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| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Meditation

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

   Inner Peace       Solitude       Spiritual       Nature       Music       Acceptance       Appreciation       Attentive       Awareness       Breathing       Calm       Control       Deep Thought       Devotion       Emotion       Expectation       Feelings       Focus       Happy       Insight       Joy       Letting Go       Meditate       Mindful       Movement       One Day at a Time       Peace       Perspective       Pondering       Position       Prayer       Quiet       Reflection       Religion       Self Examination       Serenity       Soothe       Strength       Thoughts       Tranquility       Willingness       Wisdom