

THAT WAS ZEN

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		6	2					
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	4		3			1		

THIS IS  
SUDOKU!

BY SAGE LISKEY

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Published by Rad Cat Press, 2014.  
Eugene, Oregon

Sudoku borders designed by Stainislav at  
<http://all-silhouettes.com/floral-borders-2/>

Third Edition  
September 2018

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## *About*

This is a book about following your breath and living mindfully in the present moment; this is a book about zen with quotes from many wise people; this book also has sudoku. There are varying levels of difficulty, with harder puzzles contained by larger borders, and easier puzzles contained by smaller borders. You might think of the quotes contained herein as the food to chew on, and sudoku as the chair to sit in while you mindfully feast. Solutions can be found in the back.

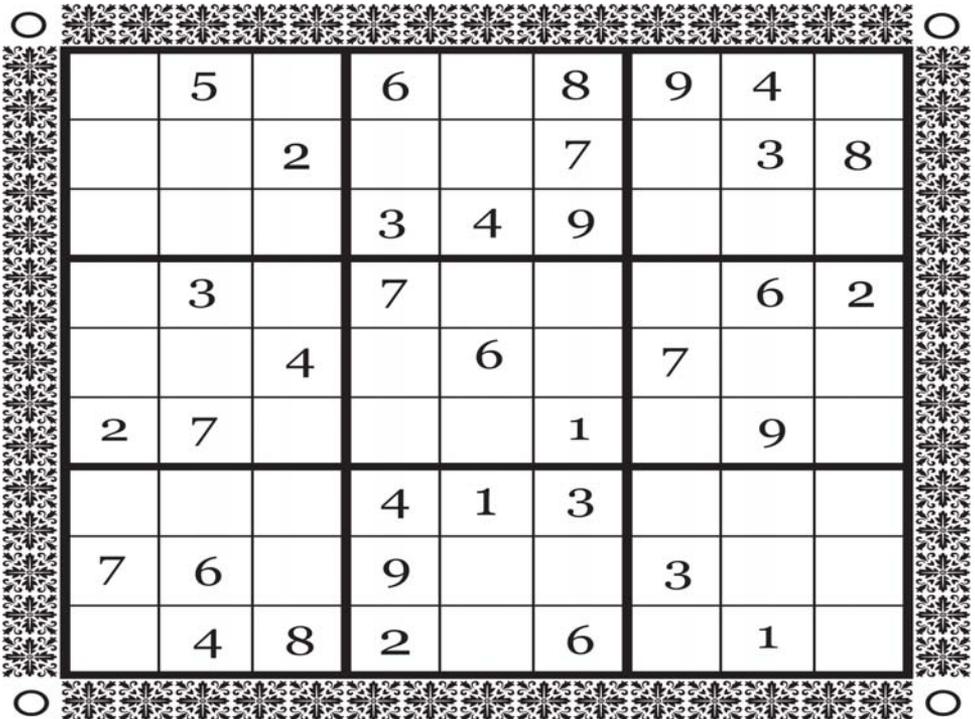
Enjoy!

## *What is Mindfulness?*

Mindfulness is the act of clearing the mind of thoughts regarding the past or the future and fully experiencing life, without judgment, in the present moment. It is most commonly practiced by following the sensations created by breathing, but may also apply to other bodily sensations such as smells, tastes, sights, textures, and sounds. While playing through these pages, try your best to stay fully present with the words, the numbers, and solving the sudoku!

*Who would then deny that when I am sipping tea in my tearoom I am swallowing the whole universe with it and that this very moment of my lifting the bowl to my lips is eternity itself transcending time and space?*

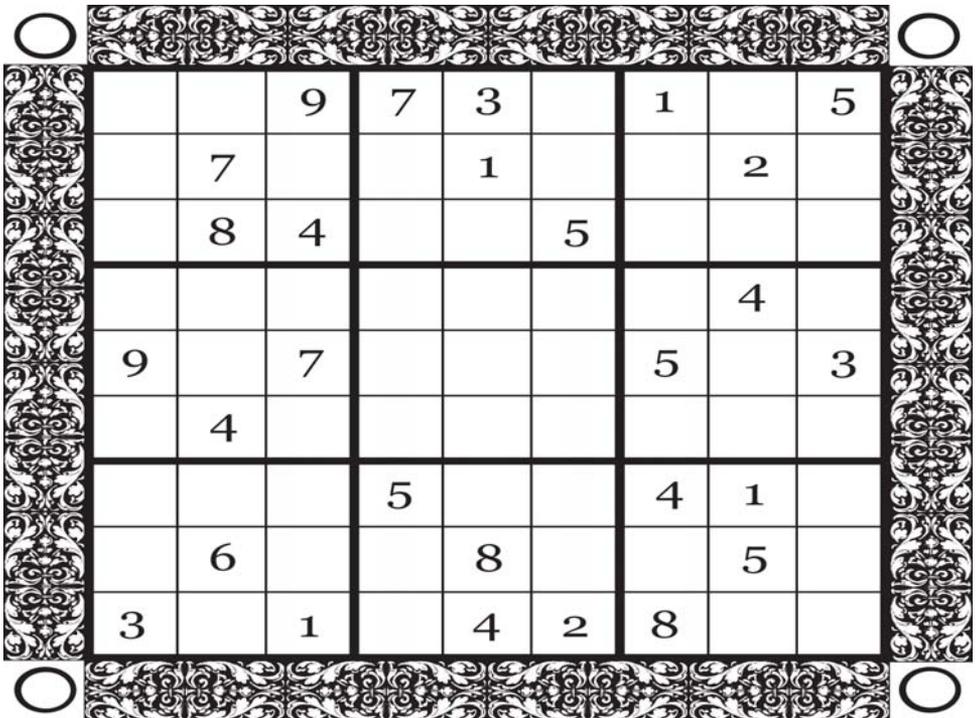
D.T. Suzuki,  
*Zen and Japanese Culture*



	5		6		8	9	4	
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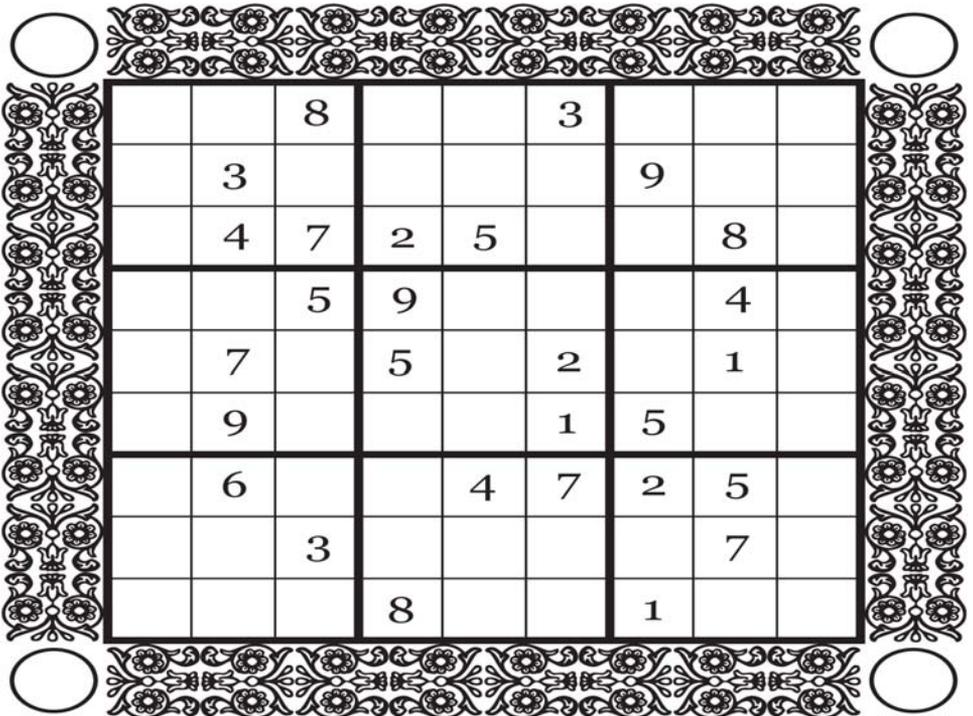
*Zen is a liberation from time. For if we open our eyes and see clearly, it becomes obvious that there is no other time than this instant, and that the past and the future are abstractions without any concrete reality.*

