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THE HEART

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T H E H E A R T

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Any discussion of the heart is a formidable undertaking because this organ has so many ramifications. There is much that is not known. The question arises - where to begin? When in doubt it is best to begin at the beginning. An elementary review at this point may be timely and instructive, although needlessly repetitious to some.



Cosmic Rays

It is known that the heart is an accumulator and a transmuter of energies. In order to do this, it must be able to receive and to respond to the action of certain cosmic energies, or rays. There are seven principal Cosmic Rays. These pass through seven most highly evolved Beings, erroneously termed Gods, Who are in fact Masters of a very high degree and are conscious, spiritual entities. It is the effects of Their actions on Their own plane which we sense as energy on the physical plane. These seven Masters are the vehicles for the transmission of attenuated forms or degrees of energy. In turn, there are seven lesser Beings, etc., until there are forty-nine Beings or the forty-nine fires mentioned in the Agni Yoga Teachings. Successive passage through the respective Masters decreases the intensity of these Rays. These Rays must be attenuated in order to safely reach life on the earthly plane. If They were not attenuated all earthly life would be shattered by direct contact with the Initial Force. It is from these Rays and their differentiated degrees that all matter in manifestation is created and maintained. The divine mission of the Rays is the growth and development of the masses of less developed human beings and to reach the heart Center of every other living creature. If one comprehends the exactness of all the laws governing physical life, one understands that there can be no variations in the enforcement of those laws. In other words, man - rather all life - must evolve in proportion to the progress of those laws. If man has declined through indulgent habits the Ray cannot be diverted from him to prevent the inevitable catastrophe to his weakened organism. The heart that has been weakened by the indulgences of hate, indifference, selfishness, stimulants or drugs will be shattered by the periodically increased intensity of the Ray.

Seven Centers

The seven Cosmic Rays correspond to the principal Cosmic Centers. In turn man, the microcosm, has his seven principal centers or chakras. Man's centers are accumulators of cosmic energies, receiving direct nourishment from the Cosmic Centers. The average man and woman is ignorant of the existence and functions of these centers and their subdivisions. Therefore, they deteriorate eventually, as does any unused center or organ in the body. The tissues surrounding these centers become weak through disuse or misuse. This is what causes weakening of certain functions, for instance, failing mental powers in old age. Even so, the brain and all the centers are the estates of the heart, because nothing can exist without the heart. How little attention is paid to this most important organ!

Chalice

In man the seven master chakras are in the Subtle Body, and their counterparts are in the physical body. The heart is the physical manifestation of the Anahata Chakra. Another name for this Chakra is the center of the Chalice. The Chalice then is the heart of the Subtle Body. It occupies a triangular area whose apex is the heart and whose base is the solar plexus and the spleen. The Chalice is the treasury of all energies of past lives and those in the new manifestations. The accumulations of centuries are at the disposition of humanity.

Chalice and Heart

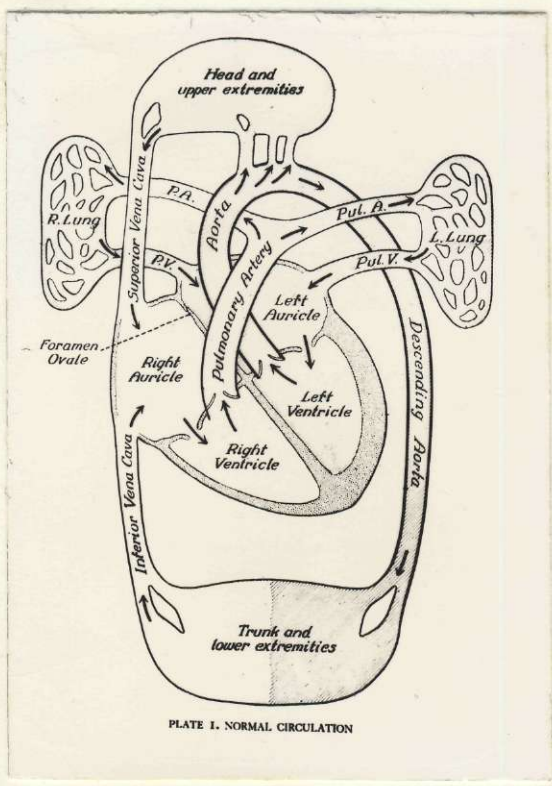
The physical heart responds to the stimulus of the Chalice as a muscle responds to a nerve stimulus. The more refined the heart, the greater response it will have from the treasury of the Chalice. One can notice how distant occurrences reflect on the Chalice before they reflect on the heart. It is the Chalice which experiences the tension first and then the heart. Unfortunately, this sequence is seldom noticed. Nevertheless, the heart most of all demonstrates its conformity and correlation with the Cosmos. For instance, heartache reflects cosmic manifestations and this fiery condition should be subtly noted, for it is a reflection of the Subtle Body. The physical heart cannot but record this fiery state. Thus, one with an ailing heart cannot but observe this correlation, and a so-called neurosis of the heart is nothing else but a subtle condition of the heart which resounds with the Cosmos. One cannot separate the physical from the subtle or spiritual. All things are intimately interwoven and interdependent. There are astral sensations, just as there are physical ones. It is impossible to treat them separately. One must realize the complete correspondence between the Subtle and the physical bodies.

