

Education Guide

Overview to start your journey



Pathfinder

- 1 Mantak Chia Canon
 - 2 Healing Arts Branches
 - **Education Pathways**
 - 4 Education Timeline
 - 5 Tao Passport
 - 6 Pathfinder Webpages

The Mantak Chia Canon



01. Tao Energy Cultivation - Basic

02. Internal Martial Arts

03. Chi Nei Tsang®

= just a note? For more detailed descriptions, seeour complete "The Mantak Chia Canon"

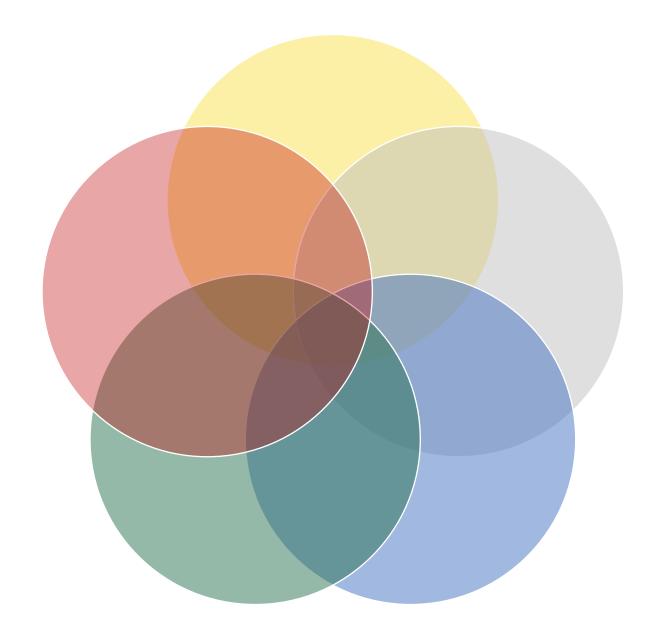
04. Cosmic Healing Qi Gong

05. Inner Alchemy Immortality



Education Guide

Overview to start your journey Part 2 Healing Arts - Branches The 5 Healing Arts
The Mantak Chia Canon



The 5 Healing Arts

The Mantak Chia Canon

1. Basic Tao Energy Cultivation

- Inner Smile
- 6 Healing Sounds
- Microcosmic Orbit
- Healing Love
- Inner Alchemy Astrology

5. Inner Alchemy Imortality

- Fusion of the 5 Elements 1-2-3
- Kan & Li level 1-2-3
- Sealing of the five Senses

2. Internal Martial Arts

- Iron Shirt level 1-2-3
- Tai Chi level 1-2-3-4-5-6
- Tan Tien Qigong
- Tao Yin Qigong

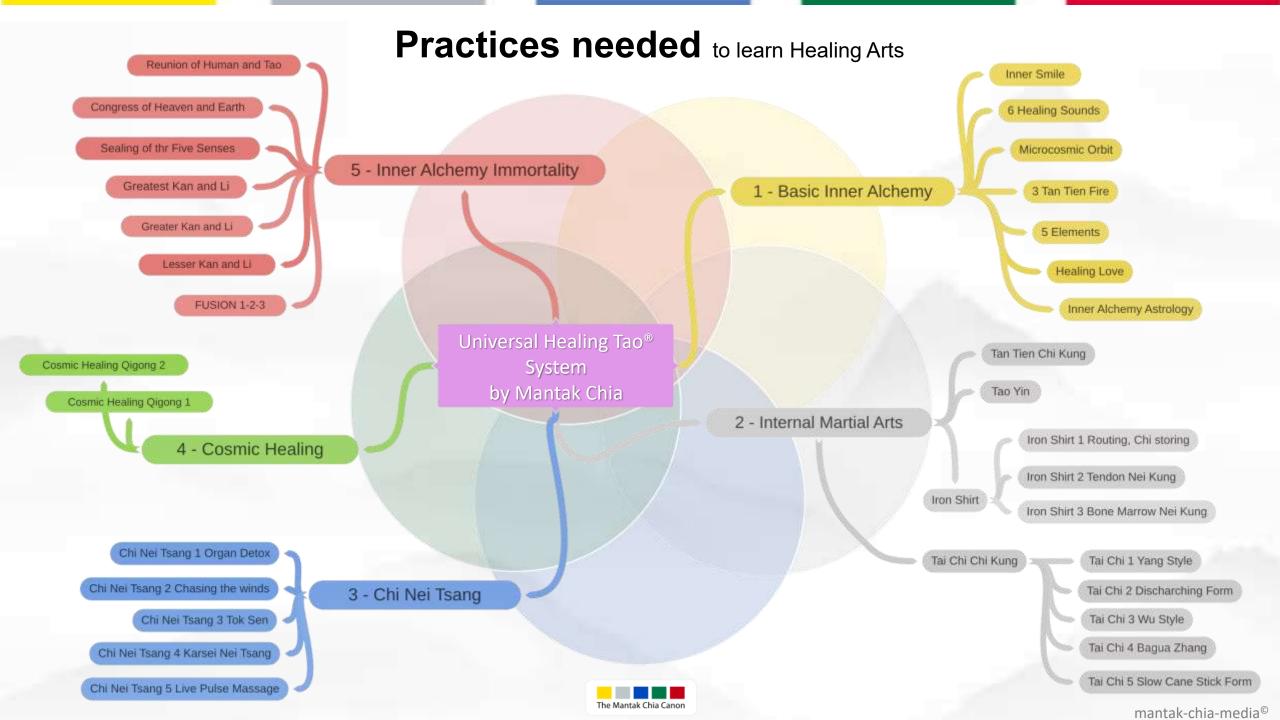
4. Cosmic Healing Qigong

- Cosmic Healing Qigong level 1
- Cosmic Healing Qigong level 2
- Buddha Palm Qigong
- Elixir Qigong
- Wisdom Qigong

3. Chi Nei Tsang

- Chi Nei Tsang 1 Organ Detox
- Chi Nei Tsang 2 Chase the Winds
- Chi Nei Tsang 3 Tok Sen
- Chi Nei Tsang 4 Karsei Nei Tsang
- Chi Nei Tsang 5 Live Pulse

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Why?

Sleep disorders — Mindfulness and breathing exercises for better sleep **Concentration problems** — Meditation and focusing techniques **Headaches** — Energy work and energetic self healing methods **Energy loss / exhaustion** — Qigong, Tao Yoga, conscious breathing exercises Loss of efficiency at work — Mindfulness in everyday life, presence exercises **Muscle tension** – Progressive muscle relaxation, body awareness Frequent fatigue — Energy meditations, revitalizing rituals **Anxiety** – Inner balance through meditation, affirmations, grounding **Irritability / mood swings** — Gratitude practices, heart work Emotional overload — Self-compassion, emotional regulation



Why?

using
Universal Healing Tao
practices

Stress trigger

Sleep disorders — Mindfulness and breathing exercises for better sleep

Concentration problems – Meditation and focusing techniques

Headaches — Energy work and energetic self healing methods

Energy loss / exhaustion — Qigong, Tao Yoga, conscious breathing exercises

Loss of efficiency at work — Mindfulness in everyday life, presence exercises

Muscle tension – Progressive muscle relaxation, body awareness

Frequent fatigue — Energy meditations, revitalizing rituals

Anxiety – Inner balance through meditatin, affirmations, grounding

Irritability / mood swings — Gratitude practices, heart work

Emotional overload — Self-compassion, emotional regulation





Universal Healing Tao® System Training



As a first step in Mantak Chia's Universal Healing Tao System[®], beginners start with a "UHT Basic course" (2-4 days) to start being aware of your inner alchemy.



The next step is to train your body specifically to channel and store the awakened chi. For this reason, we recommend the UHT course "Iron Shirt 1" (2 days).



Beginners can also start in the "Chi Nei Tsang® Practitioner" level. This part of the UHT system covers detoxifying massage methods.



Another starting step is the "Cosmic Healing Practitioner" level. This is the shamanistic branch of the UHT system.



After the first steps, beginners start the UHT meditation journey into their inner alchemy with the "FUSION of the 5 Elements" level (2–5 days).



