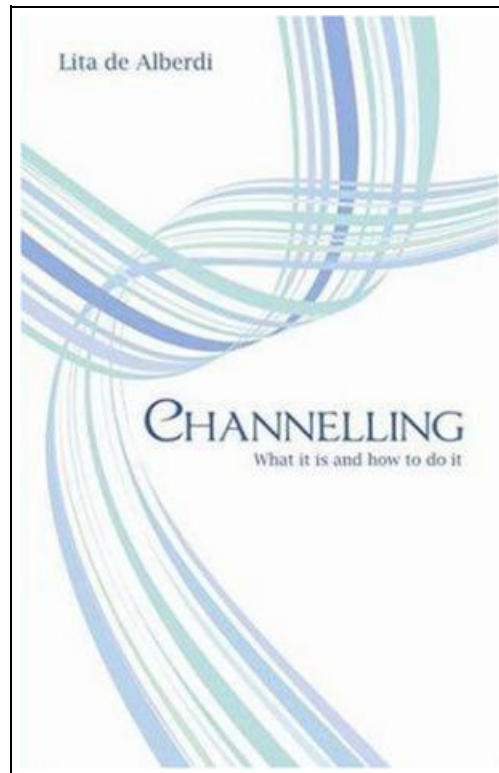


## Channelling: What it is and How to Do it



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