

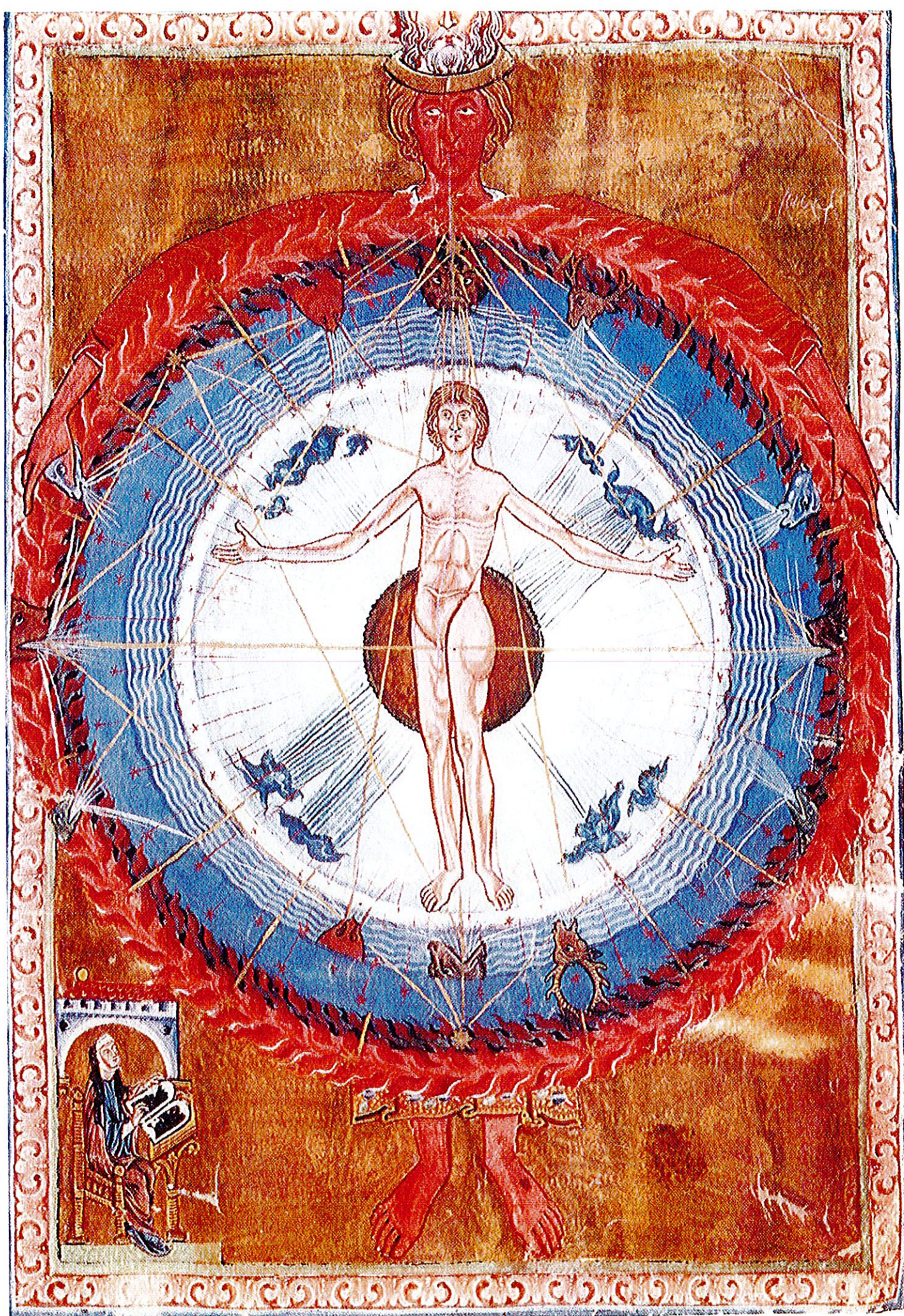
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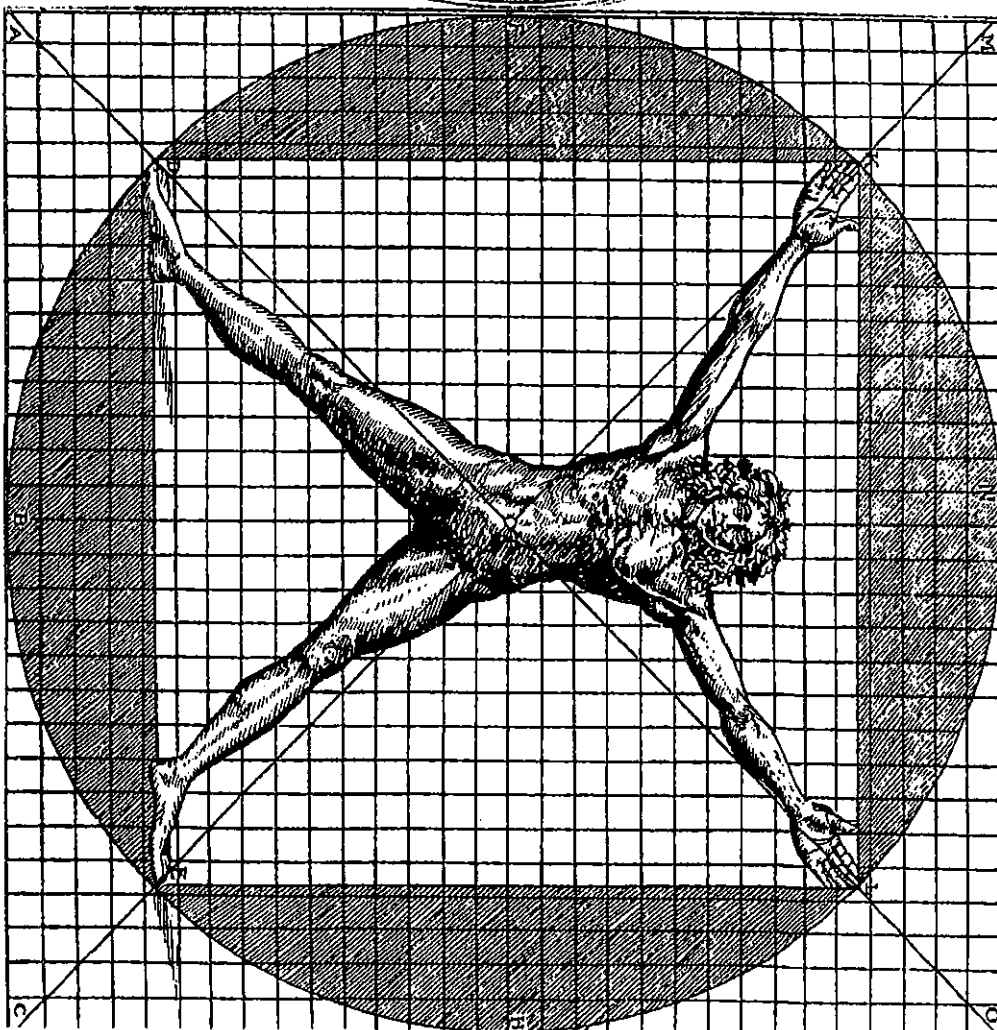
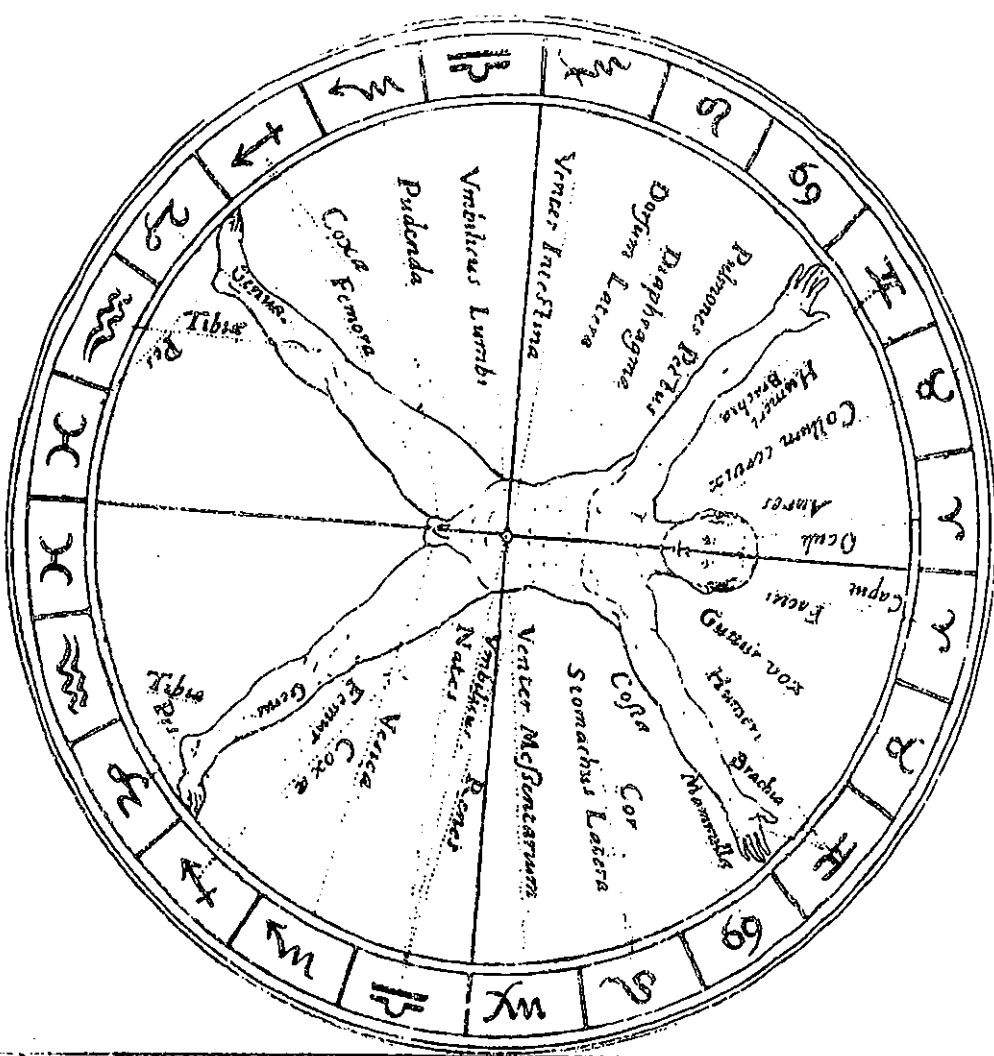
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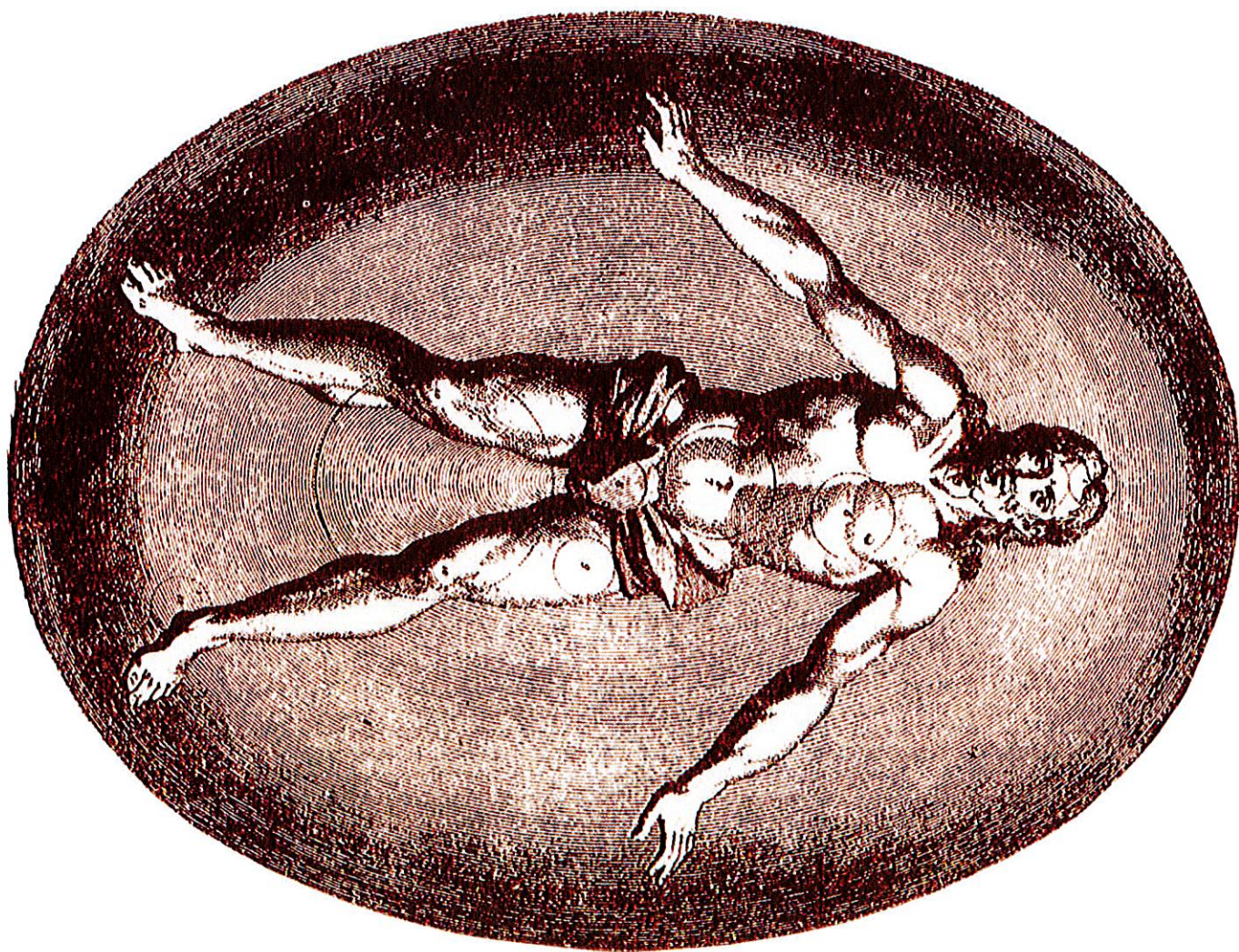
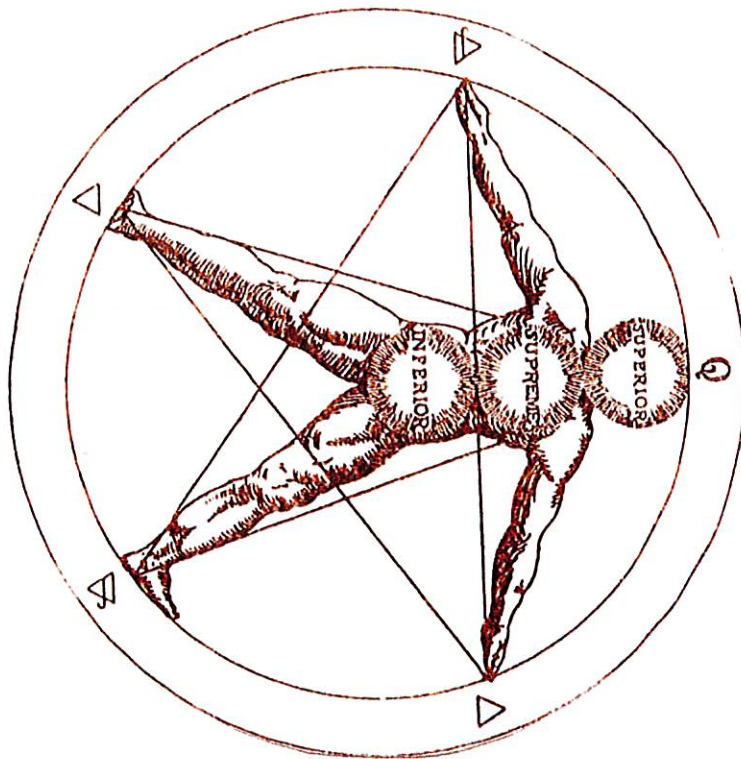
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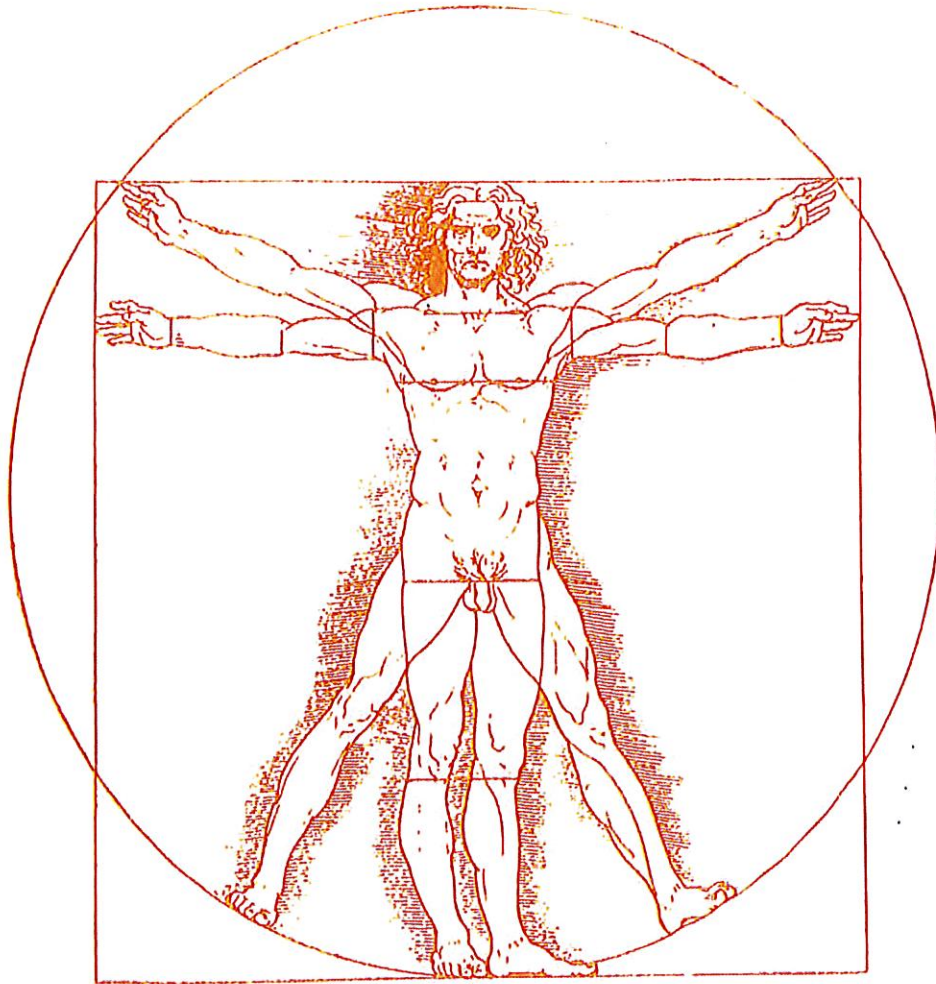