Start

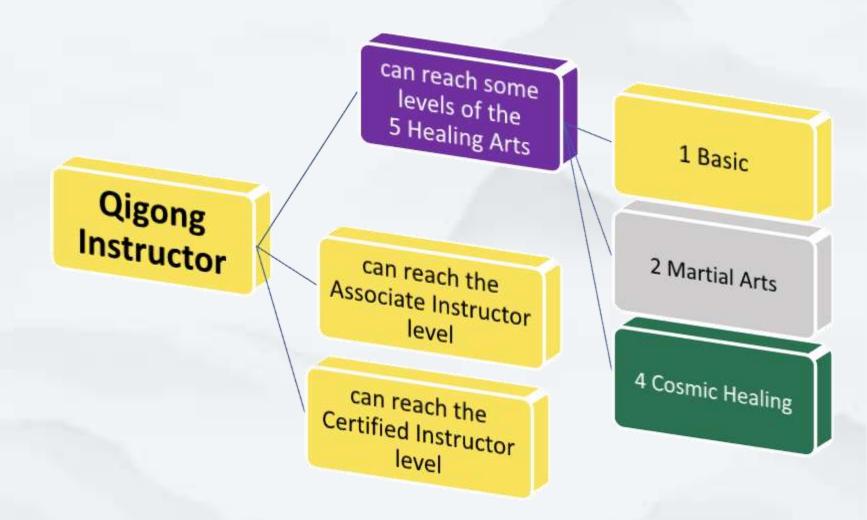


Education Guide

Overview to start your journey Part 3 Education & Requirements



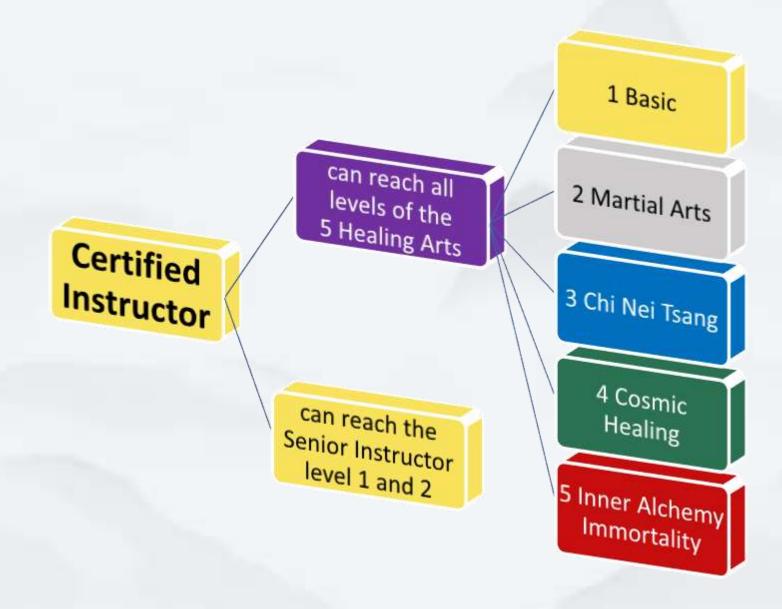
Qualify



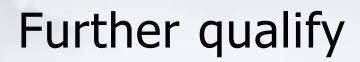


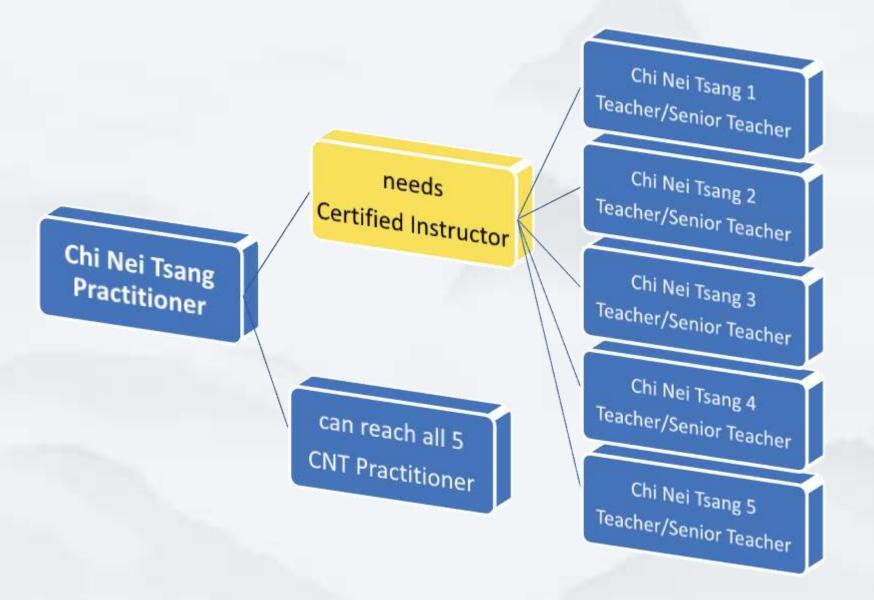


Further qualify



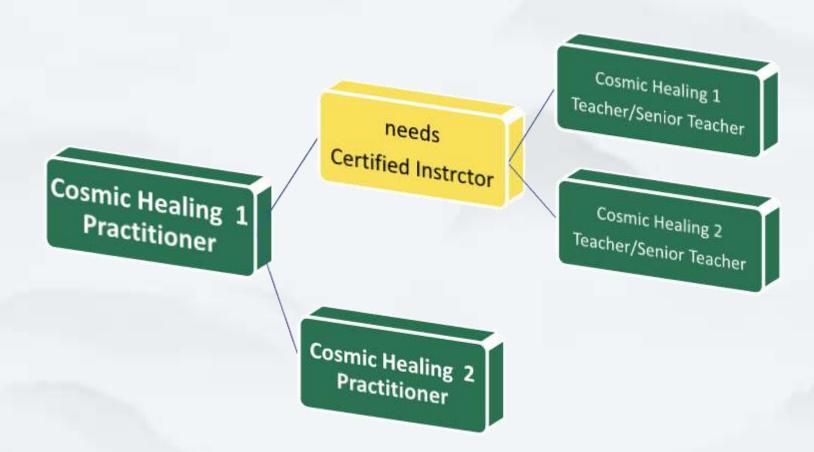








Further qualify







All training rules are stored in the database and not just in some papers, such as the training paths.

These papers are only a reflection of the training rules stored in the database.



| Title Instructor Levels | Abrivation | Description | Prerequesites | Branches |
|--|------------|---|---|-----------------------------------|
| Inner Alchemy Qigong Instructor Level 1 | | UHT Qigong Instructor Level 1 Needs total min. 40 hours workshop education in : Basic (min.10hours) | none | 1. Basic - Tao Energy Cultivation |
| UHT Inner Alchemy Associate Instructor | Al | UHT Associate Instructor Needs min.120 hours workshop education in Basic | Basic 1 - certification | 1. Basic - Tao Energy Cultivation |
| UHT Inner Alchemy Certified Instructor | | | Basic 1 - certification Basic 2 - certification | 1. Basic - Tao Energy Cultivation |
| UHT Inner Alchemy Senior Instructor 1 | SI-1 | UHT Senior Instructor Level 1 Has to be active as UHT Certified Instructor for min 4 years | Certified Instructor-Iron Shirt I-Healing Love- FUSION I (FU1) - certification | 1. Basic - Tao Energy Cultivation |
| UHT Inner Alchemy Astrology Consultant | IAAC | UHT Inner Alchemy Astrology Consultant Has participated 8 days / 56 hrs course UHT iAA Level 1+2+3 | none | 1. Basic - Tao Energy Cultivation |
| UHT Chi Nei Tsang 1 Practioner | | HT Chi Nei Tsang® 1 Practitioner - Organ Detox Attend Chi Nei Tsang I 4 days / 28 hours course | none | 3. Chi Nei Tsang |
| UHT Chi Nei Tsang 1 Teacher | | HT Chi Nei Tsang® 1 Teacher - Organ Detox Attend course Chi Nei Tsang Imin. 28 hours course | 'UHT Certified Instructor cetification UHT Chi Nei Tsang 1 Practioner | 3. Chi Nei Tsang |
| UHT Cosmic Healing 1 Practioner | | 'UHT Cosmic Healing 1 Practioner Attendance of 4-days / 28 hours of workshop training | none | 4. Cosmic Healing |
| UHT Cosmic Healing 1 Teacher | CHP-1 | UHT Cosmic Healing I Teacher Is certified as UHT Cosmic Healing 1 Practitioner for min. one year active practice | UHT Certified Instructor cetification UHT Cosmic Healing 1 Practioner | 4. Cosmic Healing |
| Title Certifications | Abrivation | Description | Prerequesites | Branches |
| UHT Healing Love | HL | UHT Healing Love - Inner Sexual Alchemy (HL) attend 2 days / 28 hours course Healing Love | UHT certified Instructor Iron Shirt I - Rooting (IS1) - certification | 1. Basic - Tao Energy Cultivation |
| UHT Iron Shirt 1 | IS-1 | UHT Iron Shirt I - Rooting (IS1) No Case Study Forms needed in UHT Iron Shirt 1, only testing of the physical skills. | UHT Certified Instructor cetification | 2. Internal Martial Arts |
| UHT Tai chi Chi Kung 1 | TC-1 | UHT Tai Chi Chi Kung I (TC1) - Yang Style Show the Yang style birds tail sequence with a single whip with left and right sides. | UHT certified Instructor UHT Iron Shirt I - Rooting (IS1) - certification | 2. Internal Martial Arts |
| UHT Fusion of the 5 Elements 1 | | UHT FUSION of the 5 Elements I attend 2 days / 28 hours course FUSION of the 5 Elements 1 | UHT Certified Instructor cetification | 5. Inner Alchemy Immortality |
| UHT Lesser Kan and Li | KL-1 | UHT Lesser Kan and Li attend 5 days / 45 hours course Lesser Kan and Li, recommended in the Darkroom | UHT certified Instructor UHT Fusion of the 5 Elements 1-2-3 | 5. Inner Alchemy Immortality |

