

Mindfulness Word Search

Puzzle 179

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

**BREATH
CONTEMPLATION
GRACE
MENTAL
PRESENCE
SENSATION
SIMPLICITY
STABLE**

**COMPOSURE
GENUINE
HOME
OPEN
RECEPTIVITY
SENSITIVITY
SOOTHE
STILLNESS**

Mindfulness Word Search

Puzzle-Solution 179

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

BREATH
CONTEMPLATION
GRACE
MENTAL
PRESENCE
SENSATION
SIMPLICITY
STABLE

COMPOSURE
GENUINE
HOME
OPEN
RECEPTIVITY
SENSITIVITY
SOOTHE
STILLNESS