

Chapter Notes for Chapter 12: Letting Go

“Hatred is never cured by hatred...” Dhammapada, verse 5. [Dhp 5].

“As a prince, Lord, I had five wishes...” Vinaya, Mahavagga, chapter 1. [Vin i, 36].

“This is deathlessness: the freedom of the heart through...” Majjhima Nikaya, Ananjasappaya Sutta (sutta 106). [MN ii, 265].

An account of the teaching of S.N. Goenka is given by Hart (1987).

The story that the First Council was held in the Sattapanni Cave is only from the Sinhalese chronicle and is doubted by some.

References:

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

Nanamoli, Bhikkhu, and Bhikkhu Bodhi, trans. *The Middle Length Discourses: A New Translation of the Majjhima Nikaya*. Boston: Wisdom Publications, 1995.

Hart, William. *The Art of Living: Vipassana Meditation As Taught by S.N. Goenka*. San Francisco: Harper & Row, 1987.