

Discovering Buddhism, Refuge in the Three Jewels

June 12, 2017

0. We discussed the Buddhist view of suffering: the three types etc. How does it apply in your life? In what ways might you have suffered in this life or past lives and what mental conditions have given rise to them?

1. What does refuge mean to you?

A) Why do you think refuge is important, especially in Buddhism? Why take refuge in the first place? (Hint: has something to do with suffering.)

B) What are its benefits?

2. What conditions in your mind have to arise for you to be able to take refuge in the Buddha, Dharma and Sangha? In other words, what questions, contradictions or doubts do you have to resolve to decide that this is the path for you? (As we discussed, it's perfectly ok if after the end of this you decide that refuge in another tradition is more appropriate for you; hopefully you can apply your understanding of refuge to strengthen your faith in the path to do choose.)

3. Why is the Buddha a fitting object of refuge?

4. We discussed how the refuge to the Three Jewels is analogous to the doctor, prescription and nurse. Why is it appropriate to use this analogy?

5. We discussed taking refuge vows. Why take vows?