Divided House: Who Is Governing Your Inner Kingdom?

Title Page

DIVIDED HOUSE

Who Is Governing Your Inner Kingdom?

An 18-ChakraVerse Music Remedy

A Practical Guide to Recognizing Internal Conflict, Restoring Self-Governance, and Creating from a Unified Center

Alchemist Iris

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A note before you begin. This publication presents a spiritual and educational interpretive framework. Its reflective exercises are not substitutes for medical or mental-health diagnosis or treatment. If you are in crisis, or if a pattern you uncover feels larger than self-reflection can hold, please reach out to a qualified professional or someone you trust.

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Welcome to The 18-ChakraVerse Music Remedies

Listen. Reflect. Examine. Practice. Manifest Consciously.

Music can entertain us. It can inspire us. But music can also become a mirror, revealing patterns we have lived with for years without ever recognizing them.

The 18-ChakraVerse Music Remedies combine original music, biblical research, energy awareness, and practical self-examination. Their purpose is to help you move from unconscious construction to conscious construction.

Each remedy begins with a song that raises a question about life. The guide that accompanies it helps you investigate that question, recognize how it is expressed in your own circumstances, and develop a more deliberate response.

This is not about becoming perfect. It is about becoming conscious of what you are already creating.

How to Use This Remedy

1. **Listen first.** Play "Divided House" before you begin reading, and return to it whenever a chapter stirs something in you.
2. **Keep a journal close.** Every chapter includes reflection questions and short practices. Write your answers by hand if you can. Your first, uncorrected response is often the most honest.
3. **Go at the pace of honesty, not speed.** You can read this guide in an afternoon, but its value comes from returning to the questions over days and weeks.
4. **Finish with the Seven-Day Practice.** The final section turns what you have examined into a week of observation, practice, and evaluation.
5. **Be gentle with what you find.** You are gathering information, not building a case against yourself.

Your first question is the title of this remedy:

Who is governing your inner kingdom?

Introduction: A House Can Be Full and Still Be Divided

> *"More bodies don't make you whole. More covenants don't make you sovereign."* — from "Divided House"

Imagine a person who appears to have everything: a successful career, a beautiful home, a loving family, financial security, admiring friends, and opportunities other people only dream about.

From the outside, the house looks complete.

Inside, several competing demands are struggling for authority. One part wants peace; another wants recognition. One wants financial security, while another spends impulsively to feel important. One longs for intimacy, but another fears vulnerability.

This person is not necessarily dishonest or malicious. They may simply never have examined the competing intentions shaping their decisions.

The house is occupied. But is it governed?

That is the question behind the song **"Divided House."**

What a Divided House Is

A divided house is more than a household full of disagreement. Within the interpretive framework of The 18-ChakraVerse, it describes a condition in which competing desires, learned responses, and conflicting commitments interfere with conscious self-governance.

It can look like this:

- You know what you value, yet you repeatedly act against those values.
- You genuinely love someone, yet respond with cruelty when you are angry.
- You desire financial freedom, yet keep making purchases that undermine it.
- You want a peaceful life, yet remain committed to winning every argument.

These contradictions are worth examining. But they do not mean you are defective. They mean there is information to investigate.

The Difference Between Emotion and Government

Anger is not automatically a failure of government. Neither is fear. Desire, disappointment, jealousy, grief, and frustration are part of ordinary human life.

The question is what happens next.

You can experience anger without becoming violent. You can desire something without taking what belongs to someone else. You can feel rejected without trying to destroy another person's happiness.

Maturity does not eliminate the conditions that provoke emotion. It develops the capacity to respond with awareness.

In The 18-ChakraVerse, **Adam** represents humanity, male and female, learning to exercise responsibility within the circumstances of physical life. Adam cannot govern every circumstance. Adam can develop governance over personal choices and responses.

This is where our examination begins.

Your First Listening Experience

Listen to "Divided House" before you continue.

Do not listen only for the biblical characters or the relationships described. Listen for the competing intentions. Notice where the song describes someone seeking externally what they have not developed internally.

Then ask yourself:

What am I expecting another person, possession, achievement, or circumstance to provide that I have not learned to cultivate within myself?

Write your first response without trying to correct it. You are gathering information.

