

Mindfulness Word Search

Puzzle 300

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

**ACCEPTANCE
BREATH
LIFE
PATIENCE
RECEPTIVITY
SENSATION
SIMPLICITY
STILLNESS**

**ALERT
EQUANIMITY
MOMENT
PEACE
REFUGE
SENSORY
SOFTNESS
WARMTH**

Mindfulness Word Search

Puzzle-Solution 300

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

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