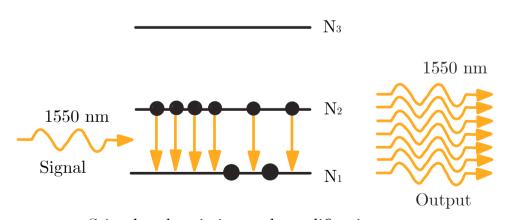


Optical pumping to higher energy levels

Rapid relaxation to "metastable" state



Stimulated emission and amplification