



## The Triple Gem (Ratanattaya) – Category 3 / 1

**“Evaṃ Buddhaṃ Sarantānaṃ Dhammaṃ Saṃghaṇca  
Bhikkhavo bhayaṃ vā chambhitattaṃ vā lomahaṃso na hessati.”**

*(e-vang bud-dhang sa-ran-taa-nang dham-mang sang-ghan-ca bhik-kha-vo bha-  
yang vaa cham-bhi-tat-tang vaa lo-ma-hang-so na hes-sa-ti)*

*Bhikkhus, when one remembers the Buddha, the Dhamma, and the Sangha in this  
way, fear, terror, and dread will not arise.  
- (Bv. S.S. 15/323)*

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### The Power of Recollection

Taking refuge in the Triple Gem—Buddha, Dhamma, and Sangha—means anchoring the heart in noble virtues. With this remembrance, we find safety and peace, both in this life and beyond.

Those who sincerely reflect upon these virtues gain protection from fear, misfortune, and inner darkness. Fear and terror lose their grip when the mind is illumined by trust in the Triple Gem.

## **The Meaning of the Triple Gem (Ratanattaya)**

The word Ratana means “jewel” — a symbol of what is most valuable and precious.

In Buddhism, it refers to:

### **1. Buddha (Buddharatana)**

The Enlightened One, who discovered the Four Noble Truths and compassionately guided others on the path of freedom.

Key Qualities:

- Enlightened by his own efforts
- A supreme teacher of the path

### **2. Dhamma (Dhammaratana)**

The timeless truths and teachings revealed by the Buddha—universal principles that bring liberation to those who follow them.

### **3. Sangha (Sangharatana)**

The noble community of disciples who practiced the Dhamma and achieved its fruits. They are living proof that the path works.

## **Summary**

The Triple Gem includes:

- Buddha – The Teacher
- Dhamma – The Teaching
- Sangha – The Community

These three jewels are the heart of the Buddhist path. Reflecting upon them brings calm, courage, and clarity.