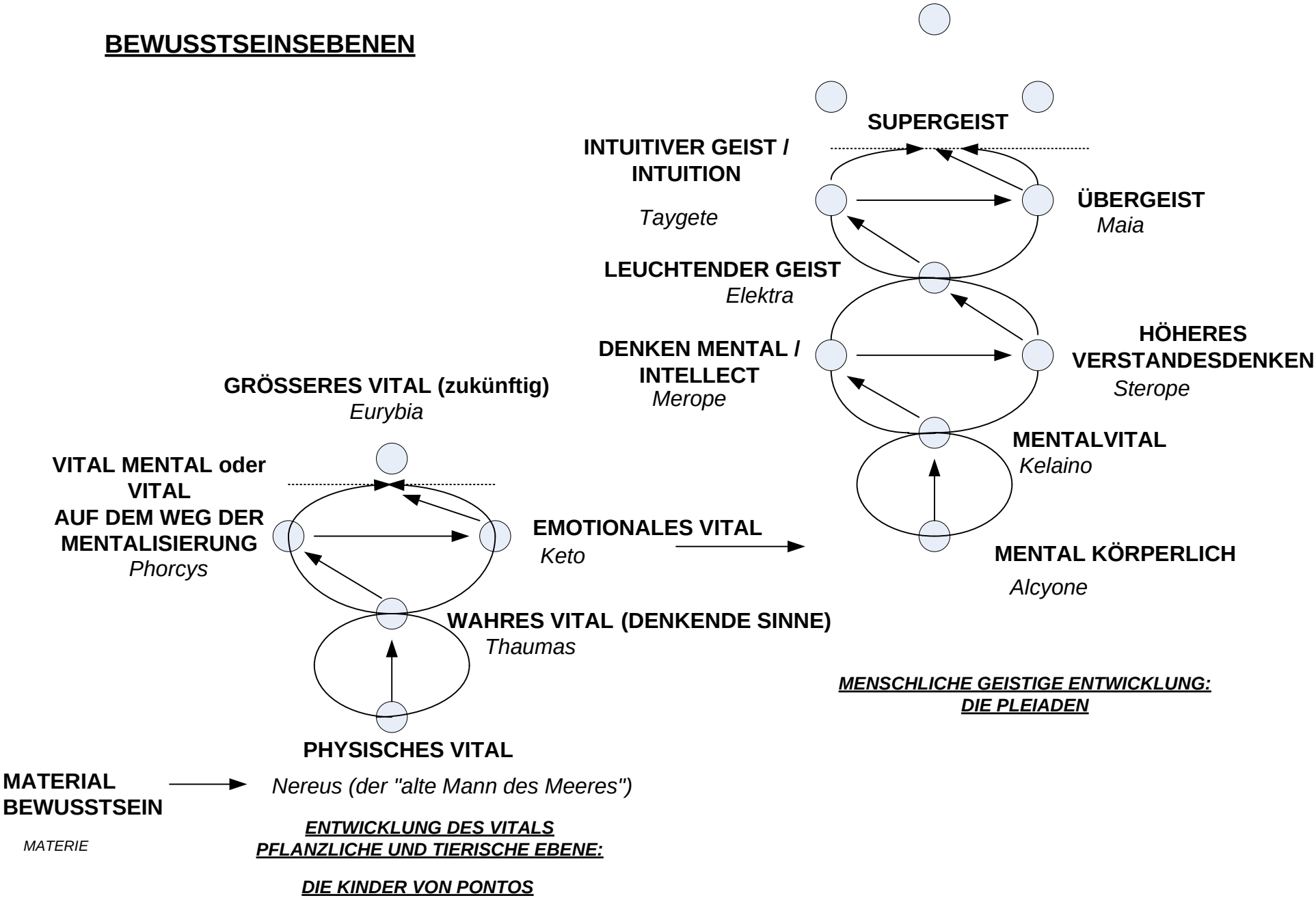BEWUSSTSEINSEBENEN