

The self-taking refuge in the Three Jewels

(Buddhist True Enlightenment Practitioners Association, 2021)

The procedure of taking the three refuges:

(Please make vows in front of a Buddha statue)

1. Prostrate to Buddhas and beseech the precept teacher to His seat (offering incense)

“Namo our Fundamental Teacher, Buddha Śākyamuni.”

[Make three repetitions and three prostrations to the Buddha.]

2. Buddhist Incense Anthem (with palms joined):

As the nature of awareness is pristine, it is therefore both quiescence and illumination and yet both true and permanent.

One has been deluded by the ignorance but now gets enlightened, thanks to the Three Jewels as our navigation.

The fragrance of the mind is like this flower piece, let us worship the King of all dharmas.

Namo Bodhisattva Fragrant Cloud-Canopy, Mahasattva

[Recite three times]

3. Recite the Heart Sutra once with palms joined

4. Prostrate yourself three times to the ultimate bodhisattva sangha who can verify your refuges, Bodhisattva Xiao Pingshi

[Recite it with tall Kneeling and palms joined]:

I (own name), pray for the venerable to have mercy on me and be my precept teacher for three refuges. Relying on your compassion, I am able to take the triple refuges and become a disciple of the Three Jewels.

[Prostrate yourself to the precept teacher once.]

5. Beseech the noble Saints to verify the three refuges for us

Greeting with incense and flowers, and inviting with incense and flowers! Disciple (own name), focuses single-mindedly, and respectfully beseeching the Saints to present at site:

the Sahā founder—our Fundamental Teacher—Buddha Śākyamuni, Buddha Amitabha of the Western Pure Land of Ultimate Bliss; Buddha Bhaiṣajyaguru of the Eastern Pure Land of Lapis Lazuli, the next decent Buddha, Maitreya, and all Buddhas of the worlds in the ten directions. I beseech your compassion, embrace, enlightenment, and have mercy on me, and fulfill my request: Verify my three refuges!

[Repeat three times with reciting and prostrating.]

Greeting with incense and flowers, and inviting with incense and flowers! Disciple (own name), focuses single-mindedly, and respectfully beseeching the following to present at site:

Vinaya Pitaka, five sections and three categories of pure precepts, and prātimokṣa of the Great and Lesser Vehicles, the sutras of the Three Vehicles, the twelve divisions of teachings, the correct paths of sound-hearers, solitary realizers and bodhisattvas, the definitive true Dharma of the Path to Buddhahood, and the extremely profound Dharma Treasures of the mundane and transmundane dharmas.

I beseech the light of the Noble Truths to thoroughly illuminate us, and I focus single-mindedly on taking refuge in and prostrating myself to the Dharma Treasures.

[Repeat three times with reciting and prostrating.]

Greeting with incense and flowers, and inviting with incense and flowers! Disciple (own name), focuses single-mindedly, and respectfully beseeching the Saints to present at site:

Bodhisattva Manjushri, Bodhisattva Avalokitêśvara, Bodhisattva Samantabhadra, Bodhisattva Mahāsthāmaprāpta, countless Great Bodhisattvas with pure practices in the ten directions, Venerable Upali who participated in the compilation of the Vinaya, and all Buddhist patriarchs of India and China.

May I follow this vow, and your compassion lights embrace and illuminate us: Verify my three refuges!

[Repeat three times with reciting and prostrate.]

Greeting with incense and flowers, and inviting with incense and flowers! Disciple (own name), focuses single-mindedly, and respectfully beseeching the following to present at site:

the celestial beings who participated in the light ceremony, Bodhisattva Skanda, the four lords of Brahma and Indra, the eight classes of celestial beings, all Great Dharma-protectors, guardian warriors, deities who protect those who keep the precepts, and all spirits and ghosts who protect the Dharma.

May I follow this vow, and you can present at the Bodhimanda to supervise and protect us! [Repeat three times with reciting and prostrating.]