Heart

In the study of the purely physical aspects of the heart, one finds that it is the toughest and strongest muscle in the human body. In practise it is the most efficient mechanical pump known to man, as it pumps blood through the body at the individual's needs. This pumping action is done with so little effort that most of us have no idea of the raw power involved. If this raw power were translated into terms of force, one would find:

- a) Every hour, the heart produces enough energy to carry a man up three flights of stairs.
- b) Every day, it pushes five to ten tons of blood.
- c) After seventy years of work the heart has produced enough energy to lift the biggest battleship afloat, fourteen feet out of the water.

All this is done by an organ which weighs $5/8$ of a pound and measures $5-1/2$ inches in its widest diameter.



Anatomy and Physiology

This illustration of the heart is diagrammatic and does not represent the true anatomical relationships. However, it will serve to orient the reader to the structure and physiology of the heart. There are four chambers, two upper chambers called auricles and two lower, called ventricles. The two chambers (auricle and ventricle) on the right side are separated completely from the left side by a fibrous, muscular septum. The devitalized blood (unoxxygenated or venous blood) enters the right auricle and is pumped into the right ventricle, where the inter-chamber valve prevents regurgitation of blood from the ventricle to the auricle. The ventricle then pumps the blood into the pulmonary artery, where the pulmonic valve again prevents reflux of blood. The pulmonary artery channels the blood into the lungs - the transmuter of Prana - where the Prana is added to the blood. At this point

it becomes arterial or oxygenated blood. The blood is now directed through the pulmonary veins into the left auricle, which pumps the blood into the left ventricle, and again the interchamber valve prevents reflux of blood. The left ventricle then pumps the blood into the main artery of the body, the aorta. The aortic valve prevents the regurgitation of blood flow. The aorta then distributes the Prana-filled blood to all parts of the body. Note: there are two blood circulatory systems - a pulmonary (lung) circuit and a systemic (body). One has represented here a duad, namely, spirit and matter. And the connecting link, the heart - representing a Trinity!

Murmurs and Enlargement

One hears people and physicians speak of heart murmurs. These are caused by a defect of the valves of the heart. This defect is invariably due to an inflammation of the valve which has subsequently deformed it. Infrequently, murmurs are present when there is a congenital malformation of the heart. When enlargement of the heart takes place it is invariably on the left side, that portion of the heart associated with the corporeal, or matter.

Control of the Heart

Modern science has yet to investigate one of the most important aspects of the heart. It is the least known and rarely practised. This concerns the conscious control of the heart. It has been documented that the Eastern holy man can successfully live without his heart beating. He can stop it or start it at will. He can remain in suspended animation for months without dying. There are cases on record where the holy man has been buried in the ground for weeks. When the body was dug up, it was found to be dried, like leather. Water was then poured on it and, after a certain lapse of time, the man who had not taken a breath in weeks got up and walked away. This is the result of extraordinary control which the mind is capable of gaining over the functions of the heart and the body,

Vagus

How is this accomplished? This is done by means of the Vagus or tenth cranial nerve. (There are twelve pairs of cranial nerves, i.e. nerves arising from the brain itself, in contrast to the spinal nerves which originate from the spinal cord). The Vagus is the most important nerve in our nervous system. Excepting the solar plexus, it is the most powerful plexus. It arises from the medulla oblongata of the brain and its ramifications are present in all the three bodies. The Vagus sends branches to all the centers or chakras of the Subtle Body. It also sends branches to the heart, solar plexus and spleen and is united with the spinal cord and the sexual centers. It is the most important nerve of the heart and most important in the Agni Yoga process. Of the two Vagus nerves, the principal one of the heart is that on the right.