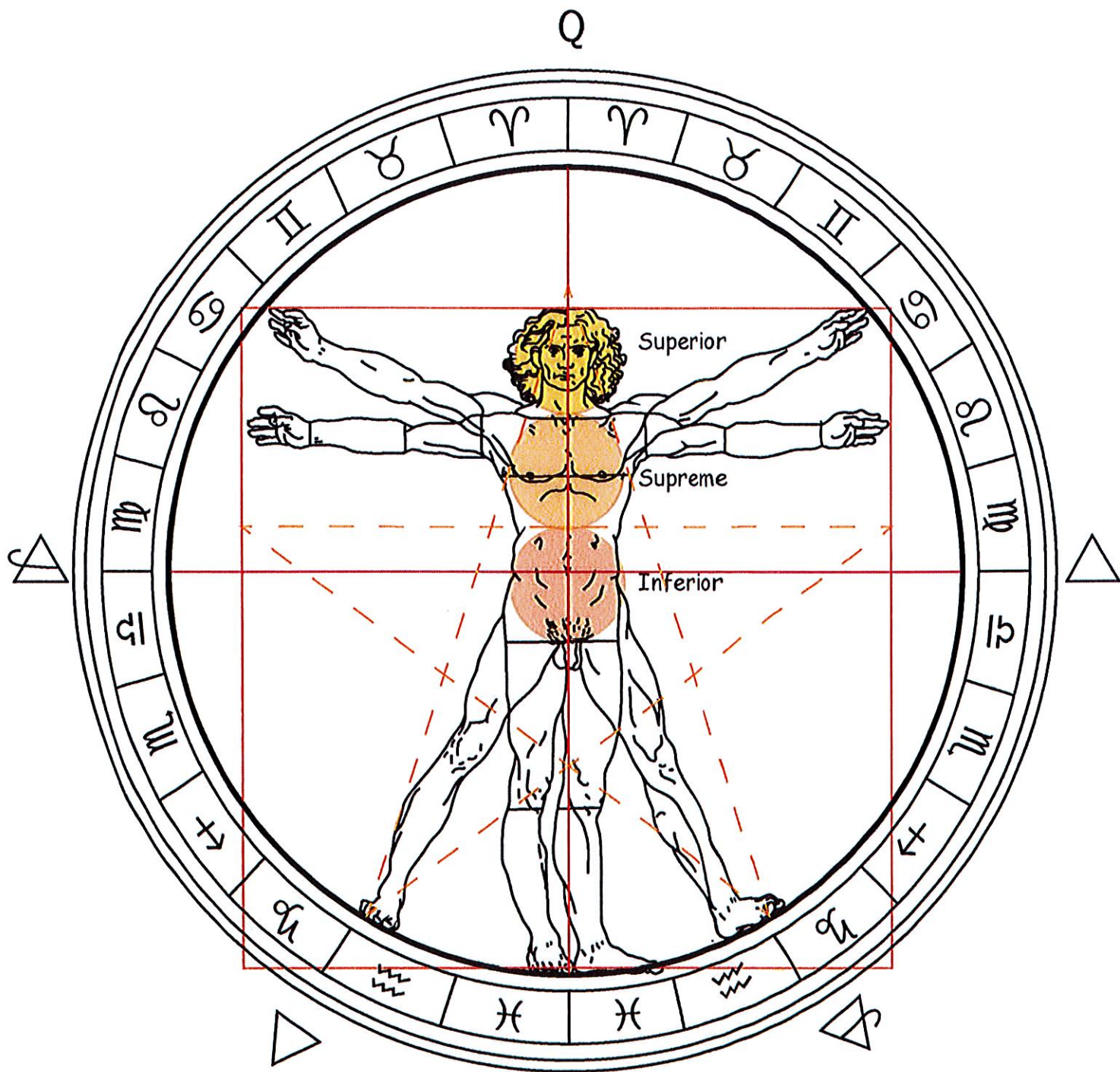
—From *Liber Divinorum Operum Simplicis Hominis*.
HILDEGARD'S VISION OF THE GODHEAD, NATURE, AND MAN





