

## **Chapter 9: Notes & References**

An account by Ajahn Amaro of our pilgrimage appeared in the Forest Sangha Newsletter (No. 93, page 22) after we returned. His article is a good description of how the kora, and particularly the climb over the Dolma-la pass, should affect a pilgrim, rather than what happened to me. This comment by Ajahn Amaro is also of note: 'Some had been experiencing more difficulty than others (Nick had trouble sleeping and Tan Appamado had almost continuous migraines while above 13,000 feet), but none of us had altitude sickness or anything more serious.' It was only after he'd written this article that we met again and I told him what I'd in fact gone through. At the time I think only Rory guessed.

The article can be found online: [https://www.fsnewsletter.org/pdf/FSN\\_93\\_2014.pdf](https://www.fsnewsletter.org/pdf/FSN_93_2014.pdf)

The 1997 date for Ajahn Sumedho's first pilgrimage is incorrect.