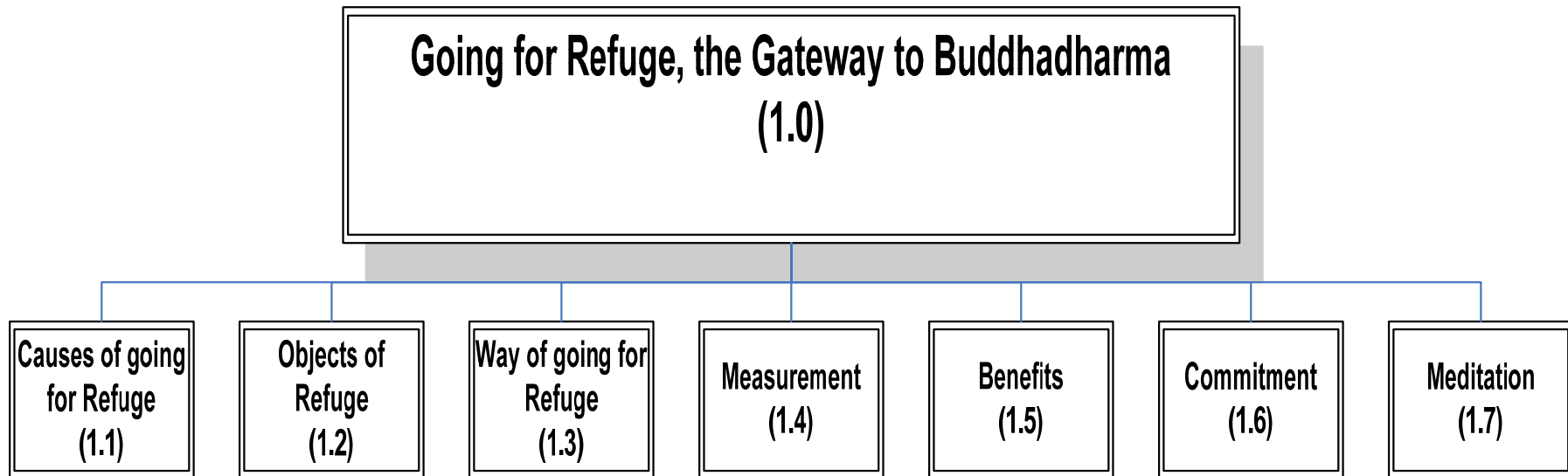




Going for Refuge
(The gateway to Buddhadharma)



What will you learn under Going for Refuge?

