

Franz Guenter Leicht

Possible causes of disease symptoms and symptomatology of the new time.

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Introduction.

The aim of this working-out is to motivate people in the field of medical system to become familiar with the hidden causes of disease symptoms and specifically with the symptoms of the new time. On this occasion I appeal to as many people as possible who are seeking help on the one hand and people who are offering help on the other hand. This enables them to get better decision support in the treatment of disease symptoms. In my previous article I highlighted the need for synergy between the various healing disciplines (conventional medicine, naturopathy, alternative medicine and alternative therapies). This synergy I consider more urgent than ever in this day and age.

Although I'm a physicist and I'm from a scientific area that has dealt so far almost exclusively with the physique, I came to the conclusion that material things are an exclusive product of spirit. Because consequently spirit is the only cause of the material things, all things that we are calling health, disease, convalescence and disease process are manifestations of spirit.

Therefore we can ask why there is health and disease. The condition of the body would be something like a measure (scale) or guidance that tells us how strong we are aware of our true self and how much we live a life that corresponds to our true nature as spiritual beings. We can quasi move away from our true nature what is perceivable as disease or we can move towards to our true nature what is perceivable as convalescence.

The path to convalescence would thus be described in roughly words as follows: The path would be to try to live in a way that it corresponds to our true nature. We do this by opening ourselves for love, freedom and joy and by opening our limits. This we do, by listening to inner impulses, by following them as well by reflecting on our soul plan and by always trying to live our life according to this plan. Then diseases and problems gradually give way almost automatically. Then we will intuitively avoid things that would get us in trouble, and do things that facilitate, enrich and delight increasingly our lives. Likewise, we will more and more succeed with time, to do the right thing at the right time in the right place and to be on the right place.

On this path we will get more confident and gain more and more strength. At the end of this path, nothing will be impossible for us. Then we will wholeheartedly pursue our true destiny here on earth. And there it will no longer be necessary to learn through disease or be guided on the way by disease. Because then, body symptoms whatsoever don't make sense anymore as guidance. They are/were only there just because to put ourselves in internal dynamics until we have found to our determination/ to ourselves.

Of course I can't come up here with a panacea, because there is an individual path / plan of salvation for every human being. That is why it is so important that everyone has to listen to his inner impulses and to follow his own soul plan. The good news is that we have no more to think complicated. Everything reduces to our inner wisdom and inner knowledge which is omniscient and unlimited and which means true freedom.

Physiological aspect of the consideration of diseases.

In nature, we can observe a certain relationship between tension (stress; be hunted by the enemy ...) and relaxation (to be left alone, to be protected, by playing ...). An animal that is being chased by another animal, is temporarily in the tension until it has found shelter. In shelter or if no enemy is near, it can recover and relax again.

If in nature the state of the tension takes the least time and if the state of relaxation is maintaining the greatest part of time then there is a balanced healthy relationship. In this day and age it can be observed in humans that the stress state occupies a large part of the time. We must protect ourselves constantly of anything, must be on the alert and we take only a little time for reflection or for Muse. How often do we chase after different activities, those or other sensations, those or other adventures? Even if we want to relax, our thoughts revolve constantly about things/ topics that are causing problems, that worry, hinder or annoy us that we really cannot relax. How often we worry about things that happen quite differently and we can observe again and again that we have wasted a considerable time with it?

At the cellular level, it is to observe that the body cells are either in growth state or in protection state. Stress, anxiety, fear, anger, and the like bring the cells in the protection state. In this state, they cannot grow and therefore not regenerate. But to regeneration they need relaxation. This makes it clear that continuous stress, a lot of trouble, constant effort and/or constant worry suppress the immune system. Such a state thus is largely responsible for an unhealthy condition of the body. These attitudes have ultimately to do with the lack of inner confidence. For as long as our confidence is not great enough in ourselves, we would by overexertion, bustle, battle, defense, stress, anger and the like try to equalize that what we would achieve in confidence with ease.

