


Course 2: Buddhist Refuge
Level 1 of the Perfection of Wisdom



ASIAN CLASSICS INSTITUTE



Class 2: Refuge
Five Divisions of Refuge &
the Eight Qualities of a Buddha



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Class Objectives

- Give the 'technical' definition of taking refuge
- Give the two kinds of refuge
- List the five divisions of exceptional refuge
- Explain why one takes refuge
- List the eight qualities of a Buddha

What does it mean to take refuge?

སྐབས་འགོ་སེམས་བསྐྱེད། །
kyabdro semkye

མངའ་སྐྱེས་ཚེས་དང་ཚོགས་ཀྱི་མཚོག་ནམས་ལ།
sangye chudang tsokyi choknam la,

བྱང་རྒྱལ་བར་དུ་བདག་ནི་སྐབས་སྐྱེས་མཚེས།
jangchub bardu dabai kyabsu chi,

འདག་གིས་སྤྱོད་མོགས་བཀྲིས་པའི་བཅོལ་ནམས་ཀྱིས།
dakki jinsok gyipay sunam kyi,

འགོ་ལ་ཡན་ཤིང་མངའ་སྐྱེས་འགྲུབ་པར་ཤོག །།
drola pentsir sangye draypar shok.

Refuge and The Wish
I go for refuge
To the Buddha, Dharma, and Sangha
Until I achieve enlightenment.

By the power
Of the goodness that I do
In giving and the rest,

May I reach Buddhahood
For the sake
Of every living being.

Definition of Taking Refuge

སྐབས་འགོ།
kyamdro

yul shenla rang tob kyi rewa chaway sempa kyamdroy tsenyi
object another to itself power by hope all movement of the mind going for refuge definition

Taking refuge is any movement of the mind that acts of its own accord and puts all its hopes into some external object to render assistance.



Two types of Refuge

- Ordinary Refuge
 - Money
 - Food
 - Housing
 - Other people
 - Worldly spirits
- Exceptional
 - Buddhist refuge in the Three Jewels

True refuge is more than just words

ལྷན་ཅིག་། །སྐུབ་པ་ལོ་སྐྱེས་པ་བསྟེན། །
kyabdro semkye

།སངས་རྒྱལ་ཚེས་དང་ཚོགས་ཀྱི་མཚོག་ནམས་ལ།
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Divisions of Buddhist Refuge

kyebu	chung	dring	chenpo	sum
person	small	middle	big/great	three

- Small
 - minimum motivation to be a Buddhist
 - want to escape the three lower realms
- Medium
 - want to escape all forms of suffering life
- Great
 - have lower levels of motivation
 - wants everyone to escape samsara



Five Divisions of Buddhist Refuge

1. Small 2. Medium 3. Great (see previous slide)
4. Result Refuge
 - taking refuge in my own future enlightenment
5. Cause Refuge
 - taking refuge in a quality that has been achieved in another person
 - taking refuge in Buddha is an example

Eight Qualities of the Buddha Jewel

- 1. Uncaused
 - The dharmakaya is uncaused
- 2. Spontaneous
 - Will spontaneously appear to anyone in need as they are ready to accept help



Eight Qualities of the Buddha Jewel

- 3. Realized by no other way
 - Can't see the dharmakaya with senses
- 4. Knowledge - knows we are suffering
- 5. Love - cares about us
- 6. Power - has the ability to help
- 7. Fulfils their own needs
- 8. Fulfills my needs.



Why take refuge?



Homework #2

- Use the readings to answer the questions regarding the description of small, medium and great refuge
- Memorization: memorize the definition of the taking of refuge which is shared with practitioners of lesser scope.
- Meditation: Fifteen minutes each day contemplate whether or not you have the minimum kind of taking refuge.

Remember to record date and time of meditation.