Alan Wilson Watts



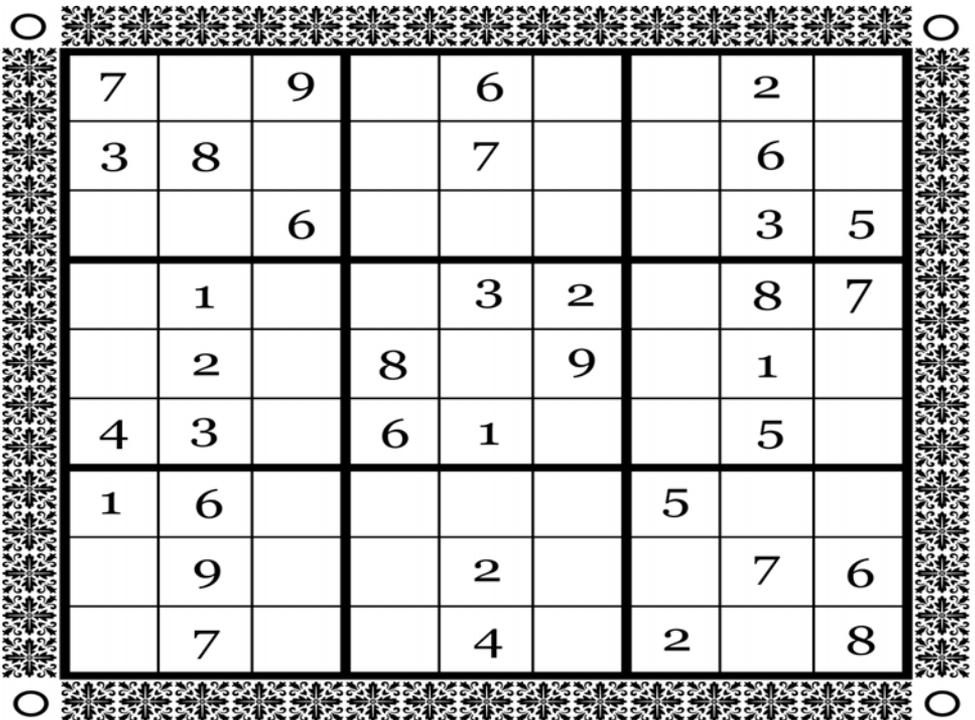
*When you catch yourself slipping into a pool of negativity, notice how it derives from nothing other than resistance to the current situation.*

Donna Quesada,  
*Buddha in the Classroom: Zen Wisdom to Inspire Teachers*



*Write as if you are kissing the paper with  
pen in hand.*

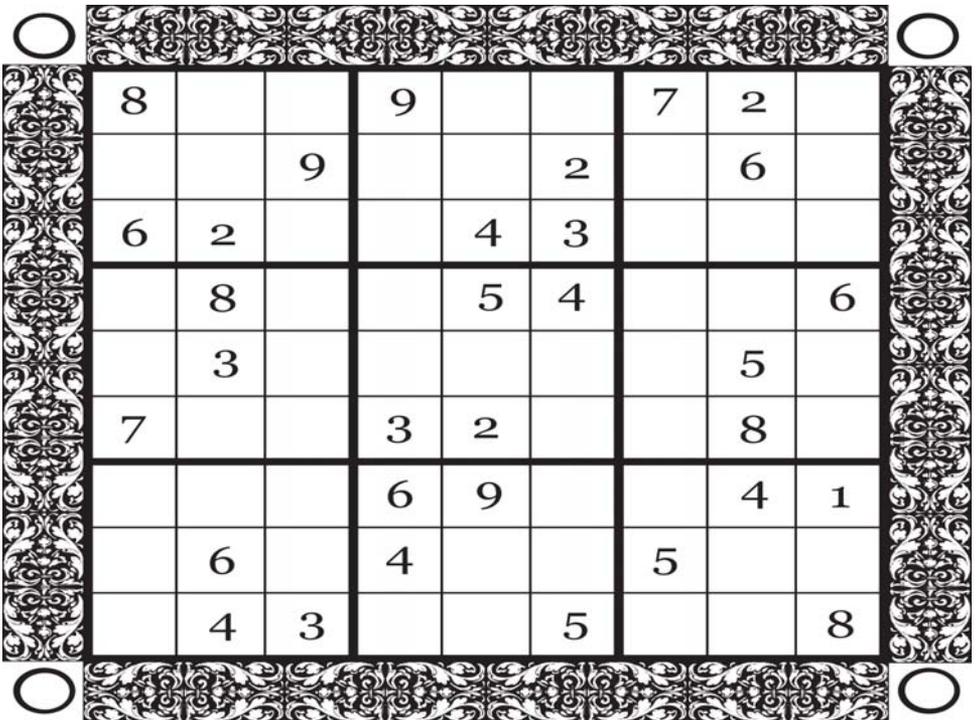
Adapted from Thích Nhất Hạnh,  
*Peace Is Every Step: The Path of Mindfulness in Everyday Life*



7		9		6			2	
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		6					3	5
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	2		8		9		1	
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	9			2			7	6
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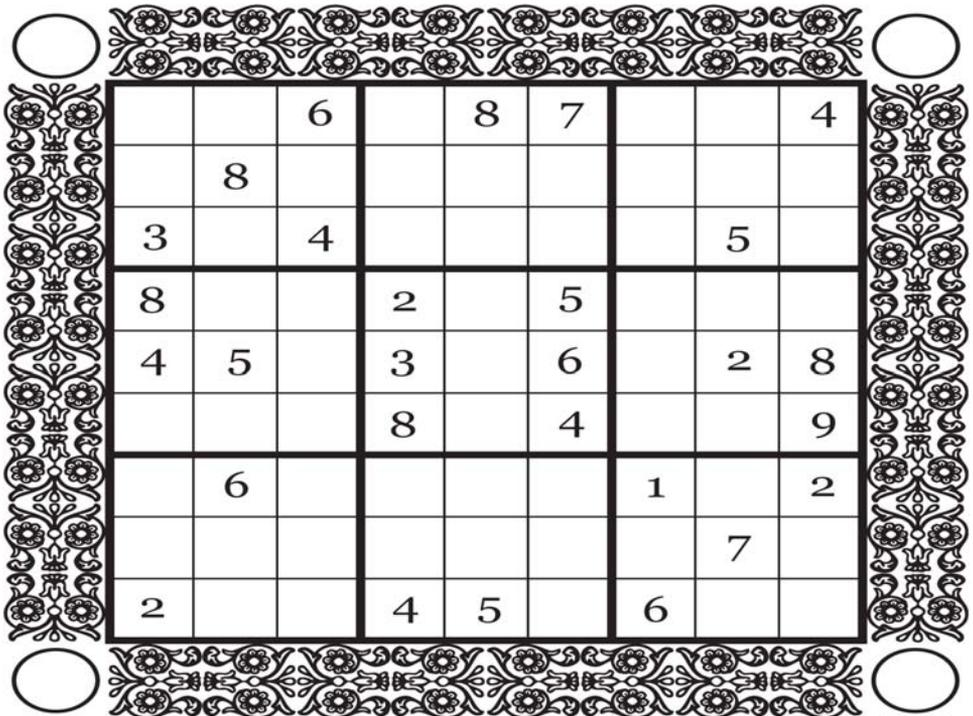
*“Letting go is the lesson. Letting go is always the lesson. Have you ever noticed how much of our agony is all tied up with craving and loss?”*

