What Is Wrong With Scientology Healing Through Un Ebook

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Scientology, a movement founded by L. Ron Hubbard in the early 1950s, has long been a subject of controversy and debate. One of the most contentious aspects of Scientology is its approach to healing and health practices, often involving methods that are not supported by mainstream medical science. The phrase "scientology healing through un" typically refers to the organization's reliance on unverified, unproven, or pseudoscientific techniques that raise serious questions about safety, efficacy, and ethical standards. This article explores what is wrong with Scientology's healing practices, particularly when they involve unscientific methods.

Understanding Scientology?s Approach to Healing

Core Beliefs and Practices

Scientology claims to offer spiritual and mental healing through a series of doctrines and practices developed by L. Ron Hubbard. Some of these techniques, such as auditing and the use of the E-meter, are promoted as ways to clear individuals of spiritual disabilities and improve mental health. However, these methods are often criticized for lacking empirical validation and scientific backing.

Auditing and the E-meter

Auditing involves a practitioner guiding an individual through past experiences, purportedly to eliminate spiritual and emotional burdens. The E-meter, a device used during auditing sessions, measures electrical resistance in the body, which Scientologists believe correlates with spiritual distress. Critics argue that the E-meter has no proven diagnostic capability and that the process resembles a form of pseudo-psychotherapy.

The Problems with Unverified Healing Methods in Scientology

1. Lack of Scientific Evidence

Most Scientology healing practices are not supported by rigorous scientific research or clinical trials. The core techniques?auditing, purification programs, and the use of the E-meter?lack empirical validation, making their claims of health benefits highly questionable.

- Auditing is considered by many experts as akin to suggestive therapy without scientific basis.
- The E-meter is classified by some as a placebo device, with no proven medical utility.
- Many health claims made by Scientology practitioners are anecdotal and lack reproducibility.

2. Potential Harm and Risks

Unproven healing methods can pose significant health risks, especially when they replace or delay evidence-based medical treatment.

- Patients with serious physical or mental health conditions may forego necessary medical interventions, leading to worsening health or death.
- Psychological distress can be exacerbated if unscientific methods fail to address underlying issues.
- Financial exploitation is common, with followers often encouraged to spend large sums on auditing and purification programs with no proven benefit.

3. Ethical Concerns

The use of unverified healing practices raises ethical questions about consent, autonomy, and the duty of care.

- Participants may not be fully informed about the lack of scientific support for these methods.
- Practitioners may exploit vulnerable individuals seeking relief from distress or illness.
- It blurs the line between religion, therapy, and medicine, complicating oversight and regulation.

The Scientific and Medical Community?s View

Rejection of Pseudoscience

Mainstream medical and mental health organizations strongly oppose unverified healing practices, emphasizing the importance of evidence-based medicine.

Lack of Regulatory Oversight

Because Scientology's healing practices are often presented as spiritual or religious activities, they are not subject to the same regulatory scrutiny as licensed healthcare providers. This allows unproven methods to be marketed and practiced with minimal oversight.

Consequences of Ignoring Scientific Evidence

Ignoring scientific evidence can lead to:

- Delayed treatment for serious illnesses
- Misdiagnosis or misattribution of health issues to spiritual causes
- Financial and emotional exploitation of followers

Examples of Controversial Healing Claims in Scientology

Pseudoscientific Healing Programs

Scientology promotes various programs claiming to detoxify the body and cure diseases, such as the "Purification Rundown," which involves high doses of vitamins and sauna treatments.

Unproven Mental Health Claims

Followers are encouraged to seek mental clarity and emotional stability through auditing, despite a lack of scientific evidence supporting its efficacy for mental health issues like depression or anxiety.

Addressing the Myths and Misconceptions

Myth 1: Scientology Healing is Scientifically Proven

Fact: There is no credible scientific evidence supporting the health benefits claimed by Scientology healing practices.

Myth 2: Scientology Practitioners are Licensed Medical Professionals

Fact: Most practitioners are not licensed healthcare providers; they are trained within the organization?s own system, which lacks external medical accreditation.

Myth 3: The E-meter is a Diagnostic Device

Fact: The E-meter has no accepted medical or psychological diagnostic value and is considered a religious artifact by critics.

