0.0.1 The Buddha Chapter (excerpt: Refuge)

Truly frightened by fear do many humans, 188
go to mountains and forests, monasteries, trees
and shrines as refuge.

Indeed this is not the safe refuge, this is not
the unsurpassed refuge. 189
this is not the refuge which having come to,
one is freed from all suffering.

But he who has arrived at refuge in the Buddha,
the Dhamma and the Sangha, 190
is one who sees the four noble truths with right
wisdom.

Suffering, origination of suffering, the going
beyond of suffering, 191
and the noble eight-fold path leading to suf-
fering's appeasement.

This indeed is the safe refuge, this is the un-
surpassed refuge. 192
this is the refuge which having come to, one
is freed from all suffering.