*Susan Gordon Lydon,  
The Knitting Sutra: Craft as a Spiritual Practice*



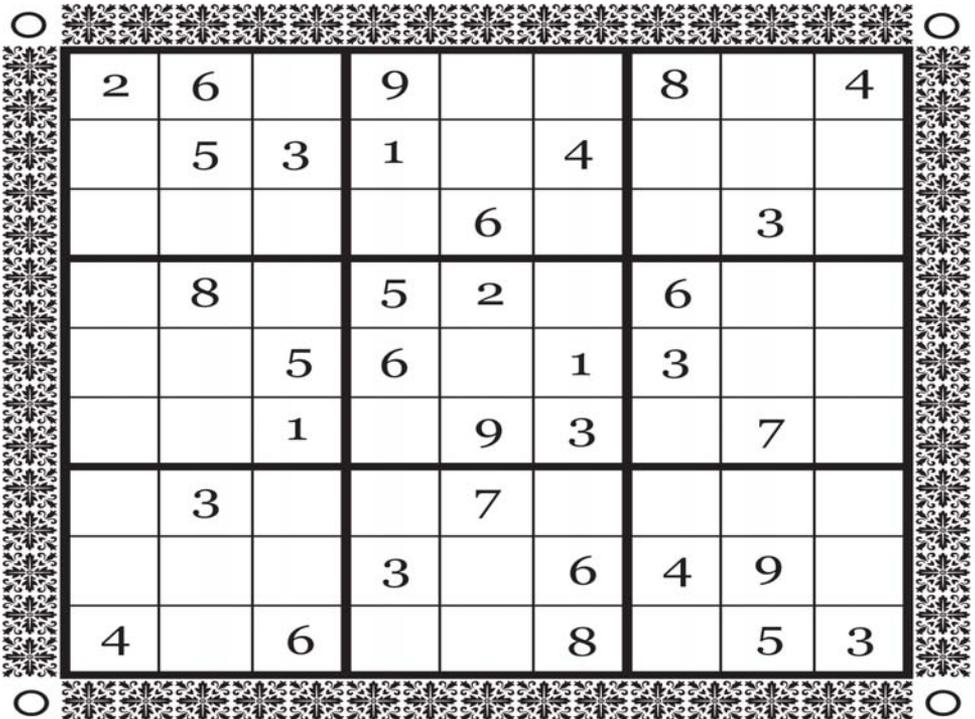
*It is easy to believe we are each waves and  
forget we are also the ocean.*

Jon J. Muth



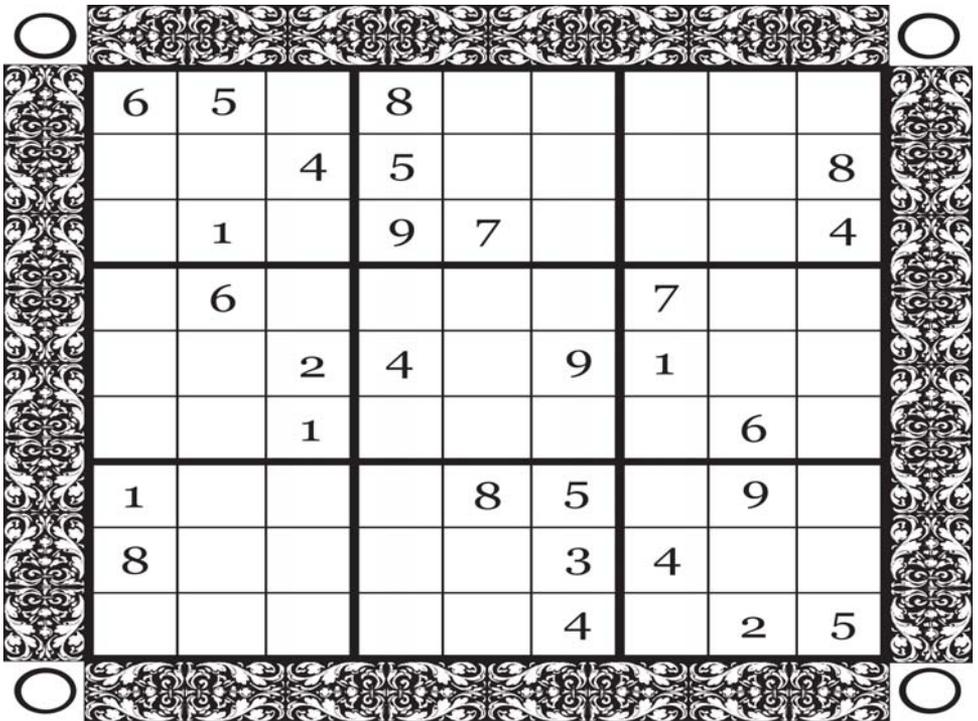
*He knows not where he's going,  
For the ocean will decide,  
Its not the destination,  
It's the glory of the ride*

Edward Monkton,  
*Zen Dog*



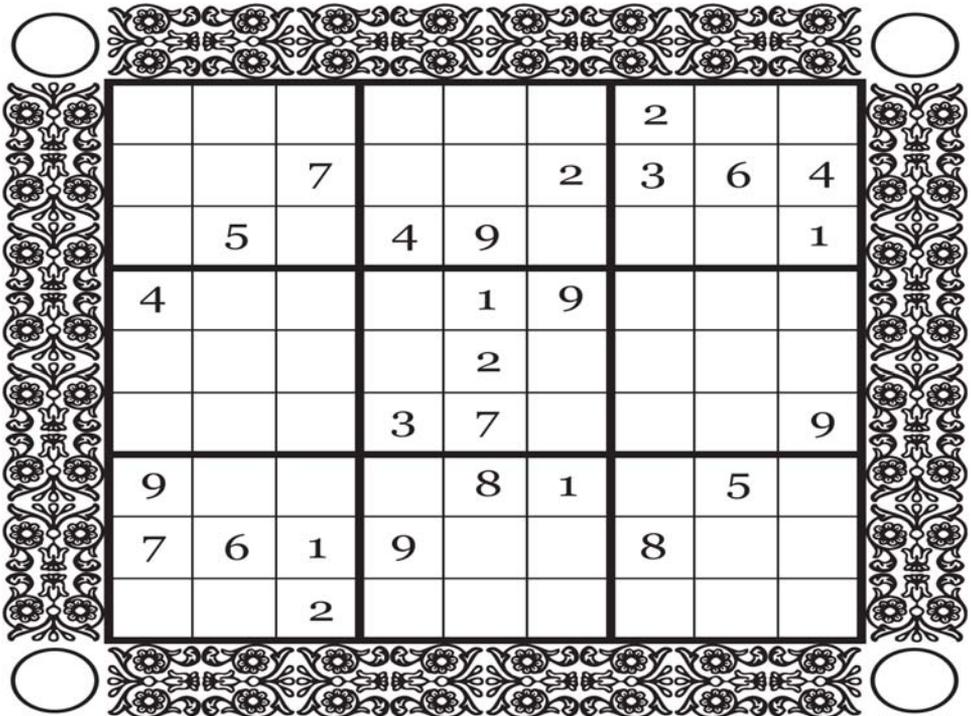
*Just as parents care for their children,  
you should bear in mind the whole  
universe.*

Dōgen



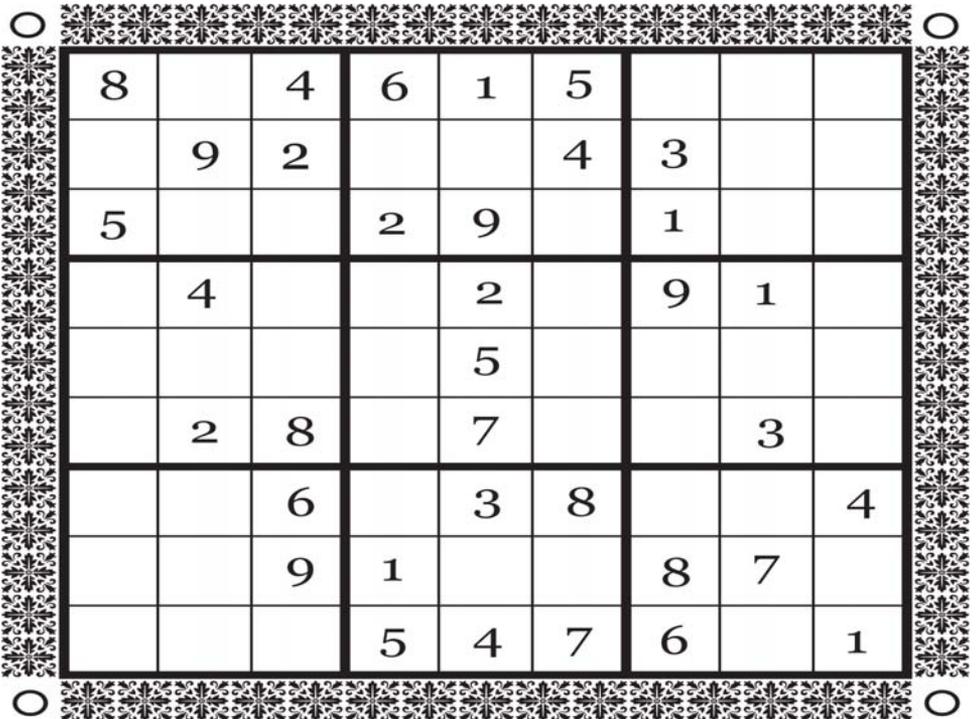
*Now that doesn't mean you go up to a mountain and live in a cave. It means that you renounce attachment even to your own desires. It means you do what you do because that's what the harmony of the universe requires. If I am a potter I make pots but who is making the pots? I am not under the illusion that I am making the pots. Pots are. The potter is.  
I am a hollow bamboo.*