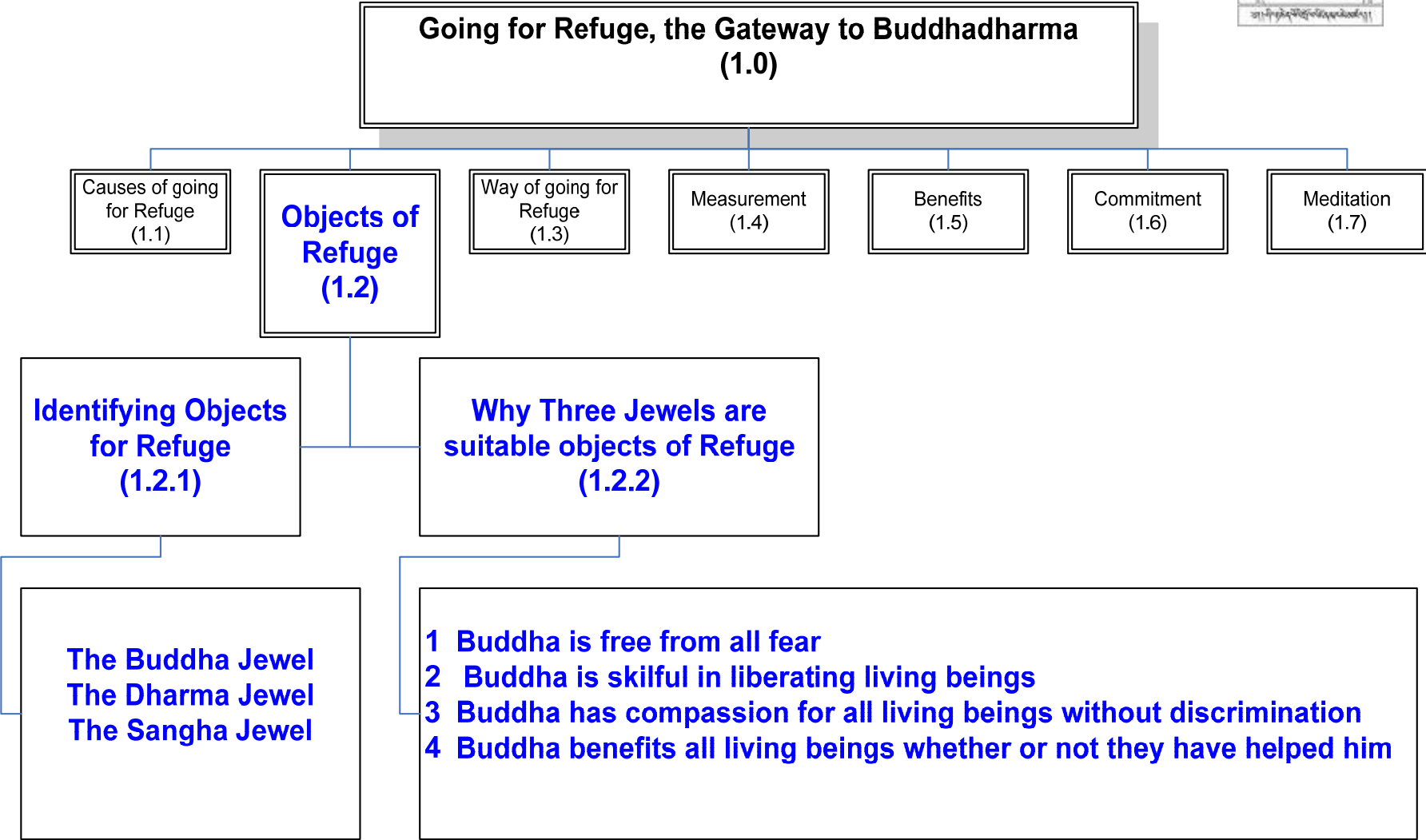


1.1 Causes of Going for Refuge



Causes of going for refuge are fear of suffering and faith in the Triple Jewels as perfect sources of protection.

1.2 Objects of Refuge



1.3 Way of Going for Refuge



Going for refuge by:-

**Understanding the good qualities of the Triple
Jewels**

**Differentiating the qualities of each of the Triple
Jewels**

Promising to go for refuge

**Abandoning going for ultimate refuge to other
objects.**

1.4 Differentiating the Qualities of each Three Jewel



- Different natures of Triple the Jewels
- Different functions of the Triple Jewels
- Three Jewels by an analogy
- Distinguishing the time of going for refuge
- Different ways in which merit is increased by going for refuge to each Triple Jewels
- Different ways in which the Triple Jewels help our practice



1.5 Benefits of going for refuge

The benefits of going for refuge are:-

- ❖ We become a pure Buddhist
- ❖ We establish the foundation for taking all other
VOWS
- ❖ We purify the negative karma that we have
accumulated in the past

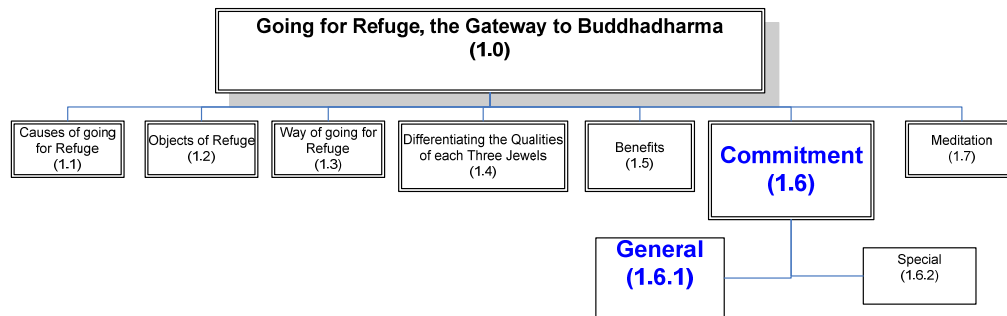
1.5 Benefits of going for refuge



The benefits of going for refuge are:- [Cont'd]

