices can be substituted as needed, but they can also be found easily and inexpensively.

The real requirements, though, are your own preparations:

1. You'll need to prepare yourself for an encounter with your own infinite nature. That means that when you begin this course, you'll need to leave your self-doubt and self-criticism at the door, as much as you're able to. But, you'll also find that as you progress through this course, and as you experience the wonders of your True Self, that any negative impressions you may have of yourself will fall away... and you'll probably also find that the way the rest of the world sees you will transform as well!

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2. You'll need to prepare your schedule to allow you the time to not only watch this course and study these notes, but also time to immerse yourself in the experience of Soul Travel. So much of these amazing and life-changing travels can't be summarized in any amount of words, but need to be experienced for yourself. Make the time to have the experience, and you'll find that quickly, it's no longer a matter of discipline, as you will want to keep going back to those other worlds, to explore them and enjoy them over and over!

3. You'll need to prepare a sacred space to use as your launching pad into these worlds of spirit. You don't have to turn your home into a monastery, though. Just make sure that you have somewhere quiet, where you won't be disturbed while you are soaring through other dimensions.

With these few preparations, you are ready to start your path of endless discovery!

PART 2:

OUTLINE & OVERVIEW

In this course, you will learn:

- Everything needed to prepare yourself for Soul Travel
- The principles and practices of having real-time, doubt-free Out-Of-Body-Experiences.
- This course is divided into Sections, and each Section contains several chapters. The Section List below will give you an overview of what you'll be learning as you ascend through this training course:
 1. Introduction to Soul Travel
 2. Overview of Soul Travel
 3. Revealing the system
 4. Preparing the path
 5. Furthering awareness
 6. The purpose of Soul Travel
 7. Gateways
 8. Exploring abilities
 9. Creating your personal experience
 10. Igniting the Fire
 11. Potential
 12. Degrees
 13. Godhood

PART 3: SECTIONS

As you go through the Mastering Soul Travel Training Course, you may follow along in this part of the workbook, as the most pertinent information is highlighted here, as well as any references that you might need!

Section 1: Introduction to Soul Travel

In this section, I give you an introduction to Soul Travel

Birth of Soul Knowledge

- When you begin there is a new vocabulary to learn and I will define these terms.
- Soul Travel is the ability to transcend the physical body.

Interest Blossoms

- As a child, I was introduced to spirituality first through the teachings of the LDS church by my parents.
- At 15 years old I was living with my mother and allowed to experiment with my own spirituality at this point, starting my journey into the occult and my beginning experiences with group projection.

Differences in Defining Soul Travel

- Astral projection uses tricks and your main focus is getting out of your body.
- Getting out of your body is easy.
- Soul Travel approaches the Out Of Body Experience directly, so you can literally stand up in your soul bodies and step out of your physical body.

Reflections on Travel

- The success of first experiences in Soul Travel attributed to the instant need for this power and ability as well as not focusing on the method but focusing on the end result.

Fine Tuning Travel

- Where the mind goes the rest of you will follow.
- I hadn't really delved into Soul Traveling but had just the one successful experience.
- Mentors like Baba Maharaja, Suhnam, Joe, and Paul, I started applying the different methods they would use and refined my own method.

Mastery of Soul Travel

- As I continued to push Soul Traveling further and further I did indeed become omnipotent and omnipresent realizing I had all power available to me.

Section 2: Overview of Soul Travel

Layers of Reality

- You are going to come away from this course with a full realization of your own Godhood in every way.
- In Section 3 you will learn about the different layers of reality.

Preparing your path

- In Section 4 you will learn how to prepare not only yourself but the path in which you are going to be walking.

First Travels

- In Section 5 we are going to blast off into some of your first travels, getting you to leave your body, travel across the room, across town, and across the world!

Developing Travel

- In Section 6 we are going to start developing real time travel (how... overview of methods taught. Just a quick statement about each method)

Gateways

- In Section 7 we are taking it a step further, leaving the physical world altogether, and entering the astral plane through astral gateways.

Causal Plane

- In Section 8 we are going to breakthrough into the causal plane.

Stepping Backwards

- In Section 9 we will step back into the astral plane now that we have causal awareness, so I can show you how to become a Master of these first lower planes, teaching you things like shape-shifting, manifesting your will, and spirit command.

Mastering Darkness

- In Section 10, we're going to explore Outer Darkness, the primordial abyss, and the Dark Night of the Soul.

