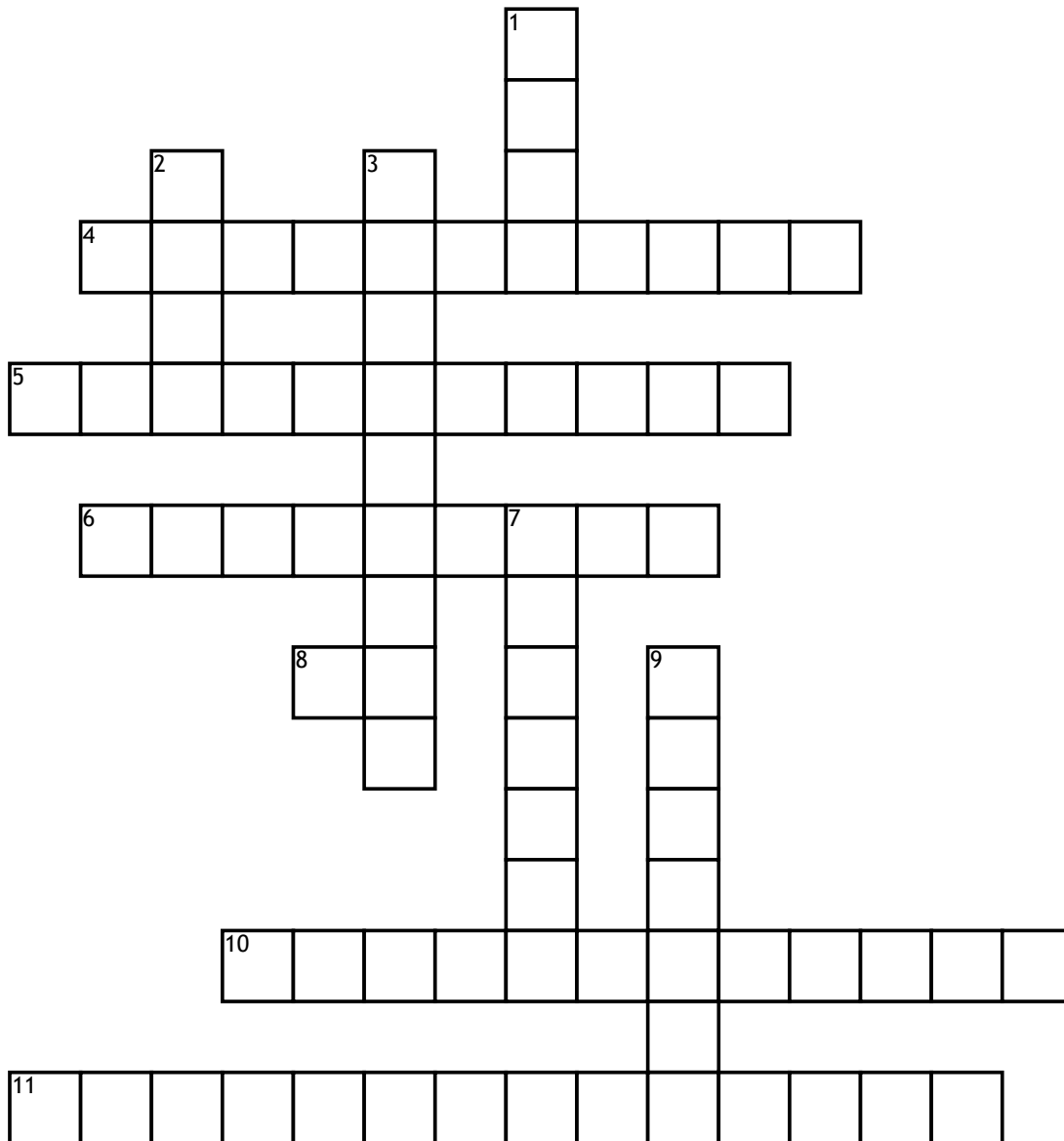


Vipassana



Across

4. What is the first step?
 5. What object is used during this meditation?
 6. A process to help concentration
 8. Does it involve the help of a God or spirit?
 10. A second object used in meditation

11. What do you learn?

Down

1. What is it often compared to?
 2. What sound can help concentration whilst meditating?
 3. What does it improve?
 7. What does Vipassana mean?
 9. What does it help to purify?