

Mindfulness Word Search

Puzzle 142

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

**ALERT
CONCENTRATE
ENERGY
INSIGHT
PURPOSE
SECURITY
SHELTER
SILENCE**

**ALLOWANCE
CONTINUITY
HARMONY
INTENT
RHYTHM
SENSATION
SIGHT
TRANQUIL**

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Puzzle-Solution 142

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

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