

# Mindfulness Word Search

## Puzzle 412

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

**ALLOW  
BREATHFUL  
EFFORTLESS  
GENUINE  
HEART  
MIND  
REAL  
SETTLE**

**BALANCE  
CONTEMPLATION  
EQUANIMITY  
GRACE  
MENTALITY  
NOTICE  
SENSE  
WARMTH**

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## Puzzle-Solution 412

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

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