

The One

A philosophical reinterpretation of The Ra Material, The Law of One, as an accessible narrative. It explores cosmology, the Creator, the densities, and the purpose of existence.

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CHAPTER FOURTEEN

The Path of the Seeker

Meditation as Foundation

The previous chapters have described the architecture of creation, the mechanisms of growth, and the freedom of the individual to choose. We turn now to the question that follows naturally: what does one do with this understanding? How does the seeker begin?

The answer is simpler than many expect. Meditation¹ is the single most recommended practice for the entity who wishes to accelerate its journey. It is the prerequisite upon which all other exercises rest. Without it, knowledge remains at the surface of the mind. With it, understanding sinks into the roots of consciousness, enabling the body and touching the spirit.

There is no best way to meditate. This cannot be overstated. No technique holds superiority over another. No tradition owns the gateway. The seeker who waits for the perfect method before beginning has already delayed the work that matters.

The most generally useful form of meditation is passive in nature. It involves the clearing of the mind -- the emptying of the mental jumble that characterizes ordinary thought. The goal is not to think more clearly but to achieve an inner silence from which one may listen. The seeker does not reach for the Creator in this practice. The seeker becomes still, and what has always been present becomes perceptible.

This is a crucial distinction. Meditation is not concentration. It is not effort directed toward a goal. It is the opening of a door. The key to that door is silence. When the mind quiets, the architecture of deeper consciousness becomes accessible -- not through force, but through willingness.

The seeker who practices this daily will notice a gradual shift. The two great currents of energy within the being begin to move toward one another. From below rises the processed experience of incarnate life -- each encounter, each emotion, each response moving upward through the Energy Centers². From above descends the energy of the Creator, already present at the crown, waiting to be welcomed. Where these currents meet is the measure of the seeker's progress.

This meeting point rises not through force of will but through the humble acceptance of what one is. The Creator lies within. The crown is already upon the head. What is needed is not

attainment but recognition -- the trusting acknowledgment that this energy is available and that the self is worthy of receiving it.

A word of caution serves the seeker here. Acceptance³ of self is not control of self. The temptation to suppress thoughts or force the mind into stillness is strong, yet control is not the path to discipline. Control may seem a shortcut to peace and illumination, yet this very repression creates further imbalance. One who tries to control the mind has set the self against the self.

Instead, the path toward the disciplined personality runs through acceptance -- acceptance of the self, forgiveness of the self, and the conscious direction of the will. The faculty of will is powerful. It is the tool of the co-Creator. But for this very reason it must be directed carefully, in service to others for those who walk the positive path. The stronger the personality becomes, the greater the responsibility for how that strength is used.

The seeker who sits in silence each day, asking nothing, expecting nothing, simply allowing the mind to settle and the heart to open -- this seeker has begun the work. Every other practice described in this chapter depends upon this one. Without the foundation of regular meditation, the other tools lack the ground in which to take root.

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Contemplation and Prayer

Meditation as described above is passive -- a receptive stillness. But the inner life of the seeker is not limited to reception. There are active forms of inner work, each with its own purpose and its own gifts.

Contemplation⁴ is the consideration, in a meditative state, of an inspiring image or text. It differs from passive meditation in that the mind is not emptied but directed. The seeker holds a thought, a symbol, or a passage before the inner eye and allows it to unfold -- not through analysis but through a kind of dwelling. The mind rests upon the object as water rests upon stone, and over time, what was opaque becomes transparent. This form of practice is extremely useful.

A more advanced form of active meditation involves visualization -- the sustained holding of an image within the mind. This is the tool of the Adept⁵. Those who develop this capacity are building an inner concentrative power that transcends the ordinary limits of comfort and distraction. When this ability crystallizes, the adept may do work in consciousness that requires no external action yet affects the very fabric of collective awareness.

This is the foundation of what might be called the discipline of invocation. The prepared entity, having opened its energy centers and balanced its personality to the best of its ability, may call upon the deeper currents of creation. Sound, intention, and concentration act together as a kind of signal. Those on the inner planes who attend to such signals respond not to the words themselves but to the quality of will and sincerity behind them.