Ram Dass,  
*Remember Be Here Now*



*The Great Way is not difficult for those who have no preferences. When love and hate are both absent everything becomes clear and undisguised. Make the smallest distinction, however, and heaven and earth are set infinitely apart. If you wish to see the truth then hold no opinion for or against. The struggle of what one likes and what one dislikes is the disease of the mind.*

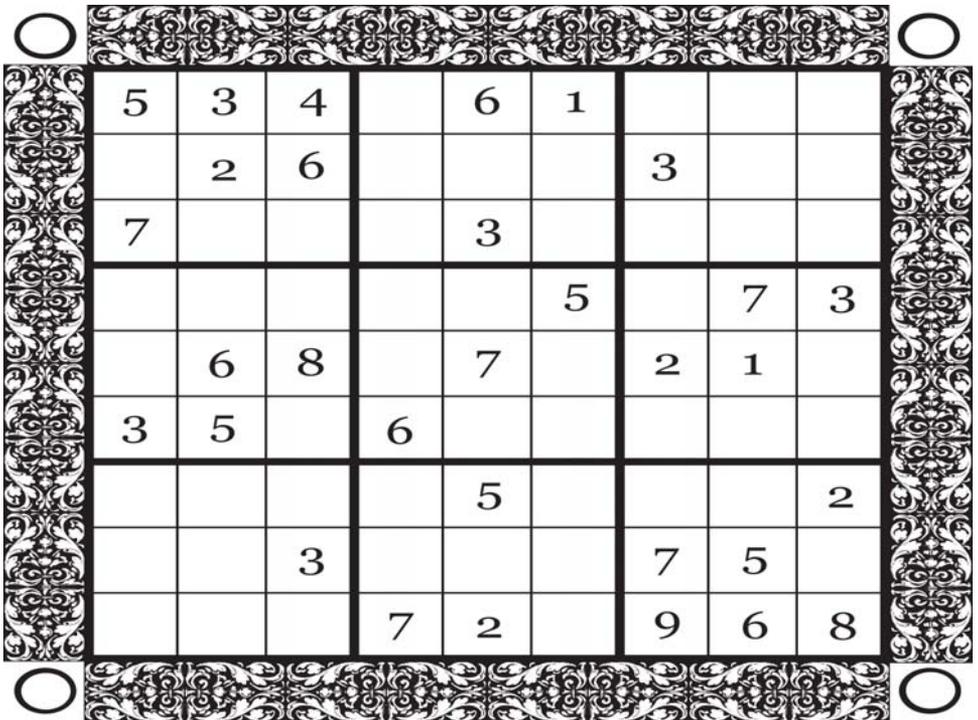
Sengcan,  
Hsin Hsin Ming



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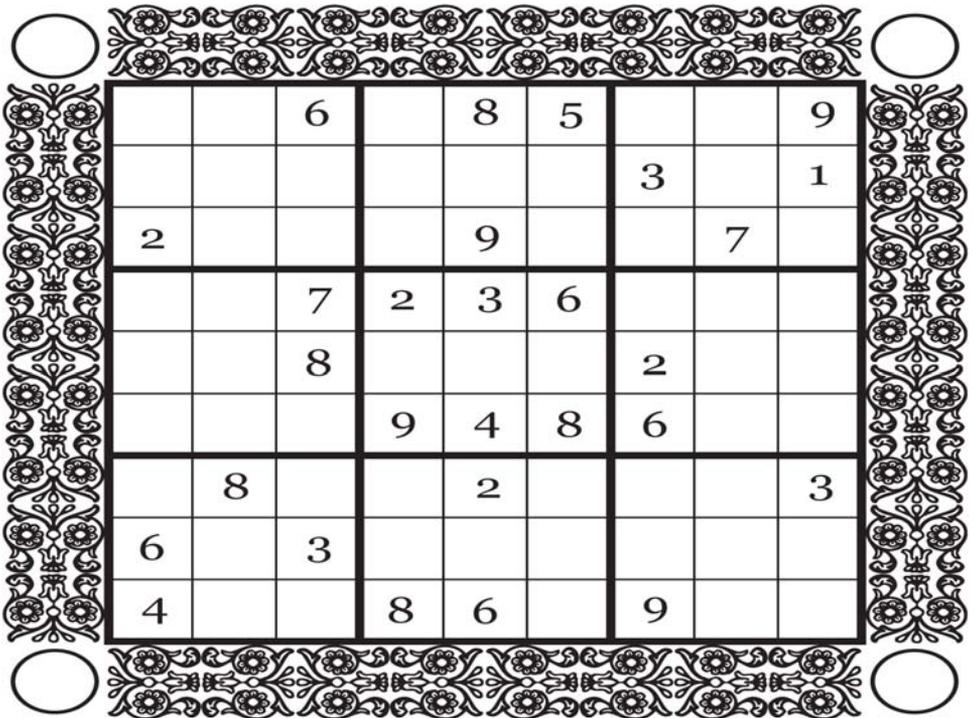
*Mental and physical reactions come and go  
Like clouds in the empty sky;  
Greed, hatred, and ignorance appear and disappear  
Like bubbles on the surface of the sea.*

Yongjia Xuanjue



*What determines each person's state of happiness or unhappiness is not the event itself, but what the event means to that person.*

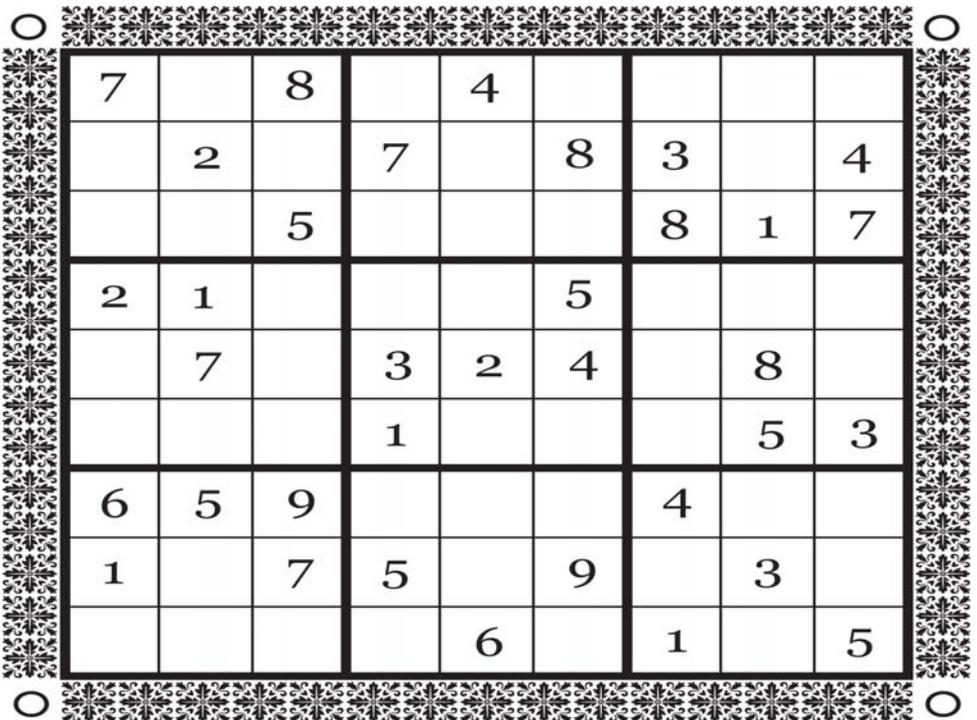
Chris Prentiss,  
*Zen and the Art of Happiness*



*Every belief that you hold manifests itself in some manner by either causing you to take some form of action or by preventing you from taking action.*