Chapter One: Disruption Is a Signal, Not the Problem

There was a time when I treated disruptive behavior as something to fix, control, or eliminate. If something within me became uncomfortable, I wanted the discomfort gone.

But as I studied the structure of the inner family, I began to consider another possibility. What if disruption was communicating something? What if the behavior I wanted to silence was pointing to an internal condition I had not yet recognized?

That question changed my approach. Instead of immediately asking how to stop a behavior, I began asking what the behavior might reveal.

The distinction matters, because different patterns call for different responses. Within this framework, we examine three useful conditions.

1. Misalignment: When a Familiar Response Becomes Distorted

Misalignment occurs when an established way of responding operates in a way that no longer serves its intended purpose.

Consider someone who values responsibility. Responsibility is useful. It helps us honor commitments, prepare for difficulty, and care for the people who depend on us. But responsibility can become excessive control:

- A parent who wants to protect a child begins controlling every decision the child makes.
- An employee who values excellence becomes unable to finish a project because nothing feels good enough.
- A partner who values loyalty begins treating ordinary independence as betrayal.

The original value has not disappeared. Its expression has become distorted.

In the language of the inner family, we might describe this as a governing persona operating out of alignment. A persona is a useful way of representing a learned role or pattern. It is not a separate sovereign being living inside you. The responsibility for examining and changing the response remains with Adam.

> **Reflection:** Where has one of your strengths become exaggerated, rigid, or counterproductive?

2. Fragmentation: When Competing Intentions Struggle for Authority

Fragmentation describes a condition in which competing intentions interfere with deliberate action.

Imagine someone building a business. They want financial independence, and they also want freedom from responsibility. They want customers, but dislike receiving criticism. They want visibility, but fear being judged.

None of this makes the person unworthy of success. But if these intentions remain unexamined, they tend to produce inconsistent decisions. The person advertises one week and disappears the next. They welcome customers, then resent their demands. They invest in growth, then abandon the project when discomfort appears.

The problem is not having multiple desires. The problem is that the desires have not been evaluated and placed within a coherent course of action.

A unified house can contain many voices. It does not require every voice to exercise governing authority.

> **Reflection:** What two intentions are currently competing for your attention?

3. Absence of Governance: When a Response Happens Without Deliberate Evaluation

Sometimes disruption does not feel like a struggle at all. A familiar situation simply triggers an automatic response:

- Someone insults you, and you immediately insult them back.
- You become anxious and buy something you do not need.
- You feel ignored and withdraw without explaining why.

Only afterward do you examine what happened.

Within our model, we call this an absence of deliberate governance in that moment. It does not mean no mental process was involved. It means conscious evaluation did not meaningfully guide the response.

This distinction gives us something practical to develop. We can learn to notice the conditions that tend to produce automatic reactions. We can practice creating space between the experience and the chosen response. And we can evaluate the fruit of our actions.

> **Reflection:** When did you last act before considering the consequences?

The Three-Question Examination

When you notice disruption, ask:

1. **Misalignment:** Am I expressing a familiar quality in an exaggerated or distorted way?

2. **Fragmentation:** Am I experiencing competing intentions that have not been reconciled?
3. **Absence of governance:** Am I responding automatically, without deliberate evaluation?

These questions are tools for reflection, not clinical diagnoses. More than one condition may be present at once, and some difficulties call for support beyond self-examination. Their purpose is to help you investigate your behavior rather than immediately condemn yourself.

Remember: Disruption provides information. What you do with that information is part of your development.

Chapter Two: Many Voices, One Throne

> *"Many rooms in the temple, one throne at the core."* — from "Divided House"

Your body has many functions. Your life has many responsibilities. Your personality expresses itself differently depending on circumstance. You may be a parent, employee, business owner, friend, student, caregiver, and partner, sometimes all in the same day.

These roles do not automatically create division. The challenge arises when the demands of a role begin overriding the principles you have chosen to govern your life.

Consider someone who believes financial security is essential. Security is a legitimate concern. But what happens when fear of losing money becomes the governing authority? The person may begin sacrificing relationships, health, honesty, or peace to protect what they have.

The desire for security has become more than a need. It has become a ruler.

The same can happen with pleasure, recognition, power, and belonging.