This is need-to-know information – a literal **Survival Guide to Spiritual Darkness!**

Beyond the Abyss

- In Section 11 we are going to move onto the formative plane and learn how to become creator.

Degrees of Glory and Godhood

- Section 12-13 will get you into the varying degrees of your own glory and Godhood because you will have become creator in the last section.

Section 3: Revealing the System

States of Being

- We will be observing multi dimensions and maturing our vision.
- Most people think there are only a few planes
 - Physical and Spiritual
 - Physical, Astral, and Mental
 - There are actually 24 states of being or planes!
 - ALL of these can be accessed through Soul Travel

Mental Plane

- Pure thought, intelligence and substance, the 5th dimension of consciousness

Division of Source

- Atman is the Eternal Essence of the human being – that which cannot be hurt or die. It is the spark of the Eternal Source of All Things that is within us
- Samsara is that which is temporary and changeable
- We can't change Atman. Through Soul Travel, we become conscious of Atman, and then we can begin to fuse it with Samsara, making who we are Immortal!

Formative Plane

- Everything is light and sound flowing out from this central source.
- You will become Sat Annam.

The Savior Existence

- You will be liberated and you will realize others will need to become liberated as well.

Observe and Create

- You will realize you create everything in your existence. As you experiment you will observe and create your own reality.

Coming Together

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- Soul Travel allows you access to all these planes and states and in this course I will take you through all of them to the end, which is God realization.

Section 4: Preparing the Path

Tap into Infinity

- As you relax your face your body relaxes. Feel the serenity and peace as you relax your whole body and become a cloud of light.
- Then focus on your breath and feel the light moving into you.
- Every exercise do 3 to 5 times.

Flow of Thought

- Imagining the river exercise washing thoughts down the river and do this about 5 minutes.

Pendulum

- Do the Pendulum exercise.
- Watch the pendulum swing for 5 minutes

Observation

- The next exercise is thought stopping by viewing the world around you by observing yourself.
- Learn how to detach yourself from the world for a full day and balance the non- connectedness state with connected state.

Proper Posture

- Asana is posture that is held throughout meditation during Soul Travel.

Breath of Life

- Pranayama or controlled breath/control of life force.

Connectivity of Energy

- Get the feeling of the flow of your breath connected to the world around you and the expansion of the self.

Opening

- Opening your chakras is much like exercising your muscles by gaining strength in your spiritual body as engaging your muscles through exercise strengthens your physical body.

Types of Chakras

- Names of the chakras and aligning them from the bottom upward.

Kaulachara in Practice

- Relax and envision a bright cloud of light over you feeling it more than seeing it.

Mantras

Bija Mantras or Seed sounds are the small songs of creation, capable of causing reality itself to shift.

Below are the Bija Mantras that will activate your chakras, and all of their capabilities.

- Root Chakra = Lam
- Reproductive Chakra = Vam
- Solar Plexus Chakra = Ram
- Heart Chakra = Ham
- Throat Chakra = Yam
- Third Eye Chakra = Ram
- Crown Chakra = Om

Blue Ray Meditation

- Light a blue or indigo candle and gaze at the candle

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- Visualize indigo light coming into the flame from every direction
- Pull indigo light into your ajna chakra and chant the mantra “So ham akaal” which means “Immortality of the Soul”
- Don’t blink at all while doing this for 5 minutes every day

Results of Blue Ray Meditation

- As you do this you will notice a greater psychic connection around you.
- Seeing spirits and lucid dreams, or you may find yourself developing clairvoyant skills.
- You will gain better mental clarity and recall.

Separate Movement

- Moving your psychic double exercise.
- In this exercise you are tearing away your astral body from your physical body.

Section 5: Furthering Awareness

Initial Focus

- “Where the mind goes, the rest of you follows.”
- What you are focusing on is where you will Soul Travel to
- Don’t focus on your body, focus on that object outside the room.

Setting and Vision

- You are setting the object out in front of you across the room now assume your Asana and be in your Pranayama and relax your body
- Recreate the room as intensely as you are able to

Post travel

- Notice that the light in the room is brighter

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- Colors are more colorful
- Sounds are sharper
- All of your senses come into play

Return to Theta

- Focus on your breath
- See the object in your inner vision and breath out and push towards it
- You will feel your chakras tighten up.

Dispel Frustration

- If you start getting frustrated with it stop and come back to it.
- You are likely to hit your target on your next shot after taking a break.
- Don't be hard on yourself at this stage

Traveling up and Out

- As you push yourself up and out that's actually a pretty intense real time imagination, making this a very visceral experience.

