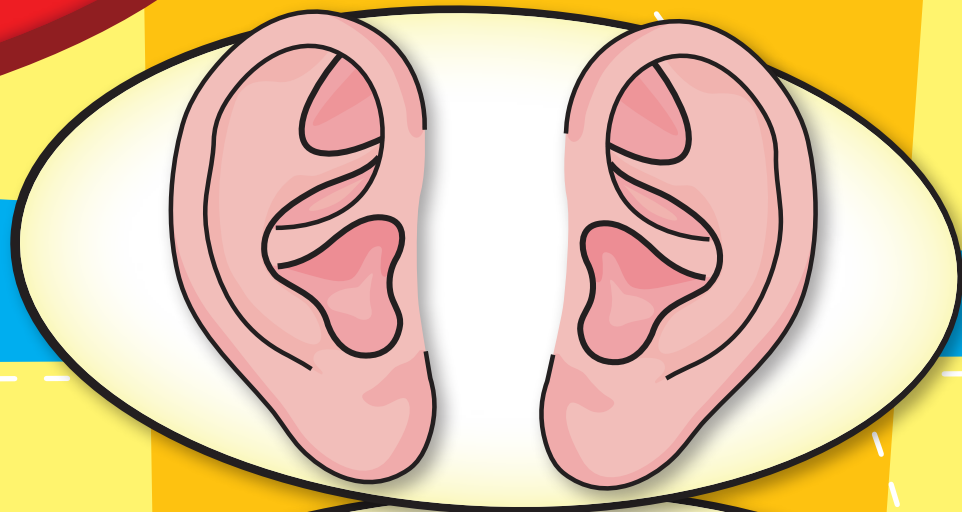
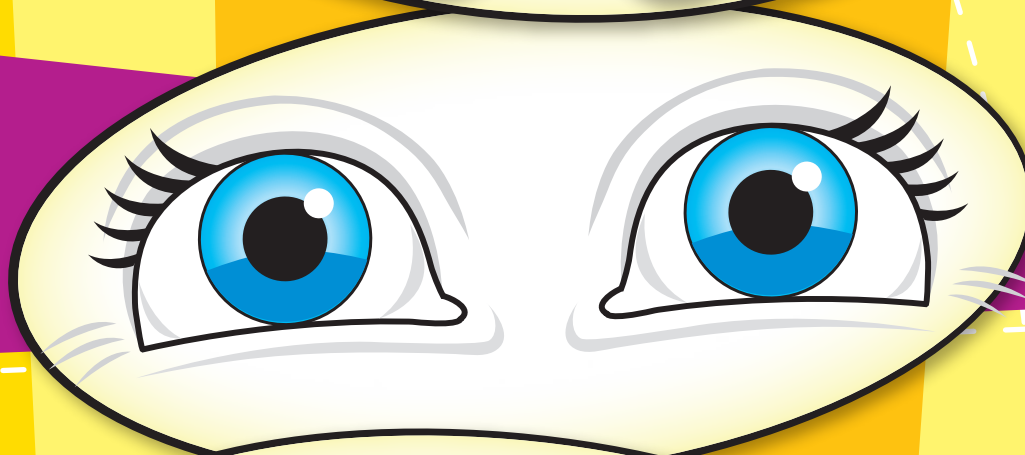


Listen

with your ears



by looking at the
person speaking



with a closed
mouth



with your hands
and body still



with your brain
turned on

