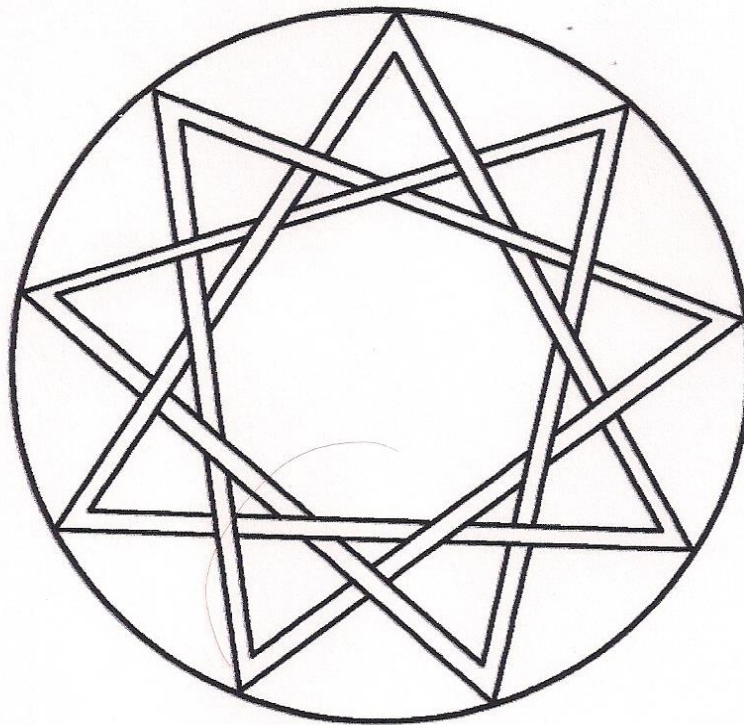


The Tao of Sudoku

Yoga for the Brain



Cristina Smith

Rick Smith

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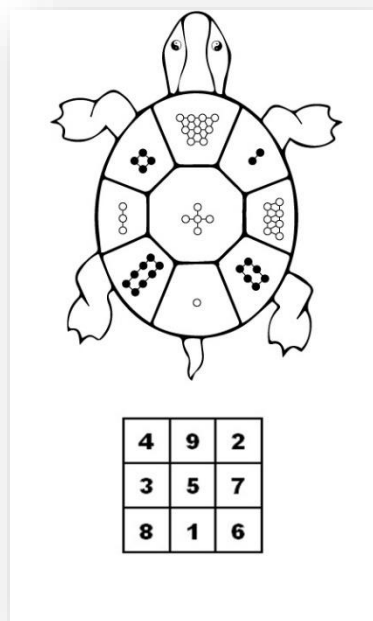
The Story of Sudoku

The rich historic roots of Sudoku create a tale of mythic proportions. In Chinese literature dating from as early as 2800 BCE, legend says Emperor Yu was walking along the Lo River, and he noticed a turtle with a unique diagram on its shell, a 3x3 square.

In Chinese cosmology, legend placed the world on the back of the turtle. The shell was thought to have markings of heaven and earth.



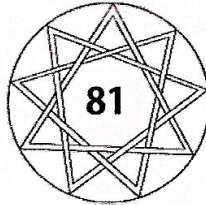
Turtles ruled the north and represented the element of water. They were considered a symbol of wisdom, endurance, wealth and long life, so the shell pattern definitely had spiritual importance. When delivered to the oracle for shamanic divination, the pattern's cosmic significance was read. It was believed that the 3x3 specific square configuration encapsulated the harmonies of the universe.



The square was called *lo shu* or "scroll of the river Lo," and eventually became the philosophical basis of the I Ching and Feng Shui.

These techniques analyze the flow of the subtle energies in human situations (I Ching), or the environment (Feng Shui), including homes.





9	5	6			2			
1						2		9
2		4	3			8		
				3	8			
		9				6		
			4	5				
		8			9	7		3
6		2						8
			8			5	4	6

There is nothing you can do that's more important than being fulfilled. - Joseph Campbell