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|------------|--|--|--------------------------|
| Abrivation | Description | Prerequesites | Bra |
| QI-1 | UHT Qigong Instructor Level 1 Needs total min. 40 hours workshop education in : Basic (min.10hours) | none | 1. Basic - Tao Energy Cu |
| AI | UHT Associate Instructor Needs min.120 hours workshop education in Basic | Basic 1 - certification | 1. Basic - Tao Energy Cu |
| CI | UHT Certified Instructor Needs 120 hrs workshop education in Basic & Fusion with Grandmaster Chia (20 hrs in Basic & Fusion are mandatory) Educator UHT Senior Instructor Level 1or 2 and UHT Certified Instructor can teach: - Inner Smile - 6 Healing Sounds - Microcosmic Orbit (Basic) - Chi Self massage - 5 Element Qigong - Microcosmic Orbit advanced (Passing Energy), - Cosmic Primordial Qigong (3 fires / 6 direcetion). Can upgrade any time when ready to: - Iron Shirt I, II, III - Healing Love (Iron Shirt 1 required) - Tan Tien Chi Kung, Tao Yin - Tai Chi I, II, III - Fusion I,II,III and to all the higher practices such as Kan & Li etc. Direct Path possible in an 4 week (260hrs) retreat without being already UHT Associate Instructor. Evaluation workshop (min. 10 hours) with Senior Instructor Level 2 (needs 9 Case Study Forms, Basic 1 Inner Smile, 6 Healing Sounds, Microcosmic Orbit Basic, Chi Self massage, 5 Element Qigong and Basic 2 Microcosmic Orbit advanced (Passing Energy), Cosmic Primordial Qigong (3 fires / 6 direcetion) | Basic 1 - Inner Smile, 6 HS, Self Massage, Self Healing Qigong - certification Basic 2 - MCO, Cosmic Primordial Qigong, Passing Energy - certification Associate Instructor - certification counts | 1. Basic - Tao Energy Cu |

UHT Education Pathes for all five Healing Arts









UHT Education Pathes for all five Healing Arts



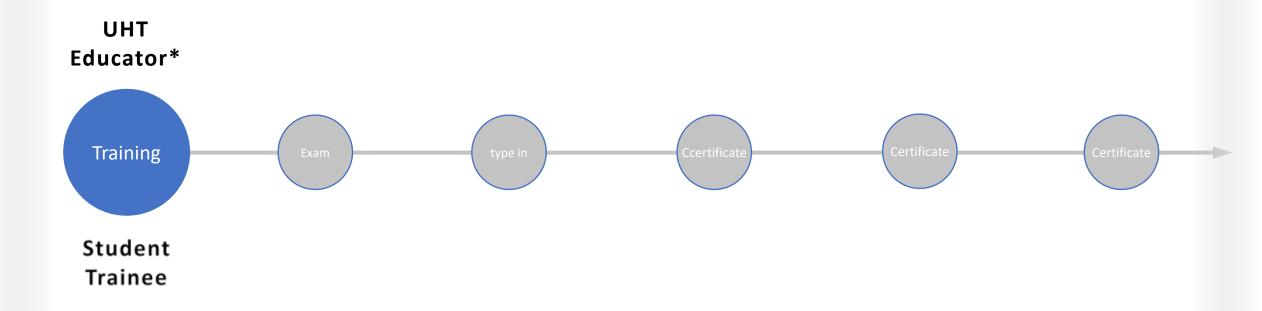


Education Guide

Overview to start your journey Part 4 Education Timeline

UHT Istructor in 6 Steps

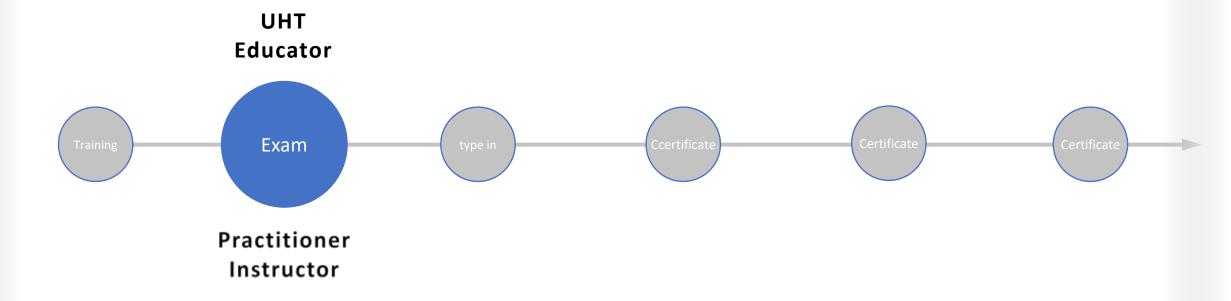
Educator* can open profile in the database



Student starts Training

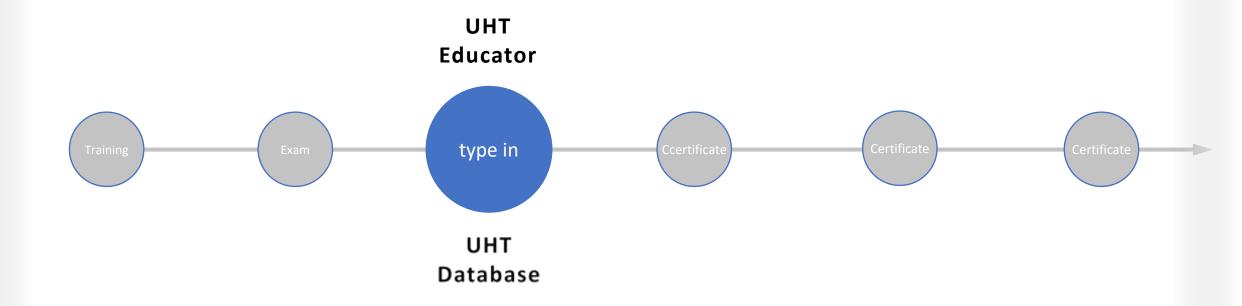
^{*} All certified UHT Senior Instructors and Instructors are referred to as Educators.

Educator certifies Instructor



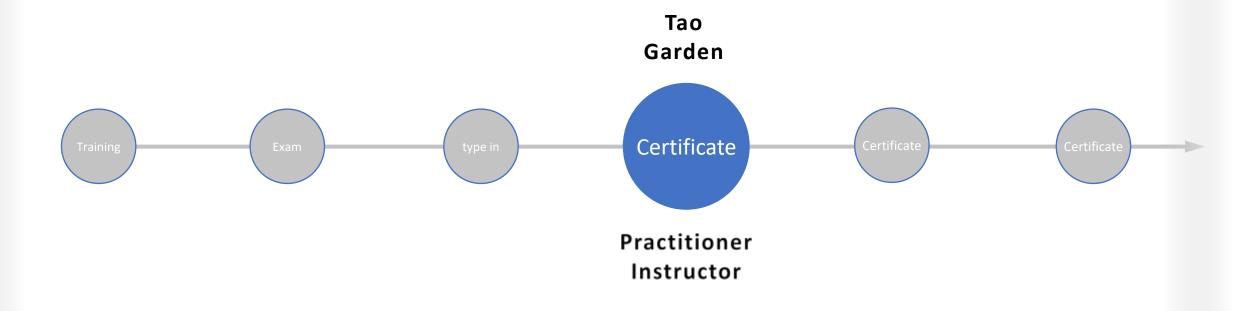
Student becomes Instructor

Educator opens Instructors profile in the database



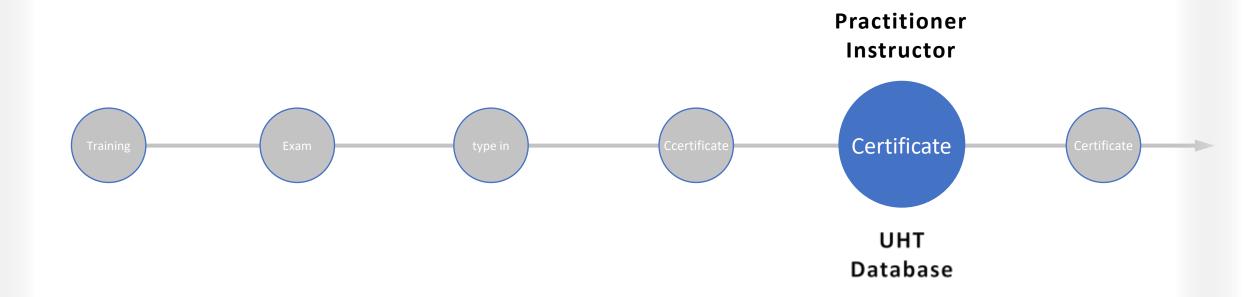
student has access to the database

Educator orders Instructors certificate in UHT Center



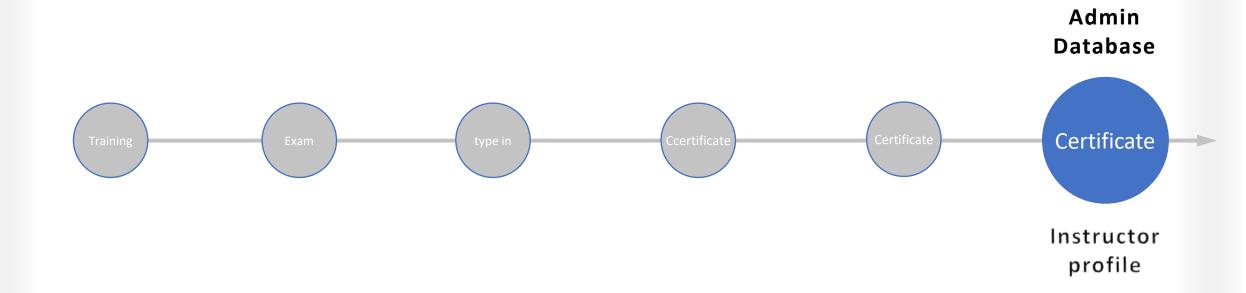
student pays 25 € to the UHT Center

Instructor uploads certificate to his database profile



Instructor has login data for his profile.