The Chakra Connection

The 18-ChakraVerse uses chakra functions as part of a larger symbolic framework for examining human development. In "Divided House," six functions come into view, each with its own question.

Chakra	Function	The question it raises
Root	Security and stability	What happens when the need for security becomes fear-driven control?
Sacral	Desire and experience	What happens when the pursuit of pleasure overrides responsibility?
Solar Plexus	Will and personal authority	What happens when the desire to exercise authority becomes domination?
Heart	Love and relationship	What happens when love becomes favoritism, possession, or conditional acceptance?
Throat	Expression and commitment	What happens when words and actions no longer agree?
Crown	Higher orientation	What happens when guiding principles are displaced by immediate appetite or external approval?

These are interpretive questions. They are not claims that particular emotions or behaviors medically originate in specific chakras. Their purpose is to examine the relationship between a human capacity and how it is expressed.

Every capacity can contribute something valuable. The issue is whether its expression supports the whole.

Internal Polygamy: The Metaphor

The song introduces a provocative expression: **internal polygamy.**

The phrase is not a judgment about the worth of people in plural marriages. It is a metaphor for competing commitments, each demanding ultimate authority.

A person may be married to public approval. Married to financial status. Married to resentment. Married to the image they want others to admire. Married to a fear they refuse to question.

These commitments can compete even when a person's outward household appears perfectly orderly.

The question is not how many responsibilities you carry. The question is whether you have allowed a particular desire to override the principles by which you intend to live.

Practice: Identify Your Competing Commitments

Complete each statement in your journal:

- **I say I value: _____**
- **But I repeatedly give priority to: _____**
- **The immediate reward is: _____**
- **The long-term consequence may be: _____**
- **The principle I want governing my next decision is: _____**

Do not try to eliminate every competing desire. Begin by identifying the authority you have been giving it.

Chapter Three: When Private Division Produces Public Fruit

The Bible repeatedly describes people whose choices produced consequences reaching far beyond their private lives. "Divided House" draws on four of them.

These stories are especially useful because they involve people with genuine responsibilities, significant opportunities, and imperfect responses. Their circumstances were not identical, and neither were their consequences. Yet each story raises questions about desire, responsibility, and governance.

Abraham, Sarah, and Hagar: When Waiting Becomes Calculation

Read Genesis 16 and Genesis 21.

Abraham receives a promise concerning descendants. Time passes, and Sarah remains without a child. The household lives in the tension between expectation and present circumstance.

Sarah proposes that Abraham have a child through Hagar, and Ishmael is born. Later, Isaac is born to Sarah. The relationships that follow are marked by conflict.

The story reflects the customs and power relationships of its ancient setting, including Hagar's vulnerable position as an enslaved woman. Her circumstances and the treatment she endured should not be overlooked.

Within The 18-ChakraVerse interpretation, the story raises a question about competing approaches to manifestation: *What happens when pressure pushes people to pursue an outcome without fully examining the human consequences?*

Ishmael's worth is not the problem. Isaac's worth is not the problem. The people are not mistakes. The decisions, circumstances, and consequences are what deserve examination.

> **Personal application:** Have you ever pursued something you deeply wanted by a method that created consequences you had not considered?

Jacob's Household: When Favoritism Becomes Inheritance

Read Genesis 29–30 and Genesis 37.

Jacob's household holds affection, rejection, rivalry, and unequal treatment. His love for Rachel, and the circumstances of his marriages to Leah and Rachel, produce a complicated family structure. The wives compete. The children grow up within the consequences of that household.

Later, Jacob's favoritism toward Joseph feeds resentment among his brothers.

The story does not establish that every family difficulty began with one decision. It does show how unresolved conflict and unequal treatment can shape relationships across generations.

Within our framework, this becomes a study of manifestation through family government. What begins as an attitude can become a repeated practice. What becomes a repeated practice can shape the environment in which children develop.

> **Personal application:** What patterns have you inherited that you are now responsible for evaluating rather than repeating?

David: When External Authority Exceeds Internal Discipline

Read 2 Samuel 11–12 and 2 Samuel 13–18.

David is a king with military and political authority. Yet authority over a kingdom does not automatically produce mastery over personal appetite.

His actions involving Bathsheba and Uriah were serious abuses of power with devastating consequences. The chapters that follow describe grave disorder within his family and his kingdom.