*If you don't believe something is possible, you won't even attempt it.*

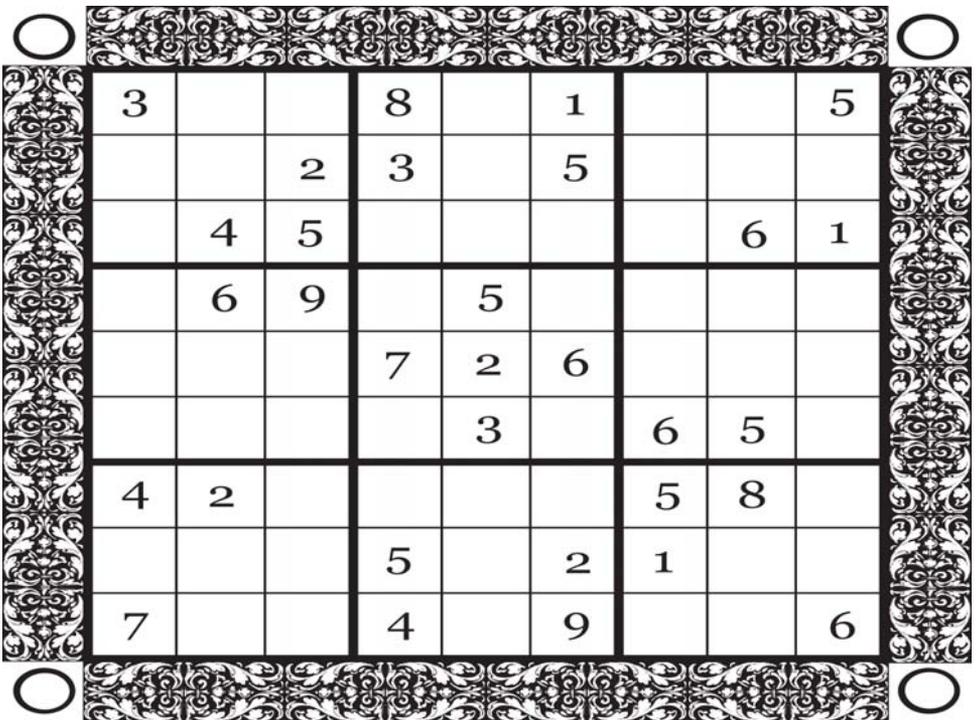
Chris Prentiss,  
*Zen and the Art of Happiness*



7		8		4				
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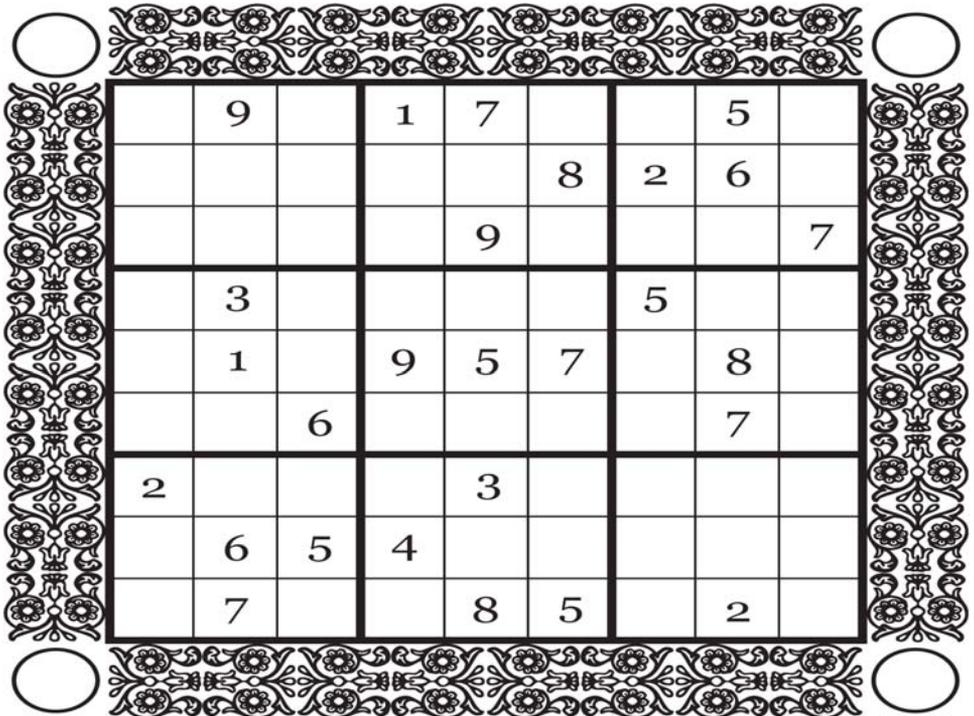
*The wound is the place where the Light  
enters you.*

Rumi



*The glass is neither half empty, nor half full. The glass is just a glass and it's content can perpetually change with your perception.*

Jennifer Sodini



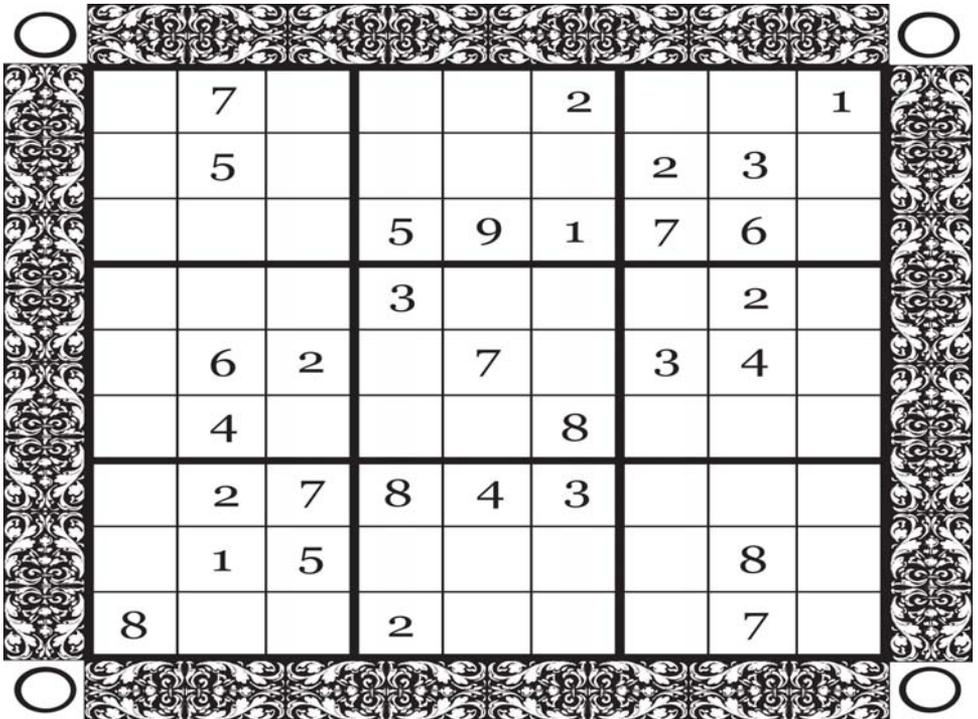
*The things I carry are my thoughts.  
That's it. They are the only weight. My  
thoughts determine whether I am free  
and light or burdened.*

Kamal Ravikant,  
*Live Your Truth*

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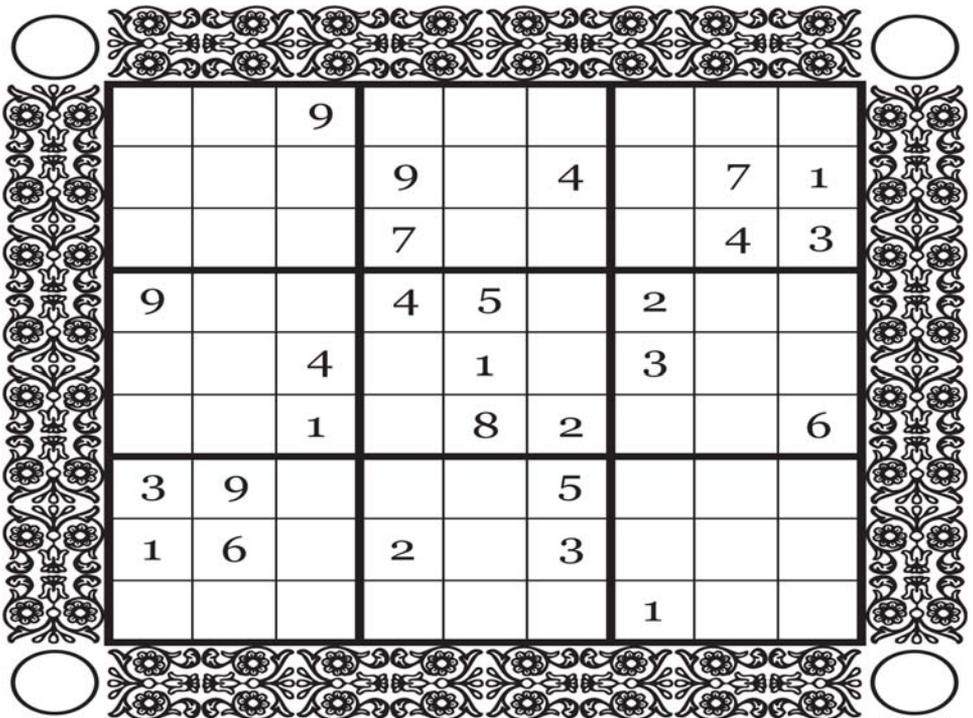
*“Life is a river,” a wise friend told me.  
It's flowing. You're never at the same  
place twice.*

