

Mindfulness Word Search

Puzzle 445

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

**ALIGNMENT
ANCHOR
BALANCE
CALMNESS
HARMONY
HEART
QUIETUDE
STABLE**

**ALLOW
ATTENTION
BREATHFUL
CONTEMPLATION
HEAL
LIFE
RECEPTIVE
STEADY**

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Puzzle-Solution 445

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

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