

# MINDFUL

# PUZZLES

Issue 30  
COMPETITION  
SOLUTIONS

30  
ISSUE

The Blue Mind **Connection** | Meet the **Buckettes** | Solve & **Win** | Cryptic **Wordsmith** | The **Book** Nook  
**Wreath** the Halls | A City **Adrift** | The White **Mouse** | Room For **Dessert** | **Wit** & Wisdom | Hugs & **Kisses**

# Solutions

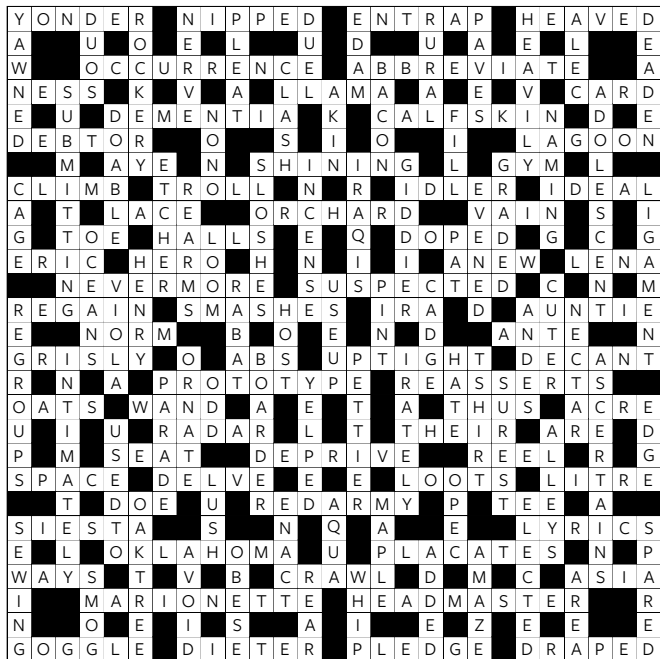
## Pg 15 ACROSTIC

A. Furnish, B. Otto, C. Repetitive, D. Ensnared, E. Succour, F. Taj Mahal, G. Balalaika, H. Aykroyd, I. Trivialities, J. Hairnet, K. Intenseness, L. Nicknames, M. Gullibility, N. Tidied, O. Hot seat, P. Enspiced, Q. Responsive, R. Admonish, S. Powwows, T. Yves Saint

A-T: FOREST BATHING THERAPY

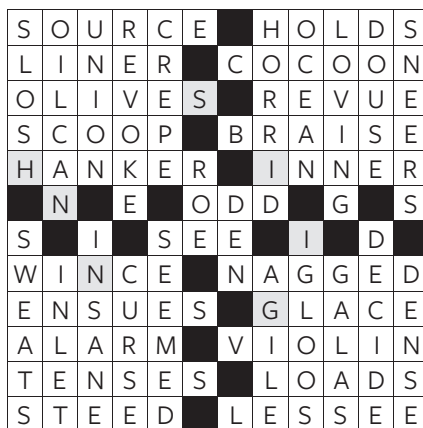
TEXT: Developed in Japan in the 1980s, this activity also known as Shinrin-Yoku combines walks in natural areas with meditation. It is said to reduce stress, improve energy levels and increase the ability to focus.

## Pg 32-33 WORDSMITH



ANSWER: Find your village

## Pg 41 CROSS-STITCH



ANSWER: Shining

## Pg 55 STARWORDS

Sunhat, Seaweed, Snorkel, Towel, Swim.

SOLUTION: Shells

## Pg 59 WHITE MOUSE

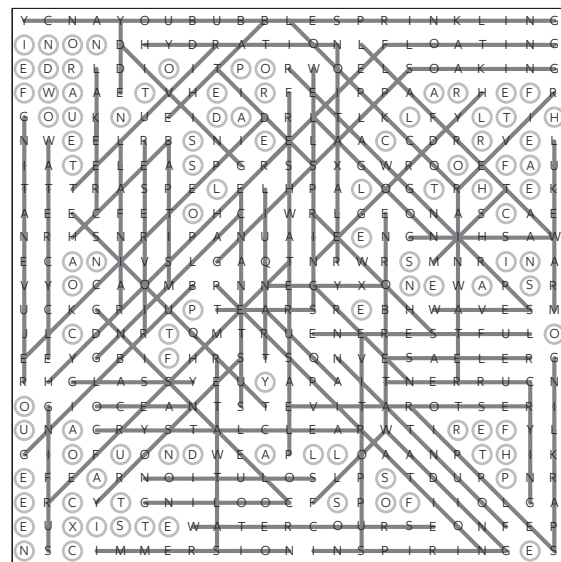
A=7, B=19, C=18, D=1, E=21, F=20, G=11, H=5, I=22, J=14, K=24, L=9, M=6, N=10, O=23, P=8, R=13, S=12, T=2, U=15, V=3, W=17, Y=16, Z=4

SOLUTION: MARY SOMERVILLE

## Pg 61 COLOUR-IN CIPHER

SOLUTION: Encourage a little growth every day

## Pg 88 WORDSEARCH



ANSWER: In one drop of water are found all the secrets of all the oceans; in one aspect of You are found all the aspects of existence

## Pg 100 QUEST

Creek, April, Snow, Lagoon, June, Lake, March, Lightning, August, Pool, Sea, May, Rain, Wind.

LEFTOVER WORD: Thunder