Kamal Ravikant,  
*Live Your Truth*



*For eternally and always there is only  
now, one and the same now; the present  
is the only thing that has no end.*

Alan Wilson Watts,  
*The Book on the Taboo Against Knowing Who You Are*



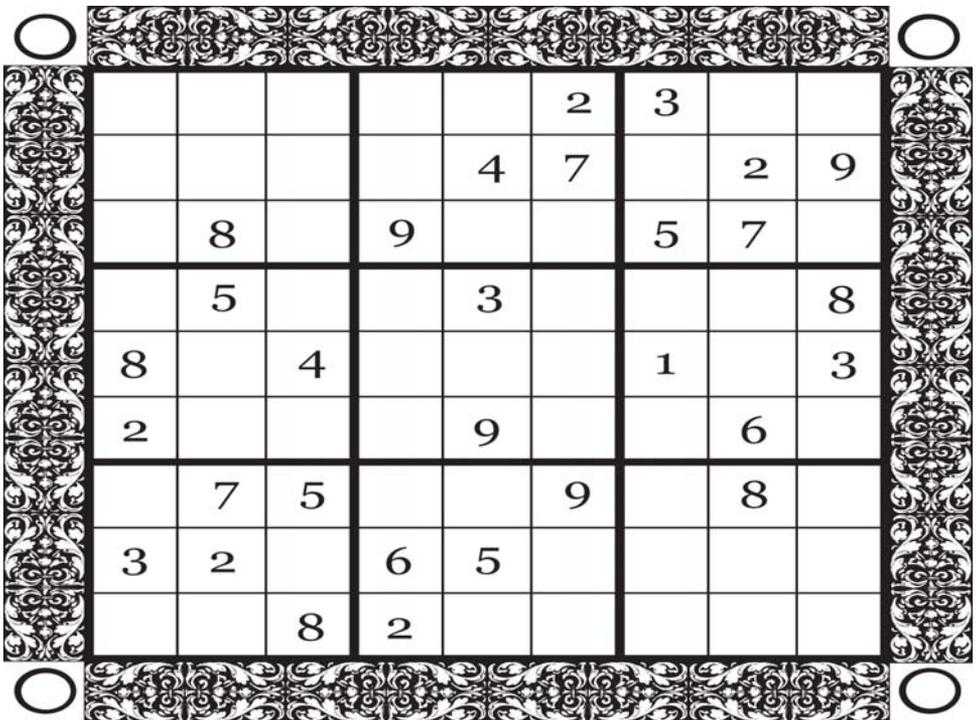
*Preoccupied with a single leaf you won't  
see the tree.*

Vagabond

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

*Your task is not to seek for love, but  
merely to seek and find all the barriers  
within yourself that you have built  
against it.*

Rumi

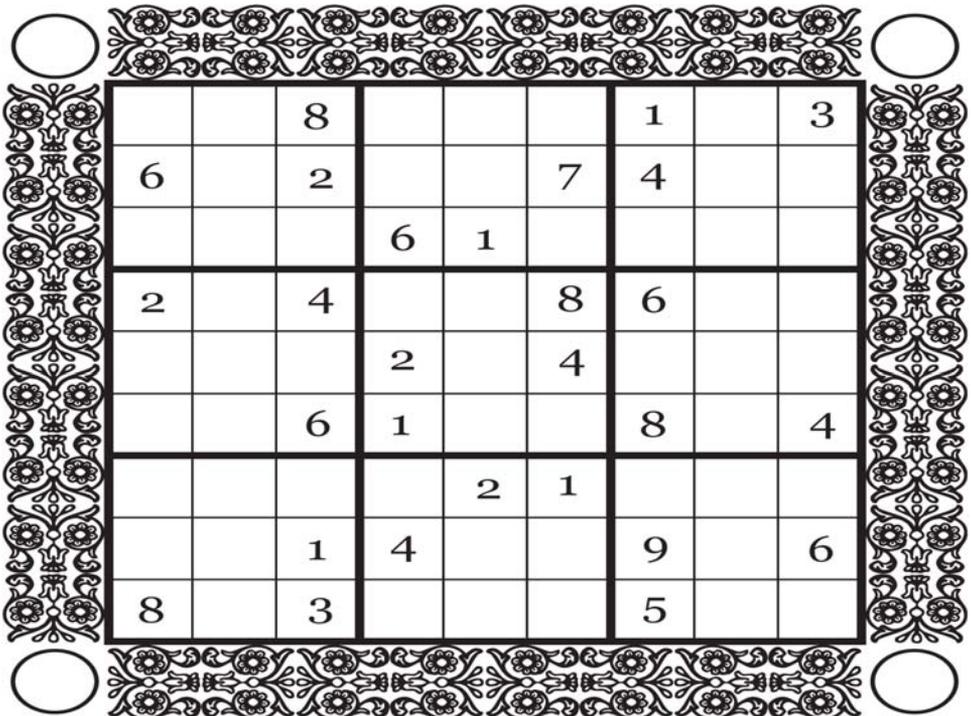


*The object of Zen is not to kill all feelings  
and become anesthetized to pain and fear.*

*The object of Zen is to free us to scream  
loudly and fully when it is time to scream.*

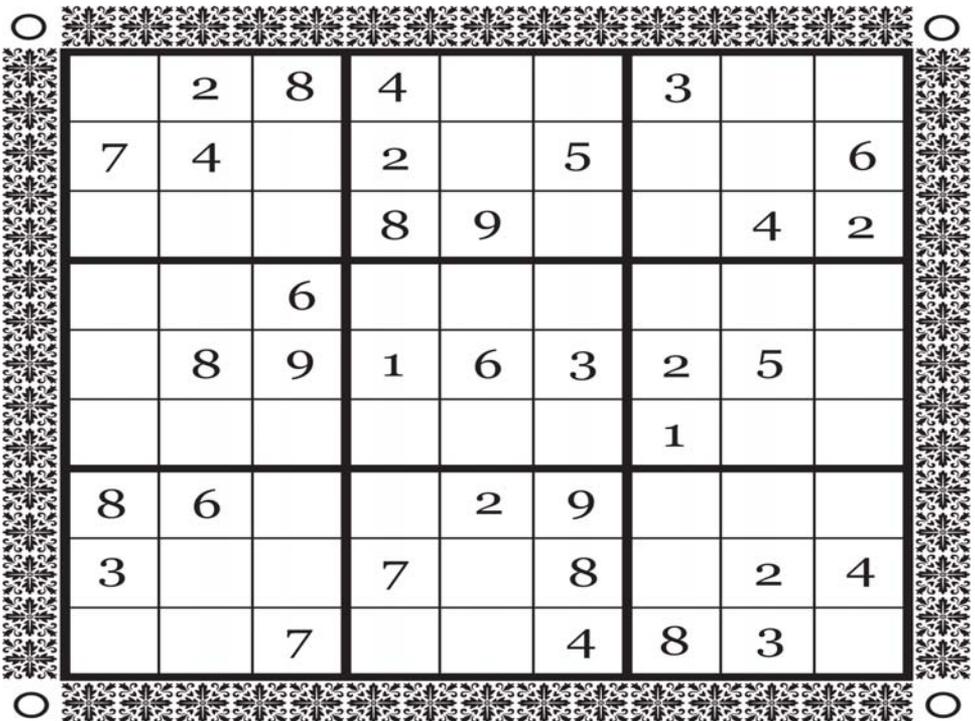
Francis Harold Cook,

*How to Raise an Ox: Zen Practice as Taught in Zen Master Dogen's  
Shobogenzo, Including Ten Newly Translated Essays*



