

Refuge in the Three Jewels

2023 – Class 1

A 9-week **DISCOVERING BUDDHISM** course with FPMT registered teacher, Eddie Peet

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Four Immeasurables

May all sentient beings have happiness and the causes of happiness.

May all sentient beings be free from suffering and the causes of suffering.

May all sentient beings never be separated from the happiness that is free from suffering.

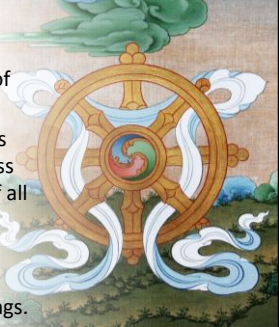
May all sentient beings abide in equanimity, free from attachment for friends and hatred for enemies.



2

Seven Limb Prayer

Reverently I prostrate with my body, speech, and mind;
I present clouds of every type of offering, actual and imagined;
I declare all my negative actions accumulated since beginningless time and rejoice in the merit of all holy and ordinary beings.
Please, remain until the end of cyclic existence, and turn the wheel of Dharma for living beings.
I dedicate my own and other’s merits to the great enlightenment.

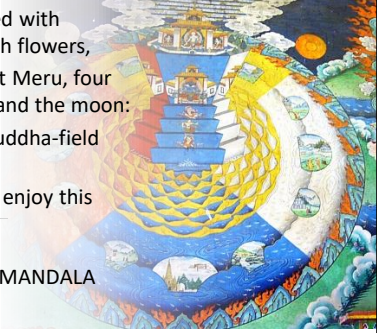


3

Mandala Offering

This ground, anointed with perfume, strewn with flowers,
Adorned with Mount Meru, four continents, the sun and the moon:
I imagine this as a buddha-field and offer it.
May all living beings enjoy this pure land!

IDAM GURU RATNA MANDALA
KAM NIRYATA YAMI



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Course Outline

9 weeks in total


- 8 classes
- Review

Special Event 16 April

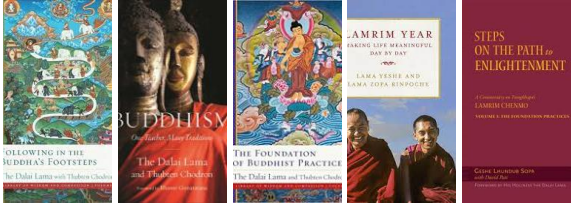
- Refuge Ceremony with Geshe Tsaltrim

Topics will include

- Causes for seeking refuge
- The objects of refuge
- Going for refuge
- Refuge precepts



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Suggested Reading

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Today's Outcomes

- Ordinary sources of refuge
- Refuge as a Buddhist
- Causes for seeking refuge
- Explaining refuge

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Refuge In Other Languages

Pali
saranam

Sanskrit
sarana

Tibetan
kyab dro/
kyab su
drowa

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Refuge And Its Synonyms

Asylum
Cover

Home
Protection

Safety
Shelter

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Common Refuges

- Your parents, family, spouse, pet
- Your home, country, society
- Entertainment, culture
- Doctors, exercise, health professionals
- Food, alcohol, sex, drugs
- Religion, philosophy
- Your job, hobbies
- Politics, power
- Wealth

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Refuge In Eight Worldly Concerns

Seeking Delight	Avoiding Displeasure
PLEASURE Comfort, nice things	PAIN Discomfort, unpleasant
GAIN Profit, acquiring things	LOSS Loss, deterioration
PRAISE Admiration, approval	BLAME Criticism, abuse
SUCCESS Fame, status, reputation	FAILURE Insignificance, notoriety

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The Buddha's Advice

he wise and mindful person knows them
And sees that they are subject to change.
Desirable conditions don't excite his mind,
Nor is he repelled by undesirable conditions.

— Anguttara Nikaya 8.5

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Going For Refuge

To trust an institution, method, or person to help you through a crises and deliver you to a more favourable outcome

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What is Buddhist Refuge?

The entry to the Buddhist doctrine

Refuge establishes your spiritual direction

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Refuge is a State of Mind

uddhas do not wash away negativities with water, clear away beings' dukkha with their hands, or transfer their own knowledge to others; They liberate by teaching the truth of reality.

— Samadhiraja Sutra

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Lama Yeshe said ...

Westerners should understand that taking Refuge is a state of mind

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Reasons For Seeking Refuge

Awareness of danger

- Fear
- Alarm
- Dread

Faith

- Confidence
- Trust
- Three types

Compassion

- Great
- Altruistic
- Three types

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Faith And Compassion

Confidence
Trust and faith

Altruistic great compassion

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Refuge Changes Ordinary Life

1. Relief

2. You know what to abandon


3. You know what to adopt

4. Your mind is tamed




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The Capacity of the Refuge Seeker




Small Scope

Seeks a good rebirth and happiness in cyclic existence



Middle Scope


Seeks liberation from cyclic existence



Great Scope

Seeks freedom from sufferings of cyclic existence and solitary peace of nirvana

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Christianity

God, Christ, Saints, Angels

Bible

Faith, Love, Abandon sin

Heaven, Hell, Purgatory



Buddhism

Dharmakaya, Shakyamuni Buddha, Bodhisattvas, Deities, Arhats, Protectors


Tantras, Sutras, Commentaries, Scripture and Realization

Skillful means, Compassion, Bodhicitta, Wisdom

Enlightenment, Liberation, Realms of Samsara


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Hafiz said ...



wish I could show you
When you are lonely or in darkness,
The astonishing light
Of your own Being

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What's My Take-Away?

• Refuge is the foundation and entrance to all Buddhist practice.

• It marks the distinction between the Buddhist and non-Buddhist.

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Read:

• Pages 10-19, and 44-48 (FPMT notes)

• Class notes 1 (Excerpts from LRCM)

Coming up:

• The objects of refuge

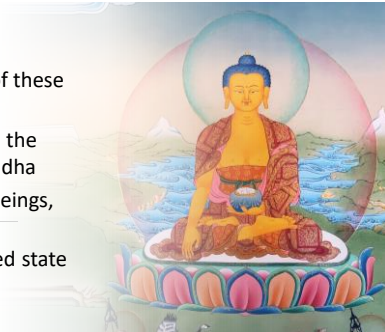
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Dedication

Due to the merits of these
virtuous actions
May I quickly attain the
state of a Guru-Buddha
And lead all living beings,
without exception,
Into that enlightened state



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Bodhicitta Verses

May the supreme jewel bodhicitta
Not yet born, arise and grow
May that born have no decline
But increase forever more

And as long as space endures,
As long as sentient beings abide,
May I too remain
To dispel the sorrows of the world



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