Conclusion: Why Skepticism is Warranted

The reliance on unscientific, unproven healing methods within Scientology raises significant concerns about safety, ethics, and efficacy. While individuals are free to pursue spiritual practices, it is crucial to distinguish between faith-based healing and evidence-based medicine. Relying on

unverified techniques can lead to physical harm, psychological distress, and financial exploitation.

Healthcare professionals, regulators, and informed individuals should remain vigilant about practices that claim health benefits without scientific backing. Consumers must prioritize treatments supported by rigorous evidence and consult licensed medical practitioners for health concerns.

In summary, what is wrong with Scientology healing through un is primarily the lack of scientific validation, potential health risks, ethical issues, and the promotion of pseudoscientific methods that can do more harm than good. Promoting genuine health and well-being requires adherence to proven, evidence-based practices that respect individual autonomy and prioritize safety.

What is Wrong with Scientology Healing Through Un

In recent years, the practice of healing within Scientology has garnered increased scrutiny and skepticism. Central to this controversy is the concept of "Un," a term used within Scientology to describe a supposed spiritual affliction or negative influence that practitioners claim can be addressed through specialized techniques. While these beliefs are deeply rooted in the organization's theology, many critics, medical professionals, and former members argue that Scientology?s approach to healing through Un is fundamentally flawed, often harmful, and fundamentally unscientific. This article explores the origins, claims, and issues associated with Scientology?s healing practices through Un, shedding light on why these methods are problematic from both a scientific and ethical standpoint.

The Concept of Un in Scientology: An Overview

Origins and Theological Foundations

Within Scientology, Un is a term that signifies spiritual or energetic disturbances that affect an individual's well-being, both mentally and physically. Scientologists believe that these Un are caused by spiritual traumas, negative influences, or residual engrams?psychic wounds left by past experiences?that can manifest as emotional or physical ailments. According to Scientology doctrine, Un are invisible but powerful entities or energies that can disrupt a person?s life, happiness, and spiritual progress.

The concept of Un is intertwined with the broader Scientological cosmology, which views the human being as an immortal spiritual being (thetan) trapped within a physical body. Scientologists contend that Un interfere with the thetan?s ability to function harmoniously, and that addressing Un is essential for spiritual liberation.

Healing through Auditing and Other Techniques

Scientology?s primary method for addressing Un is through a practice called auditing?a form of spiritual counseling that involves guided questioning and the use of an electromagnetic device called an E-meter. During auditing sessions, practitioners aim to identify and clear Un, which are believed to be embedded within a person?s spiritual memory banks.

The process involves:

- E-meter readings: Detecting changes in electrical resistance that supposedly indicate the presence of Un or other spiritual disturbances.
- Questioning: Asking the individual about past experiences, traumas, or negative influences linked to Un.
- Releasing the Un: Through specific auditing procedures, the individual is guided to confront and clear these Un, leading to purported spiritual and physical improvements.

Scientologists claim that successfully clearing Un leads to increased spiritual awareness, emotional stability, and physical health. However, critics question the scientific validity of these claims and the underlying assumptions about Un and auditing.

Criticisms of Scientology Healing Practices

Lack of Scientific Evidence

One of the most glaring issues with Scientology?s healing through Un is the absence of empirical evidence supporting its efficacy. Scientific medicine relies on rigorous testing, controlled studies, and reproducibility. In contrast, the claims of healing through auditing or addressing Un are anecdotal and lack peer-reviewed research.

Major concerns include:

- No clinical trials: There are no controlled studies demonstrating that auditing or clearing Un results in measurable health improvements.
- Placebo effect: Improvements reported by practitioners or members could be attributed to placebo effects, psychological suggestion, or the passage of time rather than any spiritual intervention.
- Subjectivity: E-meter readings and personal testimonies are highly subjective and lack objective validation.

Without scientific backing, these practices remain unproven and potentially misleading.

Potential Psychological and Ethical Risks

While some individuals report feeling better after auditing, others have experienced psychological distress or harm. Critiques focus on:

- Emotional manipulation: The intense focus on past traumas during auditing can lead to re-traumatization or emotional vulnerability.
- Dependence: Members may become reliant on auditing sessions, delaying or avoiding seeking medical treatment for genuine health issues.
- Informed consent: Critics argue that members may not be fully aware of the lack of scientific validation or potential risks involved in these spiritual practices.