Vagus Functions

The Vagus is the regulator of the heart and solar plexus activities. It is the so-called nerve of consciousness. It is known as the strained co-worker of the Cosmic Forces which are raging in man. To explain this last statement - the attraction of energies from space is the basis of creative power. These energies can be intensified through conscious attraction and man is the accumulator and transmuter of these high energies in which the Vagus nerve has a principal conscious function. The transmutation of these high energies generates psychic energy. The role of humanity consists in the transmutation of these energies in the consciousness and in propelling the psychic energy by way of Hierarchy into all spheres. The purity of space is the responsibility of humanity. Each individual must be conscious of this responsibility. Does one execute this duty daily, weekly, or at all?

To return to the Vagus - in physical man the nerve is an important indicator of the condition of the human organism. A person with a weak Vagus cannot stand the minutest sickness. A person who has a strong Vagus can go through operations and get well quickly.

Heart Functions

According to modern physiologists the heart has only one role, namely to maintain the circulation of blood under all circumstances. Actually, the heart has many roles:

- 1) Its principal role is the accumulation and transmutation of energies, as previously mentioned. It is the site where the transmutation of one's consciousness and whole being takes place.
- 2) It is the most important organ for the rejuvenation and control of the organism.
- 3) It is most important for the preservation of one's memory. If the heart is withered the brain will not be kindled to consciousness.
- 4) Cosmic conditions for longevity depend on a healthy heart.
- 5) It is the regulator of the whole organism and is the best indicator of the health in man.

- 6) Immunity against all diseases and poisons is contained in the heart. It is advised to consciously transmit foreign influences to the heart - in order to transmute them and prevent the manifestation of poisoning of the entire system. There are cases where poison was swallowed without harm. The immunity was not derived from the structure of the stomach walls but from the heart energy. It must be stressed that the heart does not contain an unlimited capacity against poisons.

- 7) The best healing of disease is accomplished through the heart. This pertains to the most critical diseases. At the inception of an illness the best therapy is a strong tonic remedy. Once the illness has started it is too late to overtake it when the heart has already weakened. It is the physician's task to discern the germ of the sickness and pour in new strength for the fight against it. The patient can also be healed by the fire of the physician's heart, namely, psychic energy. This healing predicates the touch of the hand. It is neither the hands, nor the eyes - but the emanations of the heart that give the help. Distance is of no significance for healing. Pure thinking, constancy, and benevolence bring this heart energy into action. Healing against the will of the patient exacts an unlimited amount of strength. Even without the patient's counter-action, but simply through lack of understanding, much strength is dissipated. Nevertheless, even this exhausting method of healing may be successful despite the non-understanding of the patient. There are many cases where Initiates suffered from forced healing.

- 8) The heart is the unique, natural link between the visible and invisible worlds. The great magnet of the heart is the silver thread which links the Teacher with the disciple - this same silver thread which is mentioned so often in the Agni Yoga Teachings. One asks, "What is the magnet of the heart?" It is the synthesis of all subtle energies. The magnet of the heart consists of the accumulations of thousands of years; in it is expressed Karma and attraction.

The greater the development and refinement of the heart the better the above functions are performed. Without this development and refinement of the heart there is no individual nor planetary progress. Can one imagine what humanity would be with healthy bodies and unrefined hearts? So long as the heart has not become enlightened, diseases and infirmities will not be removed. Otherwise, the fury of the uncultured heart coupled with powerful bodies would terrify the worlds.

Education of the Heart

How and when does the education or refinement of the heart begin? This begins with the infant!

1. First of all one should advise mother's milk or goat's milk. There is an interesting anecdote about milk. A renowned physician was making a health survey of children in different parts of the world. He found the healthiest group of children by far in a small, poor, Italian village. A farmer was asked, "What gives the children of this village such good health?" The doctor was told, "The children drink goat's milk. You know our wives are very excitable; every night they are angry; every night arguing. We don't allow the mothers to nurse the children with their milk of anger and irritability."

A true mother's milk is often more digestible and already contains particles of the heart energy. The heart should be observed in childhood. One may sense certain

periods when the spirit gradually takes possession of the body. Many tremors of the pulse are characteristic, even at the age of seven when the spirit becomes completely blended with the body. Such symptoms, tremors of the pulse, should not be treated with narcotics as this therapy lays the foundation for the first destruction of the intellect. One cannot inflict coarse, ignorant measures upon the heart.

