

## Chapter Notes for Chapter 8: Cycles

“They do not brood over the past...” Samyutta Nikaya, Ones, chapter 1, “Reeds,” 10. [SN i, 5].

“I shall go well restrained in inhabited areas, this is a training to be done...” From the Bhikkhu Patimokkha. (For translations of this see Nanamoli Thera 1966, Thanissaro 1994).

“Whatever living beings there may be...” Sutta Nipata (Metta Sutta), 147. [Sn 147].

For those who can not decode the diary fragments, *devata* is the word for a Buddhist demigod, generally of a benevolent nature, and is applied to the man who helped us in Bakhra.

### References:

Nanamoli Thera. *The Patimokkha: 227 Fundamental Rules of a Bhikkhu*. Bangkok: Maha Makut Academy, 1966

Thanissaro Bhikkhu. *The Buddhist Monastic Code*. Valley Centre, California: Metta Forest Monastery, 1994.