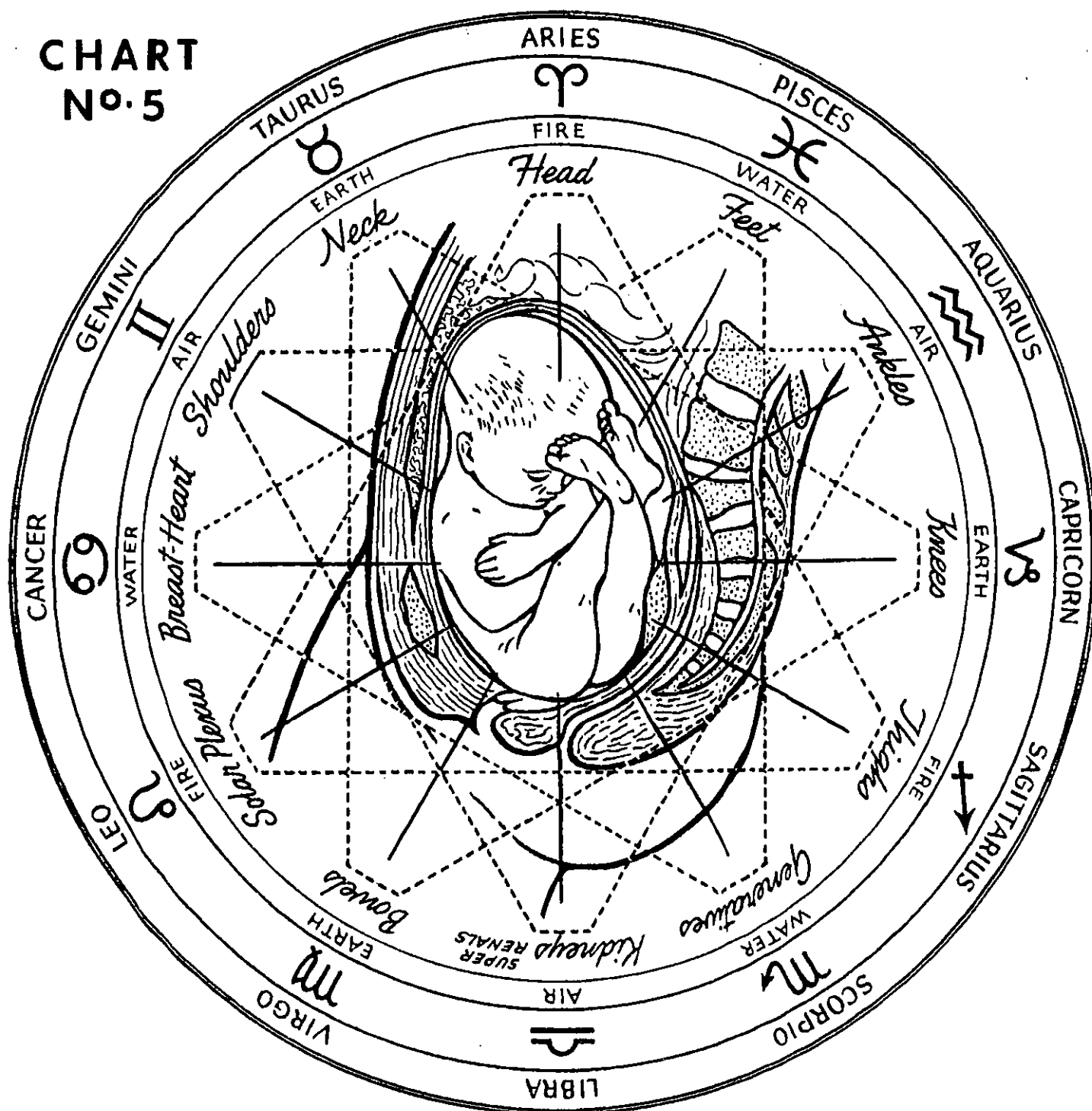




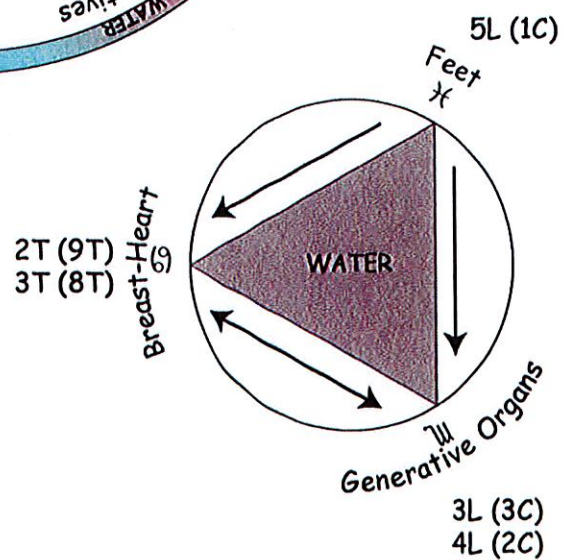
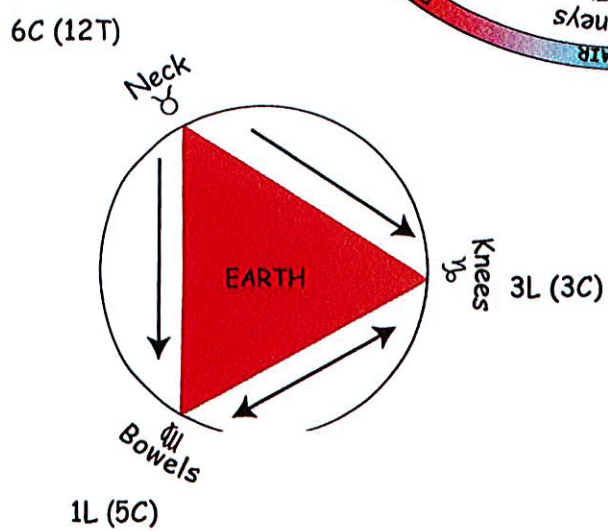
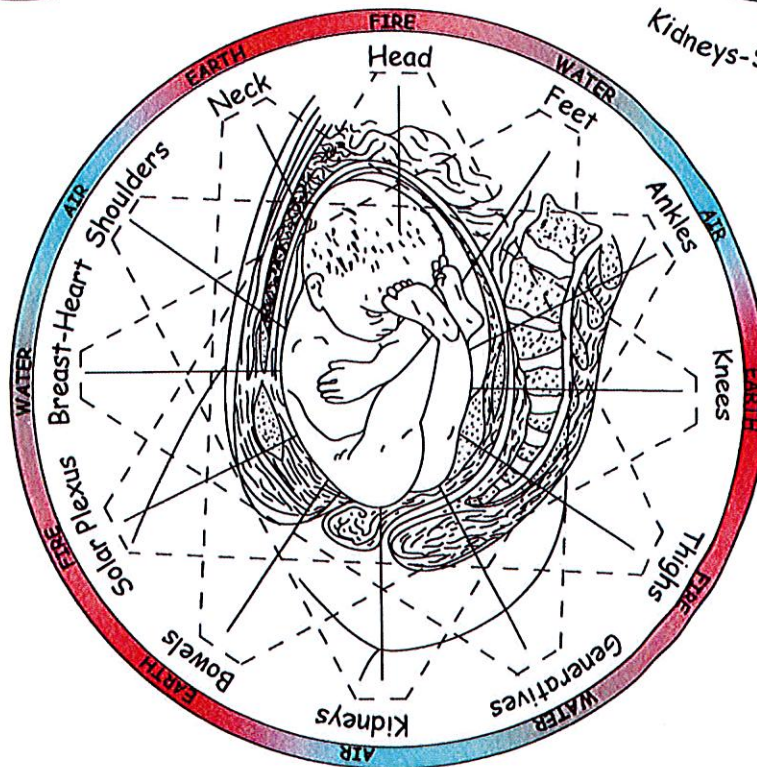
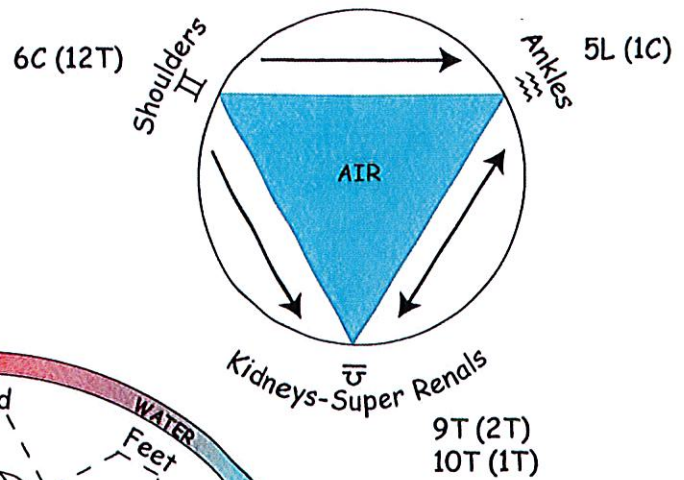
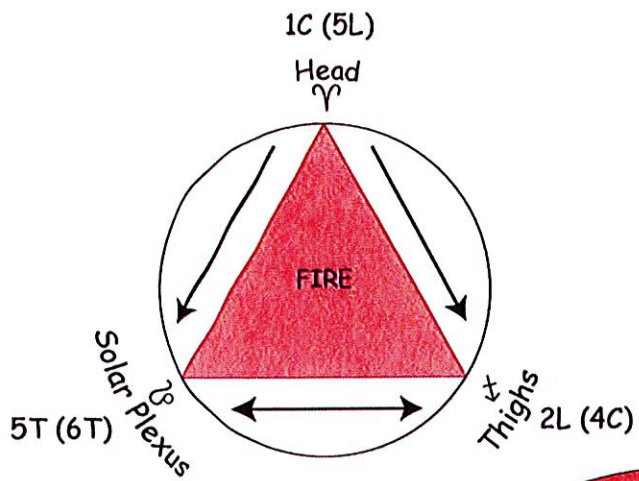


