the grand illusion love lies and my life with sty Updated Version

The grand illusion love lies and my life with Sty

Love, truth, deception?these themes are often intertwined in the complex tapestry of human experience. In my journey, I have come to realize that what we perceive as love can sometimes be nothing more than a grand illusion, shaped by lies we tell ourselves or are told by others. For me, this revelation was deeply personal and transformative, especially in my life with Sty. Through this article, I want to explore the illusions of love, the lies that often underpin it, and how my relationship with Sty has challenged and reshaped my understanding of genuine connection and authenticity.

The Illusion of Love: What We Often Fail to See

Many of us grow up romanticizing love, believing it to be a perfect, all-consuming force that will bring happiness and fulfillment. However, beneath the surface lies a complex web of illusions that can distort our perception of what love truly is.

Common Illusions About Love

- **Love is effortless:** Many believe that true love requires no effort, but sustaining a meaningful relationship demands ongoing work and commitment.
- **Love is enough:** While love is vital, it alone cannot resolve all relationship issues or compensate for incompatibilities.
- **Finding ?the one? will complete you:** This myth promotes the idea that love is about completing a missing piece, rather than mutual growth and understanding.
- **Love at first sight is real:** Instant attraction can be mistaken for deep love, but true intimacy develops over time through shared experiences and trust.

The Lies We Tell Ourselves and Others

Alongside these illusions, lies often creep into our perceptions of love?either consciously or unconsciously. Recognizing these lies is crucial for authentic connection.

- **?They?re perfect for me?:** We often overlook flaws or incompatibilities, idealizing our partners.
- **?I can change them?:** The hope that love can transform someone into who we want them to be

can lead to disappointment and frustration.

- **?Love means never having to say goodbye?:** This romanticized idea can prevent honest communication and necessary endings.
- **?If I just try harder, it will work?:** Self-deception can keep us in unhealthy or unfulfilling relationships longer than we should.

My Life with Sty: A Journey Through Love, Lies, and Self-Discovery

Meeting Sty was a pivotal moment in my life. Our relationship initially seemed like a dream?full of passion, understanding, and shared dreams. But as time progressed, I began to see the cracks beneath the surface, revealing how illusions and lies can influence even the most seemingly genuine connections.

How I Fell for the Illusion

At first, Sty appeared to be the perfect partner. He was charming, attentive, and seemed to share my values. I convinced myself that I had found ?the one,? and I ignored red flags that hinted at deeper issues.

- We shared many beautiful moments that reinforced our bond.
- I believed that the intense chemistry we felt was enough to sustain us.
- My hopes for a future together blinded me to signs of incompatibility and dishonesty.

The Unraveling of Lies

Over time, small inconsistencies and unspoken truths began to surface. Sty?s words did not always match his actions, and I started to question the authenticity of our relationship.

- He kept secrets that he justified as ?protecting? me, but they created distance.
- Deception became more evident as I uncovered lies about his past and current commitments.
- The more I tried to see the love we shared as genuine, the more I realized I was living in a fantasy.

Confronting Reality and Embracing Self-Discovery

Breaking free from the illusions was painful but necessary. It forced me to confront uncomfortable truths about love, honesty, and self-worth.

- I learned that authentic love requires honesty and vulnerability.
- Allowing myself to see Sty?s flaws and my own needs helped me understand what I truly wanted.
- Ending the relationship was a step toward reclaiming my life and understanding that love should never come at the expense of my integrity.

Lessons Learned: Love Beyond Lies

My experience with Sty taught me invaluable lessons about love and human nature, which I believe are universal.

Understanding Love?s True Nature

- **Genuine love is honest:** It thrives on transparency and mutual respect.
- **Love requires effort:** It?s an ongoing process of growth, compromise, and understanding.
- **Self-love is foundational:** Knowing your worth prevents you from settling for less than you deserve.

Recognizing and Overcoming Illusions

- Question the narratives you tell yourself about love; are they rooted in reality or fantasy?
- Pay attention to red flags and trust your intuition rather than romanticized ideals.
- Seek authentic connections over idealized notions of love.

Moving Forward: Embracing Authentic Love

After my journey with Sty, I understand that true love is about connection built on honesty, respect, and shared values?not illusions or lies. Moving forward, I am committed to cultivating relationships that honor my truth and encourage growth.

