

Mindfulness Word Search

Puzzle 104

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

**ALERT
ENERGY
MENTAL
OPENNESS
PRESENT
SECURITY
SIMPLICITY
SPIRIT**

**ANCHOR
EQUANIMITY
NURTURE
PATIENCE
PURITY
SIGHT
SLOWNESS
VIGILANT**

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Puzzle-Solution 104

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

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