

# Mindfulness Word Search

## Puzzle 409

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

**ALERT  
CALIBRATE  
EFFORTLESS  
HEART  
HOME  
PRESENCE  
SINCERE  
STILLNESS**

**ALIGNMENT  
COMPASSION  
GROUND  
HERE  
MIND  
QUIETUDE  
STEADY  
WARMTH**

# Mindfulness Word Search

## Puzzle-Solution 409

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

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