Final Thoughts: The Power of Self-Reflection and Authentic Connection

The grand illusion of love often leads us astray, convincing us to accept lies and overlook faults. My life with Sty was a mirror that reflected both the beauty and the deception that can occur in intimate relationships. By peeling back the layers of illusion, I found a path to self-awareness and authentic love?an experience that has profoundly shaped my understanding of what it truly means to connect with another person.

In the end, love is not about perfection or fairy tales; it?s about honesty, vulnerability, and shared growth. Recognizing the lies we tell ourselves and others is the first step toward building relationships rooted in truth. My journey with Sty showed me that even in the face of disillusionment, there is an opportunity for renewal and genuine connection. Embracing this truth allows us to move forward with clarity, compassion, and an open heart?ready to find love that is real, honest, and lasting.

The Grand Illusion: Love, Lies, and My Life with Sty

In the vast landscape of human emotions and personal narratives, few themes evoke as much fascination, vulnerability, and introspection as love. It?s a universal experience, yet uniquely personal?shaping lives, redefining identities, and often obscuring the line between truth and illusion. This article offers an in-depth exploration of these complex dynamics, framed through a candid, expert lens on the phenomenon of love, the pervasive presence of lies, and the journey of self-discovery amid chaos. Drawing parallels to the narrative of "Sty"?a figure emblematic of resilience and authenticity?we will dissect how love?s grand illusion can both elevate and trap us, and how embracing truth can lead to liberation.

The Illusory Nature of Love: An Exploration of the Mind?s Deceptions

Understanding Love as a Psychological Construct

Love, often romanticized as an pure, transcendent force, is in reality a sophisticated psychological construct. Neuroscientific research reveals that love activates specific brain regions associated with reward, motivation, and attachment?similar to the neural pathways involved in addiction. This neurochemical cocktail includes dopamine, oxytocin, and vasopressin, which foster feelings of pleasure, bonding, and dependency.

However, these biochemical processes can also distort perception, leading individuals to idealize partners, overlook flaws, or ignore warning signs. The "grand illusion" of love lies in this tendency to distort reality, projecting fantasies onto the person we desire, often to the detriment of genuine understanding.

Key aspects of love?s illusion include:

- Idealization: Seeing the beloved as perfect or flawless.
- Projection: Attributing one?s desires, fears, or aspirations onto the partner.
- Confirmation Bias: Interpreting behaviors to reinforce pre-existing beliefs about love.
- Selective Memory: Remembering positive moments while dismissing negatives.

This mental distortion sustains the emotional high but can create a fragile foundation that crumbles when faced with reality.

The Cultural and Media Influence on Love?s Illusion

Media, literature, and societal norms perpetuate an idealized vision of love?epic romances, fairy-tale endings, and soulmates destined to be together against all odds. While inspiring, these narratives often set unrealistic expectations, leading individuals to chase illusions rather than authentic connection.

Examples include:

- The notion that love should be effortless or always passionate.
- The belief that true love is rare and must be found at all costs.
- The myth of ?the one??a perfect partner who completes you.

Such myths can trap individuals in cycles of disillusionment, chasing illusions that mask their own needs and realities.

The Role of Lies in Love and Personal Life

Types of Lies in Romantic Contexts

Lies are often woven into the fabric of relationships, either consciously or unconsciously. They serve various functions?sometimes to protect, other times to manipulate or hide vulnerabilities.

Common types include:

- White Lies: Small, often benign untruths told to avoid hurting feelings or to smooth interactions.
- Deception of Intent: Concealing true motives or feelings to gain advantage or control.
- Omissions: Leaving out critical information that could alter perceptions.
- Gaslighting: Manipulative tactics to make a partner doubt their reality or perceptions.

While white lies might seem harmless, accumulated deception erodes trust, especially when intertwined with bigger lies or manipulations.

Impact of Lies on Personal Identity and Self-Perception

Lies don?t just influence relationships?they profoundly affect individual self-awareness. Living

inauthentically, whether by hiding one's true feelings or conforming to societal expectations, fosters internal discord and diminishes self-esteem.

Effects include:

- Loss of Authenticity: Feeling disconnected from one?s true self.
- Cognitive Dissonance: Inner conflict when actions contradict beliefs.
- Emotional Fatigue: Constant effort to maintain facades.
- Erosion of Trust: Difficulty trusting oneself and others.

