

# Mindfulness Word Search

## Puzzle 489

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

**ACCEPT  
CONSCIOUSNESS  
EFFORTLESS  
INTUITION  
KNOWLEDGE  
REFUGE  
RESTFUL  
TRANQUILITY**

**CARE  
EASE  
HEALTH  
KINDNESS  
REAL  
RELIEF  
SLOW  
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# Mindfulness Word Search

## Puzzle-Solution 489

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

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