

Mindfulness Word Search

Puzzle 144

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

**ALIGN
CENTER
FORGIVENESS
OBSERVE
PEACEFUL
QUIETUDE
SENSORY
SLOW**

**ANCHOR
EMPATHY
OBSERVATION
PEACE
PURITY
REFLECTION
SILENCE
VITALITY**

Mindfulness Word Search

Puzzle-Solution 144

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

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