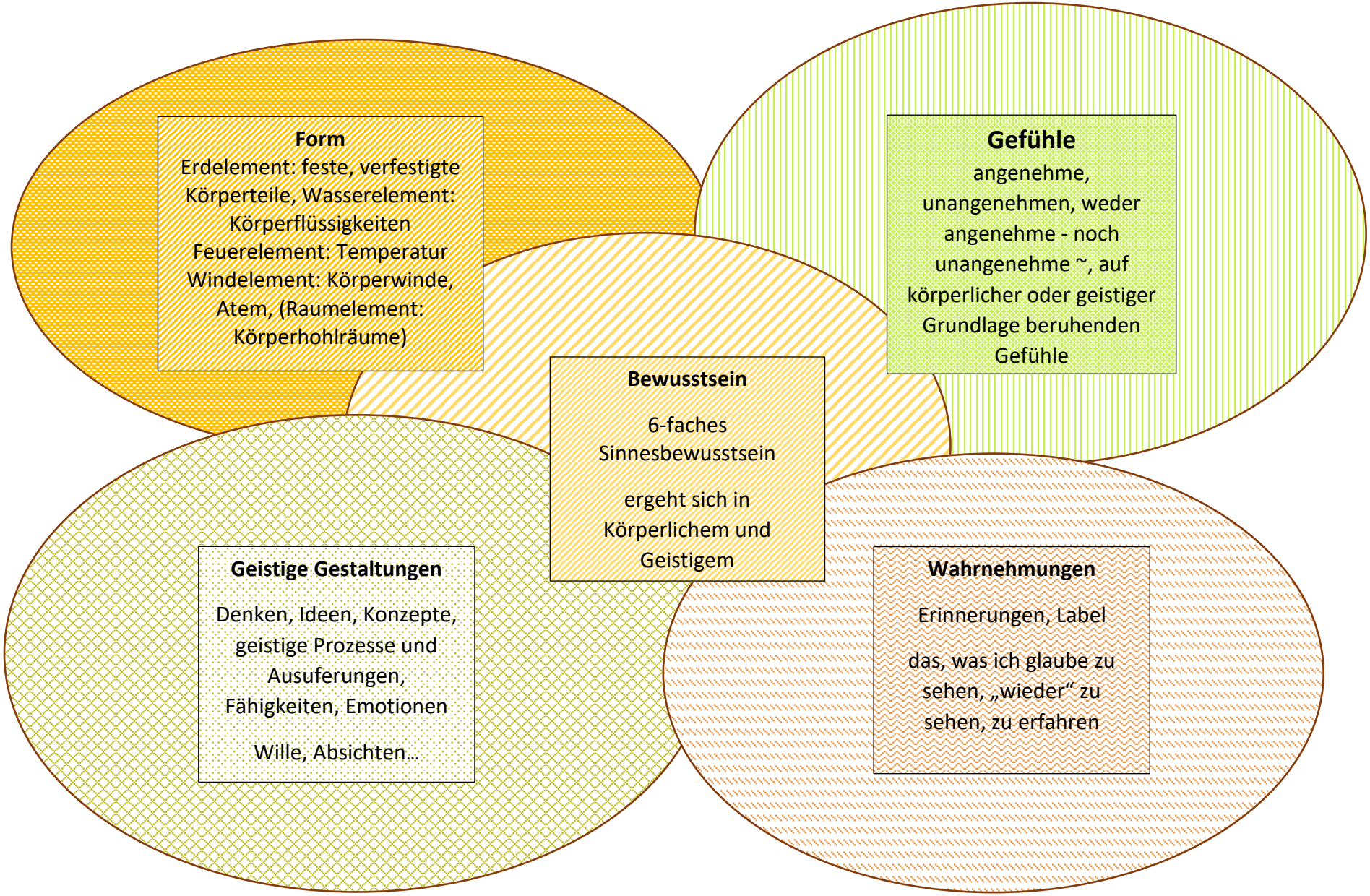Die Fünf Ergreifensgruppen/Daseinsgruppen