Prayer, then, is not petition. It is the faculty of will directed inward and upward. Whether prayer serves the seeker depends entirely upon the intentions of the one who prays. The individual who prays for personal advantage has not yet understood the nature of what prayer opens. The one who prays as an act of invocation -- aligning its will with the greater will -- has found one of the most potent tools available in incarnate experience.

The discipline of the personality that underlies all advanced practice may be stated simply. First, know yourself. Second, accept yourself. Third, become the Creator.

These three steps sound deceptively simple. The first requires unflinching honesty. The seeker must examine its own thoughts, biases, and reactions without turning away from what it

finds. The second requires mercy. What is discovered must be accepted -- not approved, not celebrated, but acknowledged as part of a self that is already complete. The third step is the fruit of the first two. When the self has been known and accepted, the path clears toward the great indigo gateway. The personality becomes transparent -- a vessel through which the Creator may act without obstruction.

This transparency is the opposite of self-erasure. The adept who becomes the Creator has not disappeared. It has become the most humble servant of all, fully able to know and accept other selves because it has first known and accepted itself.

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Inner Silence

We have spoken of meditation as technique and contemplation as practice. Yet beneath all technique lies something that is not technique at all. It is the quality of silence itself.

The gateway to deeper consciousness is silence. The mind must be opened like a door. The key is silence. This is meant literally -- a description of a state of being, not a metaphor for a technique. When the mental noise subsides -- the planning, the worrying, the rehearsing of conversations that may never occur -- what remains is not emptiness but fullness. The silence is alive.

What does the seeker find in this silence? Not answers in the ordinary sense. Not instructions or revelations that can be written down and followed. The seeker finds a quality of presence that was always there, obscured by the constant activity of the surface mind. In silence, the deeper self becomes perceptible. The intuitions that meditation makes available are not inventions of the mind but communications from a part of the self that the Veil of Forgetting⁶ has hidden from ordinary awareness.

The veiling of the mind from itself was the most significant event in the design of third-density experience. Before the veil, all facets of the Creator were consciously known. After it, almost all were buried. The analogy is apt: as the earth mantles over the jewels in its crust, so the veil covers the deeper functions of consciousness.

Still, the veil is not absolute. Among the faculties that remain accessible -- with effort -- are visioning, dreaming, and the knowing of the body. Each of these offers a thread that, when followed, leads back toward the buried wholeness. And perhaps most significant of all, the veil created the conditions for something entirely new: the faculty of will, or pure desire. Without the forgetting, there would be no need for will. Without will, there would be no reaching. Without reaching, there would be no discovery.

Silence is where this faculty awakens. Not the silence of sensory deprivation or forced blankness, but the silence of a mind that has ceased to insist. The distinction is essential. Forcing the mind to stop is itself an act of control, and control is not the path. The seeker does not silence the mind. The seeker allows the mind to settle, and silence arrives on its own terms.

In this silence, the division between self and Creator becomes thin. The practitioner does not become the Logos. Rather, the creation becomes more and more contained within the practitioner. The boundary between the one who meditates and that which is meditated upon dissolves -- not through effort but through the simple recognition that no boundary was ever truly there.

This is what inner silence reveals. Not a technique perfected but a relationship restored. The seeker who touches this silence, even briefly, has been given the foundation for everything that follows.

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The Practice of Service

Service is the natural expression of the seeker who has begun to know itself through meditation and silence. It is not a separate practice added to the spiritual life. It is the spiritual life made visible.

There is but one service. The offering of self to the Creator is the greatest service -- the unity, the fountainhead. From this single offering, a great multiplicity of opportunities evolves. Some become healers, some workers, some teachers. The form matters less than the source.

The best way of Service to Others⁷ has been stated clearly: it is the constant attempt to share the love of the Creator as it is known to the inner self. This involves self-knowledge and the ability to open oneself to another without hesitation. It involves radiating that which is the essence, or the heart, of one's being.

This description carries a profound implication. The seeker serves best not by doing more but by being more. The quality of one's being, without regard to visible activity or measurable results, is the truest contribution to collective consciousness. The being that has come to appreciate this may seem, from the outside, to be doing very little. And still, its presence changes the room.