Developing Spatial Imagination

- The hardest thing will be how to separate your consciousness from your body and what your body happens to be doing.
- Push yourself fast with your exhalation so as you breathe in you solidify yourself.
- Anchor yourself to the object you are viewing.

Another Small Travel

- Relax yourself focusing on your breath.
- See the object you are going to travel to.
- Sometimes it helps to physically angle yourself to the direction of that object.
- Breathe out and push yourself to it.
- Shallow breath as you breathe in.
- Anchor yourself to the object.
- Breathe in and recall yourself.

Practical Practice

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- We have gone through the walls and once again do this 3 to 5 times minimum.
- Keep doing it as much as you need to until it becomes clear and remember to relax yourself because the more relaxed you are the better it will go.

Distant Projection

- The gravitational hold to your body with your mind is diminished over distance
- You can choose a place that you have been to before or you can choose a place that you have never been to.
- You want to pick an object there to anchor to in order to remain there.
- An anchor is an object that you can remain “fixed” to.
- Focus on your breath sinking into the theta state
- Travel there within half a breath creating instantaneous travel.
- You will need the other half a breath to anchor yourself.
- Your inner vision will be your consciousness itself.

Breakdown of Castle Travel

- I fixed myself on the castle the as soon as I got there I anchored myself to a lion statue then to the door then the staircase then specifically to the bannister that really helped anchor me.
- As you do this you will do this in steps to keep yourself moving to maintain your anchor on that plane or state.
- Repeat this a few times either for a distant location or the same location just so we can have a baseline of this experience.
- You are going to feel the peeling away of yourself from yourself and have all these experiences.
- What's really going on here is that you are indeed Soul Traveling

Section 6: Purpose of Soul Travel

Observing Reality

- Get outside where there is reality that you can't control.
- We will be observing reality during this exercise.
- We will shift our perspective from body to consciousness.

Initiating the Exercise

- Get out to a baseball diamond if you can go to it or set something up in a park or in your backyard.
- Let go of the tension at home plate and relax and let it wash over.
- Make sure you activate your ability to move out of your body by moving your body to the left and move your astral body to the right and feel the pulling away.

- Once you can control your psychic bodies and can move separately from your physical body focus on the spot you want to travel to.

First Base

- Visualize first base, it is your target.
- When you are ready lock onto your target breathe out and push yourself to first base.

Second Base

- Breathe and feel your Soul body moving in and out and up and down
- Then to second base.

Third Base

- If you need to return to your body and do this in a linear fashion versus a circular fashion you can do that if that's going to help you.
- We are going from one location to another without returning to our bodies if possible.

Divine Fuel

- Calling on fiery entities

- Ram Bija mantra

Understanding the Use

- Up until now we have been in the comfort of our homes with exception to the baseball diamond exercise.
- We need to get ourselves into the chaotic real world.

Ignite and Expand

- Ignite that spiritual fire inside yourself and lock yourself onto a distant spot that is a specific target.
- With an exhalation push yourself out.

Fine Tuning Physical Senses

- Make sure that you are not tuning out the world but not see it as a distraction either.
- Tune into it all rather than tuning it all out.
- Focus your mind and relax your body and all these sounds that would normally be distractions become catalysts.

Conquering Road Blocks

- Don't let our obstacles become obstacles or the chaos in our environment become obstacles but we also don't want our body to become an obstacle.

Natural Walk

- In this exercise we are partially conscious of the world around us and still projecting ourselves to a distant spot.

Section 7: Gateways

Identifying Gateways

- Look for solid rock as it captivates and reflects energy.
- The rocks will bounce energy back and forth.

Entering a Gateway

- Sit or lay on the ground
- When entering a blind gateway your consciousness is quickly going to have to interpret what's going on before you go into shock.

How to Enter

- You can use a piece of chalk to draw a door using what we already know.
- Gaze at the gateway in one visual snapshot.

- Relax your body and mind.
- Drop deeper within yourself.

Returning to Your Body

- You can come back through the gateway or you can think about the gateway and come automatically back to it.
- Or you can just think about your body and take a deep breath in and as you do so you will be pulled back into your body.

Gateway Explained

- Gateways in the physical world and the astral world are both open in existence on both planes at the same time.
- You can go to the position that the gate was at or on the astral realm you can project yourself through a gateway you create.