Admin verifies the database profile



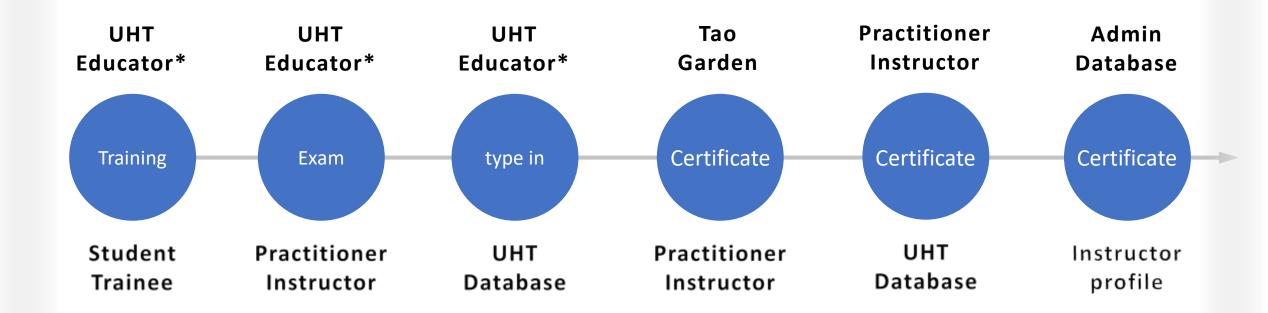
Instructor profile is published



Our vision was to place the certification process in the hands of the trainees and the Educator*.

Only the payment for the digital certificate is made via the UHT Center Tao Garden.

The database sends automatic messages to the Educator and the Trainee/Instructor



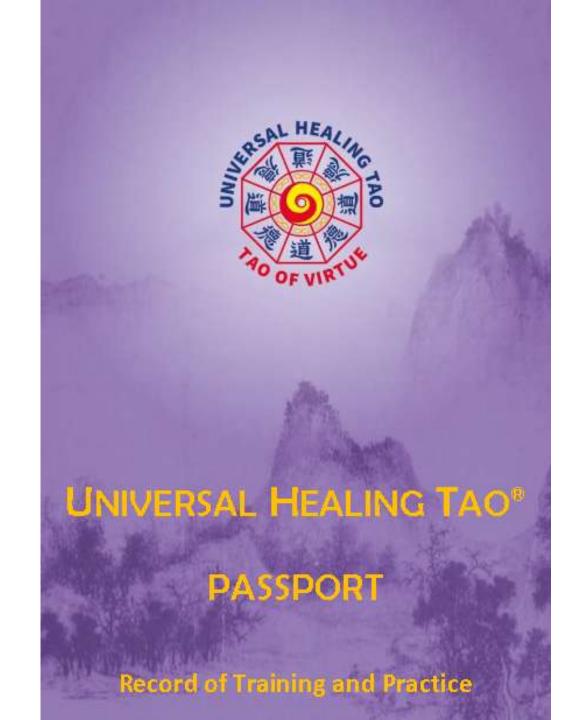
^{*} All certified UHT Senior Instructors and Instructors are referred to as Educators.



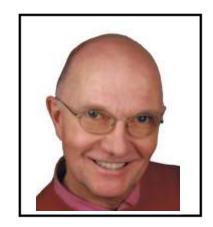
Education Guide

Overview to start your journey Part 5 Tao Passport

Our Tao Passport is designed to document training and education hours with different teachers at different times, so that you can prove your training hours for an upcoming exam.



UNIVERSAL **H**EALING **T**AO® System



| _{Name} Wolfgang | _{Surname} Heuhsen |
|--------------------------------|----------------------------|
| Street Gans Weg 64 | |
| _{Oty} Berlin | Zip 10999 |
| State | Country Germany |
| Date of Birth | Place |
| Time of Birth | Country of Birth |
| Tel | |
| _{Бпаіl} Jack.London@g | mail.com |

1.1. Tao Energy Basics

| Nate | #of hrs.) | Location ² | Courses³ | Inst.'s sign |
|----------|-----------|-----------------------|--------------------|--------------|
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³ hrs. per day or for complete course ³ BA, MCO, HS, ISM, QSM, QW, IAA CSO, SEO,

² city of the workshop ⁴ Instructor: please list on page 12

3. Cosmic Healing Qigong

5. Fusion & Inner Alchemy

| Date | #of hrs.1 | Location ² | Courses ³ | Inst.'s sign ¹ | Date | #of hrs.1 | Location ² | Courses ³ | Inst.'s sign ⁴ |
|------|-----------|-----------------------|----------------------|---------------------------|------|-----------|-----------------------|----------------------|---------------------------|
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¹7 his. per day or for complete course ² dty of the workshop ³ CH1-2, BP, WQ, GEQ, WQ, CHQ, ⁴ Instructor: please list on page 12

³ 7 hrs. per day or for complete course ² city of the workshop ³ FU (1-2-3), KL (1-2-3), SFS, H&T, CHM ⁴ Instructor: please list on page 12

For UHT instructor/teachers

| teaching Instr.'s Name (print) | Country | Inst.'s sign |
|--------------------------------|-----------|--------------|
| Dr Andrew Jan | Australia | w |
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UHT Instructor, please confirm your identity in this passport, please enlist and sign. More Information, please contact your UHT Country Coordinator

Keys - Short Marks

| | | : •1 | 4 B D J B1576 |
|----------|--|--------|----------------------|
| BA BA | Energy Cultivation — Qigong Ser Basi∈ 1-2 | ISM | Inner Smile |
| 6HS | 6 Healing Sounds | MCO1 | Microcosmic Orbit |
| MCO2 | Microcosmic Orbit advanced | CSM | Chi Self Massage |
| ΦQ | Cosmic Primordial Qigong | QW | Qigong Warm Ups |
| csQ | Cranial Sacral Qigong | 5EQ | 5 Element Qigong |
| IAA | Inner Alchemy Astrology 1-2-3 | - | |
| 1.2 Hea | aling Love | | |
| HL | Healing Love | HLC | Healing Love Couples |
| HLM | Healing Love of Women | HLM | Healing Love of Men |
| 2. Cost | mic Healing Qigong | | |
| CH. | Cosmic Healing I - II | BP | Buddha Palm |
| GEQ | Golden Elixir Qigong | WQ | Wisdom Qigong |
| CHQ | Cosmic Healing Qigong | | |
| 3. Chi l | Nei Tsang | | |
| CNT1. | Chi Nei Tsang Organ Detox | CNT2 | Chasing the Winds |
| CNT3 | Tok Sen | CNT4 | Karsei Nei Tsang |
| CNZ5 | Live Puls | | |
| 4. Inte | rnal Martial Arts | | |
| IS | Iron Shirt I - II - IIITC | SCQ | Stem Cell Qigong |
| TYTao | Yin Qigong | TC | Tai Chi I-II-III-IV- |
| VTTQ | Tan Tien Qigong | BGZ1-2 | 2 Ba Gua Zang |
| 5. Inne | er Alchemy | | |
| FU | Fusion I - II - III | KL1 | Lesser Kan & Li |
| KL2 | Greater Kan & Li | KL3 | Greatest Kan & Li |
| SFS | Sealing of the Five Senses | | |
| H&T | Union of Human and Tao | | |
| CHE | Congress of Heaven and Earth | | |
| | | | |

Become an Instructor

start your gigong journey within, teaching yourself is advanced knowledge.



For more details visit <u>www.mantakchia.com</u>, Grandmaster Chia's webpage or our UHT Instructor-Directory. <u>www.universaltaoinstructors.com</u>.