Recognizing and confronting these lies is crucial for healing and genuine connection.

My Life with Sty: Resilience Amidst Illusions and Lies

Introducing Sty: The Symbol of Authenticity

"Sty" in this context is a metaphor for resilience, authenticity, and the courage to face reality. Like a resilient figure who refuses to be overshadowed by illusions, Sty embodies the journey toward self-awareness and truth.

Traits of Sty include:

- Honesty: Embracing vulnerabilities without fear.
- Resilience: Bouncing back from setbacks and illusions.
- Authenticity: Living true to oneself despite external pressures.
- Courage: Confronting uncomfortable truths.

My personal life with Sty has been an odyssey?marked by moments of clarity, deception, heartbreak, and ultimately, liberation.

Navigating Love?s Illusions: Lessons Learned

Living with Sty has taught me invaluable lessons about love, lies, and self-worth:

- Question the Illusions: Recognize when feelings are based on projections or fantasies. Challenge idealizations by seeking concrete evidence of a partner?s character.

- Confront the Lies: Identify and address dishonesty, both from others and oneself. Cultivating honesty fosters trust and authentic connection.

- Prioritize Self-Respect: Respecting my boundaries and truths empowered me to avoid toxic illusions and manipulations.

- Embrace Vulnerability: True intimacy requires openness about fears and imperfections, dismantling façades rooted in fear of rejection.

- Seek Reality Over Fantasy: While dreams are vital, grounding relationships in reality ensures sustainability and genuine growth.

Transforming Personal Struggles into Strength

My journey with Sty involved confronting painful truths?recognizing patterns of deception, invalidating illusions, and reclaiming my identity. It was a process of peeling back layers of societal conditioning and personal fears.

Steps I took included:

- Self-Reflection: Journaling and mindfulness practices to understand my emotional landscape.
- Seeking Support: Therapy and honest conversations with trusted friends.
- Setting Boundaries: Clearly defining what was acceptable and what wasn?t.
- Practicing Self-Compassion: Accepting imperfections and forgiving past mistakes.
- Living Transparently: Committing to honesty in all interactions.

Through these efforts, I moved from being ensnared in love?s grand illusion to embracing the raw, unfiltered truth of myself and others.

Conclusion: Embracing the Authentic Self in the Face of Illusions

The grand illusion of love, intertwined with lies and false narratives, can obscure our perception and lead us astray. Yet, it is also within our power to discern reality from illusion, to confront uncomfortable truths, and to cultivate authentic relationships rooted in honesty and self-awareness.

My life with Sty exemplifies this journey?transforming pain and deception into resilience and authenticity. By recognizing love?s illusory nature and dismantling the lies that threaten our

well-being, we can forge a path toward genuine connection and inner peace.

Final reflections:

- Love is a powerful, transformative force?but it requires discernment and honesty.
- Lies, whether small or large, erode trust and self-worth.
- Embracing vulnerability and truth, like Sty, leads to resilience and authentic living.
- Personal growth often involves confronting uncomfortable realities, but the reward is a life aligned with one?s true self.

In the end, understanding the grand illusion of love and the role of lies is a vital step in our journey toward fulfillment. It challenges us to look beyond surface appearances, question our perceptions, and embrace the authenticity that lies at the heart of genuine connection.

QuestionAnswer What is 'The Grand Illusion' by Love Lies and My Life with Sty about? It explores themes of love, deception, and personal growth through the band's journey and storytelling, blending emotional lyrics with introspective reflections. Who are the main members involved in 'Love Lies and My Life with Sty'? The project features a collaborative effort among musicians and artists passionate about expressing raw human experiences, with Sty being a central figure in the creative process. How has 'The Grand Illusion' influenced contemporary music discussions? It has sparked conversations about authenticity in relationships and the importance of vulnerability in songwriting, resonating with audiences seeking genuine emotional connections. What are some notable tracks from 'The Grand Illusion' that deal with love and deception? Tracks like 'Shattered Mirrors' and 'Truth or Tale' stand out for their candid lyrics addressing love's complexities and the illusions we often accept. How does 'My Life with Sty' contribute to the overall theme of the album? It offers a personal narrative that provides insight into Sty's experiences, adding depth and relatability to the album's exploration of love, lies, and self-discovery. Where can fans listen to 'The Grand Illusion' and stay updated on related releases? Fans can listen on major streaming platforms like Spotify, Apple Music, and Amazon Music, and follow the band's official social media channels for the latest updates.