Elements of Reality

- Tattva are what's known as "Thing-ness" or elements of reality.
- Concepts or principals of reality that are elements and attributes you can draw upon.

- A conceptual way of interacting with your world on a magickal and spiritual level.

Delve into the Gateway

- Take the gateway and gaze at it until the lines of the gateway start to disappear and start to energize.
- You may even feel a physical pull like a magnet towards this gateway.
- Open your eyes and project that and materialize it through heavy structuring you're going to end up with a manifest gateway that connects a gateway between the two worlds.

Connections

- On the physical and well as the astral plane there are different objects places and people that act as gateways.

An Alternative Door

- You will gain access to instant travel through secret gateways

- Back door discovery after doing Soul Travel multiple times and finally meeting up with someone who could direct me towards this place.
- Go to this temple and speak to my mentor Sunaam

Gaining Entry

- Lock yourself onto the temple yourself.
- You will notice there are no doors.
- Anchor yourself to the guide.
- Once you are in the temple you may ask to be taught.

Section 8: Exploring Abilities

Maintaining Illumination

- Binar and Kether are planes you will reach.
- You will never reach the end of your journey.
- Refining process and having clearer and clearer experiences.

The Causal Plane: An Inside Look

- It's basically a plane of memory.
- Free flowing consciousness combined with memory.
- A field of consciousness that imbues all things

The Causal Plane: Epiphanies

- Past lives and previous incarnations are uncovered.
- Akashic records will be opened and it is the causal plane.

The Causal Plane: What to expect

- Deep Theta states
- Symbols
- Pulling from memory

Begin the Ascent

- Sit to go fully into this experience and get into your full Asana paying attention to your breath.
- Let your senses attune to the world around you.
- Begin to feel your astral body.

The Causal Body

- The causal body is not as bright or as bright as your astral body.
- Phantom, a blueness, a smokiness.
- It's a projection of yourself as you see yourself.
- The causal body is a state of reflection.

Crossroads

- The place and the next world in between this world.
- You may find yourself momentarily in a dark state in a realm of nothingness, this is the crossroads.

Means of Entry

- Enter through temples.
- Lock yourself onto a city made of glass.
- Find a guide.
- Call upon Archalus.

Akashic Records

- It may look like a huge filing system.
- The records are available to you and give you information about past lives and previous incarnations.
- Remain in these lifetimes and take on that new persona and the knowledge from past incarnations and bring them into this incarnation.

Mastering Further Travels

- Mentors here and guides that exist on all the ascendant planes.
- Call on Master Katar
- Once you master the Causal plane you will master the rest of the planes.
- Master through moving through causality by unravelling knowledge of self.

Section 9: Creating Your Personal Experience

Shifting the Astral body

- Shifting your astral body isn't difficult at all.
- Internal perception.
- Memory and potential of that form.

How to Shift

- Go deep into the astral state and view your astral body.
- Imagine layers and feel yourself solidifying.
- When shape-shifting you are creating an instant reaction

Changing your Reality

- Imagine what you want to happen or what you want to appear.
- Plan and design.
- Receive instruction.

Walk-ins

- All of a sudden for no reason you become somebody else with new thoughts, desires and different sets of skills will happen.
- You can do the same thing where you insert yourself into other people and they begin to do your work and help you.

Your Kingdom

- Open territory will be what you want it to look like.
- It's a bit like homesteading your own astral structure.
- Make it real and your own.

In Relation to Other Planes

- The mental plane and the changes you need to make will leave external objects.

- Changing forms on the mental plane will make manifest in the physical.

Changing the Body

- Shift your body into a ball of light into this flow of consciousness and this plane of intelligence.
- You and all of you and who you are is going to compress and expand.

Engaging Guides and Teachers

- You're full mastery will be able to think without thought to be able to come to conclusions without analysis.
- The way that you learn how to become a full mental being and operate on that level, you do this is through these bright lights that are teachers and guides.

Essence of Idea

- Sense of non- attachment.
- Put your questions out and ask the mental plane to respond and you can have this communication.
- This in itself is what causes the abyss and outer darkness.

- There will be a struggle with being in the world but not of the world in the next section.

Section 10: Igniting the Fire

Mastering Travel

- You will connect with all thought and consciousness on the mental plane as you master Soul Travel.

Full Immersion

- The end result is the same as a full withdrawal.
- Pushing yourself further more than others push themselves.

Transference and Connections

- It's simple to connect with someone else once you eradicate the labels.
- You are nothing and everything at once.
- Will you receive the light?

