

# Mindfulness Word Search

## Puzzle 498

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

**ACCEPT  
AUTHENTIC  
COMFORT  
ETERNAL  
MENTAL  
PEACE  
SCENT  
SPIRIT**

**ALERT  
CALMNESS  
COMPOSE  
INTENT  
MOMENT  
RELIEF  
SIGHT  
WISDOM**

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## Puzzle-Solution 498

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

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