

**KEMETIC LIFE SKILLS
SEBAI MAA ON BLOGTALK
LESSON 19 10-18-2014
(recording #.6919695)
(Transcription of KD for the Body only)**

Unut Anpu - (7:24) Udja Sebai Maa I going to turn your microphone on now. Can you hear me? Hetep.

Sebai Maa - (7:30) Udja greetings and greetings to everyone who is listening.

Unut Anpu - Excellent. Ok Sebai words while we do a test of the audio, we have people on the chat room so they will let us know about the audio vocals. Just a couple of words Sebai and we'll get right into it Hetep.

Sebai Maa - (8:05) Ok greetings everyone I hope you can hear me and today we are continuing with the Kemetic Life Skills class.

Unut Anpu - One second Sebai. Ok wonderful. Dua Sebai, I remember speaking to I guess it was a week maybe a couple of weeks ago, you indicated that I think we have 2 or 3 shows left in the Kemetic Life Skills series?

Sebai Maa - I said we are going to do the Kemetic Relationships next but I think we'll hold that out until next time. I wanted to go over a couple more points and its a special teaching, an extended Q&A as well and we will do Kemetic Relationships next and maybe 1 or 2 classes after that and then we will conclude the series. (9:12)

Unut Anpu - All right Dua Hetep.

Sebai Maa - (9:17) Today I wanted to go over, we've discussed a little bit about Maat Philosophy and the importance of Maat Philosophy in living in the section for the Mind and to some degree in sections for the body and that prepares our mind for higher spiritual practice and balance and order in meditation. I wanted to focus on one aspect of Maat philosophy related to Ari. Ari means action and Ariu are actions (plural). It is an important issue because the actions that a human performs has an effect on the different levels of the personality: your physical level; your mental level and of course that affects your capacity to discover your soul level. So I want to start today with a section from the **Kemetic Diet Book** (pg. 142) entitled: "**The Role of Ari in the Health and Wellbeing of an Individual**". Did you receive the email I sent you?

Unut Anpu - Ny I did Sebai.

Sebai Maa - (10:41) Ny, if you could read the first parts and then I will have some commentary and I will do the second parts.

Unut Anpu - (10:48) Dua. (from KDB pg. 142):

THE ROLE OF ARI IN THE HEALTH AND WELL-BEING OF AN INDIVIDUAL

“An action is repaid by its like, and to every action there is a consequence.”

~Sage Meri-ka-Ra from the Ancient Egyptian Wisdom Texts

“Then Ancient Egyptian philosophy of “Ari” and with its relationship to the Ancient Egyptian divinities Maat, Meskhenet, Shai and Rennehet, constitutes what model Indian Yoga philosophers refer to as “Karma.” From ancient times the cause and effect aspect of people’s actions was well understood. Actions based on egoism and ignorance of the Divine lead a human being to frustration and the inability to discover true joy and peace. Actions based on truth and natural harmony lead to inner and outer peace and contentment. This “Hetep” or peace allows a human being to discover the higher nature or Self. Otherwise, egoistic nations lead one to bolster the lower self and ignorance. Actions based on the lower nature are characterized by egoistic desires (passion, greed, lust, envy, hatred, jealousy, anger, etc.). These actions inevitably lead to strife, violence and discontent. Actions based on Maat (righteousness, truth, selflessness, sharing, compassion, devotion to God, etc.) promote inner peace, social harmony and contentment. This is a proper environment for spiritual evolution. People who are constantly running after worldly desires will never be able to rest, while those who affirm righteousness and peace will discover the real joy of life which cannot come from wealth, conquests, fame, hurting others, etc. By turning one’s mind towards righteousness and selflessness, a human being can evolve to discover the greater or deeper essence of their own being, the Higher Self, and attain “Nehast,” (resurrection, enlightenment.)

