

Refuge in the Three Jewels

2023 – Class 4

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.



2

Four Immeasurables

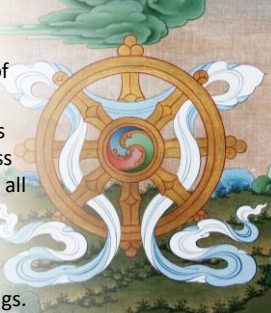
May all sentient beings have happiness and the causes of happiness.
May all sentient beings be free from suffering and the causes of suffering.
May all sentient beings never be separated from the happiness that is free from suffering.
May all sentient beings abide in equanimity, free from attachment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



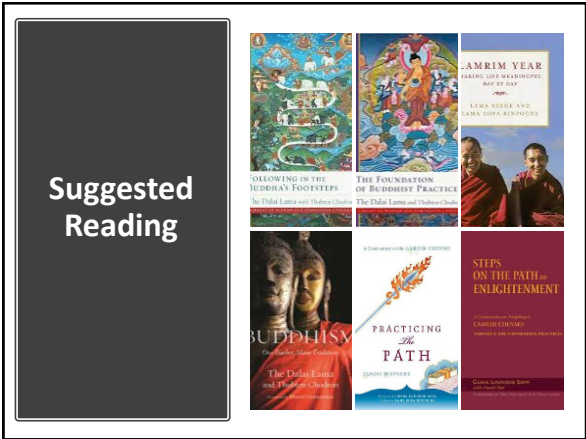
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What We Have Studied...

- Causes for seeking refuge
- The three rare sublime ones
- Causal and resultant, outer and inner refuge
- The meaning of refuge
- The Buddha jewel



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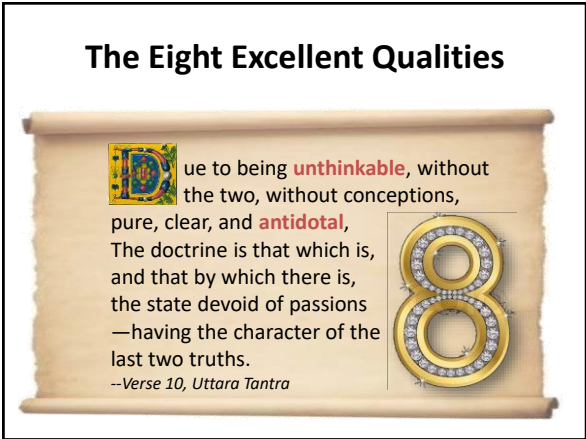
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JEWELS OR BEARERS OF THE NAME OF THE JEWEL	ACTUAL JEWEL	SYMBOLIC JEWEL	FINAL OBJECT OF REFUGE	PROVISIONAL OBJECT OF REFUGE
Buddha Jewel – two truth bodies and two form bodies	Yes		Yes	
Buddha images		Yes		
Dharma Jewel – realized Dharma of true paths and true cessations	Yes		Yes: those in the continuums of Arya buddhas	Yes: those in the continuums of Arya learners
Transmitted or scriptural Dharma		Yes		
Sangha Jewel – Arya beings	Yes		Yes: an Arya buddha	Yes: an Arya learner
Ordinary Sangha members		Yes		

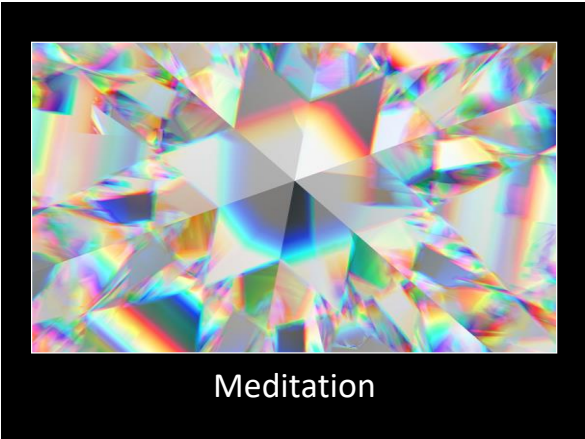
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The Way You Go For Refuge

