

# Refuge in the Three Jewels

2023 – Class 5

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

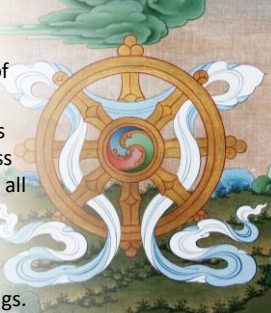
May all sentient beings have happiness and the causes of happiness.  
May all sentient beings be free from suffering and the causes of suffering.  
May all sentient beings never be separated from the happiness that is free from suffering.  
May all sentient beings abide in equanimity, free from attachment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



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# 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.

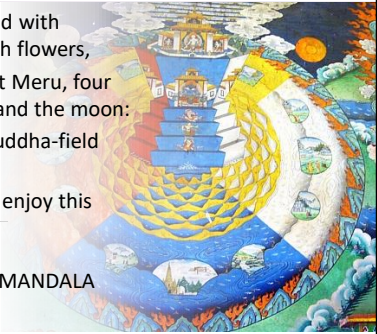


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# Mandala Offering

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



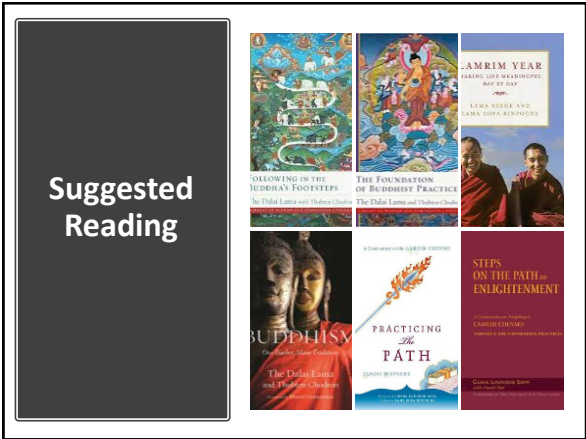
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# What We Have Studied...

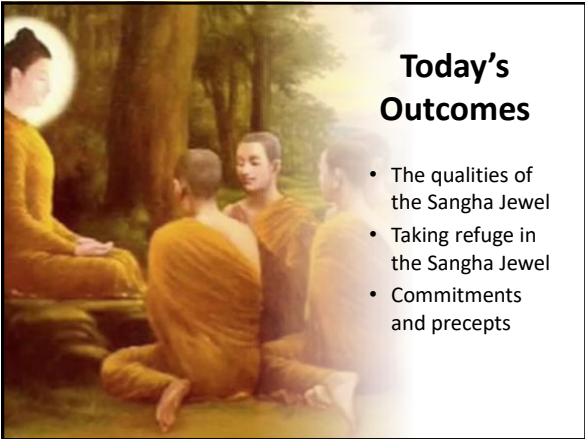
- Causes for seeking refuge
- The three rare, sublime ones
- Causal and resultant, outer and inner refuge
- The meaning of refuge
- The Buddha jewel
- The Dharma jewel



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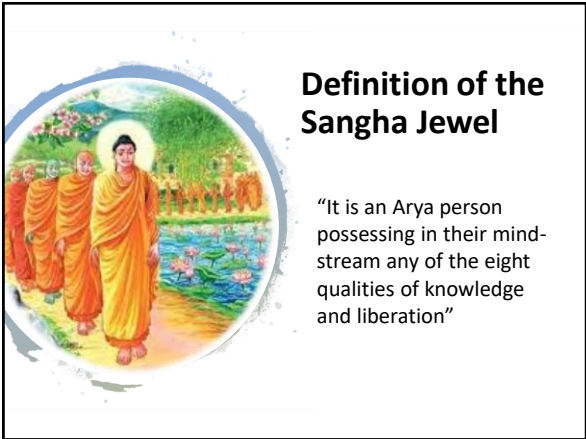
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JEWELS OR BEARERS OF THE NAME OF THE JEWEL	ACTUAL JEWEL	SYMBOLIC JEWEL	FINAL OBJECT OF REFUGE	PROVISIONAL OBJECT OF REFUGE
Buddha Jewel – two truth bodies and two form bodies	Yes		Yes	
Buddha images		Yes		
Dharma Jewel – realized Dharma of true paths 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		