*You get there by realizing you are  
already there.*

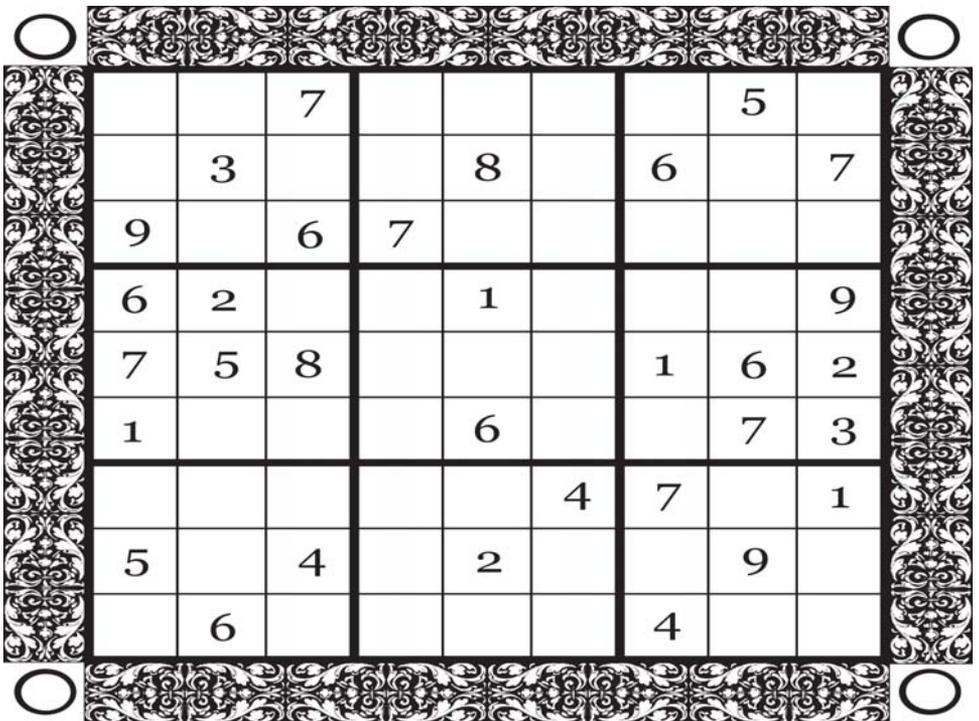
Eckhart Tolle



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	8	9	1	6	3	2	5	
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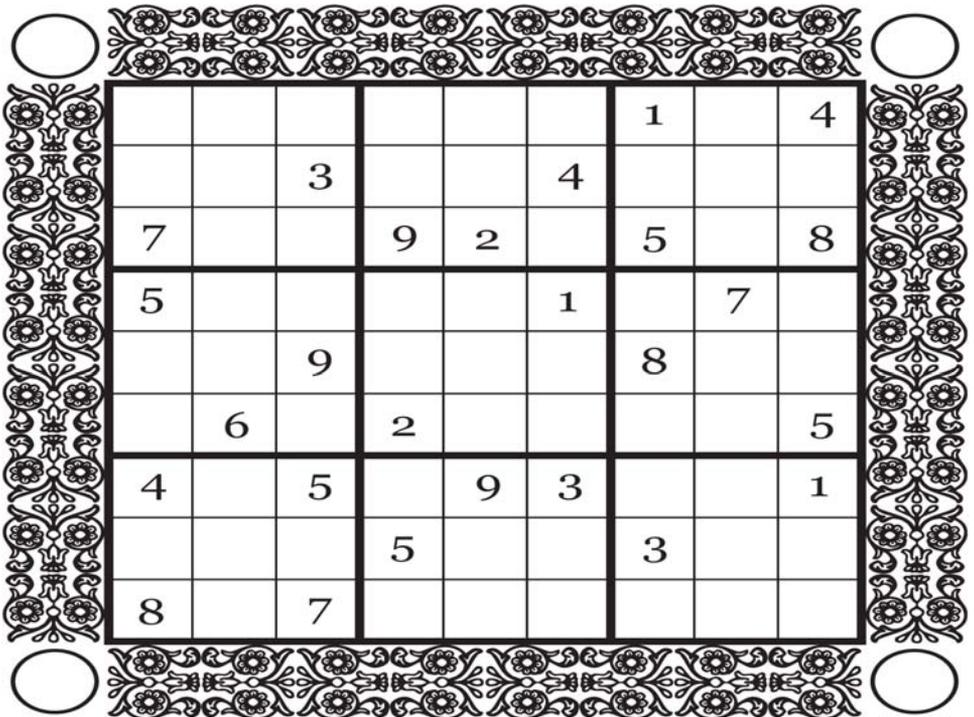
*Let whatever happens, be what needs to  
happen, so that I may awaken.*

T. Scott McLeod,  
*All That Is Unspoken*



*“It is the rub that polishes the jewel,” Enso Roshi says. Nobody ever gets to nirvana without going through samsara. Nobody ever gets to heaven, without going through hell. The center of all things, the truth, is surrounded by demons.*

T. Scott McLeod,  
*All That Is Unspoken*



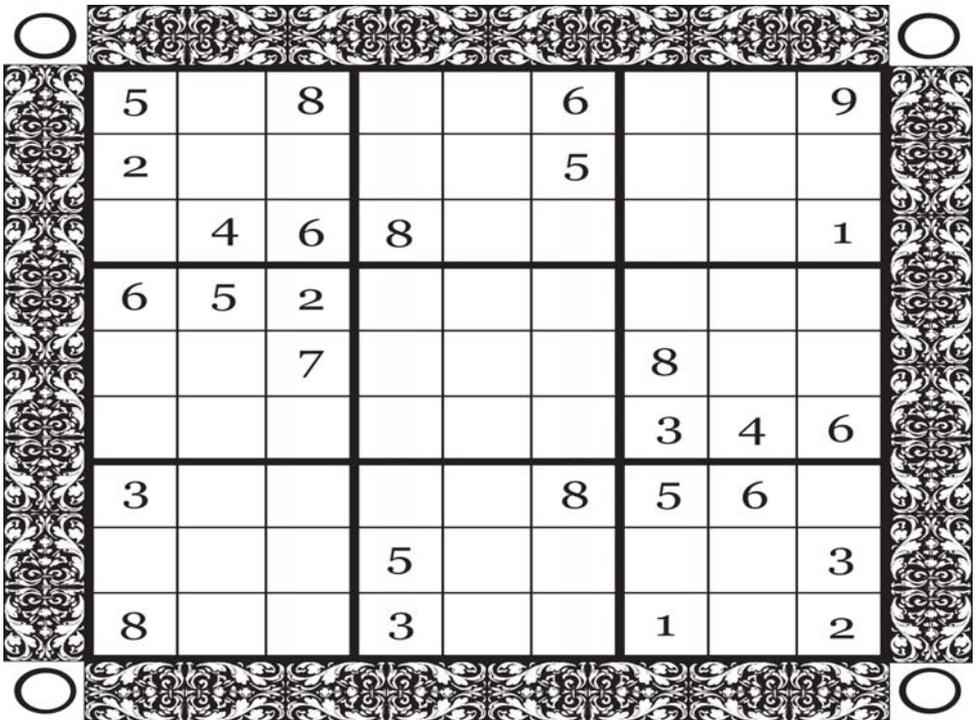
*Each morning we are born again. What we do today is what matters most.*

