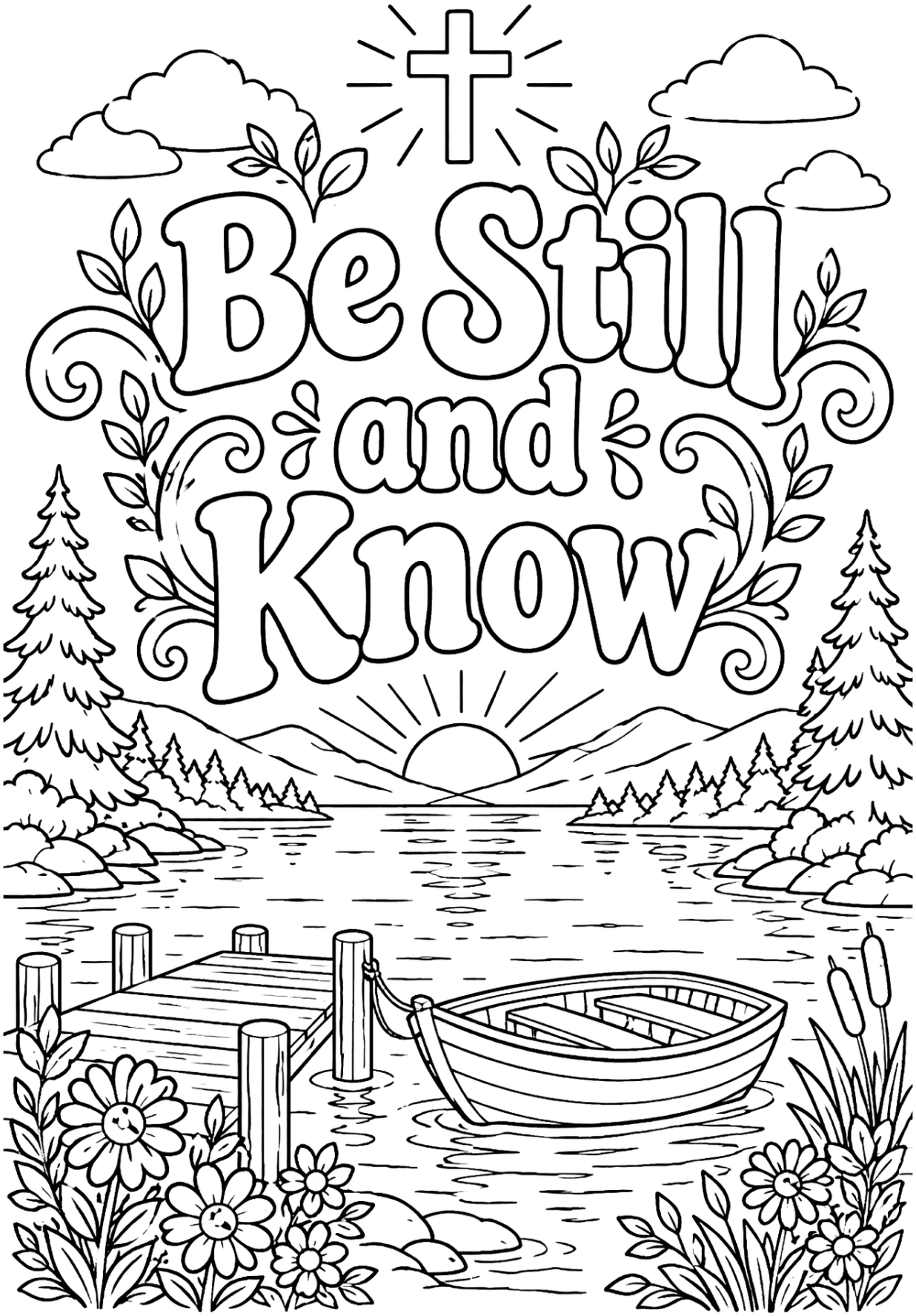

Be Still
and
Know