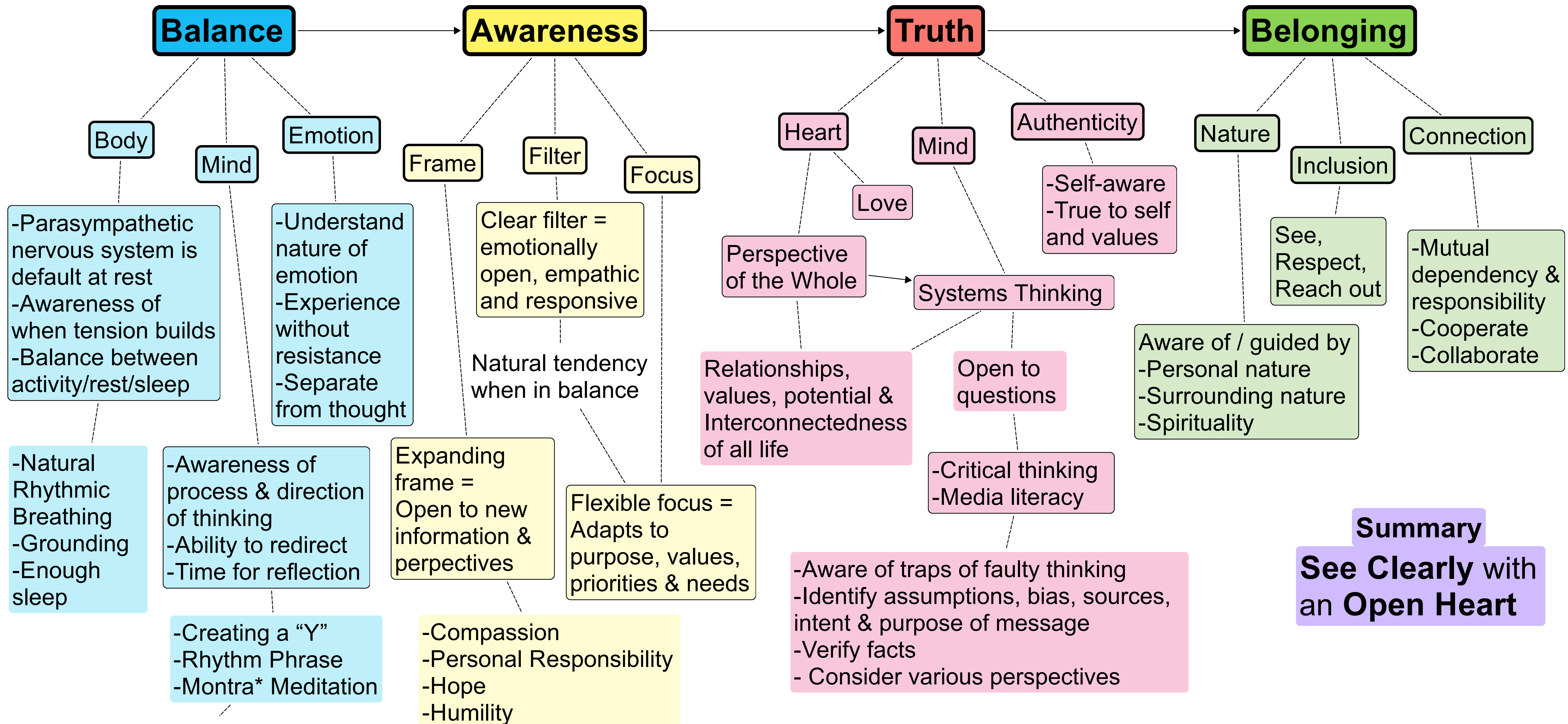


# Essential Components of a Healthy and Fulfilling Life: What Works



**Summary**  
**See Clearly with an Open Heart**

\*repeating a sound in meditation