Related keywords: grand illusion, love, lies, my life, Sty, relationships, deception, identity, truth, personal journey

love is eternal

Love is eternal. This timeless declaration encapsulates a profound truth that has resonated across

cultures, religions, and generations. It speaks to the enduring power of love?a force that transcends the boundaries of time, space, and circumstance. Throughout history, poets, philosophers, spiritual leaders, and everyday people have celebrated love?s everlasting nature, asserting that true love remains unbroken despite life's inevitable challenges. In this comprehensive exploration, we will delve into the many facets of love as an eternal phenomenon, examining its spiritual, psychological, cultural, and scientific dimensions.

The Concept of Eternal Love in History and Culture

Ancient Civilizations and Their Views on Love

Ancient societies often regarded love as a divine or mystical force. For example:

- The Greeks believed in agape, a selfless, unconditional love that was eternal and divine.
- In Hinduism, the concept of Bhakti emphasizes devotion and love for the divine, which is everlasting.
- In Egyptian mythology, love was seen as a fundamental aspect of the universe, connected with the eternal cycle of life and death.

These beliefs highlight a universal recognition that love is not merely a fleeting emotion but a profound, everlasting connection.

Love in Religious Texts and Spiritual Traditions

Many spiritual traditions emphasize the eternal nature of love:

- The Christian Bible speaks of God's love as everlasting (Jeremiah 31:3) and the love among believers as a reflection of divine love.
- Buddhism teaches that love, compassion, and kindness are qualities to be cultivated eternally, leading to enlightenment.
- Islamic teachings highlight Allah?s infinite mercy and love, which are eternal and unchanging.

These spiritual perspectives reinforce the idea that love is an eternal attribute that connects humans to the divine and to each other.

The Psychological Perspective: Love as an Enduring Bond

The Science Behind Love?s Longevity

Modern psychology and neuroscience reveal that love involves complex brain chemistry and emotional bonding mechanisms:

- Neurotransmitters such as dopamine, oxytocin, and serotonin play key roles in feelings of attachment and pleasure.
- Long-term relationships are associated with sustained activity in brain regions linked to reward and attachment.

Research indicates that, with effort and commitment, love can deepen over time, transforming from passionate infatuation to a mature, enduring bond.

The Stages of Love and Their Duration

Understanding the natural progression of love helps to appreciate its eternal qualities:

- Initial Attraction ? characterized by excitement and infatuation.
- Deepening Connection ? involving trust, intimacy, and shared experiences.
- Companionship and Commitment ? where love becomes a stable, enduring partnership.

Many couples report that their love, when nurtured, remains resilient and grows stronger over the years, emphasizing its eternal nature.

Love?s Eternal Nature in Personal Experience

Memories and Legacy

Love leaves an indelible mark on our lives:

- Memories of loved ones sustain us beyond their physical presence.
- Acts of love and kindness create a legacy that endures through generations.

These enduring memories affirm that love?s impact is eternal, shaping identities and relationships long after moments have passed.

Enduring Love Stories

Throughout history, countless love stories exemplify eternal love:

- The tale of Shah Jahan and Mumtaz Mahal, whose love inspired the Taj Mahal, symbolizes everlasting devotion.
- The legend of Pyramus and Thisbe illustrates love?s unwavering commitment despite obstacles.
- Modern stories of lifelong partnerships showcase how love can withstand time and adversity.

Such stories serve as powerful reminders that love, when true, is timeless.

The Science and Philosophy of Love?s Eternity

Scientific Evidence Supporting Love?s Endurance

Studies have shown that:

- Couples who maintain strong emotional bonds often report lasting satisfaction and happiness.
- Shared experiences and mutual support reinforce the enduring nature of love.
- Brain imaging studies reveal that long-term love activates similar neural pathways as initial romantic love, indicating a biological basis for love?s persistence.

Philosophical Insights: Love as an Eternal Truth

Philosophers have long debated the nature of love:

- Plato described divine love as a pursuit of eternal beauty and truth.
- Kant believed love is an expression of moral duty that can be everlasting when rooted in goodness.
- Contemporary thinkers see love as an essential aspect of human existence, pointing to its eternal significance.

