

Mindfulness Word Search

Puzzle 187

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

**ALERT
CALIBRATE
EFFORTLESS
MINDFUL
RECEPTIVE
SETTLE
STABLE
TIMELESS**

**ATTENTION
EASEFUL
HOME
MOMENT
SENSORY
SPIRIT
TASTE
WHOLENESS**

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Puzzle-Solution 187

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

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