Buddha

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

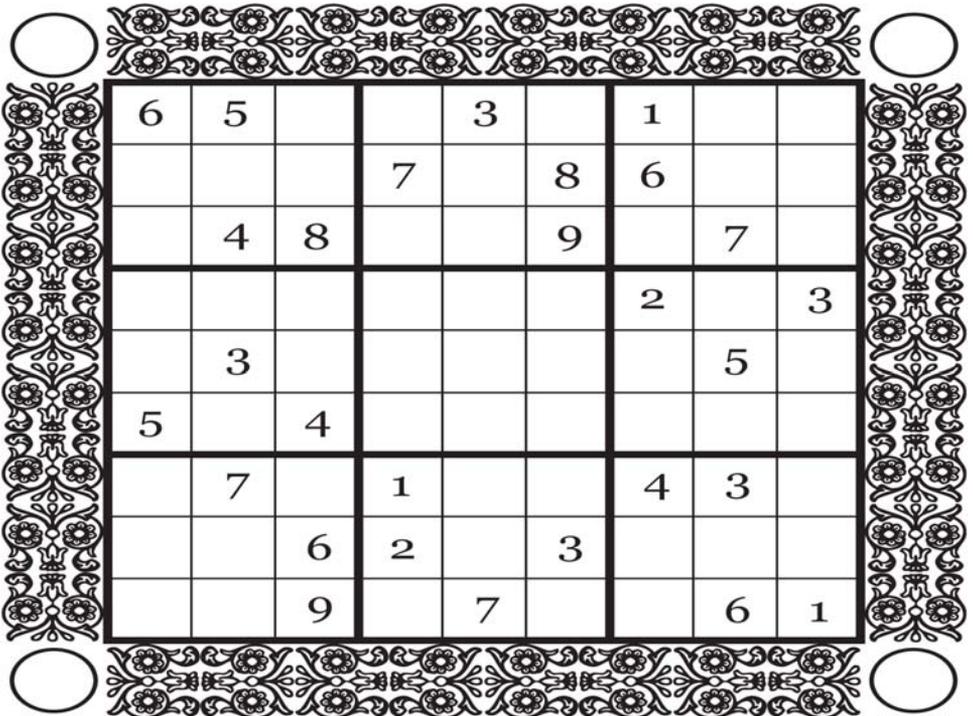
*Almost everything that I've ever worried  
about has never happened .*

Ian Tucker,  
*Your Simple Path - Find Happiness In Every Step.*



*Anything worth doing  
is worth doing poorly.*

Marshall B. Rosenberg



*If you just sit and observe, you will see how restless your mind is. If you try to calm it, it only makes it worse, but over time it does calm, and when it does, there's room to hear more subtle things - that's when your intuition starts to blossom and you start to see things more clearly and be in the present more. Your mind just slows down, and you see a tremendous expanse in the moment. You see so much more than you could see before. It's a discipline; you have to practice it.*

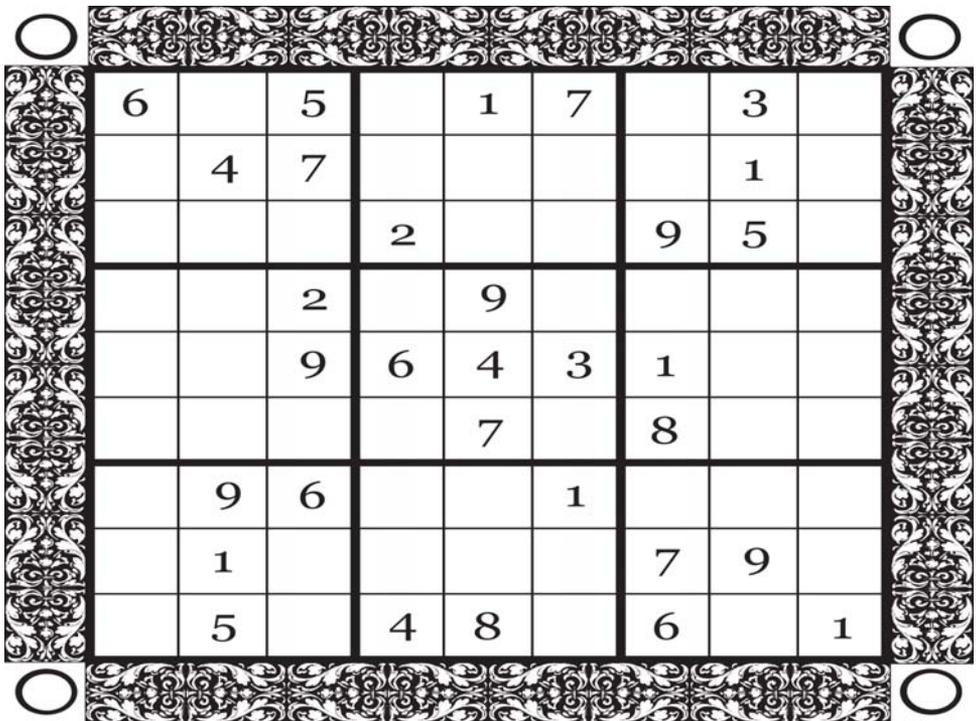
Walter Isaacson and Steve Jobs

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*The Buddha is found in other people -  
even the ones we do not like very much.*

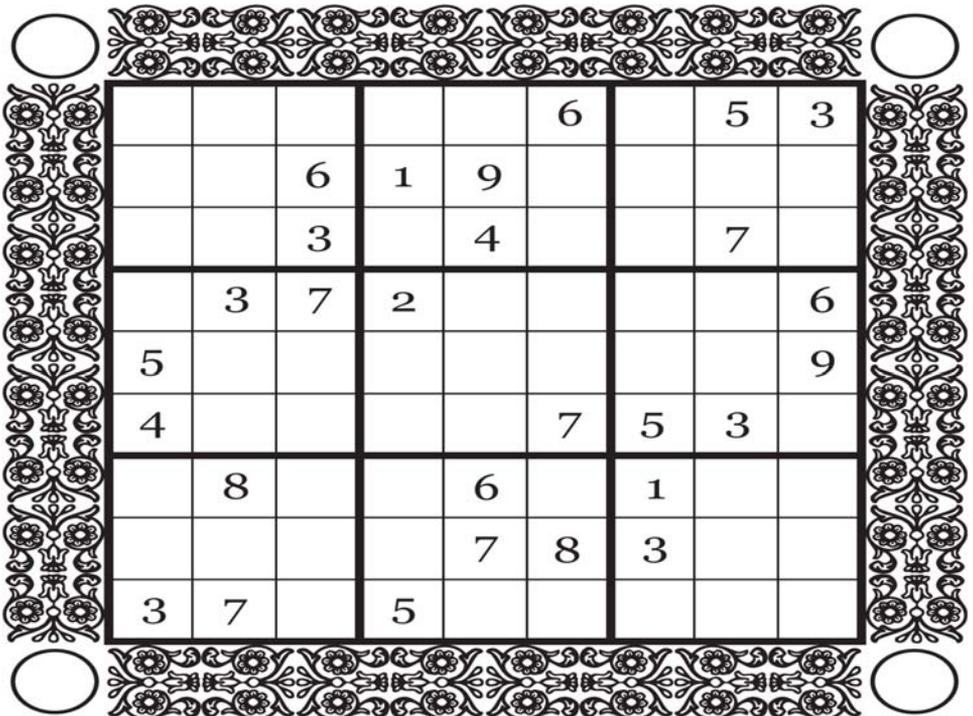
Francis Harold Cook,

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*Life always gives us exactly the teacher we need at every moment. This includes every mosquito, every misfortune, every red light, every traffic jam, every obnoxious supervisor (or employees), every illness, every loss, every moment of joy or depression, every addiction, every piece of garbage, every breath. Every moment is the guru.*

Charlotte Joko Beck



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

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4	9	3	8	6	7	5	1	2
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2	3	8	5	9	1	7	6	4
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.17.

4	7	9	5	3	1	8	6	2
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5	1	2	7	6	8	9	4	3
9	3	6	4	5	7	2	1	8
8	2	4	6	1	9	3	5	7
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3	9	8	1	7	5	6	2	4
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.18.

8	5	4	9	6	1	2	7	3
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7	9	2	4	5	3	1	6	8
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.19.

9	4	7	5	8	2	3	1	6
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.20.

7	5	8	9	4	2	1	6	3
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.21.

9	2	8	4	7	6	3	1	5
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6	5	3	8	9	1	7	4	2
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.22.

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1	4	9	2	6	8	5	7	3
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.23.

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9	8	3	1	5	4	2	6	7
7	1	4	9	2	6	5	3	8
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1	7	9	3	4	5	8	2	6
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.24.

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.25.

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.26.

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7	8	1	9	6	5	2	4	3
9	3	2	8	4	1	7	5	6
5	6	4	3	2	7	9	1	8
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.27.

6	5	9	2	1	4	8	3	7
4	2	1	7	3	8	6	5	9
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1	7	5	4	6	9	3	8	2
2	6	8	1	7	3	5	9	4
9	4	3	5	8	2	7	1	6
8	3	2	9	4	6	1	7	5
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.28.

6	3	4	8	7	2	9	5	1
1	2	9	3	6	5	4	8	7
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4	1	2	7	5	3	6	9	8
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.29.

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

.30.

Thanks for playing!

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