

Mindfulness Word Search

Puzzle 181

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

**ACCEPT
ATTENTIVE
EQUANIMITY
HEALTH
OPEN
PRESENCE
RECEPTIVITY
STABLE**

**ANCHOR
BODY
GENTLENESS
KINDNESS
ORDER
QUIET
SERENITY
WARMTH**

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Puzzle-Solution 181

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

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