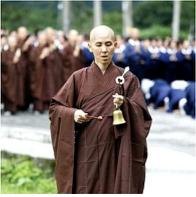


## Taking Refuge

Written by Tzu Chi Foundation  
Monday, 20 December 2010 10:00

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### [ [Master's Teachings](#) ]

In Buddhism, the ceremony for becoming a Buddhist, where people take refuge in the Buddha, Dharma, and Sangha, is known as "taking refuge". But, I have always felt that the meaning behind taking refuge is more important than the ceremony itself, and I always tell people that such a ceremony is not about joining a certain religion. Religion, in my perspective, is not so much a set of beliefs or dogma but a kind of education. This education leads us to discover life's true purpose and meaning, and teaches us about life and living.

Our true nature is very pure, like a clean sheet of paper. Over time, our sheet of paper came to be filled with many scribbles as we developed selfish desires and illusions. Our hearts became tainted and we came to lose sight of what life is really about. In "taking refuge", we are choosing to break from this pattern and embark on a new path, a path to recover our pure heart and return to our true nature.

When we take refuge in Buddhism, we are choosing to follow in the steps of the Buddha and to learn from his example. Buddha means "Enlightened One" in Sanskrit. The Buddha is a being who has reached full awakening. He has come to comprehend the workings of the universe and all its deep, subtle, and profound laws. Upon enlightenment, however, the first thing the Buddha realized was that all living beings possess this same potential for Enlightenment. He said that all of us have the Buddha nature and are capable of the same wisdom, insight, and awakening as he. Our goal then is to emulate him and walk on the path to enlightenment that he has illuminated for us.

The Buddha's heart is all-embracing and full of true love for all living beings—a pure love characterized by loving-kindness, compassion, joy, and equanimity. With this love, the Buddha dedicates himself to guiding all living beings. As disciples of the Buddha, we too dedicate ourselves to the good of all humanity and strive to live out his spirit of compassion and awakening. This is a lifelong endeavor, and the learning is neverending. This is taking refuge in the Buddha.

Taking refuge in the Dharma is about turning our hearts and minds to the Dharma, the true principles of the universe. In his years of teaching, the Buddha has explained and elucidated many of these principles for us. These are deep and profound and we should be very mindful in learning them.

Today, we have the teachings in the form of written texts, called sutras. But, as they are written in classical language, it is very difficult for people of our day to understand them. That is why we need to take refuge in the Sangha—the monastic community who continue the Buddha's legacy. The monastics dedicate themselves to deeply understanding the teachings, then making them useful and applicable to our world and our lives. They do this so that the teachings may be of benefit to this world and to humankind.

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This is to take refuge in Buddhism—taking refuge in the Three Treasures: the Buddha, the Dharma, and the Sangha. By taking refuge, we come to discover life's true purpose and learn how to live in this world so that we can recover our pure original nature and live out the value of our precious human life. This is the true meaning of "religion".

From Dharma Master Cheng Yen's Talks  
Compiled into English by the Jing Si Abode English Editorial Team

Перед самой дверью один из «[Финансовый менеджмент Учебник](#)» референтов протянул ему тяжелый портфель и дал адрес какого-то «[Я познаю мир](#)» места в нескольких кварталах от Уолл-стрит.

От собора святого Петра, где стояли Римо «[Гороскоп для всех возрастов человека](#)» и Чиун, на площади перед дворцом папы были видны «[Тесты по грамматике англ. языка](#)» маленькие группки людей, между которыми, «[Крамола](#)» судя по всему, произошел конфликт, перешедший «[Мастер перехвата](#)» в схватку.

Нечего и говорить, прекрасная страна,-вступил в разговор повар Юрайда.

Когда «[Соленый лед](#)» она испустила вопль, от которого вздрогнули все вокруг, она «[Блюда из круп](#)» наконец призналась себе, что он действительно это сделал.

Посланцы каких только владык не поднимались «[Счастье жить в чистом теле](#)» ; по этим ступеням.

Наконец они уезжают; молодой плантатор едет впереди, Луиза «[Взятка Роман о квадратных метрах](#)» ; медленно следует за ним.

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