A Peaceful Afternoon

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

SUNSHINE
GARDEN
HAMMOCK
TEACUP
BREEZE
BLANKET
BOOKWORM
BIRDSONG
CUSHION
DROWSY
MEADOW
WARMTH
SHADOW
VERANDA
CONTENT

MINDFUL REMINDER

There's no need to rush through a peaceful moment. Let the sensations arise and enjoy the nothingness.

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