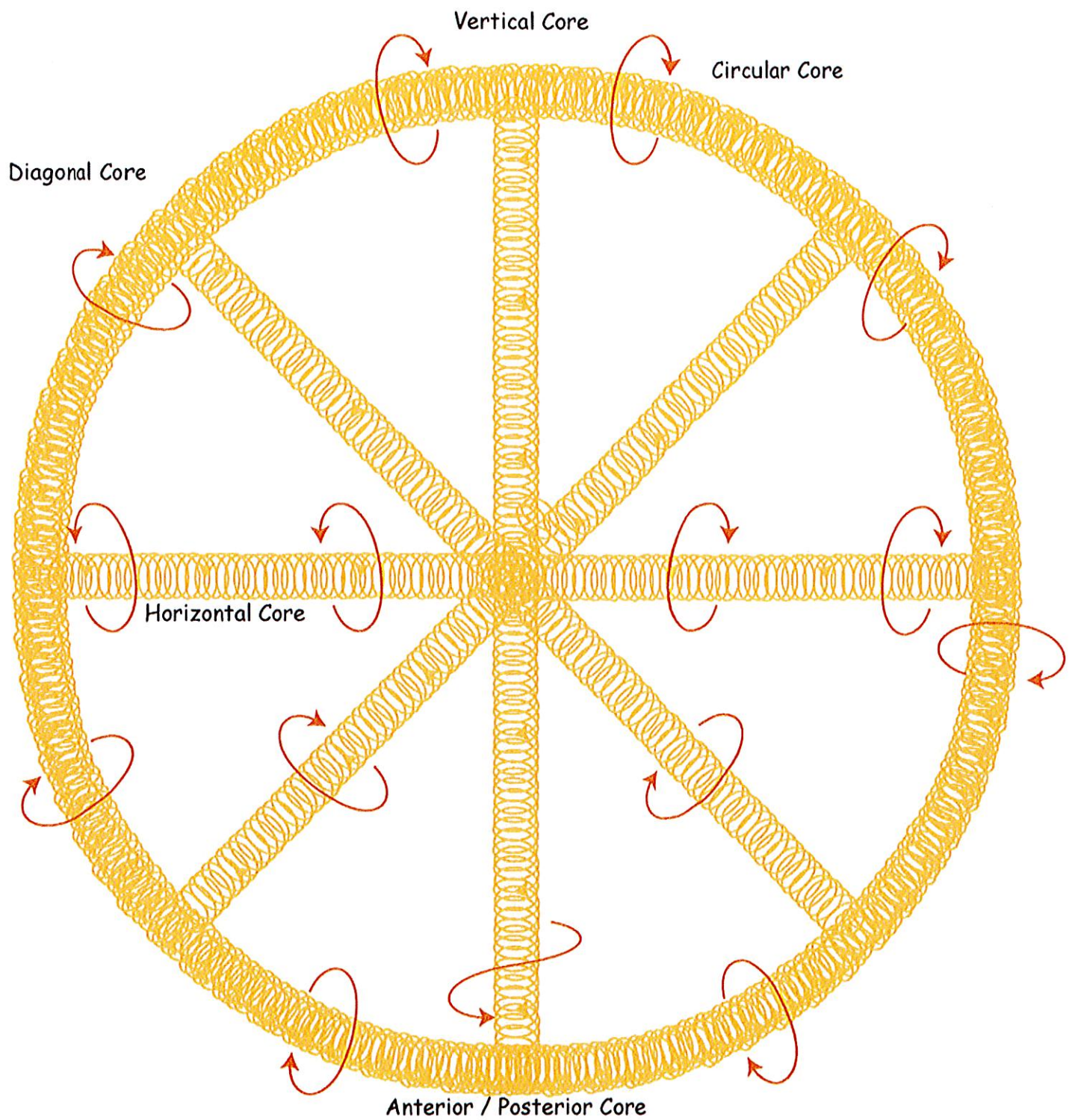
THE EMBRYO (FETUS) IN THE MOTHER'S WOMB, WOVEN BY THE ENERGY
LINES OF THE FOUR ELEMENTS IN THEIR THREE-FOLD ACTION.

CHART No. 5

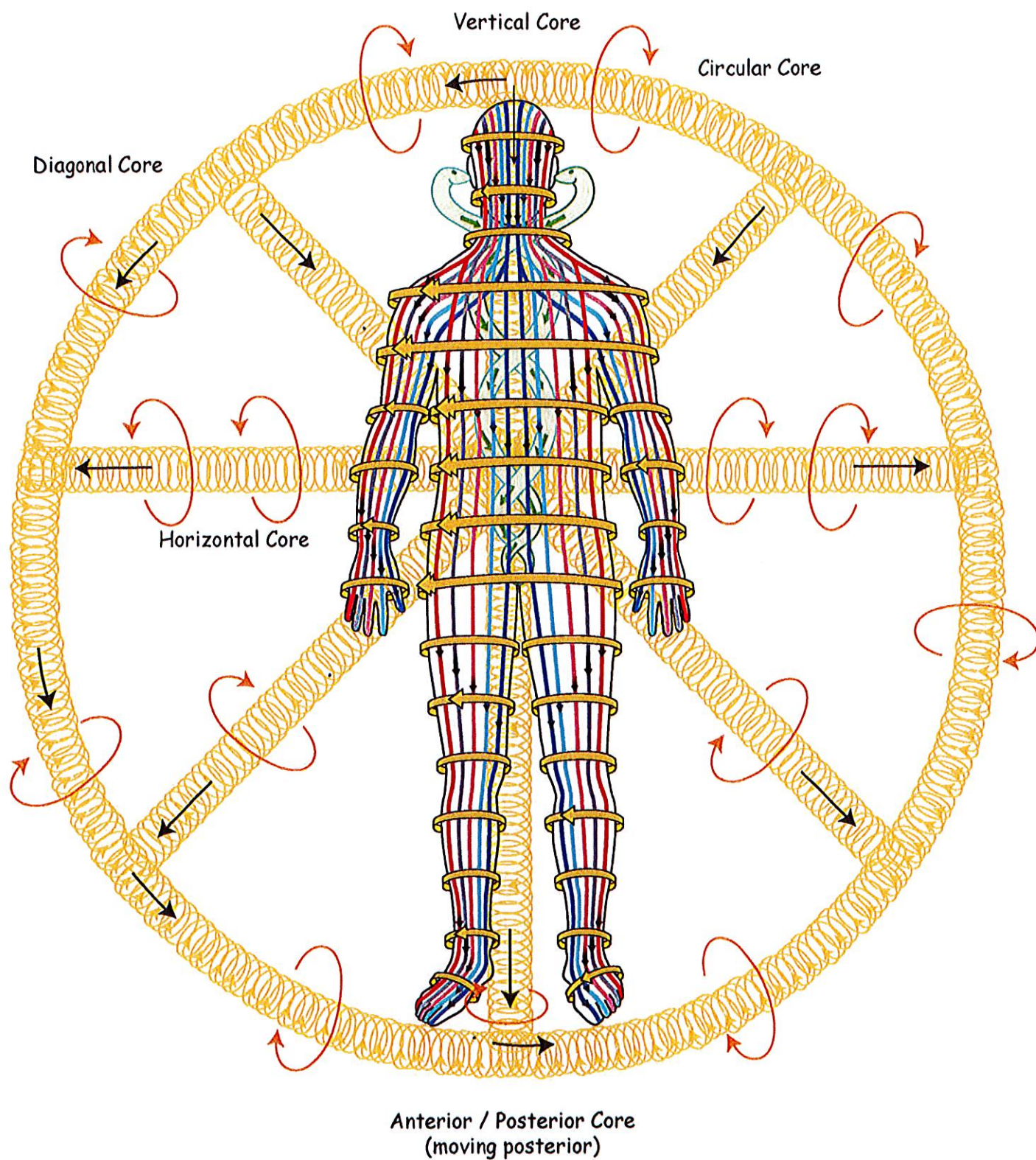


The position of the child in the mother's womb is the natural squatting posture of man, where all energy currents can flow freely to produce a perfect human body, and for maintaining good health after birth and throughout life in this world. (Please refer to my book, "EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY". This is the origin of it and here is the reason for its fine results as a NATURAL HEALTH EXERCISE.)

