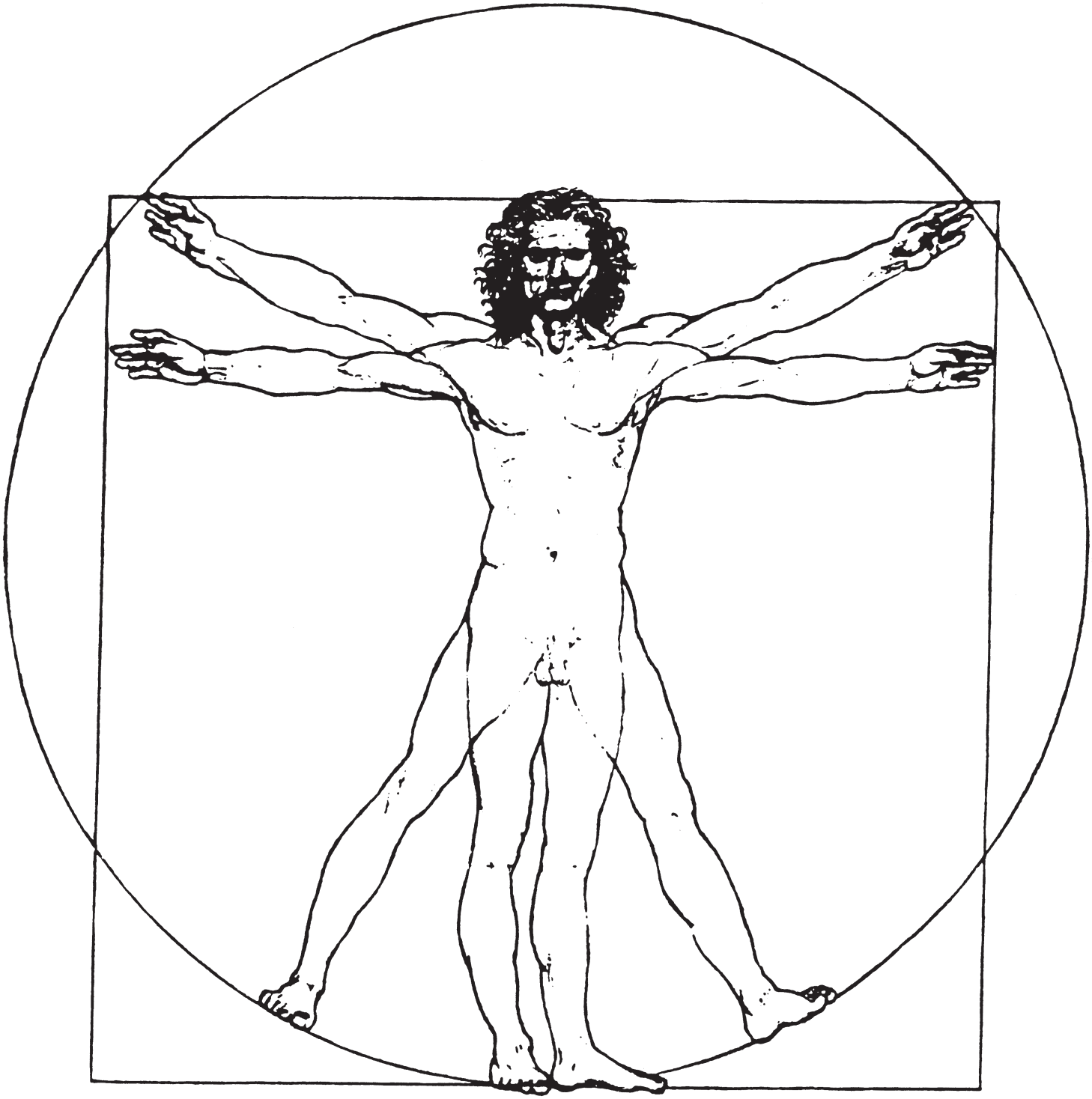BIOFIELD RESEARCH MANUAL