Furthermore, some have raised ethical concerns regarding the power dynamics in auditing sessions, where practitioners hold significant influence over vulnerable individuals.

The Scientific and Medical Perspective

Understanding the Human Body and Mind

Modern medicine and psychology understand health and well-being through established biological, psychological, and social frameworks. Diseases are caused by identifiable pathogens, genetic factors, or physiological dysfunctions, and treatments are based on scientific evidence.

Mental health treatments, such as psychotherapy and medication, have undergone rigorous testing to establish safety and efficacy. These treatments are evidence-based, transparent, and subject to peer review.

In contrast, Scientology?s concept of Un and its methods lack this scientific foundation. The idea that invisible spiritual entities cause physical or mental health problems, and that they can be addressed through spiritual counseling alone, runs counter to established medical knowledge.

Potential Dangers of Rejecting Medical Care

One of the significant concerns is that reliance on Scientology healing practices may delay or prevent individuals from seeking appropriate medical treatment. This can lead to:

- Worsening of physical health conditions
- Unnecessary suffering
- Even death in severe cases where medical intervention could have saved lives

Numerous reports and investigations have documented instances where members have refused medical care in favor of auditing, with tragic outcomes.

Legal and Ethical Considerations

Regulation and Accountability

Unlike licensed healthcare providers, Scientology practitioners are not required to adhere to medical standards or ethical codes. This lack of regulation raises questions about accountability, especially when individuals are harmed.

In some jurisdictions, courts have scrutinized Scientology?s healing claims and practices. For example:

- Lawsuits have been filed by former members alleging emotional and psychological harm.
- Regulatory agencies have issued warnings against unlicensed health claims.

Freedom of Religion vs. Public Safety

While religious freedom is protected, it does not exempt organizations from legal scrutiny when their practices pose risks to public health or safety. The line between spiritual practice and pseudoscience becomes blurred, necessitating oversight to prevent exploitation.

The Broader Impact of Scientology?s Healing Practices

Influence on Members and Society

The promotion of Un-based healing can impact individuals? perceptions of health and well-being, leading to:

- Skepticism toward mainstream medicine
- Increased susceptibility to exploitation
- Erosion of trust in scientific and medical communities

Moreover, the propagation of unproven healing claims may undermine public health efforts, especially if individuals forgo proven treatments.

Impact on Former Members and Critics

Many former members have spoken out about the psychological and emotional toll of Scientology?s healing practices. Testimonies often describe feelings of confusion, guilt, and disillusionment after realizing that their spiritual healing was not scientifically validated.

Critics argue that Scientology?s focus on Un as a healing mechanism perpetuates misinformation and fosters dependency on the organization.

Conclusion: The Need for Evidence-Based Approaches

The allure of spiritual healing is ancient and widespread. However, when such practices are promoted as replacements for proven medical treatments without scientific validation, they pose significant risks. Scientology?s healing through Un exemplifies the dangers of conflating faith with science, especially when vulnerable individuals seek relief from suffering.

Public health and safety should be prioritized by ensuring that health interventions are evidence-based, transparent, and ethically sound. While religious freedoms must be respected, they should not come at the expense of individuals? health and well-being. It is crucial for society to promote awareness about the importance of scientific validation in medical and psychological treatments and to challenge pseudoscientific claims that can cause harm.

In the end, healing that is rooted in science and compassion remains the most reliable pathway to health, happiness, and genuine well-being.

QuestionAnswer What are the main criticisms of Scientology's healing practices through 'Un'? Critics argue that Scientology's healing methods, including those involving 'Un', lack scientific validation, can be pseudoscientific, and may pose risks to individuals seeking legitimate medical treatment instead of spiritual remedies. How does Scientology's approach to healing through 'Un' differ from conventional medicine? Scientology's healing practices via 'Un' focus on spiritual and energetic techniques that are not supported by scientific evidence, contrasting sharply with conventional medicine's reliance on evidence-based treatments and clinical testing. Are there any legal or safety concerns associated with Scientology healing through 'Un'? Yes, there have been concerns and reports of individuals experiencing adverse effects or neglecting medical treatment in favor of spiritual healing methods like 'Un', raising questions about safety and legality. What do medical professionals say about the effectiveness of Scientology's healing through 'Un'? Most medical professionals dismiss Scientology's healing practices involving 'Un' as unproven and pseudoscientific, emphasizing that they should not replace conventional medical care. Why do some people turn to Scientology healing methods like 'Un' despite lacking scientific support? People may turn to these methods due to spiritual beliefs, distrust of conventional medicine, personal testimonials, or the appeal of quick spiritual solutions, despite the lack of scientific evidence supporting their effectiveness.

