The Three Refuges

Buddhist teachings speak of the Three Gems. These are the Buddha, the Dharma (or Dhamma) and the Sangha. The Buddha includes the original Buddha and all persons who have attained enlightenment, as well as the potential in each of us to reach enlightenment. The Dharma is the teachings of the Buddha. The Sangha is the community of Buddhists.

The Three Gems are also referred to as the Three Refuges (Tisarana), because they offer refuge, comfort and wisdom along the path. A longstanding Buddhist tradition has been for a sangha to chant together that we take these refuges. Often the refuges are chanted in Pali, the language in which the Dharma was first written down.

Links to a pdf of this handout, and a recording of one of our members chanting the refuges, are available at santafevipassana.org under Resources.

_Namo Tassa Bhagavato Arahato_  
_Samma Sambuddhassa_  
(Chant Three times)

*I pay homage to the Blessed One, the Perfected One, the fully Enlightened One.*  
(Chant Three times)

_Buddham Saranam Gacchami_  

*I go to the Buddha for refuge*

_Dhammam Saranam Gacchami_  

*I go to the Dhamma for refuge*

_Sangham Saranam Gacchami_  

*I go to the Sangha for refuge*

_Dutiyampi Buddham Saranam Gacchami_  

*A second time, I go to the Buddha for refuge*

_Dutiyampi Dhammam Saranam Gacchami_  

*A second time, I go to the Dhamma for refuge*

_Dutiyampi Sangham Saranam Gacchami_  

*A second time, I go to the Sangha for refuge*

_Tatiyampi Buddham Saranam Gacchami_  

*A third time, I go to the Buddha for refuge*

_Tatiyampi Dhammam Saranam Gacchami_  

*A third time, I go to the Dhamma for refuge*

_Tatiyampi Sangham Saranam Gacchami_  

*A third time, I go to the Sangha for refuge*

_Appamadena Sampadetha_  

*Onward, with Diligence*

_Saddhu, Saddhu, Saddhu_  

*Well done!*