Just as a state of relaxation outweighs in nature, it is to aim to come in a relaxed state in daily life - apart from rare and short-lived exceptions, that our body can kept in a healthy condition. The lack of confidence shifts the natural relationship between tension and relaxation in an unfavorable area that it can cause problems to the body or bodily feeling. In other words, an unnatural relationship between tension and relaxation can make noticeable phenomena which are commonly understood as a disease. Now, we have a first approach in the understanding of disease symptoms.

Hidden causes/ underlying causes.

Even people who like to keep for positive thinking people are often confronted with illnesses and other problems. What could be wrong? I think that on the one hand every person is different in spiritual constitution and has a different life plan on the other hand. This plan can contain self-concepts, tasks or functions that can be so different that we can discuss only few examples.

A man perhaps has taken on the task in this life to eke out an existence as Crippled to bring to terms (to iron out) an act that he has committed once in a previous life and

that do sorry to him, in other words, he decided to punish himself or at least to want to know also the side of a victim. It could also be that he wants by his crippled state to trick two soul mates, who are now his earthly father and his earthly mother, into becoming compassionate, that their petrified heart may soften a bit more.

Or, the soul of a child has decided to go early from this world - perhaps in the earthly sense too early. For instance, the then 16-year-old daughter of an acquaintance (a friend of mine) came to dead. This daughter had intuitively already known, that she would die soon, and told it her family. Only she did not know how she would die. This acquaintance is sometimes in contact with the spiritual world and also in contact with her daughter from the beyond. Through meditation she learned of her daughter from the beyond, that she can help people a lot better about the afterlife than she would do it on earth as a human being if she would have continued her earthly life. In this respect it is or was because of the new tasks from higher view better to dwell no longer on earth. Therefore her relatively early death had for other reasons a deeper sense.

Of course, there are other aspects that we can consider. Before incarnating many of us have planned in a higher consciousness a specific task that we necessarily want to run in this life (soul plan). We also knew about the fact that in the limited state of consciousness we would run into the risk by certain things or situations to be dazzled and distracted. So we would not always do that, what we want to do from the inmost ago. How differently as by creating diseases, hurdles, obstacles and the like, we can be dissuaded from the error path? However, these situations are not made at random, but are in such a form that they can be interpreted. They are like a warning light, which makes itself noticeable if something is wrong, on that this wrong path will be rectified (illness as guidance).

These few examples should show that it usually looks quite different from an earthly perspective as from the higher point of view, wherein the true state of affairs is usually in secret and that isn't accessible to us normally. The earthly viewpoint is deceptive and often leads us to respond incomprehensibly to this or that or not to judge lawfully. This is exactly, what is often the problem of dealing with problem situations of various kinds. Here, there is often a lack of deeper insights.

The Lost Son and the Lost Daughter.

According to my understanding, there was a time in which once we all were one Spirit and we were fully aware of our wholeness, holiness, integrity and grandeur. This was a sort of paradisiacal state. The idea to live up fully our individuality has led us into oblivion and into the dullness. We can imagine the way that we had formed body to our liking and organized with him a masquerade. If the contours of the body is to be changed at will, means this that the one form has to die so that other form can be born. Since we are initially still aware of our true identity we had not really understood the death of the body as a death.

Now, over time the body as mask gradually became independent, because it got a life of its own, which has gradually led to forget our true self and therefore to forget that we are the authors of these masks. While the awareness of our spiritual identity was brought to the background the perception of the body was brought to the fore. So, the awareness of our spiritual identity went almost completely lost. As a result, the idea of individuation has led, inter alia, to conflicts, to injury and the confrontation with the death of the body, wherein now with its death the extinction of the self has been associated, so that the fear has been created.

In a certain way we are stepped out of the paradisiacal state, like the Lost Son, who wanted to make his own experiences - separated from the oneness. His experiences were, inter alia, also associated with much pain, false starts and dead ends. But at some point these pains and the longing for his homeland have become so large that he had decided to return back.

