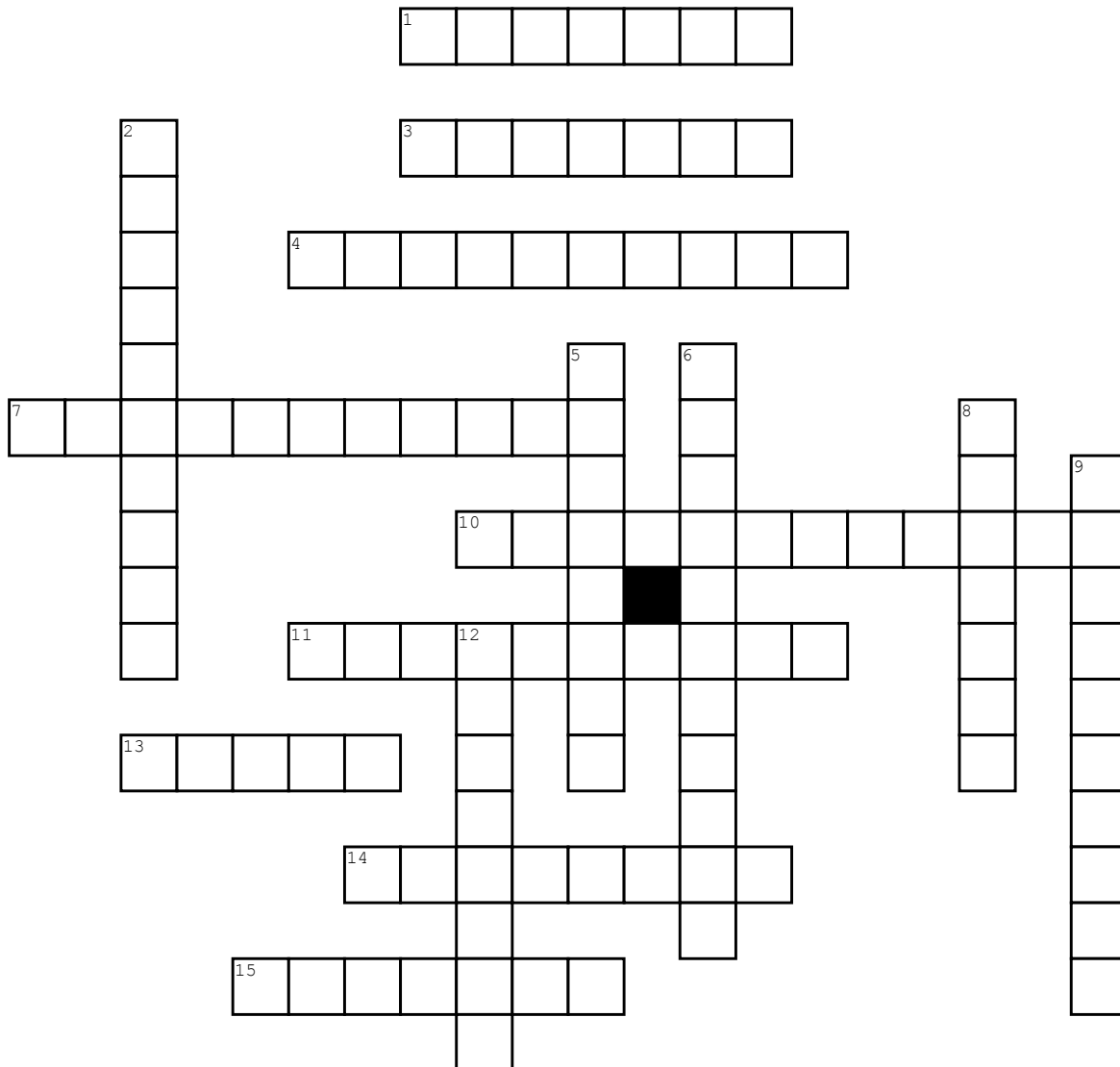


Meditation and the brain



Across

1. A clear, deep, and sometimes sudden understanding of a complicated problem or situation.
3. The quality of being clear and easy to understand.
4. Attitude wishing everyone to be free from all physical and mental suffering.
7. Organize differently.
10. Science concerning the workings of the nervous system and brain.

11. To cause something to exist.
13. Move or pass very quickly.
14. When something lasts over a long period of time.
15. Belonging to the very distant past and no longer in existence.

Down

2. The beliefs you have about how you should behave in particular situations in life.
5. To control something, especially by making it work in a particular way.

6. Extremely surprising or impressive.
8. To behave in a particular way.
9. Unusual or special and therefore surprising and worth mentioning.
12. To have and show particular qualities or ideas.