2. From the earliest days the role of the heart should be explained to the child. He should learn to respect and guard every store of refinement. The heart wears out less if the surroundings do not impede these refinements. Above all, it is ignorance which disturbs the ascent of the heart.

3. The methods for the education of the heart must be very flexible. From the earliest years one must pay attention to aversions and predilections of a child. It is stupid to regard as ignorant nonsense aversions which are merely not understood by parents and school teachers. Often, the entire construction of the heart is reflected in them and very useful conclusions may be arrived at. But above all, one must beware of the heart that knows neither aversion nor attraction. It means the heart is asleep. There are multitudes of such hearts and these lead to decay of the spirit. Once again, the most inconceivably spiritual is connected with the physical manifestation.

4. In the education of the heart, the concept of work is advanced primarily. From the earliest years, labor is established as the only foundation of life, as the process of perfecting. In this manner, the idea of labor as selfish is destroyed. On the contrary there is gained a broad understanding of labor for the common welfare. If the heart is an accumulator and transmuted of energies, there must also be better conditions for the arousing and attracting of these energies. The most fundamental condition is labor, labor in thought as well as physical labor. By this act, the heart is like a funnel as it attracts the spatial energies. To love the endlessness of labor is an initiation of considerable order.

5. Love is the impetus for the expansion of consciousness. It is necessary that man learn love is a definite form of energy which may be used or abused according to the power and desire of human will. Divine Love is Creative Energy in action. When it is reflected on the Etheric Plane it becomes the active principle of the Law of Gravitation. This is the significance of the axioms, "Love begets Love" and "Give and ye shall receive". In proportion to the love given is the Divine Love sent and then multiplied. The heart will not be aflame without love; it will not be indestructible nor self-sacrificing.

The entire perfection of the heart rests upon moral foundations. These foundations transmute the physical nature and vivify the spirit.

6. A word in regard to diet - refinement of the heart predicates avoiding a meat diet. An understanding of the Subtle World not only indicates the harm of assimilating decaying products but also indicates what neighbors decomposition per se attracts. It is difficult to decide which is more harmful -- the assimilation of meat or the attraction by meat of undesirable guests. Even the dried and smoked meats, which are relatively less harmful, nevertheless, by their odor, attract hungry ones from the Subtle World. If they are welcomed by abominable speech the most harmful associations result. No decay is permissible; even vegetables must not be permitted to decompose. People need little - two fruits, and a little cereal with milk. Thus, one may not only be purified internally but also rid oneself of many undesirable neighbors. Certain poisons (from decomposition

of foods) are aromatic and kill the consciousness. Of course, it must be realized that there are certain organisms which require animal protein (meat).

7. No mention of diet can be made without reference to overweight or obesity. There is only one cause of this - eating too much. The obese person has fatty skin precipitations which forcefully prevent the subtle reactions of rays and energies. In antiquity, efforts were made to destroy these fatty precipitations. The vegetable oils used for massaging had nothing in common with the fatty precipitations of the skin. On the contrary, the vegetable oil dissolved the fat together with its poisons. As a matter of fact, in antiquity, the hygiene of the body was at times at a higher level than today. The ancients distinguished the mineral combinations of water for their ablutions. One would probably laugh now if it were recalled that entirely different fragrances were applied to the crown of the head as well as the region of the heart, or even the extremities. These procedures were the beginnings of the realization of rays and currents.

Heart Symptoms and Causes

We are often cautioned that the heart must be carefully guarded from outer as well as inner disturbances and that extreme measures should be taken to withstand all attacks upon the heart. What affects the heart and what causes some of its symptoms?

1. The heart feels each cosmic vibration; the more sensitive the heart the more sharply this vibration is felt. Many have observed palpitations of the heart coinciding with earthquakes or an atom bomb explosion. Also, there are those heart pangs which result from tremors not externally visible but nevertheless occurring in the depths of the earth.

2. Over-saturation of the atmosphere with unused Rays is possible. These unused Rays have remained in Space because they were not absorbed by the hearts of humanity. The atmosphere can also be over-saturated with the poisonous emanations of human thoughts, television and radio circuits. This forced over-saturation of the atmosphere must produce abnormal results and it reacts especially upon the heart. One can picture to oneself the frenzy of the energies, wrongly over-strained, broken and abused. In such chaos, is it possible for the heart not to be atremble?

3. It will seem strange to the average mind that even the most subtle heart records the most powerful events very slightly but reacts powerfully to comparatively insignificant actions. There are numerous causes - external and internal - for this. One must consider all counteraction of the currents. On the other hand, one must also understand all karmic circumstances which may magnify or diminish the transmission.

