

Refuge in the Three Jewels

2023 – Class 6

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

1

Refuge & Bodhichitta

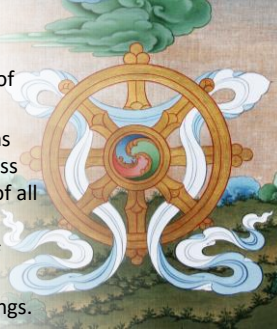
I go for refuge until I am enlightened
To the Buddha, the Dharma,
and the Supreme Assembly
By the merits I create through
listening to the Dharma,
May I become a buddha to
benefit all sentient beings.



2

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.

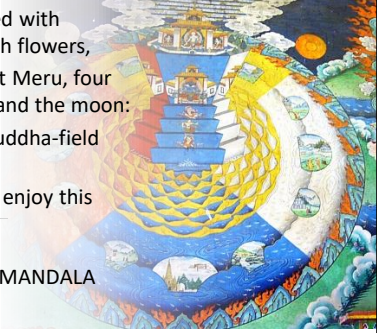


3

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



4

What We Have Studied...


- Causes for refuge
- Three rare sublime ones
- The meaning of refuge
- The Buddha, Dharma,
and Sangha Jewels



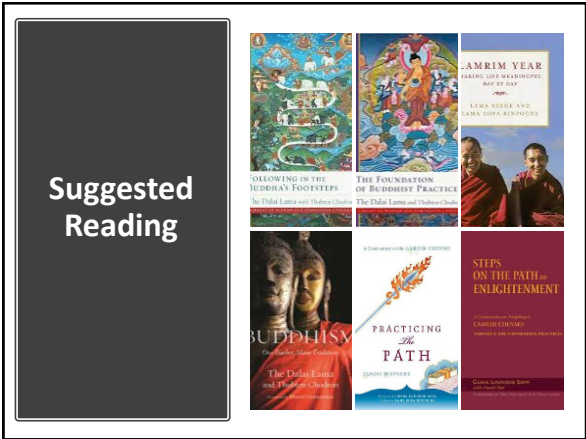
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Today’s Outcomes

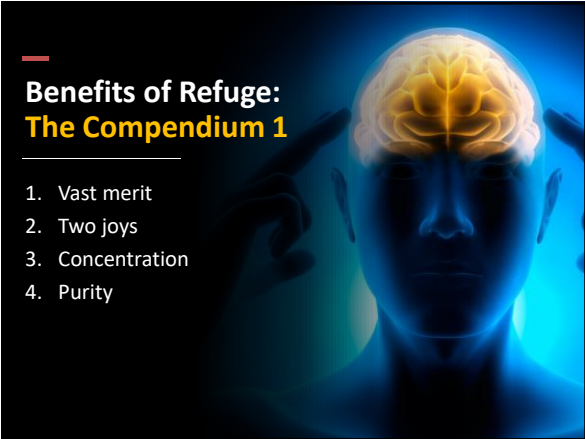
The benefits of going for Refuge



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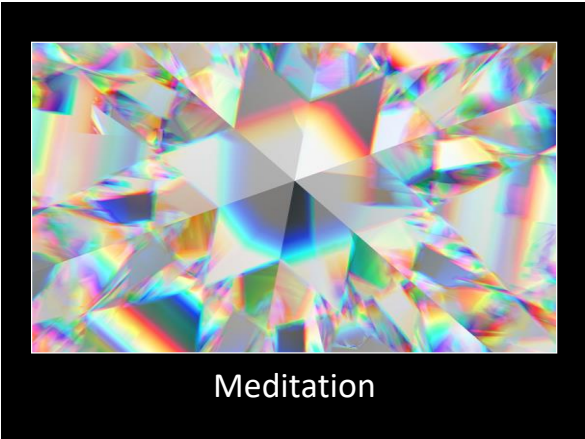
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You Are Worthy To Uphold Vows

Renunciation of suffering and its causes produces the desire to take and keep vows.



13

We Reduce and Eliminate Karma

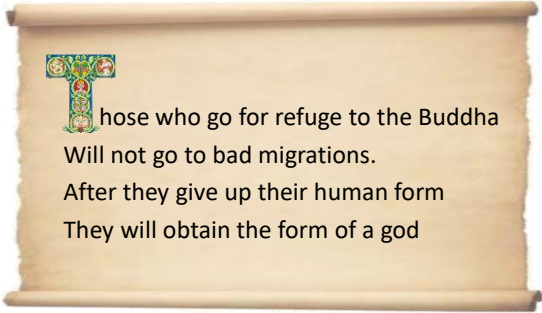
Taking refuge protects you from birth in the lower states




14

Arya Shantideva said ...

