

Mindfulness Word Search

Puzzle 157

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

**BREATH
COMPOSE
EASE
EQUANIMITY
MIND
REFUGE
SOFTNESS
STABLE**

**CARE
CONSCIOUSNESS
EMPATHY
HEART
PAUSE
SETTLE
SPIRIT
TRANQUIL**

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Puzzle-Solution 157

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

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