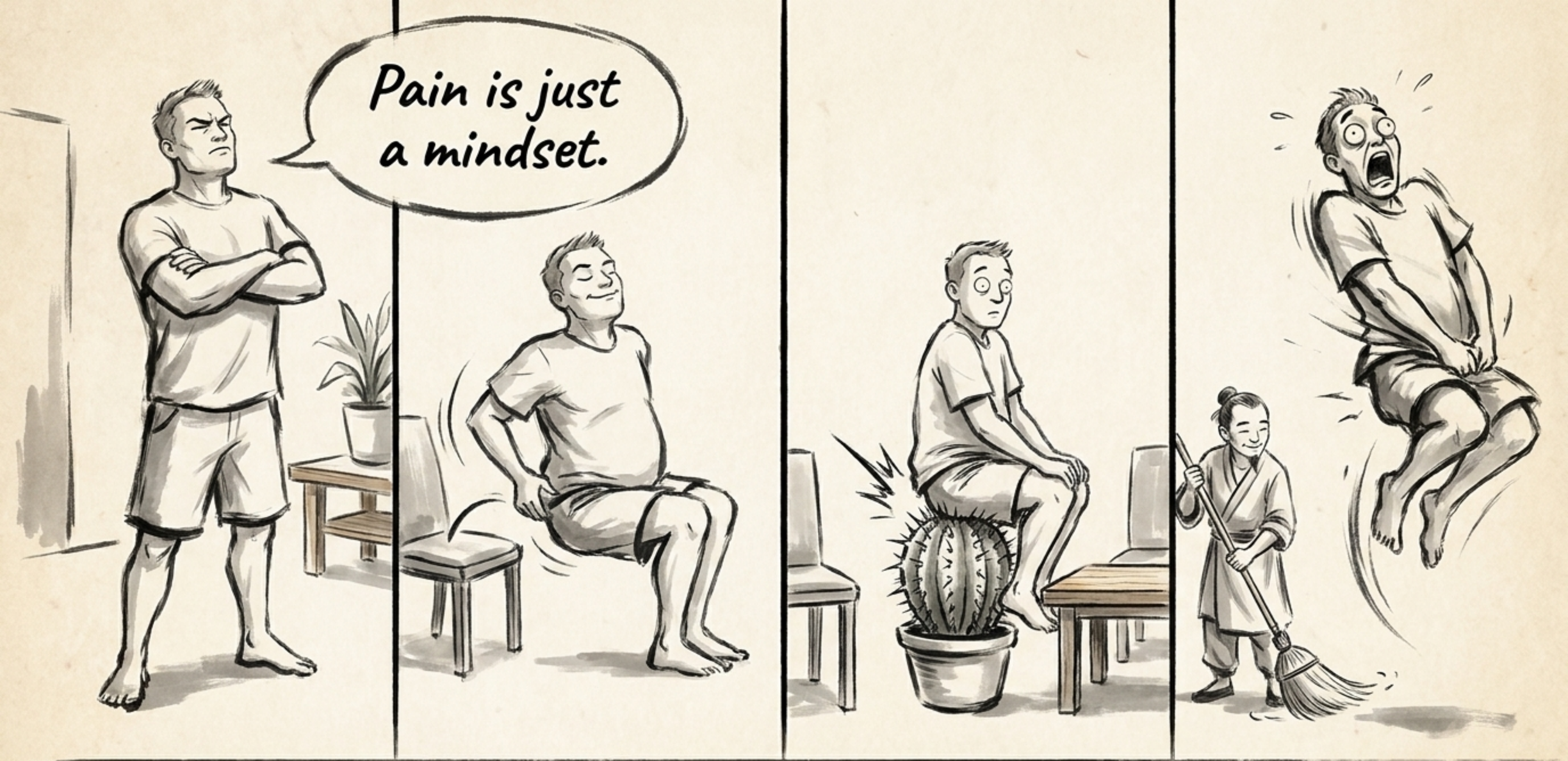

Pain is not a moral test but rather useful information from the body.
Enlightenment rarely requires sitting on a remarkably spiky succulent.