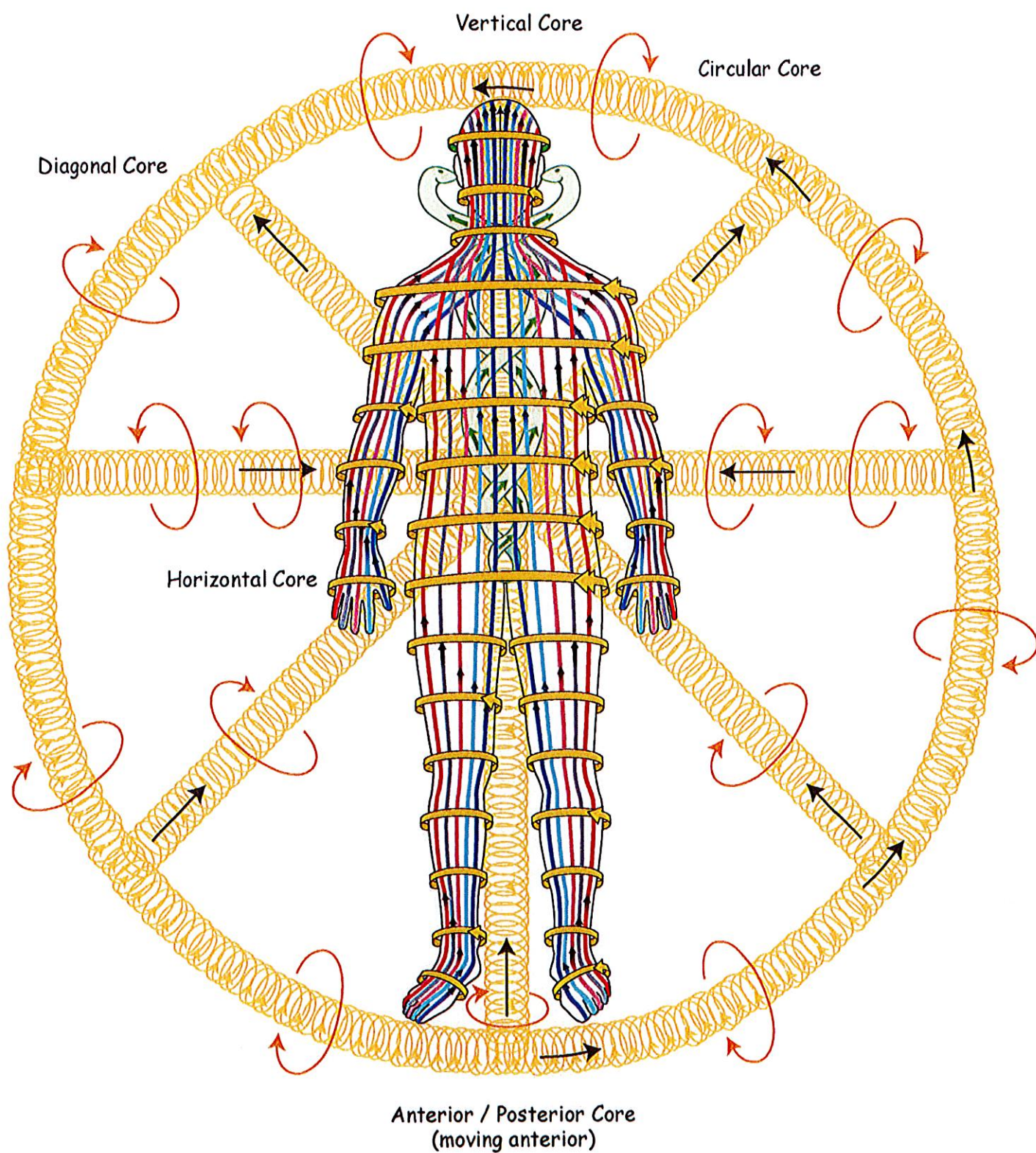




Five Cores Comprising The Core Template



Five Cores comprising The Core Template



Five Cores Comprising The Core Template

Core 6 Preparatory Treatment

Client lying on back

- 1) Bregma: Check vertical Core with clock (at Bregma)
- 2) Water fingers at mastoids, hands spread out on sides of head. Establish horizontal core through head. Synch mastoids, temporal bones, temporal lobes with horizontal core. Establish horizontal core throughout body.
- 3) Synch vertical and horizontal cores from Bregma to feet.
- 4) Feet: Check minor chakras – spin and then inferior/superior synch
- 5) Feet: Check heels for synch, and then synch to minor feet chakras
- 6) Feet: Hold vertical Core in opening (at feet), horizontal Core at opening (lateral), long currents at toe tips, circular currents at 6 o'clock (posterior midline), ovals counterclockwise at 6 o'clock, minor chakras and heels inferior: hold all open
- 7) Feet: Cuboid traction, hold long currents at toe tips, whole body shifts may occur.
- 8) Feet: Metatarsal stretch
- 9) Pelvis: Check horizontal Core through pelvis, check all structures with horizontal Core: hips, pubic bone, perineal floor, Earth, Water, Fire major and minor chakras, large and small intestines, testes or ovaries/cervix/uterus, coccyx, sacrum, L5, etc.
- 10) Diaphragm: Check horizontal Core through diaphragm, and with all related structures and chakras (Fire major and minor chakras, pancreas, stomach, liver, gall bladder, spleen, related spine)
- 11) Heart: Check that all 4 quadrants are in synch with itself. Synch heart to ribs, Air major and minor chakras, lungs, clavicle, thymus, right lymphatic duct, thoracic duct, cisterna chili, sternum, oval fields, related spine.
- 12) Neck: one hand under neck on spine from atlas to C7, one hand over the throat, Check Ether major, manubrium minor, sternocleidomastoids, vagus minors, ducts, thyroid, cervicals.

Client lying on side

- 13) Synch vertical Core, parietal bones, occipital bone, atlas, L5, sacrum, coccyx, perineal floor, earth chakra

- 14) Synch kidneys/adrenals, and then do them with T9/T10/T1/T2, and then all with Air chakra
- 15) Check Air wheel with air finger on Air chakra – make corrections (remember to include minor chakras in corrections if having trouble getting through wheel)
- 16) Check Air wheel in relation to kidney/adrenals – make corrections
- 17) Check Air wheel in relation to perineal floor and kidney/adrenals – make corrections

Client lying on back

- 18) Spheno-basilar: 2 full pauses in each direction (open/closed)
- 19) With “soft-hands” place water fingers on mastoid processes, synch temporal bones/lobes, vertical and horizontal Cores
- 20) Hands on top of head: parietal/frontal bones/lobes, sphenoid, falx, long currents – hold all open
- 21) Hands on back of head: occiput/atlas/parietals, long currents, vertical & horizontal Cores, brain floor
- 22) Fire fingers on mastoids, thumbs on sphenoid, hands over ears: synch these structures with falx & tentorium, vertical Core
- 23) Hands on sphenoid/bregma: synch vertical Core, all bones/lobes big brain, ajna, ethmoid, vomer, brain floor, falx, corpus collosum, fornix, hippocampus, amygdala, pituitary/pineal, all structures of small brain (diencephalon, small brain floor, ventricles (lateral, third, fourth), hypothalamus), perineal floor
- 24) Find or follow caduceus at/to top of coccyx. Then follow it up through all chakras. When it is flowing freely, let it speed up, it becomes a bright pattern of light – see/feel it move into the nervous system, the NS will lift up through the body, let caduceus run its energy at high frequency to heal damaged aspects/portions of NS
- 25) When client releases you, check in with bregma for brain patterns or travel into their Unconsciousness

26) Hold to stillness.

27) Fini !

Core Six Treatment Example

1) Wave Pulses

2) Set Core Mother Template

3) Core Mother Template Timing

4) Wave Pulses

5) Use chart #5 page 7 with the circular core to determine out of synch birth body relationships (the circular core will stop at the heavy black line indicating the birth body relationship that is out of synch)

6) Correct birth body relationships

7) When able to follow the circular core around chart #5 page 5 with no stops fini

8) Use chart #5 page 7 with the circular core to determine out of synch triads (the circular core will stop at the dotted lines and the diagonal core will move you through all the triad parts of the triad that is out of synch)

9) Correct triad

10) When able to follow the circular core completely around chart #5 page 7 with no stops fini

11) Use chart page 18 with the vertical and horizontal cores to determine out of synch elemental wheels (the vertical core will move inferior and stop the horizontal core will then move in a straight line lateral through the junction of the wheels that are out of synch. The vertical core will stop in the center of the major element wheels if they are out of synch without the horizontal core if only the major element wheel is out of synch)

12) Correct element wheels

13) When able to follow the vertical core and the horizontal core with no stops while using chart page 18 with no stops fini

14) Use chart page 19 with the vertical core to determine out of synch vital geometric pattern fields (the vertical core will stop at the indicated out of synch point)

15) Correct vital geometric pattern fields

1) Earth Chakra to: Handhold #1: Lower Teeth, Mandible, Core.

Handhold #2: Mastoid Process, Atlas, C2, C3, Superior Portion Spinal Cord, Superior Portion Dural Tube, Core.

2) Water Chakra, Air Chakra, Ether Chakra to:

Handhold #1: Ajna Chakra to Indicated Major Chakra (ether, air, water)

Handhold #2: Ethmoid, Nasal, Lacrimal, Core.

Handhold #3: Frontal/Lobe, Sphenoid, Pituitary, Core

Handhold #4: Diencephalon, Ventricles, Corpus collosum, Fornix, Hippocampus, Amygdala, Core

Handhold #5: Eyes, Minor Chakra, Zygomatic, Core.

Handhold #6: Parietal/Lobe, Core.

Handhold #7: Occipital/Lobe, Superior Aspect Cerebellum, Brain Stem, Brain Floor, Core.

Handhold #8: Mastoid Process, Temporal/Lobe, Core.

3) Fire Chakra to: Handhold #1: Maxilla, Vomer, Palatine, Core.

Handhold #2: TMJ/Minor Chakra, Core. One side at a time then sense both from one side.

Handhold #3: Mastoid Process/Temporal/Lobe,

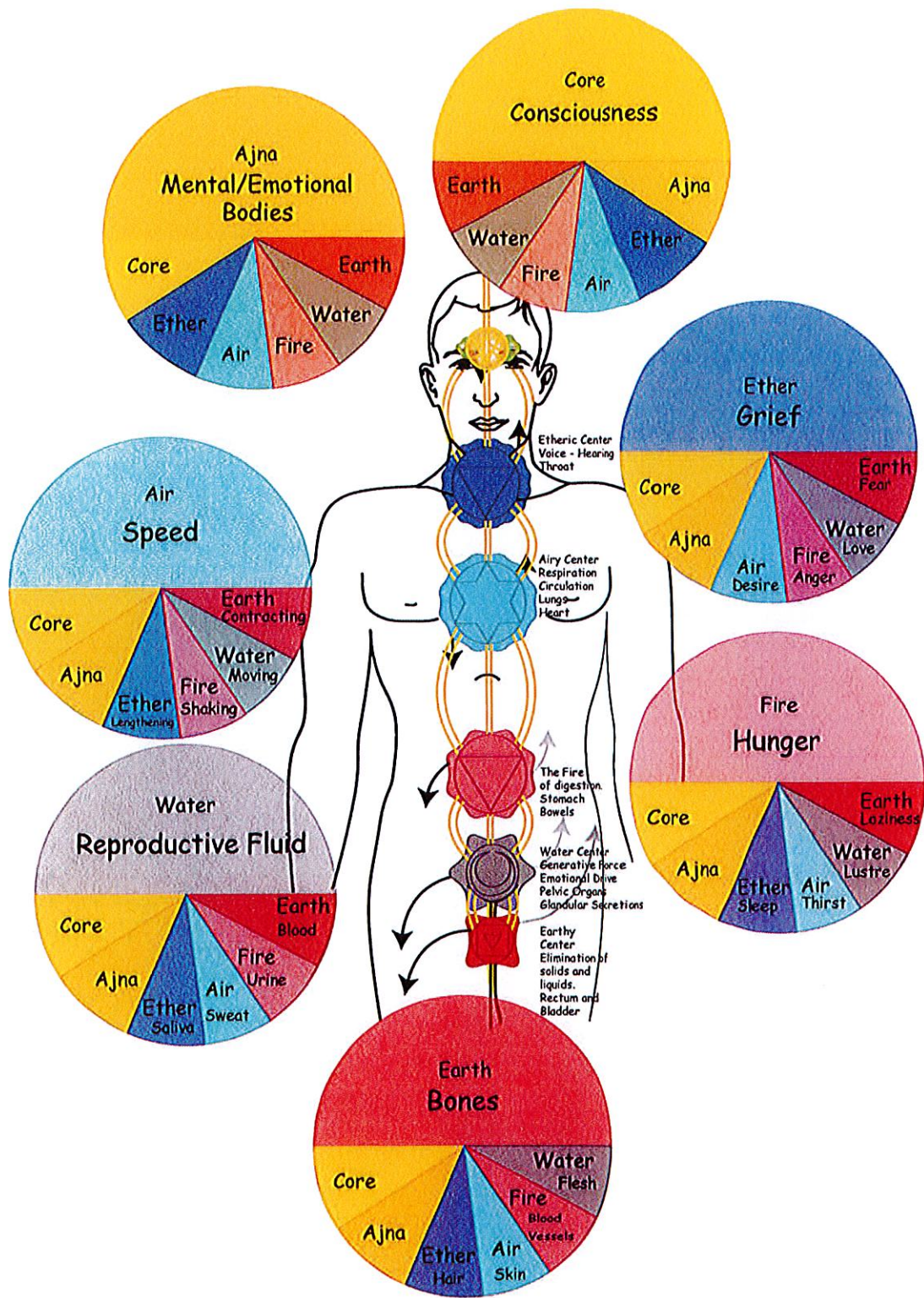
Occipital/Lobe/Cerebellum, Superior portion Spinal Cord, Superior Portion Dural Tube, C1, C2, Core

