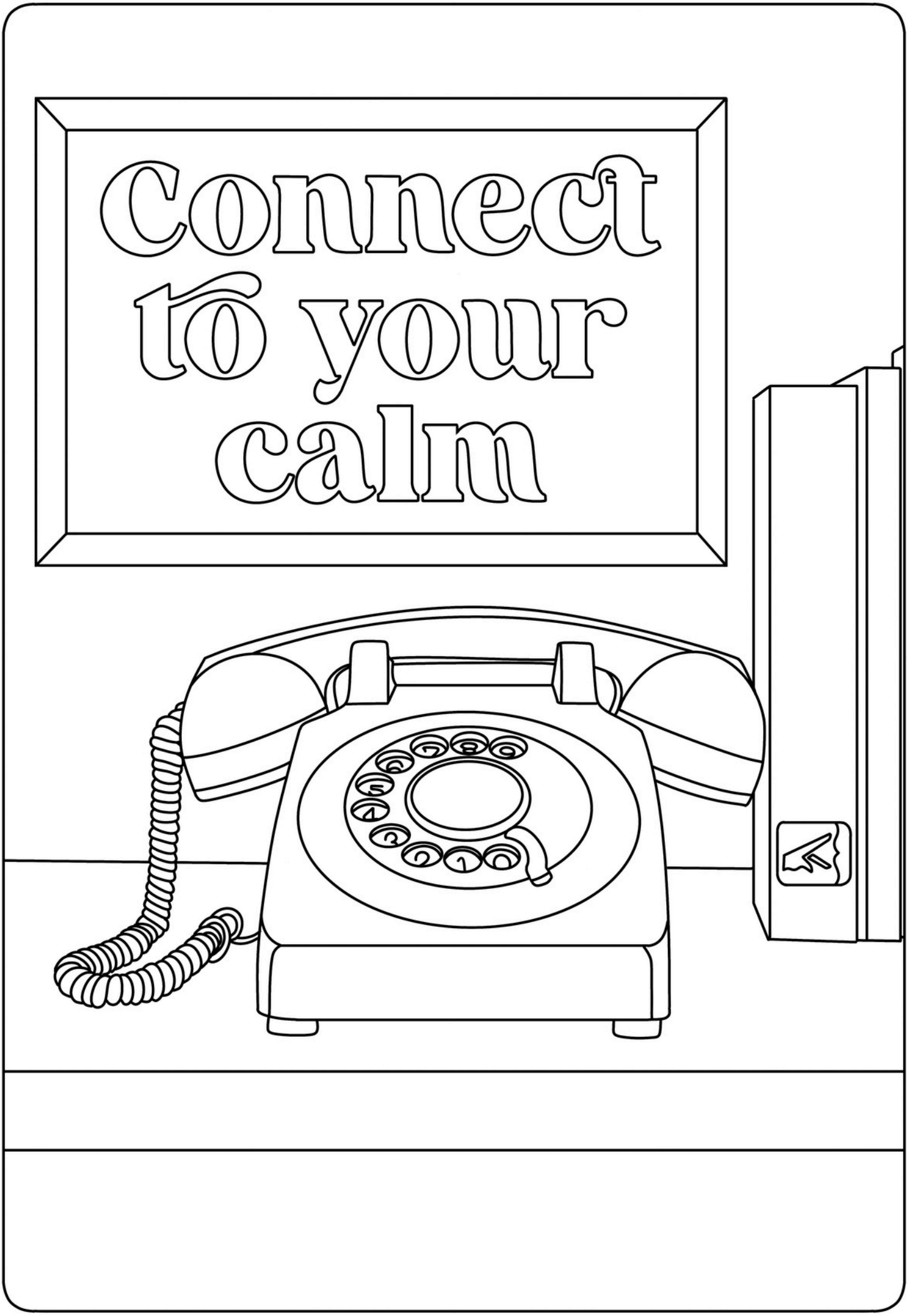
Connect
to your
calm