

# Mindfulness Word Search

## Puzzle 496

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

**ALERT  
COMPOSURE  
ENERGY  
GRACEFUL  
KINDNESS  
PEACEFUL  
SENSATION  
STEADY**

**ALLOW  
CONSCIOUSNESS  
GENTLE  
INTEGRITY  
PAUSE  
REFUGE  
SERENITY  
VITALITY**

# Mindfulness Word Search

## Puzzle-Solution 496

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

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