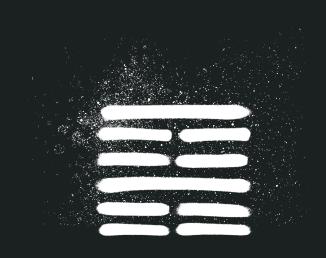


says...



STAYING CHILL

Keep a detached attitude. Don't get carried away by feelings.

Meditation will help.