16) When able to follow the vertical core while using chart page 19 with no stops fini

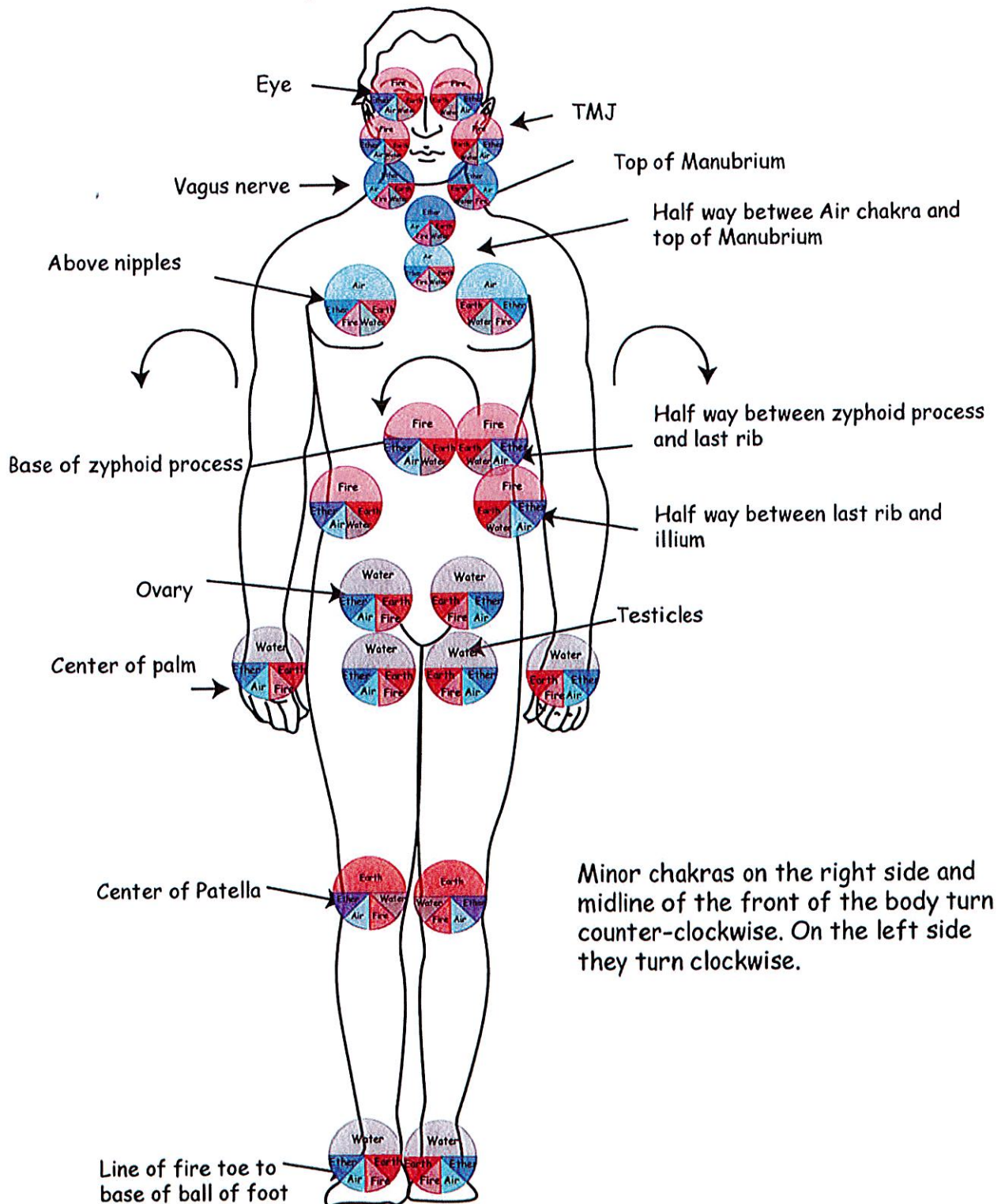
17) Check wave pulses

18) Correct wave pulses

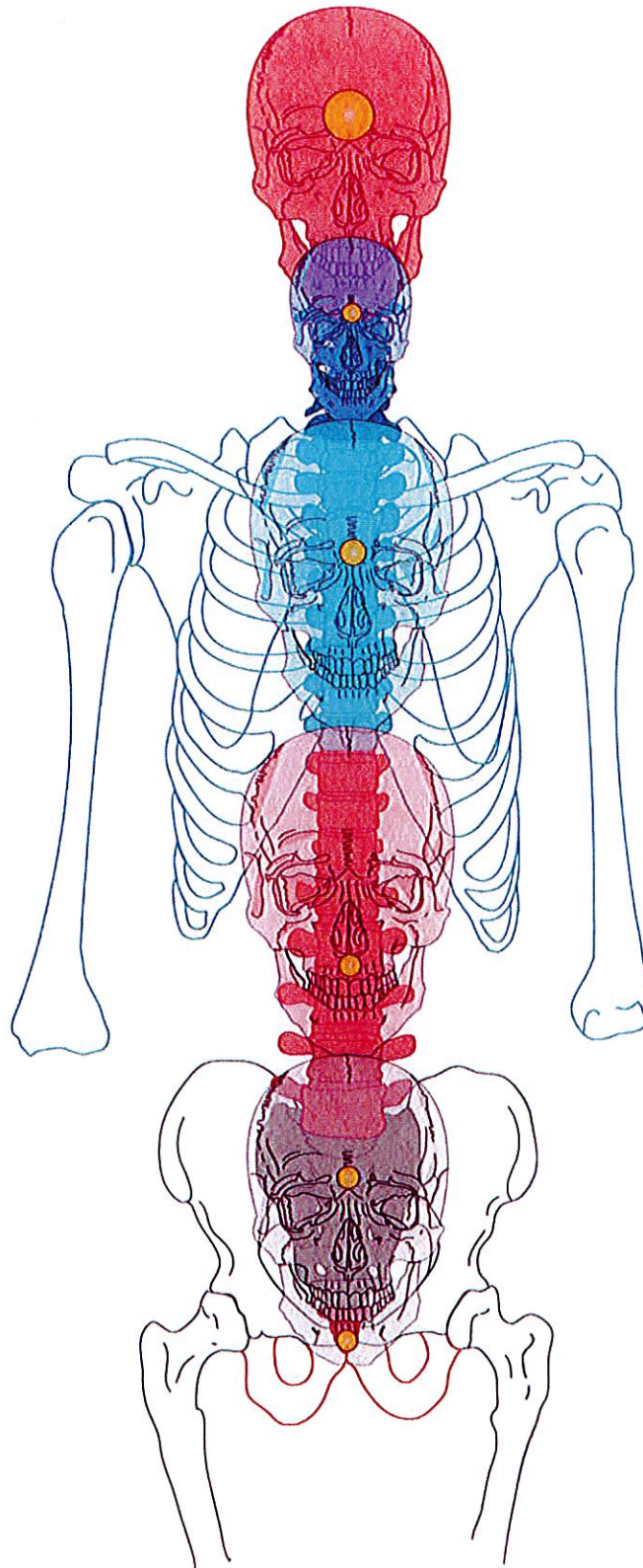
19) Bregma to functional still point



Elemental Qualities of Minor Chakras



REFLECTED VITAL GEOMETRIC PATTERN FIELDS



Core Six Fascia Treatment

- 1) Core template
- 2) Check the spin of the earth chakra
- 3) Synch the perineum/femurs
- 4) Check the earth element wheel with the perineum
- 5) Bring the Vertical Core, Horizontal Core, Anterior/Posterior Core, Diagonal Core, Circular Core together at the mid line of the Perineum floor
- 6) Release dysfunction, injury and/or trauma that has reduced localized fascial mobility
- 7) Follow unwinding of fascia while frequently repeating #6
- 8) When unwinding is completed therapist will be following open/close phases of the femurs
- 9) Refocus core template at the perineum
- 10) Restore complete fascial integrity to all superficial fascia and all deep fascia. Repeat a few times until there is a soft opening and once again the therapist will be following open/close phases of the femurs
- 11) Re-synch Core template
- 12) Check the spin of the minor chakra at the solar plexus
- 13) Synch solar plexus, diaphragm, ribs

- 14) Check the fire element wheel at the solar plexus
- 15) Bring the Vertical Core, Horizontal Core, Anterior/Posterior Core, Diagonal Core, Circular Core together at the solar plexus
- 16) Release dysfunction, injury and/or trauma that has reduced localized fascial mobility
- 17) Follow unwinding of fascia while frequently repeating #12
- 18) When unwinding is completed therapist will be following open/close phases of the solar plexus, diaphragm, ribs
- 19) Refocus core template at the solar plexus
- 20) Restore complete fascial integrity to all superficial fascia and all deep fascia. Repeat a few times until there is a soft opening and once again the therapist will be following open/close phases of the solar plexus, diaphragm, ribs
- 21) Re-synch Core template
- 22) Check the spin of the ajna chakra
- 23) Two open full pauses and two closed full pauses at the sphenobasilar
- 24) Check the element wheel at ajna with the sphenobasilar
- 25) Bring the Vertical Core, Horizontal Core, Anterior/Posterior Core, Diagonal Core, Circular Core together at the sphenobasilar
- 26) Release dysfunction, injury and/or trauma that has reduced localized fascial mobility

