

The background of the image shows several blister packs of pills scattered on a blue surface. There are at least four visible packs: one at the top with small white pills, one on the left with large white capsules, one at the bottom with large white capsules, and one on the right with small white pills. The packs are partially overlapping and slightly crumpled.

MEDITATION is to the mind
what **MEDICATION** is to the body.

Clara Seeger

From Medication To Meditation

Mike Jess



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