Many people believe that karma is equal to fate or destiny, however, this interpretation could not be fourth from the original understanding of the ancient Sages. The etymology of the word, Karma, comes from the Sanskrit “karman” which means deed or action. In Yoga philosophy, karma refers to one’s actions. These actions lead to certain experiences and consequences. In Ancient Egyptian philosophy, the word for karma is “Ari” or “Iri”, meaning “actions which create one’s fate.” It is presided over by the goddesses Maati, Rennehet and Meskhenet. Meskhenet presides over the birth circumstances and life experiences of every individual. She is the one who carries out the decree, which has been ordained by Djehuti, the god who records the results of the judgment of the soul, in the hall of Maat. The Kemetic concept of Ari (Karma) and reincarnation is that the heart of every individual is judged in accordance with the manner in which they lived in reference to the standard of order, truth and righteousness (Maat). It is Djehuty, a symbol of one’s own transcendental essence, who records the deeds (actions) or karma of every individual, and then decrees the proper Shai (destiny) and Rennehet (harvest or fortune) which are fitting for that particular individual. Then with the help of Shai and Rennehet, Meskhenet causes the individual to experience the proper birth circumstances based on their previous deeds.”

FIGURE 23: THE HEART

The Ancient Egyptian hieroglyphic symbol of the heart is a heart shaped vase. The vase is a container, which may be used for water, beer, wine, milk, etc. Likewise, the human heart is seen as a vessel, which contains thoughts, feelings, desires and unconscious memories. In mystical terms, the heart is a metaphor of the human mind including the conscious, subconscious and unconscious levels. The mind is the reservoir of all of your ideas, convictions and feelings. Therefore, just as these factors direct the path of your life, so too they are the elements, which are judged in the Hall of Maati by the two Maat goddesses. The heart then is the sum total of your experiences, actions and aspirations, your conscience or Ari (karma), and these are judged in the balance against the feather of Maat.

Thus Ari should be thought of as the total effect of a person's actions and conduct during the successive phases of his or her existence. But how does this effect operate? How do the past actions affect the present and the future? Your experiences from the present life or from previous lifetimes cause what constitute the emerging thoughts, desires, and aspirations of every individual. These impressions are not exactly like memories, however, they work like memories. For example, if you had a fear in a previous lifetime or the childhood of your present lifetime, you may not remember the event that caused the fear, but you may experience certain phobias when you come into contact with certain objects or people. These feelings are caused by the unconscious impressions, which are coming up to the surface of the conscious mind. It is this conglomerate of unconscious impressions which are "judged" in the Hall of Maat. They determine where the soul will go to next in the spiritual journey towards evolution of devolution, also known as the cycle of birth and death or reincarnation, as well as the experiences of heaven or hell."
Hetep. (17:15)

Sebai Maa - Hetep. (17:18) Now some important points of that first part. *"It is Djehuti, a symbol of one's own transcendental essence who records the deeds or karma of every individual and then decrees the proper Shai (destiny) and Rennenet (harvest or fortune) which are fitting for that particular individual. Then with the help of Shai and Rennenet, Meskhenet causes the individual to experience the proper birth circumstances based on their previous deeds."* The important point here is this is a mapping out of the psychological pathways of the individual's mind and how they themselves lead themselves to experience their fate. To give a little definition the difference destiny and fate - a person can be an architect of their destiny and once they experience their destiny that was their fate. What they experienced was their fate. So in other words, what is fated for you is still yet to be determined by the destiny that you are creating. In other words, you, yourself are the creator of your future, of what will happen in your life, the outcome of what will happen to you after your physical life is over as well. If you are a person who has led the type of life that requires a rebirth, then this process will determine where that rebirth will be (into what family, into what circumstances, will be most advantageous to meet not only the requirements but would also resonate the energy of your karmic basis.) By karmic

basis we mean the content of your Ab or your heart, that is your karmic basis. Meaning the sum total of the impressions that are left over in the unconscious mind. So that is one of the important points that at the end of all of that it is one's self who is the determiner. There are no Gods and Goddesses who are going to be able to interfere, you have this process where you are determining your destiny. Now if it is your destiny that you've created to be a weak personality, to be a co-dependent personality, a (?20:39) personality, a personality who does not have a solid path in life, does not have ethical conscience, who blows with the wind, what political winds there are or economic winds or opportunities, opportunistic personality, unprincipled personality then that kind of personality can be influenced by inimical forces. It could be influenced by positive forces if it had positive Karmic basis. But if it is not then it will be influenced by inimical forces, negative energies, energies of anguish, of pain and sorrow and hatred, of lust and jealousy and envy, egoism etc. So the point here is that it is in your hands whatever the fate is that you are going to have. Especially for those who are initiated into the teaching, those who have not been initiated they be able to say that they are ignorant. Yet even so there is a certain process in the unconscious mind, the soul knows the truth, even if one may hide oneself from the truth in one's conscious mind or conscious level.

