

Mindfulness Word Search

Puzzle 101

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

ACCEPTANCE
ATTENTIVE
CONCENTRATION
HEART
INTENTION
QUIETUDE
SLOW
SOUND

ALERT
CALM
ETERNAL
HOME
MENTAL
SIGHT
SOUL
SUPPORT

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Puzzle-Solution 101

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

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