NIVERSAL HEALING TAO® System - Ethics

- Demonstrate acceptance of a clear, Continental Instructor Network.
- Constantly respect Grand-Master Chia, Universal HEALING TAO®
 (UHT) teachings, Instructors, and all students in words and actions.
 a) Foster cooperation, sharing and trust amongst Instructors as well as in UHT organization
 - b) Being helpful and compassionate amongst each other
 - c) Clear, honest and open communication.
 - d) Teaching in the same area we maintain the principle of abundance
- Actively seek cooperation between Instructors and being accountable for the quality of the UHT System;
- Be clear when informing students about fees, conditions of the class, duration, requirements for certification, and expected results
- Inform students of the Healing Love courses that the practices are internal and that they will receive instructions while sitting on their chairs, and that there will be no nudity or any actual sexual practice in the class;
- Be honest in representing your tackground, certification, and experience to students and the general public;
- Be scrupulous in maintaining the boundaries of the teacher-student relationship and be clear in your communications. Never be involved in sexual affairs with actual students;
- Be, from the beginning, clear and transparent about economic conditions with workshop organizers and with students;
- Give your best to be a model of the UHT teachings;
 - a. be a good model and honest as a human being;
 - b. be a good listener to the real needs of your student.
 - c. keep in mind the spiritual development of your students
 - d. create ways to spread the teachings.
 - e. be and act in accordance to the Taoist virtues.
- Be aware of your powerful position, and honor the responsibility to develop the UHT System and its organization harmoniously;
- For any questions or your welcomed feedback, please contact the Global Senior Instructor Coordinators.

UNIVERSAL HEALING TAO® System

Council of 9

Chaired by Master Chia, this team of 8 UHT Instructors is the foundation for holding the vision and guiding the administrative needs.

5 Healing Arts / Branches

Basic Tao Energy & Sexual Energy Cultivation
 Cosmic Healing
 Chi Nei Tsang
 Internal Martial Arts
 Inner Alchemy

Global Branch Leaders

The UHT Global Branch Leaders are responsible for the contents of teaching in the 6 training and education lines (branches). A team of appointed, volunteer UHT Instructors ensures the uniform level of UHT global standards.

Global Senior Instructor Coordinator

are responsible to implement the established Training Rules (prerequisites) and guide the new Senior Instructors within the Universal HEALING TAO System.

Country Contacts

UHT Country Coordinators take nationally care for all UHT Instructors of their country

Instructor search

Our new UHT Instructor-Directory shows UHT Instructors all over the world, contacts to the different teams, training contents, education rules, help videos and a big download section.

www.universaltaoinstructors.com

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Universal-Tao-Germany-Stiftung Kärntener Str. 20 10827 Berlin Germany







UNIVERSAL HEALING TAO® Center Grandmaster Mantak Chia 274/1 Moo 7, Luang Nuai Doi Saket Chiang Mai 50220 Thailand phone:+66 (53) 495 596 e-mail: contact form webpage below web: www.mantakchia.com

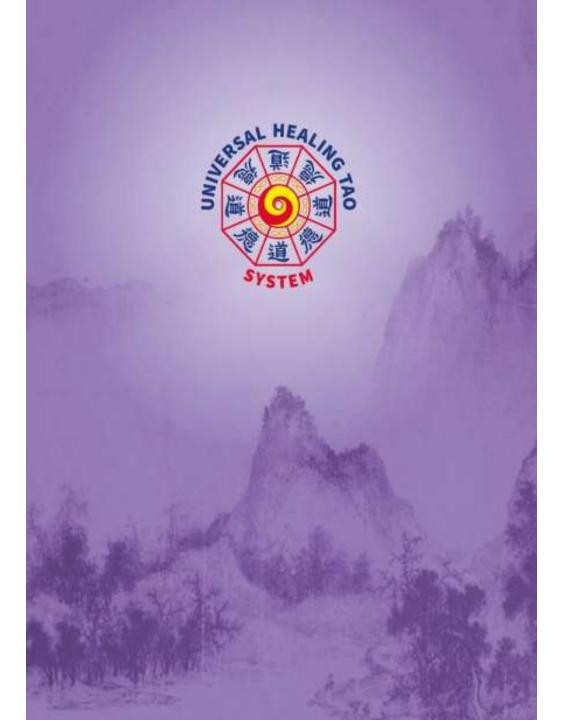


INNER ALCHEMY ASTROLOGY®
Grandmaster Mantak Chia
Analysis of the body 5 elements alchemy
Online chart with basic informations
Ba Zi or 4 Pillars, Authentic Chinese Astrology
www.mantakchia.com/inner-alchemy-astrology



UNIVERSAL-TAC-GERMANY-STIFTUNG Universal-Tac-Germany-Zentrum Kämtener Str. 20, 10827 Berlin Tel.: +49 (30) 768 049 298

e-mail: info@universal-tao-germany-stiftung.de web: www.universal-tao-germany-stiftung.de



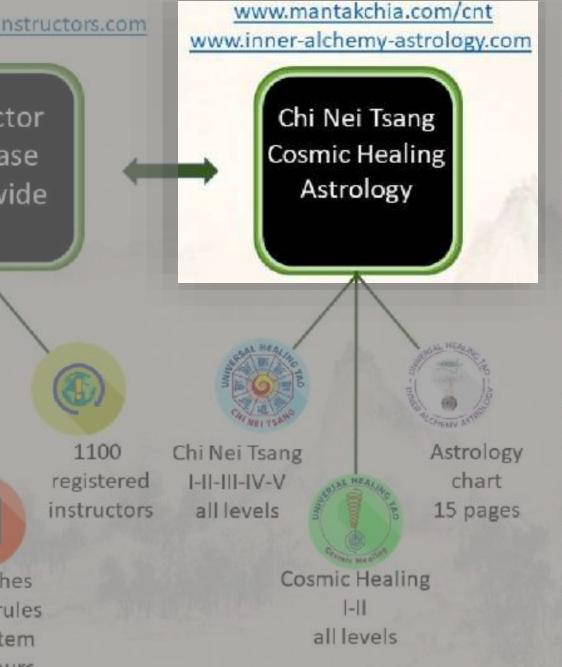
Print version is still available.

In the future, the Tao Pass will be available digitally and can be downloaded as a PDF file from the UHT websites by any student interested in training.



