

# Mindfulness Word Search

## Puzzle 401

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

**AUTHENTIC  
CONTEMPLATION  
HERE  
MINDFULNESS  
REST  
SHELTER  
SPIRIT  
STILLNESS**

**CALMNESS  
FLOW  
INTENTION  
OBSERVE  
RESTORATIVE  
SLOW  
STILL  
WHOLENESS**

# Mindfulness Word Search

## Puzzle-Solution 401

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

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