Related keywords: Scientology, healing, UN, controversies, mental health, spiritual practices, allegations, practices, human rights, criticism

Be With

be with is a phrase that resonates deeply across different aspects of life?whether in relationships, personal growth, or day-to-day interactions. It encapsulates the idea of presence, companionship, and emotional connection. Understanding the multifaceted meaning of "be with" can help individuals foster stronger relationships, improve their mental well-being, and cultivate a more mindful approach to life. In this comprehensive guide, we will explore the various dimensions of "be with," including its significance in relationships, its role in self-awareness, and practical ways to embody this concept in everyday life.

Understanding the Meaning of "Be With"

The phrase "be with" is versatile and context-dependent. At its core, it signifies being present, sharing experiences, and forming bonds with others or oneself. It can imply:

- Emotional connection: Being emotionally available and attentive.
- Physical presence: Spending time together in person.
- Mindfulness: Being fully present in the moment.
- Supportiveness: Offering companionship during difficult times.
- Acceptance: Embracing oneself or others without judgment.

Recognizing these facets helps to appreciate the depth and importance of "be with" in fostering meaningful relationships.

The Significance of "Be With" in Relationships

Relationships are the foundation of human experience, and "being with" someone is central to creating trust, intimacy, and mutual understanding. Whether romantic, familial, or friendship-based, the act of simply being with another person can have profound effects.

Emotional Presence and Connection

Being with someone emotionally involves more than just physical proximity. It requires active listening, empathy, and genuine interest. When you "be with" someone emotionally, you:

- Validate their feelings.
- Offer a safe space for expression.
- Demonstrate understanding and compassion.

This emotional presence strengthens bonds and fosters a sense of security.

Physical Presence and Quality Time

Spending quality time together is essential in nurturing relationships. Being with someone physically can involve:

- Sharing meals.
- Going for walks.
- Engaging in shared hobbies.
- Simply sitting in silence, appreciating each other's company.

These moments create memories and deepen connections.

The Role of "Be With" in Building Trust

Trust develops when individuals feel genuinely "with" each other. Consistency, attentiveness, and authenticity are key. When you show up for someone consistently and are present in their life, you cultivate a foundation of trust and reliability.

Practicing "Be With" in Your Daily Life

Integrating the concept of "be with" into daily routines can enhance your relationships and personal well-being. Here are practical ways to embody this idea:

Mindfulness and Presence

- Practice mindfulness meditation to increase your awareness of the present moment.
- During conversations, focus fully on the speaker without distractions.
- Limit multitasking when spending time with others.

Active Listening

- Listen attentively without planning your response.

- Nod or provide affirmations to show engagement.
- Reflect back what you've heard to ensure understanding.

Offering Support and Compassion

- Be available during others? challenging times.
- Show empathy through words and actions.
- Avoid judgment or unsolicited advice; sometimes, just being there is enough.

Self-Reflection and Self-Compassion

- Be with yourself by practicing self-awareness.
- Acknowledge your feelings without suppression.
- Engage in self-care routines that nourish your mind and body.

The Spiritual and Philosophical Aspects of "Be With"

Beyond relationships, "be with" also has spiritual and philosophical connotations. It emphasizes unity, presence, and acceptance of the flow of life.

Being Present in the Moment

Practicing presence aligns with mindfulness philosophies. It encourages individuals to:

- Let go of past regrets and future anxieties.
- Embrace the current experience fully.
- Cultivate gratitude for the present.

Acceptance and Non-Judgment

"Be with" entails accepting situations and people as they are, fostering a sense of peace and understanding.

Unity and Connection

Recognizing that we are interconnected encourages compassion and empathy, emphasizing that "being with" others is part of the human experience.

Common Challenges in Practicing "Be With"

While the concept is simple in theory, it can be challenging to embody consistently. Common obstacles include:

- Distractions and digital interruptions.
- Emotional barriers like fear, mistrust, or past hurt.
- Time constraints and busy schedules.
- Personal insecurities or self-doubt.

