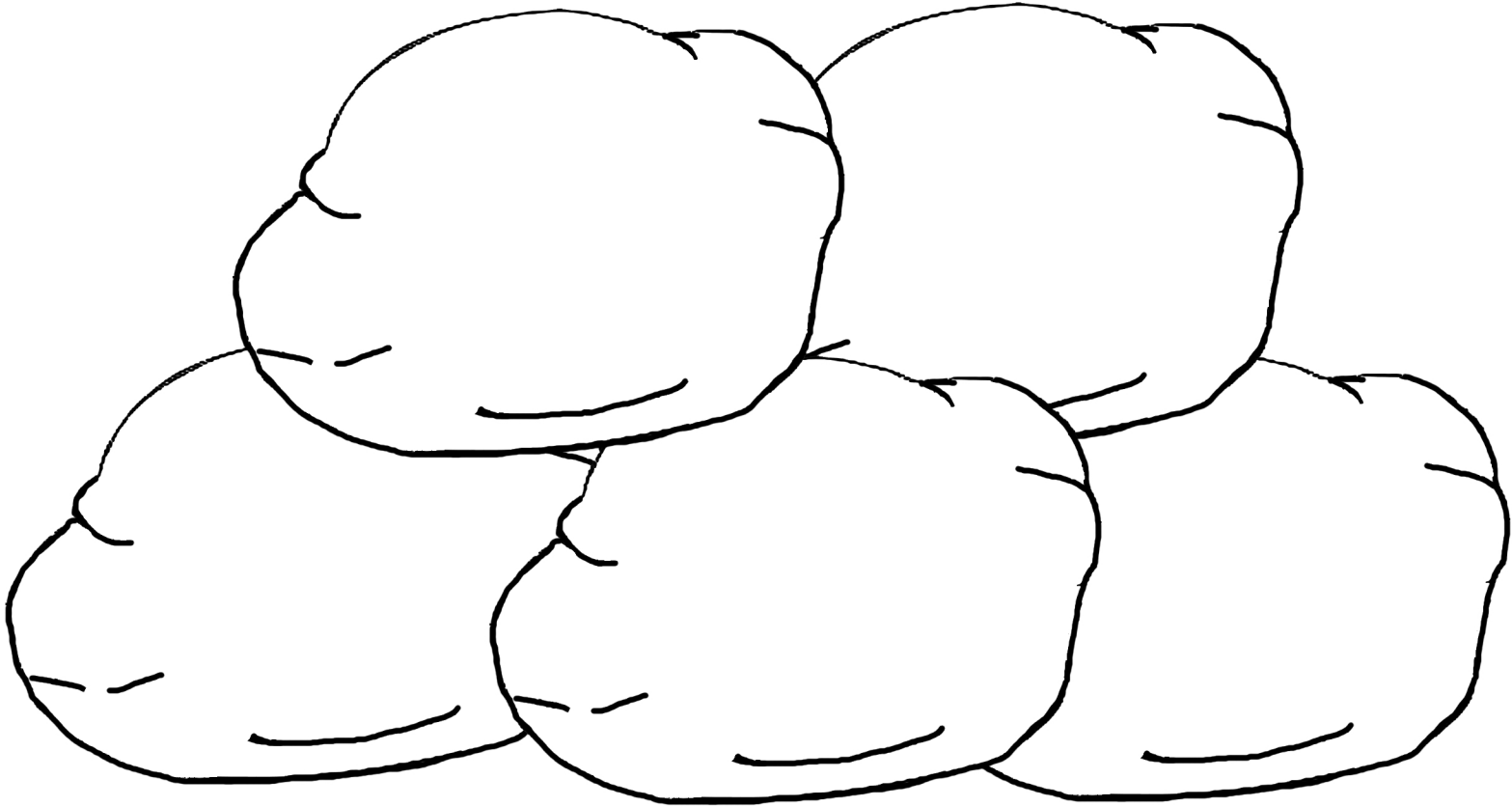


I free myself from.....



By letting go I give myself the gift of.....