4. There are different interesting rhythms of the heart beat associated with the proximity of beings from the Subtle World. Many extra heart beats are due to the influence of the Subtle World. Many pauses of the pulse may recall the danger of obsession.

5. Sensitiveness grows with purification of the heart. Of course, parallel with this the power of the heart also increases, but sensitiveness still cannot be spared the poisoning of surrounding malice. What actually burdens the heart most of all is not special events but the succession of small specks of daily dust! If the heart reverberates to a distant earthquake, how much more does it vibrate from

human radiations! The daily human contact and its accompanying thoughts affect the heart. A condensed, grievous thought can be detrimental to the heart, and one can feel it pressing on this organ. It is exactly this property of thought and human radiation that is not noted sufficiently in contemporary science. The refined heart feels this property sharply. One should respect and guard the purified heart, and of course one should not break such a precious vessel.

6. Anguish of the heart can be the result of many causes. But one should not attribute it only to the weight of the burdensome manifestations of life. Its cause may be the exact opposite. It may come from the strain of luminous desires, as directing a pure current of psychic energy into space. In these days many of us could be experiencing this heart anguish, for we all are responsible for the purity of Space. And this responsibility predicates pure thoughts directed into space for its purification.

7. Doubt, anger, self-pity and egotism - all weaken the heart. The purification of the heart is difficult when the web of egotism fattens it. Doubt is mentioned as the tomb of the heart because of its deteriorating effect. Even the purest Prana will not penetrate a wrathful heart. Even Aum will remain as naught before the deceptive and treacherous heart.

8. When eating, one should be quiet. Very strong poisons are formed by eating during irritation or excitement. Many days must pass before this poison will dissolve. Hunger is far better than harmful food. The Chinese were well aware of this; they sometimes fed the enemy with the liver of an irritated rooster. Many workers have poisoned themselves by eating during irritation or excitement. The heart is thus taxed when it should be eased. To produce quietude before the meal, it is a great error to take narcotics or alcohol. The silence of the ancients during a meal had sacred significance. But the understanding of sacredness also comprised the cure in itself. Thus, one may strengthen the heart and nerves by a rational partaking of food.

Heart Disease

Today, heart pain and heart trouble are topics of lively discussion. Of course, one usually considers pain as a sign of disturbance of an organ, in other words, the messenger of a disease. But there may be also another form of pain, developing from the perfecting of one organ at the expense of another. This is observed especially during heart pains. The heart may be healthy but so sensitive that it is as if constricted by other organs. People consider an organ healthy which gives no pain. Such a concept is primitive because the most healthy heart may ache because too much is reflected upon it.

Angina and Coronary Thrombosis

The most common heart trouble is angina pectoris. This is due to a spasm of the artery which nourishes the heart muscle. In contrast to this is coronary thrombosis, which permanently and completely blocks the lumen of the artery with a blood clot. Both of these conditions give pain in the chest which is described as a pressure, squeezing, or constricting pain over the breast bone. The pain usually radiates to the left shoulder and down the left arm. Occasionally, it is referred into the neck and back. In angina pectoris this pain lasts for a maximum of 15 minutes, whereas in coronary thrombosis, known as "heart attack", it lasts longer, sometimes for a couple of hours. People die from coronary thrombosis, not from angina pectoris. The heart attack of President Eisenhower

was a coronary thrombosis. It must be emphatically stressed that this type of pain should never be evaluated by the layman, but by the physician.

Wealth

One can say that the majority of heart diseases originate because of wealth. It is estimated that the wealthiest country in the world, the United States, has the highest incidence of heart disease. Diseases of the heart kill more Americans each year than the combined total of the next five causes of death. It is also pertinent to note that the economic recovery of Western Germany has been accompanied by an increasing number of "heart attacks". At present, the incidence of coronary thrombosis in Western Germany is at an all-time high for that country.

Heart attacks are above all provoked expressly by failing to think of the heart, and we are ready to succumb to any over-indulgence rather than admit to ourselves that respect should be given to the heart as the center of existence.

Thoughts

Adverse thoughts sent by others, described in the Agni Yoga Teachings as strong, hostile arrows, can cause angina pectoris.

Weakness

There is a weakening of the heart, or fattening, which is an inexcusable condition. This can be arrested at the start because labor is the best antidote. Striving to work is the best strengthening of the heart. Not work, but a rupture in the striving of the heart, acts destructively.

