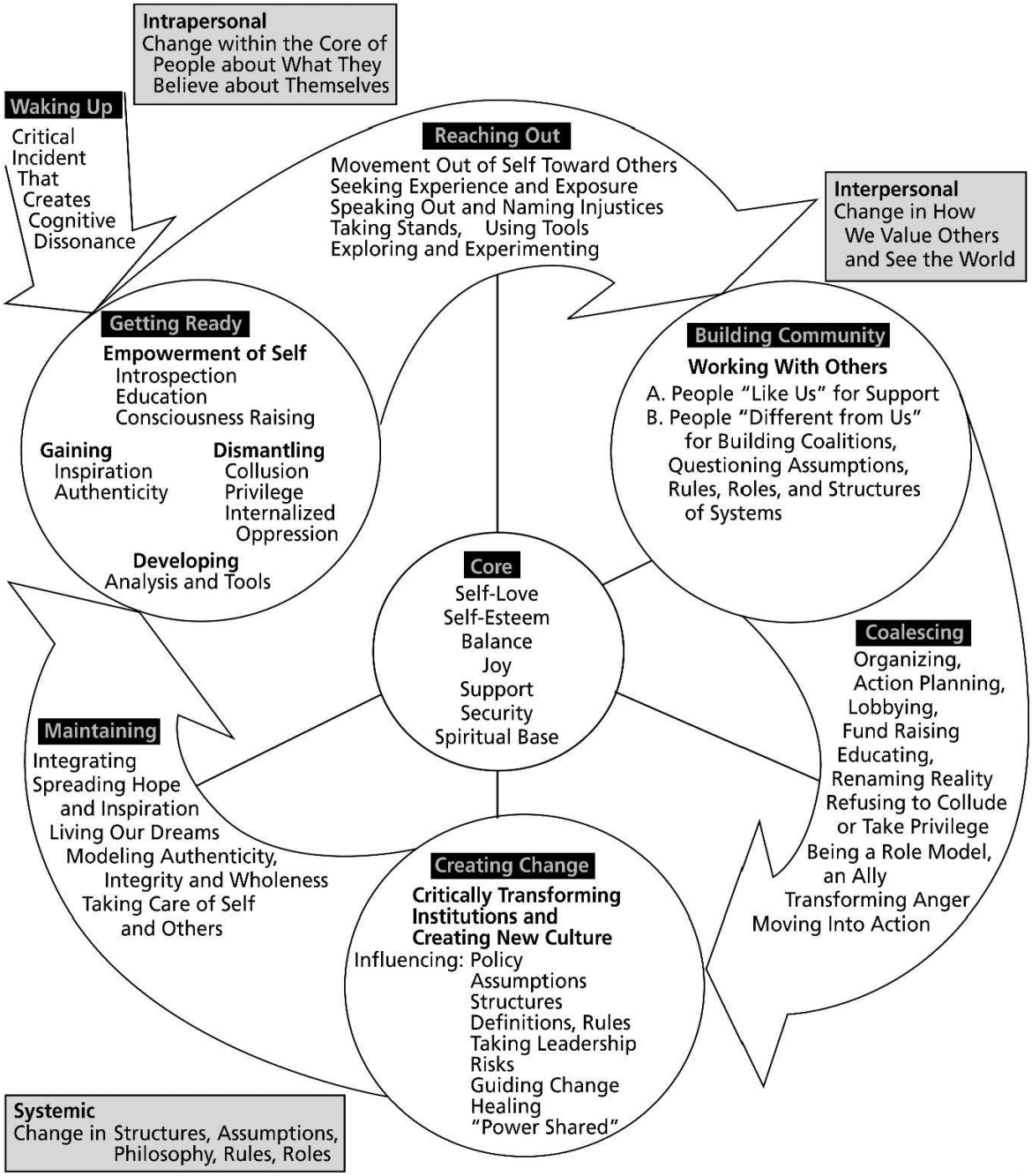Cycle of Liberation