

Refuge in the Three Jewels


2023 – Class 7

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 Boundless Thoughts

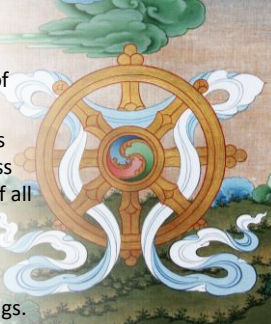
May all sentient beings have happiness and its causes.
May all sentient beings be free from suffering and its causes.
May all sentient beings never be separated from the happiness that is without suffering.
May all sentient beings abide in equanimity, free from the bias of attachment for friends and 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.

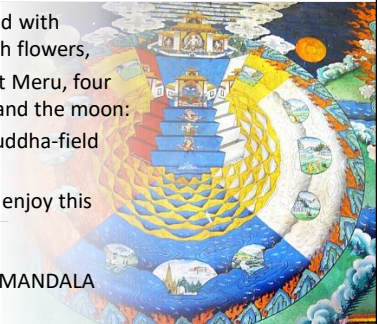


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Mandala Offering

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!

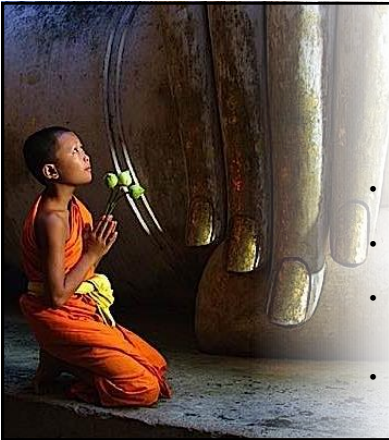
IDAM GURU RATNA MANDALA
KAM NIRYATA YAMI



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What We Have Studied...

- Causes for seeking refuge
- Three rare sublime ones
- The qualities of the Buddha, Dharma, Sangha
- The benefits of refuge



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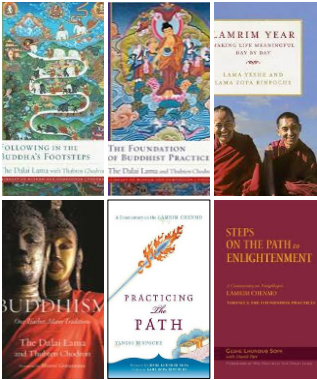


Today's Outcomes

- The refuge vow
- Oral advice and general precepts
- Approaching virtue – five lay vows

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Suggested Reading



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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

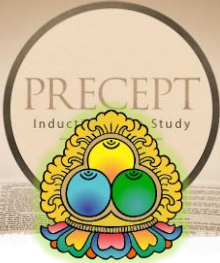
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The Refuge Vow



Venerable, please pay attention to me ! From now until the end of my life, I, named ____, take refuge in the Buddha, the supreme among human beings; I take refuge in the Dharma, the supreme abandonment of craving; I take refuge in the Sangha, the supreme assembly. Venerable, please care for me as a Buddhist who takes refuge (and precepts).

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What's a Precept?


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

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Proscriptive Precepts

- Do not go to other **deities** for refuge
- Abandon **harm** and malice toward living beings
- Do not befriend non-Buddhist **philosophers**


DON'TS



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Prescriptive Precepts

- Treat images of the **Buddha** as objects of reverence
- Show respect for the **writings** on the teachings
- Respect the **community** as if they were the Sangha Jewel itself



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The General Precepts

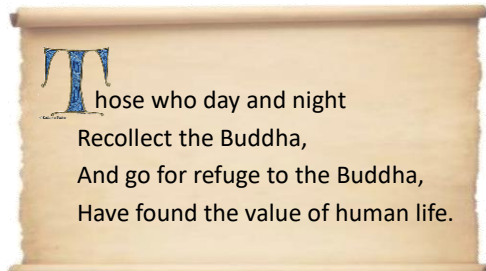
1. Recall the good qualities often
2. Offer first portions
3. Establish others in refuge
4. Supplicate Buddha
5. Take refuge often
6. Don't forsake your refuge



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Recalling The Good Qualities

Those who day and night
Recollect the Buddha,
And go for refuge to the Buddha,
Have found the value of human life.



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Offer First Portions

- Decrease obstacles
- Increase resources

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Establish Others In Refuge


Considering others with compassion, introduce them to Dharma



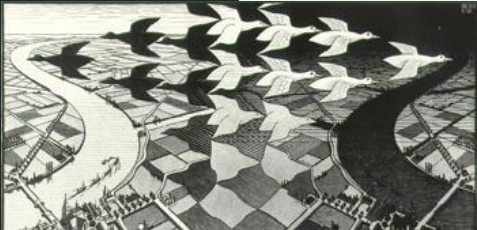
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Complete Reliance

Help yourself to recall what's most useful



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Understand The Benefits

- Three times in the morning
- Three times at night

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Don't Forsake Your Refuge

The spiritual rule of cause and effect

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Five Lay-person's Precepts

1. Restraint of taking life
2. Restraint from stealing
3. Restraint from unskillful and unwise sexual behavior
4. Restraint from lying
5. Restraint from intoxicants




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1. The Restraint Of Taking Life

Killing a human being, you lose your vow.

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2. The Restraint From Stealing

Take what's not given, you lose your vow.


23



3. The Restraint From Unwise Sex

If they have a partner, you lose your vow.

24



4. The Restraint From Lying

Speaking a great falsehood, you lose your vow.

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5. The Restraint From Intoxicants

Losing clarity, you lose the vow


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What's My Take-Away?

- You know the Refuge Vow
- You know the general precepts
- You know what the Five Lay vows are

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Read:

- Pages 1-7 (any of 3) Refuge meditations
- Excerpts from LRCM; (6) p37
- Refuge Ceremony from GTT


Coming up:

- Preliminaries to taking refuge
- The measure of having gone for 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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