

Refuge in the Three Jewels

2023 – Class 3

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

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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.



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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.



3

Seven Limb Prayer

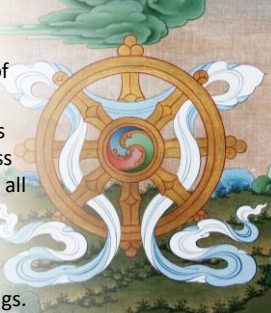
Reverently I prostrate with my body, speech, and mind;

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.



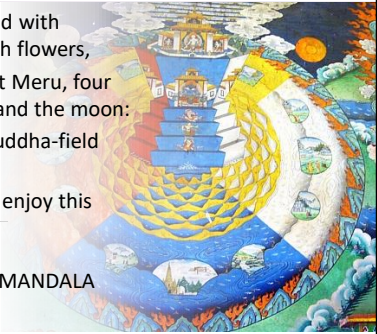
4

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



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What We Have Studied...

- Causes for seeking refuge
- Refuge as a state of mind
- Three rare sublime ones
- Causal and resultant, outer and inner refuge
- The meaning of refuge



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Buddha is a Reliable Guide

Bow to the one who has become a reliable guide, starting out intent on benefiting migrating beings, followed by generating the wisdom that serves as the way, then reaching the state of the One Gone to Bliss, and finally emerging as the Protector.
— Dignaga

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The Way You Go For Refuge

1. Know the good qualities
2. Know the distinctions
3. Through commitment
4. Refusing to acknowledge other refuges



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Eight Excellent Qualities

Uncreated and spontaneous,
Not realized by other conditions,
Possessing knowledge, compassionate love, and ability,
Only the buddhas possess the two benefits.

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Four Bodies Of The Buddha Jewel

Exalted Wisdom <i>Dharmakaya</i>	<ul style="list-style-type: none">• <i>Jnana-dharmakaya</i>• Omniscient mind of the Buddha	Enjoyment Body	<i>sambhoga-kaya</i>	
	Nature Dharmakaya <i>Svabhavikaya</i>		Emanation Body	<i>nirmana-kaya</i>
	<ul style="list-style-type: none">• Essence kaya of Adventitious purity, true cessation aspect• Essence kaya of Natural purity, empty aspect			

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The Good Qualities Of Buddha

Body born of ten million virtues and excellences,
Speech that fulfils the hopes of infinite beings,
Mind that sees all knowables as they are:
I pay homage to the head of the Shakya tribe.
— Praise of the Buddha

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Qualities of the Buddha's Body

- It is formed by a vast array of perfect virtues
- It can appear in any form
- It does not generate attachment

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Good Qualities of Speech

Perfectly suited for each person

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Qualities of the Buddha’s Mind

- Pristine wisdom knowing things as they are
- Wisdom knowing the varieties




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Four Kinds of Self-Confidence

1. Fearless
2. Skilled
3. Compassionate
4. Pleased by practice



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The Ten Powers of the Buddha

The Tathagata understands as it is the ways leading to all destinations

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Meditation

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Eighteen Unshared Qualities



Behaviors



Realizations



Awakening activities



Pristine wisdoms

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The Buddha Jewel

- 1. Distinctive Characteristic**
– Fully enlightened
- 2. Enlightened Activity**
– Gives verbal teaching
- 3. Devotion**
– The object of offering and service
- 4. Practice**
– Role model we emulate
- 5. Recollection**
– Thus, the Bhagavan ...
- 6. Fields of Merit**
– Increase direct and indirect

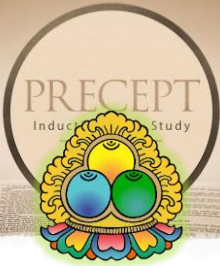


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Meditation

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What's a Precept?

A precept is a general rule intended to regulate behaviour or thought

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Compendium of Determinations

Rely on excellent persons



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The Oral Tradition

Proscriptive

- Do not go to other deities for refuge

Prescriptive

- Treat images of Buddha respectfully



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Commitment and Refusal

- Accept the Buddha as the ideal teacher of refuge
- Refuse other teachers or systems as an ultimate refuge

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The Benefits

- 1. Faith
- 2. Bodhicitta
- 3. Blessings
- 4. Visions
- 5. No loss of recollection


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What's My Take-Away?

- You know what a Buddha Jewel is.
- You know some of the qualities of a Buddha and how to go for refuge to the Buddha.

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Read:

- Pages 1-7 (any of 3) Refuge meditations

Coming up:

- Qualities of the Dharma Jewel
- Taking refuge in the Dharma jewel
- The commitments to the Dharma jewel

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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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