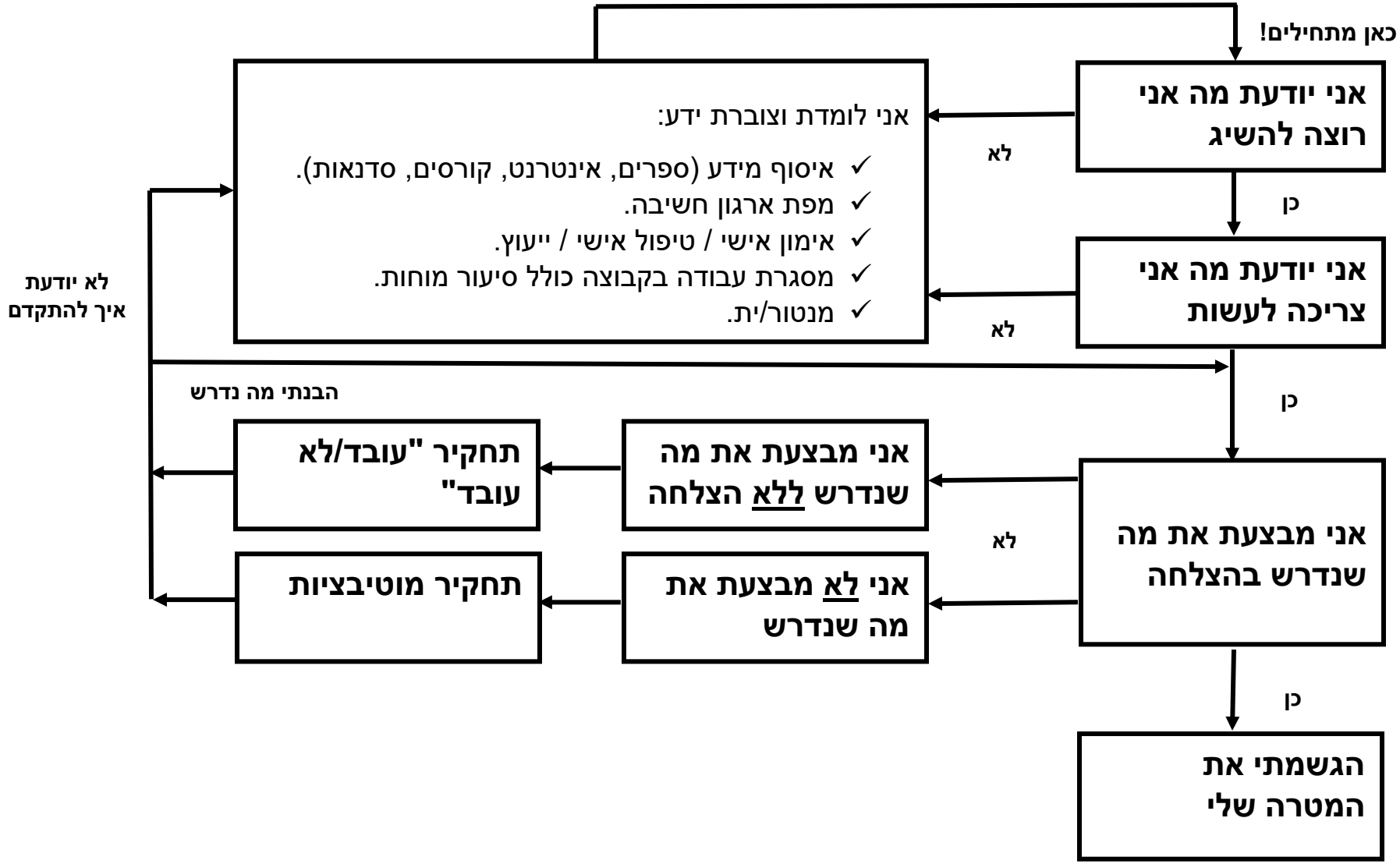זרימת ההגשמה