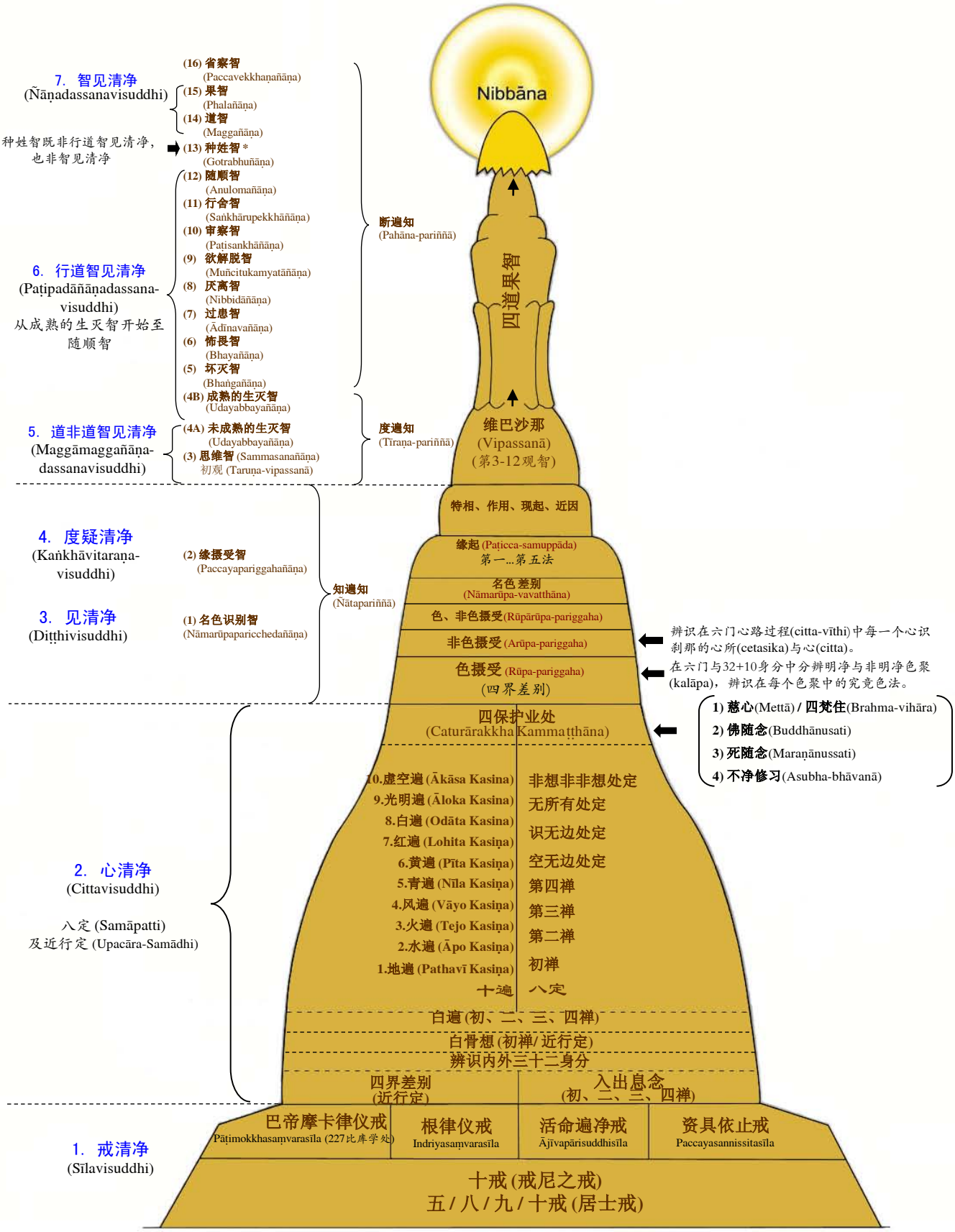导至苦之灭尽——涅槃的八圣道