

## Refuge in the Three Jewels

2023 – Class 8

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 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.



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## Seven Limb Prayer

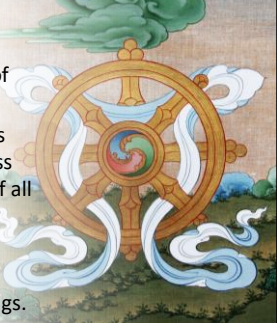
Reverently I prostrate with my body, speech, and mind;

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 refuge
- The sublime ones
- Benefits of refuge
- Refuge ceremony




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### Today's Outcomes

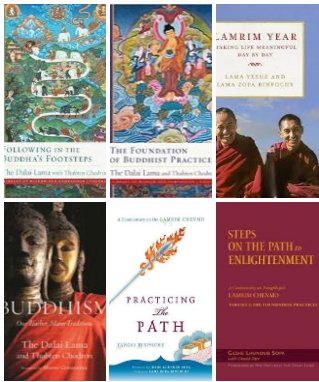
1. Answering the twelve questions of the small group discussion

2. Answering the four questions of the sample assessment



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### Suggested Reading



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### Lama Yeshe said ...


Westerners should understand that taking Refuge is a state of mind



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### Common Refuges

- Your parents, family, spouse, pet
- Your home, country, society
- Entertainment, culture
- Doctors, exercise, health professionals
- Food, alcohol, sex, drugs
- Religion, philosophy
- Your job, hobbies
- Politics, power
- Wealth



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### Refuge In Eight Worldly Concerns

Seeking Delight


Avoiding Displeasure

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### Reasons For Seeking Refuge


Awareness of danger

- Fear
- Alarm
- Dread




Faith

- Confidence
- Trust
- Three types



Compassion

- Great
- Altruistic
- Three types




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### The Capacity of the Refuge Seeker



**Small Scope**  
Seeks a good rebirth and happiness in cyclic existence



**Middle Scope**  
Seeks liberation from cyclic existence



**Great Scope**  
Seeks freedom from of cyclic existence and freedom from solitary peace of nirvana

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### Refuge Changes Ordinary Life

1. Relief

2. You know what to abandon

3. You know what to adopt


4. Your mind is tamed



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### Going For Refuge

To trust an institution, method, or person to help you through a crises and deliver you to a more favourable outcome




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### Causal Refuge



**BUDDHA**  
Our teacher



**DHARMA**  
Scripture and realization





**SANGHA**  
The community of Aryas


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### The Refuge Pledge

You accept the Buddha, Dharma, and Sangha as the safest direction to go to be freed from the sufferings and obscurations.



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### Defining the Buddha Jewel

“A Buddha Jewel is an ultimate object of Refuge which has eight excellent qualities such as uncreated and so forth.”

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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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### Four Kinds of Self-Confidence


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



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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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### 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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### Definition of the Dharma Jewel

“It is a truth of complete purification in the continuum of an Arya that is endowed with any of the eight qualities such as inconceivable”


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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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### Definition of the Sangha Jewel

“It is an Arya person possessing in their mind-stream any of the eight qualities of knowledge and liberation”

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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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### Resultant Refuge – States of Mind



**BUDDHA**  
The innate potential of your own mind



**DHARMA**  
The true paths and true cessations



**SANGHA**  
The good qualities

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### Benefits Of Refuge: Oral Tradition

- 1. You are a Buddhist
- 2. A Vow holder
- 3. Eliminate old karma
- 4. Accumulate vast merit
- 5. No miserable realms
- 6. Not be thwarted
- 7. Accomplish everything
- 8. Achieve Buddhahood



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### The Measure Of Having Gone For Refuge

To possess deep confidence in the objects of refuge




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### What’s My Take-Away?

- 1. Knowledge of the twelve answers to the small group discussion.
- 2. Knowledge of the four answers to the sample assessment

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Read:

- Pages 1-7 (any of 3) Refuge meditations
- Review any of the past material

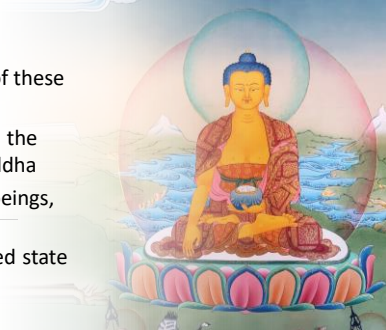
Coming up:

- Refuge Ceremony Sunday 16<sup>th</sup> April (1.30 pm)
- From Afflictions to Perfections

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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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