

Name: _____

Date: _____

Right Mindfulness

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

Spiritual Wellbeing
Non-Judgment
Experience
Serenity
Thought
Mind

Eightfold Path
Positivity
Phenomena
Feelings
Wisdom
Body

Concentration
Meditation
Awareness
Reality
Change