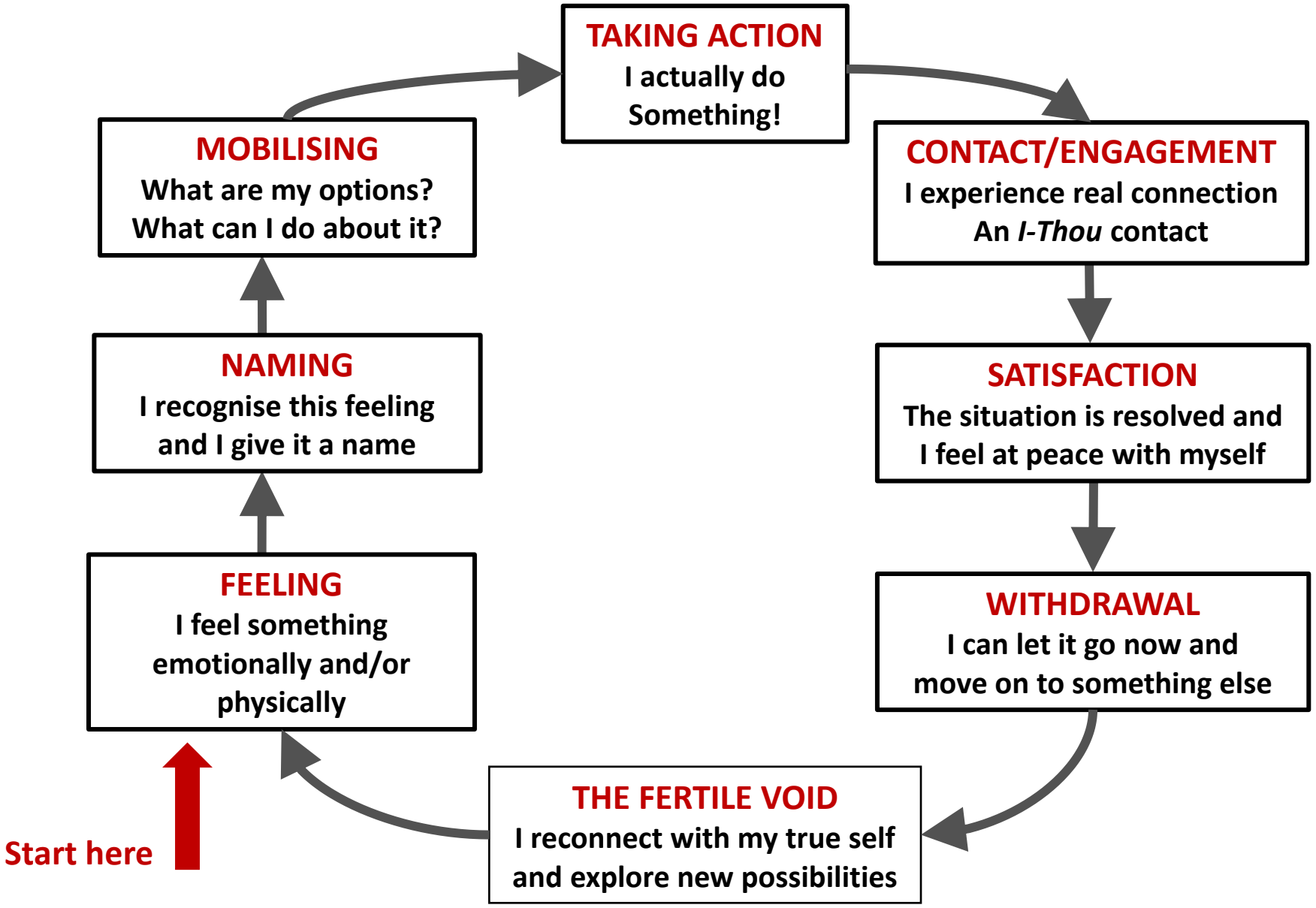THE GESTALT CYCLE OF AWARENESS