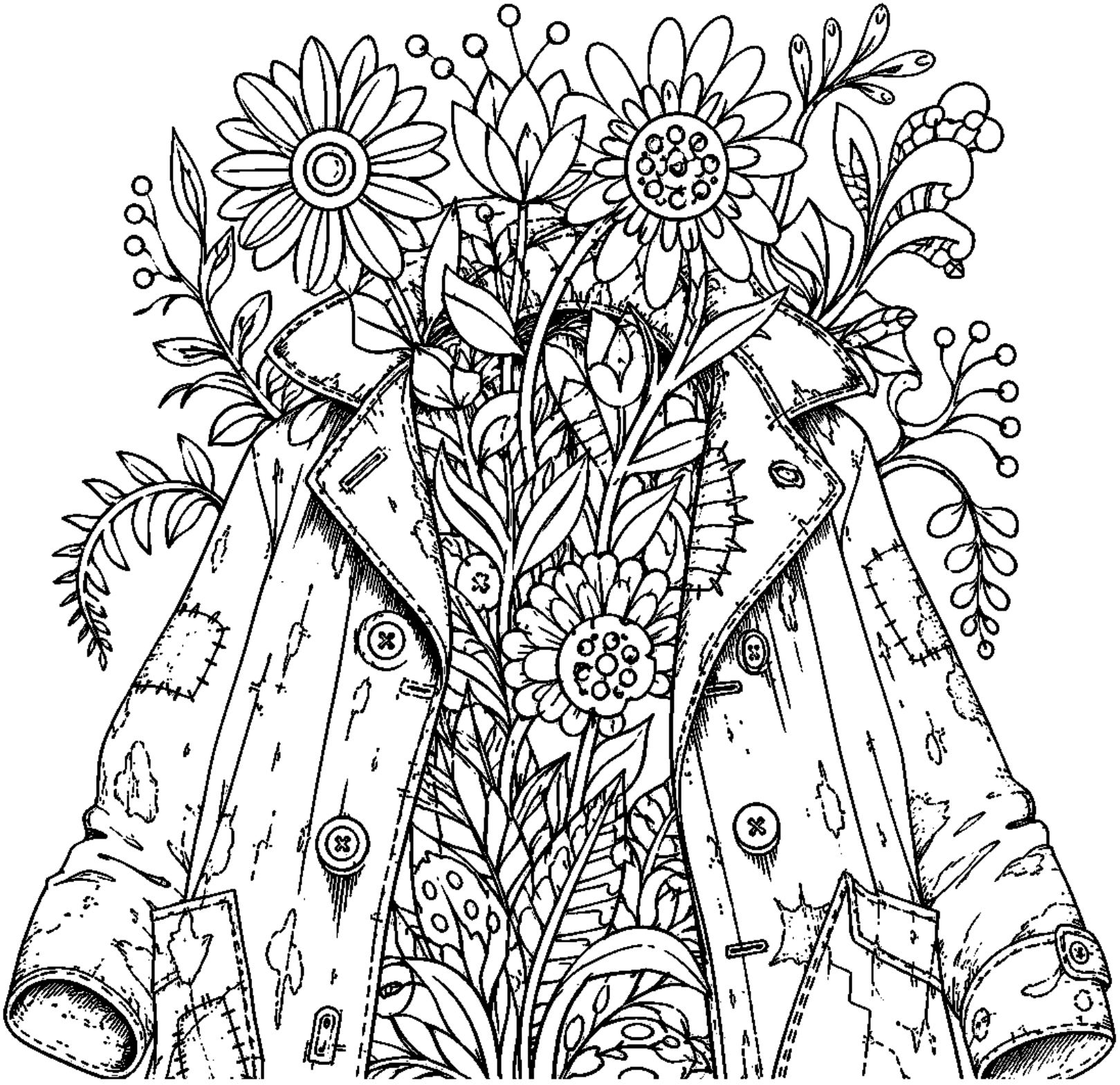

Whatever suffers is not part of me.

What becomes possible when pain is allowed to be present without being allowed to name me?

(ACIM, W-248)