

# Mindfulness Word Search

## Puzzle 301

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

**ALLOW  
ATTENTIVE  
NURTURE  
REFUGE  
SILENCE  
SOFTNESS  
SUPPORT  
TRANQUIL**

**ALLOWANCE  
EQUABLE  
OPEN  
SENSATION  
SLOWNESS  
STABLE  
TOUCH  
UNITY**

# Mindfulness Word Search

## Puzzle-Solution 301

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

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