

Refuge in the Three Jewels


2023 – Class 2

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

1

Refuge & Bodhichitta

I go for refuge until I am enlightened
To the Buddha, the Dharma,
and the Supreme Assembly
By the merits I create through
listening to the Dharma,
May I become a buddha to
benefit all sentient beings.



2

Four Immeasurables

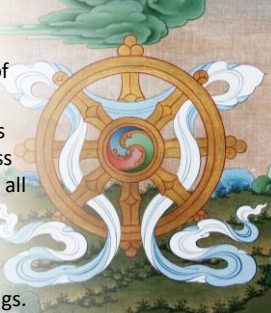
May all sentient beings have happiness and the causes of happiness.
May all sentient beings be free from suffering and the causes of suffering.
May all sentient beings never be separated from the happiness that is free from suffering.
May all sentient beings abide in equanimity, free from attachment for friends and hatred for enemies.



3

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.



4

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!

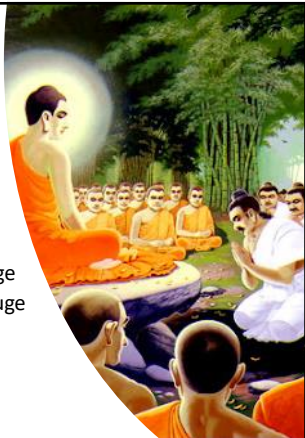
IDAM GURU RATNA MANDALA
KAM NIRYATA YAMI



5

We Have Studied...

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



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7

8




9

10

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Perfection Vehicle Refuge



All buddhas throughout the universe

84,000 teachings and 12 branches of scriptures

4 or more fully ordained monks or nuns

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The Suitability of the Three Jewels

1. Fearless

2. Skilled

3. Compassionate

4. Pleased by practice




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Being Fearless

Being free from all faults and fear, having the power and ability to fearlessly help others

15



Skilled

An expert in the techniques of protecting and saving others.


16

Great Compassion

Being completely bound by great compassion he does not discriminate between beings



17



Pleased with Practice

They work for the benefit of others regardless of whether they have benefitted them in the past or not

18




The Refuge Pledge

You accept the Buddha, Dharma, and Sangha as the safest direction to go to be freed from the sufferings and obscurations.



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Causal Refuge

		
BUDDHA The teacher	DHARMA The scriptures	SANGHA The community of Aryas

20

Resultant Refuge – States of Mind

		
BUDDHA The innate potential of your own mind	DHARMA The true paths and true cessations	SANGHA The good qualities


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What’s My Take-Away?

- You know why the three jewels are suitable objects of refuge.
- You know the difference between causal and resultant refuge.

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Read:

- Pages 5-9 FPMT notes & 5-7 Refuge meditations


Coming up:

- Qualities of the Buddha Jewel
- Reasons for taking refuge in the Buddha jewel
- The commitments you have with the Buddha

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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

