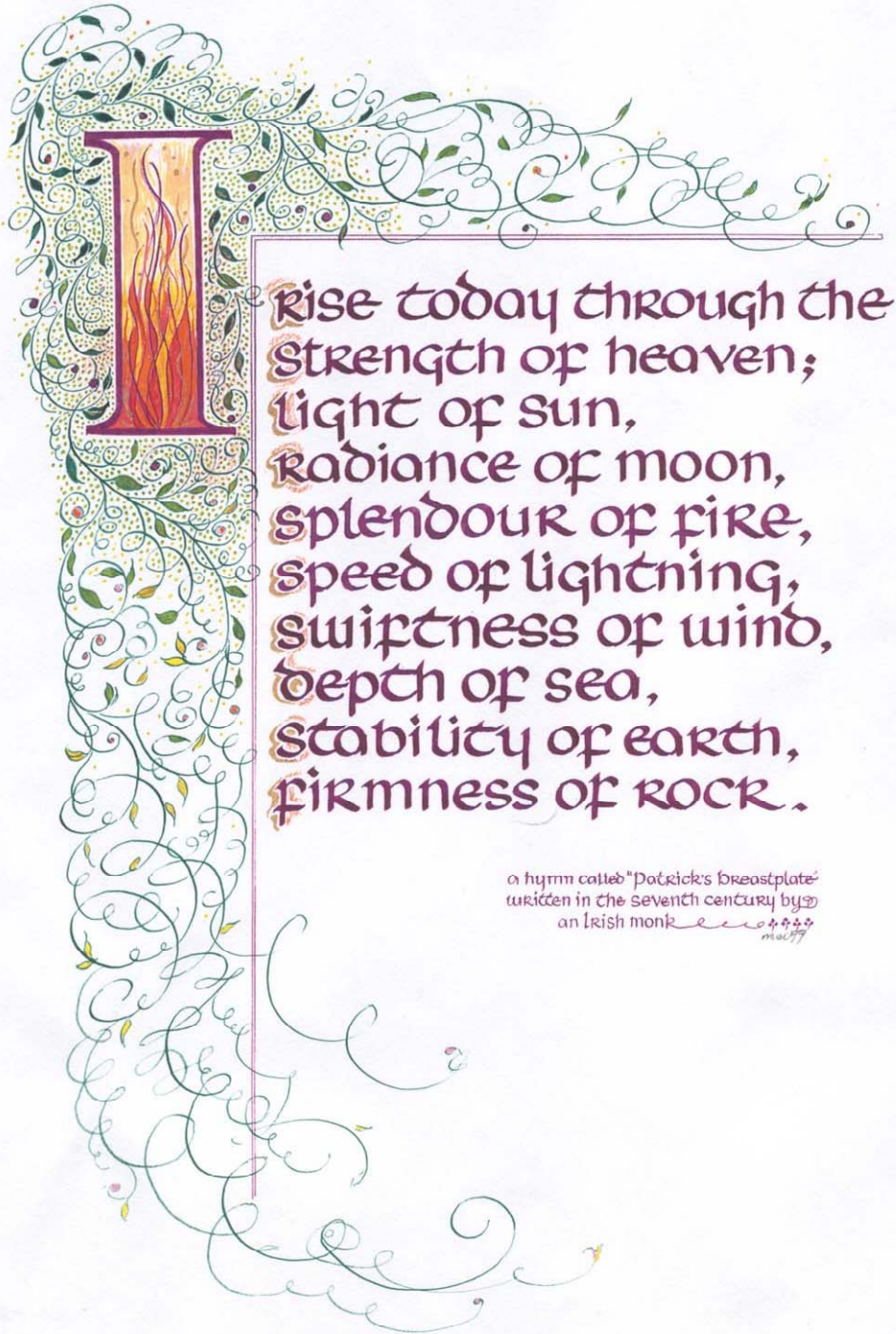
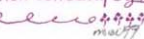


# Exemplary Noun-of Forms



Rise today through the  
Strength of heaven;  
Light of sun,  
Radiance of moon,  
Splendour of fire,  
Speed of lightning,  
Swiftness of wind,  
Depth of sea,  
Stability of earth,  
Firmness of rock.

a hymn called "Patrick's Breastplate"  
written in the seventh century by  
an Irish monk   
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