6. Repentance and Purification

All unwholesome acts I have ever committed,

Arise from the beginningless craving, aversion, and delusion;

Those acts are generated by the karma pertaining to the body, speech, and mind, and now

I make repentance for those all.

[Prostrate once per one sentence, and total once]

7. Taking the Three Refuges (Karman)

Disciple (own name), takes refuge in all Buddhas, who have attained the supreme and perfect enlightenment, and the World-Honored Ones who have attained perfect virtues and wisdom.

I take refuge in the Fundamental Teacher Buddha Śākyamuni!

I take refuge in Buddha Vairocana, the pure Dharma-body of Buddha Śākyamuni!

I take refuge in Buddha Rocana, the perfect reward-body of Buddha Śākyamuni!

I take refuge in all Buddhas who exist permanently in the worlds of ten directions!

After taking refuge in all Buddhas, I would never take refuge in any beliefs of non-Buddhists.

[Recite three times with palms joined and prostrate three times.]

Disciple (own name), takes refuge in the ultimate and correct dharma and Buddha's correct teaching.

I take refuge in the shared teachings of liberation in the Three Vehicles;

I take refuge in the perfect path to Buddhahood of the Great Vehicle;

I take refuge in the correct meanings expounded in the sutras on the definitive teachings;

I take refuge in the Buddha Dharma abiding in the worlds of ten directions.

After taking refuge in the Dharma, I would never accept any beliefs of non-Buddhist teachings.

[Recite three times with palms joined and prostrate three times.]

Disciple (own name), takes refuge in the noble monks of Mahāyāna Buddhism and Mahayana Bodhisattvas with correct views.

I take refuge in ultimate bodhisattva sangha who have realized the Ultimate Reality;

I take refuge in something-to-learn bodhisattva sangha with correct views;

I take refuge in all ultimate bodhisattva sangha in the worlds of the ten directions.

After taking refuge in the Sangha, I would listen and accept the instructions of the Sangha, and would never comply with any beliefs of non-Buddhist teachings.

[Recite three times with palms joined and prostrate three times.]

8. Make Vows to faithfully accept the four indestructible faiths

Disciple (own name), takes refuge in the Buddha from now to the infinite future lives and would never fall into the destination of hells.

Disciple (own name), takes refuge in the Dharma from now to the infinite future lives and would never fall into the destination of animals.

Disciple (own name), takes refuge in the Sangha from now to the infinite future lives and would never fall into the destination of hungry ghosts.

[Recite three times with palms joined and prostrate three times.]

However innumerable sentient beings may be, I vow to save them all;
However inexhaustible afflictions may be, I vow to eradicate them all;
However immeasurable the teachings may be, I vow to study them all; and
However difficult the unsurpassed Buddhahood Path may be, I vow to complete it.
[Prostrate once per one sentence.]

9. Self-Taking the Three Refuges

I self-take refuge in the Buddha, and I hope all sentient beings understand and realize the Great Path and bring forth the bodhi mind.

I self-take refuge in the Dharma, and I hope all sentient beings delve deeper into the treasury of the scriptures so that their wisdom will be like the ocean.

I self-take refuge in the Sangha, and I hope all sentient beings rule the masses without any obstruction.

[Prostrate once per one paragraph]

10. Statement of Dedication of Merits

Taking the three refuges are excellent functions and virtues!

I dedicate all of these boundless and excellent merits and virtues, and I hope all sentient beings who are reborn among the three lowly destinies can be quickly reborn in the field of Buddha Infinite-Light.

Taking refuge in all Buddhas in the ten directions and three times periods and all Great Bodhisattvas!

Taking refuge in the Great *prajñā paramita*!

[Prostrate once]

11. The End

[Prostrate yourself three times to the Buddha statue]

Taking the three refuges are excellent functions and virtues!

I dedicate all of these boundless and excellent merits and virtues, and I hope all sentient beings who are reborn among the three lowly destinies can be quickly reborn in the field of Buddha Infinite-Light.

Taking refuge in all Buddhas in the ten directions and three times periods and all Great Bodhisattvas!

Taking refuge in the Great *prajñā paramita*!