

Refuge Prayer

At the foot of the Bodhi Tree,

Beautifully seated,

peaceful and smiling,

The living source of

Understanding and compassion

To the Buddha I go for refuge.

The path of mindful living,

leading to healing,

Joy and enlightenment,

The way of peace,

To the Dharma I go for refuge.

The loving and supportive

Community of practice,

Realizing harmony,

Awareness and liberation,

To the Sangha I go for refuge.