

### 0.0.1 Top of the banner (verses)

“In the forest, at the root of a tree or  
in an empty dwelling too, O bhikkhus,  
should you recollect the Sambuddha,  
no fear could befall you.

If you cannot recall the Buddha  
the foremost in the world, the bull [leader] of  
men,  
then you should recall the Dhamma,  
well-taught, leading out to salvation.

If you cannot recall the Dhamma,  
well-taught, leading out to salvation,  
then you should recall the Sangha,  
the unsurpassed field of merit.

Thus recollecting the Buddha,  
the Dhamma and the Sangha, O bhikkhus,  
fear, alarm or  
hair raising [fright] will not be.”