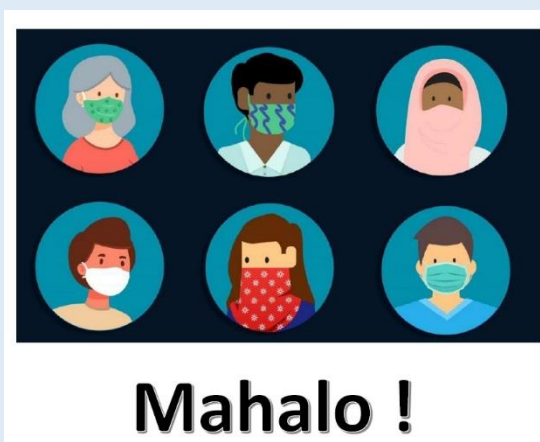
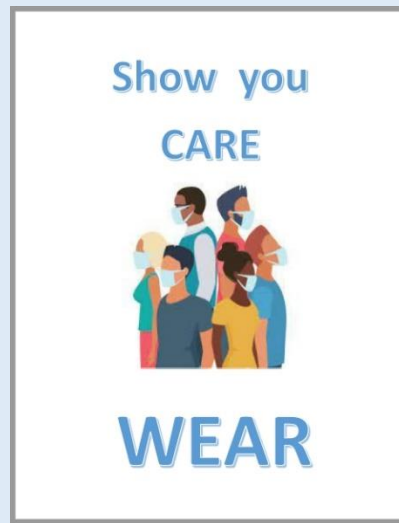


Give kindness freely...
with no unwholesome thoughts,
motions, or words.



Spread loving kindness and compassion.