

wellbeing | connection | food | curiosity | explore

MINDFUL PUZZLES

Issue 28
Competition
Solutions

Ways of **wisdom** | Plant **power** | Uncomfortably **numb** | Soul **music** | The land through the **leaves**
The **book** nook | Solve & **Win** | My home, your **home** | Sugar, **spice**, and everything nice | **Natural** rhythms
The **magnificence** of Merle | Desert **reconnection** | Stepping out **stress-free**

Solutions

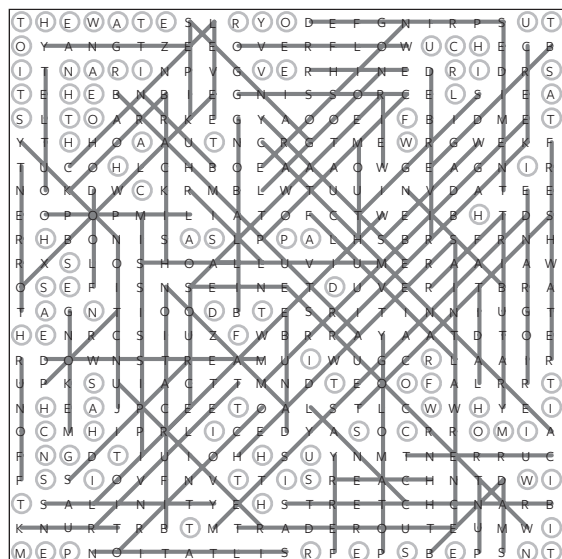
Pg 21 ACROSTIC

A. Deep-seated, B. Enjoyably, C. Ceaseless, D. Outwitted, E. Riffraff, F. At hand, G. Tom-toms, H. Embarrass, I. Decelerate, J. Eye-opener, K. At fault, L. Shadow-boxing, M. Thankfulness, N. Everybody, O. River mouth, P. Enshrouded, Q. Game fishing, R. Glorification, S. Swindles

A-S: DECORATED EASTER EGGS

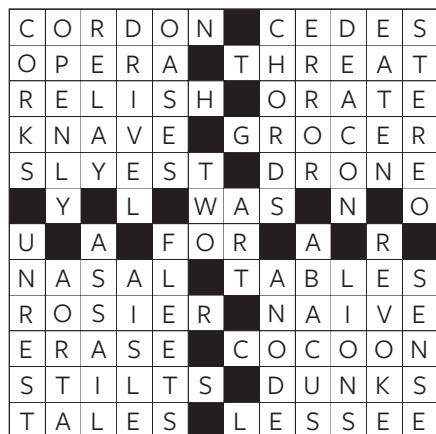
TEXT: These painted or dyed symbols of new life have a tradition going back thousands of years in many different cultures. The ultimate examples were those covered in gold and jewels made for the tsars of Russia by Fabergé.

Pg 39 WORDSEARCH



ANSWER: The water you touch in a river is the last of that which has passed, and the first of that which is coming. Thus it is with time present.

Pg 59 CROSS-STITCH



ANSWER: Tantalise

Pg 80 STARWORDS

Tolstoy, Orwell, Hemingway, King, Austen.

SOLUTION: Twain

Pg 107 COLOUR-IN CIPHER

SOLUTION: Seek miracles

Pg 108 QUEST

Onion, Victoria, Rat, Albatross, Coconut, Angel, Storm, Triangle, Eagle, Square, Fox, Strawberry, Potato, Madam.

LEFTOVER WORD: Chocolate

live

YOUR BEST LIFE

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Create your best life.

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