

# Mindfulness Word Search

## Puzzle 396

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

**ATTENTION  
CONCENTRATION  
INSIGHTFUL  
NURTURE  
OPEN  
SCENT  
SENSORY  
STABLE**

**CALMNESS  
EASE  
NOTICE  
OBSERVE  
PEACEFUL  
SENSE  
SLOW  
UNITY**

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## Puzzle-Solution 396

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

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