

Mindfulness Word Search

Puzzle 235

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

**BREATH
CALMNESS
CONTEMPLATION
MIND
OPEN
REFLECTION
RELIEF
SILENCE**

**BREATHFUL
COMFORT
EQUANIMITY
MINDFULNESS
RECEPTIVE
REFUGE
SERENE
SOFTNESS**

Mindfulness Word Search

Puzzle-Solution 235

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

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