- ❖ We accumulate a vast amount of merit
- ❖ We are held back from falling into the lower realms
- ❖ We are protected from harm inflicted by humans and non-humans
- ❖ We fulfill all our temporary and ultimate wishes
- ❖ We quickly attain the full enlightenment of Buddhahood

1.6 Going for Refuge – General Commitment



The special and general commitments are given to help us to gain realizations of the stages of the path. They are skilful methods for training our mind and therefore should not be regarded as unnecessary constraints or punishments.

1.6.1 General commitment of going for refuge



- ❖ To go for refuge to the Triple Jewels again and again, remembering good qualities and differences between them
- ❖ To offer the first portion of whatever we eat and drink to the Triple Jewels, remembering kindness
- ❖ With compassion, always to encourage others to go for refuge

1.6.1 General commitment of going for refuge (Cont'd)



- ❖ Remembering the benefits of going for refuge, to go for refuge at least 3 times during the day and 3 times during the night.
- ❖ To perform every action with complete trust in the Triple Jewels
- ❖ Never to forsake the Triple Jewels even at the cost of our life or as a joke.

1.6.2 Special commitment of going for refuge



By taking refuge in Buddha Jewel

- ✓ *To abandon going for ultimate refuge to teachers who contradict Buddha's view, or to worldly gods.*
- ✓ *To acknowledge any image of Buddha as an actual Buddha*

1.6.2 Special commitment of going for refuge (Cont'd)



By taking refuge in Dharma Jewel

- ✓ *We commit to abandon harming others.*
- ✓ *To acknowledge any Dharma scripture as an actual Dharma Jewel*

1.6.2 Special commitment of going for refuge (Cont'd)



By taking refuge in Sangha Jewel

- ✓ ***We commit to abandon being influenced by people who reject Buddha's teaching.***
- ✓ ***We commit to acknowledge anyone who wears the robes of an ordained person as an actual Sangha Jewel.***

1.7 Going for Refuge – Practising 3 rounds of Meditation



To practice going for refuge in 3 rounds of meditation, we first sit comfortably and visualize the objects of refuge in the space in front of us.

1.7 Going for Refuge – Practising 3 rounds of Meditation [Con't]



During first round of meditation

- ❑ Mainly emphasize recollection of the different sufferings of the three lower realms

- ❑ Remind ourselves that if we do not attain liberation in this lifetime, we shall almost certainly take lower rebirth because we have committed many non-virtuous actions that are the cause of such miserable rebirths.

1.7 Going for Refuge – Practising 3 rounds of Meditation [Con't]



During second round of meditation

- ❑ Imagine that our death has come and that we have lost our opportunity to attain liberation or create Dharma Jewels in our mind, and so we are definitely bound for lower rebirth.

- ❑ We visualize ourselves born as pig, establishing the visualization by doing detail analytical meditation thinking...Now I am a pig. My face is like this. My body is like this. I am surrounded by other pigs....and visualize our pig family.....body being decapitated.....minced into sausages etc

1.7 Going for Refuge – Practising 3 rounds of Meditation [Con't]



During Third round of meditation

- ❑ We mainly emphasize recollection of the good qualities of the Triple Jewels, remembering that the Triple Jewels alone have the power to protect us from all sufferings of the lower realms
- ❑ We remind ourself that the Dharma Jewel is our actual refuge and that the attainment of this actual refuge depends upon relying upon Buddha and Sangha.
- ❑ In this way, we develop strong faith in the Triple Jewels

1.7 Going for Refuge – Practising 3 rounds of Meditation [Con't]



Completion of the Three round of meditation

- ❑ When we completed these 3 rounds of meditation and have generated the causes of going for refuge very powerfully in our mind, we then
- ❑ Recite the prayer of going for refuge as many times as we can



**Go to Kadhampa Web
page (Contact us) and
email us if you need
further clarification or
explanation**