(22:08) Remember that the conscious level is like the surface of the ocean and the subconscious level is like the part just underneath the ocean, the unconscious is the part where no light can reach. You know that in the ocean light from the sun only goes about 100' beyond that it cannot penetrate the water. Using this as a metaphor, that part that does not reach, where you cannot see what is in there, that is the unconscious mind. The things that are starting to come up to the visible range, that is your subconscious. When it comes to the surface, that is conscious then, you can see it and it is out in your physical world, physical reality. In order to change your fate you need to change what is in your unconscious level and they way to do that is when things come up from there, to evaluate them and to allow only the positive items to be acted upon. If something negative comes up, then you suppress it or you neutralize it, you resolve it. You allow the positive to come to the surface. As you have more positive experiences, those are going to be "memorized" shall we say, in the unconscious, they are going to go back down. When that unconscious area is cleared then there will be no further obstructions or no negative fate.

Now I'm going to read Part 2 of this section of the **Kemetic Diet Book (Pgs.143 & 144)** (23:58)

*"The following segment from the Ancient Kemetic Wisdom Text, "**Instruction to Meri-ka-Ra**" explains this point.*

"You know that they are not merciful the day when they judge the miserable one.....Do not count on the passage of the years; they consider a lifetime as but an hour. After death man remains in existence and his actions accumulate beside him. Life in the other world is eternal, but he who arrives without doing wrong, before the Judge of the Dead, he will be there as a neter (divinity) and he will walk freely as do the masters of eternity."

The reference above to “his acts accumulate beside him” alludes to the unconscious impressions which are formed as a result of one’s actions while still alive. These impressions can be either positive or negative. Positive impressions are developed through positive actions by living a life of righteousness (Maat) and virtue. This implies living according to the prospects of mystical wisdom or being a follower of Heru (Shemsu Hor) and Aset, the goddess of mystical wisdom. These actions draw one closer to harmony and peace, thus paving the way to discover the Self within. The negative impressions are developed through sinful actions. They are related to mental agitation, disharmony and restlessness. This implies acts based on anger, fear, desire, greed, depression, gloom, etc. These actions draw one into the outer world of human desires. They distract the mind and do not allow the intellect (Saa) to function. Thus, existence at this level is closer to an animal, being based on animal instincts and desires of the body (selfishness), rather than a spiritually mature human being, based on reason, selflessness, compassion etc.

*How then is it possible to eradicate negative karmic impressions and to develop positive ones? The answer lies in your understanding of the wisdom teachings and your practice of them. When you study the teachings and live according to them, your mind undergoes a transformation at all levels. This transformation is the “purification of heart” so often spoken about throughout the Ancient Egyptian *Pert M Heru* or *Book of the Dead* or *Book of Coming forth by Day*. It signifies an eradication of negative impressions, which renders the mind pure and subtle. When the mind is rendered subtle, then spiritual realization is possible. This discipline of purifying the heart by living according to the teachings is known as the *Yoga of Action* or *Smai Tawi Maat*.*

The philosophy of Maat is a profound teaching, which encompasses the fabric of creation as well as a highly effective system of spiritual discipline. In creation stories, God (Neter Neteru) is said to have established creation upon Maat. Consequently, it follows that Maat is the orderly flow of energy which maintains the universe. Further, Maat is the regularity which governs the massive planetary and solar systems as well as the growth of a blade of grass and a human cell. This natural process represents the flow of creation wherein there is a constant movement and a balancing of opposites (up-down, hot-cold, here-there, you-me, etc.).

*Most people act out of different forces, which are coursing through them at the time. These may be hunger, lust, fear, hatred, anger, elation, etc. They have no control over these because they have not understood that their true essence is in reality separate from their thoughts and emotions. They have **identified** with their thoughts and therefore are led to the consequences of those thoughts and the deeds they engender. As a practitioner of mystical spirituality, one must develop a higher level of spiritual sensitivity, to become aware that you have a choice in the thoughts you think and the actions you perform. You can choose whether to act in ways that are in harmony with Maat or those that are disharmonious. You have now studied the word*

of wisdom and must now look beyond the level of ritual worship of the Divine to the realm of practice and experience of the Divine.

