

2019 March: Intro to Buddhism – Refuge Practice

The Sutra ‘The Supreme Array Scripture’ says:

People who are terrified Mostly take refuge in deities of the Mountains, forests, temples,
And the trees of sacred places.

When you take refuge in the Buddha, The teaching, and the community, You will see with
wisdom The four noble truths – This is the foremost refuge; This is the supreme refuge.

If you rely on such a refuge, You will be freed from all suffering.

Such refuges are not foremost; Such refuges are not supreme.

If you rely on such a refuge, You will not be freed of all suffering.

Suffering, the origin of suffering, Correctly overcoming suffering,

And the happy eightfold noble paths Leading to Nirvana.

Chandrakirti’s Seventy Verses on Refuge says:

The Buddha, teaching, and community
Are the refuge for those who desire liberation.

The Praise in One Hundred and Fifty Verses says:

The one in whom no fault can ever exist,

The one in whom all good qualities Always exist -

If you are sensible, It is correct to go for refuge to just such a person,

To praise and honor them, And to abide his teaching.

(General Outlines from ‘The Great Treatise on the Stages of the Path to Enlightenment’)

2. Relying on the means for achieving happiness in the next life [178]

A. Training in going for refuge, the excellent door for entering the teaching [178]

1. The causes of going for refuge [178]

2. Based on that, the objects to which you go for refuge [179]

3. The way you go for refuge [181]

4. Once you have gone for refuge, the stages of the precepts [192]

(Recognizing the proper objects to take refuge in)

1. Buddha. Ultimate = Dharmakaya: the nature body and the wisdom Dharmakaya

b. Conventional = Rupakaya (form body): the enjoyment body and the emanation body

2. Dharma. Ultimate = Arya's true cessation and true path.

Conventional = 84,000 Dharma teachings: the scriptures

3. Sangha. Ultimate = Arya's knowledge and liberation: true path and true cessation

b. Conventional = individual arya or assembly of ordained beings

<https://studybuddhism.com/en/tibetan-buddhism/about-buddhism/buddha-s-basic-message/refuge-a-safe-and-meaningful-direction-in-life>

<https://thubtenchodron.org/2011/11/ngondro-three-jewels/>