We are now at the point where we have done enough experience in life of separateness, where at the same time many things came to ahead (intensified in a way) that it is hardly bearable for many people. We are virtually at a turning point with the words: **"This far and no further"**. The pain has now been achieved on many, so now those are willing to give up the old patterns, old behaviors and ways of thinking. Now we are also applicable to look a little more behind the scenes of things that we are really able to recognize that only trust (in the inner guide as well as in a good outcome of all things), forgiveness, hope, charity and love are our salvation, which means, that these elements help us to find the way home.

Without pain we would not question things, we would not speculate on the meaning of our lives, we would not feel any motivation of rethinking. Without pain our hearts could hardly be softened and we would feel no incentive to go new paths. To that extent, the pain has the function of shaking up, and nothing is so bad that it did not contain something positive.

In my view we see hardships, problems and diseases mostly too much of as something negative. In reality, they are there to be averted, solved and resolved. Because they do not simply arise or emerge out of the blue because of alleged injustices in the world, but they have the cause in our spirit. They are signs or guidance that give us direction. As such, they are indeed fortunate for us.

The warning signs.

All things in the material world that exist together in interaction, are all manifestations that point to a complex state of spirit. And just this is the cause of the interaction of these things. So, everything that is happening in our lives on the material plane, does have the cause in our spirit. The exterior is a pure effect and refers to our thoughts, feelings, our inner beliefs, visions, concepts and fears. Because it refers to our spirit, it has a symbolic character. Therefore disease symptoms serve as interpretable warning signals. Insofar, characters are constantly sent to us according to our state of mind that accurately reflect our state of spirit.

For example, if a serious decision is pending and we just feel headache in this difficult situation, it has something to tell us. Perhaps the time for a decision is not the right. The head is the area of mind. In case that we are in conflict, then this can cause us headaches downright. Let us therefore check our plan and let us try to look at our current situation in a different light!

The type of accident can help us in our life. If we, for example, are skidded by car, we may have come figuratively also skidding in life. Even if we have entered into a shit, this has something to tell us. This may be a sign that we are not very attentive now. This character might warn us not to take the next step unpremeditated. Who is repeatedly confronted with bone fractures, should consider whether he should give up his hard and inflexible way, to try it more with softness and flexibility. Who always reacts to unpleasant situations with rigor or wishes for the impossible, wears down himself. He's getting more and more brittle, which, inter alia, shows by means of brittle bones. **We see, behind such accidents or situations it could be warnings for protecting us from an even bigger accident or disaster.**

The inner and outer (im-)balance.

Because we as immortal spirit are over matter, we have the power to bring disappear every disease. Illness, injury and death are not really existent. They are only based on a belief that our body is our true identity and we are vulnerable and mortal in consequence. Accordingly, we believe that we have to protect our bodies or to have no reason for relaxation, peace, carelessness, joy, love, fun and games in this or that situation.

Illness or other regrettable circumstances are indications that the perfect confidence in ourselves and in the world is lacking and that we do not follow our soul plan. This is evident in the daily life practice therein that we dwell too often and for too long in a state of tension and stress, which lets manifest the unintended symptoms. The obstacle to enjoy life or to have the courage to do exactly what we would inwardly prefer to do, is based on an attitude that does not correspond to our true nature. These barrier keeps our body cells in protection feature, what favors the disease of the body.

The transformation.

Injuries or experiences from previous incarnations are not really forgotten. They are hidden and deeply rooted in us. Because they are constantly present as vibrating information, they emboss in any form our mental attitude: Dislikes for this, fears for that, barriers to this, an inferiority complex in this or that area, and so on, that we cannot really bring in connection with our behavior of our today's earthly existence. Some might have an aversion to the church, even though they see no real reason for this aversion, which could be justified by the fact that they were executed in a previous life as a heretic by the Inquisition. The others have a tight-feeling if a chain is placed around their neck, which could be justified by the fact that they were strangled once in a previous life. I myself had about 2-3 weeks pain in the upper body, as if I had been pierced by several daggers. This pain came out of the blue (without injury), but disappeared again as if by magic.

