

Taking Refuge in the Buddha, Dharma, Sangha, and Elements

I take refuge in the Buddha, the one who shows me the way in this life. (*bell, touch the earth*)

I dwell in the refuge of the Buddha to clearly see the path of light and beauty in the world.

I take refuge in the Buddha in myself, revealing my true self that aspires to help all people recognize their own awakened nature, realizing the Mind of Love.

I *release* into the Elements: Earth, Water, Fire, Wind, Space, all that hinders me from taking refuge in the Buddha and revealing the Buddha in me.

I *receive* from the Elements: Earth, Water, Fire, Wind, Space all that heals and transforms me that I may take refuge in the Buddha and awaken the Buddha in me. (*bell, stand up*)

I take refuge in the Dharma, the way of understanding and of love. (*bell, touch the earth*)

I dwell in the refuge of Dharma, and learn to open many doors on the path of transformation.

I take refuge in the Dharma in myself, and aspire to help all people fully master the ways of practice and walk together on the path of liberation.

I *release* into the Elements: Earth, Water, Fire, Wind, Space, all that hinders me from taking refuge in the Dharma and revealing the true Dharma in me.

I *receive* from the Elements: Earth, Water, Fire, Wind, Space all that heals and transforms me that I may take refuge in the Dharma and awaken the true Dharma in me. (*bell, stand up*)

I take refuge in the noble Sangha, the community that lives in harmony and awareness. [*bell, touch the earth*]

I dwell in the refuge of the noble Sangha, the community that shines light that supports me, keeping my practice free of obstruction.

I take refuge in the noble Sangha in myself, I aspire to help all people build noble inclusive Communities of understanding and love, to embrace all beings and support their transformation.

I *release* into the Elements: Earth, Water, Fire, Wind, Space, all that hinders me from taking refuge in the noble Sangha and revealing the true Sangha in me.

I *receive* from the Elements: Earth, Water, Fire, Wind, Space all that heals and transforms me that I may take refuge in the noble Sangha and awaken the true Sangha in me. (*bell, bell, stand up*)

Marisela B Gomez 2024, adapted from Chanting from the Heart, Thich Nhat Hanh and the Monks and Nuns of Plum Village.