

Name: \_\_\_\_\_

# HEAL THYSELF!

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

MEDITATION EXERCISE WELLNESS INCENSE MASSAGE  
PURPOSE THERAPY ENERGY SHOWER SPICES  
VISION HERBS MUSIC PEACE POWER  
QUIET RELAX BATH REST SAGE  
WALK