This does not mean that action is unimportant. When a being is starving, the appropriate response is to feed it. One may extrapolate from this. The physical needs of another are not beneath the spiritual seeker's attention. Compassion⁸ that turns away from suffering because it considers itself too refined has ceased to be compassion. It has become a kind of spiritual vanity.

Yet compassion without wisdom is folly. This is perhaps the most difficult balance the seeker must learn. The impulse to relieve all suffering, to give without discernment, to sacrifice oneself entirely for others -- this is the mark of an open heart, and it is beautiful. But it is incomplete. Unrelieved compassion leads to exhaustion, to martyrdom, to a kind of service that depletes the server without truly empowering the served.

Wisdom does not diminish compassion. It refines it. The wise server does not stop caring. The wise server learns to care in ways that honor the sovereignty of the other. This means, sometimes, allowing another to struggle when every instinct says to intervene. It means offering

without imposing. It means trusting that the other entity is the Creator, capable of its own growth.

The model of service that most fully embodies this balance has a distinctive pattern. The teacher speaks through indirection -- through parable, through questions, through language that leaves room for those who do not wish to hear. When healing occurs, the credit belongs to the one healed, to that entity's own Faith⁹ and willingness to accept change. The healer does not claim the work. And the instruction, once given, is offered quietly: tell no one.

The best way of service for each entity is unique. There is no generalization. Nothing is known in advance about what form another's service should take. The seeker must look within -- must seek within itself the intelligence of its own discernment -- to discover how it may best serve. What is certain is that this discernment begins with self-knowledge. One cannot share what one has not found within.

This is why meditation and service are not separate paths. The seeker who sits in silence is preparing for service. The one who serves from a place of inner stillness is meditating in the most active sense. The two are one practice, expressed in alternating modes -- the inbreath of reception and the outbreath of offering.

In practical terms, the seeker may find that service rarely looks the way it expected. The grand gestures are few. The daily opportunities are many. A word spoken at the right moment. A presence held steady when another is in pain. The willingness to listen without needing to fix. These are the small acts that, compounded over a lifetime, constitute the great work of service.

And beneath it all lies the recognition that the server and the served are one. What is given is received. What is received was already given. The circuit of love moves through all beings and returns to its source, enriched by every hand it has touched.

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Community and Solitude

The seeker's path moves between two poles. There is the solitary work -- the meditation, the silence, the inner examination that no one else can do for the entity. And there is the life among others, where the fruits of that inner work are tested and made real. Both are necessary. Neither alone is sufficient.

The exercises that most accelerate the journey are relational in nature. To see the Creator in another being. To look into a mirror and see the Creator. To gaze upon the world and see the Creator in every form. These practices require a turning outward, a willingness to encounter the other without the filter of separateness.

But these outward exercises rest upon a foundation that is cultivated in solitude. Without the predisposition that comes from meditation, contemplation, or prayer, the data of experience does not penetrate. It remains at the surface -- seen but not absorbed. It is the inner stillness that allows the moment of encounter to become a moment of recognition.

Community, then, serves the seeker not as a refuge from the difficulty of the path but as a mirror. Every relationship reflects some aspect of the self back to the one who looks. The easy relationships confirm what the entity already knows. The difficult ones reveal what remains unexamined. Both are Catalyst¹⁰, and both serve growth when met with honest attention.

The balanced entity, encountering another who seems hostile or threatening, does not respond with either aggression or withdrawal. The balanced entity sees, behind the surface behavior, causes that are in most cases complex and layered. This seeing opens opportunities for service that would remain invisible to an entity caught in reaction. And what is the response of a truly balanced being when faced with apparent attack? It is love.

This does not mean the seeker should avoid solitude. The self that never retreats from the company of others has no space in which to process what those encounters have offered. Solitude is where the raw material of relationship is digested. It is where the lessons become conscious. The seeker who moves constantly among others without pausing to reflect is like a student who attends every lecture but never studies.