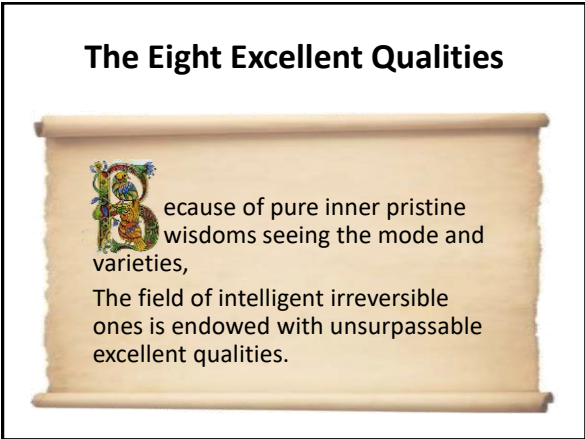
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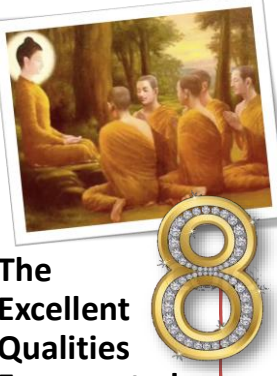
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### The Excellent Qualities Enumerated

1. Knowing the mode of existents
2. Knowing the varieties
3. Inner pristine wisdom
4. Pure from the obscurations of attachment
5. Pure from impending obstructions
6. Pure of the inferior obstructions
7. Quality of knowledge
8. Quality of liberation

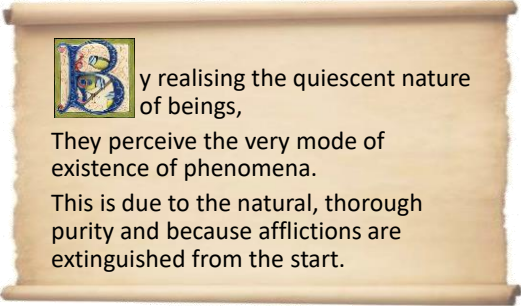
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### Meditation

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### The Knowledge Of The Sangha Jewel



By realising the quiescent nature of beings,  
They perceive the very mode of existence of phenomena.  
This is due to the natural, thorough purity and because afflictions are extinguished from the start.

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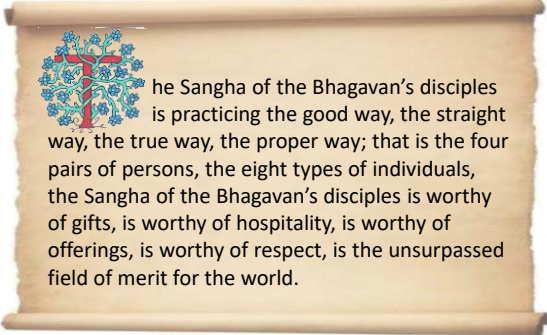
### The Sangha Jewel



1. **Distinctive Characteristic** – correct practice through personal instruction
2. **Enlightened Activity** – to take joy in practicing these teachings
3. **Devotion** – to be in harmony with the teachings and practice correctly
4. **Practice** – to foster enthusiasm
5. **Recollection** – of being the support
6. **Fields of Merit** – more merit

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### Recollection of the Sangha



The Sangha of the Bhagavan’s disciples is practicing the good way, the straight way, the true way, the proper way; that is the four pairs of persons, the eight types of individuals, the Sangha of the Bhagavan’s disciples is worthy of gifts, is worthy of hospitality, is worthy of offerings, is worthy of respect, is the unsurpassed field of merit for the world.

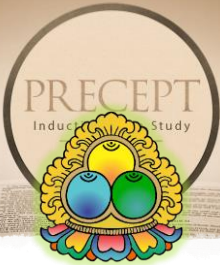
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### Meditation



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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

Be friendly with those who seriously practice in accord with the Dharma



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### The Oral Tradition

**Proscriptive**

- Avoid bad company

**Prescriptive**

- Respect the community as if they were the actual Sangha jewel itself



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### Commitment and Refusal

- Establish friendship with those on the journey
- Avoid the company of those with extreme wrong views

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### The Benefits

1. Respect for others will increase
2. Your arrogance will decrease
3. Others rely on you
4. Good qualities increase

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### Meditation


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### What's My Take-Away?

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

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**Read:**

- Pages 1-7 (any of 3) Refuge meditations
- Excerpts from LRCM; 4, p29

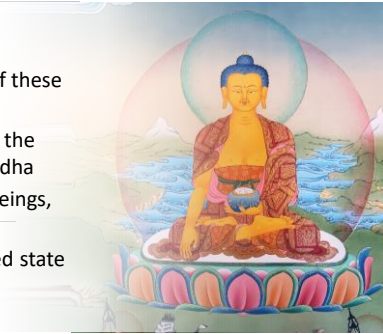
**Coming up:**

- The benefits of taking 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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