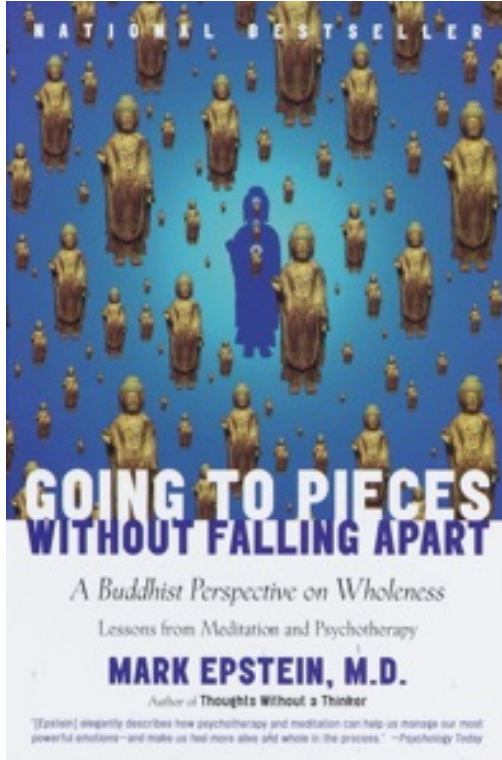


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encourages us to relax the ever-vigilant mind in order to experience the freedom that comes only from relinquishing control.

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