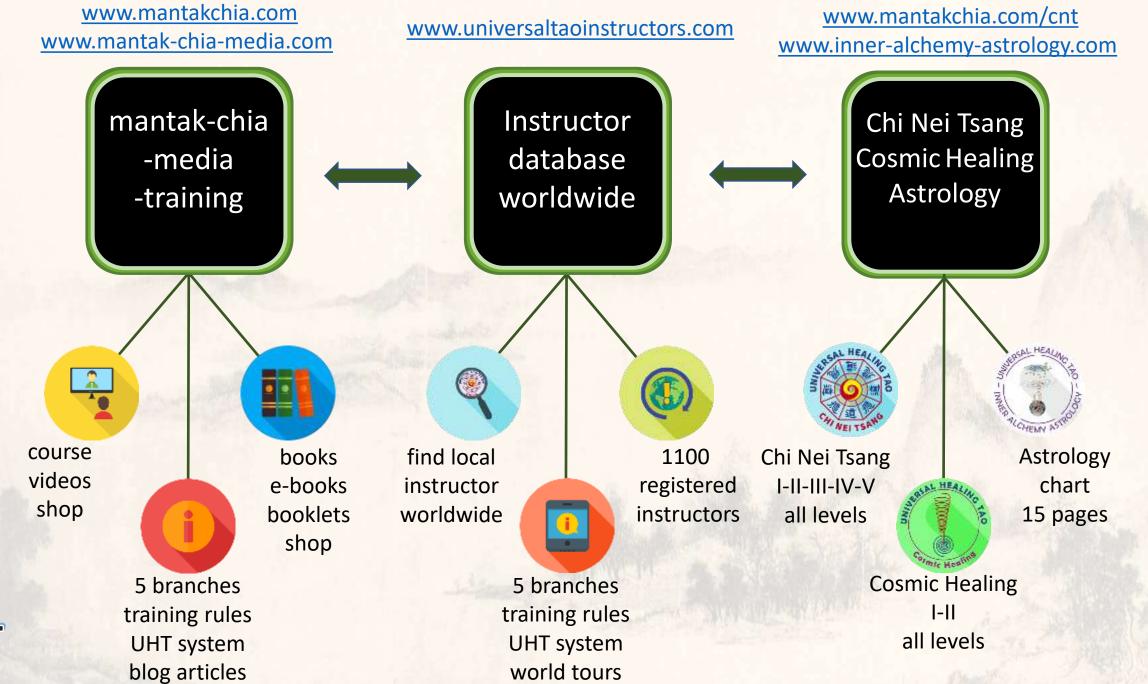
Education Guide

Overview to start your journey Part 6 Pathfinder Webpages



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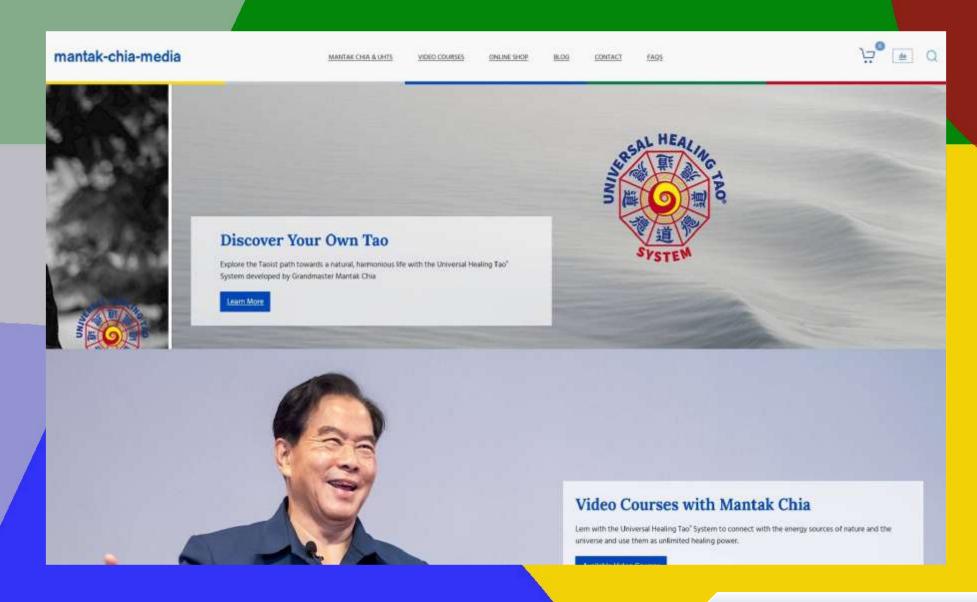


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UHT Webpages guide



INNER ALCHEMY ASTROLOGY

FREE IAA PERSONAL DEMO CHART

IAA CONSULTANTS

ABOUT INNER ALCHEMY ASTROLOGY

CONTACT

by Mantak Chia







Start your spiritual journey with Taoist Master Mantak Chia

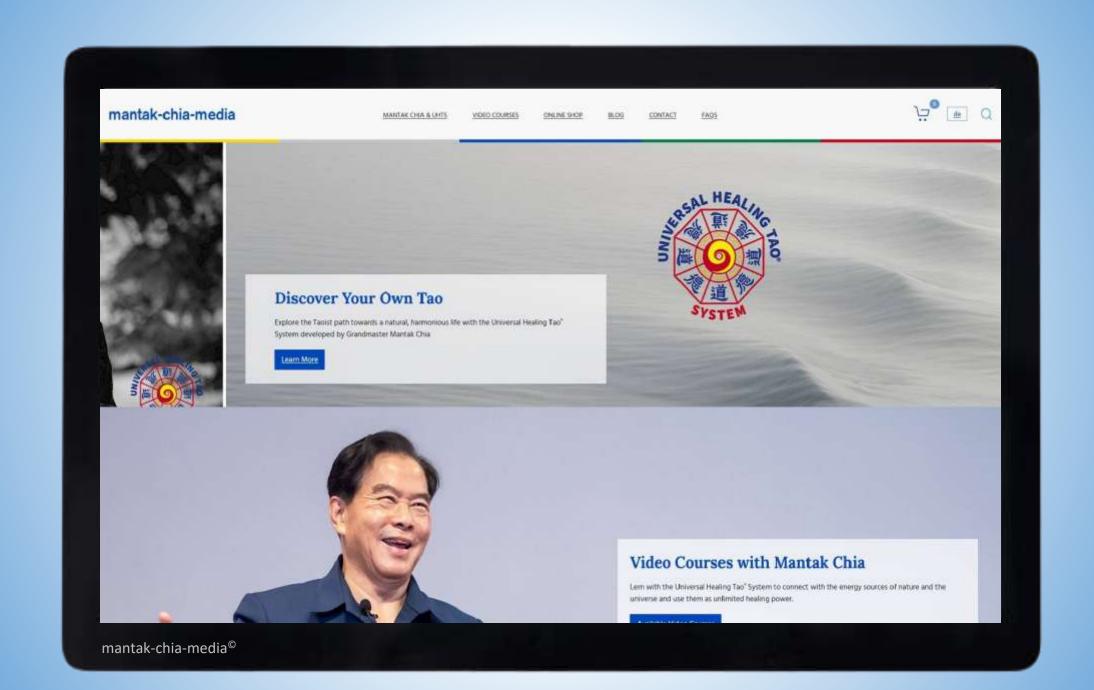
Master Mantak Chia is the founder of the Universal Healing Tao System, as taught throughout the world to tens of thousands of students of the Tao. Here you can find gigong online course for each porpouse.