These insights underscore the idea that love is more than an emotion?it is a fundamental aspect of our spiritual and philosophical understanding of life.

Living a Life of Eternal Love

Practices to Cultivate Everlasting Love

To nurture love's eternal qualities, consider:

- Communication: Open, honest dialogue fosters trust and understanding.
- Compassion and Forgiveness: Overcoming conflicts with kindness sustains love.
- Shared Goals and Values: Aligning visions for the future deepens bonds.
- Continuous Growth: Embracing change together keeps love vibrant.

Maintaining Love Through Challenges

Challenges are inevitable, but they can strengthen love:

- Patience and Resilience: Overcoming difficulties together builds a resilient bond.
- Adaptability: Evolving with each other maintains relevance and connection.
- Reaffirmation: Regularly expressing love and appreciation keeps the relationship alive.

By actively nurturing these aspects, individuals can ensure that their love remains eternal.

Conclusion: The Eternal Power of Love

Love?s eternal nature is a universal truth woven into the fabric of human existence. Whether viewed through the lens of history, culture, psychology, or spirituality, love remains a timeless force capable of transcending mortality. It leaves a legacy in memories, inspires enduring stories, and fosters connections that defy the constraints of time. Cultivating love?through understanding, compassion, and commitment?can help us experience its everlasting power in our lives. Ultimately, embracing the concept that love is eternal encourages us to cherish every moment, nurture our relationships, and believe in the enduring power of love to transform and transcend.

Key Points to Remember:

- Love has been revered across civilizations as an eternal, divine force.
- Spiritual teachings emphasize love?s unchanging, everlasting nature.
- Psychological research supports love?s capacity to deepen and endure over time.
- Enduring love stories serve as timeless reminders of love?s eternal power.
- Practical efforts in relationships can nurture love?s persistence through life?s challenges.

Embracing the idea that love is eternal not only enriches our understanding of human connection but also inspires us to foster love that lasts a lifetime?and beyond.

Love is eternal ? a phrase that resonates deeply across cultures, philosophies, and generations. It encapsulates a universal longing for permanence in a world characterized by change and impermanence. From ancient myths to modern psychology, the idea that love transcends time offers

comfort, hope, and a profound sense of connection that defies mortality. In this comprehensive exploration, we will delve into the various dimensions of love?s eternal nature, examining its philosophical roots, psychological underpinnings, cultural representations, and practical implications for our lives today.

Understanding the Concept of Love is Eternal

The Philosophical Perspective

Philosophers have long pondered the nature of love and its supposed immortality. Plato, in his dialogues, particularly the Symposium, presents love as a pursuit of divine beauty and eternal truth. For Plato, true love is not merely physical or fleeting but an aspiration toward the eternal forms ? an unchanging reality beyond the material world.

- Eros and the pursuit of the divine: Eros, or passionate love, is seen as a desire to unite with the eternal, to partake in the divine.
- Love as a reflection of the soul's immortality: Philosophers like Socrates suggested that love can serve as a bridge to the eternal, inspiring us to seek higher truths.

The Religious and Spiritual Viewpoints

Many religious traditions emphasize love?s eternal nature as a divine principle. For example:

- Christianity: The concept of God's love as everlasting (?My love for you will never fail,? Jeremiah 31:3) underscores the belief that divine love is eternal and unchanging.
- Hinduism: The idea of Brahman ? the ultimate reality ? encompasses infinite love that pervades the universe.
- Islam: The notion of Allah?s love being eternal and encompassing all creation.

These perspectives suggest that love, especially divine love, is not bound by mortality but exists beyond it, offering believers hope for an everlasting connection.

Psychological and Scientific Insights

Love and Memory: The Mind?s Role

While physical bodies are mortal, memories and emotional bonds can create a sense of permanence. Psychologically, people often experience love as an enduring force through:

- Shared memories: Recollections of love?s moments can persist long after physical separation.
- Attachment and bonding: Neurochemical processes (like oxytocin release) reinforce feelings of connection that can feel timeless.

The Brain and Love?s Immortality

Neuroscientific research indicates that love activates specific brain regions associated with reward, motivation, and social bonding. These neural pathways can produce lasting impressions, reinforcing the idea that love leaves an indelible mark on our minds, contributing to the perception of its eternal nature.