Those who go for refuge to the Buddha
Will not go to bad migrations.
After they give up their human form
They will obtain the form of a god



15



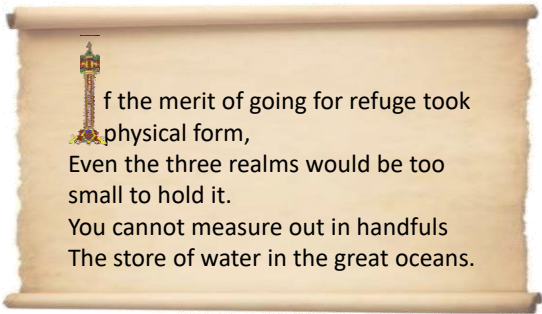
We Accumulate Vast Merit

You can achieve all your goals

16

The Buddha said ...

If the merit of going for refuge took physical form,
Even the three realms would be too small to hold it.
You cannot measure out in handfuls
The store of water in the great oceans.



17

We Prevent Bad Rebirths

Previous negative karma can't ripen

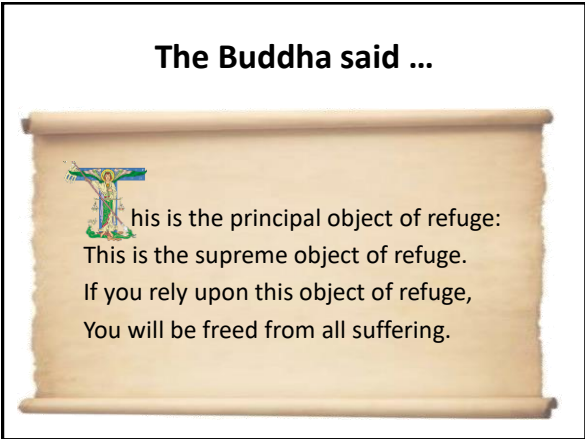


Put a lid on it!

18



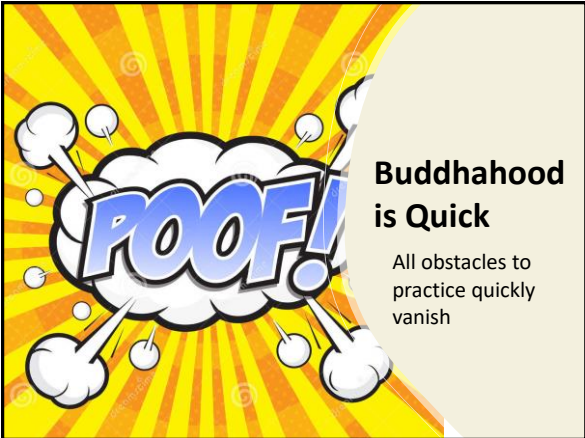
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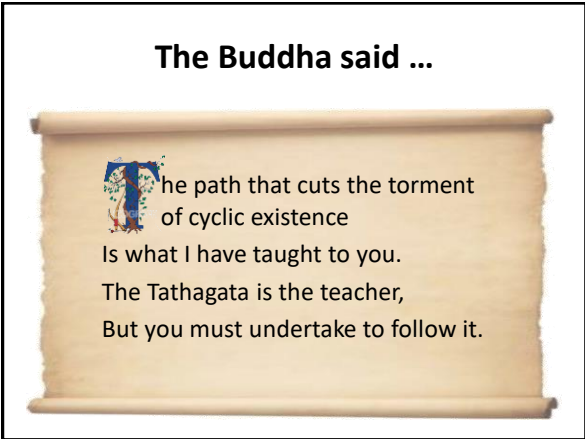
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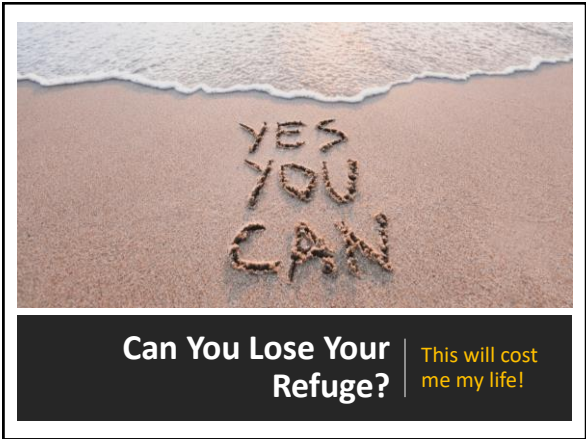
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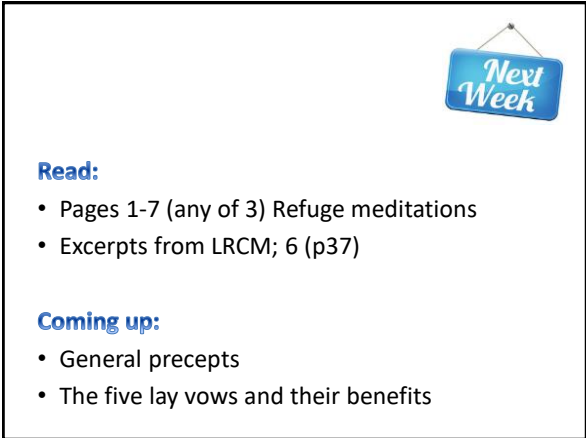
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29