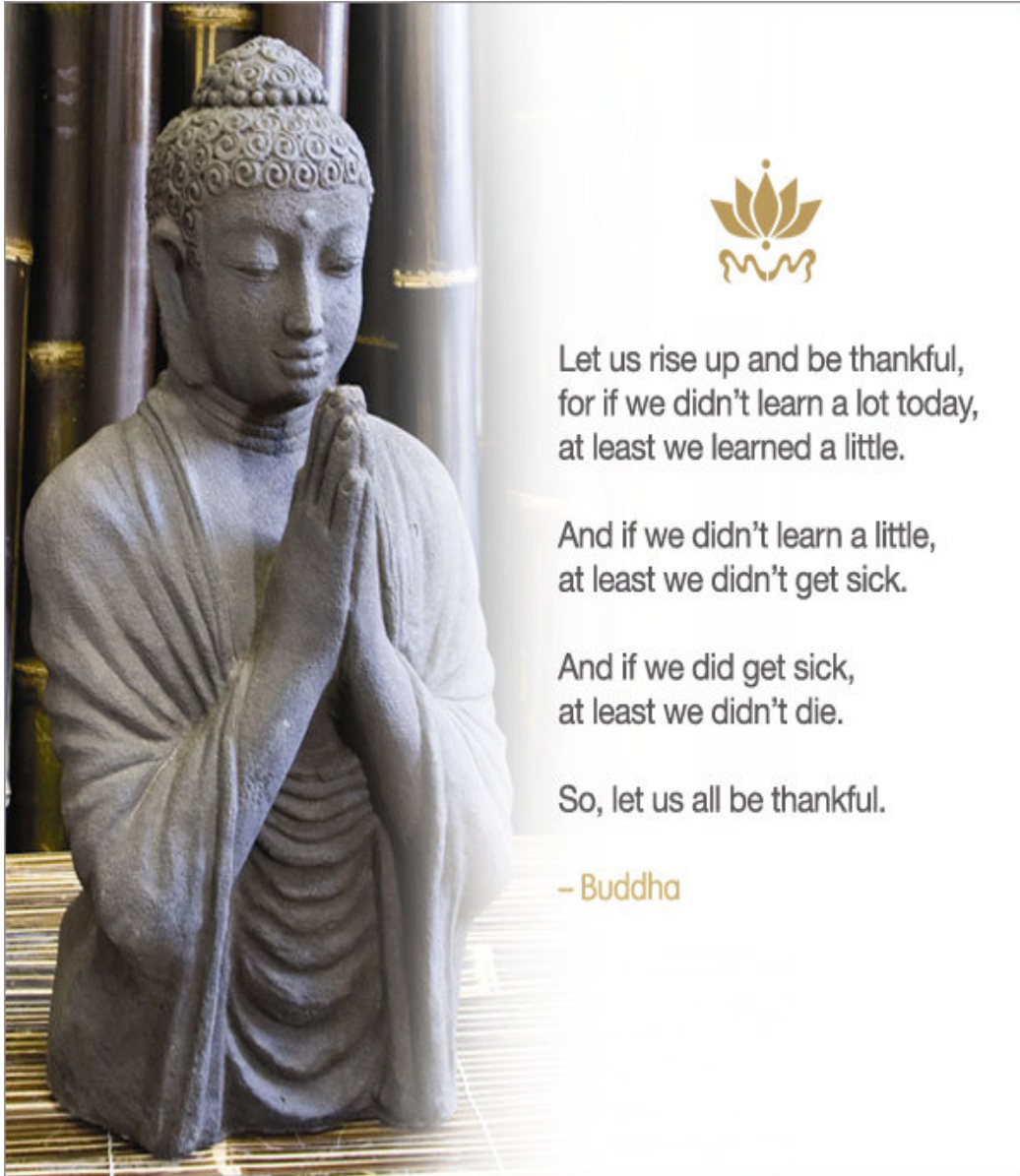


Zen Proverb

**Pain is inevitable.
Suffering is optional.**



Let us rise up and be thankful,
for if we didn't learn a lot today,
at least we learned a little.

And if we didn't learn a little,
at least we didn't get sick.

And if we did get sick,
at least we didn't die.

So, let us all be thankful.

– Buddha