The balance is not a fixed ratio. It shifts with the needs of the moment and the stage of the journey. Some seasons call for more solitude. Others call for deeper engagement. The seeker

who listens to its own rhythms -- who does not force either isolation or immersion but allows the movement between them to unfold -- serves both itself and others with greater clarity.

There is a deeper truth here as well. In the higher densities, the work of consciousness is accomplished through the dynamic between self and other self. Positive entities grow through the harmonious integration of individual perspectives into a shared understanding. This integration does not erase the individual. It amplifies each voice within a greater chorus. The seed of this possibility is planted in third density, in every sincere attempt to meet another with an open heart.

Balance is not indifference. It is not the absence of feeling. It is the presence of love so complete that no circumstance, no encounter, no difficulty can dislodge it. The entity who has achieved this balance is fully imbued with love, fully responsive to the moment, yet undistorted by the reactions that would normally arise.

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Study as Tool

The intellect is a valid tool on the seeker's path. Study, inquiry, and the disciplined exercise of reason all serve the journey when rightly understood. They do not replace direct experience, but they prepare the ground for it.

Contemplation of an inspiring text in a meditative state has already been described as one of the most useful forms of inner work. But the engagement need not always be meditative. There is value in the simple act of reading, reflecting, and wrestling with ideas that stretch the mind beyond its habitual patterns. The seeker who avoids intellectual engagement has cut off one of the available avenues of growth.

Yet the intellect has limits that must be acknowledged. The mind, however brilliant, operates within the constraints of the veil. It can organize information, detect patterns, and construct elegant models of reality. But it cannot, by its own power, penetrate to the truth that lies beneath the surface of experience. The mind is a servant, not a master. When it assumes the role of master, it begins to construct prisons of its own design -- elaborate but ultimately hollow frameworks that substitute complexity for understanding.

The discipline of the personality involves examining the self with the mind's full capacity, but it does not end there. Having identified the Distortions¹¹ of the self, the seeker must then accept them. This acceptance is not intellectual. It is a movement of the whole being -- a recognition that what has been found, however uncomfortable, is part of a self that is already complete. The architrave must be in place before the structure can be built. One cannot leap to the acceptance of self as Creator without first doing the slower work of knowing what that self actually contains.

The entity is not a machine. This correction is essential. The temptation of study is to treat the self as a problem to be solved -- to approach the energy centers as switches to be flipped, the personality as software to be debugged. But the being is not assembled from parts. It is more accurately described as a symphony of energies -- a flowing, fluid, living composition in which each element affects every other. The precision that matters is not mechanical but musical. It lies in the balanced blending of all the centers, not in the isolated perfection of any one.

Study, then, is the tool that maps the territory. Meditation is the journey through it. The seeker who studies without meditating accumulates knowledge that never transforms. The

seeker who meditates without study may lack the framework within which to place what is discovered. The two together -- the mind's clarity and the heart's receptivity -- form a complete instrument for the work of conscious evolution.

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Faith in the Absence of Proof

We come now to the heart of the seeker's path -- the question that underlies all practice, all study, all service. How does one continue when there is no proof that any of this matters?

The veil of forgetting was designed to create precisely this condition. Before the veil, entities knew the Creator. They perceived unity directly. There was no need for faith because there was no uncertainty. The result was not spiritual depth but spiritual stagnation. Growth requires reaching, and reaching requires something beyond the grasp.

Faith is the response to this design. It is not belief. It is not the acceptance of propositions without evidence. Faith is the willingness to continue seeking in the absence of certainty -- to act upon an intuition that cannot be verified, to trust a process that cannot be fully understood from within.

The Wanderer¹² who has come from a higher density to serve on this world has submitted voluntarily to the forgetting. Whatever was known before incarnation is now buried beneath the veil. The wanderer walks in the same darkness as every other entity, subject to the same confusion, the same doubt. This is not an accident or a punishment. It is the very mechanism through which the wanderer's service becomes meaningful. An entity that served while retaining full knowledge of its origins would not be sharing the journey. It would be performing from above.

The practice of faith is not passive. It is an act of will sustained through difficulty. The seeker who has experienced the silence of meditation and found there something that feels like truth must then carry that feeling into a world that offers no external confirmation. The bills still arrive. The body still aches. The news is still disturbing. Faith is not the denial of these realities. It is the choice to hold two truths simultaneously -- the truth of the incarnate condition and the truth of the deeper self.