In ordinary human life, those who have not achieved the state of Enlightenment (the masses in society at large) perceive nature as a conglomeration of forces which are unpredictable and in need of control. However, as spiritual sensitivity matures, the aspirant realizes that what once appeared to be chaotic is in reality the Divine Plan of the Supreme Being in the process of unfoldment. When this state of consciousness is attained, the aspirant realizes that there is an underlying order in nature, which can only be perceived with spiritual eyes.

The various injunctions of Maat are for the purpose of keeping order in society among ordinary people, people without psychological maturity and, or spiritual sensitivity, meaning that they lack an awareness of spiritual principles and moral - ethical development. Also, they provide insight into the order of creation and a pathway or spiritual discipline, which when followed, will lead the aspirant to come into harmony with the cosmic order. When the individual attunes his or her own sense of order and balance with the cosmic order, a spontaneous unity occurs between the individual and the cosmos, and the principles of Maat, rather than being a blind set of rules which one must strive to follow, become a part of one's inner character and proceeds from one in a spontaneous manner.

This means that through the deeper understanding of cosmic order and by the practice of living in harmony with that order, the individual will lead him or herself to mental and spiritual peace and harmony. It is this peace and harmony, which allows the lake of the mind to become a clear mirror in which the individual soul is able to realize its oneness with the Universal Soul.

Ari is an integral aspect of health because it is this that determines the basis with which one will begin life. Will you incarnate into a family of mystics or into that of smokers and meat eaters? Will you incarnate into the family of Yoga practitioners and the health conscious or into the family of ignorant people who abuse their bodies and do not understand the purpose of live and thereby suffer from stress, disease and frustration? However, even if one has had a negative start in life, one can improve one's conditions by engaging in righteous actions now, and gradually, life adjusts itself to the higher spiritual basis, and move favorable conditions eventually develop. One must always practice MAAT, seeking the balance in all things. If actions to be performed and or foods or other ingested substances are not in line with mental balance, this may be a signal that they are against MAAT."

(33:20) So, In this section what is being brought forth, in the first section we talked about how you are the architect of your destiny. In the section part of the essay we are talking about what are the tools to build that positive destiny. The philosophy of Maat, the righteous actions but also the philosophy of Maat that gives insight to the higher nature of existence. Talking the harmony of the spheres, the harmony of nature, the balance and order of creation. In the Turin Papyrus we are told there is

statement about Maat that Maat is Ankhu, Maat is the Source of Life. If you wake with Maat on your mind, with doing Maat during the day, if you begin to see yourself as one with Maat - meaning that your very limbs, your very actions are being done in, through and by Maat, as Maat you will have life through Maat and you will have union with Maat. Maat is the order of the universe, the universal harmony of creation which is itself Spirit. Therefore, if one were to bring oneself into harmony with nature one would be in harmony with Spirit, with the Divine Self. Hetep. (35:24)

Unut Anpu - Sebai I'm wondering at what point you want to get to the questions and the announcements?

Sebai Maa - Ny, yes I have one or two points then we'll let Seba Dja bring forth the Herb of the Day.

(36:55) There's a couple of points that I want to make on this essay. There is a formula that we talked about in the second part was about actions based on Maat and that is called "Maat Ari" If one does Maat Ari meaning actions that are based on Maat then one's actions will also automatically be in peace. That is called "Ari m Hetep". So Maat Ari = Ari m Hetep. If one does actions in peace one will have balance in one's mind; balance in eating so you will not be overeating not under-eating; balance in your emotions will be there which will promote lack of inflammation, lack of strokes, emotional disbalance so on so forth, lower blood pressure, balance in your worldly entanglements. So the philosophy of Maat is actually extremely important to the health of body, mind and soul. Hetep. (38:27)

Unut Anpu - Udja Seba Dja can you hear me?

Seba Dja - (38:44) Udja greetings, yes I can.

Unut Anpu - How are you tonight?

Seba Dja - Very well, good. How are you?

Unut Anpu - Me too doing very well.

Seba Dja - I hope all our listeners are also Nefer.

Unut Anpu - Dua you are going to present to us the Herb of the Day Seba Dja?

