NOTES

p25 The phrase 'moments that can't improve' in the poem 'Cell' (25) is a quote from the poem 'A Nonapologia' by John Mateer.

p30 The oil lamp quote of the epigraph to 'The Extrapolations' is a stock analogy in the Buddha's discourses for the effect of insight.

p44 The last line of the poem 'Love and Metaphor' is an allusion to WH Auden's line 'we must love one another or die' in his poem

p78 The phrase 'bee-loud' in the poem 'Hedge' is taken from WB Yeats's poem 'The Lake Isle of Innisfree'.

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