We live in a time in which external energies (energy of the Photon Belt, in which our solar system penetrates more and more; other cosmic energies) and internal energies (Kundalini energy of the people, higher dimensional energies) flow through us, whether that we work with any energy or we are simply receptive to it. These energies lead to the dissolution of energy blockades, which let reawaken old thought and behavior patterns as well as memories of past injuries in an attenuated form that they can disappear forever.

If symptoms occur out of the blue, this could mean that the corresponding internal settings/beliefs (unpurified past) are now ready to be transferred into the light, to speak, to be rethought, so that we gradually come into a state of mind that corresponds to God's nature. It is to say, that God's nature is also our all nature. In the course of this harmonization the unpurified past will be purified as if by magic, in which the pain of old injuries rise briefly again in weakened form and without real damage, so that it can be lighted from new. Only then, if in this new lighting we can bring the former wrong thinking and feeling back in the right light, we can let go of it. Then the old disharmonious seeming information will be converted (transformed) into a new harmonious seeming information what brings us in a (more) relaxed mindset and brings the cells of our body in the growth state or may hold them in this state.

Categorization of disease symptoms.

Now we have addressed a wide range of possible causes of disease symptoms, which all have their origin in the spirit. Disease symptoms may be due to self-concepts that either have something to do with sacrifice or atonement (self-punishment): **This may be symptoms or pains of the first kind.** But they may also have to do with the fact that they want to put us on the path to our true happiness (**symptoms or pains of the second kind**). Over the pain the symptoms want to divert us from a path which, if we were to continue it in the same manner, would not lead us to our true happiness or would not let satisfy our longings.

In other words. Over the pain we are forced repeatedly to pause, that we are able to think or feel about ourselves and about the world to get into a mental attitude (mindset) that can evoke our spiritual consciousness and that can bring us at the end into the state of spiritual awareness. In state of spiritual awareness we would have found true fulfillment and therefore we will do nothing that would injure our body or cause him pain. As seen may the symptom or pain of the second type be a useful warning sign, which will bring us either on the way to ourselves or which will remind us that we have gone really astray.

Once we have progressed on our journey of self-discovery so far that generally we are very relaxed, very self-conscious and with great confidence to the day's work and/or to the future, we perhaps will be primarily confronted only with **symptoms or pains of the third kind**. These are "old-known" pains, which emerge again in a weakened form (out of the blue) by action of inner energies (Kundalini energy, higher dimensional energies) and external energies (e.g. cosmic energies), then to be dissolved (transformed) forever. Nevertheless, it is to make clear that we can be faced on the path to self-discovery with symptoms that may have to do with adapting difficulties of our bodies to the new energies. This can e.g. happen if we are tempted to want to accelerate our development process.

Symptoms or pains of the fourth kind (adapting difficulties of the body). We live in a time in which themes of self-discovery, self-healing, self-realization and self-development are processed intensively. A corollary is that we are reinforced faced with different energies (subtle energies, higher dimensional energies, cosmic energies and so on). These energies are unaccustomed for our bodies. Then, if these unfamiliar energies start pouring too much or too fast into our energy body system, there may be certain difficulties in adjusting for our body. Here we have then to do with symptoms of the 4th kind, wherein the Kundalini energy of man may be also in a considerable degree at work here. It must be said that this energy is in every human being. It is a subtle energy that quasi has rested or slept for most people in the past and thereby has been entirely unnoticeable. In a time of increased exposure of energy and the self-development this energy will be awoken in man in a strengthened way: in the one more in the other less.

Regardless of the strength of the awakening, the Kundalini energy has the task to flow through all the energy pathways of our energy body system. By its flow it solves gradually all possible energy blockade and lets the Aura more and more unfold. At the same time this energy harmonizes the aura centers (chakras, which are like transmitting and receiving antennas) one after the other, so that the aura will become more and more receptive to higher dimensional energies. So, the Kundalini ensures that internal higher dimensional energies can flow in and can be incorporated in the aura system. This contributes to the overall harmonization of the energy body system and thus to the energy blockade solution at all possible levels. About this way our mind gets clearance. Once all energy blockades are dissolved, our mind can be connected along the main power canal over the Crown Chakra with the cosmic consciousness,

so as to cancel the limits of mind. Thus, the Kundalini energy is something like a pioneer for the liberation of our mind.

