

# Mindfulness Word Search

## Puzzle 45

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

**ACCEPTANCE  
COMFORT  
GENTLENESS  
MIND  
NOTICE  
OPENNESS  
REST  
STABLE**

**BREATHFUL  
EQUANIMITY  
HARMONY  
MINDFULNESS  
OPEN  
REAL  
SINCERE  
STILL**

# Mindfulness Word Search

## Puzzle-Solution 45

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

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