Overcoming these challenges requires intentional effort and practice.

Tips to Enhance Your Ability to "Be With" Others and Yourself

- Set boundaries to ensure quality interactions.
- Practice active mindfulness in daily activities.
- Engage in reflective journaling to understand your feelings.
- Prioritize quality over quantity in relationships.
- Learn to listen without judgment and offer genuine support.

Conclusion: Embracing the Power of "Be With"

"Be with" is more than just a phrase; it embodies a philosophy of presence, connection, and acceptance. Whether in nurturing intimate relationships, supporting friends and family, or fostering a healthier relationship with oneself, embodying "be with" can lead to more meaningful, fulfilling experiences. By cultivating mindfulness, compassion, and genuine engagement, you can enrich your life and the lives of those around you. Remember, at its heart, "be with" reminds us that true connection begins with being fully present?an act that has the power to transform relationships and inner peace alike.

Be With: An In-Depth Exploration of Connection, Presence, and Meaning

In an era defined by rapid technological change, social upheaval, and shifting cultural norms, the concept of "be with" has taken on profound significance. Far beyond its simple grammatical structure, "be with" encompasses themes of companionship, mindfulness, emotional intimacy, and existential presence. This long-form exploration aims to dissect the multifaceted nature of "be with", examining its psychological, philosophical, and cultural dimensions, and offering insights into how this phrase influences human experience.

Understanding the Phrase "Be With": Definitions and Variations

At its core, "be with" is a versatile phrase whose meaning shifts depending on context. It can denote:

- Presence and companionship: Being physically or emotionally alongside someone.
- Acceptance and mindfulness: Embracing the present moment or one's current state.
- Relationship commitment: The act of being in a romantic, familial, or platonic partnership.
- Alignment and harmony: Living in accordance with one's values or the natural flow of life.

These variations reveal that "be with" is less about a static state and more about a dynamic process of engagement, connection, and authentic existence.

The Psychological Dimension of "Be With"

Presence and Mindfulness

One of the most profound interpretations of "be with" is rooted in mindfulness practices. To be with oneself or others in the present moment fosters emotional resilience, reduces stress, and enhances well-being. Mindfulness-based therapies encourage individuals to be with their thoughts, feelings, and sensations without judgment, cultivating a sense of inner peace.

Key aspects include:

- Acceptance: Allowing emotions to be present without suppression or avoidance.
- Non-attachment: Recognizing transient thoughts and feelings without clinging.
- Compassion: Extending kindness inwardly and outwardly.

Research indicates that practicing "being with" one's emotions can improve mental health, bolster emotional intelligence, and deepen interpersonal relationships.

Attachment and Connection in Relationships

In romantic and platonic contexts, "be with" signifies emotional availability and genuine connection. Healthy relationships often hinge on the ability to be with another person authentically?listening, empathizing, and sharing vulnerabilities.

Studies in attachment theory reveal that individuals who are comfortable being with their partner's emotions tend to report higher relationship satisfaction. Conversely, avoidance of being with difficult feelings or conflicts can erode intimacy.

Common themes include:

- Empathy: Truly listening and understanding the other.
- Presence: Giving undivided attention.
- Mutual vulnerability: Sharing fears, hopes, and insecurities.

Philosophical and Cultural Perspectives on "Be With"

Existential Philosophy and the Art of "Being"

Existential philosophers like Jean-Paul Sartre and Martin Heidegger emphasize the importance of authentic existence?being with oneself and the world in a genuine manner. Heidegger's concept of Dasein ("being there") underscores the necessity of authentic presence and awareness.

In this context, "be with" involves:

- Living intentionally.
- Facing mortality and the transient nature of life.
- Cultivating a sense of connectedness with existence itself.

This philosophical outlook encourages individuals to be with their authentic selves, embracing both their limitations and potentials.

Cross-Cultural Interpretations

Different cultures have unique perspectives on "be with":

- Japanese: The concept of "wa" emphasizes harmony and being with others in a way that fosters social cohesion.
- African: The idea of Ubuntu ? "I am because we are" ? highlights communal existence and interconnectedness.
- Indigenous Cultures: Often stress living in harmony with nature and the community, embodying the essence of being with the environment and others.