Now it may be that the soul of a person feels a great urge to advance the liberation of the mind. If the mind of this person (ego), however, has refused to work on his release, it may now be that the soul abuts that exemption by creating situations that greater amounts of Kundalini energy will be released in the body. If the man has not ensured in advance to prepare his energy body system for this energy, it may be that this Kundalini awakening now causes greater difficulties. It may also be that large amounts of Kundalini are released in case that you are strongly drugged, by making exaggerated meditation exercises or even by deliberately making exercises for Kundalini release.

If the energy body system is not prepared for a particular strength of Kundalini release, there may be adapting difficulties of our body, that can strongly strain the body: flashes of light, then chills, hearing voices, from on top of the world to in the depths of despair by the one moment to the next, similar symptoms of schizophrenia, and so on. Such people suddenly can be very highly energy charged and can sometimes be very unbearable. It may also be that such people suddenly (for some moments) are mentally deranged and suffer from a relatively large loss of reality. It may also happen that momentarily the vertebrae of the spine are shifting or the organs in the body are shifting, that the Kundalini energy paves its way pop-like or explosively and that the whole body energy system can be messed up. This can go so far that the functions of the body are completely muddled up (death-like conditions) for a short time, which may be associated simultaneously with extracorporeal experiences. Man can so come to a limit between "death" and life over a certain period. How this process will run, will here be unpredictable. Here trust is then truly necessary in the highest degree.

In case, that such extreme symptoms emerge, it is very important that you do not get panic and you do not try to do or to let do things too quickly, that could aggravate the situation even more. For such people it is very important that emotional support is provided for them, that great patience is applied to them that you care about them, but also that them is given the peace/silence that they need.

For a certain time, I took in charge of a young woman who had withdrawal symptoms of psychotropic drugs as well as a Kundalini crisis. Experience with this woman showed that one couldn't assign in the respective moments, whether such extreme conditions were based on the withdrawal effects or of Kundalini crisis. It should be well known that even with withdrawal symptoms people can come to the limit between life and "death" as it is also possible at a Kundalini crisis.

I speak of phenomena, for which a diagnosis in the classical sense is not always possible or where things are at play that are so far largely unknown in classical medicine. If such phenomena are degenerating, there is no silver bullet and no guarantee of anything, no matter at what measures we let us tempt. Whether we treat this symptoms or not, it can go either way out.

The use of medication such as psychotropic drugs should be considered as a last resort and in any case carried out with caution here. If possible, friends, acquaintances

or family members should take in charge such a person in his usual familiar environment as long as he has made a recovery. Of course, situationally doctors or therapists can be consulted. However, the path to psychiatry should be considered as a last resort.

Although I pointed out possible extreme cases, it should be made clear that these cases are not the rule and that they are among the really few exceptions. But they are accumulating nowadays to my finding (due to personal reports) more and more. In general, the Kundalini experiences can be mastered relatively well, they are anyway to come to liberation of the mind.

It is really amazing that in spite of the above-described extreme conditions (in the cases known to me) no real harm has arisen to the body. That is why it is so helpful to know about the phenomena associated with the Kundalini energy or other Light Body or transformation processes. With this knowledge it can be removed the breeding ground for certain fears. Because with fear, we run slightly risk to do things that could aggravate the situation even more. **While we have normally to do nothing more than to let happen and to endure, it is natural to explore in extreme cases how far we place our lives in God's hands or/and in the hands of doctors and therapists.**

To my experience with the Kundalini energy see:

http://www.amazon.com/Personal-experience-Kundalini-spiritual-backgrounds-ebook/dp/B01BJ2T404/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1456784648&sr=1-1

Note. In understanding of disease symptoms the German New Medicine® is likely to be very enlightening (<http://www.newmedicine.ca/>). This medicine was developed by Ryke Geerd Hamer and is based on Five Biological Laws. According to this medicine all disease symptoms would run after these 5 biological laws. The emergence and disappearance of symptoms are considered each as part of a typically biphasic “Meaningful Special Biological Program” (MSBP). After Hamer the trigger of each so-called symptoms is always a biological conflict, a highly dramatic shock experience, the so-called DHS (Dirk-Hamer-Syndrome).

