

# Mindfulness Word Search

## Puzzle 344

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

**ANCHOR  
CALM  
GROUND  
OBSERVE  
QUIETUDE  
SECURITY  
SETTLEMENT  
VIGILANT**

**AWARENESS  
FLOW  
MENTAL  
PEACE  
RELIEF  
SENSITIVITY  
TRANQUIL  
WARMTH**

# Mindfulness Word Search

## Puzzle-Solution 344

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

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