

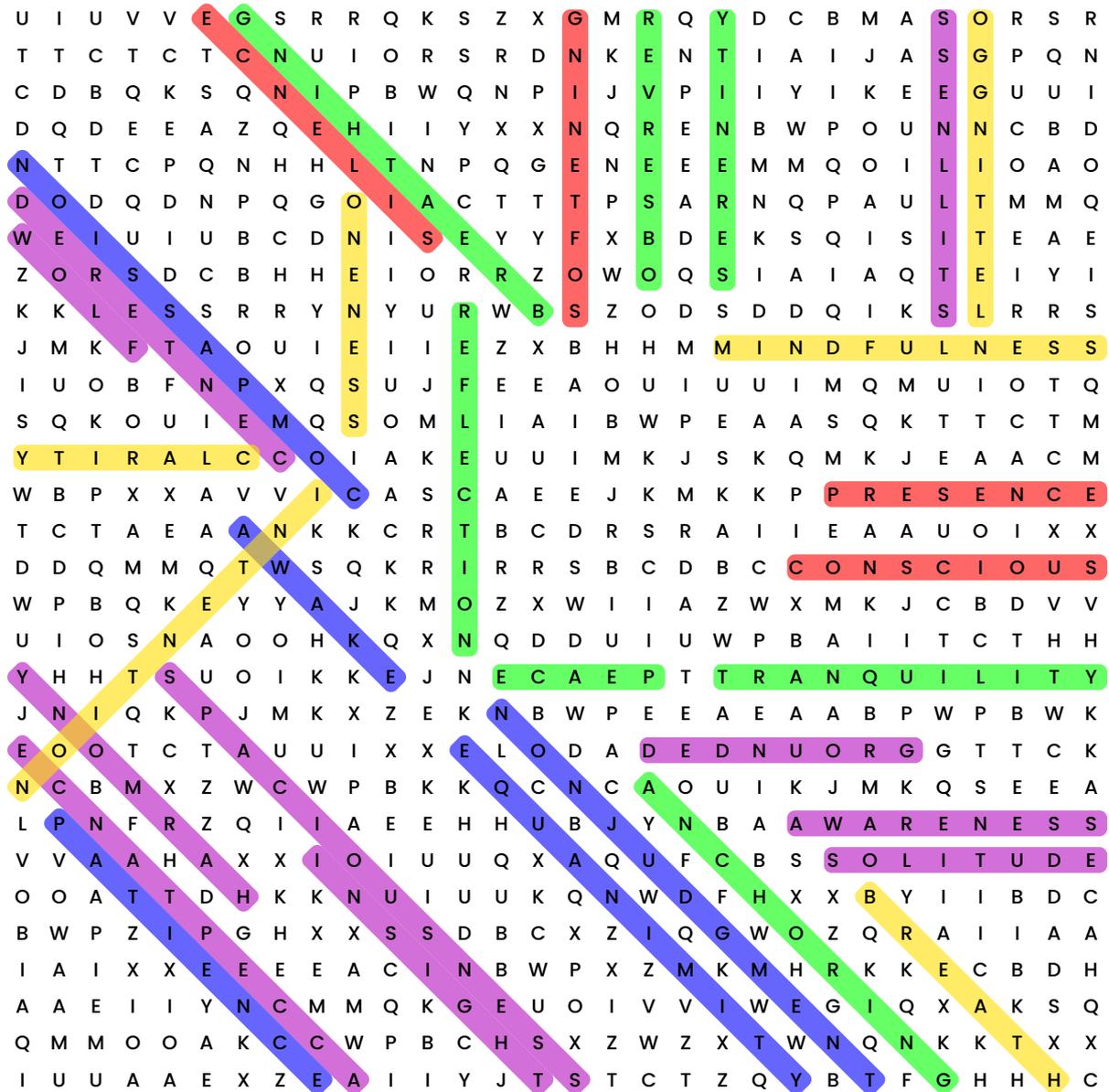
MINDFUL AWARENESS & PRESENCE

Find the hidden words horizontally, vertically, diagonally, forward, or backward throughout the puzzle.

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

ACCEPTANCE	ANCHORING	AWAKE	AWARENESS
BREATH	BREATHING	CENTERED	CLARITY
COMPASSION	CONSCIOUS	EQUANIMITY	FLOW
GROUNDED	HARMONY	INSIGHT	INTENTION
LETTING-GO	MINDFULNESS	NONJUDGMENT	OBSERVER
ONENESS	PATIENCE	PEACE	PRESENCE
REFLECTION	SERENITY	SILENCE	SOFTENING
SOLITUDE	SPACIOUSNESS	STILLNESS	TRANQUILITY

MINDFUL AWARENESS & PRESENCE



ACCEPTANCE (9, 29, NW)
 AWARENESS (21, 22, E)
 CENTERED (7, 12, NW)
 CONSCIOUS (21, 15, E)
 GROUNDED (24, 20, W)
 INTENTION (8, 13, SW)
 NONJUDGMENT (13, 19, SE)
 PATIENCE (1, 22, SE)
 REFLECTION (12, 8, S)
 SOFTENING (15, 8, N)
 STILLNESS (25, 8, N)

ANCHORING (17, 21, SE)
 BREATH (23, 24, SE)
 CLARITY (6, 12, W)
 EQUANIMITY (12, 20, SE)
 HARMONY (6, 24, NW)
 LETTING-GO (26, 8, N)
 OBSERVER (17, 7, N)
 PEACE (17, 18, W)
 SERENITY (19, 7, N)
 SOLITUDE (22, 23, E)
 TRANQUILITY (19, 18, E)

AWAKE (6, 14, SE)
 BREATHING (14, 8, NW)
 COMPASSION (9, 13, NW)
 FLOW (3, 9, NW)
 INSIGHT (8, 23, SE)
 MINDFULNESS (19, 9, E)
 ONENESS (9, 5, S)
 PRESENCE (22, 13, E)
 SILENCE (11, 6, NW)
 SPACIOUSNESS (4, 18, SE)

The coordinates of each word's direction and starting point are formatted as (x, y, direction).