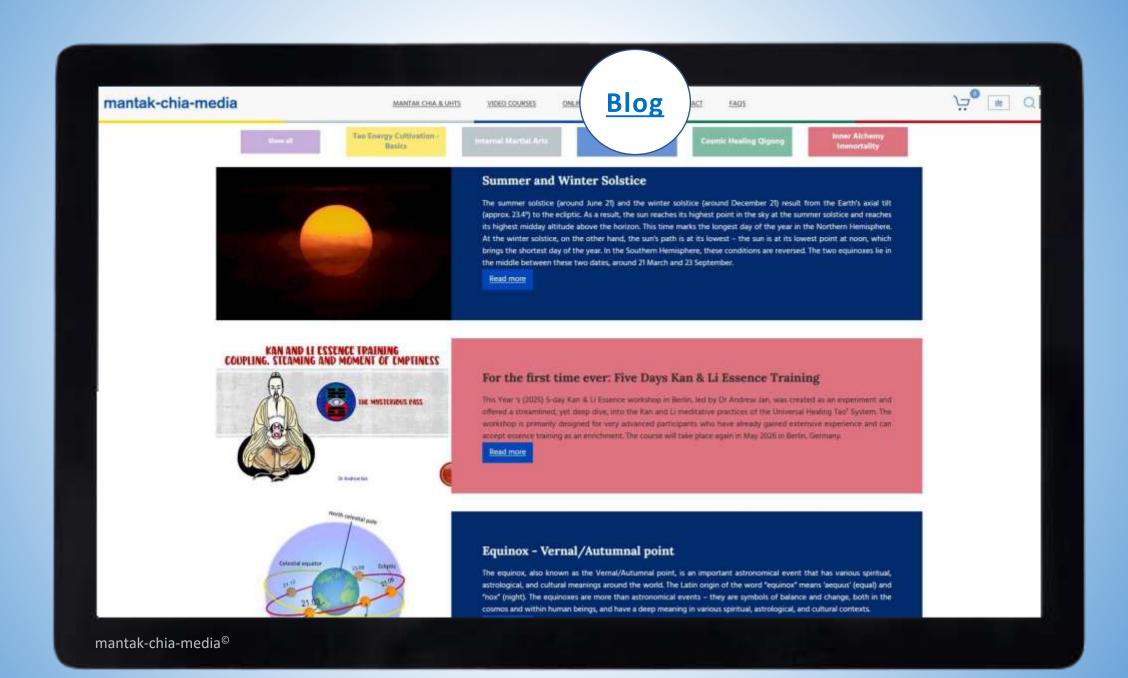
Upcoming Events

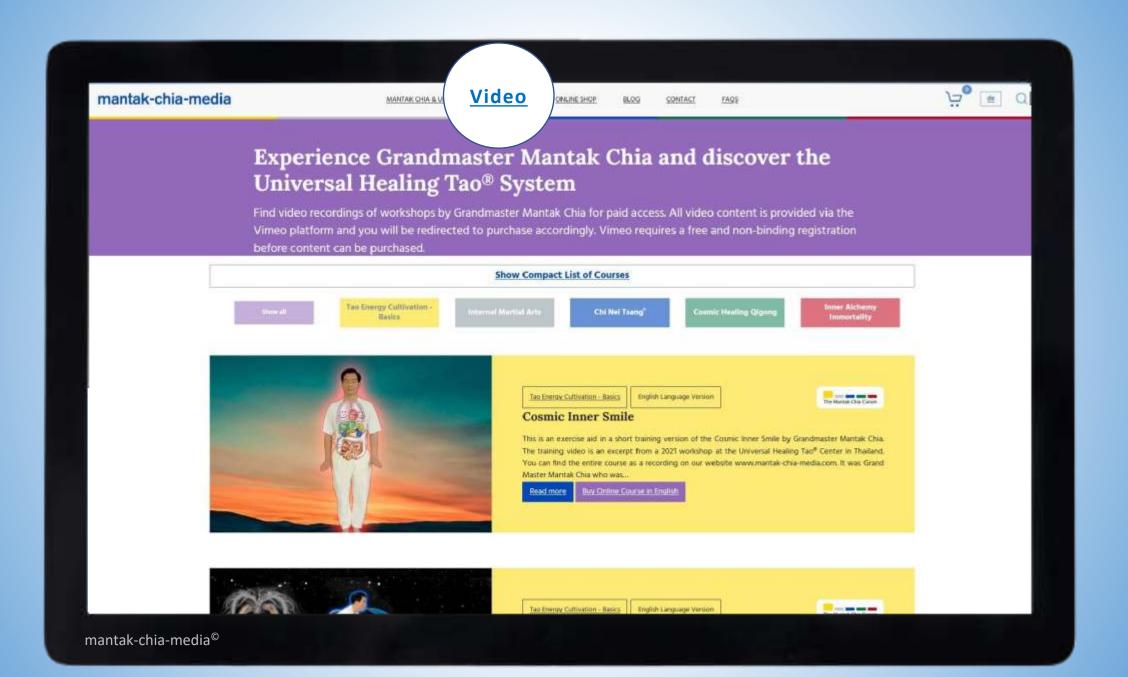
About Mantak Chia

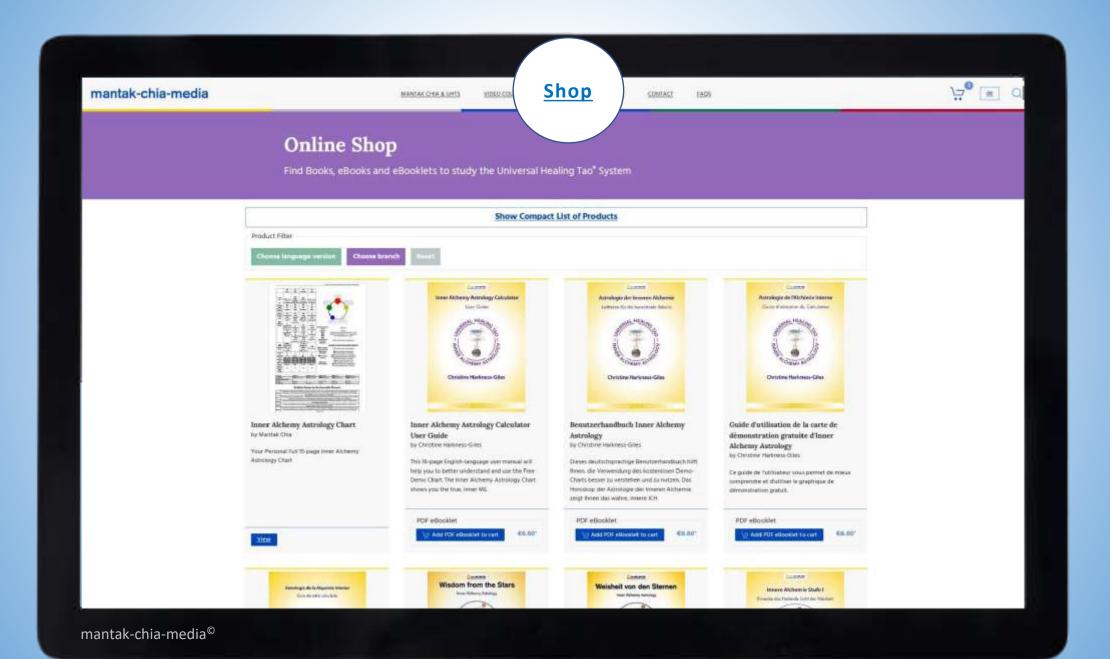
Grandmaster Mantak Chia is the creator of the Healing Tao, Tao Yoga, Universal Healing Tao System, and Tao Garden Health Spa & Resort, located in the beautiful northern countryside of Chiang Mai, Thailand. The author of more than 60 books on Taoist practices, Mantak Chia has taught countless enthusiastic students the principles of Taoist

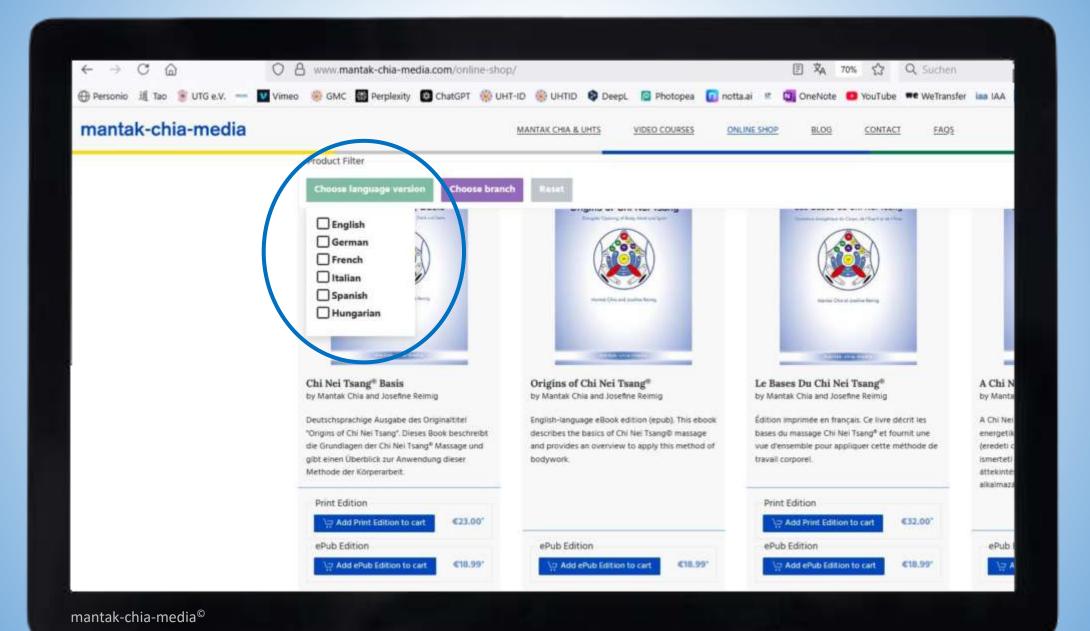














INNER ALCHEMY ASTROLOGY

FREE IAA PERSONAL DEMO CHART

IAA CONSULTANTS

ABOUT INNER ALCHEMY ASTROLOGY

CONTACT

by Mantak Chia





INNER ALCHEMY ASTROLOGY

FREE IAA PERSONAL DEMO CHART

IAA CONSULTANTS

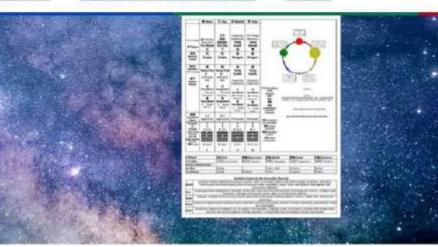
ABOUT INNER ALCHEMY ASTROLOGY.

CONTACT

Get Your Personal Inner Alchemy Astrology Full Chart

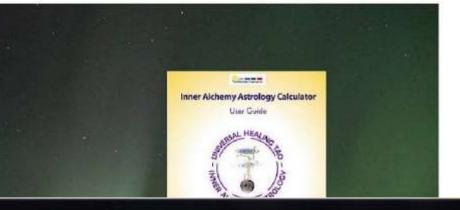
With the personal 15-page IAA Personal full Chart you get a comprehensive 15-Page insigh into your individual star pattern. The IAA Personal Full Chart reveals the your elemental strengths and weaknesses, providing a roadmap to balance and harmonize your life using Qi Gong and Nei Dan meditations. Understand your relationships, professional avenues, and underlying tendencies with unparalleled clarity.

Order Your Full Chart Here



Inner Alchemy Astrology Calculator User Guide (PDF Booklet)

The Inner Alchemy Astrology Calculator User Guide (PDF Bookiet) helps you to better understand the results of the Free IAA Personal Demo Chart. You will learn more about your personal balance of the 5 elements. This enables you to work out how you can use the Inner Alchemy Practices for your including halance. This Guide is upillable in German, English and



