

# Mindfulness Word Search

## Puzzle 10

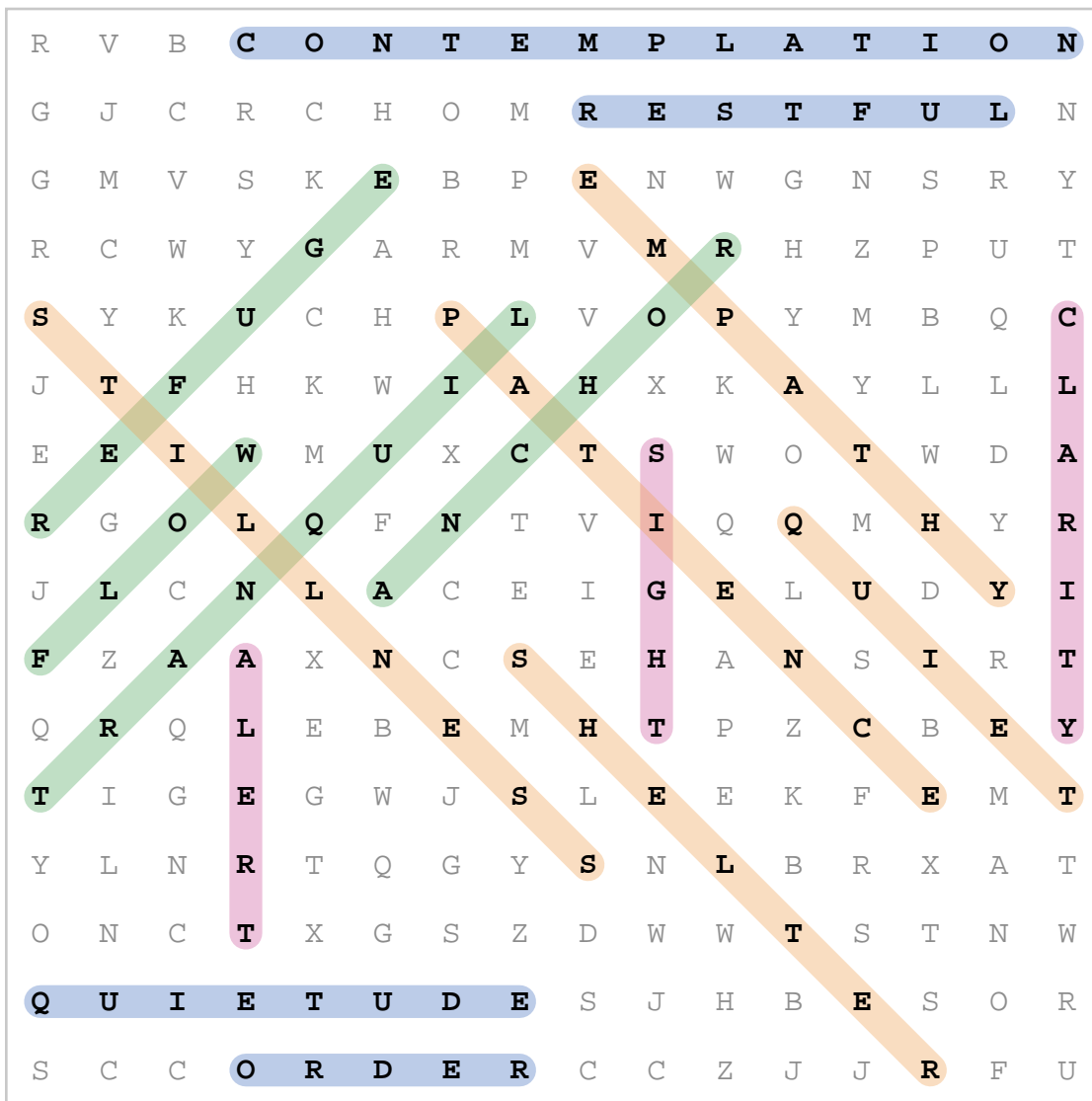
R	V	B	C	O	N	T	E	M	P	L	A	T	I	O	N
G	J	C	R	C	H	O	M	R	E	S	T	F	U	L	N
G	M	V	S	K	E	B	P	E	N	W	G	N	S	R	Y
R	C	W	Y	G	A	R	M	V	M	R	H	Z	P	U	T
S	Y	K	U	C	H	P	L	V	O	P	Y	M	B	Q	C
J	T	F	H	K	W	I	A	H	X	K	A	Y	L	L	L
E	E	I	W	M	U	X	C	T	S	W	O	T	W	D	A
R	G	O	L	Q	F	N	T	V	I	Q	Q	M	H	Y	R
J	L	C	N	L	A	C	E	I	G	E	L	U	D	Y	I
F	Z	A	A	X	N	C	S	E	H	A	N	S	I	R	T
Q	R	Q	L	E	B	E	M	H	T	P	Z	C	B	E	Y
T	I	G	E	G	W	J	S	L	E	E	K	F	E	M	T
Y	L	N	R	T	Q	G	Y	S	N	L	B	R	X	A	T
O	N	C	T	X	G	S	Z	D	W	W	T	S	T	N	W
Q	U	I	E	T	U	D	E	S	J	H	B	E	S	O	R
S	C	C	O	R	D	E	R	C	C	Z	J	J	R	F	U

**ALERT  
CLARITY  
EMPATHY  
ORDER  
QUIET  
REFUGE  
SHELTER  
STILLNESS**

**ANCHOR  
CONTEMPLATION  
FLOW  
PATIENCE  
QUIETUDE  
RESTFUL  
SIGHT  
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## Puzzle-Solution 10



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