

# Mindfulness Word Search

## Puzzle 145

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

**ACCEPT  
ALLOWANCE  
COMPASSION  
EFFORTLESS  
GENTLE  
INSIGHTFUL  
QUIETUDE  
VITALITY**

**ALERT  
BALANCE  
CONTEMPLATION  
EMPATHY  
GROUND  
OBSERVATION  
STILL  
WHOLENESS**

# Mindfulness Word Search

## Puzzle-Solution 145

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

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