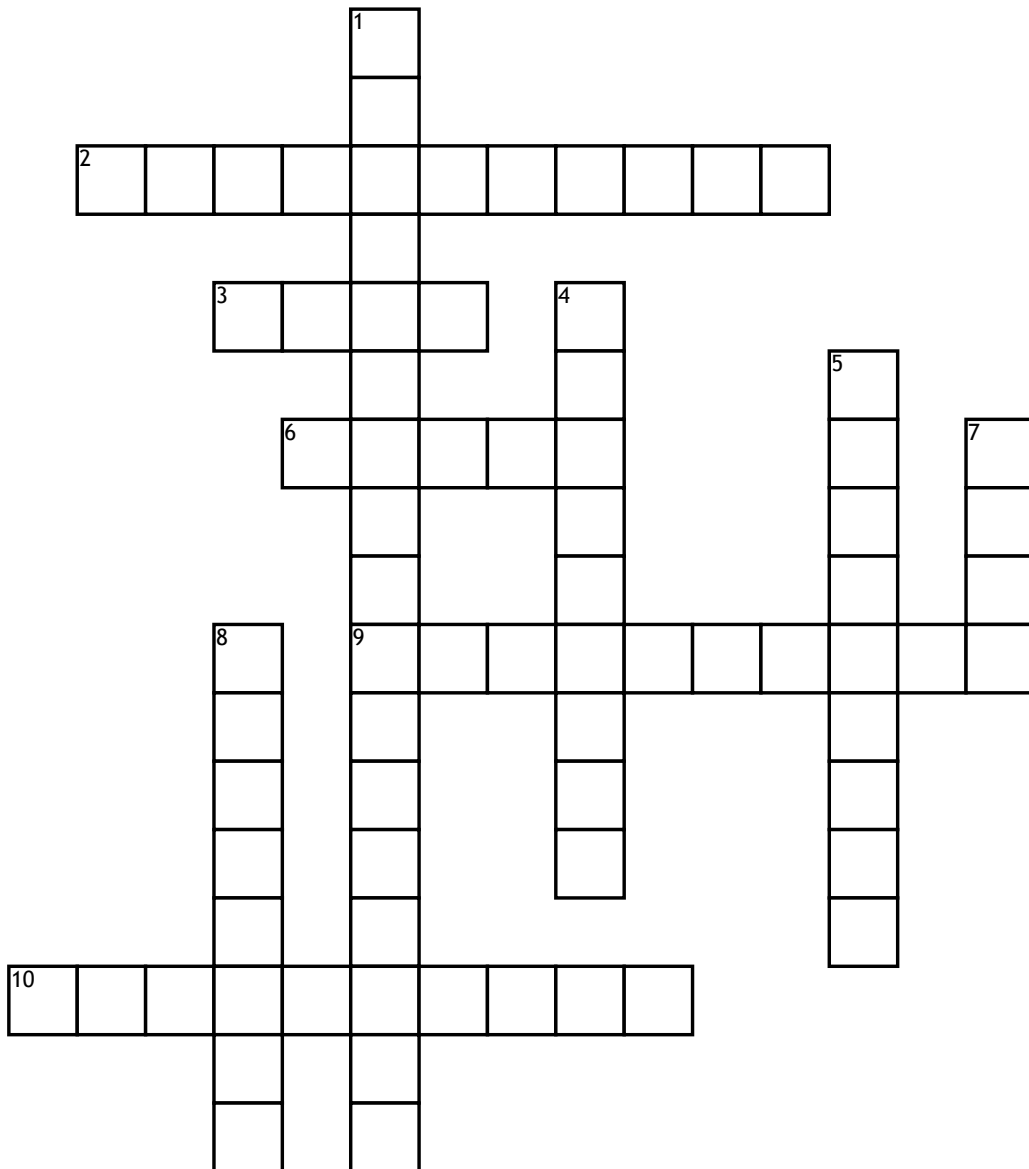


Meditation



Across

2. A quality of being?
3. One unique way to do the meditation?
6. Originated?
9. Famous New York Yankee who meditates?
10. A way to train the mind?

Down

1. Decrease risk of addiction?
4. Lack of time?
5. What should you focus on when you meditate?
7. How many steps to meditation?
8. Main religion?