As I understand, the German New Medicine® provides a good approach in the understanding of such disease symptoms, which result in conjunction with concrete conflict situations. Nevertheless, I think that this medicine cannot explain or cover all symptoms. The symptoms that result from the “Meaningful Special Biological Program” (MSBP), I would regard as symptoms of the second kind.

Summary.

Severe symptoms that traditional medicine regards as incurable or that have anything to do with deformities, may be caused, inter alia, by the aforementioned self-concepts and self-punishments, which in certain circumstances could be maintained over more than one incarnation. This of course depends on how long the soul of the respective person decides to maintain such a self-concept.

Moderate to heavy symptoms might already be a certain shaking up (waking up) to lead us to the right path due to our soul plan. Here, the soul has perhaps already reached a higher maturity to seek now primarily salvation as the goal (illness as way). This soul perhaps makes use of pains or problems only from the motivation to bring us back from our self-destructive path. For this we can also count strokes of fate that tempt us to come to a different way or different Living.

The desirable (new) Living will have something to do with trust, letting go, love, understanding, compassion, joy, fun and games.

Those who have already gained more confidence in their life and follow more their intuition, will be faced with symptoms and problems that are more of the third kind, sometimes of the 4th kind. This means, symptoms now will almost exclusively emerge due to old hidden injuries in weakened form in order then to disappear forever. Of course, spiritually advanced people will also stumble sometimes, because they too are still trying to be guided by things that they let derail. This also means that some minor injuries or accidents or illnesses can occur that we, on the other hand, can easily iron out or heal quickly. These then serve as signs about with the words: *"Take it easy! Stop and come back to your center! Have faith and do everything with caution and with the help of your inner intuition "*.

The time of self-discovery, self-healing, self-realization and self-development let's get a little more back in touch with our divine nature. But this also goes hand in hand with the fact that we are confronted with different energies (subtle energies, higher dimensional energies, cosmic energies, inner energies) and that we are increasingly encouraged to learn how to deal with them. By this influence the higher dimensional energies are introduced into our energy body system. This in turn means that the so-called light body process gets underway, that causes at the lower levels of the energy body system a restructuring or redesign.

If this energy-effects take place too fast or too violent, it may be that we get adjustment difficulties of our bodies, which can manifest in the form of fatigue, exhaustion, or even in the form of physical ailments of varying amounts. These symptoms are concomitants of this adjustment difficulties due to the transformation or metamorphosis process that runs in the course of this self-discovery by itself.

Concomitants may also exist in various therapeutic applications such as acupuncture, acupressure, massage, physiotherapy and other therapies as well as spiritual healing, because it generally can lead to energy blockades resolutions here. At this point, it should again be emphasized that the symptoms of the 3rd and 4th kind are phenomena that cannot be really diagnosed in conventional medical sense. Those symptoms can be severe at times, but usually they do not damage our bodies and

disappear relatively quickly. That is, they are characterized in particular by the fact that they emerge out of the blue and disappear relatively quickly without requiring to be treated. The symptoms, with whom I personally made experience and which I would place in the category 3 or 4, lasted up to 4 weeks, but mostly disappeared after a few days or hours. In order that these symptoms do not occur so much in extent, it is useful in energy work to deal wisely with the higher dimensional energies and always to ground yourself what can be achieved, inter alia, with the so-called 4-body grounding (earthing).

Our ultimate goal is the liberation of our mind. The closer we go to this destination, with the more powerful energies we have to do and the greater is the challenge to deal masterfully with these energies to learn, so that it serves best our spiritual development. In this sense, I wish us all a good hand in our decisions for all our activities and a wise recognition for what may lie ahead for us in the new time.

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