

# Mindfulness Word Search

## Puzzle 484

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

**ATTENTION  
BREATHFUL  
EFFORTLESS  
GENTLENESS  
PRESENT  
SETTLE  
SIMPLICITY  
VIGILANT**

**AWARENESS  
CONSCIOUSNESS  
GENTLE  
INTENTION  
RELIEF  
SILENCE  
SOFTNESS  
WHOLENESS**

# Mindfulness Word Search

## Puzzle-Solution 484

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

**ATTENTION**  
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