We should not reduce every later tragedy to a simple cause-and-effect formula. Still, David's story makes one principle hard to ignore:

Possessing authority does not guarantee the responsible exercise of authority.

A person may be admired publicly while making harmful decisions privately. A title cannot govern desire. A reputation cannot substitute for discipline.

> **Personal application:** Where do you hold knowledge, influence, or authority that you have not yet learned to exercise consistently?

Solomon: When Expansion Becomes Division

Read 1 Kings 3, 1 Kings 11, and 1 Kings 12.

Solomon is associated with wisdom, wealth, political power, and an expansive kingdom. Yet the biblical account also describes his many marriages, his foreign alliances, and his divided religious devotion. First Kings 11 presents his turning toward other gods as a significant failure of faithfulness.

After Solomon's reign, the kingdom divides under Rehoboam and Jeroboam. The account includes political grievances and decisions made during the succession, not only Solomon's private conduct.

Within the song's interpretive framework, Solomon illustrates the difference between acquisition and integration:

- More wealth does not guarantee greater wisdom in action.
- More relationships do not guarantee deeper love.
- More territory does not guarantee a more unified kingdom.

Expansion is not the same as maturity.

> **Personal application:** Where have you been adding more when what you needed was to integrate what you already have?

The Biblical Reflection

Consider the words of Jesus:

> "Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand." — Matthew 12:25 (KJV)

In its biblical context, Jesus is answering accusations about the source of his authority. Here, we apply the image of a divided house by analogy to internal self-governance. We are not claiming the passage was originally written as a chakra teaching. We are using its imagery to examine the consequences of conflicting authority.

Practice: Trace the Fruit

Choose one recurring pattern in your life and trace it through these five questions:

1. **The circumstance:** What happened?
2. **The desire:** What did you want?
3. **The decision:** What did you do?
4. **The immediate fruit:** What resulted?
5. **The continuing fruit:** What has the decision required you to maintain, repair, or reconsider?

The goal is not to assign blame for every circumstance. It is to identify what belongs within your responsibility.

Chapter Four: Restoring the Center

> *"Call every scattered piece back home."* — from "Divided House"

What does it mean to restore a divided house?

It does not mean becoming emotionless. It does not mean suppressing every desire. It does not mean eliminating every part of yourself that expresses fear, frustration, or uncertainty.

The goal is to develop the capacity to experience these conditions without surrendering deliberate choice to them.

Adam Must Learn to Govern Adam

Within The 18-ChakraVerse, Adam represents humanity, male and female. Adam experiences physical life through circumstances that cannot always be predicted or controlled. Other people make their own decisions. Bodies have limitations. Opportunities appear and disappear. Relationships change. Accidents happen.

The world does not become orderly simply because Adam matures. Adam must learn to live within a world that contains uncertainty, and to recognize the patterns arising within himself.

A mature response begins with observation:

- Not every feeling requires immediate expression.
- Not every thought deserves action.
- Not every opportunity should be pursued.
- Not every desire belongs on the throne.

The Role of Eve

In The 18-ChakraVerse biblical interpretation, Eve is not simply another human personality competing for authority. Eve is understood as the Spark from the Holy Spirit, the living technology of manifestation, and the Manifestor-in-Chief given to assist Adam.

This is a distinctive theological interpretation within the 18-ChakraVerse framework rather than a universally accepted reading of Genesis.

Adam and Eve have different functions. Adam develops responsibility for personal choices. Eve participates in the manifestation process. Source remains the ultimate authority.

This distinction matters. The purpose of restoring internal government is not to make Adam an absolute ruler over creation. Adam's jurisdiction concerns his own responses and actions. The rest of creation involves relationships, conditions, and consequences that cannot simply be commanded into obedience.

Putting On the Practiced Response

Consider three ordinary situations.

You are angry with someone. You experience the anger. You recognize it. But you do not strike the person.

You want something that belongs to someone else. You experience the desire. You recognize it. But you do not steal.

A child is crying, and you are exhausted. You experience frustration. You recognize it. But you do not endanger the child to escape the discomfort.

In each case, the feeling did not disappear, and the circumstance may not have improved right away. What changed was the action.

This is an important expression of development. Adam learns to put on a practiced response that reflects the attributes he intends to cultivate.

