

# Mindfulness Word Search

## Puzzle 194

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

**ALERT  
CALM  
COMPASSION  
HEALTH  
OBSERVE  
REFLECTION  
SETTLEMENT  
TIMELESS**

**AUTHENTIC  
CLARITY  
HEAL  
INTEGRITY  
QUIET  
RESTFUL  
SOFT  
VITALITY**

# Mindfulness Word Search

## Puzzle-Solution 194

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

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