a quick way to access normal mode command from insert mode

why?

- convenient
- break the undo sequence easily

how?

- alt or meta key + normal mode command
- ctrl-o insert mode command

the difference between alt key + normal mode command and ctrl-o insert mode command

it's showtime!

the weird alt-a

"Ref: https://vi.stackexchange.com/a/2363/34851 if !has('nvim') | execute "set <M-a>=\ea" | endif inoremap <M-a> <C-o>a

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