The end result of this sustained practice is not detachment. It is not indifference or objectivity. It is a finely tuned compassion and love that sees all things as love. This seeing does not arise from effort. It arises from a being that has worked with its own catalyst so thoroughly that the catalyst is no longer needed. The seeker has moved from reaction to creation -- from being shaped by experience to co-creating it.

Such transformation is the natural culmination of ordinary effort sustained over time -- reserved not for the extraordinary but for the persistent. Every moment of honest self-examination, every session of quiet sitting, every act of service offered without expectation -- these are the building blocks of the faith that ultimately transforms the seeker from within.

To speak of faith is also to speak of Forgiveness¹³. The seeker will fail. The meditation will be interrupted. The compassion will falter. The old patterns will reassert themselves with startling force. Faith includes the willingness to begin again, without condemning the self for having stumbled. The entity that treats its own failures with the same compassion it would offer another has understood something essential about the nature of the path.

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Perseverance on the Path

The path of the seeker is not a sprint. It is a lifetime. The great work of spiritual evolution is not accomplished through a single breakthrough or a peak experience but through the accumulation of daily choices, small corrections, and quiet acts of turning toward the light.

Four exercises were offered at the beginning. Seek love in the moment. See the Creator in another. See the Creator in the mirror. See the Creator in the world. The first attempt is the cornerstone. Upon this choosing rests the remainder of the life experience of the entity.

This is not merely a beginning. It is the entire practice. The second seeking of love within the moment begins the addition. The third seeking powers the second. The fourth doubles the third. Each act of conscious awareness builds upon the last, compounding over time in ways the seeker may not perceive from the inside. There will be imperfections in the seeking. Yet the conscious declaration of self to self of the desire to seek love is so central an act of will that the friction of imperfection is inconsequential.

This takes much practice. The work is not meant to be efficient in the way that machines are efficient. The being is a living harmony, not an engine. Its refinement comes through the fluid blending of all its parts, not through the forced alignment of any single element.

This understanding frees the seeker from one of the most common traps on the path -- the expectation of linear progress. There will be days when the silence comes easily and the heart feels open. There will be other days when the mind refuses to settle and the old wounds reopen. Both are part of the work. The one who perseveres through the difficult seasons, maintaining the practice even when it seems to yield nothing, is doing the most important work of all. It is demonstrating, to itself and to the Creator within, that its desire is genuine.

Consistency matters more than intensity. The seeker who meditates for five minutes each day accomplishes more than the one who meditates for three hours once a month and then forgets. The daily turning toward the inner life -- however brief, however imperfect -- builds a momentum that sustains itself. Over time, the practice becomes less something the seeker does and more something the seeker is.

As the work deepens, a transformation occurs that is difficult to describe from the outside. The entity that has looked for the Creator in every face, in every mirror, in every stone and tree,

eventually finds that the looking and the finding have become the same thing. The world is no longer separate from the one who perceives it. The seeker has become what it sought.

This does not end the journey. It deepens it. Each new level of understanding reveals further mysteries. Each answered question opens into a larger question. The path does not terminate in certainty. It opens into an ever-expanding field of discovery, where the pace of the seeker is its own and the destination is the journey itself.

To the one who has read these words and recognized something -- not as new information but as something half-remembered -- we offer this. The harvest is now. The tools have been given. The practices are simple. The work is lifelong. And the faculty of will, that most precious gift born of the veil, is yours to direct.

Use what you have been given.

Glossary

¹ **Meditation:** The practice of quieting the mind to access deeper states of consciousness. The key that unlocks the channel between ordinary awareness and higher guidance. Not primarily about achieving special states, but about creating silence where subtler signals become perceptible. Daily, persistent, patient practice is essential. The discipline must become part of the rhythm of life rather than an occasional effort.

² **Energy Centers:** Seven centers of energy arranged along the axis of the incarnate being, each corresponding to a color of the visible spectrum and a density of consciousness. These centers receive and transform undifferentiated light as it ascends through the being, and their condition determines what the entity can receive, express, and become. They are the primary mechanisms through which spiritual evolution proceeds during incarnation.