The Role of Legacy and Influence

Even after physical death, individuals? love can live on through:

- Children and descendants
- Art, literature, and music inspired by love
- Acts of kindness and remembrance

This influence underscores the idea that love?s impact can transcend mortal life, echoing through generations.

Cultural Manifestations of Love?s Eternity

Literature and Art

Throughout history, artists and writers have celebrated love?s eternal qualities:

- Shakespeare?s sonnets: Exploring love?s enduring power beyond time.
- Renaissance paintings: Depictions of eternal love, like the romantic allegories in Botticelli?s works.
- Modern films: Stories emphasizing everlasting love, such as The Notebook or Titanic, reflect societal hopes for love?s permanence.

Mythology and Folklore

Many myths portray love as an immortal force:

- Orpheus and Eurydice: Their love defies death, emphasizing love?s power over mortality.
- Pyramus and Thisbe: A tale of love enduring despite tragic circumstances.

These stories serve as allegories for humanity?s desire to believe in love?s eternal nature.

Practical Implications: Living with the Belief that Love is Eternal

Cultivating Eternal Love in Relationships

While no relationship is immune to change, embracing the idea that love can be eternal encourages:

- Deep commitment: Valuing growth and resilience over fleeting passion.
- Forgiveness and patience: Recognizing that love?s endurance requires effort.
- Shared purpose: Building a connection rooted in mutual values and aspirations.

Honoring Loved Ones Beyond Death

Practices that reinforce the eternal nature of love include:

- Memory preservation: Creating rituals to remember loved ones.
- Storytelling: Passing down stories of love and connection.
- Acts of kindness: Living in a way that honors loved ones? legacy.

Personal Growth and Self-Love

Understanding that love is eternal also emphasizes self-compassion and inner growth, fostering a sense of wholeness that sustains us through life's inevitable changes.

Challenges to the Idea of Love?s Eternity

Despite its comforting appeal, the notion of eternal love faces skepticism:

- Transient relationships: Many love stories are temporary, ending naturally or painfully.
- Changing human nature: Personal growth and circumstances can alter feelings.
- Cultural shifts: Societies evolve, redefining concepts of love and permanence.

Acknowledging these realities doesn?t diminish love?s importance but highlights the need for a nuanced understanding ? one that balances aspiration with acceptance.

Final Reflections: Embracing Love?s Eternal Spirit

Love is eternal in many forms ? whether as divine presence, lasting memories, or ongoing influence. Its enduring power lies in its ability to transform individuals and societies, offering a glimpse of something greater than ourselves. By cultivating love with awareness of its eternal potential, we can find meaning, solace, and motivation to nurture connections that transcend time. Ultimately, love?s eternal nature reminds us that while our bodies may fade, the essence of love persists ? a timeless thread woven into the fabric of existence.

Whether through spiritual belief, personal relationships, or cultural narratives, the idea that love is eternal continues to inspire hope and resilience. It encourages us to cherish each moment, leave lasting legacies, and believe in a connection that no death can sever. In embracing this truth, we participate in a timeless dance ? one that celebrates the eternal spirit of love in all its forms.

QuestionAnswer What does it mean when someone says love is eternal? It implies that true love endures beyond physical presence, time, and even life itself, emphasizing its everlasting and unbreakable nature. How can love be considered eternal in modern relationships? Through deep emotional connections, shared memories, and committed bonds, many believe love can transcend physical existence and remain forever in the hearts of those involved. Are there cultural or spiritual beliefs that support the idea that love is eternal? Yes, many cultures and spiritual traditions, such as reincarnation beliefs and eternal soul concepts, emphasize that love persists beyond earthly life and continues through different existences. Can love that is considered eternal face challenges or change over time? While external circumstances may change, the core essence of eternal love is often viewed as resilient, capable of withstanding challenges and evolving in depth without fading. How do literature and art depict the concept of love being eternal? Many works portray love as timeless and immortal, symbolizing it through eternal flames, undying stars, or everlasting vows, emphasizing its perpetual and unending nature.

Related keywords: eternal love, timeless romance, everlasting affection, infinite devotion, endless passion, immortal bond, eternal companionship, perpetual tenderness, forever together, timeless connection

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