

Mindfulness Word Search

Puzzle 479

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

**BREATH
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INTEGRITY
NOW
RELAX
SAFETY
SUPPORT**

**CALMNESS
GROUND
HOME
MINDFUL
QUIETUDE
RESTFUL
SOUL
TRUTHFUL**

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Puzzle-Solution 479

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

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