

Name: _____

Date: _____

Mindful Meditation

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

Interpersonal Conflict
Frustration
Resentment
improve
Focus

Transcendental
mindfulness
kindness
Silence
anger

Kundalini yoga
Relaxation
Breathe
loving
Zen