The nine attributes described in Galatians 5:22–23 offer a useful standard for reflection: **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.**

These are not prizes awarded to people who never face difficulty. They are qualities that can be expressed through conduct, including, and especially, under difficult circumstances.

Practice: The Pause Before Action

When a strong reaction arises, move through these five steps:

1. **Observe.** What am I experiencing?
2. **Recognize.** What response am I inclined to make?
3. **Evaluate.** What might this action produce?
4. **Choose.** What response reflects the attributes I intend to develop?
5. **Review.** What actually happened, and what can I learn?

The pause may last a few seconds, or it may require safely leaving a situation and returning later. With practice, deliberate responses become more familiar.

The purpose is not perfection. It is development.

Chapter Five: What Is Your House Manifesting?

Every day, you participate in the construction of your life. You make decisions, respond to circumstances, enter relationships, establish habits, use resources, communicate desires, and accept or reject opportunities.

Some outcomes arise from your choices. Others arise from circumstances beyond your control. Most involve a combination of influences.

The 18-ChakraVerse begins with a simple recognition: manifestation is not limited to deliberately pursuing a desired outcome. You are already participating in processes that produce consequences. The question is whether you are examining what is being produced.

Manifestation Is Evidence

Suppose you want a peaceful home. You may sincerely value peace. But if your regular response to disagreement is shouting, insulting, or threatening, your actions are producing conditions that undermine the very peace you desire. That contradiction deserves attention.

Now suppose you want financial stability. You may work diligently and manage your income responsibly, yet still face hardship because of illness, unemployment, or limited opportunity.

That hardship is not proof of poor character or defective inner government. Circumstances matter.

The proper examination asks what is within your responsibility and what is not. A mature Adam does not claim control over everything that happens. He learns to distinguish personal jurisdiction from external conditions.

The Standard of Fruit

In Genesis 1, the creation account repeatedly describes God evaluating what has been made as good. The Hebrew word *tov* is commonly translated as "good."

Within The 18-ChakraVerse, this provides a foundation for examining manifestation. Creation is not only about producing something. It also involves evaluation:

- What has been produced?
- What purpose does it serve?
- What does sustaining it require?
- How does it affect others?
- What needs cultivation, correction, or release?

These questions move us beyond the pursuit of acquisition and direct our attention toward responsibility.

The Divided House Examination

Use this six-question exercise whenever a recurring pattern deserves investigation.

1. **What happened?** Describe the circumstance without exaggeration or unnecessary judgment.
2. **What did I want?** Identify the desire, need, or expectation involved.

3. **What was influencing my response?** Consider whether misalignment, fragmentation, or an absence of deliberate governance offers a useful explanation.
4. **What action did I choose?** Separate the experience of emotion from the behavior that followed.
5. **What fruit did the action produce?** Consider both immediate consequences and possible longer-term effects.
6. **What can I practice next time?** Identify one response that better reflects your intended values.

This is not an exercise in self-punishment. It is an opportunity to become a more conscious participant in the construction of your life.

Your Seven-Day Divided House Practice

For the next seven days, examine one aspect of your internal government each day. You do not need to change your entire life in one week. The purpose is to begin recognizing patterns.

Set aside ten to fifteen minutes each evening. Listen to "Divided House" if it helps you settle, then write.

Day One: Observe the House

Today's question: What is happening within me?

Notice moments of internal tension. Do not try to correct them yet. Write down one situation and the emotions or desires it activated.

Day Two: Identify the Competing Voices

Today's question: Which intentions are competing?

Consider whether you are experiencing conflicting intentions. What do you want? What are you afraid of losing? What principle do you want to honor?

Day Three: Examine the Throne

Today's question: What have I allowed to make decisions for me?

Identify what has been receiving governing authority. Is it approval? Security? Control? Pleasure? Resentment? Fear?

Day Four: Recognize the Pattern

Today's question: What familiar response am I putting on automatically?

Look for repeated responses. When have you behaved this way before? What circumstances tend to activate the pattern?

Day Five: Practice a Different Response

Today's question: What response can I practice today?

Choose one manageable situation in which you can act more deliberately. You do not need to manufacture a crisis; use an ordinary opportunity. For example:

- Listen before responding.
- Honor a commitment.
- Set a respectful boundary.
- Delay an unnecessary purchase.