27) Follow unwinding of fascia while frequently repeating #21

28) When unwinding is completed therapist will be following open/close phases of the temporal lobes and temporal bones

29) Refocus core template at the sphenobasilar

30) Restore complete fascial integrity to all superficial fascia and all deep fascia. Repeat a few times until there is a soft opening and once again the therapist will be following open/close phases of temporal lobes and temporal bones

31) At Bregma: Bring the Vertical Core and the Circular Core between the Feet and the Horizontal Core, Anterior/Posterior Core, Diagonal Core to the midline of the whole body

32) Release dysfunction, injury and/or trauma that has reduced fascial mobility of the whole body

33) Follow unwinding of fascia while frequently repeating #26

34) When unwinding is completed therapist will be following open/close phases of the core template

35) Refocus core template

36) Restore complete fascial integrity to all superficial fascia and all deep fascia. Repeat a few times until there is a soft opening and once again the therapist will be following open/close phases of the core template

37) Core to Unconsciousness or to Still Neutral Balance Point

Caduceus + Nervous System

- 1) Follow the vertical core inferior to the tip of the coccyx
- 2) Follow the positive and negative currents of the caduceus as they move superior
- 3) Follow the positive and negative currents of the caduceus inferior to the tip of the coccyx and hold in a full pause
- 4) When the client comes out of the full pause follow the positive and negative currents of the caduceus as they move superior
- 5) Keep doing steps 2-4 until the complete caduceus pattern of movement is established
- 6) Follow the complete caduceus. The movement of the caduceus will keep moving faster and faster. Eventually the caduceus will appear as a light pattern
- 7) When the caduceus appears as a light pattern the therapist will feel an anterior movement into the physical body. The anterior movement will feel like a flotation anteriorly into the physical body.
- 8) The therapist now has access to the physical nervous system. Hold a general picture of the nervous system in the mind's eye.
- 9) The first thing to notice is the symmetry or lack of symmetry of the nervous system to the physical body.
- 10) The nervous system moves as a whole inferior, posterior, lateral in the open phase of CSF fluctuation
- 12) Follow the whole nervous system into the open phase and hold in a full pause
- 13) When the client comes out of the full open pause the symmetry of the whole nervous system in relationship to the whole physical body will be improved
- 14) Keep doing full open pauses until the symmetry of the nervous system to the physical body is established
- 15) It would be helpful to do full closed pauses to aid the establishment of nervous

system symmetry or to do full closed pauses once symmetry is established. Doing pauses in the full closed pause position will induce further corrections to the over all symmetry of the nervous system.

- 16) Hold the complete nervous system in a full open pause while also visualizing the light pattern of the caduceus. The light of the caduceus will flow into all the neural pathways causing these neural pathways to enlarge as they are being filled with light. The light of the caduceus will also flow into all the organs that are being fed via the neural pathways. The organs will also enlarge as they are being filled with light. Do this also with a full closed pause.
- 17) Hold until the client releases. The therapist will experience this as a posterior floating movement back into the caduceus.
- 18) This treatment is beneficial for all conditions. The effect seems to last fairly long. This treatment may be given each time a client comes for a treatment. If the effects of the previous treatment are still present the amount of time the client spends in the open phase of the nervous system with the light pattern of the caduceus will be shortened. There is still a positive effect taking place.
- 19) Note: The complete brain sequence should be completed before doing this treatment. This is important to the client as doing this before the brain sequence may cause considerable pain.

The Human Body

Brain

Fascia

Nervous System

Lymphatic System

Endocrine System

Digestive System

Female/Male Reproductive System

Muscular System

Respiratory System

Skeletal System

Urinary System

Heart/Circulatory System

Eye/Ear

Teeth

Nose/Mouth/Throat

Upper Limbs

Lower Limbs

Head/Neck/Spine

Hands/Feet

Malcolm Rae:

Q: How is the numerical or geometrical data representing a thought obtained?

A: It is obtained by a trained radiesthetist who is able to:

- 1) Set the dials of an instrument to the point of balance with a thought which can hold steady for long enough to perform this act, or
- 2) Achieve a similar transference from thought to numerical representation by the use of a numbered chart and a pendulum. Either method is referred to as 'rate finding.'

Q: Are there special requirements for rate finding?

A: Yes. It is essential that the finder should understand the difference between discovering and inventing. Discovering, or becoming aware of what already is, is a function of the intuition; whereas inventing is a function of the imagination.

Q: Why is the difference so important?

A: Numerical proportions and geometrical patterns may both be regarded as symbols for thoughts. Symbols may be divided into two distinct classes.

These are:

- 1) Symbols which represent the thoughts whereby the Creator of this universe defined it and every function and structure of it. Related to any human beings life, these are permanent, having probably the duration of the life of the universe itself. They are consistently relevant and might be regarded as the 'programming' of the universe. They are in accord with the universal law and can be discovered, but not invented-for they already exist and
- 2) Symbols which are invented by a human being. These are probably much less permanent and will usually lose their meaning as soon as their inventor, or others who believe in him or her, cease to keep them alive. They are usually more complex than symbols of the universe.

In order to be universally valid and permanent in meaning it is, of course, essential that numerical or geometrical representations should be symbols of the universal order.

When doing Commands:

Bring the Vertical Core inferior, hold
between the feet

Bring the Horizontal Core medial
throughout the whole body

Bring the Anterior/Posterior Core to the
midline throughout the whole body

Bring the Circular Core inferior, hold
between the feet

Bring the Diagonal Core to a V point in
the center of each of the major chakras

Core Six Commands:

The whole neutral field in relationship to the vertical core & core mother template in relationship to the causal geometric pattern complete physical body in relationship to the causal geometric pattern healing on all levels in relationship to the causal geometric pattern assimilate on all levels.

Complete etheric body.

Complete astral body.

Complete mental body.

Complete unconsciousness.

Complete collective unconsciousness

Harmonize Personality

The whole neutral field in relationship to the vertical core & core mother template.

Core Commands:

The Products of the Five Fold Combination of Ether:

The whole neutral field in relationship to the vertical core & core mother template in relationship to the causal geometric pattern grief on all levels in relationship to the causal geometric pattern healing on all levels in relationship to the causal geometric pattern assimilate on all levels.

Grief

Desire

Anger

Attachment

Fear

Next (if ether is the most distorted): The whole neutral field in relationship to the vertical core & core mother template in relationship to the causal geometric pattern ether element on all levels in relationship to the causal geometric pattern healing on all levels in relationship to the causal geometric pattern assimilate on all levels.

The Products of the Five Fold Combination of Air:

Speed

Lengthening

Shaking

Movement

Contraction

The Products of the Five Fold Combination of Fire:

Hunger

Sleep

Thirst

Lustre

Laziness

The Products of the Five Fold Combination of

Water:

Reproductive Fluid

Saliva

Sweat

Urine

Blood

The Products of the Five Fold Combination of

Earth:

Bones

Hair
Skin
Blood Vessels
Flesh

Birth Body:

The whole neutral field in relationship to the vertical core & core mother template in relationship to the causal geometric pattern all elemental birth body relationships in relationship to the causal geometric pattern healing on all levels in relationship to the causal geometric pattern assimilate on all levels.

Triads
Reflected Vital Geometric Pattern Fields
Elemental Field Ovals
Element Wheels for all major and minor chakras

The whole neutral field in relationship to the vertical core & core mother template.

Core Commands:

The whole neutral field in relationship to the vertical core & core mother template in relationship to the causal geometric pattern disorganized electrical patterns on all levels in relationship to the causal geometric pattern healing on all levels in relationship to the causal gemetric pattern assimilate on all levels.

Disorganized electromagnetic patterns on all levels
Disorganized prana patterns on all levels
Disorganized light patterns on all levels
Disorganized sound patterns on all levels
Incoherent individual quantum fluctuations on all levels

The whole neutral field in relationship to the vertical core & core mother template.

Core Commands:

The whole neutral field in relationship to the vertical core & core mother template in relationship to the causal geometric pattern complete terrain in relationship to the causal geometric pattern healing on all levels in relationship to the causal geometric pattern assimilate on all levels.

Compromised protection gate of the somatid life cycle

All miasms on all levels

Damaged cells of the complete physical body

Cancer on all levels

All cancer cells of the complete physical body

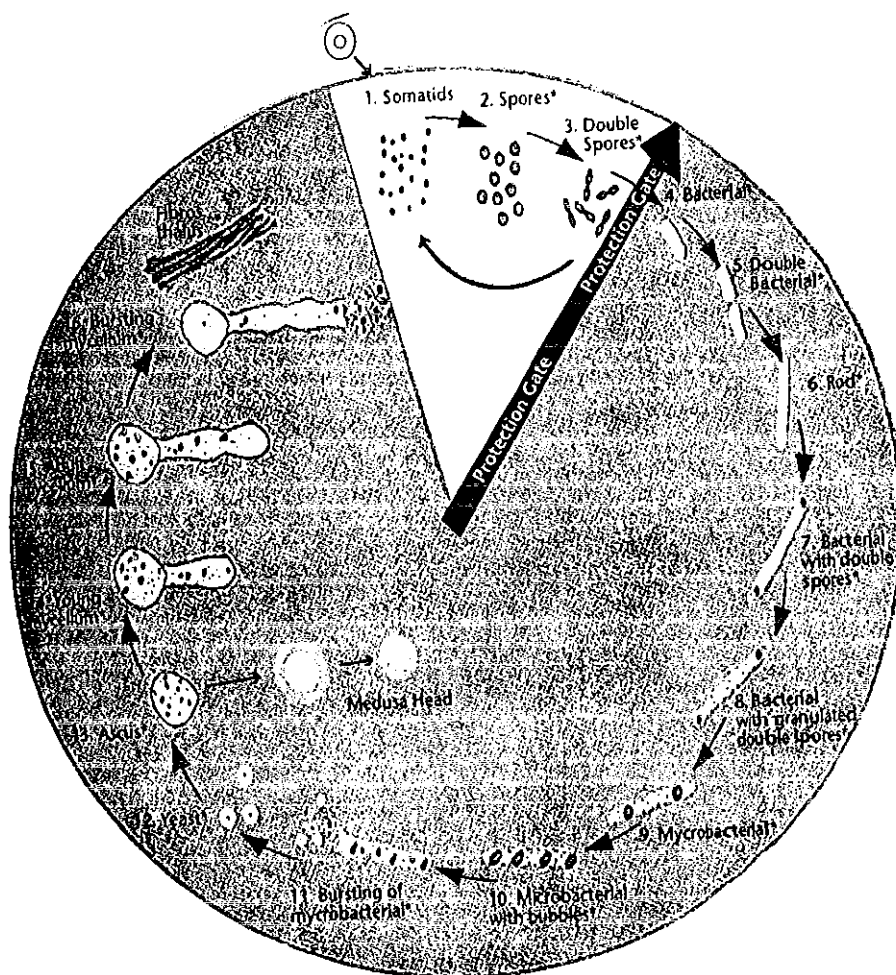
Improve Transport Cellular Nutrition

Fear of cancer on all levels

Fear of death on all levels

All drug residues on all levels

The whole neutral field in relationship to the vertical core & core mother template.



