

The Refuge Chant

(bell)

Incense perfumes the atmosphere.
A lotus blooms and the Buddha appears.
The world of suffering and discrimination
is filled with the light of the Rising Sun.
As the dust of fear and anxiety settles,
with an open heart and one-pointed mind
I turn to the Three Jewels.

(bell)

The Fully Enlightened One, beautifully seated, peaceful, and smiling
a living source of understanding and compassion,
to the Buddha I go for refuge.

(bell)

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

(bell)

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

(bell)

I am aware that the Three Gems are within my heart.
I vow to realize them,
practicing mindful breathing and smiling,
looking deeply into things.

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

(bell)

I vow to offer joy to one person in the morning
to help relieve the grief of one person in the afternoon.
Living simply and sanely with few possessions,
keeping my body healthy.

I vow to let go of all worries and anxiety
in order to be light and free.

(bell)

I am aware that I owe so much
to my parents, teachers, friends, and all beings.

I vow to be worthy of their trust, to practice wholeheartedly
so that understanding and compassion will flower,
helping living beings to be free from their suffering.

May the Buddha, the Dharma, and the Sangha
support my efforts.

(bell) (bell)