These cultural paradigms show that "be with" is integral to collective identity and societal functioning.

The Role of "Be With" in Modern Society

Digital Age and the Challenge of Connection

In a world saturated with social media, the act of being with has transformed dramatically. Virtual interactions can create a paradoxical sense of loneliness amid connectivity. The superficiality of online engagements can hinder genuine presence and authentic connection.

Challenges include:

- Superficial interactions: Likes and comments replacing meaningful conversations.
- Distraction: Constant notifications preventing mindfulness.
- Emotional disconnection: An inability to be with difficult feelings or conflicts.

However, the digital realm also offers opportunities for deeper being with others through virtual support groups, mindfulness apps, and online communities that encourage authentic sharing.

Therapeutic and Wellness Practices Centered on "Being With"

Contemporary therapeutic approaches increasingly emphasize "being with" as a foundational principle:

- Mindfulness-Based Stress Reduction (MBSR): Encourages participants to be with their sensations and thoughts.
- Compassion-Focused Therapy: Teaches clients to be with their emotional vulnerabilities.
- Somatic therapies: Focus on bodily awareness, fostering a sense of being with one's physical experience.

These practices aim to cultivate acceptance, resilience, and emotional depth.

Practical Applications and Exercises to Cultivate "Be With"

To integrate "be with" into daily life, consider the following exercises:

- Mindful Breathing

Focus on your breath for five minutes, observing sensations without judgment.

- Emotion Journaling

Write down feelings as they arise, allowing yourself to be with each emotion fully.

- Active Listening

When engaging with others, practice silent presence, resisting the urge to interrupt or judge.

- Nature Immersion

Spend time outdoors, consciously observing your surroundings to be with the natural world.

- Body Scan Meditation

Systematically bring awareness to different parts of your body, fostering physical and emotional presence.

Consistent practice of these exercises can deepen your capacity to be with yourself and others authentically.

Critiques and Limitations of "Be With"

While "be with" offers numerous benefits, it is not without challenges:

- Emotional Overwhelm: Fully being with difficult feelings can be distressing without adequate support.
- Cultural Variability: Not all cultures prioritize or interpret "be with" similarly, influencing its applicability.
- Misinterpretation: Overemphasis on being with can lead to avoidance of necessary action or change.

Balancing being with and proactive engagement is essential for healthy functioning.

Conclusion: Embracing the Power of "Be With"

The phrase "be with" encapsulates a profound approach to life?one rooted in presence, connection, acceptance, and authenticity. Whether viewed through psychological, philosophical, or cultural lenses, "be with" invites us to slow down, embrace the moment, and cultivate genuine relationships with ourselves, others, and the world.

In a society often driven by speed and superficiality, mastering the art of "being with" can serve as a pathway to deeper fulfillment, resilience, and meaningful existence. It challenges us to confront our inner landscapes and external realities with honesty and compassion, ultimately fostering a richer, more connected human experience.

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In embracing "be with", we open ourselves to a richer, more authentic existence?one that celebrates presence over perfection, connection over distraction, and being over doing.

QuestionAnswer What does it mean to be with someone in a relationship? Being with someone in a relationship typically means sharing a committed, mutual connection, often involving emotional intimacy, support, and companionship. How can I be with someone who lives far away? To be with someone long-distance, focus on regular communication, trust, setting shared goals, and planning visits to maintain your bond despite the physical distance. What are some ways to be with yourself and practice self-love? Being with yourself involves self-reflection, engaging in activities you enjoy, practicing mindfulness, and prioritizing your well-being to foster self-love and acceptance. How does being with family influence our mental health? Being with family provides emotional support, a sense of belonging, and stability, which can positively impact mental health, though unhealthy dynamics may have adverse effects. What does it mean to be with someone in a supportive way? Being with someone supportively involves listening, understanding their feelings, offering help when needed, and being present during both good and challenging times. How can I be with my friends more meaningfully? To be with friends meaningfully, prioritize quality time, active listening, sharing experiences, and showing genuine care and interest in their lives. What are some signs that someone truly wants to be with you? Signs include consistent communication, making time for you, showing interest in your life, supporting you, and demonstrating trust and respect in the relationship.

Related keywords: companionship, presence, together, accompany, stay, unite, connect, associate, link, join

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