

# Mindfulness Word Search

## Puzzle 319

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

**ALLOW  
AUTHENTIC  
EMPATHY  
HARMONY  
INTENTION  
MINDFULNESS  
RESTORATIVE  
SUPPORT**

**ATTENTION  
EASE  
EQUANIMITY  
HEART  
KNOWLEDGE  
OBSERVE  
SINCERE  
WARMTH**

# Mindfulness Word Search

## Puzzle-Solution 319

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

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