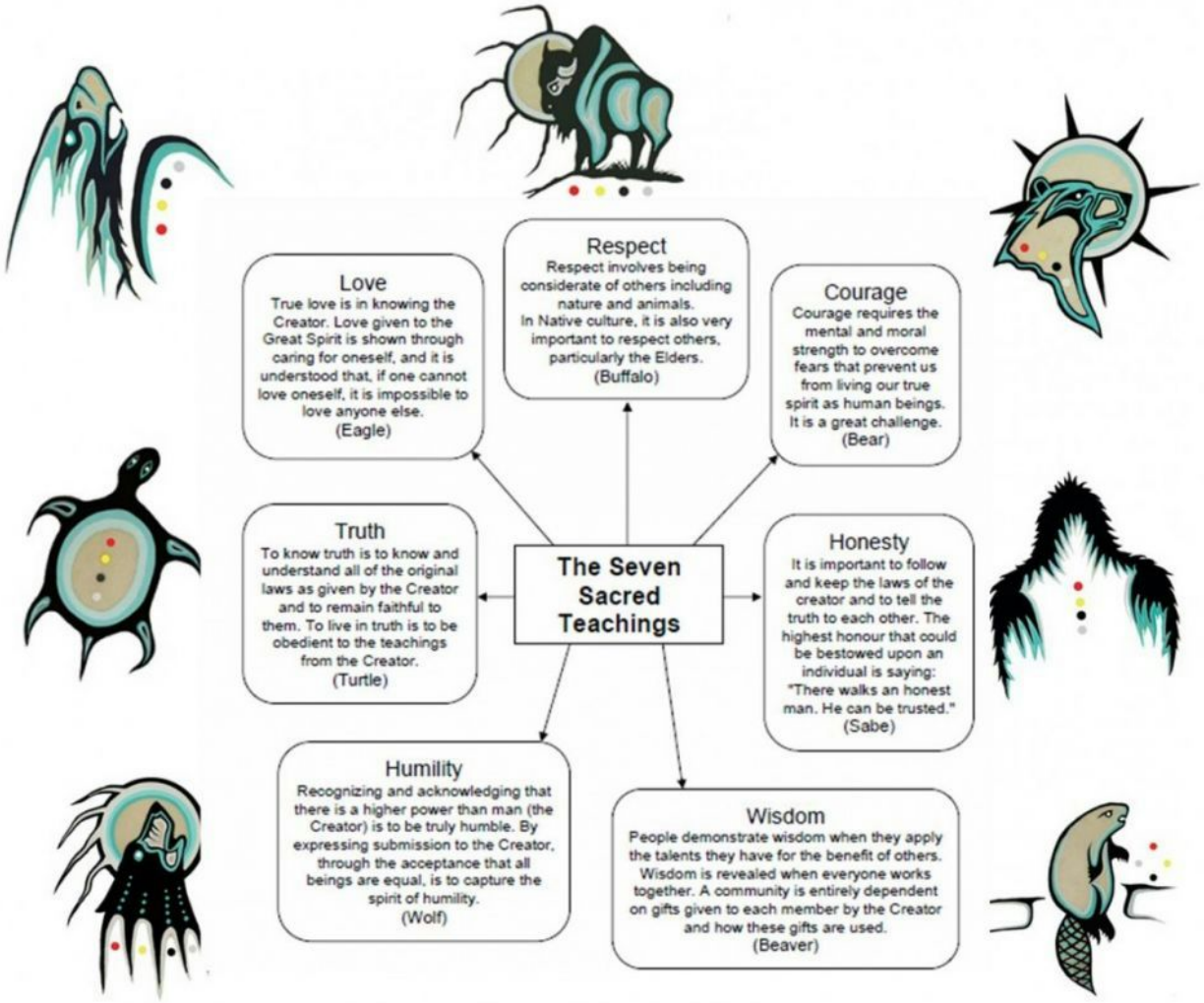7 Sacred Teachings