

Discovering Buddhism

Taking Refuge in the Three Jewels

QUESTIONS FOR SMALL GROUP DISCUSSIONS AND PRESENTATIONS

1. A friend of yours from the Christian tradition wants to know what taking refuge means and why you want to do it. What would you say?
2. What are the primary causes of taking refuge? How do those causes change according to the three scopes?
3. What are worldly refuges? What are the 8 worldly concerns? How do you know if you are seeking an ultimate refuge?
4. What are the reasons that the Three Jewels are suitable objects of refuge?
5. What are the qualities of the Buddha Jewel? How does one take refuge in the Buddha Jewel?
6. What are the qualities of the Dharma Jewel? How does one take refuge in the Dharma Jewel?
7. What are the qualities of the Sangha Jewel? How does one take refuge in the Sangha Jewel?
8. Do you think taking refuge will change your life (has it changed your life)? How?
9. Lama Yeshe said, "Westerners should understand that taking refuge is a state of mind." What does that statement mean to you?
10. What is the difference between causal and resultant refuge?
11. What are the respective commitments of taking refuge in Buddha, Dharma, and Sangha – the things that one should do and should not do?
12. What are the 8 benefits of taking refuge?

Discovering BUDDHISM

7. Refuge in the Three Jewels - Sample Assessment Questions

1. What are the two causes for taking refuge? Discuss how they cause us to take refuge?
2. Write about the benefits of taking refuge from your own understanding.
3. Explain in your own words the three things to avoid and the three to practice once we have taken refuge.
4. How has the study of this module helped you?