

Refuge Prayer



At the foot of the Bodhi tree,
beautifully seated, peaceful, & smiling,
the living source of understanding & compassion,
to the Buddha | go for refuge.

The path of mindful living,
leading to healing, joy, & enlightenment,
the way of peace,
to the Dharma | go for refuge.

The loving & supportive community of practice,
realizing harmony, awareness, & liberation,
to the Sangha | go for refuge.

I am aware that the Three Gems are within my heart.

I vow to realize them.

I vow to practice mindful breathing & smiling,
looking deeply into things.

I vow to understand living beings & their suffering,
to cultivate compassion & loving kindness,
& to practice joy & equanimity.