Seba Dja - Ny, yes. Our **Herb for Today** will be "**Dill**" the scientific name *Anethum Graveolens* . So I'm going to read first from the book, "**Ancient Egyptian Herbal**"

"Dill is an umbelliferous annual with feathery aromatic leaves and umbels with yellow flowers. Dill leaves and to some extent dill seeds are widely used in cooking. In herbal medicine dill seeds are considered sedative, soothing in digestion, relieving

flatulence, colicky pains in babies and even hiccups. Dioscorides says that it was called "Arekau" in Egyptian but its name has been identified as quoted above. In ancient Egypt dill was an ingredient in pain killing mixtures. The seeds were used in an unguent for headache. The Copts used dill as a mouth rinse. Dill stems with leaves and flowers were found on mummy of Amenemope."

Now reading from the **Herb Society** site: "*The earliest known record of dill as a medicinal herb was found in Egypt 5,000 years ago when the plant was referred to as "a soothing medicine." The plant has a long and ancient history in many countries as a culinary and medicinal herb. It is a good source of calcium, manganese and iron and also contains flavonoids known for their anti-oxidants and anti-inflammatory and anti-viral properties. Dill has been investigated for its various anti-microbial effects including one study published in the Journal of Food Science in 2006 showed that the essential oil of dill was effective against several bacterial strains completely inhibiting the growth of different bacteria including Staph. A study at University found that extracts taken from the seeds also killed several fungal strains so it also has anti-fungal effects. The seeds are also chewed in order to freshen the breath and quiet noisy stomachs."*

Then I actually just went to the **PubMed** site which is where they publish all the scientific studies of different related to different studies and you don't always think to go there and look for medicinal studies and herbs but I've been doing that and so they have quite a few studies on Dill and some of which were referred to in the previous paragraph I just read. They have a study that showed that it has anti-inflammatory effects from the oil and another study on PubMed with essential oil which demonstrated to be an anti-fungal as was just said in the previous article. Another article in it which talked about it's various uses in cultures, gripe water relieves colic pains and flatulence in young children and babies, a diuretic, stimulant, spasms, also it has effects from studies done in Iran shows that it may effects in lowering cholesterol, so they'd be heart protective. Other studies in India showed that it may also help diabetics regulate insulin levels better. It has positive effects on digestion, that's also from another study that was published. Another study found that it may help women stabilize their regular menstrual cycles. It is an anti-fertility agent it has progesterone effects. It has protection against free radicals. So it has a variety of uses so you can rush to your favorite food store and get some Dill and start to eat it.

(44:02) It can be cooked in various foods, the seeds or the herb itself. They sell dry dill you can add to recipes. Also Sebai Maa suggested to use it in salads to get the fresh herb and cut it up and add to salads as well. It tastes very good that way in the salad. You can put it as flavoring in soups. Fresh dill can be stored in the refrigerator safely for 2-3 days. The stems can be placed in a cup of water to help keep the leaves fresh. A majority of cooks prefer fresh dill to dried dill because its superior flavor.

So that is the essence of Dill, the main points and benefits of it. Hetep. (44:53)

Q & A:

(1:00:06)

Let me preface this before doing the Q&A that some of the issues we are going to deal with, the listener whoever is listening to this in the future because we will have the available for replay. One of the teaching of Maat says that “one should not close ones ears to the words of right and truth.” For those people who are struggling, they don’t want to hear, they don’t watch the news, they don’t want to hear any bad news, they can’t hear any bad things or anything, you have to eventually get strong enough to face the truth, whatever it is. So that you can take action to mitigate or to redress it, resolve it, fix it at least for yourself or avoid it, avoid what may be coming down the line. So it doesn’t help you to fool yourself and then be surprised later and say, “Oh I didn’t know that was happening, I didn’t realize this could ever happen, I didn’t know this was ever possible.” Those who are wise don’t speak in that way because they have foresight. They have foresight because they are attentive, they are vigilant, called Nehast. If you want to attain enlightenment you have to be vigilant. If you want to reduce the pains of life you have to be vigilant.

So here we go:

Q. Is it ok to drink water out of water bottles?

A. The answer to this is it is preferable to have glass bottles. If that is not available to use plastic bottles that do not have additives especially BPA that plastic companies like to add. Also they should not be left out in the heat like in your car because the heat will cause the chemicals to leach out into the water that you are drinking. Then we wonder why men especially have low testosterone or have low sperm counts, why people are developing cancers and having all kinds of issues and that’s increased with the higher bottled water consumption. Of course with that we also do not recommend fluoride additive, we also do not recommend tap water either.