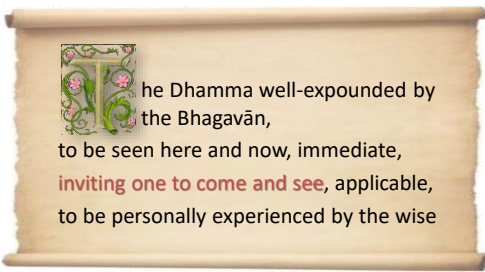
1. Know the good qualities
2. Know the distinctions
3. Through commitment
4. Refusing to acknowledge other refuges



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Excellence of the Dharma Jewel


he Dhamma well-expounded by the Bhagavān, to be seen here and now, immediate, **inviting one to come and see**, applicable, to be personally experienced by the wise




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Ultimate & Relative Dharma Jewels

Ultimate Dharma Jewel
True Paths and True Cessations





Relative Dharma Jewel
Teachings imparted through scripture



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Definition of a True Path



It is an exalted knower that is qualified by an uncontrived wish to definitely emerge in the continuum of an Arya.



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Definition of a True Cessation

It is a freedom induced by the uninterrupted path which induces it in which a corresponding obscuration has been abandoned.



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Mahayana Paths and Grounds

Great Vehicle Path

Ordinary Bodhisattvas

Superior Bodhisattvas

Buddha Superiors

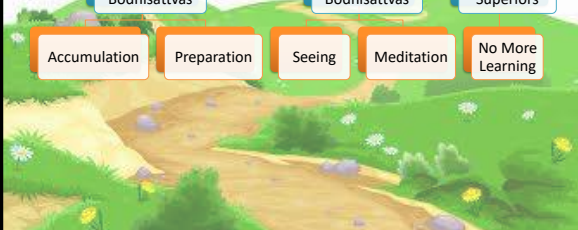
Accumulation

Preparation

Seeing

Meditation

No More Learning



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Path of Seeing

First Ground **Very Joyful**

Uninterrupted path of Path of Seeing

Liberated path of the First Ground

Subsequent attainment

Uninterrupted path First Ground

- A direct antidote to intellectually-acquired self-grasping and its seeds
- Completely abandoned Intellectually-acquired self-grasping and its seeds.
- Accumulate merit
- The direct antidote to big-big innate self-grasping

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Path of Meditation

Eighth Ground **Immovable**

Liberated path of the Eighth Ground

Subsequent attainment

Uninterrupted path Eighth Ground

- Abandoned the three types of small innate self grasping.
- Accumulate merit
- The direct antidote to three types of big obstruction to omniscience

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Meditation

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The Dharma Jewel

1. **Distinctive Characteristic**
– The result of Buddha’s enlightenment

2. **Enlightened Activity**
– Abandon suffering and its causes

3. **Devotion**
– Realize the paths and cessations

4. **Practice**
– Generate the true paths

5. **Recollection**
– That it brings good results

6. **Fields of Merit**
– Our own mind-stream

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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

Listen to the sublime teachings with your attention fixed properly on them

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The Oral Tradition

Proscriptive

- Abandon harm and malice towards others

Prescriptive

- Honor the writings of the teachers

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Commitment and Refusal

- Respect the texts and your own virtuous states of mind
- Refuse to harm others and to fall under the negative states of mind

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The Benefits

- Protection
- The mind is pliant & placid
- Delusions decrease
- Happiness increases

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Meditation

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What's My Take-Away?

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

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Read:

- Pages 1-7 (any of 3) Refuge meditations
- Excerpts from LRCM; 4

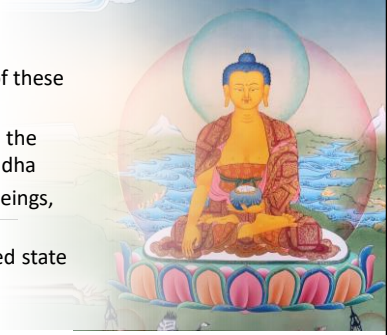
Coming up:

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