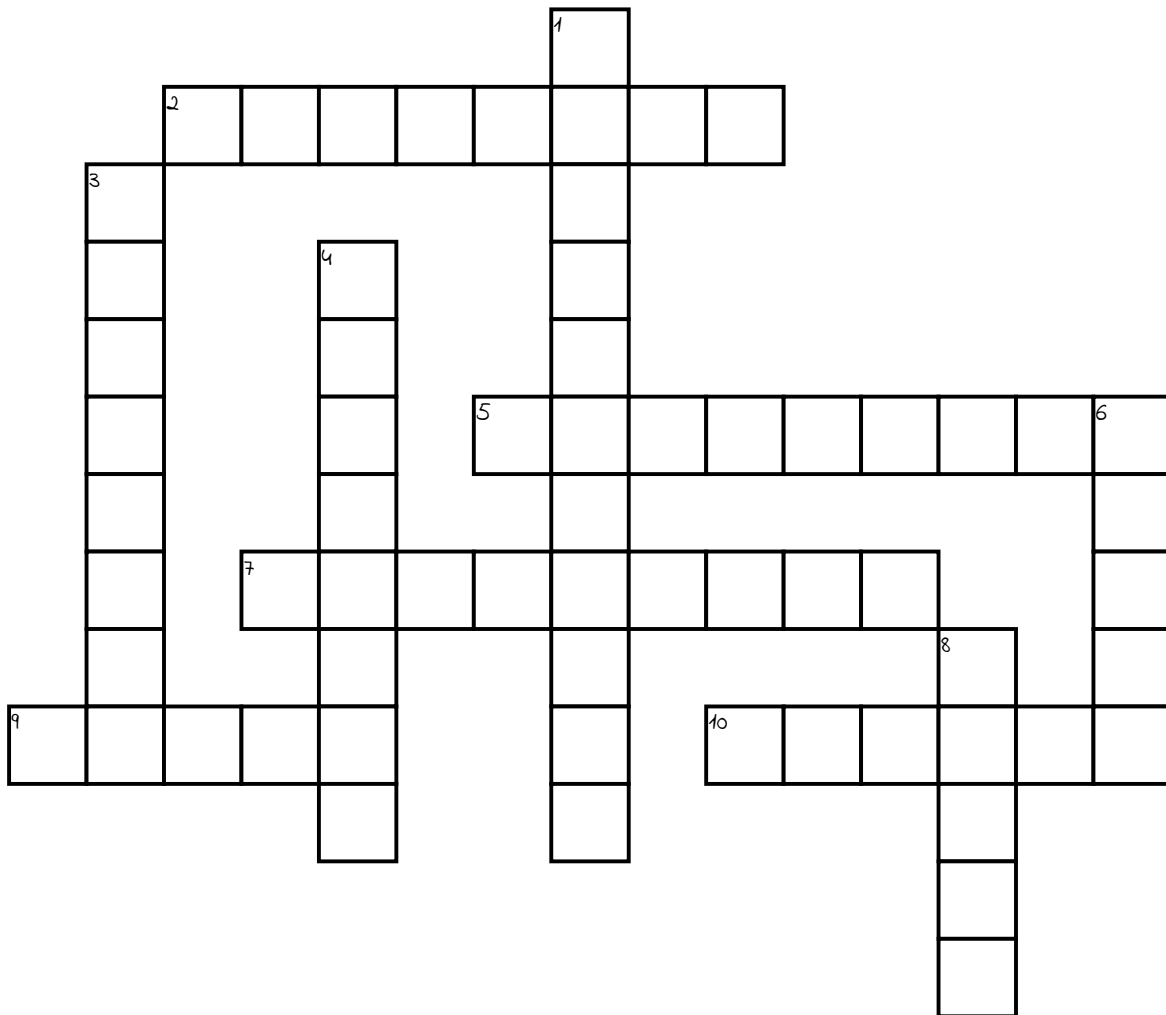


# Seven Pillars of Mindfulness



## Across

- 2. struggle and make great efforts to achieve something
- 5. the opinion formed
- 7. a concentration of the mind on a single object or thought
- 9. release one's hold on
- 10. open to agreement

## Down

- 1. To focus awareness on the present moment, while calmly accepting one's feelings, thoughts, and bodily sensations.
- 3. quiet steady perseverance with ability to suppress annoyance at waiting
- 4. action in response to some influence, event
- 6. reliance on the integrity, strength, ability, of a person
- 8. existing