Q. Does ISIS in Iraq have anything to do with Isis in Egypt?

A. The answer to that is absolutely not. This ISIS name started to be used at the beginning like last spring and the ISIS so called people the people who were calling themselves that the Islamic State in Iraq and Syria they’ve changed their name. They changed their name months ago. But the US media still likes to use the name ISIS presumably because they are lazy or because it’s a sexy name and they can say it. At least the President maybe a disaster but at least he is using ISIL, the Islamic State in ?(1:03:54)Lib or whatever they are calling themselves now, whatever it stands for. At least he’s using that but the media is not following that, they are not following suit. Since the people who follow Ancient Egyptian religion like ourselves, like the Fellowship of Isis, like some other groups that are out there we are not strongly enough in number or in reputation or clout so nobody cares about offending us. But at least we should know that it has nothing to do with us and that it is a problem with them.

Q. I heard on NPR that the Fukushima disaster is under control, is this true because heard you talk about it before?

A. People should know first of all that the Japanese government has passed a law, I believe it was this year or last year, and the law says the following: Anyone who reports meaning a reporter or a private citizen or anybody who reports on the Fukushima disaster will be put in jail for ten years or something like that. So the only source of information is the Japanese government which is as corrupt and as degraded the government in the US which is lying about the Fukushima disaster. Why are they lying? Because the disaster is so large that if they told the truth it would be a full-on economic disaster for Japan. Which is the #3 government now, the #3 economy goes down which this would do then it would bring the world economy down. What is happening is that independent tests by independent scientists are showing that the problem with Fukushima has not been under control. It is still a crisis as strong today as it was in the beginning. If it melts down further it will be more of a disaster. Not only that they are not telling their own people in Japan that they should move from certain cities like Tokyo. There are certain parts of Tokyo that are registering so high with radiation that it would be classified as a "Disaster Zone" and people would have to move. Now Tokyo has the largest population in the world for a city. If they had to move Tokyo it would be a disaster for the country, so they don't want to go there, they don't want to. So they are lying about the situation and they are doing false tests to show that there is no problem whereas the independent tests are showing that there is a problem. Also medical tests are showing that there is more thyroid cancer there than ever way above the norm and people in Japan themselves are not finding out about it and of course they know that they are lying but they don't know for sure what is going on. There's a storm that just passed a few days ago through Fukushima and it put out rain which came down the mountain and went under the plant and there is so much rain that came through that's because a lot of people don't realize that the plant is still spewing out radiation underground because the reactors melted down. So there was more water coming through now the radiation around Fukushima beach is on orders of magnitude higher than it ever has been. As I said previously that there seems to be no way for them to control the meltdown. It went down into the ground and where the water table is so the water passes through there and catches the radiation and brings it into the Pacific Ocean. That is happening constantly every day. They cannot stop it. Eventually, it is going to contaminate the entire Pacific Ocean. So it is not recommended for anyone to go swimming in the Pacific Ocean especially now that there is a radiation plume underwater that is going to hit the coast of California, that is hitting now and is about to hit this year. So it is not recommended to eat any fish from the Pacific, to swim in the Pacific and if the Fukushima blows into the atmosphere, into the air it will not be recommended to live anywhere in the Pacific or on the West Coast or really anywhere in the Northern Hemisphere of the world. That is still in effect and it is going to continue to be in effect if they can get it under control. If they make a serious mistake that's going to be the end of that situation. They are lying and that's enough for you to know for now about that. The same thing I would say for Hawaii, I would not be going to live there or moving there or the West Coast of the US or the West Coast of Mexico or the West Coast of countries in South America because

eventually it is going to down there as well. Eventually it will contaminate all of the oceans well they really are just one ocean. So I will leave it at that for now. One more thing is that one could try to mitigate by eating iodine or miso soup but miso comes from Japan. So nothing is safe that is coming out of Japan either cultivated on land or on the shore. Ok.

So there are more questions but we'll leave those for next time, Hetep. (1:11:04)

BOOKS, WEBSITES USED:

BOOKS: Kemetic Diet Book (pgs. 142-144); Ancient Egyptian Herbal

WEBSITES: www.herbsociety.org; www.ncbi.nlm.nih.gov/pubmed