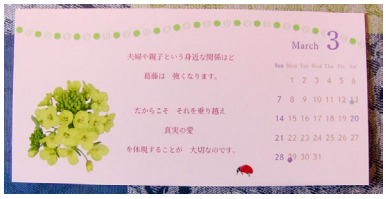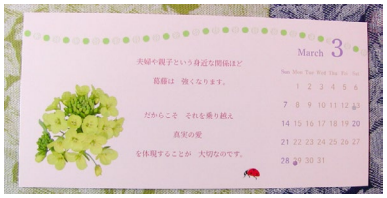神の光が入っているもの