Collective Unconscious

- Your ascent is an eternal process
- You are connecting with mind, you must drop mind and your observations and analysis.

Envisioning the Light

- As you observe anything you must absorb the light and ride that light.
- Rather than projecting out of your body project through your eyes.

The Christ Story

- His last words were “my god my god why have you forsaken me?”
- Paradise myth
- The myth tells us in that paradigm, they are all saying what is necessary to ascend, it to lose all hope.

Confronting Darkness

- You have to confront your inner demons.
- To abandon yourself to abandonment is an easy trap to get into.

- To lose yourself in this darkness, you must persist, you must go forward.

Light of God

- Escape the abyss by drawing the light of god.
- The eternal essence that is each one of us is God

Section 11: Pure Potential

Liberation

- Liberate yourself and become autonomous by interacting with your eternal self.

The Abyss

- Mind cannot conceive what lies beyond the Abyss.

Atman

- The Atman is connected to everything because it is in everything.

River of light

- The river of light ran into an ocean of pure light.

Ecstasy

- Feel the ecstasy of union that leads you to final attainment.
- Be directed by Master Sunam himself to become your true self.

Becoming Creator

- Stop trying to become something other than who you really are.
- Become that Omniscient, Omnipotent, Omnipresent force as Creator.

Section 12: Degrees

Three Objects

- Choose three objects for this next exercise.
-
- Spread them out in front of you.
-
- Focus on one of them bringing your full attention entering into the theta gamma synch.
-
- Feel the Satanam state within your own self.
-
- Push yourself into the vase.
-
- Become all three objects.

Issues with Exercise

- Getting stuck inside the object.
- Mindlessness to inanimate objects.
- At some point you are going to be very aware.

- Don't panic.

Entering the Objects

- Once you have become each object it's time to become all three at once.
- Drop mind and don't worry what it feels like or seems like.

Omnipresence Advice

- Push through it but take your time and experience this Omnipresence.
- Don't feel like you have to rush but rather be persistent.

The Sixth step

- Once you are omnipresent you are everything.
- Not re-collect yourself but enter into a deeper sense of self.
- You can't be told or taught how to turn inside to your inner self, only you can figure that out.
- The absolute embodiment of non-attachment

Expectations of Exploration

- Divine vacuum
- At complete peace
- You are the center of all existence
- Return to this as often as you can.

Section 13: Purpose of Union

Living as God

- You are limitless so pull the heavens to the earth.
- Coming back to the body by altering the self from the head down.
- Change the music that you hear
- Lock onto a massive change that you want and become the source and push that focus or desire.

Descending

- Materialize yourself into the state of non-attachment
- Notice your endless well of power.

An Abyss

- The abyss will affect every aspect of your being

- It's not depressing its liberating
- You are the creator of your own destiny

Godhood

- You are everything in a body
- This will come as a wordless realization and understanding and will be so profound it will change you and everything.

Embracing Desires

- Take every crime, every sin and and make it so in a non-attached way without addiction.
- Enjoy and revel in your own wickedness.

Effects of Godhood

- All people and all spirits will recognize you
- You will unlock doors
- You become a living god through decent and solidifying yourself in these ways.
- You will insert yourself into all things and become center.

Manipulation of Planes

- In this mist around you these are the reincarnations of every human being and entities that are not human.
- Let it gravitate into your being.
- You have become trans-dimensional

Importance of Body

- Take care of yourself during the process of descending during this course and you decide what you want your vessel to look like.
- We are re-creating the self here including the physical body.

Molding Reality

- Recreate the circumstances of your life
- There's nothing that's impossible for you because you have become a living god.

Anti-Transmigration

- When you meet Yama don't let him finish his sentence on you and rise above any power or force that wants to control your destiny.

- You will reunite with source while alive.

Focusing Omnipresence

- Go back into your god realization and as you are the god singularity focus your attention on one spot and feel and materialize your omnipresence on that one spot.
- Expanse that self and solidify yourself in it.

Entering Others

- Push yourself into that person and control them.
- As you enter them you will be able to control them more and more.
- Then return to your own body.
- Practice this enough and upon your death you can quicken into them.

Pulling the Veil

- The veil is very thin.
- You now have options for this life and the next life.
- You have transcended everything and you are limitless.

MASTERING SOUL TRAVEL

- As an omnipresent omniscient god there is more for you to master.
- There is a temple of living gods that awaits you.