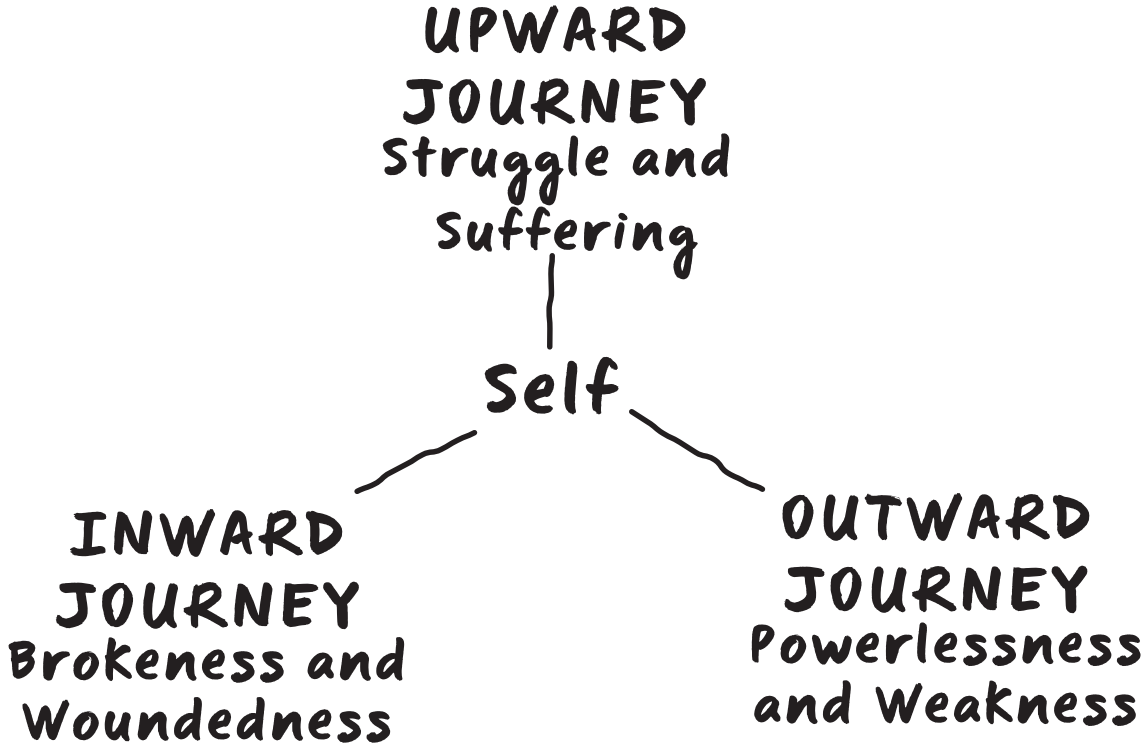

UPWARD, INWARD,OUTWARD JOURNEY