

Mindfulness Word Search

Puzzle 28

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

**ALIGNMENT
COMPOSURE
FORGIVENESS
GROUND
QUIETUDE
RHYTHM
SOOTHE
STEADY**

**BODY
EQUABLE
GRACEFUL
HAVEN
REST
SOFTNESS
STABILITY
WARMTH**

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Puzzle-Solution 28

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

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