

# Going for Refuge, the gateway to Buddhadharma

## CAUSES FOR GOING FOR REFUGE

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

The Buddha Jewel  
The Dharma Jewel  
The Sangha Jewel

## OBJECTS OF REFUGE

### Identifying Objects

### Why Triple Jewels are suitable objects?

- 1) Buddha is free from all fear
- 2) Buddha is skilful in liberating living beings
- 3) Buddha has compassion for all living beings without discrimination
- 4) Buddha benefits all living beings whether or not they helped him

## WAYS OF GOING FOR REFUGE

Going for refuge by:-  
1) Understanding the good qualities of Triple Jewels  
2) Differentiating the qualities of each Triple Jewels  
3) Promising to go for refuge  
4) Abandoning going for ultimate refuge to other objects

- 1) We become a pure Buddhist
- 2) We establish the foundation for taking all other vows
- 3) We purify the negative karma that we have accumulated in the past
- 4) We accumulate a vast amount of merit
- 5) We are held back from falling into the lower realms
- 6) We are protected from harm inflicted by humans and non-humans
- 7) We fulfill all our temporary and ultimate wishes
- 8) We quickly attain the full enlightenment of Buddhahood

## BENEFITS OF GOING FOR REFUGE

## COMMITMENTS

### Specific Commitments

### General Commitments

- 1) To go for refuge to Triple Jewels again and again, remembering good qualities and differences bet them
- 2) Offer the first portion of whatever we eat and drink to Triple Jewels, remembering Kindness
- 3) With compassion, always to encourage others to go for refuge
- 4) Remembering the benefits of going for refuge (at least 3 times during the day and night)
- 5) Perform every action with complete trust in the Triple Jewels
- 6) Never forsake the Triple Jewels even at the cost of our life or as a joke

- Refuge in Buddha Jewel
- 1) Abandon going for ultimate refuge to teachers who contradict Buddha's view or to worldly gods
  - 2) Acknowledge any image of Buddha as Buddha himself
- Refuge in Dharma Jewel
- 3) Committed to abandon harming others
  - 4) Acknowledge any Dharma scripture as actual Dharma Jewel
- Refuge in Sangha Jewel
- 5) Committed to abandon being influenced by people who reject Buddha's teaching
  - 6) Committed to acknowledge anyone who wears robes of an ordained person as actual Sangha Jewel

