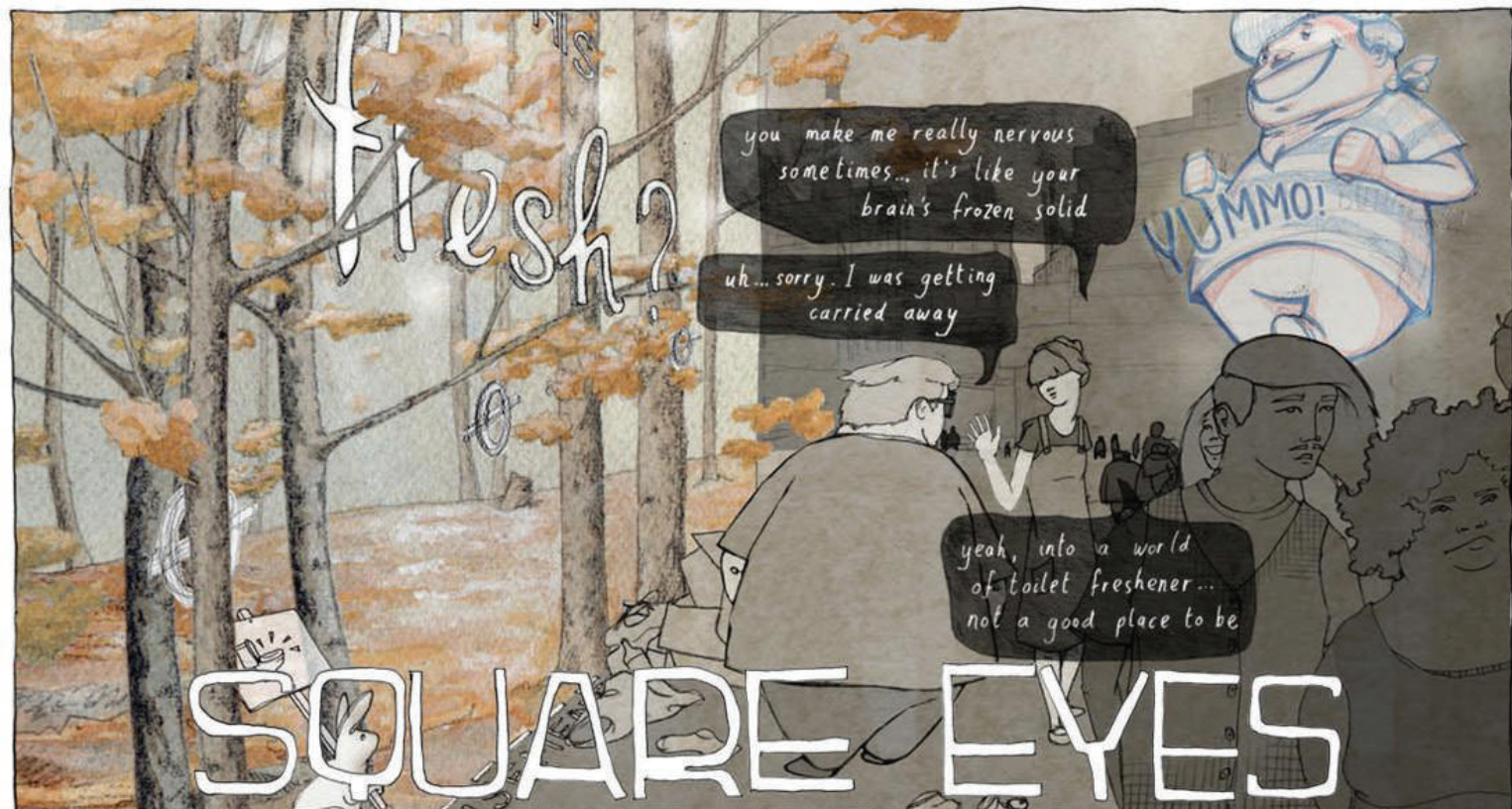
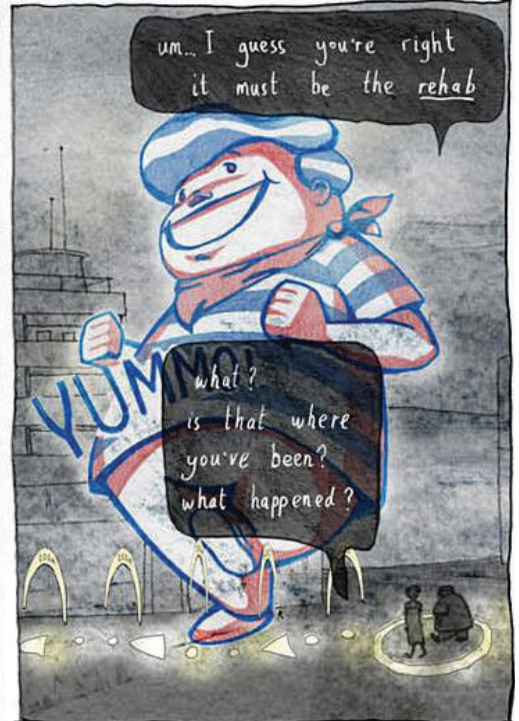
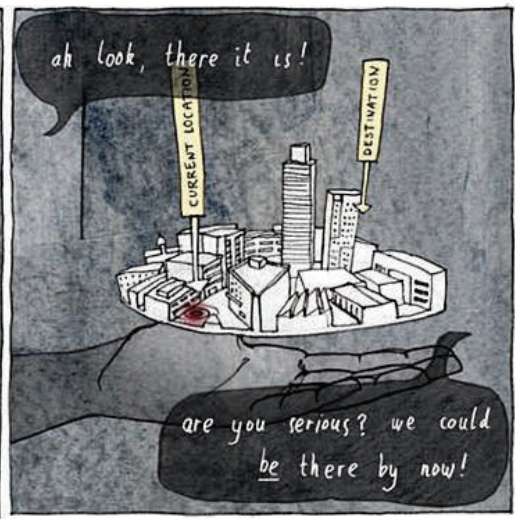
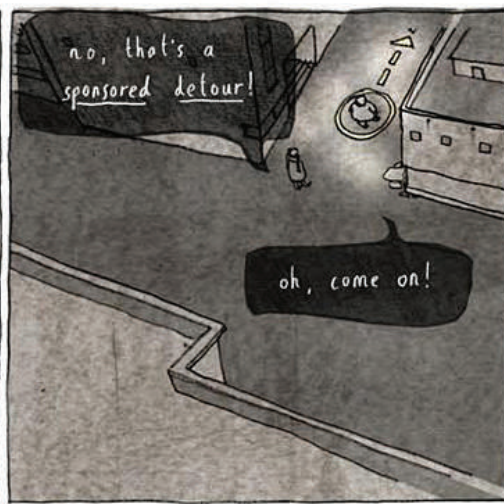










oooh...

as it goes on,
you're expecting
this zen,
wholegrain feeling
to steal over you
... but what you
actually get is



... just a different kind
of noise. even alone with
yourself, there's this ... chatter
like a channel left open

YESSS!

aw, you fell for it.
what did you get?



uh ...
protein water!
shall we go
there instead?

do you even want to?



um. not sure.
what were you talking about?

well I guess
what I'm saying
is there's no real
silence. if anything
it's worse offline...
'internal monologue'
is just a voice
that never stops
talking...



you're better
off without it.
drive it out or
drown it out.
that's the
sensible thing
to do.