※ Make the universe of your 'Life Then' and 'Life Now'.
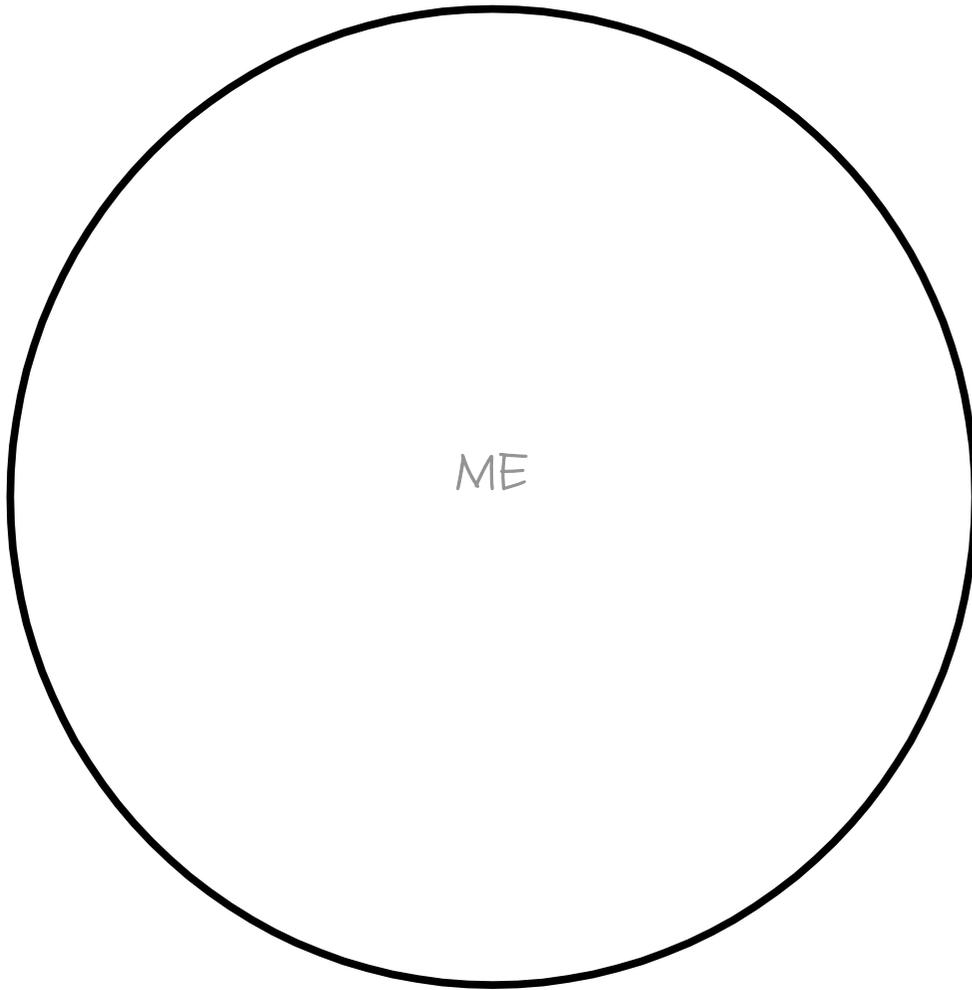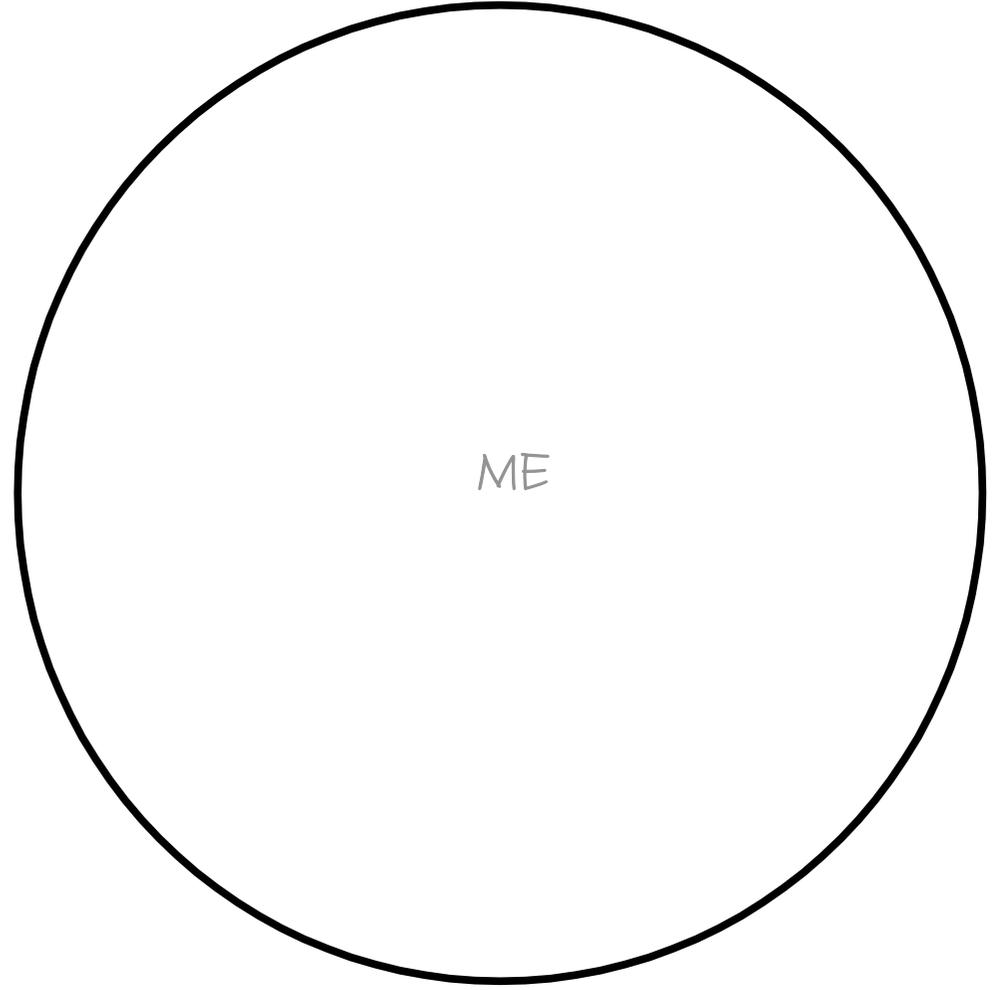
'Life Then' (in past tense)

ME

'Life Now' (in present tense)

ME