Day Six: Evaluate the Fruit

Today's question: What did my decision produce?

Review the action you chose. What happened? Did the response support your intended values? Did it affect someone else? What did you learn?

Day Seven: Establish a Governing Commitment

Today's question: What will govern my next decision?

Review the week. Identify one pattern you want to keep examining and one attribute you want to develop through practice. Then complete this statement:

> **When I experience _____, I will practice _____ because I want my actions to reflect _____.**

Keep this commitment somewhere you will see it. Return to it when circumstances test your intentions.

Conclusion: One House. Many Functions. Conscious Government.

> *"You can have the world and still not be whole."* — from "Divided House"

"Divided House" challenges the assumption that acquiring more will automatically produce a more complete life. More relationships. More money. More influence. More recognition. More opportunities.

None of these is inherently wrong. But acquisition does not replace development.

You can expand your external world without learning to govern your responses within it. You can gain authority over others without developing self-control. You can become knowledgeable without consistently practicing wisdom. You can love deeply and still need to examine how you express that love.

The goal is not to eliminate the many functions that make you human. The goal is coherence among your intentions, your principles, and your actions.

There will still be uncertainty. There will still be disappointment. There will still be circumstances you cannot change. But maturity allows you to experience the conditions of life without assuming that every condition must govern your behavior.

You do not have to act on every impulse.

You do not have to defend every opinion.

You do not have to possess everything you admire.

You do not have to turn every disagreement into a contest for authority.

You can observe. You can evaluate. You can practice. You can choose. And you can examine the fruit.

A unified house is not a house without competing voices. It is a house learning to exercise conscious government.

Continue the Journey

You Are Already Manifesting. Is It Good?

This remedy introduced one question: **Who is governing your inner kingdom?**

Another question naturally follows: **What is your government producing?**

In *The Book of Manifestation: You Are Already Manifesting. Is It Good?*, Alchemist Iris explores manifestation through biblical interpretation, personal responsibility, the relationship between Adam and Eve, and the evaluation of manifested fruit.

This is not another promise that positive thinking will deliver everything you desire. It is an invitation to examine the life you are already participating in creating:

- What are you cultivating?
- What are you sustaining?
- What consequences are you producing?
- How might conscious construction change your relationship with Source, yourself, and others?

Continue your journey with *The Book of Manifestation: You Are Already Manifesting. Is It Good?* Visit **irisjchapman.com** to explore the book.

Discover more original music, biblical decoding, and guided learning experiences at **The18-ChakraVerse.com**.

Explore chakra-based learning and take the **Who Sits On Your Throne?** quiz at **ChakraAndEnergyHealing.com**.

Scripture Reading Guide

The passages referenced in this remedy, gathered for your study:

Passage	Story or theme	Chapter
Genesis 1	Creation evaluated as *tov*, "good"	Five
Genesis 16, 21	Abraham, Sarah, Hagar, Ishmael, and Isaac	Three
Genesis 29–30, 37	Jacob's household; Joseph and his brothers	Three
2 Samuel 11–12	David, Bathsheba, and Uriah	Three
2 Samuel 13–18	Disorder in David's family and kingdom	Three
1 Kings 3	Solomon's request for wisdom	Three
1 Kings 11–12	Solomon's divided devotion; the kingdom divides	Three
Matthew 12:25	"Every … house divided against itself shall not stand"	Three

Passage	Story or theme	Chapter
Galatians 5:22–23	The nine attributes of the fruit of the Spirit	Four

About the Author

Alchemist Iris is the creative identity of Iris J. Chapman, an author, Bible researcher, Reiki Master, and music creator whose work explores the relationship between consciousness, spiritual development, and manifestation.

Drawing on more than four decades of biblical study alongside her exploration of energy awareness, Iris developed The 18-ChakraVerse as an interpretive framework for examining human development, responsibility, and conscious creation.

Through books, music, educational articles, and practical exercises, her work invites readers to question inherited assumptions, investigate their experiences, and evaluate the fruit of their choices.

Her central mission is helping people move from **Unconscious Construction to Conscious Construction**.

Listen to "Divided House" and the full 18-ChakraVerse Soundtrack on YouTube.