³ **Acceptance:** The key to the positive use of catalyst. Acceptance is the practice of opening to experience rather than resisting, suppressing, or ignoring it. It involves acknowledging what arises—including difficult emotions—blessing it as part of the self, and integrating it through contemplation. Acceptance does not mean passivity or approval of harmful behavior; it means choosing to engage with catalyst rather than refuse it. The first acceptance is always of the self.

⁴ **Contemplation:** The consideration, in a meditative state, of an inspiring image, symbol, or text. Unlike passive meditation, contemplation directs the mind toward a chosen focus and allows it to unfold without analysis. It is one of three primary forms of inner work -- alongside meditation and prayer -- each serving a distinct purpose in the seeker's practice.

⁵ **Adept:** A serious practitioner who has moved beyond the initial stages of seeking and entered the territory of direct contact with the creative principle through the indigo-ray energy center. The adept works with intelligent energy through the concentration of faith and will, accessing the gateway to intelligent infinity that indigo ray provides.

- 6 Veil of Forgetting:** The condition in third density where consciousness forgets its cosmic origins, past lives, and the unity of all things. The veil makes choices meaningful—without it, the choice between polarities would be obvious and lack transformative power. It sharpens experience to a degree beyond imagination.
- 7 Service to Others:** The positive polarity of the fundamental choice in third density—the orientation toward radiating love, compassion, and assistance to other beings. It is one of two evolutionary paths available to self-aware consciousness.
- 8 Compassion:** The heart's natural response to the suffering or need of another. Compassion is the hallmark of fourth-density awareness and is essential to the positive path. Yet compassion without the tempering of wisdom may lead to overextension or martyrdom. The balance of compassion with wisdom is one of the central disciplines of the evolving seeker.
- 9 Faith:** The capacity to trust without certainty, to choose love when proof is absent, to maintain orientation despite confusion. Faith exercised in uncertainty is worth infinitely more than compliance with the obvious. The veil exists precisely to make faith possible. Not belief in specific doctrines but trust in the fundamental goodness and meaning of existence.
- 10 Catalyst:** Any experience that offers an entity the opportunity for growth and learning. Catalyst is the raw material of evolution—the circumstances, encounters, and challenges that, when processed consciously, become wisdom. In third density, the illusion of separation provides the specific catalysts that allow consciousness to make the choice and evolve.
- 11 Distortions:** Any modification, differentiation, or particularization of the undistorted One Infinite Creator. The term does not imply error or degradation but rather the creative focusing of infinite unity into specific forms, experiences, and expressions. The three primary distortions are Free Will (the capacity to choose), Love or Logos (the creative principle that organizes energy into form), and Light (the medium through which form manifests). All of creation—every law, every being, every experience—is a distortion of the original unity. To exist at all is to be a distortion. The spiritual journey is not the elimination of distortion but its conscious recognition and harmonization.
- 12 Wanderer:** An entity who has evolved beyond third density and has voluntarily chosen to incarnate in a third-density world during a time of planetary transition. The wanderer submits to the full veil of forgetting upon incarnation, losing all conscious memory of its origins, its mission, and its true nature. Wanderers come from fourth, fifth, or sixth density, with the majority originating from sixth density. Their primary purpose is to serve the population of the world they enter — by lightening the planetary vibration through their presence, by serving as beacons or shepherds for those who seek, and by offering whatever unique gifts they have designed into their incarnation.
- 13 Forgiveness:** The act of releasing energy trapped in the circuit of resentment. Forgiveness is not approval of what occurred nor a claim that painful events were acceptable. It is the decision to stop carrying the weight of an event, allowing energy to flow freely again. Forgiveness operates in three directions—toward others, toward the self, and toward the conditions of incarnation itself—each liberating energy for further growth.

Sources

Ra Material Sources

§ Meditation as Foundation

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§ Contemplation and Prayer

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§ The Practice of Service

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§ Community and Solitude

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§ Study as Tool

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§ Faith in the Absence of Proof

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