| 姓名Name | 時Hour | 日Day | 月Month | 年Year | Gender | | |
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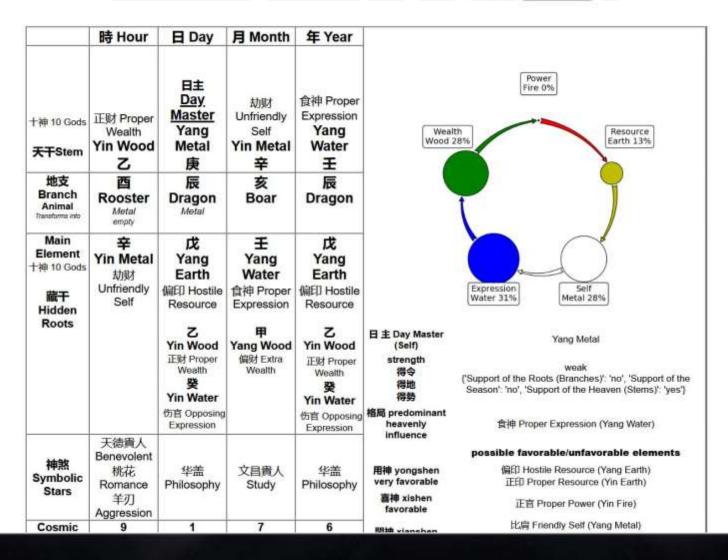
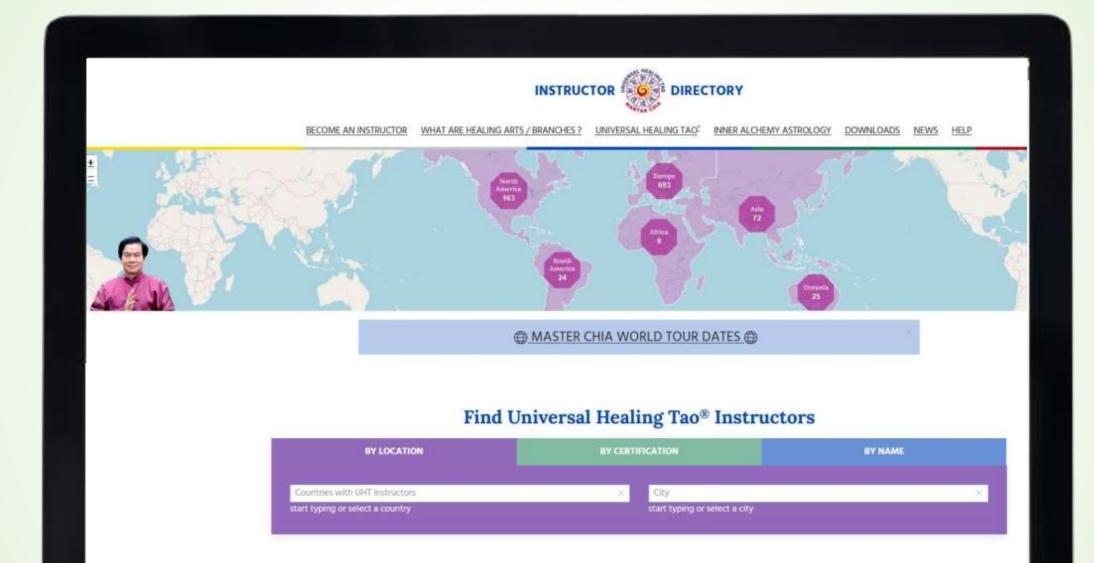


Table of Relationships between the Animals

| | Secret Friend | Allies | Conflicts ey Horse | |
|----------|---------------|------------------|-----------------------|--|
| Rat (| Buffalo | Dragon, Monkey | | |
| Buffalo | Rat | Snake, Rooster | Ram | |
| Tiger | Boar | Horse, Dog | Monkey | |
| Rabbit | Dog | Ram, Boar | Rooster | |
| Dragon 8 | Rooster | Rat, Monkey | Dog | |
| Snake | Monkey | Buffalo, Rooster | Boar | |

| | Secret Friend | Allies | Conflicts | |
|-----------|---------------|----------------|-----------|--|
| Horse | Ram | Tiger, Dog | Rat | |
| Ram A | Horse | Rabbit, Boar | Buffalo | |
| Monkey | Snake | Rat, Dragon | Tiger | |
| Rooster 🌺 | Dragon | Buffalo, Snake | Rabbit | |
| Dog 🙀 | Rabbit | Tiger, Horse | Dragon | |
| Boar 🔊 | Tiger | Rabbit, Ram | Snake | |

| | | SV U | | 流年 10 Y | ears Anr | nual Luck | Cycle | | | | |
|---|--|---|--|---|---|---------------------------------------|--|--|---|--|--|
| 2019 | 2020 | 2021 | 2022 | 2023 | 2024 | 2025 | 2026 | 2027 | 2028 | 2029 | 2030 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 正印 Proper Resource Yin Earth己 | 比肩 Friendly Self Yang Metal 庚 | 劫財 Unfriendly Self Yin Metal辛 | 食神 Proper Expression Yang Water 壬 | 伤官 Opposing Expression Yin Water 癸 | 偏财 Extra Wealth Yang Wood 甲 | 正财 Proper Wealth Yin Wood | 七杀 Hostile Power Yang Fire | 正官 Proper Power Yin Fire | 偏印 Hostile Resource Yang Earth 戊 | 正印 Proper Resource Yin Earth | 比肩 Friendly Self Yang Metal 庚 |
| 亥 Yin | 子 Yang | 丑 Yin | 寅 Yang | 9p Yin | 辰 Yang | E Yin Fire | 午 Yang | 未 Yin | 申 Yang | 酉 Yin | 戌 Yang |
| Water | Water | Earth Water | Wood | Wood | Earth | Snake | Fire | Earth Fire | 33120000 | Metal | Earth |
| Boar | Rat | Buffalo | Tiger | Rabbit | Dragon | ranawithtian. | Horse | Ram | Monkey | Rooster | Dog |



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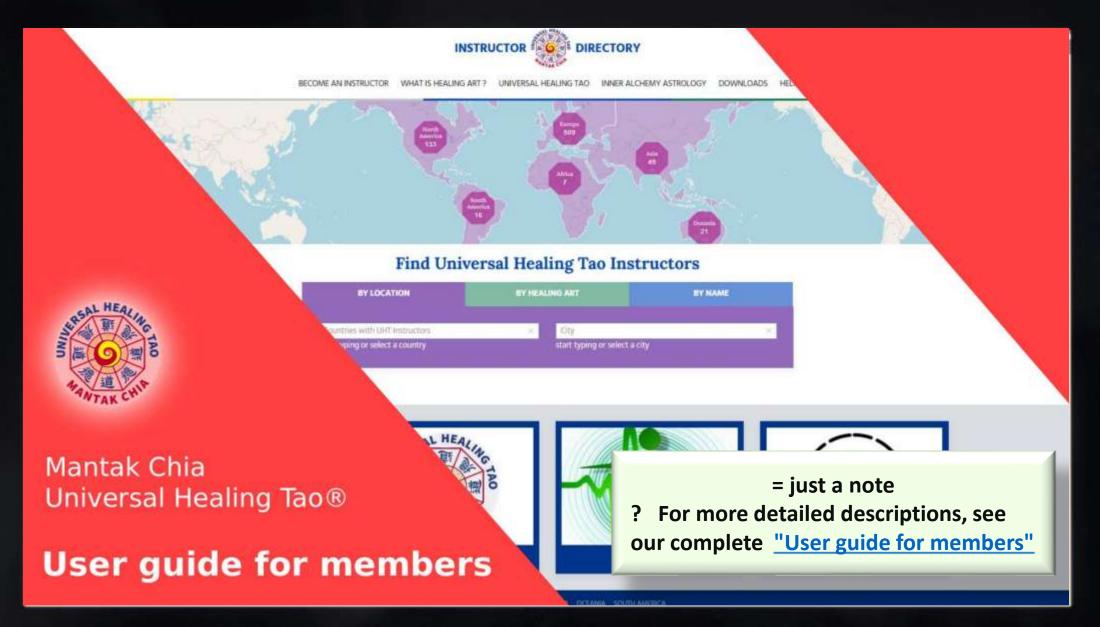


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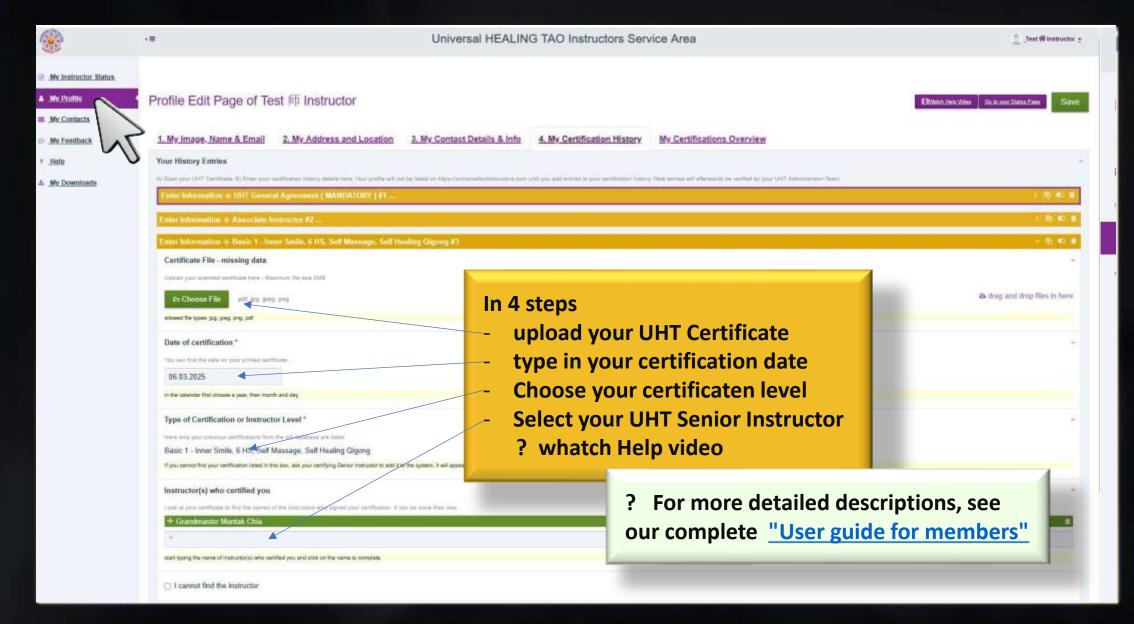
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