

Mindfulness Word Search

Puzzle 11

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

**ANCHOR
FORGIVENESS
INTENTION
MERCY
ONENESS
REFUGE
SERENITY
SILENCE**

**EFFORTLESS
HERE
KNOWLEDGE
MIND
RECEPTIVE
SENSATION
SETTLE
TRUTHFUL**

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Puzzle-Solution 11

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

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