Cor Bovis

"Cor bovis", in other words, bull's heart, is the familiar condition of an enlarged heart. There are many causes for this, but the chief cause is an overflow of unutilized heart energy. One can say that people who suffer from an enlarged heart did not begin the education of the heart in time. The capacity of the organ was good but heart energy was not applied. The enlarged heart is preferable to a fatty one. Among the causes of enlargement of the heart may be included fiery breathing. This is the breathing of the very far-advanced Yogi used in practice such as levitation. It takes the body out of physical conditions. The heart expands but loses the rhythm and thus cannot normally contract.

Heart Trouble at the Start

It should be remembered that heart trouble per se does not suddenly overtake a person. Heart disease due to karmic causes is very rare. The heart condition has had its seed many years before its onset. From the very first years the heart is subject to the poisons of the atmosphere, external and internal thoughts, disease, food, imperil. Of course, in addition to these toxic agents, there is the poison of medication. Many contemporary medications are toxic to the heart. Large doses of aspirin, many of the antibiotics and the hormones are poisons to the organism.

Therapy

The actual therapy of the heart begins in the earliest years by thinking of it,

respecting and refining it.

1. Discipline of thought is vital for the health of the heart. One must begin with the discipline of the smallest thoughts. People dream of great thoughts but will not discipline the small ones. The small, disorderly thoughts are like vermin and flies. They injure the subtle substance; often they carry poison. The smallest thoughts are madness. Their discipline is the inception of health for the heart!

2. The purity of the atmosphere is a definite therapeutic agent. A disease-ridden, black-thought-infested or smoke-choked area is not conducive to a healthy heart, nor a cure of its disease! There is the example of the ancients who were instructed to take the patient to an erupting volcanic area. The fire of these eruptions contained a particular combination of energies which could stimulate the heart. There is also the clean, ozone-like air after an electrical storm and the invigorating quality of country air in contrast to the city's.

3. Diet and emotions have already been mentioned. Another example of dietary effect on heart disease was found in World War II. It was observed in the occupied countries that there was a decrease in heart disease due to high blood pressure (hypertensive cardiovascular disease). This was noted from the daily census of hospitals where all classes of people could obtain medical care. The low incidence of this type of heart disease was attributed to the limited daily ration of the populace. With liberation and resumption of the customary diet the incidence of hypertensive cardiovascular disease rose to its pre-war level.

4. Strengthening of both the normal and the diseased heart is accomplished by striving towards unification with the Higher World. The heart will strengthen itself through the power of the Higher One. Mothers carry their children close to their hearts as a panacea for calming and healing them. One is not aware that this holding close to the heart creates a powerful reaction. The Higher Ones also gather people close to the heart for strengthening and cure. The cure through the heart is no less powerful than a blood transfusion. The reaction of the heart transmits the finest energy without the unpleasant, low mixture of blood.

5. No therapeutic discussion of the heart would be complete without mention of the drug, strophantis. Several times, it is referred to in the Agni Yoga Teachings. Strophantis is the best regulator of the heart and does not have a cumulative effect - which effect is present in current heart remedies. Strophantis regulates and concentrates the energy of the heart. In the present time of changes in cosmic vibrations and currents, it is the drug of choice for the heart. Strophantis is a life-giver. It is one of the ingredients of the Elixir of Life which is taken by Adepts, who are known to have great longevity. It is the best strengthener of the Vagus. In addition it is also effective against other diseases (malaria, typhoid fever, cancer, gallstones, etc.)

In conclusion, it should be noted that metals have a reaction on the heart. This is a completely unexplored field of scientific research. The commonly used x-Ray has a depleting effect on the heart. But this is not noticed. Many experiments are needed in order to learn even slightly to control conditions. In working to relieve illnesses, people hasten to multiply them. Many undiscovered horizons of heart knowledge beckon to the eye of the investigator. Truly, the great bulk of knowledge about the heart remains unknown. It is necessary to have sanitarium for heart troubles where one could devote oneself to immediate observa-

tions. These sanitarium could be located in different climates and at varying altitudes. One could see how an entire legion might be occupied with needed heart research connected with mental problems as well as agricultural and other specialties.

Diseases of the heart kill more people in the U. S. each year than the total of the next five leading "disease killers". There are many sanitarium for all kinds of illnesses but there is no Institute of the Heart. The Institute of the Heart will be a temple of the future race. The Institute of the Heart will be included in the Society of Culture, because understanding the heart is indivisible from culture.

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