Core Commands:

The whole neutral field in relationship to the vertical core & core mother template in relationship to the causal geometric pattern all dis-synchronistic relationships on all levels in relationship to the causal geometric pattern healing on all levels in relationship to the causal geometric pattern assimilate on all levels.

Sensation of pain on all levels

Complete history of suffering on all levels

Isolation from one's self, one's community and one's spirituality on all levels

The whole neutral field in relationship to the vertical core & core mother template.

The whole neutral field in relationship to the vertical core & core mother template in relationship to the causal geometric pattern all embryonic pathologies on all levels in relationship to the causal geometric pattern healing on all levels in relationship to the causal geometric pattern assimilate on all levels.

All embryonic causes of the natural disease on all levels

All pre-embryonic causes of the natural disease on the mental and emotional planes

Perfect neutral balance on all levels of what constitutes a human being

The whole neutral template in relationship to the vertical core & core mother template.

Core Commands:

The whole neutral field in relationship to the vertical core & core mother template in relationship to the causal geometric pattern unconditional love on all levels in relationship to the causal geometric pattern healing on all levels in relationship to the causal geometric pattern assimilate on all levels.

Peace

Compassion

Joy

Ability to sustain consciousness of unconditional love

Vitality

Patience

Nonviolence

Receptivity to divine grace

Core Commands:

The whole neutral field in relationship to the vertical core & core mother template in relationship to the causal geometric pattern balance all core synchronism wave pulses on all levels in relationship to the causal geometric pattern healing on all levels in relationship to the causal geometric pattern assimilate on all levels.

The whole neutral field in relationship to the vertical core & core mother template in relationship to the causal geometric pattern balance all core synchronism elemental birth body relationships on all levels in relationship to the causal geometric pattern healing on all levels in relationship to the causal geometric pattern assimilate on all levels.

The whole neutral field in relationship to the vertical core & core mother template in relationship to the causal geometric pattern balance all core synchronism elemental triad relationships on all levels in relationship to the causal geometric pattern healing on all levels in relationship to the causal geometric pattern assimilate on all levels.

The whole neutral field in relationship to the vertical core & core mother template in relationship to the causal geometric pattern balance all core synchronism element wheel relationships on all levels in relationship to the causal geometric pattern healing on all levels in relationship to the causal geometric pattern assimilate on all levels.

The whole neutral field in relationship to the vertical core & core mother template in relationship to the causal geometric pattern balance all core synchronism reflected vital geometric pattern field relationships on all levels in relationship to the causal geometric pattern healing on all levels in relationship to the causal geometric pattern assimilate on all levels.

The whole neutral field in relationship to the vertical core & core mother template.

Reference Guide for Certified Core Synchronism Practitioners

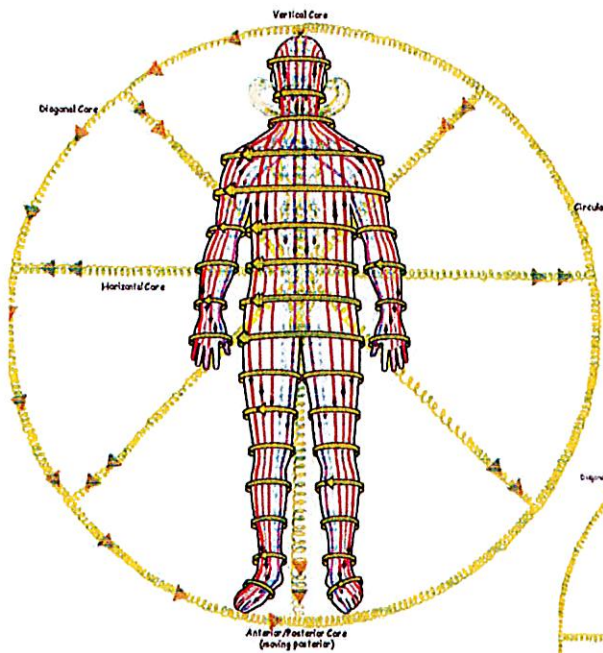
Pulses:

Pulses are taken first before any other manipulation including core

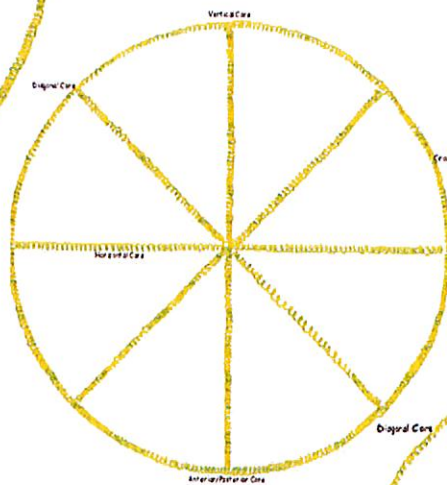
After taking pulses establish core mother template

After establishing core mother template re-take pulses, if any are out do the following

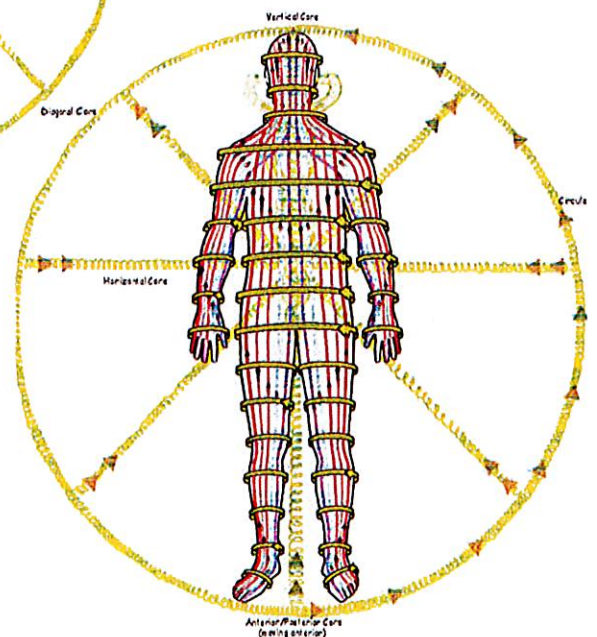
After all corrections synch with core mother template



Five Cores Comprising The Core Template
(opening phase)



Five Cores Comprising The Core Template



Five Cores Comprising The Core Template
(closing phase)

Medial/Lateral:

Correction: #1) Horizontal core, hands placed lateral to indicated elemental field
(after establishing horizontal core, synch with core mother template)
#2) Caduceus
#3) Etc. list found in core two handouts

Spiral:

Correction: Vertical/Horizontal core synch with major chakra
(after establishing vertical/horizontal core synch with core mother template)
Reflected geometric pattern fields see below

Circular Currents:

Correction: Re-establish currents from bregma, toes, body
Synch with core mother template

Anterior/Posterior:

Correction: Client on side, re-establish correct anterior/posterior synch
Synch with core mother template

Inferior/Superior:

Correction: Re-establish correct long current flow from toes, bregma, body
Synch with core mother template

Oval:

Correction: Re-establish chakra and elemental field from body
The oval field is produced by the anterior/posterior core
Synch with core mother template

Collapsing:

Correction: Re-establish tube that the vertical core spirals through from bregma

Birth-Body:

Correction: Use the circular core to determine what birth-body relationship is out
Chart #5 page 7 core six handouts

Triads:

Correction: Use the circular core and the diagonal core to determine what is out
Chart #5 page 7 core six handouts

Element Wheels:

Correction: Use the vertical and the horizontal core to determine what is out
Chart page 18 core six handouts

Vital Geometric Pattern Fields:

Correction: Use the vertical core to determine what is out
Chart page 19 core six handouts

1) Earth Chakra to: Handhold #1: Lower Teeth, Mandible, Core.
Handhold #2: Mastoid Process, Atlas, C2, C3, Superior
Portion Spinal Cord, Superior Portion Dural Tube, Core.

2) Water Chakra, Air Chakra, Ether Chakra to:
Handhold #1: Ajna Chakra to Indicated Major Chakra (ether, air, water)
Handhold #2: Ethmoid, Nasal, Lacrimal, Core.
Handhold #3: Frontal/Lobe, Sphenoid, Pituitary, Core
Handhold #4: Diencephalon, Ventricles, Corpus collosum, Fornix,
Hippocampus, Amygdala, Core
Handhold #5: Eyes, Minor Chakra, Zygomatic, Core.
Handhold #6: Parietal/Lobe, Core.
Handhold #7: Occipital/Lobe, Superior Aspect Cerebellum, Brain Stem,
Brain Floor, Core.
Handhold #8: Mastoid Process, Temporal/Lobe, Core.

3) Fire Chakra to: Handhold #1: Maxilla, Vomer, Palatine, Core.
Handhold #2: TMJ/Minor Chakra, Core. One side at a time then sense
both from one side.
Handhold #3: Mastoid Process/Temporal/Lobe,
Occipital/Lobe/Cerebellum, Superior portion Spinal Cord, Superior
Portion Dural Tube, C1, C2, Core

Wave Pulse Assessment

Name:

Date:

1) Collapsing	Ether	Air	Fire	Water	Earth
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2) Lateral-Medial	Ether	Air	Fire	Water	Earth
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3) Spiral	Ether	Air	Fire	Water	Earth
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4) Circular	Ether	Air	Fire	Water	Earth
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5) Anterior-Posterior	Ether	Air	Fire	Water	Earth
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6) Superior-Inferior	Ether	Air	Fire	Water	Earth
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7) Oval	Ether	Air	Fire	Water	Earth
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Notes:

1) **Birth Body** Head-Kidney/Adrenal Feet-Bowel Ankles-Solar Plexus

Knees- Breast-Heart Thighs-Shoulders Generative-Neck

2) **Triads** Fire Air Water Earth

3) **Element Wheels** Core Ajna Ether Air Fire Water Earth

4) **Reflected Vital Geometric Pattern Fields**

Ether Air Fire Water Earth

Notes: