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X

9 DMUBHACNP P HUZ LHGUB/HWDFKMNFKbDO6HDDQXQG-HUQQUWFKbDO0 LFKbXUHQ9 DMUB LH  
6HDDQZ LWFQMGFRKbQFKVZ LHbVLHGdVMOVRQb6LHbDNJ HSWHUCj Z DUYLHbDQGHUH\$ VSHNAbGHb  
: LWFQXQG-GQRFKdUDJHbMHb LHbN QGHZ LUJQ( UQGHXQJbVHQ' b LUN QGHQDUQFKWbFKHQ b Vb  
Z LUJLKH-QbHUNbVW/HWDFKMNKUBFKbDO6HDDQ' b KUJZ LWNDFKbGDVbGLHMH( LQH-XHb8 QEHUHQ VMB  
9 DMUBLWb, KUEUDFKWQFKVbZ6KLYDb6KLYDMP LAG-P b0 XQG-Hj XbSUFKHQb, QGHDFKbZ LWNKUbGDVbKUB  
6HDDQbVHGb' LHb0 HQFK-QbELWbXP b) UHG-QbXQGQKUb\* RWNbVbGHU2 j HDBGHb) UHG-Q/b( UELbXQVHb  
9 DMUBXQGZ LUQXQbGH LQVYbXQVHb( UHbJHEHQb( WbDJVb( UQGHUWFKbDO0 LFKb' DQbZ HGHbKUB  
I UHGDFKbXQGbGDb) HKYHUKDQbGDVbKUBbYLHDD/ HEHQ-QZ LFN-QXKDEVbHGHVb DVLVNDQVb( VbLEW  
NLCUW-MJHVbRYDQb\$ EELQb\$ Qb6HDDQbQbZ LQ LbNGLQbXQGbGHU9 DMUBKDAQH-Hb) RUP bZ LHbMHb  
\$ Qb6HDDQ-HUQGHUWFKbDO, KQXQGVDJHQbZ2 Kb/KDJZ DQb2 Kb&WbPb@WbWNGEV' b LH6HDDQb6LHb  
HUQGHUWFKbDObKUHb9 DMUBXQGbGDUP bVDJWb/DEb) Xb6HGHb. LQH-Ub0 DQ DQDEKY b/ LHEQFKWb

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%DXP HVbZ LHDDQJbHQb UHLVDXbGDHUVb LH0 HQFKHQZ HLGQbDJHQbGDWbGDVbZ DUKUNDJWONNUNDWVb  
 : HQQb%DEdbXFKbHbZDb EHUGHB%HUFKQXQJbGHb b' HEHQJJEKONZ DXP bRONd UHFKbGDQbQFKWb  
 EHUGHB DXUGHB UHLVDXbVDJHQ' b Hb+ DKSMAASHNWBHUGQb LGGHQYHP LWONZ XUGbDXWV JDD  
 ZLHb bYHWDVGHHE VQb\* HVMU6LHbKEHQWJQFKb DKUHbW HVMU6XQGVHbLQGb ZHJHQVbQWGP b  
 HQJHQb0 HQFKHQDQZ HMQGb' LHb%HZ RKQHbGHbDQb: HQNZ HLGQbGXFKbGDVb/ DVMbGHb/ XWV  
 JHERHQb QGHb HXQb HQWLEWVNHQb8 QJHQHVb5 DYDQH LVMHGRUNQFKVb+ LHbYHVMKQHP DQGb  
 ZHbRGHbZ D65 DYDQbLVb, KUEHMHVb5 DYDQbVRbGDVbHbLKQbQFKWbEQJHbLEWb/HP KMHFKbWJWVb Hb  
 9 DMBLVbJHNP P HQbDQbZ HGHMKbDXFKbEHWP P WHQb( UHbYRQb, KP bHUKDQb, KUN QWQFKW  
 EHUFKQHQZ LHbRbVbKbVFKQb\* RWMHMQbJZ RLGQbVHGXXGbZ LHbRbVbKbZ LHGHbJHDDQVHGb( VbDQ  
 XQJEKQb0 DDBMMHXXQGQb\$ FFKDb LGGHbEQLEWQb6WQbXGbZ HGHQHP HKUJ RQJ b6HJWGHb  
 / HKUQbGHb9 DMU6LQbGHb3UJ LVbXP b\$ FFKDb HQbEQFKWQbJHQbEQbDDJbYHbUHQbXQGVWV  
 ZLHGJHXQGQb. LGGHQb/ LEHb\* U HbXGb\* XMQb0 RJHQbYRQbGHb0 XWVbGP b9 DMU6/DS DQb  
 ' HU6SLWMDH9 DMUNDV DP DVMJ XGHQVSLWMDQ. LGGHQb

Essenz für die Verinnerlichung:

1. b UDWVXFKbHbWV\* LEWVbJHQZ HQKHE VQb\* HVMU6P Wb6LQGP HQH\$ XJHQJ JHQV' b DEHFKb  
 GHb\$ QJHZ RKQHbVb DXWJ Xb VSUFKbXGb8 QJHGQb] XbYHUEHMQ' b4 XEQP LFKbGDVb/ DVMbGHb  
 \$ QKQJQFKNHVRGHUGU\* LHJb

2. b+ EQWVXbHb+ HJbQFKWQbN UHQFKb HMQb9 HJHVMQDMP LVSLWMDQb UDWDXFKGHQJHQQ  
 . UHbXGb QWVFKbP W UDVLQGP bKbDXbGHb3LQHWHVbGHb( UQGHXQJbEQLEWb9 HWDVHQLb W  
 DQPDQGHHE VQb\* HVMUXQGZ HGHWRHQQKQDQ. UHLVDX DDJ TUHb

Segen: 0 JHMKbGHb7XJHQbGHb' HP XWVHUQGHQFKbXQG DQb6SHQGHWXGb, QEHUWHbGH  
 \* OFNVHXU0 W HQFKHQJOFNQFKP DFKQb  
 , KUNHGJUR DVMHbHDDQXGb HP XWVXbHb HQJ HFKQbHbGP WUHbKbHGHbMA  
 PHKbZLQbXFKbWGHbUHSHNMHQB: HbGP WbLVbVFKbQWDDQb0 HQFKHQ\* OFN  
 : RKQKbDXFKbHbXQGZ D6DXFKbP P HbKbWVbYHUEHVMV OFNb HbXFKbRQWVH  
 RGHbP WVFK LQb%J LHXXQb bRONVFKb b bGHQbGDQ EHUKWQ  
 / REbGHb/WKP DQQb, KUNHGb9 HUN UHUXQJHQbGHb\* OFNb6SHQGHWGHb\* OFNbXGbGL  
 . LGGHbGHb2JHQb b b0 DFKWZ HVMKQb bXUb0 W HQFKHQJOFNQFKbXQ  
 HP SDDQWDXFKb\* OFNbYRQbLKQb: HQbWJHQMP DQbXFKb/ HGbX JW\_bDQ HSWHVA  
 QFKVb